

**HUBUNGAN ANTARA *PERCEIVED STIGMA* HOMOSEKSUAL  
DENGAN *SELF ESTEEM* PADA GAY DEWASA AWAL**

Putu Regina Sanjiwani Prakasa

190110120161

**ABSTRAK**

Kuatnya norma sosial dan agama yang ada di masyarakat Indonesia sehingga memunculkan stigma terhadap kaum *gay*, bagaimana stigma tersebut dirasakan oleh kaum *gay* disebut dengan *perceived stigma*. Stigma terhadap kaum *gay* dapat menjadi *feedback* yang negatif yang akan mempengaruhi evaluasi diri mereka. Evaluasi diri disebut dengan *self esteem*, yang terdiri dari perasaan kompeten melalui berbagai tantangan kehidupan (*self efficacy*) dan layak merasa bahagia (*self respect*).

Penelitian ini bertujuan untuk mengetahui hubungan antara *perceived stigma* homoseksual dengan *self esteem* pada *gay* dewasa awal. Metode yang digunakan adalah metode korelasional kuantitatif dengan teknik *snowball sampling*. Responden penelitian ini adalah 52 *gay* berusia 20-40 tahun dan berdomisili di Bandung. Data diperoleh melalui alat ukur berupa 2 buah kuesioner yang diturunkan berdasarkan teori *perceived stigma* (Meyer, 2003) dan *self esteem* (Branden, 1994).

Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara *perceived stigma* homoseksual dengan *self esteem* pada *gay* dewasa awal di Bandung sebesar  $-0,394$ . Hubungan ini bersifat negatif dan dalam taraf yang rendah. Artinya semakin tinggi *perceived stigma* maka *self esteem* semakin rendah, begitupula sebaliknya. Berdasarkan hasil penelitian diketahui bahwa terdapat faktor-faktor lain yaitu faktor sosial dan personal yang berpengaruh terhadap hubungan kedua variabel tersebut.

Kata Kunci: Homoseksual, *Perceived Stigma*, *Self Esteem*

***THE RELATIONSHIP BETWEEN HOMOSEXUAL PERCEIVED STIGMA  
AND SELF ESTEEM ON EARLY ADULT GAY***

***ABSTRACT***

*. The strong religious and social norms in Indonesia birthed a stigma for gay people—how the stigma is felt by gay people is called perceived stigma. Stigma associated with gay people can turn into negative feedback that has an impact on their self-evaluation. Self-evaluation is called self-esteem, which is constructed by the feeling of being able to overcome life challenges (self-efficacy) and feeling deserving to be happy (self-respect).*

*This study purposed to investigate the relationship between perceived gay stigma and self-esteem in early adult gay men. The study employed correlational quantitative method with snowball sampling technique. The research population consisted of 52 gay men aged 20-40 years old living in Bandung. Data of research collected through two questionnaires based on Meyer's theory of perceived stigma (2003) dan Branden's theory of self-esteem (1994).*

*Result of this study shows that there is a significant correlation between perceived gay stigma and self-esteem at - 0,394. This correlation is negative and low, meaning the higher the perceived stigma, the lower the self-esteem and vice versa. Based on the result of the study, it's discovered that there are other factors affecting the relationship between the two variables: social and personal factors.*

*Keywords: Homosexual, Perceived Stigma, Self Esteem*

