

RELATIONSHIP BETWEEN SOCIAL ANXIETY WITH SELF DISCLOSURE ON GAY IN JAKARTA

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ABSTRACT

The negative stigma of society towards gays makes them choose to hide their identity, and even tends to cover their identity by pretending they don't experience differences in sexual orientation. Even though the gay people themselves need relations and social to be accepted in their environment. Gay people in Jakarta tend to choose to hold back and limit the story because they feel scared rejected. Rejection received by the style resulted in gays unable to express themselves. The purpose of this study was to determine the relationship of social anxiety with self-disclosure and to determine the level of social anxiety and self-disclosure variables. This study is quantitative correlational with a sample of 100 subjects with gay sexual orientation, using non-probability sampling techniques. Social anxiety measuring devices are 24 valid items and reliability 0.841 with social anxiety scale based on La Greca & Lopez's theory (1998) Self-disclosure measuring devices are 45 valid items and reliability 0.841 with self-disclosure scale based on Devito's theory (1989). The results of this study indicate there is no relationship between social anxiety with self-disclosure in gays in Jakarta with a sig (p) value of 0.811 and $r = 0.024$. Or in other words that social anxiety does not affect self-disclosure. The results of this study also produce data that social anxiety accounts only for 0.06% of self-disclosure.

Keyword: Self-Disclosure, Social Anxiety, Gay

Preliminary

The case of deviant sexual orientation is familiar and deviant sexual orientation is a sexual activity that is taken by someone to get sexual pleasure that is unnatural. The term that is commonly used to refer to men who have a passion for loving their fellow men is gay or gay. Gay are individuals who have passion, psychological, emotional and social interests or interests in the same sex.

Based on the Ministry of Health in 2012, 1.09597 million people, while the number of gays in Jakarta as many as 27 706 people. However, gays in Indonesia are still taboo and very difficult for society to accept. Menu rut Akbar and Sihabudin (in Bulantika, 2017), the gays are included in the deviant or also called deviant groups. This is reinforced by the West (in Asmara and Valentina 2017), which says that the social stigma against homosexual make many gays choose to hide his identity as a gay commonly called covert homosexual. Gay people tend to shut down and even try to cover up their identity by pretending they don't experience abnormalities (Dewi & Indrawati, 2017).

Meyer in Pachankis and Goldfried (2006), said that the main psychological problem of homosexuals both gay, lesbian and bisexual is the possibility of rejection by heterosexuals. This is reinforced by research by Rahardjo (2009) with the title Homophobia and Kita with the result that the rejection of gays is a misunderstanding

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and prejudice of heterosexuals who dominate in Indonesian society that is influenced by religious understanding, sexual attitudes and human behavior that is built by culture. The existence of gays often makes Indonesian people play down the existence of gays in society, the occurrence of harassment, violence and even the impartiality of many people against gays themselves.

In addition, the pros and cons of people's perspectives in viewing gays , some see it as a choice for the right to life and some see it as deviant and unusual behavior, so that gays feel afraid if their identity is known which is believed to result in social sanctions by insulting them , shunned, ostracized or even discriminated against (Rakhmahappin & Prabowo, 2014) . This is supported by research Adriani, Anggai, and Pradoponingrum (2017) with the title of Disclosure Self-Gay on the Family that the results are an inhibiting factor expressing themselves on gay is feeling resistance from the family, do not want to make angry parents, do not want to add to the burden of people's minds old and there is a feeling of wanting to be better so as not to express themselves about their sexual orientation. This is in line with the results of the 2016-2017 National Survey on LGBT by the SMRC which says that 55% are not willing to accept LGBT people, because they are considered as deviant, negative and contrary to religion. In 1973, the American Psychiatric Association removed the homosexual category as a mental disorder. Whereas in Indonesia itself only in 1993 in PPDGJ III mentioned homosexuality as a sexual orientation rather than a psychiatric disorder (Anna, 2016) . In other words, the negative stigma that has long been attached to gays will make gays reluctant to express themselves and socialize in society.

But not all gay men experience obstacles in self- disclosure . P enelitian by Hariyanto (2010) with the title of Communication and Awareness Society Gay In saying that the gay in Sragen requires communication and socialization stage by stage in order to be accepted by the community, starting with family, close friends and then the social environment. Gay men in Sragen continue to live the prevailing norms and do not violate rules in the community such as not doing vulgar activities with a partner in front of others, and trying to maintain an attitude so that the community still respects their existence. Then one of the gay actors of Indonesian nationality who has revealed his sexual orientation, EG (37 years), through his social media page EG is not shy or afraid when uploading photos or videos together with his boyfriend, both in daily activities and when EG proposes a boyfriend the man. This is supported by a national survey by the SMRC which involved 1220 respondents, saying that 57.7 % of the community believes that LGBT people have the right to live in the community and that the government has an obligation to protect the citizens who are included, including LGBT people.

Gay people are part of social beings who have the need to build relationships, interact and communicate. Hand other people gay expected to have skills in social skill to be able to adjust in the social environment in order to create a harmonious relationship. One important aspect of social skills are expressing themselves (self-disclosure) (Gainau, 2009) .

Self-disclosure is one type of communication where individuals are able to reveal personal and confidential information to other individuals (Devito, 1989) . Personal information includes attitudes or opinions, tastes and interests, work or education, physical, financial and personal (Jourard in Gainau, 2009) . According to Devito (1989) , self-disclosure can make individuals know themselves, the ability to deal with problems and reduce the burden. Self-disclosure is one of the factors needed in interpersonal relationships. With the ability to express oneself someone can express their opinions, feelings, ideals and so on, so as to bring about openness relations. This openness relationship which gives rise to a positive reciprocal relationship that can produce a sense of security, self-acceptance, and can deeply see yourself and be able to solve various problems of life.

Meanwhile, according to Wrightsman (in Maharani and Himah , 2015) self-disclosure is the process of presenting oneself which is manifested in the activity of sharing feelings and information with others so that interactions between individuals with others will accept or reject. Thus individuals who are able to express themselves, then he is able to adjust to their environment, have good self-confidence, feel competent, reliable, able to be positive, trust in others, think more objectively and openly.

Research by Adr iani, Anggai, and Pradoponingrum (2017) with the title Disclosure To Family Self-Gay said that 2 out of 6 subjects difficulty in expressing themselves because they do not want to create a family of disappointment, anger, ostracism and fear of rejection. Not all gay men are able to express themselves about information about themselves, attitudes and true feelings. This is in line with the results of researchers' interviews with AM subjects, gay men , aged 20 years working as medical students in Jakarta:

"I am less able to tell my problems to people. Both problems that concern me personally, family or anything . All the events that occur with me usually I hold, I'm immersed. Sometimes people see me as usual, nothing

different . Even though I really deliberately hold it in, it's not that I don't believe in real people, but there is still my fear of being talked about, afraid of people knowing if I'm gay , because actually one of the problems I face is related to sexual issues . I'm afraid people will change with me because I'm gay . (Personal interview, March 3, 2019) "

Based on the interview above, it appears that the subject is unable to express himself about his personal problems, the subject prefers to hold back and limit the story that will be told to others. The subject looks less trusting in others if he tells the problem. The subject also feels frightened if his sexual orientation is known and will be the subject of conversation. This is supported by research by Gainau (2009) , which says that individuals who have deficiencies in self-disclosure show an inability to express something that exists in themselves, feeling afraid when expressing ideas or ideas.

Different from the results of researchers' interviews with JN subjects, gay men , age 23 years:

"Actually, I am among those who are less independent, Ka. I still need someone else to help solve my problem, usually I tell my problem to close friends, both from the school or office environment. I don't think I can live without me sharing with others. If I didn't tell, I wouldn't have a solution for my problem. But not everything I can tell you, there are some that I really limit, like I usually have certain family problems to this person. There are some of my friends who are certain I can be unlimited, those who know my condition. Recently I ended up telling a story to my college friends that I'm gay and they don't have a problem. While I'm fine with them, it shouldn't be a problem "(Personal interview, 28 February 2019).

Based on the interview above the subject does not experience problems by expressing himself. The subject does not limit the story to others, especially close friends about what he feels good personal problems, family and even sexual orientation. The subject seemed to be trying to be honest about how he felt and think positively about his friends.

From the two interviews with the above it can be seen that there are differences between gay men in expressing themselves. AM subjects are less able to express themselves about personal problems and have feelings of fear if their personal things are known by others while JN Subjects have no problems in expressing themselves about their personal problems.

One factor that is thought to influence self-disclosure is social anxiety that occurs in these individuals. Social Anxiety according to La Greca & Lopez (1998) is a persistent fear of social situations related to personal performance and facing evaluations from others, being observed, fearing humiliation and humiliation. Meanwhile, according to Richards (1996) , social anxiety is a fear of social situations and interactions with others that can automatically make individuals aware of themselves, considerations, evaluations and criticisms. In addition, Mattick and Clarke (in Prawoto , 2010) say that social anxiety is a state of distress when meeting and talking with others.

Gay people who experience high social anxiety will withdraw from the environment that makes him uncomfortable, limiting interacting with people, feeling others have negative thoughts about him and feel himself having flaws. making gay people have difficulty in expressing themselves to the social environment. This is supported by June Orr's (2013) research entitled The Cyclical Relationship between Social Anxiety, Self-disclosure and Self-Uncertainty which says that social anxiety causes a greater reluctance to express oneself.

While gays who have low social anxiety feel more comfortable with themselves and their social environment, feel accepted, so that gays can interact properly without covering up their identity as gay .

Self-disclosure helps someone communicate with others, increase self-confidence and make relationships more intimate (Lumsden in Gainau, 2009) . Apart from that, self-disclosure can release guilt and anxiety (Calhoun & Acocella in Gainau, 2009) . Also strengthened by the study of Papsdorf & Ald en (1998) with the title Mediators of Social Rejection in Social Anxiety: Similarity, Self-Disclosure and Overt Signs of Anxiety which says that people who experience social anxiety tend to hide themselves .

Based on this phenomenon researchers are interested in knowing whether there is a relationship between social anxiety with self-disclosure in gay men . So the authors take the title of the relationship between social anxiety with self-disclosure in gay men in Jakarta.

Research methods

In this study, researchers used a quantitative correlational type of research design because researchers wanted to know the relationship between social anxiety variables with self-disclosure variables in gays in Jakarta (Sugiyono, 2016) .

The population in this study is gay who live in Jakarta, which is 27,706 people (Syalaby, 2016) . Based on the Slovin formula, from a population of 27,706 people, the number of sample members amounted to 100 research respondents. The sampling technique used by researchers in this study is non-probability sampling of the type of purposive sampling

Researchers used data collection techniques in the form of a questionnaire. The questionnaire used was designed based on the Likert Model Scale. Social anxiety measurement tool refers to the theory put forward by La Greca & Lopez (1998) , regarding the 3 dimensions of social anxiety. Self-disclosure measurement tool refers to the theory of Devito (1989) , regarding the 5 dimensions of self-disclosure.

The validity test in this study uses the construct validity with Pearson Product Moment correlation, the magnitude of the correlation to be considered an item said to be valid is $r \geq 0.3$ (Azwar, 2018) . The reliability test in this study was tested by internal consistency techniques , using the Alpha Cronbach formula where the measuring instrument is said to be reliable if $\alpha \geq 0.70$ (Sugiyono, 2016) .

Test data normality using the One Sample Kolmogorov-Smirnov Test . To find out the distribution results if $(p) \geq 0.05$ then the distribution results are said to be normal and $(p) < 0.05$ then the distribution results are said to be abnormal. To get a picture of the research subject, descriptive statistics were performed by determining the percentage.

To be able to see the relationship between social anxiety and self-disclosure using the Chi Pearson Correlation Test , if the result of $\text{sig} < 0.05$ then there is a significant correlation between the two variables and if the result of $\text{sig} > 0.05$ then there is no significant correlation between the two variables. To be able to see the high and low social anxiety and self-disclosure using two-level categorization with a standardized mean value .

Cross tabulation test between social anxiety variables with supporting data, namely age, education, occupation, ethnicity, role , relationship status and people who are often met to tell stories.

Results and Discussion

General description

Gay description in Jakarta based on age range found that respondents were dominated by 24-29 years old as many as 46 subjects (46%). Furthermore, judging by the type of work dominated by gays with the work of private employees totaling 80 subjects (80%). Then, based on education is dominated by gays with S1 educational background as many as 66 subjects (66%). Furthermore, based on ethnicity dominated by gays originating from Javanese ethnicity as many as 34 subjects (34%) . Furthermore, when viewed based on gay-predominant relationship status, there were 57 subjects (57%) in their relationship status . Then, if viewed based on role , it is dominated by gays with role versatile as many as 34 subjects (34%). Then, if seen based on people who are found to tell stories dominated by gays who often tell to friends as many as 38 subjects (38%).

From this study it was found that more gays experienced high social anxiety, namely 59 subjects (59%) and more gays had high self-disclosure of 60 subjects (60%).

Normality Test Results

Based on data normality test using Kolmogorov-Smirnov One Sample on social anxiety variables showed a significance of 0,010 where $p > 0.05$ which means that the data is not normally distributed. Then, the self-disclosure variable shows a significance level of 0,042 where $p > 0.05$ which means that the data are not normally distributed. Then the researchers made a statistical test change to non-parametric tests with Spearman's correlation test .

Data analysis

Relationship of Social Anxiety with Self-Disclosure

Based on the results of data analysis using the Spearman correlation test, the $\text{sig} (p)$ of 0.811 or $p > 0,05$ shows that there is no significant relationship between social anxiety and self-disclosure of gay in Jakarta . The correlation coefficient of $(r) = 0.024$ shows a very low correlation between social anxiety with self-disclosure on gay in Jakarta. So, it can be concluded that social anxiety has no relationship with self-expression of gays in Jakarta or the hypothesis is rejected. From the determinant coefficient values obtained $(r^2) = 0,0606$ which shows that social anxiety only affects 0,06 % of self-disclosure and the remaining 99,94 % is the contribution of other factors. Based on the results obtained indicate that social anxiety does not have enough contribution to influence self-disclosure to gays in Jakarta . The results of this study indicate that there is no relationship between social anxiety with self-disclosure or it means that social anxiety does not have

enough contribution in influencing self-disclosure to gays in Jakarta. This is confirmed by Levi-Belz & Elis (2017) research, The Contribution of Self-Disclosure to Social Phobia Symptoms in a Non-Clinical Sample that shows individual self-disclosure has a limited role in social anxiety. From this research, it was found that more influential on self-disclosure was the quality of relations between LGBT and the people around them. On the other hand, research by Wadsworth & Hayes-Skelton, (2015) Differences Among Lesbians, Gay, Bisexual, Heterosexual Individuals and those Who Reported Other Identities on Open Ended Responses at the Level of Social Anxiety which states that differences in social anxiety are influenced by the conditions of the environment the stretch. So the self-disclosure of a gay will be high if he continues to behave that does not violate social norms that are formed in the community, active in community activities, care about the circumstances and understand the rejection caused by differences. Likewise, social anxiety possessed by gay people is highly influenced by the environment that is less accepting of its existence. While gay people who have low social anxiety feel more to get greater social support from people close to him because of the interpersonal abilities possessed by these gays.

From the results of the study found that more gays have high self-disclosure that is as much as 60%. It is suspected that gay people feel accepted, recognized and valued by their social environment, especially those who live in the Jakarta cultural environment. At present gay people still feel comfortable expressing themselves allegedly influenced by the values of people who are accustomed to accepting gay presence, especially in the city of Jakarta. In addition, it is also influenced by the many figures both in film, or daily life that presents gay themes, information about countries that have legalized similar relations, the principles of Jakarta society which are liberal, plural, tolerant, quite open minded and permissive to different sexual orientation and many advocacy both from social media and direct advocacy on equal rights and love equality (Partogi, 2014). This is supported by the results of a national survey conducted by Saiful Mujani Research and Consulting which shows that 57.7% of the population accept the existence and say that gays have the same right to live and live in Indonesia.

In addition, the many gay communities that support, shelter and protect gays make gays feel like they are getting support from one another so as to make gays comfortable expressing themselves. This is in line with the results of the Life as Gay report in Asia: Indonesia's National Report which shows that the large number of communities gay in Indonesia yait u are 32 organizations that have functions such as counseling services, protection of human rights, advocacy against discrimination and sexual and reproductive health services (UNAIDS, 2017). Research by Esposito, Vacca, Balleisio, & Lombardo (2019) Self-Disclosure and Community Connected in Gay and Lesbians also said that the involvement of gays in the community was a factor in mediating self-disclosure to the public.

This was confirmed also by the research Griffith and Hebl (2002), shows that organizations that provide support to gay positively correlated to the level of self-disclosure on gays. A sense of comfort when interacting become one of the drivers coming up specializing in gay, feel more welcome, free expression and more open to the environment. Response or reaction (in this case support) becomes a mediator between self-disclosure and anxiety experienced by the gay individual.

Illustration of Self Disclosure with Supporting Data

a. Age

Age	Low	High	Total
18-23	2 (50%)	2 (50%)	4 (100%)
24-29	15 (33%)	31 (67%)	46 (100%)
30-35	18 (53%)	16 (47%)	34 (100%)
36-40	5 (31%)	11 (69%)	16 (100%)
Total	40 (40%)	60 (60%)	100 (100%)

Table 1: Overview of Self-disclosure Categorization by Age

From the data tables 1. 24-29 and 36-40 show the highest self-disclosure. Early adulthood as a period of adjustment to a new way of life. Gays who have high self-disclosure can adjust to sexual roles on the basis of equality. Given the maturity of the emotional stage at this stage is more stable and calm so that gays can express themselves in accordance with the environment that makes him comfortable. One of the tasks of early adult development is to find a pleasant social group (Hurlock, 1980) .

b. Education

Table 2

Description of Categorization Self-disclosure with education

Education	Low	High	Total
High school	6 (50%)	6 (50%)	12 (100%)
Diploma	4 (67%)	2 (33%)	6 (100%)
S1	24 (36%)	42 (64%)	66 (100%)
S-2	5 (33%)	10 (67%)	15 (100%)
S-3	1 (100%)	0 (0%)	1 (100%)
Total	40 (40%)	60 (60%)	100 (100%)

From table 2. Obtained the results of crosstabulation between self-disclosure and education shows more gay with S1 and S2 educational background who have high self-disclosure. This is thought to be the higher the level of education can affect self-confidence, consider themselves good, self-esteem and can develop and make self-esteem increase so that it makes him more comfortable to express himself. This is in accordance with the opinion of Devito (1989) , who states that the factors that influence self-disclosure are " who you are ?". Gay people must be able to accept differences in people's perceptions in the event of rejection, while you gay can still develop their potential. Hal was confirmed empirically n Goddess (2016) the relationship between self-esteem with self-disclosure on gay in Jakarta, which showed the higher the price the higher the self- revelation of the gay. In contrast, gays with S3 education background showed low self-disclosure, as stated by subject number 46 who strongly disagreed with the statement "I feel comfortable after my parents know my sexual orientation", which means that the subject feels uncomfortable when his parents know about her sexual orientation. This was also followed by subject number 46 and also strongly disagree with the statement "I tell my sexual orientation so that my friends understand my condition", which means the subject feels no need to tell about his sexual orientation so that friends can understand him. This is in accordance with the theory of Devit o (1989) that one aspect of self-disclosure is the purpose and intent, one of the individual considerations in expressing oneself is the purpose and purpose of the self-disclosure, by exercising control over the self-disclosure that he or she does.

c. Tribes

Table 3: Descriptions of Self-disclosure Categorization by Ethnic Groups

Tribes	Low	High	Total
Sunda	11 (55%)	9 (45%)	20 (100%)
Java	15 (44%)	19 (56%)	34 (100%)
Chinese	3 (30%)	7 (70%)	10 (100%)

	1	6	7
Batak	(14%)	(86%)	(100%)
	4	4	8
Betawi	(50%)	(50%)	(100%)
	2	7	9
Minang	(22%)	(78%)	(100%)
	4	8	12
Others	(33%)	(67%)	(100%)
Total	40	60	100
	(40%)	(60%)	(100%)

From table 3. Obtained the results of crosstabulation between self-disclosure and ethnicity, showing that gays with Batak ethnicity showed more self-disclosure. This is in line with research by Boentoro & Murwani (2018) Differences in the Level of Self-Openness Based on Cultural Contexts and Types of Relationships show the results that Batak culture is more concerned with self-expression, does not have a high context in communication, so they express whatever they want to say, it is not easy disturbed by the opinions of others, more honest in expressing what he feels and not easily afraid of what other people think. Thus gay with Batak tribe will look more comfortable expressing themselves in personal matters because they are accustomed to expressing whatever things are felt and thought about. Then, gays with Sundanese ethnicity show low self-disclosure. This is suspected by one of the characteristics of Sundanese culture in the aspect of worldview, Sundanese society has a view of life that is very firm in ethics in the community and does not conflict with the religion embraced either explicitly or implicitly (Elis, 2011) . This is consistent with Rahardjo's (2009) research , stating that misunderstanding and bad prejudice towards gays is dominated by religious understanding. So that gay people from ethnic groups are more closed about their sexual orientation because there are limits to social and religious norms that must be upheld.

d. Relationship status

Table 4

Picture of Self- categorization with Relationship Status

Relationship status	Low	High	Total
Single	24 (42%)	33 (58%)	57 (100%)
Relationship	12 (39%)	19 (61%)	31 (100%)
Married with Woman	2 (40%)	3 (60%)	5 (100%)
No Status	2 (29%)	5 (71%)	7 (100%)
Total	40 (40%)	60 (60%)	100 (100%)

The results from table 4. show that the level of gay self-disclosure is not influenced by the status of the relationship or means that with or in the absence of a partner, gays can still express themselves well. The results of this study indicate that more gay people with single relationship status show high self-disclosure. This is confirmed by research by Pohan & Dalimunthe (2017) the relationship between Intimate Friendship and Self-disclosure which states that friendship does not affect self-disclosure.

e. People Frequently Meet For Storytelling

Table 5

A description of self-disclosure categorization with people that are often met

People Met	Low	High	Total
Parents	0 (0%)	1 (100%)	1 (100%)
Parents & Spouses	4 (57%)	3 (43%)	7 (100%)
Parents, Couples & Friends	6 (43%)	8 (57%)	14 (100%)
Couple	4 (44%)	5 (56%)	9 (100%)
Couples & Friends	7 (37%)	12 (63%)	19 (100%)
Friend	10 (26%)	28 (74%)	38 (100%)
There is no	9 (75%)	3 (25%)	12 (100%)
Total	40 (40%)	60 (60%)	100 (100%)

From table 5. it is found that self-disclosure with people who are found to tell stories shows that gays who tell stories to friends express themselves more . This is reinforced by the Arus Pelangi Report (2016); about the level of coming out targets which states that more than 50% of gays are more comfortable expressing themselves to friends or fellow gays , while gays reveal to families only 20% (Kirnandita, 2019) .

f. Role

Table 6
 Description of Categorical i Self-disclosure with Role

Role	Low	High	Total
Top	14 (61%)	9 (39%)	23 (100%)
Bottom	8 (42%)	11 (58%)	19 (100%)
Versatile	9 (26%)	25 (74%)	34 (100%)
Anal No	4 (27%)	11 (73%)	15 (100%)
Total	40 (40%)	60 (60%)	100 (100%)

From table 6. we get a crosstabulation between self-disclosure and role , showing the results that gay people with top roles tend to have more low self-disclosure. This is consistent with Kiguwa & Nduna's (2017) research in Top or Bottom? Which states that most gays with Top roles are more closed to their sexual orientation than bottom who tend to be open about their identity. So that even verbal self-disclosures with gays with top roles tend to cover up their sexual orientation. The stereotype of the division of roles in gay relationships makes gays especially those in top positions more likely to act as men who must look masculine, manly and nurturing compared to gays with bottom / versatile positions that tend to be more feminine . This is inseparable from the influence of heterosexual relations that cause you gay with top

positions tend to be difficult to express themselves because of the demands of the stereotype of homosexual relations so that they always feel there is a demand to behave as aggressively as possible, so they do not become themselves (Nurdiyansah, 2014) .

Conclusion

Based on analysis result and discussion can be concluded that the hypothesis is rejected. In this study d Obtained sig value (p) = 0.811 and correlation coefficient of (r) = 0.024. From the determinant efficient coefficient value obtained value (r^2) = 0.0006 which shows that social anxiety only affects 0.06% of self-disclosure.

The findings in this study are that more gays have high social anxiety and high self-disclosure. With these results it can be concluded that there is no significant relationship between the two variables.

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