

The Influence of Self-Concept and Peer Support on Social Anxiety of Stutter Survivors in Indonesia

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Agustus, 2023

Introduction

- Based on the Ministry of Social Affairs' disability management system, there are 65.517 physically disabled, 65.138 multiples impaired, 2.486 ex- leprosy/chronic illness, 26.580 mental disorders, 3.824 autism, 13.802 deaf, 5.584 speech impaired, 3.670 slow learners, 13.141 mentally impaired and 4,191 down syndromes (Kemensos.go.id, 2022). A person who faces disturbances or obstacles in terms of verbal communication is called speech impaired; speech impaired is divided into two categories, namely mute and stuttering (Firmansyah, 2020).
- Stuttering is a speech disorder or disorder that causes repetition, lengthening of syllables, sounds, and phrases that interfere with fluency in speaking (Dewi & Saifullah, 2019). A study revealed that individuals who experience speech disorders or stuttering would face several obstacles, including difficulty starting words due to barriers that cause vocal repetitions and problems articulating sounds using the throat, palate, tongue, lips, and teeth (Sari et al., 2020). The stuttering disorder is divided into three types: repetition, prolongation, and blocking, accompanied by secondary behaviors such as blinking and jerking the head (Seitz & Choo, 2022). Several factors can cause an individual to stutter, namely 1) biological, caused by premature birth and there is a disturbance in the coordination of brain functions that affect the nervous and motor systems in the muscles; 2) sociological and psychological, caused by events or events that occur due to pressure from the surrounding environment, so that it will trigger a prolonged feeling of trauma (Hikmah & Mardiyah, 2022).
- This research focuses on persons with speech impairments in the category of stuttering survivors who are in the Indonesian Stuttering Community (ISC) with members spread throughout Indonesia, including Java, Kalimantan, Sumatra, Sulawesi, Bali and Lombok. The Indonesian Stuttering Community (ISC) was established in 2009 through a Facebook group and officially became a community on January 13.2017.

Research Question

- “ is there a relationship between self concept and peer support towards social anxiety among stuttering survivors in Indonesia?”

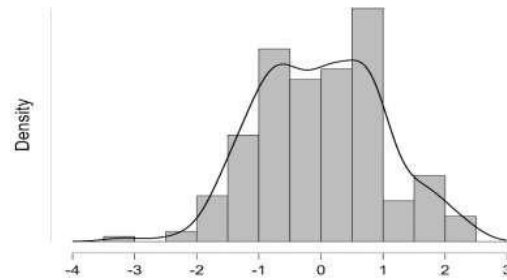
Method

- This research utilizes a quantitative approach, using data collection methods through questionnaires. All members of the Indonesian Stuttering Community, both male, and female, were the subjects of this study. Sampling was done through a purposive sampling technique because the subject in this have certain conditions and criteria, namely; individuals who have speech disorders and are members of the ISC.
- The members of Indonesia Stuttering Community consist of stutter and non-stutter survivors, not all of whom have speech disorders. Therefore, it can be conclude that there were 209 stutter survivor, who participated in this research, including 128 males and 81 females.
- The data that has been obtained is then processed through a Multiple linear regression analysis method. This analysis is an analytical method used to measure the influence of independent and dependent variables. The independent variable in this study is self-concept and peer support, while the dependent variable is social anxiety
- Data collection uses three psychological scale, namely ; Tennessee Selfie Concept Scale (TSCS) developed by William H. Fitts, t he peer support scale results from adjustments from previous research conducted by Rahmanda (2020) and A Social Anxiety Scale developed by La Greca & Lopez (1998)

Results

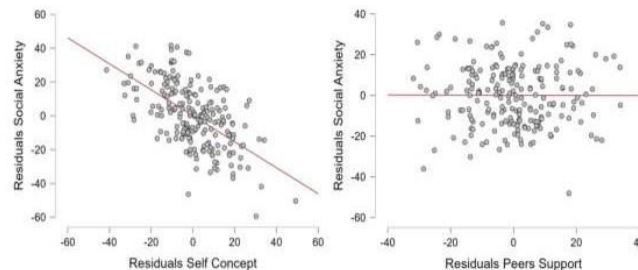
1. Normality Test

The Shapiro-wilk test for normality resulted in residual data with p-values of self-concept (0.232), peer support (0.350) and social anxiety (0.063). Similarly the normality test of the residual histogram shows a bell-shaped curved, indicating that the research data is normally



2. Linearitas

Figure 2, shows that the line in the graph moves in linear manner, and the scatter plot forms an approximate elliptical shape, indicating that the data from this study has a linear relationship



Results

3. Result of Anova

Model	Sum of Squares	Df	Mean Square	F	p
H ₁ Regression	40603.034	2	20301.517	88.217	< .001
Residual	47406.841	206	230.130		
Total	88009.876	208			

It shows the result of F-test=88.217, with a significance of $p < 0.01$. This result indicates that the calculated F-value is greater than the F-table value ($F=2605$), which means that the research hypothesis is accepted. It suggests that the variable self-concept and peer support, when considered simultaneously, have a significant effect on social anxiety.

4. Correlation Test

	r	Sig.
Self-concept* peer support	0.604	< .001
Self-concept*social anxiety	-0.679	< .001
Peer Support*social anxiety	-0.412	< .001

It shows a correlation value of $r_{xy} = -0.679$ with $p < 0.01$ and the score $r_{yz} = -0.4123$ with $p < 0.01$. Therefore, it can be concluded that self-concept variable and peer support variable have a negative relationship to social anxiety on social anxiety.

5. Effective Contribution

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	20.570
H ₁	0.679	0.461	0.456	15.170

It's explained that the R-square produces a value of 0,461. Therefore, it can be concluded that the study resulted in an affective contributive of 46.1 %.

Discussion

- The researcher conducted a series of prerequisite tests before performing hypothesis testing. The normality test result indicates that the data is normally distributed, as shown in Table 1 and Figure 1. Meanwhile, the linearity test results indicate that both the variables of self-concept and peer support have a linear relationship with the variable of social anxiety, as shown in Figure 2. The results of the analysis using multiple regression analysis of the data obtained show that the value of $F=88.217$ with a significant score of $p < 0.01$, and the results of the score $rx1y=-0.679$ with $p < 0.01$ and the score $rx2y=-0.4123$ with $p < 0.01$, so that it can be concluded that the hypothesis is accepted, meaning that the self-concept and social anxiety have a negative relationship, as well as the variables of peer support and social anxiety, which also have a negative relationship.
- Therefore, it means that there is a negative relationship between two independent variables; self-concept and peer support with dependent variable; social anxiety. It shows that the higher self-concept the lower the social anxiety, and vice versa. Other research also shows that the higher the peer support, the lower the social anxiety in stutter survivors in Indonesia Stuttering Community. It can be concluded that the higher self-concept and peer support, the lower social anxiety among stutter survivors, or conversely, the lower self-concept and peer support, the higher social anxiety among stutter survivors.
- The scores obtained from the respondents' answers show that, generally, stutter survivors who are members of the ISC community have moderate anxiety. However, there are still 34% of survivors who have anxiety at a high level. Individuals of the male sex may dominate more research subjects. Other findings, such as the study's results found that males were overwhelmed by 61% of stutter survivors. It is reinforced by the results of research, which states that male sex sufferers are reported to be 3 to 4 times more than women (Singh et al., 2019). Stuttering is more common in males which is related to genetic factors. Women can be more resistant to inherited stuttering and have a more optimal recovery rate than men. The link between stutter and genetic factors makes women have a better recovery rate than men (Nang et al., 2018).

Important Research Findings

- Based on the results of multiple regression analysis, the R^2 value was 0.461, meaning that self-concept and peer support had a 46% influence on social anxiety, and other factors influenced the rest. This is supported by research conducted that the authoritarian parenting style significantly correlates with social anxiety based on the rejection given by parents (Rachmawaty, 2015). Parenting style is another factor that influences social anxiety outside of self-concept factors and peer support.
- Emotions, and quality peer relationships, which provide overall positive emotional support. (Kholifah, 2016). Also explains that emotion regulations has a negative significance, which means that emotion regulations influence social anxiety (Akkuş & Peker, 2022). Based on this research, only quality peer relationships can provide good emotional support. The results of other studies that affect social anxiety outside of the two variables in this study are research conducted by Pratiwi et al. (2019), where the research explains that self-esteem has a negative significance, which means that self-esteem influences social anxiety.

Benefits of Research

- The results of this study are expected to be taken into consideration by the government can provide policies or regulations regarding facilitating access for individuals with speech disorders, such as implementing educational policies, employment opportunities, and ensuring access to communities that can help stuttering survivor in self-improvement
- Additionally, the government can also encourage professionals to contribute to the stuttering community by providing counseling services, psychoeducation, and educating the public how to live with individuals experiencing stuttering, with the aim of minimizing bullying incidents.
- For individuals who experience stutter to encourage themselves to be more proactive in getting peer support, one of which is through the community, to be able to help stutter survivors improve their self-concept by participating in self-development activities such as seminars and workshops
- This research is also expected to contribute to the community in developing programs or activities that can be provided by community enhance self-concept include training, seminars, counseling and outbound activities involving all community members (stutter survivor and those who care about stutter). Encouraging stutter individuals to join the community and actively participate in community activities.

Conclusions

- Based on the results of research that has been carried out using multiple linear regression analysis, it can be concluded that there is a negative relationship between self-concept and social anxiety in stutter survivors in the Indonesian stuttering community, so the higher self- concept, the lower social anxiety personality will be.
- Also, another result there is a negative relationship between peer support and social anxiety in stutter survivors in the Indonesian stuttering community, it means that the higher peer support, the lower social anxiety will be. So it can be concluded that the higher the self-concept and the higher the peer support with the lower the social anxiety personality will be. Vice versa, the lower the self-concept and peer support, the higher the character of social anxiety in stutter survivors Indonesia Stuttering Community. Some examples of these influences in social anxiety, include self-esteem, emotions regulations, attachment style, self-confidence, and peer influence

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