The Relation between Self Confidence and Social Support among Gay who Have Coming out in Suara Kita Community, East Jakarta

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Abstract: *The present study was aimed to determine the relation between social support and self confidence among gay who have coming out in Suara Kita Community, East Jakarta.The research method was saturated sampling method (census) with a research sample of 40 respondents. The data collection method was questionnaire using likert scale model from 32-items self confidence scale and 40-items social support scale. Validity and reliability tests used SPSS version 22.0 for windows. After testing item validity against the self confidence scale, it was found that the validity is 0.343-0.642 and social support is 0.308-0.721. Based on the result of data analysis through Bivariate Correlation analysis (r) value of 0.834 was found. It showed that Ha which stated that there was relation between social support and self confidence among gay who have coming out in Suara Kita Community, East Jakarta was accepted. Therefore, there was positive relation between Social Support and Self confidence among gay who have coming out in Suara Kita Community, East Jakarta. It indicated that the higher the social support, the higher the individual's self confidence.*

Keywords: Self Confidence, Social Support, Gay, Coming Out

1. Introduction

Homosexuality is no longer a taboo topic of conversation, e.g. male homosexuals or gays. Homosexual is derived from the word "homo" which is an Egyptian word meaning same and "sex" which is a Latin word meaning gender. Homosexuality is commonly associated with same-sex sexual behaviors and relations. Homosexuality has existed for a long time, as far back as the ancient Egyptian time. At that time, homosexuality was a part of the society and was considered a part of the culture. Meanwhile, in Abrahamic culture, homosexuality is considered against the nature. In the 19th century, homosexuality was considered sexual orientation disorder and people often discriminated against and rejected homosexuals. In the 20th century, homosexuality started to become a subject of researches and debate in Western countries.

In Indonesian dictionary, gay is a term commonly used to refer to homosexuals or homosexual traits. The term was initially used to express feelings of "freedom/unrestrained", "happiness" or "bright and striking". The term started to be used to refer to homosexuality since the end of the 19th century AD, but started to be more common in the 20th century. In modern English, gay is used as an adjective and noun, referring to people especially gay and their activities. (www.wikipedia.com).

There are a few reasons why some people become gay. According to Budi (kompas cybermedia, 2003), there are two things which make someone gay. First, inherent or genetic factor, which is unbalanced amount of hormones in someone since birth. The number of hormones in women tends to be higher than in men. This could affect men's behaviors. Female traits are usually stronger, so that gay tend to act femininely and be attracted to feminine activities. Second, environmental factor, i.e. meeting men more often and very rarely meeting women.Some also experiment with homosexual behaviors due to lifestyles and money. It usually starts from experimenting and expecting money reward.

There are some terms for types of gay. Gay who play the male role in their relationship are called top and those who play the female role are called bottom. In France, gay who play the male role are called active and those who play the female role are called passive. Gay who are both top and bottom are called versatile. Openly declaring their sexuality is called coming out. Coming out is a process of discovering and accepting self and announcing an individual's lesbian or gay orientation to other people (Brannon, 1996).

Gay who have coming out usually have a high level of self confidence. Gay who have a high level of self confidence are usually able to accept themselves and not care about what the society says. Self confidence according to M. Nur Ghufron & Rini Risnawita S (2010) is a belief to do something within a subject as a personal characteristic which includes belief in one's ability, optimism, objectivity, responsibility, rationality and realistic attitude. However, this doesn't mean that gay who haven't coming out have a low level of self confidence. Gay's self confidence will grow if they get social support from others.

Social support for gay from the community, e.g. motivation, care, appreciation, help and compassion, make gay feel loved, cared for and appreciated by others. According to Roberts & Gilbert (2009), social support can be viewed as a beneficial situation for individual which they get from other people they can trust. It makes the individual know what other people care for, appreciate, and love them. Social support is best thought of as a multidimensional construct which consists of functional and structural components. Social support refers to other people's action when they give help.

Gay who have high a level of self confidence and get social support from their environment will be able to develop their potentials. This was stated by BI, one of the gay who had coming out. BI said that gay people, especially those in Suara Kita Community, East Jakarta, tended to have social support from fellow members of the community, so that they were able to coming out and have a high level of self confidence. From BI's explanation above, the author became interested in performing a study in Suara Kita Community, East Jakarta.

Definition of Self Confidence
According to M. Nur Ghufron & Rini Risnawita S (2010), self confidence is a belief to do something within a subject as a personal characteristic which includes belief in one's ability, optimism, objectivity, responsibility, rationality and realistic attitude.

Meanwhile De Angelis (2005) states that self confidence comes of the conscience of an individual who is determined to do anything to reach their goal and when the individual tries to reach the dream or goal, the self confidence starts do disappear, leading to a feeling of inferiority.

Definition of Social Support
Sarafino (2002) states that essentially there are five types of social support, which are emotional support, esteem support, instrumental support, informational support and companionship support. Mean while Sarason (in Fani Kumalasari & Latifah Nur Ahyani, 2012), states that social support is presence, willingness, care from people who are reliable who respect and love us.

According to Roberts & Gilbert (2009), social support can be viewed as a beneficial condition for an individual from reliable people. From this condition, an individual will know that other people care for, appreciate and love them. Social support is best thought of as a multidimensional construct which consists of functional and structural components. Social support refers to other people's action when they give help.

Definition of homosexuality
According to Nevid et al. (2003), homosexuality is romantic, physical, emotional and sexual attraction of an individual to another individual of the same sex. The sexual attraction of homosexual people has been directed to people of the same sex (in accordance with the individual's genital) and therefore they emerge as gay or lesbian.

Definition of Coming Out
Kaplan and Saddock (2010) viewcoming outas a situation where an individual is open, no longer covering up their sexual orientation as a homosexual from others. More comprehensively, coming outis an affirmation of one's homosexuality to one self and others, which has dangerous risks. It means that the individual must be ready to be labeled by others who insult them because of their homosexuality and in a broader scope, live in a society which is hostile to the individual (Paul & Weinrich in Kuntjoro, 2002).

Relation between Social Support and Self Confidence

Homosexuality is no longer a taboo topic of conversation, e.g. male homosexuals or gays. Although most of the social environment of gay people doesn't accept them, some gay today are more open and no longer feel embarrassed about admitting that they're "different" in terms of appearance or sexuality. Gay who are open about their sexual deviation are said to have coming out. Gay who have coming out usually have a high level of self confidence. The self confidence of gay will be higher if there is social support from others, consistent with the opinions of Starus and Sayles, Gottileb and Johnson (in Tina Afiantin and Budi Andayani, 1997) that through group social support, one will have a reduced level of anxiety so that the individual will be able to express themselves, so that the individual will have increased self confidence.

2. Research Method

Population Sampling Method
In the present study, the population was 40 gay in Suara Kita Community, East Jakarta. The technique used in sampling in the present study was saturated sampling technique or census technique where all members of the population are used as sample (Sugiyono, 2015). The characteristics of the sample used by the researcher had been determined by the researcher. The characteristics are: gay man and having coming out.

The types of scale used in the present study were social support and self confidence scales. The data collection method was questionnaire using likert scale method which contained written statements and was distributed to the 40 gay respondents by giving five alternative responses. The test was performed using product moments pearson equation and was examined using SPSS version 22.0 for windows.

Research Result
From the data analysis, it was found that the correlation coefficient (r) between social support and self confidence is 0.834 with p= 0.000, p < 0.05. It showed that the null hypothesis (Ho) that "there was no relation between self confidence and social support in Suara Kita Community" was rejected, while the working hypothesis (Ha) that "there was relation between self confidence and social support in Suara Kita Community" was accepted.

The normality test in the present study used *Shapiro-walk* formula because the research sample was less than 100 people. The normality test of the social support scale produces p= 0.824; p > 0.05, the sample was normally distributed and the normality test of the self confidence scale produces p= 0.408 > 0.05, meaning the sample was normally distributed.

3. Conclusion

There was positive significant relation between social support and self confidence in Suara Kita Community. It showed that the better the social support, the higher the self confidence.

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