

HUBUNGAN *PERCEIVED SOCIAL SUPPORT* DENGAN *EMOTIONAL EXHAUSTION* PADA GAY

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ABSTRAK

*Saat ini perhatian kepada kelompok LGBT khususnya Gay menjadi salah satu pusat pembahasan di seluruh negara termasuk Indonesia. Adaptasi yang dilakukan setiap individu Gay tidak mudah karena menghadapi tekanan dari internal maupun eksternal. Hasil survei nasional Saiful Munjani Reaserch and Consulting (SMRC) menyebutkan bahwa 53,3% individu Gay tidak diterima di lingkungannya. Menurut Zimet (1998) *perceived social support* adalah persepsi individu yang diterima terhadap dukungan orang lain. Mashlach dan Jackson (1981) mengatakan bahwa *emotional exhaustion* merupakan perasaan yang disebabkan oleh perasaan emosional yang berlebihan dan sumber daya emosional seseorang telah habis yang dialirkan oleh kontak seseorang dengan individu lain. Tujuan penelitian ini untuk secara empiris menguji hubungan antara dukungan sosial yang dirasakan (*perceived social support*) dengan tingkat kelelahan emosional (*emotional exhaustion*) pada individu gay. Penelitian ini menggunakan metode penelitian kuantitatif dengan uji analisis Pearson melalui bantuan aplikasi data SPSS 26.0. Subjek penelitian ini adalah individu Gay dengan sample sebanyak 101 responden yang merupakan seorang Gay dengan rentang usia 18 hingga 25 tahun melalui teknik pengambilan *simple random sampling*. Pada penelitian ini menggunakan skala Likert, pada *perceived social support* menggunakan *Multidimensional Scale of Perceived Social Support (MSPSS)* oleh Dahlem, Zimet dan Walker (1991) dan pada *emotional exhaustion* menggunakan skala yang telah dimodifikasi disusun berdasarkan teori Maslach dkk (2001). Hasil analisis Pearson yang dilakukan pada responden yang termasuk dalam kategorisasi Gay mendapatkan nilai *pearson correlation* sebesar -0.201 dan nilai *sig. (2-tailed)* sebesar .044 dengan demikian adanya korelasi yang berarti *Ha* diterima dan *Ho* ditolak. Artinya, hasil penelitian menunjukkan bahwa terdapat hubungan antara *perceived social support* dengan *emotional exhaustion* pada kaum Gay.*

Kata Kunci: *Dukungan Sosial, Gay, Kelelahan Emosional*

THE RELATIONSHIP BETWEEN PERCEIVED SOCIAL SUPPORT AND EMOTIONAL EXHAUSTION IN GAYS

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ABSTRACT

Currently, attention to LGBT groups, especially gay people, is one of the center debates in all countries, including Indonesia. The adjustment of every gay person is not easy when they are faced with internal and external pressures. The results of the national survey Saiful Munjani Research and Consulting (SMRC) indicate that 53.3% of homosexuals are not accepted in their environment. According to Zimet (1998), perceived social support is the perception that an individual has support from others. Mashlach and Jackson (1981) suggested that emotional exhaustion is a feeling caused by being overly emotional and that one's emotional resources have been depleted by contact with others. The aim of this study was to empirically examine the relationship between perceived social support and levels of emotional exhaustion in homosexual individuals. This study uses quantitative research method with Pearson analysis test using SPSS 26.0 data application. The subjects of this study were homosexuals with a sample of 101 homosexuals between the ages of 18 and 25 using a simple random sampling technique. In this study using the Likert scale, perceived social support used the Dahlem, Zimet and Walker (1991) Multidimensional Perceived Social Support Scale (MSPSS) and emotional exhaustion used a modified scale compiled based on the theory of Maslach et al. (2001). The results of the Pearson analysis performed on respondents who were included in the Gay classification obtained a Pearson correlation value of -0.201 and sig. (bilateral) is 0.044 so a correlation means that H_a is accepted and H_o is rejected. In other words, the results indicate that there is a relationship between perceived social support and emotional exhaustion in gays.

Keywords: Emotional Exhaustion, Gays, Perceived Social Support