

Literasi Kesehatan Husada: Jurnal Informasi Ilmu Kesehatan

Vol. 8, No. 1, February 2024

Research Methodology Paper

SOCIAL ANXIETY SCALE FOR ADOLESCENTS (SAS-A): RELIABILITY TEST

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DOI: <https://doi.org/10.60050/lkh.v8i1.19>

ABSTRACT

Background: Adolescents often experience social anxiety caused by acts of body shaming carried out by their friends. This condition causes adolescents to feel that they are not accepted by their surrounding environment.

Objectives: This study aimed to analyze the reliability of the Social Anxiety Scale for Adolescents (SAS-A).

Design: This research uses descriptive analysis research with a cross-sectional approach.

Methods: This research was conducted on May 15, 2023 at Madrasah Aliyah Raden Rahmat, Mojowarno, Jombang. The research instrument used was the Social Anxiety Scale for Adolescents which was adopted from Firdausi (2018) which consists of 18 favorable questions. The research instrument consists of three components, including Fear of Negative Evaluation (FNE), Social Avoidance and Distress with New Social Situation and Unfamiliar Peers (SAD-New), and Social Avoidance and Distance General (SAD-G). Data analysis carried out was Mean, Standard Deviation (SD), and reliability test (Cronbach Alpha) using SPSS 21.

Results: Based on the research results, it was found that the Social Anxiety Scale for Adolescents had high reliability test results marked by a Cronbach's Alpha value of .855 (Min = 40.0; Max = 77.0; Mean = 57.94; SD = 10.216).

Conclusion: The results of this study indicate that the Social Anxiety Scale for Adolescents is very suitable for use in assessing social anxiety in adolescents at Madrasah Aliyah.

Keywords: Psychometric, Social Anxiety Scale, Adolescents, Questionnaire.

INTRODUCTION

Adolescents are an age group that is still undergoing a development process, both physically and psychologically (Putra et al., 2023). Adolescents also often experience social anxiety in interacting with society. Social anxiety is often caused by body shaming by friends or other people around them (Umami et al., 2023). Body shaming is a form of bullying that often occurs among teenagers, so that adolescents who are victims of body shaming experience a negative body image. (Diwanda & Wakhid, 2022; Fatmawati et al., 2021). Negative body

image can cause adolescents to experience social anxiety during social interactions (Azizah, 2020; Cahyono et al., 2019; Diwanda & Wakhid, 2022; El-Huzni, 2021; Fatmawati et al., 2021). Adolescents who experience social anxiety feel that the environment around them does not accept their existence because they do not conform to the ideal standards of the society around them (Fauzy & Putri, 2021; Ummah, 2020). To assess social anxiety in adolescents, there is the Social Anxiety Scale for Adolescents (SAS-A). However, assessment using the Social Anxiety Scale for Adolescents (SAS-A) is still unknown whether the research instrument is suitable when used to assess adolescent anxiety in Madrasah Aliyah. Therefore, researchers conducting this research aim to analyze the psychometrics of the Social Anxiety Scale for Adolescents (SAS-A) to see the suitability of this research instrument when used in the Madrasah Aliyah area.

METHODS

Methodology

The design of this research is a descriptive analytic study with a cross-sectional approach. In the process of carrying out the research, the researchers applied for permission from the College of Health Sciences Husada Jombang and Madrasah Aliyah Raden Rahmat, Mojowarno, Jombang. After obtaining permission to carry out the research, the researchers determined respondents who met the criteria that had been previously determined. In the data collection process, the researchers used a predetermined questionnaire. The researchers first explained the research process, including the procedures for filling out the questionnaire and the rights of potential respondents. After the potential respondents agreed to take part in this research, the potential respondents were asked to fill out the informed consent that had been prepared by the researchers. After the research data has been collected, the researchers will carry out the editing and coding process on the data. After the editing and coding process was complete, the researchers entered the data into SPSS for data analysis. Data analysis carried out by researchers was the Mean, Standard Deviation (SD), and reliability test (Cronbach Alpha) of the research instrument. The validity test was not carried out by the researchers, because this research instrument used a questionnaire adopted from Firdausi (2018).

Setting

This research was carried out on May 15, 2023 at Madrasah Aliyah Raden Rahmat, Mojowarno, Jombang.

Sample/ Participants

The target population in this study was all teenagers attending classes X and XI at Madrasah Aliyah Raden Rahmat, Mojowarno, Jombang. The researchers determined several criteria in determining the number of samples in this study, so the sampling technique used was purposive sampling. The criteria determined by the researchers were adolescents who had received body shaming treatment at Madrasah Aliyah Raden Rahmat, Mojowarno, Jombang and were students in class X and XI. Based on these criteria, the number of samples in this study was 34 adolescents.

Instrument

This research instrument uses the Social Anxiety Scale for Adolescents which was adopted from Firdausi (2018) which consists of 18 favorable questions. This instrument uses a Likert scale consisting of Always, Often, Sometimes, Rarely, and Never. This research instrument consists of 3 aspects, including Fear of Negative Evaluation (FNE) with 8 items in numbers 1-8, Social Avoidance and Distress with New Social Situation and Unfamiliar Peers (SAD-New) with 6 items in numbers 9-14, and Social Avoidance and Distance General (SAD-G) with 4 items in numbers 15-18.

Ethical Consideration

This research has been declared to have passed the research ethics test at the College of Health Sciences Husada Jombang with 0807-KEPKSHJ. Apart from that, this research has received permission to carry out research from the College of Health Sciences Husada Jombang with number 422/STIKES/HSD/XII/2022 and received permission to carry out research from Madrasah Aliyah Raden Rahmat Jombang with number Ma.13.15.026/Kp.00 /046/2022.

RESULTS

Demographic Data of Respondents

Table 1. Frequency Distribution of Respondent Data Based on Age and Gender in Class X and Class XI at Madrasah Aliyah Raden Rahmat, Mojowarno, Jombang on May 15, 2023 (n = 34).

Characteristics of Respondents	Frequency	Percentage
	(f)	(%)
Age		
16 years	11	32.4
17 years	10	29.4
18 years	13	38.2
Total	34	100.0
Gender		
Male	12	35.3
Female	22	64.7
Total	34	100.0

Sources: Questionnaire Data, May 2023.

The research data in table 1 showed that the majority of respondents were 18 years old, 13 respondents (38.2%) and the majority were female, 22 respondents (64.7%).

Description of Items of Social Anxiety Scale for Adolescents (SAS-A)

Description of Items of Social Anxiety Scale for Adolescents (SAS-A) showed that the lowest Mean value of 2.56 and the highest Mean value of 3.76.

Table 2. Description of Items of Social Anxiety Scale for Adolescents (SAS-A) at Madrasah Aliyah Raden Rahmat, Mojowarno, Jombang on May 15, 2023 (n = 34).

Items	Mean	Std. Deviation (SD)
1. I worry about doing something new in front of other people	2.94	1.205
2. I was worried about being ridiculed	3.41	.988
3. I feel embarrassed around people I don't know	3.06	.983
4. I only talk to people I really know	3.09	1.055
5. I feel that my friends are talking about me behind my back	3.47	.788
6. I get nervous when I'm with certain people	3.62	1.074
7. I feel shy even with friends I know very well	2.56	1.133
8. I worry about what other people say about me	3.21	1.149
9. If I get involved in an argument, I worry that other people will dislike me	3.76	1.103
10. I feel nervous when talking to friends I don't know very well	3.15	1.132
11. I'm afraid to ask other people to do something with me because they might reject my invitation	2.94	1.071
12. I feel nervous when I meet new people	3.59	1.158
13. I worry about what other people think about me	3.41	1.076
14. I feel that other people are mocking me	3.26	.751
15. I worry that other people don't like me	3.24	1.232
16. I become quiet when I'm with a lot of people	3.21	.978
17. I'm afraid that other people will dislike me	3.32	1.121
18. It's very difficult for me to get other people to do things with me	2.71	.871

Sources: Questionnaire Data, May 2023.

Analysis of Social Anxiety Scale for Adolescents (SAS-A)

Table 3. Analysis of Social Anxiety Scale for Adolescents (SAS-A) at Madrasah Aliyah Raden Rahmat, Mojowarno, Jombang on May 15, 2023 (n = 34).

Variable	Min	Max	Mean	SD	Cronbach's Alpha	r-table	Level
Social Anxiety Scale for Adolescents (SAS-A)	40.0	77.0	57.94	10.216	.855	.325	Medium Anxiety Level

Sources: Questionnaire Data, May 2023.

Based on the research results, it was found that the Cronbach's Alpha of the Social Anxiety Scale for Adolescents (SAS-A) in research conducted at Madrasah Aliyah Raden

Rahmat, Mojowarno, Jombang on May 15 2023 was .855 (Min = 40.0; Max = 77.0; Mean = 57.94; SD = 10.216).

DISCUSSION

The research data in table 2 showed that the lowest Mean value of 2.56 and the highest Mean value of 3.76. The lowest mean value ($M = 2.56$) is found in the statement number 7 which contains feelings of embarrassment towards friends. The highest mean value ($M = 3.76$) is found in the statement number 9 related to concerns about feelings of dislike from friends that arise when debates occur.

The research results in table 2 also showed that the reliability value of the Social Anxiety Scale for Adolescents (SAS-A) using Cronbach's Alpha was .855. Wahyuni (2014) said that the reliability test value with Alpha .70 to .90 has high reliability. According to Guilford & Fruchter in Putra et al. (2020), the reliability test coefficient of .80 to .99 is categorized as having a very high level of reliability. With these considerations, the researchers concluded that the Social Anxiety Scale for Adolescents (SAS-A) could be used to assess social anxiety in adolescents at Madrasah Aliyah.

CONCLUSION

The results of this study indicate that the Social Anxiety Scale for Adolescents (SAS-A) is very suitable when used to assess the level of social anxiety in adolescents attending Madrasah Aliyah.

LIMITATION

There are no limitations in carrying out this research.

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