Social Anxiety in the Homosexual Community:
A Case Study in Kediri

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Abstract   :   Homosexuality is a deviation of social behavior which is said to be like the same sex. Homosexuals are divided into two, namely gays and lesbians. The discussed homosexuals focus on gays only. Gay is when a man likes another man. Many events and experiences have occurred that have been passed by homosexuals or gays. Social anxiety is one of the things experienced by this community. This research aims to find out the description, factors and ways to overcome social anxiety in the homosexual (gay) community in Kediri. This research was conducted using a qualitative method with a case study approach. Data collection uses in-depth interviews and how to determine the validity of the data using source triangulation. Three subjects who were interviewed with the criteria of being male, belonging to one part of the homosexual/gay community, data analysis used reduction, display and data conclusion. The results of the description of the anxiety experienced by homosexuals (gay) are physical changes marked by a racing heart, cold sweat, cold hands and trembling. there are behavioral symptoms such as speaking sluggishly and avoiding when meeting people you know and cognitive symptoms occur, namely difficulty focusing, loss of focus, lack of confidence, difficulty receiving information, feeling inferior or feeling inferior and fear of being judged badly by others. Factors causing social anxiety are increased fear and the trauma experienced. Furthermore, to overcome social anxiety by doing relaxation such as taking deep breaths, praying and silence to then avoid and with efforts from oneself to get out of the situation that is being experienced.

INTRODUCTION

In Indonesia and even in the world today, homosexuals are very familiar. It is no longer a taboo to hear the word gay/lesbian. However, in Indonesia itself where a country with many different cultures, tribes, ethnicities and religions cannot fully consider homosexuality as a common thing, especially Indonesia is a country where the majority of the population is Muslim, of course there will be many cons in this matter. (Agung et al., 2017). Homosexuality itself is where individuals of the same sex have sexual attraction. There are two groups of homosexuals, namely gays and lesbians. Because however Indonesia cannot be equated with other countries, especially western countries whose habits are more free.

Homosexuality belongs to the deviation of social behavior. The emergence of this deviation comes from sexual orientation deviation. Sexual orientation is when a person tends to direct their romantic, emotional, sexual and attraction to women, men or a combination of both. As a result of the deviation of social behavior, homosexuals have difficulty interacting with their surroundings and it is not uncommon to feel different treatment from society. Being part of a homosexual allows a person to not be able to occupy a position occupied by ordinary people because the rejection of some people around him towards the presence of homosexuals results in a person with the allegation of being part of a

homosexual not being able to occupy a position or high position. This can happen among students and the world of work (Marhaba et al., 2021).

The gay phenomenon in Indonesia is still widely seen as something that must be avoided and even ostracized because it is considered to deviate from ethics and norms to this day. Society views that gay people are something to be hated because they are considered to be able to infect their surroundings. Although this understanding is a false reality in society about gay people, gay people must be dealt with and cannot be left unchecked. (Diniati, 2018). Even though gay is not contagious, it is still very possible that when you hang out a lot with homosexuals, it can arouse curiosity and try it. So in this case self-principles and self-control are needed.

There are many complex problems experienced by homosexual/gay people. Such as community stigma, discrimination, social anxiety and many more. The focus that will be discussed is social anxiety. Social anxiety or anxiety disorder itself is a sense of worry about the circumstances that will occur in the future and is usually characterized by several physical conditions such as a sense of tension that appears in a person's feelings. (Sugiantoro, 2018). Meanwhile, social anxiety (social anxiety disorder) is a neurotic anxiety to the social environment with a sign of fear of the environment's judgment of him (Sugiantoro, 2018). (Sugiantoro, 2018). Although gay people do not look anxious if they appear from the outside, they also experience social anxiety.

This study will examine how the picture of social anxiety experienced by gay people, and what are the factors that cause gay people to experience social anxiety. After that when gay people experience social anxiety it will bring up how to overcome this so that in this study will also discuss how to overcome social anxiety in gay people, so that in this study aims to find out how the description, causal factors and ways to overcome social anxiety that appears in gay people.

The definition of anxiety according to Neid, Rathus & Greene is a fear or where someone feels worried about bad things that could happen. Furthermore, Chaplin reveals anxiety is a bad emotional condition with physical reactions that accompany a person who feels himself in danger. Thus anxiety can mean fear or worry of someone who is accompanied by a physical reaction and occurs when they feel that something bad will happen. (Alizamar et al., 2017).. Anxiety is a response to an appropriate threat, but it can be said to be abnormal if the level of anxiety does not match the proportion of the threat (Joseph L. Murray, 2019). (Joseph L. Murray, 2019).

Social anxiety is a disorder that arises due to weakened self-confidence and individuals experience anxiety due to negative thoughts that arise. When interacting, people who have anxiety disorder will feel anxious because these individuals have the assumption that they get low social acceptance. According to Greca and Lopez, the signs of individuals experiencing social anxiety are fear of being judged badly by others, not wanting to interact with others by avoiding strangers, and avoiding even with people they know when in a social environment. (Zahratussyafiyah, 2021). Avoidance of familiar people is also caused by one's own thoughts because of too much overthinking.

Social anxiety or anxiety disorder is a neurotic anxiety disorder characterized by anxiety and fear of being judged negatively in the social environment. individuals who experience social anxiety have a bad perception of themselves because they cannot face social conditions. (Sugiantoro, 2018). Basic social phobia or can also be called social anxiety is when a person experiences excessive fear with negative evaluations of others. (Joseph L. Murray, 2019). The emergence of social anxiety is because the individual thinks that he is not the same as others and has a feeling that others will judge him. Especially when individuals have traumatic experiences such as humiliation, judgment, and intimidation from the surrounding environment, it further strengthens the sense of anxiety about the social environment. When the

individual has to face strangers, they will be more likely to experience social anxiety. (Zahratussyafiyah, 2021).

There are positive and negative impacts when individuals experience anxiety disorder. Positively, when the individual experiences anxiety, he can be motivated to do the thing that is worried about to the maximum because there will be an effort to improve himself so that all the anxieties that are feared do not occur. On the other hand, there is a negative side, namely when anxiety attacks itself excessively and cannot manage it properly, it will lose self-control and can also be closed to others.

From the social anxiety experienced by a person, several things will arise, such as underestimating oneself, considering oneself inferior and feeling oneself boring and uninteresting. (Diniati, 2018). When someone already feels social anxiety, it is likely that someone will withdraw from social situations which result in being more active in cyberspace. While being active in cyberspace does not have a good impact on individuals if it is not used properly.

METHOD

In this study using qualitative research with a case study method. Qualitative research is research that has the intention of understanding a phenomenon about everything the subject experiences, holistically by explaining it in words and language in a special natural context by utilizing various scientific methods. (Lexy J. Moleong, 2017). This research method uses case studies where there are space and time constraints in exploring a phenomenon and collecting in-depth information with various data collection procedures. (Sri Wahyuningsih, 2013). In collecting data, researchers conducted interviews. The interview conducted was an in-depth interview where in the process of obtaining information for research purposes by asking questions or dialoguing with informants as information providers and interviewer researchers. (Sugiyono, 2019). The informants

in this study were 3 people. The criteria for determining informants in this study are (1) male (2) belonging to one part of the homosexual/gay community (3) working at Redline Indonesia. The way to obtain data validity is based on source triangulation. Data analysis is carried out by analyzing data using data reduction, display and conclusion. (Sugiyono, 2019).

RESULTS AND DISCUSSION

The results of the interviews related to the description, causal factors and ways to overcome anxiety each have their own themes. The discussion below will explain in detail about these themes.

Physical changes

Physical changes are the first discussion. When experiencing social anxiety there are physical reactions that arise. The forms of physical changes experienced by the subjects include: palpitations, cold sweat, cold hands, and trembling. These conditions are less favorable for them to carry out their work if they cannot control this.

"My heart was pounding, I felt sweaty cold hands and trembling when the anxiety set in"

Carney & Edinger social anxiety symptoms can be in the form of: avoiding feared social situations, feelings of embarrassment, physiological changes (such as facial flushing), and fear of being the center of attention. (Alizamar et al., 2017).. Physiological changes or can also be called physical changes are symptoms of social anxiety experienced by the three subjects.

Behavioral symptoms

Some of the emerging behavioral symptoms experienced by the subject based on the answers to the questions asked include: speaking is not fluent and avoiding when meeting people who are known. These behavioral symptoms affect the lives of the three

subjects where the subjects have entered the world of work and are required to be proficient in speaking in front of many people. When in a social environment and meeting with many people and social anxiety arises, it will make it difficult to speak in an organized manner and what happens will speak slurred or sloppy.

"For example, in a social environment such as being outside or in a café and then I see someone who already knows my identity or maybe he is my neighbor, I will usually avoid it."

The expression of one of the subjects who will choose to avoid when meeting people he knows because the anxiety will arise because the subject feels what if the person will later greet and reveal his status in public. Even though all of that is only because of their own thoughts and will not necessarily come true.

Cognitive symptoms

Cognitive symptoms that occur are due to the thoughts of the three subjects themselves. What the subjects experienced were: difficulty focusing, losing focus, lack of self-confidence, difficulty receiving information, feeling inferior or feeling inferior and fear of being judged badly by others. The ability to be ignorant or not care about others is very useful in this case to suppress the cognitive symptoms that occur. When focus is lost and it is very difficult to focus, it will make it very difficult for individuals to absorb all the information around them so that it will make it difficult for themselves. Especially if in that situation focus is needed. Feeling inferior so that it raises a sense of inferiority is also a characteristic of someone experiencing social anxiety. Always put yourself down even though it is not necessarily like that.

"So it's hard to focus, hard to input information and also feel different from others, afraid that people around will judge me badly."

Because they feel different from people who are not homosexual, it gives rise to the thought that they are not the same and are below other people. And it is also connected to the next cognitive symptom, namely fear of other people's bad judgment. This also arises because of the individual's mind. From the cognitive symptoms experienced, it can show how the picture of homosexuals (gays) who experience social anxiety is.

Factors that cause social anxiety
Excessive Fear

There are several fears experienced by homosexuals (gays) that give rise to social anxiety, among others, namely: fear aka the judgment of others, fear of disappointing others, fear of other people's first impressions, fear of their status as a gay community being revealed, and fear of meeting people they recognize. All three have in common the fear of other people's judgment, especially bad judgment. It is because of the differences that exist with people in general that these feelings settle in the feelings of the three subjects. Because in Indonesia itself gays have been viewed badly by some people, making the fear of gays even higher. In addition, the three subjects were also afraid of other people's first impressions.

"Fear, I am afraid of other people's first impressions. When you first meet and talk to the person afterward, there will be thoughts that later the person will not want to be friends with me, will still want to meet me again, will still want to be invited to coffee."

When meeting another person for the first time after a conversation there is a feeling of anxiety that attacks what will happen if the person no longer wants to be friends with him or her.

Another subject said that he was afraid of destroying people's expectations of him which would cause disappointment in others in the sense that he thought too much about others until a lot of anxiety arose. One subject talked about

the fear that his status as one of the gay community would be exposed.

"There are two kinds of people like me, even though they have accepted themselves, there are those who still uphold privacy and those who are open. Meanwhile, I still need a lot of privacy. So when I meet someone, there will be a fear that arises because I am afraid that my status will be revealed."

Because even though he has accepted him, privacy and not is an individual choice and the subject chooses that privacy is important. so that when in a place and meeting with neighbors or friends who already know his original status, the subject is afraid that later it will be revealed in that place until social anxiety arises.

Presence of Trauma

Two subjects experienced trauma which can also be a factor in social anxiety. The first was because his parents had been in court because he never brought his girlfriend and when he came home with his friend, the man was put in the room and locked until morning.

"I was once sat down by my parents because I never brought a girlfriend and when I brought a male friend to stay in my room and then locked the room until morning my parents gradually put a question mark because usually a boy who brings a male friend to stay at his house will be free to sleep anywhere without locking the door."

This raised the suspicion of his parents so that the subject was finally convened to be questioned about it. Second, the subject had experienced bullying when he was at school. But now he has started to get up and dare to fight other friends who are also bullied.

How to overcome social anxiety
Relaxation

There is a need for self-relaxation when physically experiencing tension. Subjects have several ways that are used as mediators of relaxation when they are attacked by social anxiety by: taking a deep breath and then exhaling slowly and continuously until the anxiety begins to disappear. In addition, one of the subjects said istighfar to reduce the anxiety that arose.

"Usually when anxiety strikes I will say Astaghfirullahal'adzim so"

In the Qur'an itself Allah says in Surah Ar-Rad verse 28:

$$\text{اَلْقُلُوْبُ تَطْمَىِٕنُّ اللّٰهِ بِذِكْرِ اَلَاۚ}$$

Which means "Only by remembering Allah will the heart be at peace" (M. Quroish Shihab, 2020). That is why when anxiety hits, Istighfar will also provide peace. Istighfar is also a relaxation in religiosity because it includes remembering Allah and asking for forgiveness, calming yourself by motivating yourself that you will be able to get through this. In addition, silence can also be used as a medium for relaxation and suppressing all the anxiety felt. Silence for a moment until you feel calm and can carry out your original activities.

Self-effort

From the subject's own person, he also made efforts that were expected to be able to help in overcoming the social anxiety he experienced. First, will surrender to the situation or situation that occurs because it is not possible to avoid it. Second, continue to train self-confidence to dare to speak in front of many people and not feel inferior. Third, prove that other people's judgments are wrong by continuing to improve themselves. Fourth, confide in peers. One of the subjects confided his social anxiety problems to his female peers because he was more comfortable telling stories and also to fellow community friends he trusted.

"I have a female friend who I confide in about my feelings when I feel anxious. I trust my female friend more. If not her, sometimes I

also talk to other gay men who have more experience in life."

Fifth, the subject did not trust his friends to tell him so relying on himself was the best solution.

"About what I feel I'm more comfortable keeping things to myself because I've lost trust with a friend"

CONCLUSION

Homosexuals (gays) have complex problems. Many problems are experienced and one of them is social anxiety. The description of anxiety experienced by homosexuals (gays) is divided into three themes. First, there are physical changes. Second, there are behavioral symptoms. The third theme is cognitive symptoms. There are two themes in the factors that cause social anxiety experienced by homosexuals (gays). First, an increased sense of fear. Second, the trauma experienced by homosexuals (gays). Furthermore, to overcome the social anxiety of homosexuals (gays) there are two themes that can be used. First, by doing relaxation. Second, with self-efforts to get out of the situation being experienced.

ADVICE

For subjects, they must often train themselves to be able to control the anxiety that attacks, often think positively and always rely on themselves. For agencies that accommodate gay communities to continue to provide support to the community so that nothing negative happens. For further researchers, it can be used as a reference and expand the discussion that is not yet in this study.

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