

**PERAN *EXTRAVERSION*, *EMOTIONAL STABILITY* DAN
PERSEPSI DUKUNGAN SOSIAL TERHADAP
KECEMASAN SOSIAL PADA MAHASISWA**

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Abstact : Social anxiety experienced by some students can have a variety of negative impacts on their academics and their lives. Previous studies found that internal factors such as personality and external factors such as social support were found to be risk or protective factors of social anxiety. However, no studies have examined the role of these factors simultaneously. Therefore this study wanted to know the role of Extraversion, Emotional Stability, and Perceptions of Social Support on social anxiety in college students. Data collection for this study involved 216 student participants aged 18-24 years and used three scales, namely the Social Phobia Inventory, the subscale of the International Personality Item Pool-Big Five Markers (IPIP-BFM-25), and the Multidimensional Scale of Perceived Social Support (MSPSS). . Multiple linier regression analysis found that extraversion, emotional stability, and perceptions of social support together had a negative role on social anxiety in college students, $F=48.5$, $p<0.001$, with an effective contribution of 40.3% ($R^2 = 0.402$). Conclusions and suggestions are given.

Keyword : *social anxiety, personality, extraversion, emotional stability, perception of social support*

Kecemasan sosial yang dialami oleh sebagian mahasiswa dapat membawa beragam dampak negatif bagi perkuliahan dan hidupnya. Penelitian-penelitian sebelumnya menemukan bahwa faktor internal berupa kepribadian dan faktor eksternal seperti dukungan sosial ditemukan dapat menjadi faktor resiko atau protektif dari kecemasan sosial. Meski demikian belum ada penelitian yang menyolediki peran faktor-faktor tersebut secara bersamaan. Oleh karena itu penelitian ini ingin mengetahui peran *Extraversion*, *Emotional Stability*, dan Persepsi Dukungan Sosial terhadap kecemasan sosial pada mahasiswa. Pengambilan data penelitian ini melibatkan 216 partisipan mahasiswa berusia 18-24 tahun dan menggunakan tiga skala yaitu Fobia Sosial Inventori, subskala dari *International Personality Item Pool-Big Five Markers* (IPIP-BFM-25), dan *Multidimensional Scale of Perceived Social Support* (MSPSS). Analisis regresi linier berganda menemukan bahwa *extraversion*, *emotional stability*, dan persepsi dukungan sosial bersama-sama berperan negatif terhadap kecemasan sosial pada mahasiswa, $F=48,5$, $p<0,001$, dengan sumbangan efektif 40,3% ($R^2 = 0,402$). Kesimpulan dan saran diberikan.

Kata kunci : *Kecemasan sosial, trait kepribadian, extraversion, emotional stability persepsi dukungan sosial*