

The Self-Esteem and Self Stigma in Men Likes Men of Padang City in 2018

Weni Mailita

Master Degree of Nursing, Faculty of Nursing, Andalas University,
Limau Manis Padang, West Sumatera, Indonesia

Hema Malini, Dewi Eka Putri

Lecturer of Faculty of Nursing, Andalas University
Padang, West Sumatera, Indonesia

Abstract:- The causes of external and internal stressor and negative stigma experienced by Men Likes Men could cause low self-esteem that may impact maladaptive coping to Men Likes Men. It starts from an assessment of themselves due to problem experience of Men Likes Men called self stigma. The research aims to find out the description of self-esteem and self-stigma in Male Likes Men in Padang City. This research is a quantitative research with descriptive design. Sampling with a total sampling method with a total sample of 94 respondents. Data collection techniques using the Rosenberg Self Esteem Scale (RSES) questionnaire, and the Positive and Negative Affect Schedule (PANAS). The results of this study obtained data on the self esteem of Men Likes Men in the city of Padang had a low average score of 21.51, the average negative self-stigma of respondents was 28.88 and the average positive self-stigma was 28.15. Recommended to deal with psychiatric problems required cognitive or behavioral therapy.

Keywords:- *Self-Esteem, Self-Stigma, Men Likes Men.*

I. INTRODUCTION

Sex Likes Men in Indonesia are still taboo and very difficult for people to accept. Eastern culture that is inherent in society makes this a big problem. Statistical data show the number of Men Likes Men globally in men in the age range of 15-49 years, where those who have sex with men regularly are almost 15% and they do it once in a lifetime. Several studies conducted by domestic and foreign survey institutions stated that 3% of Indonesia's population in 2016 were male likes men. Data from the STBP (2011) DKI Jakarta has a percentage of 43.33% Men Likes Men, West Java with a percentage of 14.92% and East Java with a percentage of 10.32%. This data shows that of the 250 million people of Indonesia 7.5 million people are groups of Male Likes Men. The survey conducted by the Ministry of Health of the Republic of Indonesia since 2009-2013 was recorded from 13 major cities that conducted the survey, cases of Men Likes Men increased from 7% to 12.8% or increased by 5.8%. This is in line with the research of Baliah (2016) which states that in the last 5 years from 2011 - 2016 there was an increase in cases of Men Likes Men by 5.3%, from 7.1% to 12.4%.

Sexual behavior among the male sex community with men had a significant impact on the chain of transmission of HIV / AIDS, where HIV prevalence in Men Likes Men increased from 5% to 12%. As many as 49% of Men Likes Men sell sex to both men and women. Among the 49% of MSM, most sell sex to men 17% and women 4% (STBP, 2011). Some MSM who suffer from HIV / AIDS often

experience psychological problems, especially anxiety, depression and guilt (due to sexual behavior), which causes a suicidal drive. Someone who has contracted HIV/ AIDS tends to experience a variety of psychological and emotional problems. Many HIV problems certainly make Men Likes Men groups have low self-esteem because they have a disease due to sexual deviations they experience. The identity of those who were supposed to be men, because of the sexual deviations they experienced actually made them feel rejected in the environment and society because of different orientations, the emergence of these rejections made Men Likes Men become inferior, stressed and even made them experience mental disorders if the perpetrators felt depressed, depressed and disturbed for their mentality (STBP, 2011).

According to O'Donnell, Meyer and Schwartz (2011) stated that 95% of people with sexual orientation of Men Likes Men want to commit suicide because of their weight withstanding internal pressure on themselves. Internal problems that are accompanied by frustration because they feel rejected due to deviations that occur often cause depression and also get a bad assessment from the Men Likes Men group for themselves known as stigma.

Self-stigma is a condition of a person who believes that the stigma given by society to him is a truth (Stutterheim, Bos, Pryor, and Brands, 2011). Stigma departs from the allegations, then from the stigma appears discrimination, Men Likes Men behavior can begin in childhood because of disruption of sexual development, someone who discriminates will have an impact on physical and psychological aspects. Various forms of discrimination that can cause psychological distress on Men Likes Men start from the form of isolation in socializing, the result of such discrimination can cause depression and suicidal tendencies in the Men Likes Men themselves.

Self-stigma or better known as self-stigma, according to Bird and Voisin (2013) states that stigma refers more to attitudes and beliefs that make people reject, avoid, or fear people they perceive as different. Self-stigma considers yourself not good enough, feelings of shame and guilt. this condition makes a person frustrated, depressed, committed and leads to suicide. Self-stigma that occurs in Men Likes Men relates to individual self-esteem and self-identity that can be influenced by experience, parenting, environment, and socio-economic. Each person has different self-esteem and can be divided into two parts, namely high self-esteem, and low self-esteem. This depends on how the Men Likes Men responds and evaluates the actions they themselves do. someone who has high self-esteem will arouse a sense of

confidence, a sense of self-confidence. Men Likes Men who have low self-esteem will tend to feel that they are not capable and worthless. This study aims to find out the description of Men Likes Men self-esteem and self-stigma in Padang City

II. MATERIALS AND METHODS

This research is quantitative research using design research is a descriptive. Determination of the number of samples in this study using a total sampling of 94 male likes men. The data collection instrument in this study was a questionnaire. Questionnaire A (RSES) is a self-esteem questionnaire. This questionnaire uses the Rosenberg Self Esteem Scale (RSES). with valid testing and rehabilitation to evaluate individual self-esteem by using 10 items as a whole which have positive and negative aspects. The questionnaire with positive statements is score 4: strongly agree, 3: agree, 2: disagree and 1: strongly disagree. While the negative statement is score 4: strongly disagree, 3: disagree, 2: agree, 1: strongly agree.

Questionnaire B (Self Stigma / PANAS). Stigma measurement uses positive and negative affect on yourself by using the positive and negative affect schedule (HOT) developed by Watson & Clark, (1988). Scoring in this questionnaire is divided into 2 aspects that influence the positive aspects and negative aspects. Scores that affect the positive aspects are found in items 1,3,5,9,10,12,14,16,17 and 19. The range of scores is 10-50 with the highest score describing the positive influence. The positive score has a mean value with a standard deviation = 7.9. While those affecting the negative aspects there are items 2,4,6,7,8,11,13,15,18 and 20 range scores are 10-50 with the lowest score describing the negative influence. In the negative score has a mean value with a standard deviation = 5.4.

The results of the study were analyzed using univariate analysis. Univariate analysis is performed on all variables including the characteristics of respondents. This analysis is done to see the distribution and frequency of each variable according to the category. The independent variable is self-esteem while the dependent variable is self-stigma.

III. RESULT

A. Characteristics of respondents

Usia	f	%
Teenagers (17-25 Tahun)	67	71,3
Adult (26-45 Tahun)	27	28,7
Tingkat pendidikan		
Primary school	17	18.1
Junior high school	16	17.0
Senior High School	43	45.7
Bachelor	18	19.1
Jenis pekerjaan		
Not working	29	30.9
Private	44	46.8
Government Employees	21	22.3

Table 1:- Frequency distribution of characteristics of Man Likes Men in Padang City 2018 (n = 94)

Table 1 shows the frequency distribution of respondents' characteristics. The respondent's age range was mostly 71.3% in the age range of 17-25, and almost half of 45.7% of respondents with high school education and almost half of 45.7% of respondents worked in the private sector.

B. Univariate Analysis

Variable	Mean	Minimum-Maximum	SD
Self – Esteem	21,51	17-26	0,259

Table 2:- Average Self-Esteem for Male Likes Men (MSM) in Padang City in 2018 (n = 94)

Table 2 shows the results of the analysis for the average self-esteem of Male Likes Men in the city of Padang with a score of 21.51 which shows the average low self-esteem. The lowest respondent score was 17 and the highest score was 26 with a standard deviation of 0.259.

Variable	Mean	Minimum-Maximum	SD
Negative Self Stigma	28,88	13-43	0,826
Positive Self Stigma	28,15	14-44	0,800

Table 3:- Self Stigma of Male Likes Men (MSM) in Padang City in 2018 (n = 94)

Table 3 shows the results of the analysis for the respondents' negative self-stigma is 28.88 with the lowest score is 13 and the highest score is 43 with a standard deviation of 0.826. Table 1.3 shows the results of the analysis for the respondents' positive self-stigma is 28.15 with the lowest score of 14 and the highest score of 44 with a standard deviation of 0,800.

IV. DISCUSSION

A. Characteristics of Men Likes Men

Based on research conducted on male sex men in the city of Padang in the Non Government Organisation Teratak Jiwa Hati, Padang City where, Male Likes Men are at the age of adolescents (17-25 years) as much as 71.3%, Male likes men are every individual male likes men who have same-sex relationships consisting of gay, male bisexuals, and every man who has had same-sex (WHO, 2016). Meanwhile, according to the Ministry of Health (2012), male likes men (MSM) are men who like to have sexual relations (anal / receptive / dianal or penetrative) with fellow men. even though they be have bisexually (having sex with both men and women).

The greater age of Male Likes Men in the age group of teenagers (17-25 years) as much as 71.3% agreed with WHO (2015) that adolescents are a period of rapid growth in physical, psychosocial, sexual, emotional and social development. This period is often used to collect awards, conduct experiments, especially in the presence of a partner who can involve alcohol and drugs. This is a period of sexual activity with other people begins. Adolescent brain development results in the ability of individuals to compensate for spontaneous and long-term goals and to reduce risks and consequences. Sexual orientation is often expressed during adolescence, for Male Likes Men vigilance about male attraction will be confusing, especially for those who do not see same-sex attraction as a role model with a better lifestyle in a wider life. In relation to their sexual orientation, young men can feel sexual violence and exploitation by other men and have the potential of HIV.

The highest level of Male Likes Men education is at the level of secondary education and above with a percentage of 45.7%. The level of education is the learning ability possessed by humans is a very basic provision. The higher the education he attains, the higher the level of knowledge possessed by that person and knowledge influences how individuals be have (Notoatmodjo, 2012).

Various studies show that the level of education is one of the factors that will interact in health status. Where, if a person has a higher education status can reduce mortality rates and increase income even reduce mortality twice as large both directly and indirectly (Pampel, Krueger, & Denney, 2010; Speake, Cowart, & Pellet, 1989). Male Likes Men jobs also vary greatly, but the largest number are Male Likes Man who work privately. According to The Joint Commission of the USA (2011) the work environment influences attitudes and behavior and the work performance of Male Likes Men if their identity as Male Likes Men is known to the public. Although most Male Likes Men do not

reveal themselves, this is what causes stress and stress on Male Likes Men while working.

B. Self-Esteem

This low self-esteem was shown by the statement made on 94 Male Likes Men that the average self-esteem was 21.51. The study was conducted using the Rosenberg Self Esteem Scale questionnaire with the lowest score range 10 and highest 40. Based on the score range in the Rosenberg Self Esteem Scale questionnaire, the average price This MSM is classified as low self-esteem.

Low self-esteem in this study was shown by as many as 67% of Male Likes Men said they did not agree to have a quality person, 61.7% of Male Likes Men said they were unable to respect themselves, and 51% of Male Likes Men felt that they were not useful. This can be affected by the age level of Male Likes Men who are in their teens at 71.3%. According to Sadha (2012) the low self-esteem in adolescents results in various problems in themselves, especially in social interactions. Individuals with low self-esteem tend to feel they have no quality personalities, feel useless, cannot express themselves and are too weak to overcome the shortcomings they have.

These results are in accordance with the research conducted by Chaney (2015) that low self-esteem in Male Likes Men causes feelings of worthlessness to other people due to their same-sex interests, or due to the desire to be heterosexual so that they do not think positively and feel guilty about themselves. Whereas according to the Canadian Department of Communication (2003) that Male Likes Men who have low self-esteem are associated with their inability to accept the fact that they are different from most heterosexual people so they cannot think positively about themselves.

Whereas according to Coopersmith (1978) individuals who have low self-esteem, they often feel inferior, feel afraid and ashamed, hate themselves, lack of self-acceptance and submit to others Individuals with low self-esteem will have difficulty facing situations in life which is difficult because they tend to feel themselves worthless and inappropriate to get the best in their lives.

Low self-esteem comes from one's experience along with its growth, such as: lack of love, encouragement, and challenge. there is no love and acceptance, always experience criticism, ridicule, sarcasm, and cynicism, physical beatings and harassment, lack of recognition and praise for achievement, there are advantages and uniqueness that are always ignored (OMWTF, 1997).

C. Positive and Negative Self Stigma

The results showed that self-stigma in Male Likes Men in Padang City in 2018 was 28.15 for positive stigma and 28.88 for negative stigma using the Positive and Negative Affect Scale (HOT) questionnaire. Based on these results the negative stigma is more dominant in Male Likes Men in the city of Padang in 2018.

The PANAS questionnaire results showed that the lowest stigma of the lowest value indicated by a feeling of

great pride was only 3.2%, the feeling of enthusiasm was very large in Male Likes Men only 7.4%, and a strong feeling of 11.7%. While at the highest negative stigma with very large statements and many indicated by feeling angry quickly by 51.1%, feeling worried as much as 45.7% Male Likes Men and feelings of hostility 41.5%. The concept of stigma identifies the mark that is on someone as something that is owned. Self-stigma or self-stigma is the condition of someone who believes that the stigma that society gives to them is a truth. The existence of negative feelings and stigma such as anger, worry, low self-esteem associated with damage to one's self-confidence because he believes what people think about him (Major & O'Brien, 2015).

According to the Research of Research (2015) in Europe Male Likes Men tend to have negative self-stigma associated with character because. Male Likes Men are still a minority in most environments, so that the majority can easily give negative views related to sexual orientation which is said to be deviant. According to Berg (2013) in Norway related to negative self-stigma on Male Likes Man, associated with their own state's support of same-sex relationships, so with the recognition of their countries, Male Likes Man will feel more conducive and do not feel threatened in the community.

The results of Lacko's (2013) study in Britain of individuals living in countries with little stigma, high sense of mutual assistance and getting better information will reduce negative self-discrimination and fewer discrimination and also individuals living in the country the people who are open to socializing will reduce the negative stigma of self and the individual will also feel more empowered.

V. CONCLUSION

Low self-esteem in Male Likes Men causes feelings of worthlessness to others due to their same-sex interests, or due to the desire to be heterosexual so that they do not think positively and feel guilty about themselves. Male Likes Men who have low self-esteem are related to their inability to accept the fact that they are different from most heterosexual people so they cannot think positively about themselves. Based on the results of the study, using the HOT questionnaire obtained data that the negative stigma is more dominant in Male Likes Men in the city of Padang in 2018.

The PANAS questionnaire results showed that the lowest stigma of the lowest value indicated by a feeling of great pride was only 3.2%, the feeling of enthusiasm was very large in Male Likes Men only 7.4%, and a strong feeling of 11.7%. While at the highest negative stigma with very large statements and many indicated by feeling angry quickly by 51.1%, feeling worried as much as 45.7% Male Likes Men and feelings of hostility 41.5%. HOT questionnaire on interest of interest arises.

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ETHICAL CLEARANCE

This research has survived the test of ethics of medical/health research by the Faculty of Medicine of the University of Andalas Indonesia Padang.

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