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The Different Levels Of Anxiety When Experiencing Early Puberty In Early Adolescents Based On Level Of Social Support

Perbedaan Tingkat Kecemasan Mengalami Pubertas Dini Pada Remaja Awal Ditinjau Dari Tingkat Dukungan Sosial

1. Yustisiana Hidayati --> - / hyustisiana@yahoo.com

Abstract

The aims of this study is to examine the different levels of anxiety when experiencing early puberty in early adolescents based on level of social support. The participants of this study were 232 girls within range 9-12 years old at state and private primary schools. The instrument of data collection used are social support scale and anxiety scale when experiencing early puberty, which is both compiled by the researcher. Reliability of social support scale is 0.903 and reliability of anxiety scale when experiencing early puberty is 0.928. Data analysis was done by using Mann Whitney U-Test, with the help of statistical program SPSS version 16.0 for Windows. The results of hypothesis testing indicate that there is a different level of anxiety when experiencing early puberty in early adolescents based on level of social support. Level of significance is 0.002 which is lower than 0.05, so the difference is statistically significant. The results of this study shown that subject that have moderate level of social support have higher score of anxiety than subject that have high level of social support.

Keyword : anxiety, social, support, puberty, ,

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