

THE CORRELATION BETWEEN SEXUAL EXPRESSION AND SELF-ESTEEM IN INTERMEDIKA FOUNDATION, CENTRAL JAKARTA 2015

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Abstract

Gay is a sexual orientation that is still negatively considered by the public. Since the community commonly considers that men should pair women. Therefore, gays easily get negative stigma and discrimination from the community resulting in self-esteem disorder. Sexual expression is the gender role of someone despite the biological sex. This research aims at to understand the correlation between sexual expression and low self-esteem in Intermedika Foundation, Central Jakarta 2015. This research uses descriptive correlation with cross-sectional approach. Samples are obtained using purpose sampling technique consisting of 80 respondents. The data is collected using questionnaires and the data analysis is carried out by using chi square analysis. The results of the research do not show any significant correlation between the sexual expression and low self-esteem in Intermedika Foundation, Central Jakarta, 2015 with value ($p=0.401$, $\alpha = <0.05$). Although there is no correlation in this research but this research gives the description on the self-esteem of the gays that most of the respondents, namely 49 persons (48.8%) suffer from severely low self-esteem with ($N = 80$). Hopefully, this research can serve as the basic data in developing the nursing intervention in the course of overcoming the low self-esteem problem among the gay community.

Keywords: self-esteem; self-esteem disorder; sexual expression; gender issue

INTRODUCTION

Gender identity or awareness on someone's personality gender is the result of countless cues or clues from experiences with his family members, teachers, friends, and culture. The gender identity is formed by the physical characteristics obtained from the biological sex and those interacting with a complicated stimulation system, including the reward and punishment associated with sex as well as the designation and guide of parents about sex (Maramis, 2009).

Gender role behavior is everything said and conducted by someone indicating that the person is a man or a woman. Although the biological factor is important in showing the role corresponding to the gender. People with gender identity disorder, deep inside him/her, feel far and usually, since their early childhood, they are people with sex different from their current sex. Therefore, many of them indicate homosexual orientation (Gerald C, 2006).

In fact, there is homosexual existence phenomenon since a long time ago and it is now developing. The mindset of the community, especially the people of Indonesia usually consider something different as abnormal and unnatural. However, not all of which considered as wrong or abnormal can be visualized in black and white since something is measured according to the existing norms of the community and norms held for generations without being able to explain them in details and in writing (Azizah, 2013).

Homosexuality is the relationship between members of the same sex or gender, namely the relationships occurring between a man and another man or between a woman and another woman. The term "gay" commonly refers to a homosexual man and the term "lesbian" commonly refers to a homosexual woman. Currently, gay is a familiar community since gay population is not a community rarely found but they can be found anywhere.

The homosexual expressions are Active (playing the role as a man), Passive (playing the role as a woman) and both (able to play the role as a man or a woman). The expressions define the role of homosexuals, especially the gays in doing their sexual activity. Therefore, the sexual behavior of gays is in accordance with the sexual expression they choose. Among their community, they are more familiar with the Top, Bottom, and Versatile terms as their sexual expressions; Top is the same as Active or playing the role as the man, Bottom is the same as Passive or playing the role as the woman, and Versatile is the same as Both or playing the role as the man as well as the woman.

APA (1973), categorizes homosexuality as a mental disorder, however, categorizing homosexuality as a mental disorder does not cease the contradictions arising in the community. Homosexuality remains a debate in history all over the world. However, the negative behavior of the society against gays is harder than their negative attitude against lesbians. It is because the perception and expectation of the community that men should marry women and they should have children with their wives and families (Oetomo, 2013).

In 2005, in the United States, according to the results of the survey, the estimation number of same-sex couples in America was 776,943 or about 0.5% of the population. (*The American Community Survey*, 2005). In the same year, in the United Kingdom, the HM Treasury and Department of Trade and Industry carried out a survey assisting the government to analyze the civil financial implications such as pension, inheritance, and tax benefits. They concluded that there were about 6% gays of the total population in United Kingdom, and in 2009, based on the results of survey carried out by the University of Sao Paulo in 10 capitals of Brazil, 7.8% males were declared as gays and 2.6% males were declared as Bisexuals. ("*Demographics of sexual orientation*", accessed on 8 April 2015. : (<http://www.gloucestershire.gov.uk/extra/CHttpHandler.ashx?id=39031&p=0>).

In 2010, WHO estimated the population of homosexual, namely 1,567,975 in Southeast Asia countries such as Indonesia, Thailand, Myanmar, and Timor-Leste. The gay population of Indonesia ranged between 384,320 and 1,148,270 persons with median 766,800 persons. (Dan Black, "*Demographics of the Gay and Lesbian Population in the United States: Evidence from Available Systematic Data Sources*", accessed on 8 April 2015: http://www.searo.who/LinkFile/Publication_MSM-combined.pdf).

Indonesia, based on the results of survey conducted by a Non-Governmental Organization, Pelangi Kasih Nusantara Foundation in 2003, recorded that the population of homosexual was 1 % of the total population of Indonesia. In addition, based on the data of Statistics Indonesia or BPS (2003), the total population of Indonesia was 215,276 million, that it meant the three were more than 2 million homosexuals (Azizah 2013). According to the information from Intermedika Foundation, Central Jakarta, the results of LGBT key population mapping survey in 2014, there were 918 gays in Central Jakarta, 373 gays in North Jakarta, 1,044 gays in West Jakarta, 1,518 gays in South Jakarta, and 612 gays in East Jakarta. Therefore, the total gay population in DKI Jakarta Province was 4,465.

The Indonesian people still consider homosexuals, especially gay, as sexual deviance, that consequently, it often triggers discrimination and prejudice that homosexuality is an contagious disease that simply because of their sexual orientation. The discriminative action is because of the personal and social factors.

Such negative attitudes by the public lead to ill-treatment to the gays, the treatment received by gays considered as "sick" people and as the source of diseases, especially sexually-transmitted diseases such as HIV (Dohrenwed at all, 2000). Additionally, gays are often stigmatized, mocked, ridiculed, and received

accusation such as that homosexuality is a disease that can be transmitted to others, and it is simply because of their sexual orientation (Sullivan at all, 2009).

Such condition makes the homosexuals, especially gays, are very vulnerable to contracting various mental disorders such as depression, low self-esteem, stress, anxiety, and so on. Environmental factor is one of the factors leading to the symptoms of low self-esteem. Self-esteem is a personal assessment of someone over himself/herself based on the how the behavior is line with the self-ideal. Self-esteem derives from two things: the inside of the person and from others (Stuart, 2013).

Homosexuals, especially gays, do not meet the existing standards in the community. Since the community commonly considers that men should pair women and considers that same-sex relationship is a mistake. Therefore, homosexuals are very vulnerable to self-esteem. In Indonesia, a research carried out to homosexuals for identifying the self-esteem of the homosexuals, especially gays, is still rare. According to the research conducted by Nugroho (2011), about 45.1% gays in East Jakarta suffer from low self-esteem, they think that there is nothing to be proud of themselves, they are not satisfied with themselves, and they feel the incapability of to do something like others.

Based on the previous study carried out by the researchers in Inter Medika Foundation by distributing questioners on Self-esteem to 10 gays randomly, it transpires that seven gays declare that they suffer from severely low self-esteem, 2 gays declare that they suffer from moderately low self-esteem, and 1 gay declares that he suffers from slightly low self-esteem.

This issue is interesting to analyze. The researcher is interested to conduct a research titled the Correlation between Sexual Expression and Self-esteem in Inter Medika Foundation, Central Jakarta.

Purpose of Research. This research aims at to understand the correlation between sexual expressiveness and gays' self-esteem in Intermedika Foundation, Central Jakarta.

METHOD

This research used the descriptive correlation with *cross sectional* approach. Samples obtained using purpose sampling technique with inclusion criteria in this research were: a). Males, b) having active/passive/both active and passive expressions, C) Able to read and write, d) able to communicate well, e) ready to become the respondents. The number of sample was determined based on the Slovin formula resulting in 80 respondents.

The measuring instruments were used to determine a range of the respondents' self-esteem by using Sorensen Self-Esteem Test questionnaire. The questionnaire contains 50 questions. The research was carried out in Intermedika Foundation, Central Jakarta by visiting the hangouts of gays in Jakarta.

RESULTS

Table 5.1 The Respondent Frequency Distribution based on the age data in Intermedika Foundation, Central Jakarta 2015

Variable	Category	Frequency	
		n = 80	%
Age	Adolescence (12 - 20)	8	10.0
	Early Adulthood (21 - 40)	64	83.8
	Late Adulthood (>40)	5	6,3
Total		80	100.0

According to table 5.1 Respondent Age Distribution, most respondents were in early adulthood between 12 to 40 years old, namely 64 persons (83.8%).

Table 5.2 The Respondent Frequency Distribution based on the occupation status data in Intermedika Foundation, Central Jakarta 2015

Variable	Category	Frequency	
		n = 80	%
Occupation	Work	75	93.8
	Do not work	5	6.3
Total		80	100.0

Based on table 5.2, the average occupation status of the respondents was 'working', namely 75 persons (93.8%).

Table 5.3 The Respondent Frequency Distribution based on the education level in Intermedika Foundation, Central Jakarta 2015

Variable	Category	Frequency	
		n = 80	%
Education	Do not study in school	1	1.3
	Elementary School	6	7.5
	Junior High School	12	15.0
	Senior High School.	44	55.0
	Higher Educ. Institute	17	21.3
Total		80	100.0

Based on table 5.3 The Frequency Distribution, the education level distribution of the respondents was Senior High School, namely 44 persons (55.0%).

Table 5.4 The Respondent Frequency Distribution based on the data of ethnic in Intermedika Foundation, Central Jakarta 2015

Variable	Category	Frequency	
		n = 80	%
Ethnic	Javanese	26	32.5
	Sundanese	20	25.0
	Betawi	12	15.0
	Minang	3	3.8
	Batak	1	1.3
	Bugis	4	5.0
	Dayak	1	1.3
	Chinese	4	5.0
	Malay	5	6.3
	Others	4	5.0
Total		80	100.0

Based on table 5.4 The Frequency Distribution, most of the respondent was Javanese, namely 26 persons (32.5%).

Table 5.5 The Respondent Frequency Distribution based on the age when they realize themselves as gay for the first time in Intermedika Foundation, Central Jakarta

Variable	Category	Frequency	
		n = 80	%
Age	Children (<11)	3	3.8
	Adolescence (12 - 20)	55	68.8
	Early Adulthood (21 - 40)	21	26.3
	Late Adulthood (>40)	1	1.3
Total		80	100.0

According to table 5.5, in general, the respondents beginning to realize themselves as gay or feeling that they like man during the adolescence, namely between the ages of 12-20 years old, are 55 people (68.8%).

Table 5.6 The Respondent Frequency Distribution based on the Age when choosing the Sexual Expression as Gay in Intermedika Foundation, Central Jakarta 2015

Variable	Category	Frequency	
		n = 80	%
Age	Adolescence (12 - 20)	36	45.0
	Early Adulthood (21 - 40)	43	53.8
	Late Adulthood (>40)	1	1.3
Total		80	100.0

According to table 5.6, respondents deciding their sexual expression during their early adulthood period, namely 21 to 40 years old, are 43 persons (53.8%).

Table 5.6 The Respondent Frequency Distribution based on the Sexual Expression data in Intermedika Foundation, Central Jakarta 2015

Variable	Category	Frequency	
		n = 80	%
Sexual Expression	Active	25	31.3
	Passive	17	21.3
	Both	38	47.5
Total		80	100.0

According to table 5.7, averagely, the number of respondents choosing both sexual expressions was 38 people (47.5%).

Table 5.8 The Respondent Frequency Distribution based on the self-esteem status data in Intermedika Foundation, Central Jakarta 2015

Variable	Category	Frequency	
		n = 80	%
Self-esteem	Sufficiently good self-esteem	4	5.0
	Slightly low self-esteem	7	8.8
	moderately low self-esteem	30	37.5
	severely low self-esteem	39	48.8
Total		80	100.0

Based on table 5.8, most of the respondents suffered from severely low self-esteem, namely 49 persons (48.8%).

Table 5.9 The Respondent Distribution based on the Sexual Expression and Self-esteem in Intermedika Foundation, Central Jakarta 2015

Rules	Self-esteem								Total	P Value	
	Good self-esteem		Slightly low Self-esteem		Moderately low Self-esteem		Severely low self-esteem				
	n	%	n	%	n	%	n	%			
Active	0	0	4	16.0	11	44.0	10	40.0	25	100.0	0.401
Passive	1	5.9	0	0	7	41.2	9	52.9	17	100.0	
Both	3	7.9	3	7.9	12	31.5	20	52.6	38	100.0	
Total	4	5.0	7	8.8	30	37.5	39	48.8	80	100.0	

The results of analysis of the correlation between sexual expression and self-esteem were obtained from total 25 people of whom there are 10 people with active sexual expression (40.0%) suffering from severely low self-esteem. Subsequently, 9 of 17 people with passive sexual expression (52.9%) suffered from severely low self-esteem. In addition, 20 of 38 people with both sexual expressions (52.6%) suffered from severely low self-esteem. Based on the results of the statistic test P value 0.401, meaning that it was higher than Alpha = 0.05, we concluded that there was no significant correlation between the gays' sexual expression and self-esteem.

DISCUSSION

Age

The results of the research obtained from samples of totally 80 people, we found out that most of the respondents were in early adulthood age category. It was in accordance with the research carried out by Nugroho (2011) that the highest average age of the respondents was 74.6% and the adolescence age was 25.4%.

Erikson explains that someone, during the early adulthood period has warm, close and communicative relationship with or does not involve the sexual contact. If the intimate form fails, the individual will suffer from what is called isolation (he feels being abandoned by other people, lonely, blame himself because of other people). (Harditono, 2001).

It is in accordance with the condition of someone having homosexual orientation since their sexual orientation is different from others' and not in accordance with the norms of the community in Indonesia who commonly consider that a man should pair a woman. At this stage, one of the development tasks of early adulthood is not achieved in the gay community. Public still consider that gay cannot be accepted as a part of the community.

Occupation

From the results of the research obtained from 80 samples, the average occupation status of the respondents was 'working'. According to the research results, averagely, the age of the respondents was early adulthood (21-40 years old) that it was productive age so that most of them had a job for their living. Donal and Super explain that based on the productive age for having carrier is 22 - 40 years old.

Someone begins the implementation stage, namely the stage of an individual to try entering the work environment in the real sense of meaning, which will continue to the stabilization stage in which an occupation becomes a part of the convenient life. It will subsequently continue to the consolidation stage in which an individual begins to compromise with the series things he carries out such compromise of position improvement. (Gibson. 1995)

Based on the results of the research by Nugroho (2011), the respondent distribution according to the occupation status indicated that most of respondents were worker, namely 167 people (74.6%). And 57 people (25.4%) did not work or were part time workers. It was because, during such age range, people entered the productive age for having carriers. In addition, during this period, most of them were married and they already lived independently or did not live with their parents anymore, consequently, they had to work for their personal living and for the lives of his wife and children.

Education level

The research results indicated that most respondents were senior high school graduates. Based on the results of research conducted by Nugroho (2011), 121 respondents graduated from senior high school. (54.0%).

Stuart & Laira (2005) said that, education was one of the parameter of someone's capability in having interaction with others effectively. Education was a factor influencing the capability of someone to cope with the problems he faces. People with low education background will be more resigned to the existing condition or in contrast, they will be vulnerable to condition under lots of stress. Education can protect someone from bad development in facing mental disorder problems and can improve the ability of recovering from psychiatric disorder.

Ethnic

The results of the research showed that the highest ethnic frequency distribution was Javanese. The public's stereotype about Javanese's characteristic was that Javanese people were gentle, polite, more patient due to the believe of Javanese people that should be always "*nrimo*" or should accept any condition patiently. It was different from the stereotype for Batak people who were commonly known as people with rather rough characteristic and speak louder comparing to the Javanese culture. If being associated with the sexual orientation, regardless the other psychological issues, it can also become one of the possibilities of sexual orientation formation.

According to Hurlock, one of the impacts of self-acceptance was the fact that the individual was able to know his strengths and weaknesses. Any individual who was able accept himself usually has self-confidence and self-esteem. (Ridha, 2013). In this case, the possibility of self-acceptance failure among the gay community was higher and can affect the self-esteem of the individual.

The Age when someone realizes for the First Time that He is a Gay

According to results of the research, averagely, the respondents begin to realize that they are gays or to feel that they like man during the adolescence, namely between the ages of 12 to 20 years old. It is in accordance with results of research carried out by Siyoto et al (2013) that in general, reporters feel an attraction to the member(s) of the same sex/gender, who were called gays, since they were in the Senior High School, namely at the age of 15 to 19 years old. In this case, it was affirmed by the research carried out by Indriyawati (2006), in which the research subjects feel the attraction to members of the same gender/men since the subjects still study in the Junior High School, namely when they were still about 12 to 16 years old.

According to the theory of development stages of Erikson, during the adolescence, someone enters the Identity versus identity confusion stage. Recently, every individual has to face the self-discovery about who he truly is and what his destination is in this life.

Adolescents face many new roles and maturity, occupation, and love statuses. It is necessary for the parents to allow their adolescent children to analyze the roles and the different ways of every role. This adolescence is the term of identity searching when someone really needs to know who he really is, that consequently, the conclusion is that during this period, someone begins to realize that they are attracted to the member of the same sex/gender.

The Age when they decide the Sexual Expression

According to results of the research, in general, respondents begin to choose their sexual expression during their early adulthood period, namely the age 21 to 40 years old, and only a few of them who decide it during the late adulthood or after 40 years old.

Vivian Cass (1979) explained the identity development of gay and lesbian. Every stage helpfully explained the individual thought, feeling, and attitude. The first stage is Identity Confusion. At this stage, the individuals confuse about their orientation that their possible responses are avoiding all activities, information and attitude of Gays. Subsequently, the second stage is comparing the identity (identity comparison), in which the individual possibly accepts himself as a Gay and observes in further the homosexual orientation and heterosexual orientation, and he possibly will feel ashamed and hide his sexual orientation. The third stage is sureness (Identity Tolerance) that the individual starts being sure that he is a Gay and begins to find out more about Gay and starts looking for other Gays to share the feeling. The fourth stage is identity disclosure (Identity Acceptance). At this stage, someone starts accepting completely the fact that he is a gay and the contact with the community with the same state continues and increases and he learns the culture or habits of homosexuals. The fifth stage is pride (Identity Pride). At this stage, someone begins to have the courage to tell the environment that he is a Gay and he improves his dedication as a gay by reducing the contact with heterosexuals. The sixth stage is comfort (Identity Synthesis) that at this last stage, someone starts to be comfortable with his sexual orientation as a gay, and makes homosexuality as one of the orientation aspects he has.

The results of research by Mastuti (2012), Gay adolescents generally go through the stage of sexual orientation identity formation, the sexual orientation identity formations of the three subjects have reached different stages. Subjects 1, 2, and 3 avoid the activities associated with the world of Gay when undergoing the process of the first stage, namely confusion stage. In the fourth stage, the stage of acceptance, subjects 1, 2, and 3, find out that the Gay community is very helpful, since the subjects get more information about the world of Gay and they find the same friends.

Bivariate Study

The results of the Bivariate research show that there is no significant correlation between Gay's sexual expression and low self-esteem, in which P Value = 0.401 with alpha (0.05). It could be because of the research area that was the capital city Jakarta, which is a big city and the center of economic growth and business with people living in more modern lifestyle. Hence, they do not care about their sexual expression. The results will be possibly different if the research is carried out in rural areas.

Similar research has carried out by Nugroho (2011) in East Jakarta resulting in the data indicating that there is no significant correlation between self-esteem and the sexual behavior of the respondents with p value = 0.069. This finding is contrary to the Boeree theory stating that self-esteem, along with other

important aspects in the personality, control of human behavior. Such discrepancy can be explained by observing the opinion of Baumster cited by Longmore who argues that according to some experts, high self-esteem does not always prevent all types of risk since self-esteem tends to be the result and not the successful behavior.

Although there is no significant correlation, this research data gives the description on low self-esteem of the Gay community that averagely 39 respondents (48.8%) suffer from severely low self-esteem with.

Stuart (2013) says that self-esteem is the self-assessment of someone based on how the behavior is in accordance with the self-ideal, that someone usually achieves the target associated with feeling of self-competent. Self-esteem is low when someone loses affection and when someone fails to be accepted by other people. In this case, the Gay sexual orientation behavior is not in accordance with the norms in Indonesia. The ideal state according to the community is that men pair women, while gays pair the members of the same sex/gender. Therefore, they tend to hide their sexual orientation as a gay potentially leading to the fear and anxiety feelings associated with the disclosure of their sexual identity to the family, relatives, friends and community.

CONCLUSION

The characteristic of respondents with Homoseksual orientation, especially gays, are generally in the early adulthood to medium adulthood stage (21-40 years of age), namely 64 persons (83.8%), and the lowest number is of the late adulthood persons whose are 40 years old, namely 5 persons (6.3%).

The average education level distribution of the respondents is Senior High School, namely 44 people (55.0%). The lowest number is the respondent who does not have any formal education, namely 1 person (1.3%).

The first time the respondents beginning to realize themselves as gay or to have attraction to the member of the same sex/gender (man) is during the adolescence, namely between the ages of 12-20 years old and there are 56 respondents (70.0%). The lowest number is the respondent who realizes his state as a gay for the first time after the age 40 years old, namely 1 person (1.3%).

The number of respondents beginning to choose their sexual expression during their early adulthood period, namely the age 21 to 40 years old, is 40 persons (50.0%). And the lowest is the number of respondent deciding the sexual expression during the late adulthood or after 40 years old, namely 1 person (1.3%).

Averagely, the number of respondents suffering from severely low self-esteem is 40 persons (50.0%). And the number of those having sufficiently well self-esteem is 4 persons (5.0%).

There is no significant correlation between the respondents' sexual expression and self-esteem with P Value = 0.406 (Alpha = 0.05).

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