

The Effect of Neuroticism Personality Type on Social Anxiety in Unmarried Early Adult Women

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ABSTRACT

Early adulthood is a critical period for determining relationships, careers, and independence. However, if developmental tasks are not met, anxiety, problems, and poor quality of life can arise. Factors such as high neuroticism personality type in early adult women contribute to the risk of social anxiety and to the decision not to marry or fulfill other developmental tasks. This study aims to test the magnitude of the influence of neuroticism personality type and social anxiety on unmarried early adult women. This research method is quantitative with a purposive sampling technique. The research sample consisted of 131 unmarried early adult women (aged 20-40 years). The instrument used for the social anxiety scale was The SIAS-SPS 6, while for the neuroticism scale was Big Five Inventory 2. Data processing was carried out using simple regression test with the help of Statistical Product and Service Solution (SPSS) for windows. The results of the study were obtained with a significance value of ≤ 0.01 and an R Square value of 0.178, which means that there is an influence of neuroticism personality type on social anxiety in unmarried early adult women. The magnitude of the influence of neuroticism on social anxiety is 17.8%, and the remaining 82.2% is influenced by other factors. The average unmarried early adult female subject in this study had moderate neuroticism and social anxiety. Thus, it can be concluded that the hypothesis of this study is accepted.

Keywords: Social Anxiety, Neuroticism, Unmarried Early Adult Women

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