

Urgensi Dukungan Sosial dalam Mengatasi Eco-Anxiety Akibat Perubahan Iklim di Kabupaten Pekalongan, Jawa Tengah = Social Support and Eco-Anxiety: Understanding Their Relationship in Addressing the Impacts of Climate Change in Pekalongan Regency, Central Java

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Abstrak

Kabupaten Pekalongan merupakan wilayah rentan terhadap bencana perubahan iklim, seperti banjir rob yang dipicu oleh peningkatan permukaan air laut. Akibat bencana tersebut, masyarakat Kabupaten Pekalongan merasakan tekanan psikologis berupa kecemasan terhadap kondisi lingkungan di masa depan, yang dikenal sebagai eco-anxiety. Dukungan sosial memiliki peran penting dalam mengatasi eco-anxiety. Penelitian ini melihat hubungan kedua variabel tersebut menggunakan desain deskriptif korelasi dan pendekatan cross-sectional pada 211 individu terdampak bencana perubahan iklim di Kabupaten Pekalongan, Jawa Tengah yang dipilih melalui purposive clustered sampling. Data dikumpulkan melalui kuesioner Social Provision Scale (SPS) dan Hogg Eco-Anxiety Scale (HEAS-13). Hasil penelitian menunjukkan adanya hubungan negatif yang signifikan antara dukungan sosial dan eco-anxiety dengan koefisien korelasi (r) sebesar -0,457 ($p < 0,001$, $r^2 = 0,05$), yang mengindikasikan bahwa semakin tinggi dukungan sosial, semakin rendah tingkat eco-anxiety. Penelitian ini merekomendasikan penguatan dukungan sosial, peningkatan akses informasi terkait bencana, dan pemerataan bantuan praktis untuk membantu masyarakat pesisir menghadapi dampak perubahan iklim.

.....Pekalongan Regency is vulnerable to climate change-related disasters, such as tidal flooding triggered by rising sea levels. As a result of the disaster, the people of Pekalongan Regency faced psychological pressures in the form of anxiety about future environmental conditions, known as eco-anxiety. Social support plays an important role in helping individuals cope with eco-anxiety. This study examined the relationship between these two variables using a quantitative method with a descriptive correlational design and a cross-sectional approach involving 211 individuals affected by climate change disasters in Pekalongan Regency, Central Java, selected through purposive clustered sampling. Data were collected using the Social Provision Scale (SPS) and the Hogg Eco-Anxiety Scale (HEAS-13). The results revealed a significant negative correlation between social support and eco-anxiety, with a correlation coefficient (r) of -0.457 ($p < 0.001$, $r^2 = 0.05$), indicating that higher social support is associated with lower levels of eco-anxiety. This study recommends strengthening social support, improving access to information on climate change disasters, and ensuring equitable practical assistance to help coastal communities cope with the impacts of climate change.