

HUBUNGAN *BODY SHAMING* DENGAN MEKANISME KOPING PADA REMAJA DI SMAN 3 TASIKMALAYA

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Abstrak

Remaja merupakan masa terjadinya perubahan secara fisik, psikis, kognitif dan emosional. Pada masa remaja mulai mengalami berbagai masalah, salah satunya perlakuan *body shaming*. Adanya perlakuan *body shaming* membuat remaja mencari cara untuk menyelesaikan masalah yang disebut juga dengan mekanisme koping. Tujuan penelitian untuk melihat hubungan *body shaming* dengan mekanisme koping pada remaja di SMAN 3 Tasikmalaya. Jenis penelitian deskriptif analitik dengan pendekatan *cross sectional* dianalisa dengan Uji Korelasi *Spearman*. Jumlah sampel sebanyak 201 responden diambil dengan teknik *simple random sampling*. Instrument menggunakan *Internalized Shame Scale* dari Cook (1988) dan *Objectified Body Consciousness Scales* dari *McKinley & Hyde* dan *Ways Of Coping*. Hasil penelitian menunjukkan adanya hubungan *body shaming* dengan mekanisme koping pada remaja di SMAN 3 Tasikmalaya dengan nilai *p-value*= 0.004. Implikasi pada penelitian ini adalah diketahuinya hubungan *body shaming* dengan mekanisme koping pada remaja. Saran penelitian, remaja menghindari perlakuan *body shaming* yang dapat berdampak pada perkembangan kesehatan jiwa.

Kata Kunci : Remaja, *body shaming*, mekanisme koping

THE RELATIONSHIP OF BODY SHAMING WITH COPING MECHANISM IN ADOLESCENTS AT SMAN 3 TASIKMALAYA

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Abstract

Adolescence is a period of physical, psychological, cognitive and emotional changes. In adolescence, they begin to experience various problems, one of which is body shaming treatment. The existence of body shaming treatment makes teenagers look for ways to solve problems which are also known as coping mechanisms. The purpose of this study was to examine the relationship between body shaming and coping mechanisms in adolescents at SMAN 3 Tasikmalaya. This type of descriptive analytic research with cross sectional approach was analyzed by Spearman Correlation Test. The number of samples as many as 201 respondents were taken by simple random sampling technique. Instrument using Internalized Shame Scale from Cook (1988) and Objectified Body Consciousness Scales from McKinley & Hyde and Ways Of Coping. The results showed that there was a relationship between body shaming and coping mechanisms in adolescents at SMAN 3 Tasikmalaya with a p-value = 0.004. The implication of this research is to know the relationship between body shaming and coping mechanisms in adolescents. Research advice, adolescents avoid body shaming treatment which can have an impact on mental health development.

Keywords: Adolescents, body shaming, coping mechanisms