

**FAKULTAS KEDOKTERAN
UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

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**HUBUNGAN *SELF ESTEEM* DAN PERBANDINGAN SOSIAL DENGAN
KETIDAKPUASAN CITRA TUBUH PADA SISWI USIA 16-18 TAHUN DI
SMAN 11 BEKASI TAHUN 2023**

RINCIAN HALAMAN (xvii + 121 halaman, 14 tabel, 3 bagan, 13 lampiran)

ABSTRAK

Tujuan

Gangguan citra tubuh ialah salah satu permasalahan psikologis yang rentan terjadi di tengah-tengah era digital saat ini yang berefek jangka panjang isolasi sosial, timbulnya ide, bahkan percobaan bunuh diri. Penelitian ini bertujuan untuk mengetahui hubungan antara self-esteem dan perbandingan sosial dengan ketidakpuasan citra tubuh pada siswi usia 16-18 tahun di SMAN 11 Bekasi tahun 2023

Metode

Penelitian ini adalah penelitian analitik observasional dengan desain cross-sectional menggunakan data primer berupa kuesioner BAQ, RSES, dan Iowa. Sampel dipilih dengan menggunakan *consecutive sampling*. Analisis data dilakukan dengan uji univariat, uji bivariat chi-square, dan uji multivariat regresi logistik.

Hasil

Dari 53 responden, mayoritas siswi berusia 17 tahun (52,8%), berstatus gizi normal (41,5%), memiliki self-esteem rendah (58,5%), memiliki perbandingan sosial tinggi (56,6%), dan tingkat ketidakpuasan citra tubuh tinggi (66%). Hasil uji chi-square self-esteem dan ketidakpuasan citra tubuh $p=0,00$ ($p<0,05$), R-correlation 0,77, dan OR (CI 95%) 86,23, keterkaitan perbandingan sosial dan ketidakpuasan citra tubuh $p=0,002$ ($p<0,05$), R-correlation 0,417, dan OR (CI 95%) 5,156, dan keterkaitan antara IMT dengan ketidakpuasan citra tubuh $p=0,02$ ($p<0,05$), R-correlation 0,303, dan OR (CI 95%) untuk siswi bertubuh gemuk 12,5, siswi bertubuh kurus 1,071.

Kesimpulan

Analisis data menunjukkan bahwa terdapat hubungan signifikan antara self-esteem dan ketidakpuasan citra tubuh, perbandingan sosial dan ketidakpuasan citra tubuh, dan IMT dan ketidakpuasan citra tubuh. Variabel self-esteem merupakan variabel yang memberikan pengaruh paling signifikan

Daftar Pustaka: 148

Kata kunci: citra tubuh, indeks massa tubuh, perbandingan sosial, *self-esteem*

FACULTY OF MEDICINE
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THE RELATIONSHIP BETWEEN SELF-ESTEEM AND SOCIAL
COMPARISON WITH BODY IMAGE DISSATISFACTION IN FEMALE
STUDENTS AGED 16-18 YEARS AT SMAN 11 BEKASI 2023

PAGE DETAIL (xvii + 121 pages, 14 tables, 3 charts, 13 appendices)

ABSTRACT

Objective

Body image disorders are one of the psychological problems that are vulnerable to occurring in the midst of the current digital era, which has long-term effects of social isolation, the emergence of ideas, and even attempted suicide. This study aims to determine the relationship between self-esteem and social comparison and body image dissatisfaction in female students aged 16-18 years at SMAN 11 Bekasi in 2023

Methodology

This research is an observational analytical study with a cross-sectional design using primary data in the form of BAQ, RSES, and Iowa questionnaires. Samples selected using consecutive sampling. Data analysis carried out using univariate tests, bivariate chi-square tests, and multivariate logistic regression tests.

Results

Of the 53 respondents, the majority of female students were 17 years old (52.8%), had normal BMI (41.5%), had low self-esteem (58.5%), had high social comparison (56.6%), and high body dissatisfaction (66%). The results of the chi-square test of self-esteem and body image dissatisfaction were $p=0.00$ ($p<0.05$), R-correlation 0.77, and OR (CI 95%) 86.23, the relationship between social comparison and body image dissatisfaction $p=0.002$ ($p<0.05$), R-correlation 0.417, and OR (CI 95%) 5.156, and the association between BMI and body image dissatisfaction $p=0.02$ ($p<0.05$), R-correlation 0.303, and OR (CI 95%) for fat female students 12.5, thin female students 1.071.

Conclusion

There is a significant relationship between self-esteem, social, and BMI with body image dissatisfaction. The self-esteem variable is the variable that has the most significant influence

Reference : 148

Keywords : body image, body mass index, self-esteem, social comparison