

DAFTAR PUSTAKA

- Agustin, D., Khabib, M., & Prasetya, H. (2018). Gambaran *Self-esteem*, Citra Tubuh, dan Ideal Diri Remaja Putri Berjerawat. *Jurnal Keperawatan*, 6(1), 8–12.
- Amalia, R. (2018). *Social Comparison dan Body Dissatisfaction pada Mahasiswa Universitas X di Yogyakarta*. Universitas Islam Indonesia.
- Amelia, G. A. (2019). *Pengaruh Social Comparison Terhadap Life Satisfaction pada Remaja Akhir yang Menggunakan Instagram*.
- American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders*. American Psychiatric Association. <https://doi.org/10.1176/appi.books.9780890425596>
- Anamika, R., Aarti, B., & Tamanna, N. (2020). Self - Esteem and body image: A correlational study. *I-Manager's Journal on Humanities & Social Sciences*, 1(4), 33. <https://doi.org/10.26634/jhss.1.4.17747>
- Andini, M., & Pudjiati, S. (2021). Gambaran Psikologis Siswa-Siswi SMA Selama Sekolah dari Rumah Akibat Pandemi COVID-19 di Indonesia. *Psikostudia Jurnal Psikologi* , 10(3).
- Anson, M., Veale, D., & Miles, S. (2015). Appearance comparison in individuals with body dysmorphic disorder and controls. *Body Image*, 15, 132–140. <https://doi.org/10.1016/j.bodyim.2015.08.003>
- Arroisi, J., & Badi', S. (2022). Konsep *Self-esteem*: Studi Komparasi Perspektif Psikologi Modern dan Islam. *Psikologika: Jurnal Pemikiran Dan Penelitian Psikologi*, 27(1), 89–106. <https://doi.org/10.20885/psikologika.vol27.iss1.art7>
- Arshuha, F., & Amalia, I. (2019). Pengaruh Perbandingan Sosial dan Perfektisme Terhadap Body Dissatisfaction Mahasiswi Pengguna Instagram . *Jurnal Ilmiah Penelitian Psikologi: Kajian Empiris & Non-Empiris*, 5(2), 75–92.
- Asrori, M., & Ali, M. (2016). *Psikologi Remaja Perkembangan Peserta Didik*.
- Auliya, H. (2017). *PERILAKU SOSIAL DAN GAYA HIDUP REMAJA (STUDI KASUS: SISWA KELAS XI IPS DI SMA NEGERI 6 TANGERANG SELATAN)*.

- Ayumas Hanani, C. (2019). *Pengaruh Self-esteem terhadap Resiliensi pada Mahasiswa Tahun Pertama Program Studi Kedokteran.*
- Azizah, U., & Laksmiwati, H. (2023). Hubungan antara Komparasi Sosial dengan Citra Tubuh Pada Perempuan Dewasa Awal. *Jurnal Penelitian Psikologi*, 10(2).
- Barbierik, L., Bacikova-Sleskova, M., & Petrovova, V. (2023). The role of social appearance comparison in body dissatisfaction of adolescent boys and girls. *Europe's Journal of Psychology*, 19(3), 244–258. <https://doi.org/10.5964/ejop.6443>
- Bjornsson, A. S., Didie, E. R., Grant, J. E., Menard, W., Stalker, E., & Phillips, K. A. (2013). Age at onset and clinical correlates in body dysmorphic disorder. *Comprehensive Psychiatry*, 54(7), 893–903. <https://doi.org/10.1016/j.comppsych.2013.03.019>
- Breakey, J. W. P. CP. (1997). Body Image: The Inner Mirror. *JPO Journal of Prosthetics and Orthotics*, 9(3), 107–112.
- Burychka, D., Miragall, M., & Baños, R. M. (2021). Towards a Comprehensive Understanding of Body Image: Integrating Positive Body Image, Embodiment and Self-Compassion. *Psychologica Belgica*, 61(1), 248–261. <https://doi.org/10.5334/pb.1057>
- Cahyaningsih, F., & Handoyo, S. (2019). *Pengaruh Perbandingan Sosial, Perhatian, Dukungan Emosional, Dan Stimulasi Positif Terhadap Minat Kewirausahaan.* 1(2), 207–214.
- Campagna, J. D. A., & Bowsher, B. (2016). Prevalence of Body Dysmorphic Disorder and Muscle Dysmorphia Among Entry-Level Military Personnel. *Military Medicine*, 181(5), 494–501. <https://doi.org/10.7205/MILMED-D-15-00118>
- Cash, T. F., Jakatdar, T. A., & Williams, E. F. (2004). The Body Image Quality of Life Inventory: further validation with college men and women. *Body Image*, 1(3), 279–287. [https://doi.org/10.1016/S1740-1445\(03\)00023-8](https://doi.org/10.1016/S1740-1445(03)00023-8)
- Cash, T. F., & Pruzinsky, T. (2002). *Body Image: A Handbook of Theory, Research, and Clinical Practice.* Guilford Press.
- Cholifah, N., Rusnoto, Himawan, R., & Trisnawati. (2020). Hubungan Siklus Menstruasi dan Indeks Massa Tubuh (IMT) dengan Kejadian Anemia pada

- Remaja di SMK Islam Jepara. *Jurnal Ilmu Keperawatan Dan Kebidanan*, 11(2), 302–307.
- Christensen, V. T., & Jæger, M. M. (2018). Weight and social comparison: Does the weight of a stranger affect a person's perception of their own weight? *Health Psychology Open*, 5(2), 205510291881926. <https://doi.org/10.1177/2055102918819260>
- Chung, J. M., Hutteman, R., van Aken, M. A. G., & Denissen, J. J. A. (2017). High, low, and in between: Self-esteem development from middle childhood to young adulthood. *Journal of Research in Personality*, 70, 122–133. <https://doi.org/10.1016/j.jrp.2017.07.001>
- Chusniah, T., Wildyarti, R. Y., Danyalin, A. M., & Shodiq, A. (2021). Social Comparison as a Predictor of Self-Esteem Amongst Instagram-Using Students during the Covid-19 Pandemic. *KnE Social Sciences*. <https://doi.org/10.18502/kss.v4i15.8203>
- Ciri, M., Tugas, D., Masa, P., Khamim, R., & Putro, Z. (2017). *APLIKASIA: Jurnal Aplikasi Ilmu-ilmu Agama*. 17(1).
- Clemes, H., & Bean, R. (1990). *How to Raise Children's Self-esteem*. Price Stern Sloan.
- Conejo Garcia, A., Moreno Pinilla, M., Crespo Herváz, D., & Saiz Ruiz, J. (2006). [Complications of dysmorphophobia. Description of a self-mutilation case]. *Actas Espanolas de Psiquiatria*, 34(3), 202–205.
- Danisya. (2012). *Hubungan antara Citra Tubuh dengan Kebiasaan Makan pada Remaja Putri di SMA Negeri 28 Jakarta*. Universitas Indonesia.
- Destiara, F., Hariyanto, T., & Adi, R. C. (2017). Hubungan Indeks Massa Tubuh (IMT) dengan Body Image Remaja Putri di Asrama Putri Sanggau Malang. *Nursing News*, 2(3).
- DSM-III-R*. (1987). American Psychiatric Association. <https://doi.org/10.1176/appi.books.9780890420188.dsm-iii-r>
- Dwiyono, Y. (2021). *Perkembangan Peserta Didik*. Deepublish.
- Dyl, J., Kittler, J., Phillips, K. A., & Hunt, J. I. (2006). Body Dysmorphic Disorder and Other Clinically Significant Body Image Concerns in Adolescent Psychiatric Inpatients: Prevalence and Clinical Characteristics. *Child Psychiatry and Human Development*, 36(4), 369–382. <https://doi.org/10.1007/s10578-006-0008-7>

- Ermanza, G. (2008). *Hubungan Antara Self-esteem dan Citra Tubuh pada Remaja Putri yang Mengalami Obesitas dari Sosial Ekonomi Menengah Atas*. Universitas Indonesia.
- Fakhri, N. (2017). KONSEP DASAR DAN IMPLIKASI TEORI PERBANDINGAN SOSIAL. *Jurnal Psikologi TALENTA*, 3(1), 10. <https://doi.org/10.26858/talenta.v3i1.13066>
- Festinger, L. (1954). A Theory of Social Comparison Processes. *Human Relations*, 7(2), 117–140. <https://doi.org/10.1177/001872675400700202>
- Feusner, J. D., Yaryura-Tobias, J., & Saxena, S. (2008). The pathophysiology of body dysmorphic disorder. *Body Image*, 5(1), 3–12. <https://doi.org/10.1016/j.bodyim.2007.11.002>
- Fisher, E., Dunn, M., & Thompson, J. K. (2002). Social Comparison And Body Image: An Investigation Of Body Comparison Processes Using Multidimensional Scaling. *Journal of Social and Clinical Psychology*, 21(5), 566–579. <https://doi.org/10.1521/jscp.21.5.566.22618>
- Fitrah, M., & Luthfiyah. (2017). *Metodologi Penelitian: Penelitian Kualitatif, Tindakan Kelas & Studi Kasus*. CV Jejak.
- Flament, M. F., Hill, E. M., Buchholz, A., Henderson, K., Tasca, G. A., & Goldfield, G. (2012). Internalization of the thin and muscular body ideal and disordered eating in adolescence: The mediation effects of body esteem. *Body Image*, 9(1), 68–75. <https://doi.org/10.1016/j.bodyim.2011.07.007>
- Frey, D., & Carlock, C. J. (2013). *Practical Techniques For Enhancing Self-Esteem*. Routledge. <https://doi.org/10.4324/9780203767818>
- Garcia, S. M., Tor, A., & Schiff, T. M. (2013). The Psychology of Competition. *Perspectives on Psychological Science*, 8(6), 634–650. <https://doi.org/10.1177/1745691613504114>
- Gili, S., Pramita, I., & Permadi, A. (2021). *Hubungan Obesitas Pada Anak Terhadap Mobilitas Thorax Saat Inspirasi Di Desa Tegal Kertha, Kecamatan Denpasar Barat, Kota Denpasar, Bali*. 3(2).
- Gruszka, W., Owczarek, A. J., Glinianowicz, M., Bąk-Sosnowska, M., Chudek, J., & Olszanecka-Glinianowicz, M. (2022). Perception of body size and body dissatisfaction in adults. *Scientific Reports*, 12(1), 1159. <https://doi.org/10.1038/s41598-021-04706-6>
- Gunarsa, S. (2003). *Konseling dan Psikoterapi* (5th ed.). Gunung Mulia.

- Guyer, J. J., & Vaughan-Johnston, T. I. (2018). Social Comparisons (Upward and Downward). In *Encyclopedia of Personality and Individual Differences* (pp. 1–5). Springer International Publishing. https://doi.org/10.1007/978-3-319-28099-8_1912-1
- Guyer, J., & Vaughan-Johnston, T. (2018). *Upward and Downward Social Comparisons: A Brief Historical Overview*.
- Haider, A., Wei, Z., Parveen, S., & Mehmood, A. (2023). The association between comorbid body dysmorphic disorder and depression: moderation effect of age and mediation effect of body mass index and body image among Pakistani students. *Middle East Current Psychiatry*, 30(1), 11. <https://doi.org/10.1186/s43045-023-00283-8>
- Hanifia, E. (2021). *Pengaruh Body Image terhadap Kecenderungan Body Dysmorphic Disorder pada Wanita Overweight di Desa Betiting*. Universitas Islam Negeri Maulana Malik Ibrahim.
- Hariyanti, N. (2021). *Hubungan Antara Social Comparison dengan Body Dissatisfaction pada Model*. Universitas 17 Agustus 1945 Surabaya.
- Hasanah, P., Faozi, B., & Fitriani, V. (2023). Hubungan Self-esteem dengan Kecemasan Sosial pada Remaja. *Jurnal Ilmu Keperawatan Sebelas April*, 5(1), 47–54.
- Hastuti, R., Soetikno, N., & Heng, P. (2021). *Remaja Sejahtera Remaja Nasionalis*. Penerbit Andi.
- Heatherton, T. F., & Polivy, J. (1991). Development and validation of a scale for measuring state self-esteem. *Journal of Personality and Social Psychology*, 60(6), 895–910. <https://doi.org/10.1037/0022-3514.60.6.895>
- Himanshu, Kaur, A., Kaur, A., & Singla, G. (2020). Rising dysmorphia among adolescents : A cause for concern. *Journal of Family Medicine and Primary Care*, 9(2), 567. https://doi.org/10.4103/jfmpc.jfmpc_738_19
- Hirsch, B. J., & DuBois, D. L. (1991). Self-esteem in early adolescence: The identification and prediction of contrasting longitudinal trajectories. *Journal of Youth and Adolescence*, 20(1), 53–72. <https://doi.org/10.1007/BF01537351>
- Honggowiyyono, P. (2015). *Pertumbuhan dan Perkembangan Peserta Didik untuk Guru dan Calon Guru*. Penerbit Gunung Samudera [Grup Penerbit PT Book Mart Indonesia].

- Hosseini, S., & Padhy, RK. (2023). *Body Image Distortion*. StatPearls Publishing.
- Hu, Y., Zhou, M., Shao, Y., Wei, J., Li, Z., Xu, S., Maguire, P., & Wang, D. (2021). The effects of social comparison and depressive mood on adolescent social decision-making. *BMC Psychiatry*, 21(1), 3. <https://doi.org/10.1186/s12888-020-02928-y>
- Jannah, N. (2019). *Pengaruh Perbandingan Sosial terhadap Body Dissatisfaction pada Mahasiswi Fakultas Ekonomi UIN Maulana Malik Ibrahim Malang dengan Mediasi Self-esteem*.
- Johnson, M. (1998). Self-esteem stability: the importance of basic self-esteem and competence strivings for the stability of global self-esteem. *European Journal of Personality*, 12(2), 103–116. [https://doi.org/10.1002/\(SICI\)1099-0984\(199803/04\)12:2<103::AID-PER310>3.0.CO;2-8](https://doi.org/10.1002/(SICI)1099-0984(199803/04)12:2<103::AID-PER310>3.0.CO;2-8)
- Kaparang, D. R., Padaunan, E., & Kaparang, G. F. (2022). Indeks Massa Tubuh dan Lemak Viseral Mahasiswa. *Aksara: Jurnal Ilmu Pendidikan Nonformal*, 8(3), 1579. <https://doi.org/10.37905/aksara.8.3.1579-1586.2022>
- Karinah, N., & Irianti, B. (2021). Pengaruh Indeks Massa Tubuh (Imt) terhadap Siklus Menstruasi pada Siswi Sma Negeri 1 Kampar Kiri Hilir. *Jurnal Bidan Komunitas*, 4(1), 39–44. <https://doi.org/10.33085/jbk.v4i1.4778>
- Keller, H. (2016). *Psychological Autonomy and Hierarchical Relatedness as Organizers of Developmental Pathways*.
- Kemenkes. (2019, February 22). *Apa Itu IMT dan Bagaimana Cara Menghitungnya?*
- Kementerian Kesehatan Republik Indonesia. (2023, March 30). *Body Dysmorphic Disorder*.
- Khalili Marandi, P., & Salamudin, N. (2020). Body image appearances in adolescents' school going children. *Malaysian Journal of Movement, Health & Exercise*, 9(1). <https://doi.org/10.15282/mohe.v9i1.409>
- Khemlani-Patel, S., & Neziroglu, F. (2022). *Body Dysmorphic Disorder*. Hogrefe Publishing GmbH.
- Krayer, A., Ingledew, D. K., & Iphofen, R. (2007). Social comparison and body image in adolescence: a grounded theory approach. *Health Education Research*, 23(5), 892–903. <https://doi.org/10.1093/her/cym076>
- Kroger, J. (2004). *Identity in adolescence*. Routledge.

- Kuck, N., Cafitz, L., Bürkner, P.-C., Hoppen, L., Wilhelm, S., & Buhlmann, U. (2021a). Body dysmorphic disorder and self-esteem: a meta-analysis. *BMC Psychiatry*, 21(1), 310. <https://doi.org/10.1186/s12888-021-03185-3>
- Kuck, N., Cafitz, L., Bürkner, P.-C., Hoppen, L., Wilhelm, S., & Buhlmann, U. (2021b). Body dysmorphic disorder and self-esteem: a meta-analysis. *BMC Psychiatry*, 21(1), 310. <https://doi.org/10.1186/s12888-021-03185-3>
- Laker, V., & Waller, G. (2022). Does comparison of self with others influence body image among adult women? An experimental study in naturalistic settings. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 27(2), 597–604. <https://doi.org/10.1007/s40519-021-01196-3>
- Lasma Aritonang, C. R., & Vinantium Munthe, R. (2022). The Relationship Between Body Mass Index and Body Dysmorphic Disorder in Adolescents. *International Journal of Health Sciences and Research*, 12(12), 154–163. <https://doi.org/10.52403/ijhsr.20221225>
- Lehtimaki, S., & Schwalbe, N. (2018). *Adolescent Health; The Missing Population in Universal Health Coverage*.
- Levine, M. P., & Smolak, L. (2016). The role of protective factors in the prevention of negative body image and disordered eating. *Eating Disorders*, 24(1), 39–46. <https://doi.org/10.1080/10640266.2015.1113826>
- Lewallen, J., & Behm-Morawitz, E. (2016). Pinterest or Thinterest?: Social Comparison and Body Image on Social Media. *Social Media + Society*, 2(1), 205630511664055. <https://doi.org/10.1177/2056305116640559>
- Little, F. (2020, July 10). *The Line Between Low Self-Esteem and Body Dysmorphia*.
- Mancusi, L. M. (2015). *The Effects of Social Comparison and Disgust on Evaluating Appearance Related Stimuli in Body Dysmorphia*. Fordham University.
- McComb, S. E., & Mills, J. S. (2021). Young women's body image following upwards comparison to Instagram models: The role of physical appearance perfectionism and cognitive emotion regulation. *Body Image*, 38, 49–62. <https://doi.org/10.1016/j.bodyim.2021.03.012>
- Mruk. (2006). *Self-Esteem research, theory, and practice: Toward a positive psychology of self-esteem* (3rd ed.). Springer Publishing Co.

- Mukhlis, & Agustin, L. (2022). *MODEL INTERVENSI PSIKOLOGI ISLAM KONSELING KELOMPOK TAZKIYATUN NAFSI; Salah Satu Bentuk Upaya dalam Menangani Siswa Korban Bullying*. CV Literasi Nusantara Abadi.
- Muri'ah, S., & Wardan, K. (2020). *Psikologi Perkembangan Anak dan Remaja*. Literasi Nusantara.
- Najla, A. D., & Zulfiana, U. (2022). Pengaruh social comparison terhadap body dissatisfaction pada laki-laki dewasa awal pengguna instagram. *Cognicia*, 10(1), 64–71. <https://doi.org/10.22219/cognicia.v10i1.20084>
- Notoatmodjo, S. (2012). *Metodologi Penelitian Kesehatan*. Rineka Cipta.
- Nugroho, H. (2017). *Pengaruh Self-esteem terhadap Citra Tubuh Atlet Remaja Putri di Sekolah Negeri Olahraga Ragunan Jakarta*. Universitas Negeri Jakarta.
- Nur Ghufron, M., & Risnawitaq, R. (2017). *Teori-Teori Psikologi*. Ar-Ruzz Media.
- O'Dea, J. A. (2012). *Body image and self-esteem. Encyclopedia of body image and human appearance*. Elsevier Academic Press.
- Oliveira, M. F., Coimbra, M., & Ferreira, C. (2023). How does the experience of shame impact body dysmorphic symptomatology? Exploring the role of mindfulness and body image-related cognitive fusion. *Current Psychology*. <https://doi.org/10.1007/s12144-023-05385-4>
- Orth, U., & Robins, R. W. (2014). The Development of Self-Esteem. *Current Directions in Psychological Science*, 23(5), 381–387. <https://doi.org/10.1177/0963721414547414>
- Overton, W. (2015). *Processes, Relations, and Relational-Developmental-Systems*.
- Papalia, D., Olds, S., & Feldman, R. (2008). *Human Development (Psikologi Perkembangan)* (9th ed.). Kencana.
- Perera, S., Eisen, R. B., Dennis, B. B., Bawor, M., Bhatt, M., Bhatnagar, N., Thabane, L., de Souza, R., & Samaan, Z. (2016). Body Mass Index Is an Important Predictor for Suicide: Results from a Systematic Review and Meta-Analysis. *Suicide and Life-Threatening Behavior*, 46(6), 697–736. <https://doi.org/10.1111/sltb.12244>
- Peterson, C. (2018). *Stress at Work; A Sociological Perspective*. Taylor & Francis.

- Phillips, K. (2017). *Body Dysmorphic Disorder; Advances in Research and Clinical Practice*. Oxford University Press.
- Phillips, K. A., Pinto, A., & Jain, S. (2004). Self-esteem in body dysmorphic disorder. *Body Image*, 1(4), 385–390. <https://doi.org/10.1016/j.bodyim.2004.07.001>
- Phillips. Katharine. (2005). *The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder*. Oxford University Press.
- Pomery, E. A., Gibbons, F. X., & Stock, M. L. (2012). Social Comparison. In *Encyclopedia of Human Behavior* (pp. 463–469). Elsevier. <https://doi.org/10.1016/B978-0-12-375000-6.00332-3>
- Potard, C. (2017). Self-Esteem Inventory (Coopersmith). In *Encyclopedia of Personality and Individual Differences* (pp. 1–3). Springer International Publishing. https://doi.org/10.1007/978-3-319-28099-8_81-1
- Puji Astuti, L., Wasthu Prasida, D., & Karya Husada Semarang, S. (2014). *PERSEPSI MAHASISWA D IV KEBIDANAN TENTANG DIET UNTUK MENURUNKAN BERAT BADAN DI STIKES KARYA HUSADA SEMARANG*.
- Putri, R. (2020). *Hubungan Antara Social Comparison di Instagram dan Self-Esteem dengan Body Dissatisfaction pada Mahasiswa FISIP Universitas Pembangunan Nasional Veteran Jakarta Tahun 2020*. Universitas Pembangunan Nasional Veteran Jakarta.
- Rachmawati, I., & Istiqomah. (2018). *FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN BERAT BADAN BERLEBIH PADA ANAK USIA SEKOLAH DI MI AL-HIDAYAH BEKASI TAHUN 2018*.
- Rachmayadi, R. (2020). Hubungan antara Citra Tubuh dan *Self-esteem* dengan Kecenderungan Body Dysmorphic Disorder pada Remaja Kelas X dan XI di SMA Muhammadiyah 5 Jakarta. *Jurnal IKRA-ITH Humaniora*, 4(3).
- Rafifah. (2022). *Hubungan Antara Social Comparison Dengan Body Dissatisfaction Pada Mahasiswa Pengguna Instagram di Fakultas Psikologi UIN Ar-Raniry Banda Aceh*. UIN Ar-Raniry Banda Aceh.
- Rahma, S. (2021). *Hubungan Self-Esteem dengan Kecenderungan Body Dysmorphic Disorder pada Mahasiswa Universitas Islam Riau*. Universitas Riau.

- Rahmadiyanti, A., & Munthe, R. (2020). Social Comparison Dengan Ketidakpuasan Bentuk Tubuh Pada Remaja Perempuan. *Psikobuletin: Buletin Ilmiah Psikologi*, 1(1), 11–19.
- Rahmania, & Yuniar, I. (2012). Hubungan Antara Self-Esteem Dengan Kecenderungan Body Dysmorphic Disorder Pada Remaja Putri. *Jurnal Psikologi Klinis Dan Kesehatan Mental*, 1(02).
- Ramadona, E. (2018). *Hubungan Indeks Massa Tubuh dan Tingkat Aktivitas Fisik pada Siswa Sekolah Dasar Kelas V di SD Negeri Samirono Kecamatan Depok Kabupaten Sleman*. Universitas Negeri Yogyakarta.
- Rapingah, S., Sugiarto, M., Sabir, M., Haryanto, T., NurmalaSari, N., Gaffar, M., & Alfalisyado. (2022). *Buku Ajar Metode Penelitian*. CV Feniks Muda Sejahtera.
- Reel, J., Voelker, D., & Greenleaf, C. (2015). Weight status and body image perceptions in adolescents: current perspectives. *Adolescent Health, Medicine and Therapeutics*, 149. <https://doi.org/10.2147/AHMT.S68344>
- Robins, R. W., Trzesniewski, K. H., Tracy, J. L., Gosling, S. D., & Potter, J. (2002). Global self-esteem across the life span. *Psychology and Aging*, 17(3), 423–434. <https://doi.org/10.1037/0882-7974.17.3.423>
- Robinson, Shaver, & Wrightsman. (1991). *Measures of personality and social psychological attitudes*. Academic Press.
- Rosenberg, M. (1989). Society and the adolescent self-image, Rev. ed. In *Society and the adolescent self-image*, Rev. ed. Wesleyan University Press.
- Rosidawati, Pudjiati, & Prayetni. (2019). Hubungan Indeks Masa Tubuh (IMT) Dengan Body Image Pada Siswa SMA PGRI Jakarta Timur. *JKEP*, 4(2).
- Ryszewska-Łabędzka, D., Tobis, S., Kropińska, S., Wieczorowska-Tobis, K., & Talaraska, D. (2022). The Association of Self-Esteem with the Level of Independent Functioning and the Primary Demographic Factors in Persons over 60 Years of Age. *International Journal of Environmental Research and Public Health*, 19(4), 1996. <https://doi.org/10.3390/ijerph19041996>
- Safarina, R., & Rahayu, M. (2015). Hubungan antara Body Dissatisfaction dengan Perilaku Diet Tidak Sehat Remaja Putri yang Menjadi Member Herbalife di Bandung. *Prosiding Psikologi*, 1(2), 535–542.

- Salsabila, T. (2021). *Hubungan Antara Citra Tubuh Terhadap Kemungkinan Terjadinya Depresi pada Mahasiswi Tahap Akademik Fakultas Kedokteran UIN Syarif Hidayatullah Jakarta*. UIN Syarif Hidayatullah.
- Santrock, J. (2001). *Adolescence* (8th ed.). New York : McGraw-Hill.
- Santrock, J. (2018). *Educational Psychology* (6th ed.). McGraw-Hill Education.
- Sari, I., & Suarya, L. M. (2016). Hubungan Antara Social Comparison dan *Self-esteem* terhadap Citra Tubuh pada Remaja Perempuan. *Jurnal Psikologi Udayana*, 40–52.
- Sastroasmoro, S., & Ismael, S. (2014). *Dasar-dasar Metodologi Penelitian Klinis* (5th ed.). Sagung Seto.
- Schaefer, L. M., & Thompson, J. K. (2014). The development and validation of the Physical Appearance Comparison Scale-Revised (PACS-R). *Eating Behaviors*, 15(2), 209–217. <https://doi.org/10.1016/j.eatbeh.2014.01.001>
- Schlack, R., Peerenboom, N., Neuperdt, L., Junker, S., & Beyer, A.-K. (2021). The effects of mental health problems in childhood and adolescence in young adults: Results of the KiGGS cohort. *Journal of Health Monitoring*, 6(4), 3–19. <https://doi.org/10.25646/8863>
- Schneider, S. C., Mond, J., Turner, C. M., & Hudson, J. L. (2019). Sex Differences in the Presentation of Body Dysmorphic Disorder in a Community Sample of Adolescents. *Journal of Clinical Child & Adolescent Psychology*, 48(3), 516–528. <https://doi.org/10.1080/15374416.2017.1321001>
- Septian, W., & Putra, A. (2017, May 30). *Body Dysmorphic Disorder*.
- Sinaga, A., & Satwika, Y. (2022). Hubungan Antara Self-Esteem dengan Kecenderungan Body Dysmorphic Disorder (BDD) pada Mahasiswa. *Jurnal Penelitian Psikologi*, 9(6).
- SKDI - Standart Diagnosis Keperawatan Indonesia. (2019, September 28). *D.0083 Gangguan Citra Tubuh*.
- Smolak, L. (2012). Appearance in Childhood and Adolescence. In *Oxford Handbook of the Psychology of Appearance* (pp. 123–141). Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780199580521.013.0013>
- Sugiyono. (2017). *Metode Penelitian Kuantitatif, Kualitatif, dan R & D*. Alfabeta.

- Surbakti, K. (2017). PENGARUH GAME ONLINE TERHADAP REMAJA Oleh. *Jurnal Curere* /, 01(01).
- Sutejo. (2018). *Keperawatan Jiwa: Konsep dan Praktik Asuhan Keperawatan Kesehatan Jiwa: Gangguan Jiwa dan Psikososial*.
- Sutini, T., Emaliyawati, E., Sukaesih, N., Dewi, E., Alawiyah, M., & Faridah, Z. (2022). Pengaruh Media Sosial Terhadap Citra Tubuh Pada Remaja Dan Dewasa Awal. *Jurnal Keperawatan Muhammadiyah*, 7(4).
- Suyahman. (2021). *Perkembangan Peserta Didik*. Penerbit Lakeisha.
- Syachfira, N., & Nawangsih, E. (2020). *Hubungan Social Comparison dan Self-Esteem pada Mahasiswa Pengguna Instagram*. 6(2).
- Tria Febrina, D., Lestari Suharso, P., & Yustikarini Saleh, A. (2018). SELF-ESTEEM REMAJA AWAL: TEMUAN BASELINE DARI RENCANA PROGRAM SELF-INSTRUCTIONAL TRAINING KOMPETENSI DIRI. In *Jurnal Psikologi Insight Departemen Psikologi* (Vol. 2, Issue 1).
- Triningtyas, D. (2016). *Bimbingan Konseling Pribadi Sosial*. CV. AE MEDIA GRAFIKA.
- Vandenbosch, L., & Eggermont, S. (2016). The Interrelated Roles of Mass Media and Social Media in Adolescents' Development of an Objectified Self-Concept. *Communication Research*, 43(8), 1116–1140. <https://doi.org/10.1177/0093650215600488>
- Veale, D., & Neziroglu, F. (2010). *Body dysmorphic disorder: A treatment manual*. John Wiley & Sons.
- Vega, H. B., Chávez, J. F. A., Rodríguez-Villalobos, J. M., Ornelas, J. R. B., & López, H. L. M. (2014). Body Image Anxiety on University Students (Differences between Men and Women). *Open Journal of Medical Psychology*, 03(05), 348–354. <https://doi.org/10.4236/ojmp.2014.35036>
- Vitak, J. (2015). Balancing privacy concerns and impression management strategies on Facebook. *Symposium on Usable Privacy and Security (SOUPS)*, 22–24.
- Vivenda, G., & Hadiwono, A. (2019). *RUANG WISATA CITRA TUBUH* (Vol. 1, Issue 1). <https://www.antaranews.com/berita/684461/punya-47000-media-massa-indonesia->
- Vogel, E. A., Rose, J. P., Okdie, B. M., Eckles, K., & Franz, B. (2015). Who compares and despairs? The effect of social comparison orientation on social

- media use and its outcomes. *Personality and Individual Differences*, 86, 249–256. <https://doi.org/10.1016/j.paid.2015.06.026>
- Weinberger, N.-A., Kersting, A., Riedel-Heller, S. G., & Luck-Sikorski, C. (2016). Body Dissatisfaction in Individuals with Obesity Compared to Normal-Weight Individuals: A Systematic Review and Meta-Analysis. *Obesity Facts*, 9(6), 424–441. <https://doi.org/10.1159/000454837>
- Wheeler, L., & Miyake, K. (1992). Social comparison in everyday life. *Journal of Personality and Social Psychology*, 62(5), 760–773. <https://doi.org/10.1037/0022-3514.62.5.760>
- Yosephin. (2012). *Hubungan Citra Tubuh terhadap Perilaku Diet Mahasiswi di Salah Satu Fakultas dan Program Vokasi Rumpun Sosial Humaniora Universitas Indonesia*.
- You, S., & Shin, K. (2016). Body Dissatisfaction and Mental Health Outcomes Among Korean College Students. *Psychological Reports*, 118(3), 714–724. <https://doi.org/10.1177/0033294116648634>
- Zakiah, et al. (2021). *Kecanduan Game Online pada Remaja dan Penanganannya*.
- Zhang, Y., Liu, B., & Sun, L. (2021). Association between Subjective Body Image, Body Mass Index and Psychological Symptoms in Chinese Adolescents: A Nationwide Cross-Sectional Study. *Healthcare*, 9(10), 1299. <https://doi.org/10.3390/healthcare9101299>
- Zoraya, A., & Satwika, Y. (2022). *Hubungan Antara Self-esteem dengan Kecenderungan Body Dysmorphic Disorder (BDD) Pada Mahasiswa*.