

## LAMPIRAN

### A. SKALA PENELITIAN

#### Kuesioner Penelitian

#### PEMBUKA

Hallo perkenalkan saya Ninda Christina mahasiswi Fakultas Psikologi Universitas Katolik Soegijapranata Semarang angkatan 2017 yang saat ini sedang menempuh tugas akhir skripsi yang digunakan untuk mendapatkan gelar Sarjana Psikologi. Kriteria responden saya adalah mahasiswi Fakultas Psikologi Universitas Katolik Soegijapranata Semarang.

Maka dari itu saya meminta bantuan teman-teman meluangkan waktu sebentar untuk mengisi kuesioner penelitian ini. Saya harap teman-teman dapat mengisi kuesioner ini dengan jujur dan obyektif. Dalam pertanyaan ini tidak ada jawaban yang salah, maka dari itu jawablah sesuai dengan keadaan yang teman-teman alami. Jawaban yang diberikan oleh teman-teman dalam kuesioner ini akan dijaga kerahasiaannya dan dipergunakan sebagaimana mestinya oleh peneliti. Saya ucapkan terima kasih atas kesediaan teman-teman untuk mengisi kuesioner ini.

#### PETUNJUK PENGISIAN

1. Bacalah setiap butir pernyataan dengan seksama
2. Tidak ada jawaban yang dianggap salah, semua jawaban adalah benar
3. Pilihlah salah satu jawaban yang dianggap paling sesuai

SS : Sangat Setuju

S : Setuju

TS : Tidak Setuju

STS : Sangat Tidak Setuju

**IDENTITAS SUBJEK**

Nama (Inisial) :

Umur :

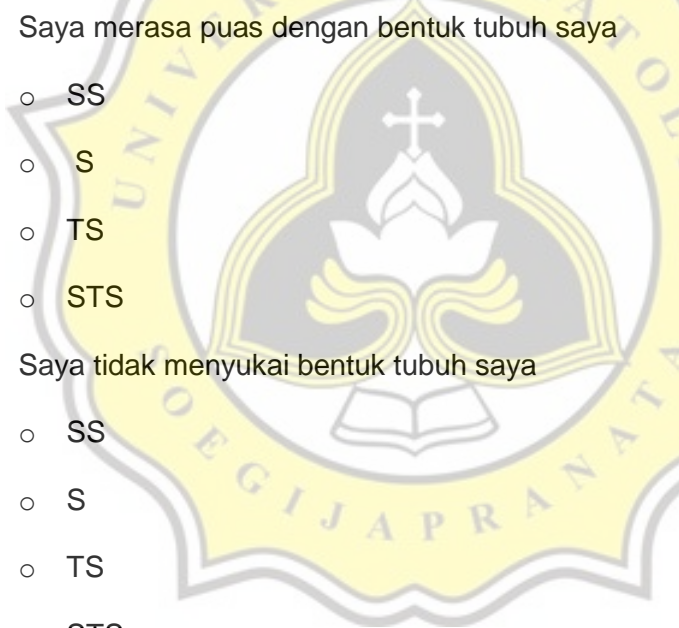
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Etnis/suku :

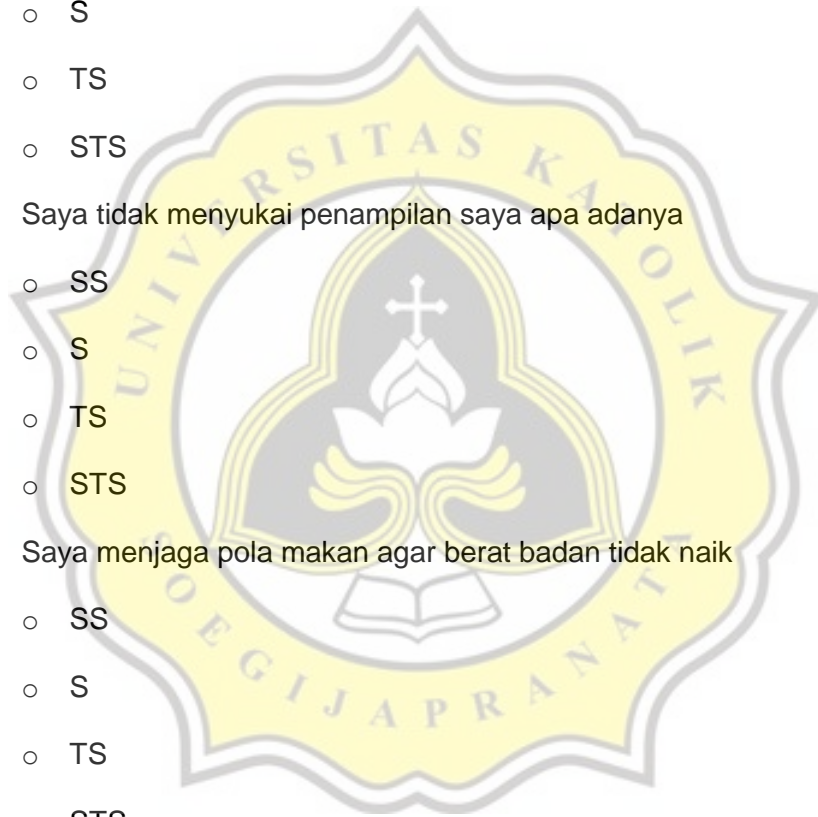
Universitas :

Fakultas :

**ITEM****SKALA I *BODY IMAGE***

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1. Saya merasa puas dengan bentuk tubuh saya
- SS
  - S
  - TS
  - STS
2. Saya tidak menyukai bentuk tubuh saya
- SS
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  - TS
  - STS
3. Saya puas dengan bentuk wajah saya
- SS
  - S
  - TS
  - STS
4. Saya tidak percaya diri dengan bentuk wajah saya

- SS
  - S
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  - STS
5. Saya menyukai penampilan saya apa adanya
- SS
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  - STS
6. Saya tidak menyukai penampilan saya apa adanya
- SS
  - S
  - TS
  - STS
7. Saya menjaga pola makan agar berat badan tidak naik
- SS
  - S
  - TS
  - STS
8. Bagi saya tidak penting untuk memikirkan apakah berat badan saya sudah proporsional
- SS
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  - STS



9. Saya percaya diri dengan penampilan saya saat ini

- SS
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10. Saya tidak menarik secara fisik

- SS
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- STS

11. Sebelum berpergian saya selalu memperhatikan bagaimana penampilan saya

- SS
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12. Saya tidak pernah memikirkan penampilan saya

- SS
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- STS

13. Sangat penting bagi saya untuk menjaga pola makan

- SS
- S
- TS



- STS

14. Saya selalu berusaha menutupi lengan saya agar tidak terlihat besar

- SS
- S
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15. Saya selalu merasa cemas jika menjadi gemuk

- SS
- S
- TS
- STS

16. Bagi saya tidak penting untuk mengkategorikan tubuh saya mulai dari sangat kurus hingga sangat gemuk

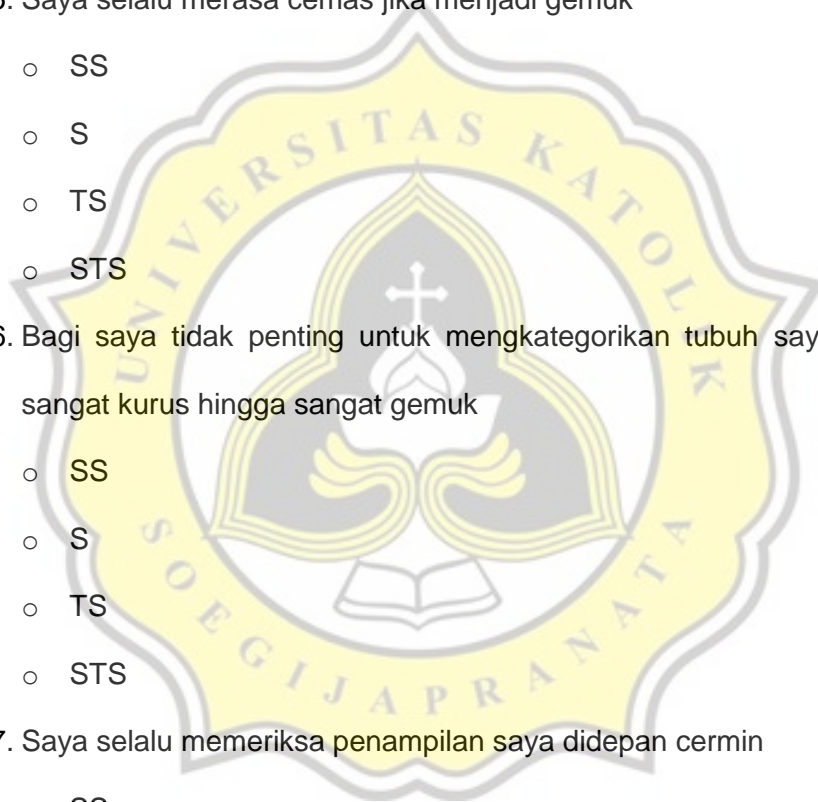
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17. Saya selalu memeriksa penampilan saya didepan cermin

- SS
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18. Saya tidak percaya diri dengan paha saya

- SS
- S



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19. Saya puas dengan tubuh bagian atas (dada, bahu, lengan)

- SS
- S
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- STS

20. Saya tidak peduli dengan berat badan saya yang naik

- SS
- S
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21. Menurut saya berat badan saya sudah proporsional

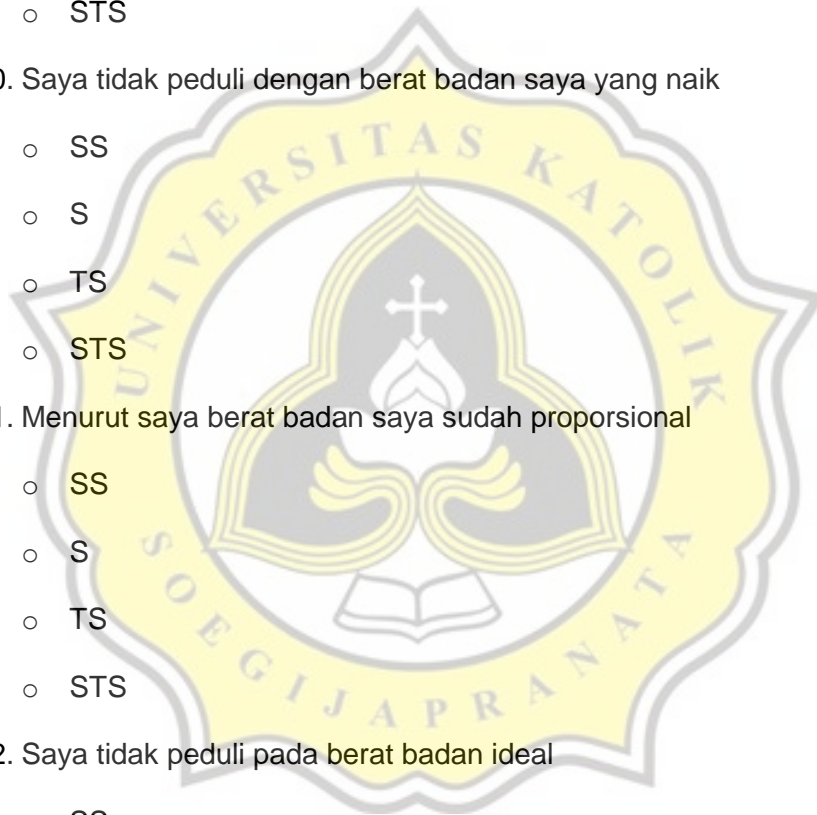
- SS
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22. Saya tidak peduli pada berat badan ideal

- SS
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23. Saya puas dengan berat badan saya

- SS
- S



- TS
- STS

24. Saya tidak memperdulikan keselarasan warna dalam berpakaian

- SS
- S
- TS
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25. Penting bagi saya untuk mengecek apakah berat badan saya sudah tergolong normal

- SS
- S
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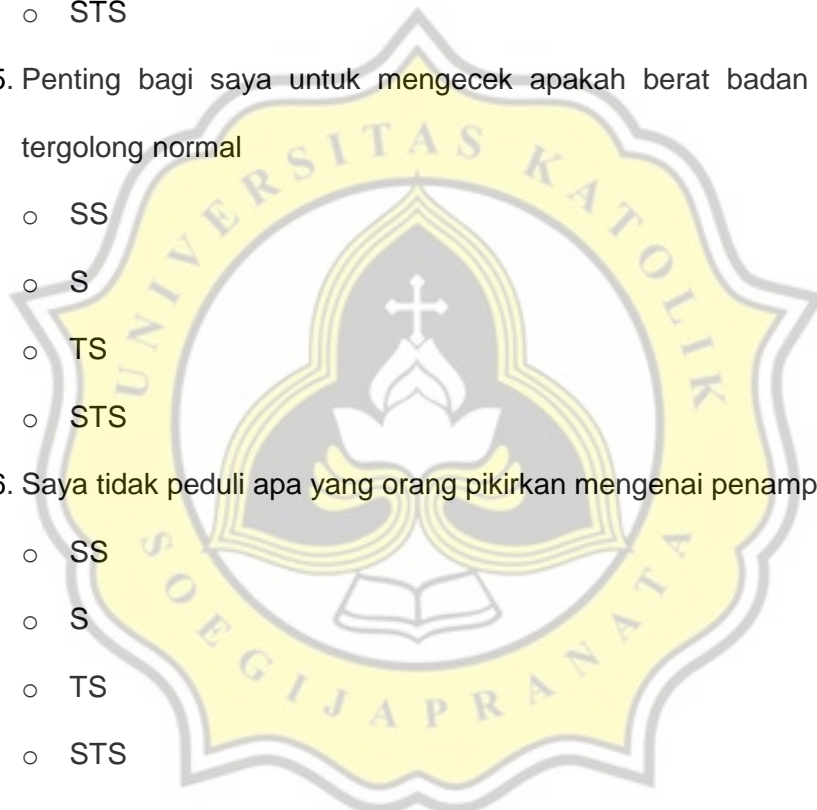
26. Saya tidak peduli apa yang orang pikirkan mengenai penampilan saya

- SS
- S
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27. Agar memiliki penampilan terbaik saya selalu selektif dalam memilih pakaian

- SS
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28. Saya tidak takut jika menjadi gemuk



- SS
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29. Saya puas dengan tubuh bagian bawah (pinggul, paha, pantat, kaki)

- SS
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30. Saya tidak pernah melakukan diet untuk menjaga berat badan saya

- SS
- S
- TS
- STS

### **SKALA II SELF ESTEEM**

1. Saya melakukan segala tugas pekerjaan saya dengan efektif

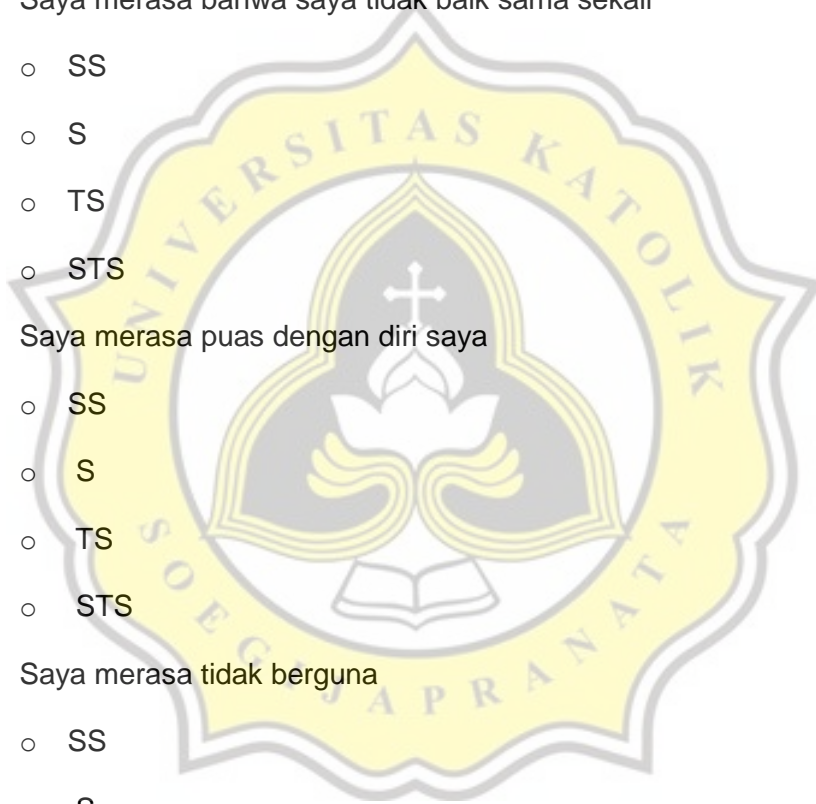
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- S
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2. Saya mudah putus asa

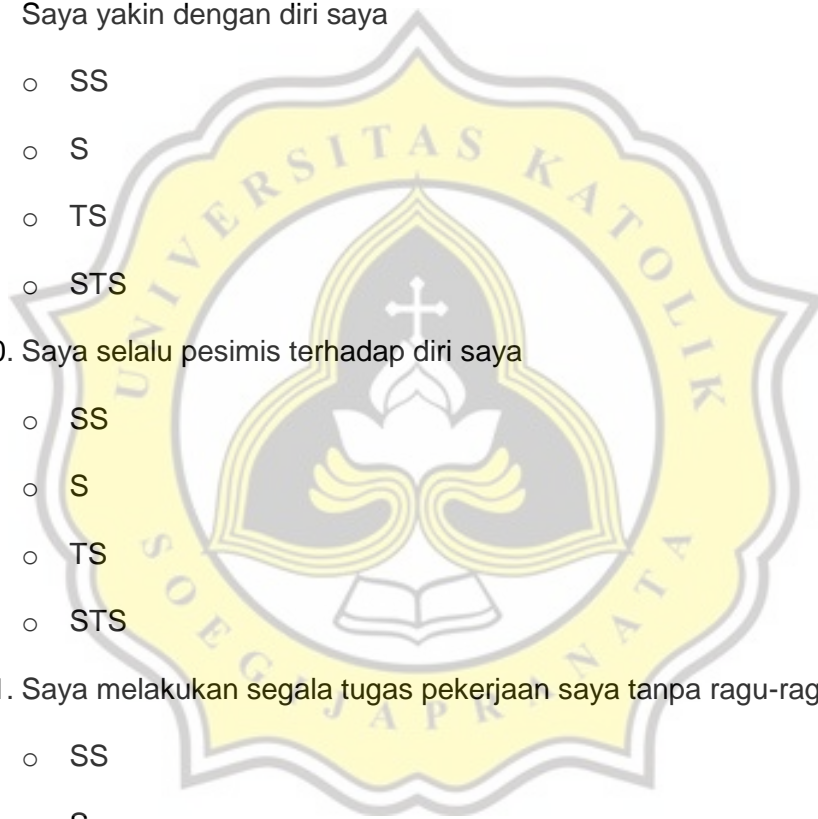
- SS
- S
- TS



- STS
3. Saya merasa bisa melakukan segala tugas pekerjaan saya dengan baik
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  - S
  - TS
  - STS
4. Saya merasa bahwa saya tidak baik sama sekali
- SS
  - S
  - TS
  - STS
5. Saya merasa puas dengan diri saya
- SS
  - S
  - TS
  - STS
6. Saya merasa tidak berguna
- SS
  - S
  - TS
  - STS
7. Saya nyaman dengan diri saya
- SS
  - S
  - TS



- STS
8. Saya merasa bahwa diri saya rendah
- SS
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  - STS
9. Saya yakin dengan diri saya
- SS
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  - TS
  - STS
10. Saya selalu pesimis terhadap diri saya
- SS
  - S
  - TS
  - STS
11. Saya melakukan segala tugas pekerjaan saya tanpa ragu-ragu
- SS
  - S
  - TS
  - STS
12. Saya tidak berani mencoba hal-hal yang baru
- SS
  - S
  - TS



- STS

13. Saya merasa selalu bisa menyelesaikan apa yang saya coba

- SS
- S
- TS
- STS

14. Saya merasa tidak senang ketika memikirkan diri sendiri

- SS
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15. Saya tidak mudah putus asa

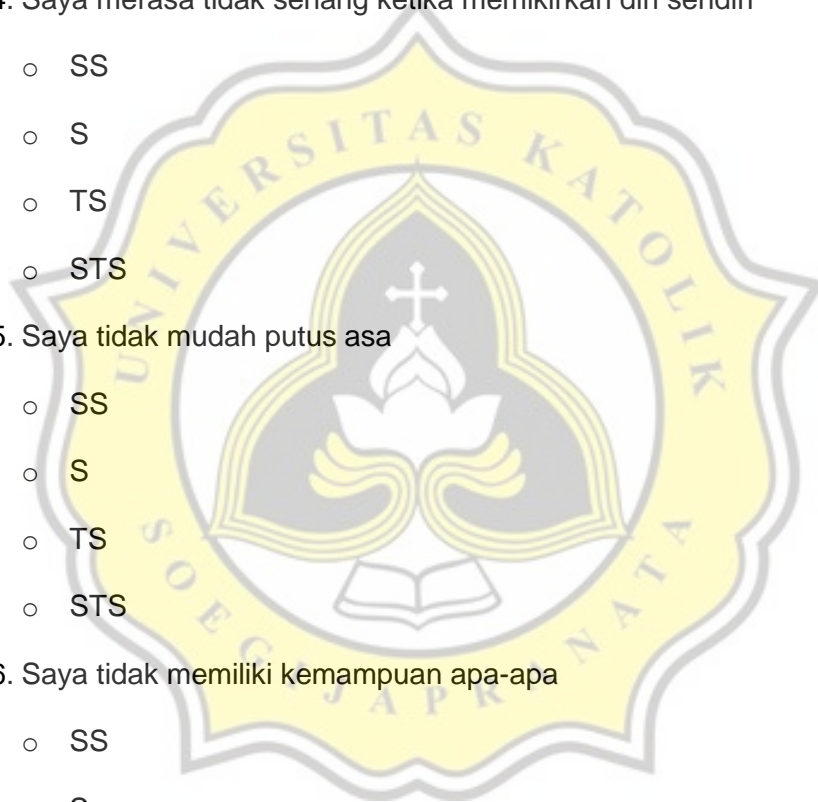
- SS
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16. Saya tidak memiliki kemampuan apa-apa

- SS
- S
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17. Saya selalu menampilkan yang terbaik disegala tugas pekerjaan saya

- SS
- S
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- STS

18. Saya selalu bersikap negatif terhadap diri saya

- SS
- S
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19. Saya mengambil sikap positif terhadap diri saya

- SS
- S
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20. Saya selalu merasa kesulitan dalam mencapai tugas-tugas pekerjaan yang penting bagi saya

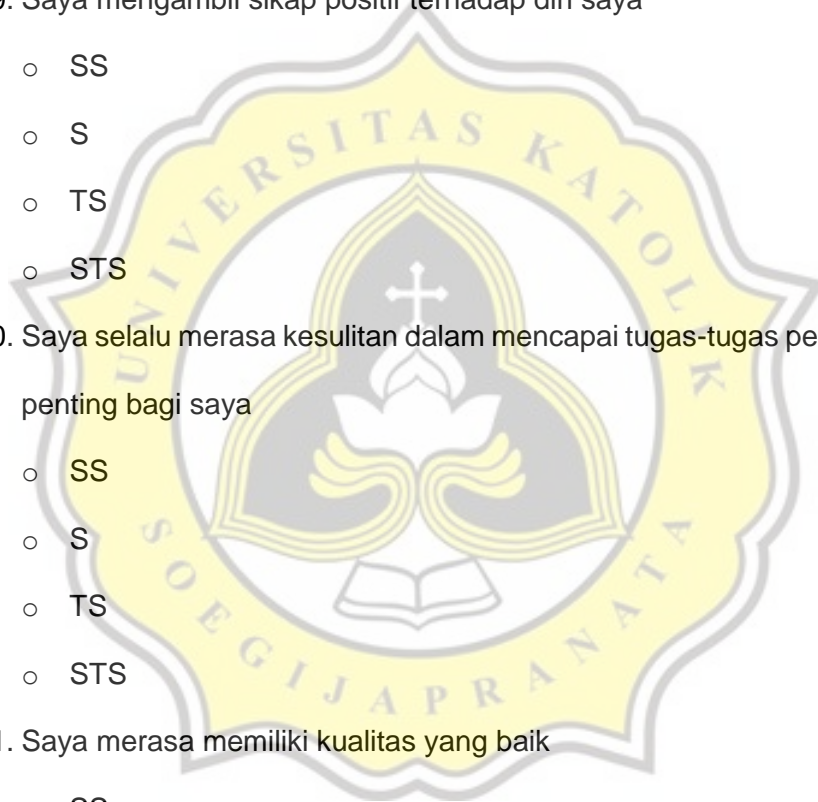
- SS
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- STS

21. Saya merasa memiliki kualitas yang baik

- SS
- S
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- STS

22. Saya merasa bahwa saya tidak bisa diandalkan

- SS
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- STS

23. Saya merasa bahwa saya berharga

- SS
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24. Saya cenderung merasa bahwa saya adalah orang yang gagal

- SS
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- STS

**SUBMIT**

**PENUTUP : TERIMAKASIH TELAH MENGISI KUESIONER INI :)**



**B. DATA TRY OUT****B-1. DATA BODY IMAGE**

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16	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3	3	3	3	3	71
17	2	3	2	4	3	4	3	4	3	3	2	3	2	3	3	4	2	3	3	3	3	3	4	3	72
18	3	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3	3	70
19	2	2	3	3	2	2	2	3	2	2	2	3	2	2	2	3	3	2	3	2	2	3	3	2	57
20	2	2	3	3	2	2	2	3	2	2	2	3	2	2	2	3	3	2	3	2	2	3	3	2	57
21	3	3	3	3	2	4	3	4	3	3	3	3	3	3	3	4	3	3	3	3	3	3	4	3	75
22	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3	3	3	3	4	72
23	3	3	3	4	3	3	4	4	3	3	3	4	3	3	3	4	3	3	3	3	3	3	3	3	77
24	3	3	3	4	3	2	4	4	3	2	3	3	3	4	3	2	4	4	4	3	3	3	4	3	77
25	3	3	4	4	3	4	4	4	3	4	3	4	3	4	3	4	3	3	4	3	3	4	4	4	85
26	3	2	4	3	3	3	3	3	3	1	4	2	3	3	2	4	4	3	4	3	3	4	3	4	74



42	3	2	3	3	4	4	4	4	4	4	3	4	3	3	3	4	3	3	4	2	4	3	4	4	82
43	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	4	3	3	3	3	3	4	3	4	75
44	3	2	3	3	3	3	3	3	4	3	3	3	3	2	2	3	3	3	3	2	3	3	4	3	70
45	3	2	2	3	3	2	2	3	3	3	2	3	3	3	2	3	3	3	3	3	3	3	3	4	67
46	3	3	3	3	4	4	4	4	4	4	4	3	4	4	4	4	4	4	4	3	4	4	4	4	90
47	3	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	2	4	3	4	3	82
48	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	72
49	3	4	4	3	4	4	4	4	4	4	4	4	2	3	4	3	3	4	4	3	3	3	4	4	86
50	4	3	3	3	3	4	3	3	3	3	3	3	3	3	3	3	3	4	3	3	3	3	4	3	76
51	3	3	2	3	3	3	4	4	4	3	2	3	2	4	3	4	4	3	3	3	3	3	4	4	77
52	3	2	2	4	2	2	3	3	3	3	3	3	2	3	3	3	3	3	3	3	3	3	4	3	69
53	3	3	3	3	3	4	3	4	3	2	2	2	3	3	2	3	3	3	3	2	3	3	3	3	69
54	4	3	3	3	3	4	4	4	3	4	3	2	3	4	3	4	3	4	3	4	3	4	3	4	82
55	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	4	3	3	3	3	3	4	4	4	76
56	2	3	3	3	2	4	4	4	3	3	3	3	3	4	3	3	2	4	3	3	3	3	4	3	75

57	4	4	4	4	4	4	4	4	4	4	4	1	4	3	4	4	4	3	4	4	4	4	4	91		
58	3	2	3	2	1	2	3	4	2	3	3	1	2	3	2	3	3	3	3	2	2	3	3	3	61	
59	3	3	3	3	4	4	3	4	4	4	4	4	4	4	3	4	4	4	4	3	3	3	4	4	87	
60	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3	3	3	3	71	
61	2	4	3	4	4	2	4	4	3	2	2	4	3	1	2	4	4	2	3	2	3	3	3	3	71	
62	4	3	3	3	2	2	3	2	2	2	3	3	3	2	3	3	4	2	3	2	3	4	2	3	66	
63	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3	71	
64	4	4	4	4	4	4	4	2	4	4	4	4	3	4	4	4	3	4	4	4	3	4	4	4	91	
65	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	72	
66	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	4	4	74
67	3	3	3	4	3	4	3	4	3	4	2	3	2	3	2	4	3	3	3	3	3	4	4	4	77	
68	3	4	3	4	3	4	3	4	4	4	3	4	3	3	1	4	3	4	4	3	4	4	3	4	83	
69	3	2	3	3	3	3	3	4	4	3	3	3	4	3	3	4	4	3	3	3	4	4	4	3	79	
70	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3	3	3	3	3	3	3	3	71	
71	3	3	3	3	4	4	4	4	4	4	4	3	4	4	4	4	4	4	4	3	4	4	4	4	90	







## C-1.1.B UJI VALIDITAS KOREKSI TEKNIK PART-WHOLE PUTARAN 1

## Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
bi1	81.11	59.139	.591	.722
bi2	80.94	60.819	.505	.729
bi3	81.12	61.528	.468	.732
bi4	81.08	60.247	.551	.726
bi5	80.82	60.475	.466	.730
bi6	80.89	62.759	.308	.739
bi7	81.34	62.125	.239	.743
bi8	81.16	63.809	<b>0.17</b>	.746
bi9	81.09	60.764	.546	.728
bi10	80.99	59.734	.564	.725
bi11	80.95	61.162	.496	.730
bi12	80.94	59.705	.564	.725
bi13	81.08	61.083	.485	.730
bi14	81.27	64.582	<b>0.06</b>	.756
bi15	81.21	65.916	<b>0</b>	.759
bi16	81.26	64.854	<b>0.09</b>	.751
bi17	80.88	65.630	<b>0.05</b>	.751
bi18	81.49	62.101	.225	.744
bi19	81.14	61.107	.410	.733
bi20	81.15	66.104	<b>0</b>	.756
bi21	81.41	60.549	.444	.731
bi22	81.09	66.739	<b>-0.05</b>	.757
bi23	81.42	60.501	.437	.731
bi24	80.79	66.650	<b>-0.05</b>	.758
bi25	81.02	64.278	<b>0.2</b>	.744
bi26	81.50	65.823	<b>0</b>	.758
bi27	80.75	65.177	<b>0.12</b>	.748
bi28	81.21	65.714	<b>0.01</b>	.758
bi29	81.45	60.377	.418	.731
bi30	81.27	65.999	<b>0</b>	.757

## C-1.1.C UJI VALIDITAS PUTARAN 2

		Correlations																	
		bi1	bi2	bi3	bi4	bi5	bi6	bi7	bi9	bi10	bi11	bi12	bi13	bi18	bi19	bi21	bi23	bi29	total body image
bi1	Pearson Correlation Sig. (2-tailed) N	1 .000 80	.600** .000 80	.617** .000 80	.565** .000 80	.375** .001 80	.286** .008 80	-.003 .977 80	.605** .000 80	.429** .000 80	.344** .002 80	.714** .000 80	.483** .000 80	.421** .000 80	.594** .000 80	.535** .000 80	.602** .000 80	.582** .000 80	.791** .000 80
bi2	Pearson Correlation Sig. (2-tailed) N	.600** .000 80	1 .000 80	.482** .000 80	.608** .000 80	.337** .002 80	.386** .000 80	-.065 .564 80	.626** .000 80	.426** .000 80	.281** .011 80	.250** .025 80	.379** .001 80	.505** .000 80	.616** .000 80	.570** .000 80	.627** .000 80	.615** .000 80	.753** .000 80
bi3	Pearson Correlation Sig. (2-tailed) N	.617** .000 80	.482** .000 80	1 .000 80	.723** .000 80	.447** .000 80	.269** .016 80	.049 .867 80	.530** .000 80	.374** .001 80	.288** .010 80	.394** .000 80	.830** .000 80	.313** .005 80	.497** .000 80	.301** .007 80	.412** .000 80	.427** .000 80	.699** .000 80
bi4	Pearson Correlation Sig. (2-tailed) N	.565** .000 80	.608** .000 80	.723** .000 80	1 .000 80	.429** .002 80	.349** .002 80	.001 .993 80	.509** .000 80	.427** .003 80	.325** .003 80	.342** .002 80	.516** .000 80	.530** .000 80	.410** .000 80	.347** .002 80	.404** .000 80	.589** .000 80	.725** .000 80
bi5	Pearson Correlation Sig. (2-tailed) N	.375** .001 80	.337** .002 80	.447** .000 80	.429** .000 80	1 .000 80	.600** .000 80	-.165 .144 80	.414** .000 80	.434** .000 80	.455** .000 80	.424** .000 80	.344** .002 80	.334** .002 80	.459** .000 80	.204 .070 80	.343** .002 80	.386** .000 80	.627** .000 80
bi6	Pearson Correlation Sig. (2-tailed) N	.296** .000 80	.396** .000 80	.289** .016 80	.349** .002 80	.600** .000 80	1 .000 80	-.201 .073 80	.405** .000 80	.299** .007 80	.415** .000 80	.319** .004 80	.199 .077 80	.426** .000 80	.434** .000 80	.260 .020 80	.256 .022 80	.370** .001 80	.568** .000 80
bi7	Pearson Correlation Sig. (2-tailed) N	-.003 .977 80	-.065 .564 80	.049 .867 80	.001 .993 80	-.165 .144 80	-.201 .073 80	1 .789 80	.033 .992 80	-.001 .992 80	.064 .575 80	.099 .380 80	.195 .083 80	-.308** .005 80	-.017 .880 80	.184 .147 80	.073 .521 80	-.220 .050 80	-.041 .719 80
bi9	Pearson Correlation Sig. (2-tailed) N	.605** .000 80	.626** .000 80	.530** .000 80	.509** .000 80	.414** .000 80	.405** .000 80	.033 .769 80	1 .001 80	.379** .000 80	.709** .000 80	.368** .001 80	.494** .000 80	.502** .000 80	.639** .000 80	.608** .000 80	.665** .000 80	.668** .000 80	.819** .000 80
bi10	Pearson Correlation Sig. (2-tailed) N	.429** .000 80	.426** .000 80	.374** .001 80	.427** .000 80	.434** .000 80	.289** .007 80	-.001 .992 80	.379** .001 80	1 .000 80	.286** .010 80	.325** .003 80	.363** .001 80	.226** .044 80	.288** .010 80	.402** .000 80	.308** .005 80	.390** .000 80	.569** .000 80
bi11	Pearson Correlation Sig. (2-tailed) N	.344** .002 80	.281** .011 80	.288** .010 80	.325** .003 80	.455** .000 80	.415** .000 80	.064 .575 80	.709** .000 80	.288** .010 80	1 .000 80	.601** .000 80	.334** .002 80	.382** .000 80	.413** .000 80	.486** .000 80	.500** .000 80	.495** .000 80	.655** .000 80
bi12	Pearson Correlation Sig. (2-tailed) N	.714** .000 80	.250** .025 80	.394** .000 80	.342** .002 80	.424** .000 80	.319** .004 80	.099 .380 80	.368** .001 80	.325** .003 80	.601** .000 80	1 .452** 80	.452** .000 80	.452** .000 80	.213 .372** 80	.399** .001 80	.434** .000 80	.350** .001 80	.622** .000 80
bi13	Pearson Correlation Sig. (2-tailed) N	.483** .000 80	.379** .001 80	.830** .000 80	.516** .000 80	.344** .002 80	.199 .077 80	.195 .083 80	.494** .000 80	.363** .001 80	.334** .002 80	.452** .000 80	1 .174 80	.154 .000 80	.397** .005 80	.309** .000 80	.415** .000 80	.299** .007 80	.610** .000 80
bi18	Pearson Correlation Sig. (2-tailed) N	.421** .000 80	.505** .000 80	.313** .005 80	.530** .000 80	.334** .002 80	.426** .000 80	-.308** .005 80	.502** .000 80	.226** .044 80	.382** .000 80	.213 .058 80	.154 .174 80	1 .000 80	.430** .000 80	.350** .001 80	.412** .000 80	.712** .000 80	.647** .000 80
bi19	Pearson Correlation Sig. (2-tailed) N	.594** .000 80	.616** .000 80	.497** .000 80	.410** .000 80	.459** .000 80	.434** .000 80	-.017 .880 80	.639** .000 80	.288** .010 80	.413** .000 80	.372** .001 80	.397** .000 80	.430** .000 80	1 .569** 80	.594** .000 80	.536** .000 80	.536** .000 80	.747** .000 80
bi21	Pearson Correlation Sig. (2-tailed) N	.535** .000 80	.570** .000 80	.301** .007 80	.347** .002 80	.304 .070 80	.260** .030 80	.164 .147 80	.806** .000 80	.402** .000 80	.486** .000 80	.399** .000 80	.309** .005 80	.360** .001 80	.568** .000 80	1 .716** 80	.530** .000 80	.690** .000 80	.690** .000 80
bi23	Pearson Correlation Sig. (2-tailed) N	.602** .000 80	.627** .000 80	.412** .000 80	.404** .000 80	.343** .002 80	.265** .022 80	.073 .521 80	.665** .000 80	.308** .005 80	.500** .000 80	.434** .000 80	.415** .000 80	.412** .000 80	.594** .000 80	.716** .000 80	1 .619** 80	.755** .000 80	.755** .000 80
bi29	Pearson Correlation Sig. (2-tailed) N	.582** .000 80	.615** .000 80	.427** .000 80	.589** .000 80	.386** .000 80	.370** .001 80	-.220 .050 80	.868** .000 80	.390** .000 80	.495** .000 80	.350** .001 80	.299** .007 80	.712** .000 80	.536** .000 80	.530** .000 80	.619** .000 80	1 .788** 80	.788** .000 80
total body image	Pearson Correlation Sig. (2-tailed) N	.791** .000 80	.753** .000 80	.699** .000 80	.725** .000 80	.627** .000 80	.568** .000 80	-.041 .719 80	.819** .000 80	.569** .000 80	.655** .000 80	.622** .000 80	.610** .000 80	.647** .000 80	.747** .000 80	.690** .000 80	.755** .000 80	.788** .000 80	1 80

\*\*. Correlation is significant at the 0.01 level (2-tailed).

\*. Correlation is significant at the 0.05 level (2-tailed).

## C-1.1.D UJI VALIDITAS KOREKSI TEKNIK PART-WHOLE PUTARAN 2

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
bi1	44.66	59.290	.750	.897
bi2	44.49	60.734	.704	.899
bi3	44.68	61.615	.660	.901
bi4	44.62	60.845	.680	.900
bi5	44.38	61.528	.543	.904
bi6	44.44	62.882	.479	.906
bi7	44.89	68.430	<b>-0.04</b>	.925
bi9	44.64	60.335	.794	.897
bi10	44.54	62.328	.503	.905
bi11	44.50	61.949	.613	.902
bi12	44.49	61.519	.574	.903
bi13	44.62	62.085	.578	.903
bi18	45.04	59.556	.525	.906
bi19	44.69	59.762	.697	.899
bi21	44.96	60.011	.654	.900
bi23	44.98	59.113	.716	.898
bi29	45.00	58.633	.712	.898

## C-1.1.E UJI VALIDITAS PUTARAN 3

		Correlations																	total body image
		bi1	bi2	bi3	bi4	bi5	bi6	bi9	bi10	bi11	bi12	bi13	bi18	bi19	bi21	bi23	bi29		
bi1	Pearson Correlation Sig. (2-tailed) N	1 80 80	,600** ,000 80	,617** ,000 80	,565** ,000 80	,375** ,001 80	,296** ,008 80	,605** ,000 80	,429** ,002 80	,344** ,002 80	,714** ,000 80	,483** ,000 80	,421** ,000 80	,594** ,000 80	,535** ,000 80	,602** ,000 80	,562** ,000 80	,791** ,000 80	
bi2	Pearson Correlation Sig. (2-tailed) N	,600** ,000 80	1 80 80	,482** ,000 80	,606** ,000 80	,337** ,002 80	,396** ,000 80	,626** ,000 80	,426** ,000 80	,281** ,011 80	,250** ,025 80	,379** ,001 80	,505** ,000 80	,616** ,000 80	,570** ,000 80	,627** ,000 80	,615** ,000 80	,753** ,000 80	
bi3	Pearson Correlation Sig. (2-tailed) N	,617** ,000 80	,482** ,000 80	1 80 80	,723** ,000 80	,447** ,000 80	,269** ,016 80	,530** ,000 80	,374** ,001 80	,288** ,010 80	,394** ,000 80	,830** ,000 80	,313** ,005 80	,497** ,000 80	,301** ,007 80	,412** ,000 80	,427** ,000 80	,699** ,000 80	
bi4	Pearson Correlation Sig. (2-tailed) N	,565** ,000 80	,608** ,000 80	,723** ,000 80	1 80 80	,429** ,000 80	,349** ,002 80	,509** ,000 80	,427** ,000 80	,325** ,003 80	,342** ,002 80	,516** ,000 80	,530** ,000 80	,410** ,000 80	,347** ,002 80	,404** ,000 80	,589** ,000 80	,725** ,000 80	
bi5	Pearson Correlation Sig. (2-tailed) N	,375** ,001 80	,337** ,002 80	,447** ,000 80	,429** ,000 80	1 80 80	,600** ,000 80	,414** ,000 80	,434** ,000 80	,455** ,000 80	,424** ,000 80	,344** ,002 80	,334** ,002 80	,459** ,070 80	,204** ,000 80	,343** ,002 80	,386** ,000 80	,627** ,000 80	
bi6	Pearson Correlation Sig. (2-tailed) N	,296** ,008 80	,396** ,000 80	,269** ,016 80	,349** ,002 80	,600** ,000 80	1 80 80	,405** ,000 80	,296** ,007 80	,415** ,000 80	,319** ,004 80	,199** ,077 80	,426** ,000 80	,434** ,020 80	,260** ,022 80	,256** ,000 80	,370** ,000 80	,568** ,000 80	
bi9	Pearson Correlation Sig. (2-tailed) N	,605** ,000 80	,626** ,000 80	,530** ,000 80	,509** ,000 80	,414** ,000 80	,405** ,000 80	1 80 80	,379** ,001 80	,709** ,000 80	,368** ,000 80	,494** ,000 80	,502** ,000 80	,630** ,000 80	,608** ,000 80	,665** ,000 80	,666** ,000 80	,819** ,000 80	
bi10	Pearson Correlation Sig. (2-tailed) N	,429** ,000 80	,426** ,000 80	,374** ,001 80	,427** ,000 80	,434** ,000 80	,299** ,007 80	,379** ,001 80	1 80 80	,286** ,010 80	,325** ,003 80	,363** ,001 80	,226** ,044 80	,288** ,010 80	,402** ,000 80	,308** ,005 80	,380** ,000 80	,569** ,000 80	
bi11	Pearson Correlation Sig. (2-tailed) N	,344** ,002 80	,281** ,011 80	,288** ,010 80	,325** ,003 80	,456** ,000 80	,415** ,000 80	,709** ,000 80	,296** ,010 80	1 80 80	,601** ,000 80	,334** ,002 80	,382** ,000 80	,413** ,000 80	,486** ,000 80	,500** ,000 80	,495** ,000 80	,655** ,000 80	
bi12	Pearson Correlation Sig. (2-tailed) N	,714** ,000 80	,250** ,025 80	,394** ,000 80	,342** ,000 80	,424** ,000 80	,319** ,004 80	,368** ,001 80	,325** ,003 80	,601** ,000 80	1 80 80	,452** ,000 80	,213** ,058 80	,372** ,001 80	,399** ,000 80	,434** ,000 80	,350** ,001 80	,622** ,000 80	
bi13	Pearson Correlation Sig. (2-tailed) N	,483** ,000 80	,379** ,001 80	,830** ,000 80	,516** ,000 80	,344** ,002 80	,199** ,077 80	,494** ,000 80	,363** ,001 80	,334** ,002 80	,452** ,000 80	1 80 80	,154** ,174 80	,397** ,000 80	,309** ,005 80	,415** ,000 80	,299** ,007 80	,610** ,000 80	
bi18	Pearson Correlation Sig. (2-tailed) N	,421** ,000 80	,505** ,000 80	,313** ,005 80	,530** ,000 80	,334** ,002 80	,426** ,000 80	,502** ,000 80	,226** ,044 80	,382** ,000 80	,213** ,058 80	,154** ,174 80	1 80 80	,430** ,000 80	,350** ,001 80	,412** ,000 80	,712** ,000 80	,647** ,000 80	
bi19	Pearson Correlation Sig. (2-tailed) N	,594** ,000 80	,616** ,000 80	,497** ,000 80	,410** ,000 80	,459** ,000 80	,434** ,000 80	,639** ,000 80	,288** ,010 80	,413** ,000 80	,372** ,001 80	,397** ,000 80	,430** ,000 80	1 80 80	,569** ,000 80	,594** ,000 80	,536** ,000 80	,747** ,000 80	
bi21	Pearson Correlation Sig. (2-tailed) N	,535** ,000 80	,570** ,000 80	,301** ,007 80	,347** ,002 80	,204** ,070 80	,260** ,020 80	,608** ,000 80	,402** ,000 80	,486** ,000 80	,399** ,000 80	,309** ,005 80	,350** ,001 80	,569** ,000 80	1 80 80	,716** ,000 80	,530** ,000 80	,690** ,000 80	
bi23	Pearson Correlation Sig. (2-tailed) N	,602** ,000 80	,627** ,000 80	,412** ,000 80	,404** ,000 80	,343** ,002 80	,256** ,032 80	,665** ,000 80	,306** ,005 80	,500** ,000 80	,434** ,000 80	,415** ,000 80	,412** ,000 80	,594** ,000 80	,716** ,000 80	1 80 80	,619** ,000 80	,755** ,000 80	
bi29	Pearson Correlation Sig. (2-tailed) N	,582** ,000 80	,615** ,000 80	,427** ,000 80	,589** ,000 80	,386** ,000 80	,370** ,001 80	,668** ,000 80	,390** ,000 80	,495** ,000 80	,350** ,001 80	,299** ,007 80	,712** ,000 80	,536** ,000 80	,530** ,000 80	,619** ,000 80	1 80 80	,788** ,000 80	
total body image	Pearson Correlation Sig. (2-tailed) N	,791** ,000 80	,753** ,000 80	,699** ,000 80	,725** ,000 80	,627** ,000 80	,563** ,000 80	,819** ,000 80	,569** ,000 80	,855** ,000 80	,622** ,000 80	,610** ,000 80	,647** ,000 80	,747** ,000 80	,690** ,000 80	,755** ,000 80	,788** ,000 80	1 80 80	

\*\* Correlation is significant at the 0.01 level (2-tailed).  
\* Correlation is significant at the 0.05 level (2-tailed).

## C-1.1.F UJI VALIDITAS KOREKSI TEKNIK PART-WHOLE PUTARAN 3

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
bi1	42.08	59.007	.752	.917
bi2	41.90	60.370	.714	.919
bi3	42.09	61.397	.655	.921
bi4	42.04	60.568	.682	.920
bi5	41.79	61.005	.565	.923
bi6	41.85	62.332	.506	.924
bi9	42.05	60.099	.791	.917
bi10	41.95	62.048	.504	.924
bi11	41.91	61.752	.607	.922
bi12	41.90	61.382	.563	.923
bi13	42.04	62.062	.554	.923
bi18	42.45	58.681	.568	.924
bi19	42.10	59.458	.701	.919
bi21	42.38	59.984	.634	.921
bi23	42.39	58.949	.708	.919
bi29	42.41	57.992	.744	.918

## C-2. UJI RELIABILITAS SKALA *BODY IMAGE*

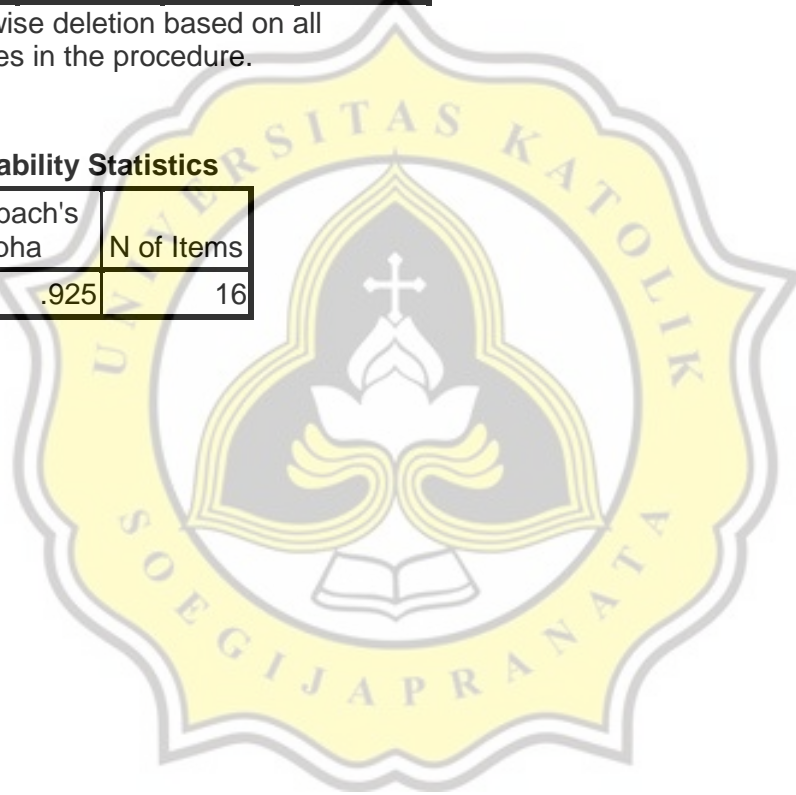
### Case Processing Summary

		N	%
Cases	Valid	80	100.0
	Excluded <sup>a</sup>	0	.0
	Total	80	100.0

a. Listwise deletion based on all variables in the procedure.

### Reliability Statistics

Cronbach's Alpha	N of Items
.925	16





### C-3. Uji Validitas Skala SELF ESTEEM

#### C-3.1.A Uji Validitas Putaran 1

		Correlations																									
		se1	se2	se3	se4	se5	se6	se7	se8	se9	se10	se11	se12	se13	se14	se15	se16	se17	se18	se19	se20	se21	se22	se23	se24	Mean self esteem	
se1	Pearson Correlation	1	.460**	.242*	.263*	.288**	.382**	.435**	.013	.314**	.500**	.246*	.538	.141	.428**	.278*	.181	.401**	.387**	.404**	.447**	.390**	.312**	.371**	.246*		
	Sig. (2-tailed)		.000	.030	.019	.010	.000	.000	.908	.005	.000	.000	.000	.791	.000	.012	.108	.000	.000	.000	.000	.000	.000	.005	.001		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se2	Pearson Correlation	.400**	1	.370**	.590**	.316**	.550**	.319**	.264*	.332**	.335**	.345**	.205	.225*	.247*	.446**	.331**	.245*	.550**	.491**	.465**	.447**	.370**	.314**	.495**		
	Sig. (2-tailed)		.000	.001	.000	.004	.000	.000	.011	.003	.002	.002	.069	.036	.027	.000	.003	.028	.000	.000	.000	.000	.001	.002	.000		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se3	Pearson Correlation	.242*	.310**	1	.231*	.397**	.389**	.340*	.241*	.365**	.227*	.461**	.095	.426**	.262*	.425**	.384**	.275*	.296**	.482**	.384**	.432**	.424**	.407**	.365**		
	Sig. (2-tailed)		.030	.001	.039	.000	.000	.032	.021	.001	.050	.000	.401	.000	.019	.000	.000	.012	.008	.000	.001	.000	.000	.001	.000		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se4	Pearson Correlation	.263*	.580**	.231*	1	.316**	.432**	.421**	.422**	.276*	.205	.149	.143	.052	.203	.209	.396**	.235*	.422**	.475**	.396**	.455**	.556**	.411**	.402**		
	Sig. (2-tailed)		.019	.000	.039	.000	.000	.000	.000	.013	.068	.191	.204	.449	.071	.062	.000	.036	.000	.000	.000	.000	.000	.000	.000		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se5	Pearson Correlation	.288**	.318**	.381**	.319**	1	.440**	.580**	.215	.632**	.426**	.505**	.320**	.338**	.374**	.355**	.358**	.189	.300**	.445**	.389**	.594**	.341**	.470**	.526**		
	Sig. (2-tailed)		.010	.004	.000	.004	.000	.000	.005	.000	.000	.000	.004	.002	.001	.001	.001	.093	.001	.000	.000	.000	.000	.002	.000		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se6	Pearson Correlation	.382**	.559**	.389**	.432**	.440**	1	.486**	.492**	.527**	.516**	.414**	.203	.399**	.510**	.380**	.527**	.134	.642**	.512**	.476**	.645**	.597**	.526**	.626**		
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.071	.000	.000	.001	.000	.236	.000	.000	.000	.000	.000	.000	.000		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se7	Pearson Correlation	.425**	.393**	.240*	.432**	.590**	.486**	1	.339**	.479**	.450**	.537**	.276*	.216	.522**	.379**	.326**	.251	.479**	.475**	.388**	.582**	.380**	.530**	.429**		
	Sig. (2-tailed)		.000	.000	.032	.000	.000	.002	.000	.000	.000	.000	.013	.054	.000	.001	.003	.025	.001	.000	.001	.000	.001	.000	.002		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se8	Pearson Correlation	.013	.384**	.241**	.432**	.315	.492**	.336**	1	.455**	.310**	.139	.101	.340	.383**	.152	.502**	.316**	.593**	.436**	.310**	.440**	.476**	.416**	.441**		
	Sig. (2-tailed)		.908	.011	.031	.000	.055	.000	.002	.000	.005	.249	.372	.032	.001	.100	.004	.000	.004	.000	.005	.000	.000	.000	.000		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se9	Pearson Correlation	.314**	.332**	.350**	.276*	.632**	.537**	.476**	.425**	1	.444**	.500**	.278*	.444**	.405**	.378**	.503**	.413**	.524**	.652**	.331**	.892**	.426**	.557**	.547**		
	Sig. (2-tailed)		.005	.003	.001	.013	.000	.000	.000	.000	.000	.000	.013	.000	.000	.001	.000	.000	.000	.000	.000	.000	.000	.000	.000		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se10	Pearson Correlation	.500**	.338**	.227*	.205	.425**	.615**	.450**	.310**	.544**	1	.578**	.265*	.123	.642**	.266**	.426**	.180	.512**	.382**	.442**	.522**	.370**	.448**	.487**		
	Sig. (2-tailed)		.000	.002	.050	.000	.000	.000	.000	.000	.000	.000	.019	.068	.000	.001	.000	.378	.000	.000	.000	.000	.000	.000	.000		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se11	Pearson Correlation	.546**	.345**	.461**	.146	.505**	.414**	.517**	.130	.568**	.378**	1	.245*	.396**	.580**	.457**	.275*	.319*	.517**	.590**	.498**	.556**	.409**	.500**	.468**		
	Sig. (2-tailed)		.000	.002	.000	.000	.000	.000	.249	.000	.000	.000	.028	.002	.000	.000	.014	.004	.000	.000	.000	.000	.000	.000	.000		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se12	Pearson Correlation	.030	.205	.095	.143	.320**	.203	.276*	.101	.378**	.265*	.245*	1	.081	.178	.007	.253*	.013	.184	.185	.249*	.245*	.019	.252*	.156		
	Sig. (2-tailed)		.791	.058	.401	.044	.071	.013	.372	.013	.010	.029	.000	.477	.319	.949	.024	.910	.103	.108	.027	.026	.884	.224	.168		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se13	Pearson Correlation	.141	.232*	.426**	.052	.336**	.399**	.216	.247*	.454**	.193	.338**	.081	1	.263*	.438**	.290**	.433**	.312**	.367**	.194	.555**	.319**	.223*	.370**		
	Sig. (2-tailed)		.213	.036	.000	.849	.002	.000	.054	.032	.000	.989	.002	.477	.019	.000	.009	.000	.005	.001	.084	.000	.004	.247	.001		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se14	Pearson Correlation	.428**	.247*	.262*	.283*	.374**	.510**	.522**	.363**	.465**	.642**	.560**	.178	.263*	1	.419**	.374**	.087	.596**	.386**	.618**	.470**	.368**	.479**	.495**		
	Sig. (2-tailed)		.000	.027	.019	.011	.001	.000	.001	.000	.000	.000	.113	.019	.000	.000	.014	.444	.000	.000	.000	.000	.001	.000	.000		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se15	Pearson Correlation	.274*	.466**	.425**	.299	.365**	.380**	.376**	.152	.378**	.366**	.457**	.507**	.386**	.418**	1	.352**	.256**	.480**	.447**	.400**	.526**	.284**	.421**	.368**		
	Sig. (2-tailed)		.012	.000	.000	.062	.001	.001	.001	.180	.001	.001	.000	.049	.000	.000	.004	.030	.000	.000	.000	.000	.011	.000	.001		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se16	Pearson Correlation	.141	.311**	.384**	.246**	.357**	.527**	.326**	.502**	.512**	.436**	.274*	.257*	.297**	.274*	.252**	1	.290**	.454**	.506**	.352**	.573**	.581**	.447**	.607**		
	Sig. (2-tailed)		.188	.003	.000	.000	.001	.000	.003	.000	.000	.014	.024	.009	.014	.024	.000	.000	.000	.000	.000	.000	.000	.000	.000		
	N		80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	
se17	Pearson Correlation	.401**	.240*	.275*	.235*	.169	.134	.231*	.219*	.413**	.100	.315**	.013	.433**	.000	.256*	.293**	1	.325**	.562**	.058	.431**	.371**	.340**	.319**		
	Sig. (2-tailed)		.000	.028	.012	.035	.093	.136	.025	.004	.000	.378	.0														

**C-3.1.B UJI VALIDITAS KOREKSI TEKNIK PART-WHOLE PUTARAN 1**

**Item-Total Statistics**

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
se1	71.56	87.869	.506	.936
se2	71.58	85.691	.590	.935
se3	71.51	87.721	.521	.936
se4	71.36	88.209	.505	.936
se5	71.64	85.120	.615	.935
se6	71.35	83.395	.732	.933
se7	71.33	86.020	.647	.934
se8	71.18	87.083	.501	.936
se9	71.34	85.315	.722	.933
se10	71.56	84.654	.629	.934
se11	71.64	84.462	.669	.934
se12	71.58	89.361	.263	.940
se13	71.58	87.691	.455	.937
se14	71.54	85.138	.626	.934
se15	71.70	85.858	.541	.936
se16	71.28	85.645	.613	.934
se17	71.26	88.753	.407	.937
se18	71.45	85.137	.742	.933
se19	71.30	86.061	.752	.933
se20	71.80	85.529	.613	.935
se21	71.46	85.467	.830	.932
se22	71.25	86.646	.658	.934
se23	71.18	85.437	.692	.933
se24	71.25	84.620	.740	.933

#### C-4. UJI RELIABILITAS SKALA *SELF ESTEEM*

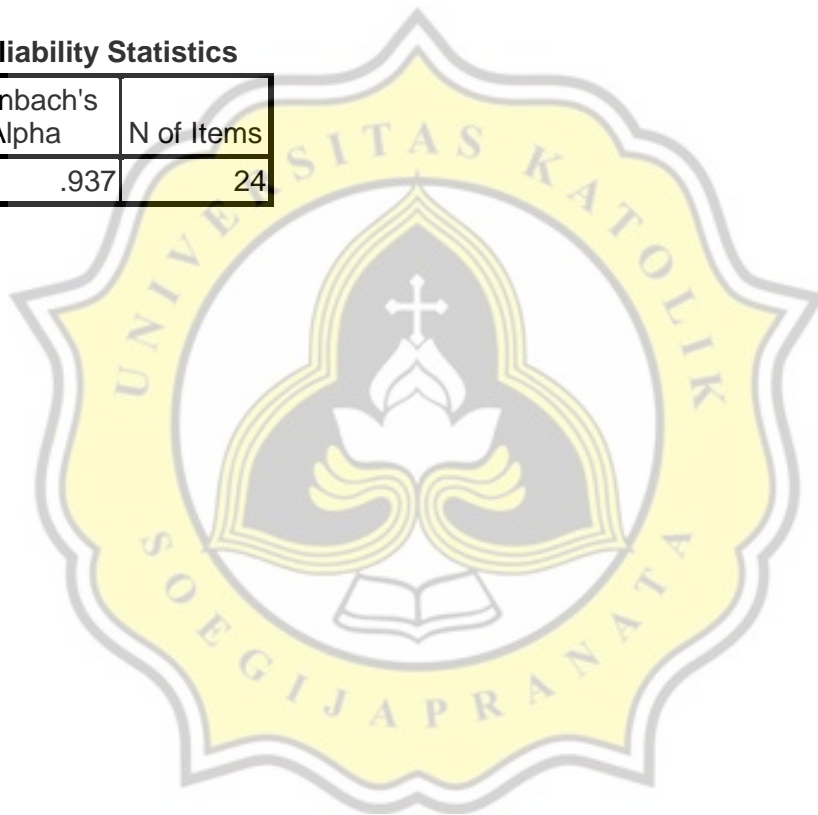
##### Case Processing Summary

		N	%
Cases	Valid	80	100.0
	Excluded <sup>a</sup>	0	.0
	Total	80	100.0

a. Listwise deletion based on all variables in the procedure.

##### Reliability Statistics

Cronbach's Alpha	N of Items
.937	24



## D. Uji Asumsi

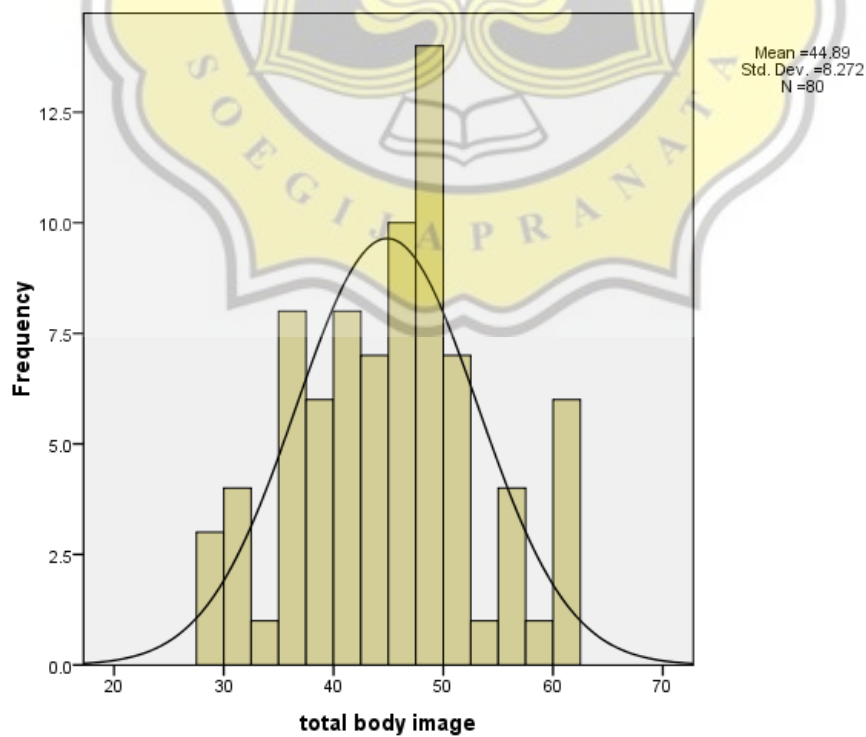
### D-1. Uji Normalitas

#### BODY IMAGE

##### One-Sample Kolmogorov-Smirnov Test

		total body image
N		80
Normal Parameters <sup>a</sup>	Mean	44.89
	Std. Deviation	8.272
Most Extreme Differences	Absolute	.093
	Positive	.093
	Negative	-.078
Kolmogorov-Smirnov Z		.834
Asymp. Sig. (2-tailed)		.489

a. Test distribution is Normal.

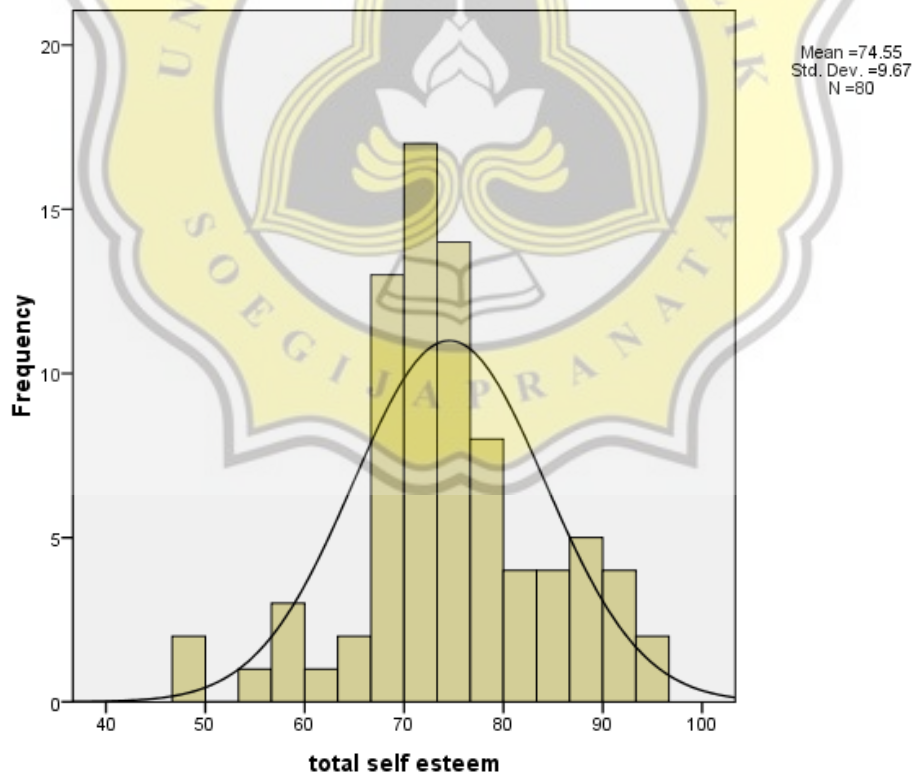


## SELF ESTEEM

### One-Sample Kolmogorov-Smirnov Test

		total self esteem
N		80
Normal Parameters <sup>a</sup>	Mean	74.55
	Std. Deviation	9.670
Most Extreme Differences	Absolute	.133
	Positive	.125
	Negative	-.133
Kolmogorov-Smirnov Z		1.190
Asymp. Sig. (2-tailed)		.118

a. Test distribution is Normal.



## D-2 Uji Linearitas

### Model Summary and Parameter Estimates

Dependent Variable:total body image

Equation	Model Summary					Parameter Estimates	
	R Square	F	df1	df2	Sig.	Constant	b1
Linear	.389	49.716	1	78	.000	5.099	.534

The independent variable is total self esteem.



## E. UJI HIPOTESIS

### Correlations

		total body image	total self esteem
total body image	Pearson Correlation	1	.624**
	Sig. (2-tailed)		.000
	N	80	80
total self esteem	Pearson Correlation	.624**	1
	Sig. (2-tailed)	.000	
	N	80	80

\*\* . Correlation is significant at the 0.01 level (2-tailed).

## F. SUMBANGAN EFEKTIF

### Model Summary<sup>b</sup>

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.624 <sup>a</sup>	.389	.381	6.506

a. Predictors: (Constant), total self esteem

b. Dependent Variable: total body image

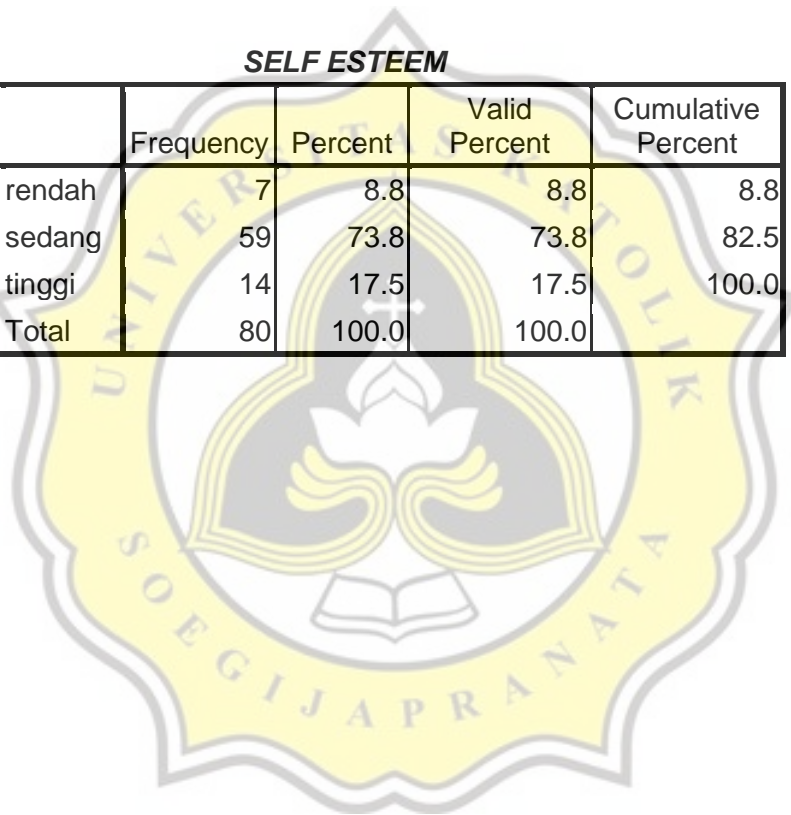
## G. KATEGORISASI

### *BODY IMAGE*

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid rendah	14	17.5	17.5	17.5
sedang	54	67.5	67.5	85.0
tinggi	12	15.0	15.0	100.0
Total	80	100.0	100.0	

### *SELF ESTEEM*


	Frequency	Percent	Valid Percent	Cumulative Percent
Valid rendah	7	8.8	8.8	8.8
sedang	59	73.8	73.8	82.5
tinggi	14	17.5	17.5	100.0
Total	80	100.0	100.0	





## H. SURAT IZIN PENELITIAN

**FAKULTAS PSIKOLOGI**  
 Jl. Pawiyatan Luhur IV/1 Bendan Duwur Semarang 50234  
 Telp. (024) 8441555, 8505003 (hunting) Fax. (024) 8415429 - 8445265  
 e-mail: unika@unika.ac.id http://www.unika.ac.id

  
**Unika**  
**SOEGIJAPRANATA**

**SURAT KETERANGAN PENELITIAN**  
 Nomor : 0480/B.7.3/FP/VI/2021

Dengan ini menerangkan bahwa mahasiswa berikut :

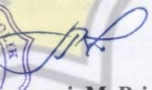
Nama : **Ninda Christina**  
 NIM : 17.E1.0248  
 Tempat/Tanggal Lahir : Kab. Semarang, 16 Januari 1999  
 Alamat : Asrama Kebon Polo K.55 RT 06 RW 04, Ungaran  
 Pekerjaan : mahasiswa aktif Fakultas Psikologi Program Studi Sarjana Psikologi

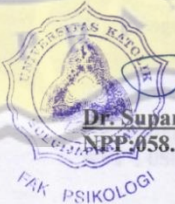
Sedang melakukan proses pengambilan data penelitian Skripsi dengan judul "**Hubungan antara Self Esteem dengan Body Image Pada Mahasiswi Fakultas Psikologi Unika Soegijapranata**", dibawah bimbingan Dosen pembimbing **Dr. M. Suharsono, Msi.**

Proses pengambilan data berlangsung pada 10 Juni - 01 Juli 2021, di Universitas Katolik Soegijapranata

Demikian Surat Keterangan ini diterbitkan untuk dapat dipergunakan sebagaimana mestinya.

Semarang, 08 Juni 2021  
**Ka. Progd. Sarjana Psikologi,**

  
**Dr. Suparmi, M. Psi.**  
**NIP. 058.1.1992.105**

  
 FAK PSIKOLOGI

Doc. By D/srketpenel

## I. SURAT BUKTI PENELITIAN

**FAKULTAS PSIKOLOGI**  
 Jl. Pawiyatan Luhur IV/1 Bendan Duwur Semarang 50234  
 Telp. (024) 8441555, 8505003 (hunting) Fax. (024) 8415429 - 8445265  
 e-mail: unika@unika.ac.id http://www.unika.ac.id



### SURAT KETERANGAN

Nomor : 0558/B.7.6/FP/VII/2021

Yang bertanda tangan di bawah ini, Ketua Program Studi Sarjana Psikologi Universitas Katolik Soegijapranata Semarang menerangkan bahwa mahasiswa yang tersebut dibawah ini :

Nama : **Ninda Christina**  
 NIM : **17.E1.0248**  
 Tempat/Tanggal Lahir : Kab. Semarang, 16 Januari 1999  
 Alamat : Asrama Kebon Polo K.55 RT 06 RW 04

Telah benar-benar melakukan penelitian dengan judul :

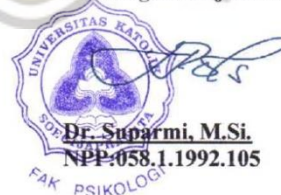
**“ Hubungan antara *Self Esteem* dengan *Body Image* pada Mahasiswi Fakultas Psikologi Unika Soegijapranata ”**

Responden : Mahasiswi Fakultas Psikologi Unika Soegijapranata  
 Jumlah responden : 80 orang  
 Waktu pengambilan data : 10 Juni - 1 Juli 2021  
 Lokasi pengambilan data : Fakultas Psikologi Unika Soegijapranata

Pengambilan data atas sepengetahuan dan dibawah bimbingan Dosen Pembimbing **Dr. M. Suharsono, Msi.**

Demikian Surat Keterangan ini diterbitkan, untuk dapat dipergunakan sebagaimana mestinya.

Semarang, 13 Juli 2021  
 Ka. Progd. Sarjana Psikologi,



## K. REPORT SCAN ANTI PLAGIASI



**9.16%** PLAGIARISM APPROXIMATELY

**1.65%** IN QUOTES

### Report #13594129

BAB I PENDAHULUAN 1.1. Latar Belakang Masalah Mahasiswi (atau mahasiswa wanita) adalah sebutan bagi orang yang sedang menempuh pendidikan tinggi di sebuah perguruan tinggi yang terdiri dari akademi, sekolah tinggi dan yang paling umum adalah universitas. Umumnya usia mereka berkisar antara 18 - 25 tahun dan kisaran usia tersebut merupakan usia dewasa awal (Hulukati & Djibran, 2018). Pada masa dewasa awal ini terjadi perubahan-perubahan baik secara fisik, biologis maupun psikologis dan sosial. Perubahan fisik ini membuat para mahasiswi sangat memperhatikan perubahan bentuk tubuhnya dan berusaha membangun citra tubuh (body image) (Irawan & Safitri, 2014). Body image adalah persepsi pada bentuk dan berat tubuh juga evaluasi terhadap penampilan fisik individu (Cash, 2012). Holigman dan Castle (dalam Alidia, 2018) menjelaskan bahwa body image merupakan sebuah gambaran individu mengenai bentuk dan ukuran tubuh dan juga bagaimana penilaian orang lain terhadap bentuk tubuhnya. Tatangelo (dalam Agustiniingsih, Rohmi, & Rahayu,