

DAFTAR PUSTAKA

- Afifah, U., Putri, R. B., Yeni, R. I., & Iksan, R. R. (2025). *Hubungan Body Image (Citra Tubuh) Dengan Kecemasan Sosial Pada Remaja Di SMK X Jakarta*. 10(2), 115–125.
- Ali, M dan Asrori, M. (2015). *Psikologi Remaja: Perkembangan Peserta Didik*. Jakarta: Bumi Kasara.
- American Psychiatric Association (APA) (2013) Diagnostic and Statistical Manual of Mental Disorders (DSM-V). 5th Edition, American Psychiatric Publishing, Washington DC.
<https://doi.org/10.1176/appi.books.9780890425596>
- Andi, Mappiare. 1982. Psikologi Remaja. Surabaya: Usaha Nasional.
- Andini, N. 2018. Hubungan Pengetahuan Anak Usia Sekolah Tentang Pencegahan Karies Gigi Dengan Terjadinya Karies Gigi. Skripsi. Jom Fkp, Vol. 5 No. 2.
- Andiyati, A.A. (2016). Hubungan antara Body Image dengan Kepercayaan Diri Siswa Kelas X di SMA Negeri 2 Bantul. e-Journal Bimbingan dan Konseling, 4(4):80-88.
<http://journal.student.uny.ac.id/ojs/index.php/fipbk/article/view/1157/1031>
- Anisykurli, M. I. (2022). Kecemasan sosial pada remaja: Bagaimana peranan body image?. *INNER: Journal of Psychological Research*, 2(3), 263–273. Retrieved from <https://aksiologi.org/index.php/inner/article/view/637>
- Ardida, N. I., & Rahayu, M. N. M. (2023). Hubungan antara Body Image dengan Kecemasan Sosial pada Remaja Perempuan [Tesis tidak dipublikasikan, Universitas Kristen Satya Wacana]. Repository Universitas Kristen Satya Wacana.

Arulmohi, M., Vinayagamoorthy, V., & R., D. A. (2017). Physical violence against doctors: a content analysis from online indian newspapers. *Indian Journal of Community Medicine*, 42(1), 147–150.
<https://doi.org/10.4103/ijcm.IJCM>

Asakura S, Yoshinaga N, Yamada H, Fujii Y, Mitsui N, Kanai Y, Inoue T, Shimizu E. Japanese Society of Anxiety and Related Disorders/Japanese Society of Neuropsychopharmacology: Clinical practice guideline for social anxiety disorder (2021). *Neuropsychopharmacol Rep*. 2023 Sep;43(3):288-309. Epub 2023 Aug 25. PMID: 37624975; PMCID: PMC10496046 .DOI: [10.1002/npr2.12365](https://doi.org/10.1002/npr2.12365)

Azwar. (2017). Metode penelitian psikologi. Yogyakarta: Pustaka Pelajar.

Badan Pusat Statistik (BPS). (2020). Potret Pemuda Indonesia 2020: Hasil Survei Sosial Ekonomi Nasional (Susenas). Badan Pusat Statistik.
<https://www.bps.go.id/id/publication/2020/12/21/4a39564b84a1c4e7a615f28b/statistik-pemuda-indonesia-2020.html>

Cash, T. F., & Deagle, E. A. III. (1997). The nature and extent of body-image disturbances in anorexia nervosa and bulimia nervosa: A meta-analysis. *International Journal of Eating Disorders*, 22(2), 107–125. [https://doi.org/10.1002/\(SICI\)1098-108X\(199709\)22:2<107::AID-EAT1>3.0.CO;2-J](https://doi.org/10.1002/(SICI)1098-108X(199709)22:2<107::AID-EAT1>3.0.CO;2-J)

Cash, T. F., & Smolak, L. (2011). *Body image: A handbook of science, practice, and prevention* (2nd ed.). Guilford Press.

Cash, Thomas & Pruzinsky, & (Eds, T.. (2002). Cash, T.F., & Pruzinsky, T. (Eds.). *Body Image: A Handbook of Theory, Research, and Clinical Practice*.

Castella, K., Goldin, P., Jazaieri, H., Ziv, M., Heimberg, R., dan Gross, J. (2014).

Emotionbeliefs in social anxiety disorder: Associations with stress, anxiety, and well-being. *Australian Journal of Psychology*. 66: 139–148. doi: 10.1111/ajpy.12053

Chaplin, J.P. 1989. *Kamus Lengkap Psikologi*. Jakarta: PT. Raja Grafind Persada.

Christina, P., & Zehra, I. A. (2023). Body-Image and Social Anxiety Among Adolescent Females. *Journal of Emerging Technologies and Innovative Research*, 10(3), 67–70.

Claes, L., Hart, T. A., Smits, D., Van den Eynde, F., & Mueller, A. (2011). Development and examination of the Social Appearance Anxiety Scale. *Assessment*, 18(3), 350-362. <https://doi.org/10.1177/1073191111404808>
PubMed

Claudia, C., Fitri, D. S., Tobing, D. A., Tsuraya, G. W., Jannah, R., Saecan, V. P., & Juwita, S. (2025). Hubungan body image dengan kecemasan sosial pada mahasiswi pengguna Instagram. *Corona: Jurnal Ilmu Kesehatan Umum, Psikolog, Keperawatan dan Kebidanan*, 3(1), 31–40. <https://doi.org/10.61132/corona.v3i1.1002>

De Castella, K., Goldin, P., Jazaieri, H., Ziv, M., Heimberg, R. G., & Gross, J. J. (2014). Emotion beliefs in social anxiety disorder: Associations with stress, anxiety, and well-being. *Australian Journal of Psychology*, 66(2), 139-148.

Denich, A. U., & Ildil, I. (2015). Konsep Body Image Remaja Putri. *Jurnal Konseling dan Pendidikan*, 3(2), 55–61. Diambil dari <http://jurnal.konselingindonesia.com/index.php/jkp/article/view/165>

Ferreira, C., Pinto-Gouveia, J., & Duarte, C. (2013). Self-compassion in the face of shame and body image dissatisfaction: Implications for eating disorders. *Eating Behaviors*, 14(2), 207–210.
<https://doi.org/10.1016/j.eatbeh.2013.01.005>

Ganesan, S., Ravishankar, S., & Ramalingam, S. (2018). Are *body image* issues affecting our adolescents? A cross-sectional study among college going adolescent girls. In *Indian Journal of Community Medicine* (Vol. 43, Issue 5, pp. S42–S46). ncbi.nlm.nih.gov.
https://doi.org/10.4103/ijcm.IJCM_62_18

Greenberger, D., & Padesky, C. A. (2016). *Mind over mood second edision*. New York: The Guilford Press.

Grogan, M. (1999). Equity/equality issues of gender, race, and class. *Educational Administration Quarterly*, 35(4), 518-536.

Grogan, R. (2022) A High Achieving Middle School Band at a High Poverty School in Georgia: A Case Study. Ph.D. Dissertation, The Graduate Faculty of Auburn University, Auburn.

Grogan, S. (2016). *Body Image: Understanding Body Dissatisfaction in Men, Women and Children* (3rd ed.). Routledge.
<https://doi.org/10.4324/9781315681528>

Hardani, dkk (2020) *Metode Penelitian Kualitatif & Kuantitatif*. Yogyakarta: CV.Pustaka Ilmu Grup

Hasibuan, E. P. N. (2015). *Gambaran kecemasan sosial berdasarkan Liebowitz Social Anxiety Scale (LSAS) pada remaja akhir di Bandung [Skripsi, Universitas Padjadjaran]*. Pustaka Ilmiah Universitas Padjadjaran.

- Henderson, L., & Zimbardo, P. G. (2001). Shyness, social anxiety, and social phobia. In S. G. Hofmann & P. M. DiBartolo (Eds.), *From social anxiety to social phobia: Multiple perspectives* (pp. 95–115). Allyn & Bacon.
- Hidayah, N., Hardika, H., Hotifah, Y., Susilawati, S. Y., & Gunawan, I. (2017). Psikologi pendidikan: Konsep, teori, dan aplikasi. Universitas Negeri Malang.
- Hurlock, E. B. (1996). Psikologi Perkembangan. Jakarta: Erlangga
- Ishtiaq, M. (2019). Creswell, J. W. (2014). Research Design: Qualitative, Quantitative and Mixed Methods Approaches (4th ed.). Thousand Oaks, CA: Sage. <https://doi.org/10.5539/ELT.V12N5P40>
- Isnani, F. (2011). Praktik Hidup Sehat Dan Persepsi Tubuh Ideal Remaja Putri SMA N 1 Kota Bogor. *Skripsi* (tidak diterbitkan). Bogor: Institut Pertanian Bogor
- Jatmiko, A. (2016). Sense of Place dan Social Anxiety Bagi Mahasiswa Baru Pendetang. *Jurnal Bimbingan dan Konseling*, 3, 217-228.
- John W. Santrock (2007). Perkembangan Anak. Jilid 1 Edisi kesebelas. Jakarta : PT. Erlangga.
- Kholifah, Nanik. Peran Teman Sebaya dan Kecemasan Sosial Pada
- La Greca, A. M., & Harrison, H. M. (2005). Adolescent Peer Relations, Friendships, and Romantic Relationships: Do They Predict Social Anxiety and Depression? *Journal of Clinical Child and Adolescent Psychology*, 34(1), 49–61. https://doi.org/10.1207/s15374424jccp3401_5

- La Greca, A. M., & Lopez, N. (1998). Social anxiety among adolescents: Linkages with peer relations and friendships. *Journal of Abnormal Child Psychology*, 26(2), 83–94. <https://doi.org/10.1023/A:1022684520514>
- La Greca, A. M., & Lopez, N. (2005). Social anxiety and its impact on adolescents. *Journal of Anxiety*, 23(3), 234–246.
- La Greca, A.M. & Lopez, N. 1998. Social anxiety among adolescents: linkages with peer relations and friendships. *Journal Of Abnonnal Child Psychology*, Vol 26 No 2, 83-94
- Leary, M., Kowalski, B. (1995). *Social Anxiety*. New York : Guilford Press
- Leary, M.R., & Jongman-Sereno, K.P. (2014). Social anxiety as an early warning system: a refinement and extension of the self-presentation theory of social anxiety. In S.G. Hofman & P.M. DiBartolo, (Eds.), *Social anxiety. Clinical, development, and social perspectives* (3rd ed.) (Pp. 579 - 597). USA: Elsevier Inc.
- Levinson, C. A., & Rodebaugh, T. L. (2012). Social anxiety and eating disorder comorbidity: The role of negative social evaluation fears. *Eating Behaviors*, 13(1), 27–35. <https://doi.org/10.1016/j.eatbeh.2011.11.006>
- Levinson, C. A., Brosos, L. C., & Voon, V. (2019). Social and body image related avoidance and their association with eating disorder and obsessive-compulsive symptoms. *Body Image*, 28, 98–105. <https://doi.org/10.1146/annurev-clinpsy-081423-020831>
- Lubis, N. L., Hasnida, & Mallongi, A. (2020). The influence of *body image* towards self-esteem, self-compassion and psychological well-being in female

exerciser. *Medico-Legal Update*, 20(3), 876– 881.

<https://doi.org/10.37506/mlu.v20i3.1512>

Mahatvamawati, D. M. R., & Maryam, E. W. (2023). Relationship between body image and social anxiety in adolescent girls [Preprint]. UMSIDA Preprints Server. <https://doi.org/10.21070/ups.2554>

Mahon, C., & Hevey, D. (2021). Processing Body Image on Social Media: Gender Differences in Adolescent Boys' and Girls' Agency and Active Coping. *Frontiers in psychology*, 12, 626763. <https://doi.org/10.3389/fpsyg.2021.626763>

Marganingsih, K. (2008). *Perbedaan Tingkat Kecemasan Sosial Mahasiswa Semester I Asal Yogyakarta Dengan Mahasiswa yang Berasal dari Luar Yogyakarta*. 18, 2–3.

Margono, 2007, *Metodologi Penelitian Pendidikan*, Jakarta :Rineka Cipta.

Marifah, N., Budiani, M. (2012). Hubungan Antara Attachment Style dan SelfEsteem dengan Kecemasan Sosial pada Remaja. *Fakultas Psikologi Universitas Negeri Surabaya. Jurnal Online Universitas Negeri Surabaya*. 3 (1). <https://www.scribd.com/doc/189895778/Hubungan-Antara-AttachmentStyle-Dan-Self-Esteem-DenganKecemasan-Sosial-Pada-Remaja>.

Martanatasha, M., & Primadini, I. (2019). The relations of Self-esteem and Body Image Under the Exposure of Instagram. *Ultimacomm: Jurnal Ilmu Komunikasi*, 11(2), 158-172. <https://doi.org/https://doi.org/10.31937/ultimacomm.v11i2.1278>

- Menatti, A. R., & Casad, B. J. (2015). Body image and social functioning. *Body Image*, 13, 1–7. <https://doi.org/10.1016/j.bodyim.2014.11.001>
- Murray, S. B., Rieger, E., & Touyz, S. W. (2011). Personality and psychological factors underlying the susceptibility to body image disturbance. *Journal of Eating Disorders*, 44(3), 193–199. <https://doi.org/10.1002/eat.20851>
- Mutahari. (2016). Hubungan Antara Kepercayaan Diri Dengan Kecemasan Sosial Pada Siswa Kelas VII Smp Negeri 2 Kalasan Tahun Ajaran 2015-2016. *E- Journal Bimbingan dan Konseling Edisi 3 Tahun ke-5*.
- National Institute of Mental Health. (2022). Social anxiety disorder: Facts and statistics. U.S. Department of Health and Human Services. <https://www.nimh.nih.gov/health/statistics/social-anxiety-disorder>
- Nur, I. F., & Ekasari, A. (2008). Hubungan antara konsep diri dengan kecerdasan emosional pada remaja. *SOUL: Jurnal Pemikiran dan Penelitian Psikologi*, 1(2), 15-31.
- Nurvita, V., & Handayani, M. M. (2015). Hubungan antara self-esteem dengan body image pada remaja awal yang mengalami obesitas. *Jurnal psikologi klinis dan kesehatan mental*, 4(1), 1-9.
- Palupi, V. C., Karina, T. A., & Maulidya, N. (2024, April 3). Hubungan antara body image dan kecemasan sosial pada remaja [Prosiding Seminar Nasional Psikologi (SINOPSI), Vol. 2]. Universitas Merdeka. Prosiding.
- Perloff, R. M., & Shen, L. (2023). The third-person effect 40 years after Davison penned it: What we know and where we should traverse. *Mass Communication & Society*, 26(3), 384–413. <https://doi.org/10.1080/15205436.2022.2134802>

- Permadi, D. A. (2022). Kecemasan sosial dan intensitas penggunaan media sosial pada remaja. *PSYCOMEDIA : Jurnal Psikologi*, 2(1), 7–13.
<https://doi.org/10.35316/psycomedia.2022.v2i1.7-13>
- Prayoga, I. L., & Akmal, A. R. (2014). Perbedaan tingkat kecemasan sosial pada remaja laki-laki dan remaja perempuan pengguna media sosial (Facebook dan Twitter). *Jurnal Psikogenesis*, 3(1), 39-49
- Pribadi, R. A. (2019). Hubungan Antara Citra Diri Negatif dengan Kecemasan Sosial pada Remaja Putri Perkotaan. *Calyptra: Jurnal Ilmiah Mahasiswa Universitas Surabaya*, 8(1), 1656-1671
- Putri, D.A., & Halimah, L. (2022). Pengaruh kecemasan sosial terhadap IGD pada remaja. *Bandung conference series: Psychology Science*. 2 (2), 485-491
- Ramanda, R., Akbar, Z., & Wirasti, R. M. K. (2019). Studi kepustakaan mengenai landasan teori body image bagi perkembangan remaja. *JURNAL EDUKASI: Jurnal Bimbingan Konseling*, 5(2), 121-135. <http://dx.doi.org/10.22373/je.v5i2.5019>
- Ramdhany, L. A., & Hakim, M. A. (2024). Hubungan antara citra tubuh dengan kecemasan sosial pada remaja perempuan pengguna Instagram dan Twitter. *Jurnal Ilmiah Psikologi Candradiwa*. Universitas Sebelas Maret.
- Ratnasari, S. E. (2017). Hubungan antara body image dengan kecemasan sosial pada remaja perempuan. *Skripsi*, 1–63.
<http://eprints.umm.ac.id/43875/1/jiptummpp-gdl-shofianaev-49198-1-skripsi.pdf>
- Rezeki, S. M., Lubis, M. R., & Munir, A. (2021). Hubungan antara konsep diri dan dukungna sosial dengan kecemasan sosial pada siswa kelas X listrik di

SMK Negeri 2 Medan. *Tabularasa: Jurnal Ilmiah Magister Psikologi*, 3(2), 141-144.

Riadi, M. 2021. "Praktik Kerja Lapang (Pengertian, Tujuan, Manfaat, Pelaksanaan dan Penilaian)". Pendidikan. <https://www.kajianpustaka.com/2021/03/praktik-kerja-lapangan.html>. [26 Maret 2021]

Said, R., & Herdajani, F. (2023). Hubungan citra tubuh dan harga diri dengan kecemasan sosial pada siswi kelas x sma negeri "x" jakarta. *Jurnal Psikologi Kreatif Inovatif* Vol, 3(2), 7. <https://doi.org/10.37817/psikologikreatifinovatif.v3i2.2155>

Salim, Salim and Syahrur, Syahrur (2012) *Metodologi penelitian Kualitatif*. Citapustaka Media, Bandung. ISBN 979-3216-66-2

Salsabila, A., & Puspitasari, P. (2020). Faktor-faktor yang Mempengaruhi Prestasi Belajar Siswa Sekolah Dasar. *PANDAWA*, 2(2), 278-288. <https://doi.org/10.36088/pandawa.v2i2.800>

Santoso, S. (2010). *Mastering SPSS 18*. Jakarta: PT Elex Media Komputindo.

Sari, N. A., & Rahayu Z, S. P. (2022). DAMPAK INTESITAS MENGAkses MEDIA SOSIAL DENGAN BODY IMAGE PADA REMAJA. *Jurnal Psikologi Islam*, 1(2), 58-71.

Sari, N. O., & Naqiyah, N. (2020). Citra Diri Remaja Putri Ditinjau Dari Kecemasan Penggunaan Instagram. *Jurnal Bk Unesa*, 11(1), 21-25.

Schneider, B., & White, S. S. (2004). *Service quality: Research perspectives*. Sage Publications.

Semiun, Yustinus. (2006). Kesehatan mental 1: pandangan umum mengenai penyesuaian diri dan kesehatan mental serta teori-teori yang terkait/Yustinus Semiun . Yogyakarta: Kanisius.

Siyoto, Sandu, dan M. Ali Sodik, (2015). Dasar Metodologi Penelitian, Yogyakarta: Literasi Media Publishing.

Slater, A., & Tiggemann, M. (2014). Media Exposure, Extracurricular Activities, and Appearance-Related Comments as Predictors of Female Adolescents' Self-Objectification. *Psychology of Women Quarterly*, 39(3), 375-389. <https://doi.org/10.1177/0361684314554606> (Original work published 2015)

Spence SH, Rapee RM. The etiology of social anxiety disorder: An evidence-based model. *Behav Res Ther*. 2016 Nov;86:50-67. doi: 10.1016/j.brat.2016.06.007. Epub 2016 Jul 1. PMID: 27406470.

Sugiyono. (2020). Metode Penelitian Kuantitatif, Kualitatif dan R&D. Bandung: Alfabeta.

Sunastiko, dkk. 2011. Hubungan antara Citra diri (Selfimage) dengan Perilaku Konsumtif dalam Pembelian Produk Kosmetik pada Mahasiswa Fakultas Hukum Universitas Diponegoro Semarang. *Jurnal Fakultas Psikologi Universitas Diponegoro Semarang*

Syamsuni, S., & Rantisari, A. M. D. 2021. Statistik dan Metodologi Penelitian. KBM Indonesia.

Tajuddin, A., & Haenidar, H. (2019). HUBUNGAN ANTARA HARGA DIRI DENGAN KECEMASAN SOSIAL PADA REMAJA AKHIR.

Tang, C., Zhang, X., Zhou, C., Li, K., & Cai, Y. (2025). The effects of weight self-stigma on psychological distress in adolescents: The chain-mediated roles of fear of negative appearance evaluation and social appearance anxiety. *Frontiers in Psychology*, 16, Article 1619694. <https://doi.org/10.3389/fpsyg.2025.1619694>

Tenkorang, S., & Okyere, C. O. (2022). Factors influencing *body image* perception of university students in Ghana. *Technium Social Sciences Journal*, 27, 492–501. <https://techniumscience.com/index.php/socialsciences/article/view/332/124>

Thompson, J. K., & Smolak, L. (Eds.). (2001). *Body image, eating disorders, and obesity in youth: Assessment, prevention, and treatment*. American Psychological Association. <https://doi.org/10.1037/10404-000>

Thompson, J. K., Coovert, M. D., & Stormer, S. M. (1999). Body image, social comparison, and eating disturbance: a covariance structure modeling investigation. *The International journal of eating disorders*, 26(1), 43–51. [https://doi.org/10.1002/\(sici\)1098-108x\(199907\)26:1<43::aid-eat6>3.0.co;2-r](https://doi.org/10.1002/(sici)1098-108x(199907)26:1<43::aid-eat6>3.0.co;2-r)

Thompson, J. Kevin. 2000. *Body Image, Eating Disorders, and Obesity: An Integrative Guide for Assessment and Treatment*. Washington DC: American Psychological Association.

Toselli, S., Grigoletto, A., Zaccagni, L., Rinaldo, N., Badicu, G., Grosz, W. R., & Campa, F. (2021). Body image perception and body composition in early adolescents: a longitudinal study of an Italian cohort. In *BMC Public*

Health (Vol. 21, Issue 1, p. 1381). <https://doi.org/10.1186/s12889-021-11458-5>

Tumbelaka, G. A., & Wungow, R. (2021). Hubungan antara kepercayaan diri, kecemasan sosial, dan body image pada remaja tahap akhir perempuan di Manado. *Jurnal Psikologi*, 17(2), 115–126. Universitas Pelita Harapan. <https://repository.uph.edu/id/eprint/11551/>

Vartanian, L. R., & Dey, S. (2013). Self-concept clarity, thin-ideal internalization, and appearance-related social comparison as predictors of body dissatisfaction. *Body Image*, 10(4), 495–500. <https://doi.org/10.1016/j.bodyim.2013.05.004>

Voelker, D., Reel, J., & Greenleaf, C. (2015). Weight status and *body image* perceptions in adolescents: current perspectives. *Adolescent Health, Medicine and Therapeutics*, 6(1), 149. <https://doi.org/10.2147/ahmt.s68344>

Vriends, N., Pfaltz, M.C., Novianti, P. and Hadiyono, J. (2013) Taijin kyofusho and social anxiety and their clinical relevance in Indonesia and Switzerland. *Frontiers in Psychology*, 4, 3. <http://dx.doi.org/10.3389/fpsyg.2013.00003>

Wahyuni, N. (2023). Body image and social anxiety of obese young women. *Jurnal Biopsikososial*, 5(2), 89–102. Universitas Mercu Buana Yogyakarta. <https://publikasi.mercubuana.ac.id/index.php/biopsikososial/article/view/15904>

Yang, C., Zhang, X., Zhou, C., Li, K., & Cai, Y. (2025). The effects of weight self-stigma on psychological distress in adolescents: The chain-mediated

roles of fear of negative appearance evaluation and social appearance anxiety. *Frontiers in Psychology*, 16, Article 1619694.

<https://doi.org/10.3389/fpsyg.2025.1619694>

Yusinta, D. H., Pradigdo, S. F., & Rahfiluddin, M. Z. (2019). HUBUNGAN BODY IMAGE DENGAN POLA KONSUMSI DAN STATUS GIZI REMAJA PUTRI DI SMPN 12 SEMARANG. *Jurnal Kesehatan Masyarakat*, 7(2), 47-53. <https://doi.org/10.14710/jkm.v7i2.24712>

Zaini, Mad. (2019). *Asuhan Keperawatan Jiwa Masalah Psikososial Di Pelayanan Klinis Dan Komunitas*. Yogyakarta: Deepublish.

