

penyelesaiannya. Beberapa keterbatasan penelitian ini ialah 1) Pengumpulan data tidak mengambil demografi asal universitas, berhubung menggunakan subjek mahasiswa; dan 2) Alat ukur kurang mengukur substansi.

SIMPULAN DAN SARAN

Penelitian ini berhasil membuktikan adanya hubungan positif signifikan antara kepercayaan diri dengan citra tubuh pada mahasiswa yang memutuskan untuk memiliki tato, semakin positif citra tubuh yang dimiliki mahasiswa yang memutuskan memiliki tato maka semakin tinggi kepercayaan dirinya, dan berlaku sebaliknya. Mengacu pada hasil penelitian, diketahui pula bahwa mahasiswa yang menjadi responden memiliki tingkat kepercayaan diri yang tinggi dan penerimaan terhadap citra tubuh yang positif.

Peneliti menyarankan kepada mahasiswa yang telah memutuskan untuk memiliki tato agar mampu membangun dan memelihara kepercayaan diri terhadap pilihan yang telah diambil secara lebih matang dan reflektif. Hal ini penting mengingat tato merupakan bentuk modifikasi tubuh yang bersifat relatif permanen, sehingga membutuhkan kesiapan psikologis dalam menghadapi konsekuensi sosial maupun personal yang mungkin muncul. Dengan keyakinan diri yang kuat, mahasiswa diharapkan dapat memaknai tato sebagai bagian dari identitas diri yang positif, bukan sebagai sumber keraguan atau tekanan psikologis.

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