

GAMBARAN CITRA TUBUH REMAJA SMPN 4 BONDOWOSO PADA MASA PUBERTAS

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INTISARI

Citra tubuh merupakan persepsi pikiran dan perasaan seseorang tentang tubuhnya yang didapat melalui pengalaman dari perkembangan fisik dan harapan budaya setempat yang menggambarkan tentang tubuh mempengaruhi peran penting cara seseorang mengevaluasi dirinya. Individu dapat mempunyai penilaian positif maupun negatif terhadap citra tubuh.

Penelitian ini menggunakan metode kuantitatif deskriptif. Penentuan sampel menggunakan metode probability sampling dan teknik pengambilan sampel dengan cara random sampling. Metode pengambilan data menggunakan kuesioner skala citra tubuh bentuk likert. Metode analisa data yang digunakan meliputi uji validitas, uji reliabilitas, uji normalitas dan uji hipotesa. Sampel berjumlah 213 remaja pubertas di SMPN 4 Bondowoso.

Hasil uji alat ukur terdapat 29 aitem yang valid dan 3 aitem yang gugur yang sebelumnya telah di uji cobakan dengan reliabilitas 0,765 artinya alat ukur dikatakan reliabel atau konsisten. Hasil penelitian menunjukkan citra tubuh secara keseluruhan adalah 53,1% positif dan 46,9% negatif. Nilai prosentase untuk aspek evaluasi penampilan 53,5% positif dan 46,5% negatif. Orientasi penampilan sebesar 64,3 % positif dan 35,7% negatif. Kepuasan terhadap penampilan 51,2% positif dan 48,8% negatif, berat badan 62,9% positif dan 37,1% negatif. Pengkategorian ukuran tubuh 52,6% positif dan 47,4% negatif. Pengkategorian citra tubuh laki-laki 53,6% positif dan 46,4% negatif, siswa perempuan 52,6% positif dan 47,4% negatif. Hasil penelitian secara keseluruhan menunjukkan citra tubuh siswa SMPN 4 Bondowoso berada pada kategori positif, artinya remaja mampu menghargai dan menghormati dirinya serta memiliki kepercayaan diri.

Kata kunci : Citra tubuh, pubertas

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1. Peneliti
 2. Dosen Pembimbing I
 3. Dosen Pembimbing II

THE BODY IMAGE DESCRIPTION OF TEENAGERS OF JUNIOR HIGH SCHOOL 4 BONDOWOSO IN PUBERTY

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ABSTRACT

Body image is the perception of thinking and feelings about his body which can be gained through experience of physical development and the expectation of the local culture that depicts the body influences the important role of the way a person evaluates himself. Someone can have a positive and negative assessment of body image.

This study aims to know the description of body image in puberty adolescents. The measuring instrument used is the body image scale which is compiled by researchers based on the body image theory based on five aspects of it, namely appearance evaluation, appearance orientation, satisfaction with parts of body, body weight and body size measurement. The method used is quantitative descriptive. The sampling technique used is random sampling. The number of samples are 213 puberty adolescents at Junior High School 4 Bondowoso.

The results of the test were consist of 29 valid items and 3 items were not, they had been tested with a reliability of 0.765 it means that the measuring instrument was reliable or consistent. The results showed that body image was 53.1% positive and 46.9% negative. The percentage value for appearance evaluation aspects of 53.5% was positive and 46.5 % negative. Appearance orientation was 64.3% positive and 35.7% in the low category. Satisfaction with appearance around 51.2% was positive and 48.8% was negative, aspects of body weight 62.9% was positive and 37.1% was negative. The categorization aspect of body size was 52.6% positive and 47.4% negative. The categorization of male and female body images was 53.6% positive and 46.4% negative, for male and female students 53.6% positive and 47.4% negative. The whole results of the study show that the body image of students of Junior High School 4 Bondowoso was positive category, it means that teenagers are able to behave healthy such as exercises and maintain a healthy diet.

Keywords: *body image, puberty*

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