

ABSTRAK

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Hubungan Harga Diri Dengan Ketidakpuasan Tubuh (*Body Dissatisfaction*) Pada Remaja Putri Di SMK 4 Pancasila Ambulu

xviii + 82 Hal + 1 Bagan + 8 Tabel + 19 ampiran

Latar Belakang: Remaja berada pada fase perkembangan yang ditandai oleh perubahan biologis, psikologis, dan sosial yang berpengaruh terhadap cara individu memandang dirinya. Penerimaan terhadap kondisi tubuh merupakan salah satu aspek penting dalam pembentukan citra diri yang positif. Ketidakmampuan menerima kondisi fisik dapat meningkatkan risiko terjadinya *body dissatisfaction*. Selain itu, tingkat harga diri juga berperan dalam munculnya ketidakpuasan terhadap tubuh, karena remaja dengan harga diri yang rendah cenderung memiliki penilaian yang kurang positif terhadap penampilan fisiknya. Penelitian ini dilakukan untuk mengkaji hubungan antara harga diri dan *body dissatisfaction* pada remaja putri di SMK 4 Pancasila Ambulu. **Tujuan:** Mengetahui hubungan antara tingkat harga diri dengan *body dissatisfaction* pada remaja putri di SMK 4 Pancasila Ambulu. **Metode:** Penelitian kuantitatif ini menggunakan rancangan korelasional dengan pendekatan *cross-sectional*. Sebanyak 120 siswi dipilih sebagai responden melalui teknik *proportional random sampling*. Pengukuran harga diri dilakukan menggunakan *Rosenberg Self-Esteem Scale* (RSES), sedangkan *body dissatisfaction* diukur menggunakan *Body Shape Questionnaire* (BSQ). Data yang terkumpul dianalisis menggunakan uji *Spearman Rho* pada tingkat kepercayaan 95% ($\alpha = 0,05$). **Hasil:** Mayoritas responden memiliki tingkat harga diri kategori sedang sebanyak 86 orang (71,7%). Sementara itu, sebanyak 72 responden (60,0%) berada pada kategori *body dissatisfaction* ringan. Analisis *Spearman Rho* menghasilkan nilai $p < 0,001$ dengan koefisien korelasi sebesar -0,302. Temuan tersebut menunjukkan adanya hubungan yang bermakna antara harga diri dan *body dissatisfaction* dengan arah hubungan negatif dan kekuatan korelasi yang lemah. **Kesimpulan:** Harga diri memiliki hubungan yang signifikan dengan *body dissatisfaction* pada remaja putri di SMK 4 Pancasila Ambulu. Remaja dengan harga diri yang lebih baik cenderung memiliki tingkat ketidakpuasan tubuh yang lebih rendah. Saran: Upaya peningkatan harga diri serta penerimaan diri perlu dilakukan untuk membantu mengurangi kecenderungan *body dissatisfaction* pada remaja putri.

Kata kunci: harga diri, *body dissatisfaction*, remaja putri.

ABSTRACT

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The Relationship Between Self-Esteem and Body Dissatisfaction Among Female Adolescents at SMK 4 Pancasila Ambulu

xvii+ 82 pages + 1 figures + 8 tables + 19 appendices

Background: The adolescent period is marked by rapid developmental changes that affect various aspects of an individual's life, including self-perception. During this stage, concerns about physical appearance often become more prominent. Difficulties in accepting one's body image may lead to body dissatisfaction, a condition characterized by negative feelings and evaluations regarding body shape or appearance. Psychological factors, particularly self-esteem, are believed to influence the development of body dissatisfaction. Adolescents who perceive themselves negatively are more likely to experience dissatisfaction with their physical appearance. Therefore, this study investigated the association between self-esteem and body dissatisfaction among female students at SMK 4 Pancasila Ambulu. **Objective:** To determine whether self-esteem is associated with body dissatisfaction among female adolescents attending SMK 4 Pancasila Ambulu. **Methods:** A quantitative correlational design was employed using a cross-sectional framework. The study involved 120 female students selected through proportional random sampling. Data on self-esteem were collected using the Rosenberg Self-Esteem Scale (RSES), whereas body dissatisfaction was assessed using the Body Shape Questionnaire (BSQ). The relationship between the two variables was examined using Spearman's Rank Correlation test at a significance level of 5%. **Results:** Most participants demonstrated a moderate level of self-esteem (71.7%, $n = 86$). Regarding body image perception, 60.0% ($n = 72$) of respondents were classified as having mild body dissatisfaction. Statistical testing revealed a significant inverse relationship between self-esteem and body dissatisfaction ($p < 0.001$; $r = -0.302$). Although the correlation strength was weak, the findings suggest that higher self-esteem tends to be associated with lower levels of body dissatisfaction. **Conclusion:** Self-esteem was significantly related to body dissatisfaction among female adolescents at SMK 4 Pancasila Ambulu. Adolescents with more positive self-evaluations were less likely to report dissatisfaction with their bodies. **Recommendation:** Programs aimed at strengthening self-esteem and promoting positive body acceptance may help reduce body dissatisfaction among adolescent girls.

Keywords: self-esteem, body dissatisfaction, female adolescents.