

HUBUNGAN ANTARA *PERFECTIONISM* DAN *BODY DISSATISFACTION* PADA REMAJA PENGGUNA MEDIA SOSIAL TIKTOK DI JEMBER

Langgam Cintatya Wijaya¹, Panca Kursistin Handayani², Ria Wiyatfi Linsiya³

langgamcintatya@gmail.com

Fakultas Psikologi, Universitas Muhammadiyah Jember

ABSTRAK

Masa remaja ditandai dengan meningkatnya perhatian terhadap penampilan fisik dan kepekaan terhadap penilaian sosial, kondisi yang semakin relevan seiring tingginya paparan konten penampilan dan standar kecantikan di TikTok. Situasi ini berpotensi memicu *body dissatisfaction*, yaitu penilaian negatif individu terhadap tubuhnya karena dianggap tidak sesuai standar ideal. *Perfectionism* diduga menjadi salah satu karakteristik yang berkaitan dengan cara individu mengevaluasi dirinya dalam konteks tersebut. Penelitian ini bertujuan mengetahui hubungan antara *perfectionism* dan *body dissatisfaction* pada remaja pengguna TikTok di Kabupaten Jember. Penelitian menggunakan pendekatan kuantitatif dengan metode korelasional. Sampel terdiri dari 384 remaja usia 16–18 tahun berdomisili di Jember dan aktif menggunakan TikTok, dipilih melalui teknik *accidental sampling* sebagai bagian dari *non-probability sampling*. Data dikumpulkan menggunakan *Multidimensional Body-Self Relations Questionnaire-Appearance Scale* (MBSRQ-AS) untuk mengukur *body dissatisfaction* ($\alpha = 0,675$) dan *Child-Adolescent Perfectionism Scale* (CAPS) untuk mengukur *perfectionism* ($\alpha = 0,742$), lalu dianalisis dengan teknik korelasi *Pearson Product-Moment* melalui IBM SPSS Statistics. Hasil analisis deskriptif menunjukkan aspek *appearance evaluation* memperoleh persentase tertinggi pada variabel *body dissatisfaction* (61,2%), sementara aspek *socially prescribed perfectionism* berada pada kategori rendah (51,3%) pada variabel *perfectionism*. Hasil uji korelasi menunjukkan koefisien $r = -0,528$ dengan $p = 0,000$ ($p < 0,05$), yang mengindikasikan hubungan signifikan berarah negatif dengan kekuatan sedang antara *perfectionism* dan *body dissatisfaction*. Artinya, semakin tinggi *perfectionism*, semakin rendah kecenderungan *body dissatisfaction* pada remaja pengguna TikTok di Kabupaten Jember.

Kata kunci : *body dissatisfaction*, *perfectionism*, remaja, TikTok

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

**THE RELATIONSHIP BETWEEN PERFECTIONISM AND BODY
DISSATISFACTION AMONG ADOLESCENT TIKTOK SOCIAL MEDIA
USERS IN JEMBER**

**Langgam Cintatya Wijaya¹, Panca Kursistin Handayani², Ria Wiyatfi
Linsiya³**

langgamcintatya@gmail.com

Faculty of Psychology, Universitas Muhammadiyah Jember

ABSTRACT

Adolescence is characterized by increased concern about physical appearance and sensitivity to social judgment a situation that has become increasingly relevant due to the high exposure to appearance-related content and beauty standards on TikTok. This situation has the potential to trigger body dissatisfaction, which is an individual's negative evaluation of their body because it is perceived as not meeting ideal standards. Perfectionism is believed to be one of the characteristics associated with how individuals evaluate themselves in this context. This study aims to examine the relationship between perfectionism and body dissatisfaction among adolescents who use TikTok in Jember Regency. The study employs a quantitative approach using a correlational method. The sample consisted of 384 adolescents aged 16–18 years residing in Jember who actively use TikTok; participants were selected via accidental sampling as part of a non-probability sampling method. Data were collected using the Multidimensional Body-Self Relations Questionnaire-Appearance Scale (MBSRQ-AS) to measure body dissatisfaction ($\alpha = 0.675$) and the Child-Adolescent Perfectionism Scale (CAPS) to measure perfectionism ($\alpha = 0.742$), and were then analyzed using Pearson's product-moment correlation via IBM SPSS Statistics. The results of the descriptive analysis showed that the "appearance evaluation" aspect had the highest percentage in the body dissatisfaction variable (61.2%), while the "socially prescribed perfectionism" aspect fell into the low category (51.3%) in the perfectionism variable. The correlation test results showed a coefficient of $r = -0.528$ with $p = 0.000$ ($p < 0.05$), indicating a significant negative relationship of moderate strength between perfectionism and body dissatisfaction. This means that the higher the level of perfectionism, the lower the tendency toward body dissatisfaction among TikTok-using adolescents in Jember Regency.

Keywords: adolescents, body dissatisfaction, perfectionism, TikTok

1. Researcher
2. Supervisor I
3. Supervisor II