

**PERAN PENERIMAAN DIRI TERHADAP CITRA TUBUH MAHASISWI
FAKULTAS PSIKOLOGI UNIVERSITAS MUHAMMADIYAH JEMBER**

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INTISARI

Citra tubuh menjadi salah satu isu yang banyak dialami mahasiswa, terutama akibat pengaruh standar kecantikan yang ditampilkan media sosial. Citra tubuh ada positif dan negatif yang berkaitan erat dengan kemampuan individu menerima dirinya sendiri. Penelitian ini bertujuan untuk mengetahui pengaruh penerimaan diri terhadap citra tubuh pada mahasiswa Fakultas Psikologi Universitas Muhammadiyah Jember. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Sampel penelitian berjumlah 158 mahasiswa Fakultas Psikologi Universitas Muhammadiyah Jember Angkatan 2020-2025 yang dipilih menggunakan teknik *random sampling*. Pengumpulan data dilakukan menggunakan Skala Penerimaan Diri (18 item ; $\alpha=0,659$) dan Skala Citra Tubuh (19 item ; $\alpha=0,671$), kemudian dianalisis menggunakan teknik regresi linier sederhana dengan bantuan program Jamovi versi 2.7.38. Hasil penelitian menunjukkan bahwa terdapat pengaruh positif dan signifikan *self acceptance* terhadap *body image* ($R: 0,657$; $p < 0,05$). Variabel *self acceptance* memberikan kontribusi sebesar 43,1% ($R^2 = 0,431$) terhadap variasi citra tubuh pada mahasiswa, sedangkan 56,9% dijelaskan oleh faktor lain di luar penelitian ini. Koefisien regresi menunjukan 0,860, dimana setiap kenaikan *self acceptance* diikuti kenaikan *body image* sebesar 0,860 satuan. Dengan demikian, hipotesis penelitian yang menyatakan adanya pengaruh penerimaan diri terhadap citra tubuh pada mahasiswa Fakultas Psikologi Universitas Muhammadiyah Jember dapat diterima.

Kata Kunci: *Citra tubuh, mahasiswa, penerimaan diri*

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**THE ROLE OF SELF-ACCEPTANCE IN BODY IMAGE AMONG FEMALE
STUDENTS OF THE FACULTY OF PSYCHOLOGY, UNIVERSITAS
MUHAMMADIYAH JEMBER**

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ABSTRACT

Body image is a significant issue faced by many female university students, largely due to the influence of beauty standards portrayed on social media. Body image can be positive or negative and is closely linked to an individual's ability to accept themselves. This study aimed to determine the influence of self-acceptance on body image among female students at the Faculty of Psychology, Universitas Muhammadiyah Jember. A quantitative approach with a correlational design was employed. The sample consisted of 158 female students from the Faculty of Psychology, Universitas Muhammadiyah Jember (Class of 2020–2025), selected using random sampling. Data were collected using the Self-Acceptance Scale (18 items; $\alpha = 0.659$) and the Body Image Scale (19 items; $\alpha = 0.671$) and subsequently analyzed using simple linear regression with Jamovi software (version 2.7.38). The results indicate a positive and significant influence of self-acceptance on body image ($R = 0.657$; $p < 0.05$). The self-acceptance variable contributed 43.1% to the variation in body image among the female students, while the remaining 56.9% was explained by factors outside the scope of this study. The regression coefficient was 0.860, indicating that for every unit increase in self-acceptance, body image increased by 0.860 units. Thus, the research hypothesis stating that self-acceptance influences body image among female students at the Faculty of Psychology, Universitas Muhammadiyah Jember, is accepted.

Keywords: *Body image, self-acceptance, student*

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