

ABSTRAK

Victoria Nurvita. 111011013. Hubungan antara *Self-esteem* dengan *Body Image* pada Remaja Awal yang Mengalami Obesitas. Skripsi. Fakultas Psikologi Universitas Airlangga. 2014. xiv + 174 halaman, 14 lampiran

Penelitian ini bertujuan untuk mengetahui apakah ada hubungan antara self-esteem dengan body image pada remaja awal yang mengalami obesitas. Self-esteem merupakan sikap seseorang berdasarkan persepsi tentang bagaimana ia menghargai dan menilai dirinya sendiri secara keseluruhan, yang berupa sikap positif atau negatif terhadap dirinya (Rosenberg, 1965 dalam Mruk, 2006). Body image merupakan pengalaman individu yang berupa persepsi terhadap bentuk dan berat tubuhnya, serta perilaku yang mengarah pada evaluasi individu tersebut terhadap penampilan fisiknya (Cash, 2012).

Subjek pada penelitian ini berjumlah 41 remaja putri yang berusia 12-15 tahun yang mengalami obesitas. Penelitian ini dilakukan pada beberapa sekolah menengah pertama (SMP) di kabupaten Jember. Alat pengumpul data berupa kuisioner self-esteem dan body image. Skala body image disusun sendiri oleh penulis, sedangkan skala self-esteem merupakan hasil translasi dari skala self-esteem yang disusun oleh Rosenberg (1965). Reliabilitas skala self-esteem (r) sebesar 0,822 dan reliabilitas body image sebesar 0,923. Analisis data dilakukan menggunakan teknik korelasi Spearman's Rho dengan bantuan SPSS 18.0 for windows.

Hasil analisis data menunjukkan taraf signifikansi sebesar 0,00 yang berarti H_0 ditolak, artinya terdapat hubungan antara variabel self-esteem dan variabel body image. Besar koefisien korelasi antar dua variabel adalah 0,855 yang menunjukkan hubungan positif antar dua variabel. Hal ini dapat diartikan bahwa semakin tinggi self-esteem, maka body image yang dimiliki semakin positif pula.

*Kata kunci: Self-esteem, Body Image, Obesitas, Remaja Awal
Daftar Pustaka, 45 (1980-2014)*

ABSTRAK

Victoria Nurvita. 111011013. The Relation between Self-esteem and Body Image of Early Adolescent with Obesity. Thesis. Airlangga University Faculty of Psychology. 2014. xiv + 174 pages, 14 appendices.

This research aims to determine the relationship between self-esteem and body image of early adolescent with obesity. Given the variables, a brief description: self-esteem is a personal attitude based on certain perception of how one appreciates and values/judges his/her own self on overall basis in form of either positive or negative attitude toward own self (Rosenberg, 1965, as cited in Mruk, 2006). On the other hand, body image is a personal experience in form of perception toward own body shape and body weight as well as attitude leading to individual evaluation of physical appearance (Cash, 2012).

The subjects of the research comprise 41 female adolescents with obesity whose ages between 12-15. This research is conducted at several junior high schools (SMP) in the district of Jember. Data were collected using questionnaire, which the body image scale compiled by the author, while the self-esteem scale was developed by Rosenberg (1965). It is found that the reliability of self-esteem scale (r) is 0,822 and the reliability of body image scale is 0,923. Here, the data analysis is done by using Spearman Rho's correlation technique along with SPSS 18.0 for Windows.

The result of the data analysis shows that the level of significance at 0,00 point indicating H_0 being rejected means that there is a relationship between self esteem variable and body image variable. Further, the number of coefficient correlation between two variables is 0,855 which shows positive relationship between two variables. The higher self-esteem, more positive body image would get.

*Keywords: Self-esteem, Body Image, Obesity, Early Adolescent
Bibliography, 45 (1980-2014)*