

HUBUNGAN *BODY IMAGE* DENGAN *SUBJECTIVE WELL-BEING* SISWI SMA NEGERI 01

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ABSTRAK

Body image adalah persepsi individu tentang penampilan fisiknya baik dari segi pemikiran, perasaan, maupun penilaian pribadi terhadap tubuhnya. *Subjective well-being* adalah penilaian seseorang terhadap kehidupannya, yang meliputi cara berpikir (kognitif) dan perasaan (afektif). Penelitian ini memiliki tujuan untuk menganalisa dan memahami hubungan antara *body image* yang dimiliki oleh remaja perempuan terhadap *subjective well-being*. Penelitian menggunakan pendekatan kuantitatif. Populasi penelitian terdiri dari 311 siswi remaja perempuan dari SMA Negeri 01 Ungaran dengan kriteria bersekolah di SMA Negeri 01 Ungaran dan berusia antara 15 sampai 18 tahun. Adapun jumlah sampel dengan teknik *cluster random sampling* dengan menggunakan rumus Taro Yamane berjumlah 175 subjek. Pengumpulan data dilakukan menggunakan kuesioner skala *body image* (14 item, $\alpha = 0,816$) dan Skala *subjective well-being* (14 item, $\alpha = 0,840$). Data dianalisis dan dilakukan uji hipotesis menggunakan SPSS versi 24.0 Penelitian ini menggunakan analisis korelasi Pearson yang menunjukkan adanya hubungan positif yang signifikan antara *body image* dengan *subjective well-being* $r_{xy} = 0,765$, dengan $p = 0,000$ ($p < 0,005$). Artinya semakin baik *body image* siswi SMA Negeri 01 Ungaran maka akan semakin tinggi *subjective well-being*. Sumbangan efektif dari *body image* terhadap *subjective well-being* sebesar 58.5%

Kata kunci: *body image*; *subjective well-being*; remaja; siswi

THE RELATIONSHIP BETWEEN BODY IMAGE AND SUBJECTIVE WELL-BEING IN SMA NEGERI 01 UNGARAN

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ABSTRACT

Body image is an individual's perception of their physical appearance in terms of thoughts, feelings, and personal assessment of their body. Subjective well-being is a person's assessment of their life, which includes thinking (cognitive) and feeling (affective). This study aims to analyze and understand the relationship between body image owned by adolescent girls to subjective well-being. The study used a quantitative approach. The study population consisted of 311 female adolescent students from SMA Negeri 01 Ungaran with the criteria of attending SMA Negeri 01 Ungaran and aged between 15 to 18 years. The number of samples with cluster random sampling technique using the Taro Yamane formula amounted to 175 subjects. Data were collected using body image scale questionnaire (14 items, $\alpha = 0.816$) and subjective well-being scale (14 items, $\alpha = 0.840$). The data were analyzed and hypothesis testing was carried out using SPSS version 24.0 This study uses Pearson correlation analysis which shows a significant positive relationship between body image and subjective well-being $r_{xy}=0.765$, with $p=0.000$ ($p<0.005$). This means that the better the body image of SMA Negeri 01 Ungaran students, the higher the subjective well-being. The effective contribution of body image to subjective well-being is 58.5%

Keywords: body image; subjective well-being; adolescents; schoolgirls