

## ABSTRAK

**Latar Belakang:** Turner Sindrom (TS) merupakan kelainan genetik yang menghambat perkembangan karakteristik seksual sekunder dan dapat memengaruhi *body image*. Terapi hormonal diberikan untuk merangsang pubertas, namun pengaruhnya terhadap *body image* masih bervariasi. Di Indonesia, data mengenai hal ini masih terbatas.

**Tujuan:** Menganalisis perbedaan *body image* antara perempuan dengan TS dan tanpa TS, serta mengevaluasi hubungan durasi terapi hormonal dengan persepsi *body image* pada perempuan dengan TS.

**Metode:** Penelitian *cross sectional* dengan pendekatan kasus-kontrol, dilakukan di CEBIOR FK Undip. 28 perempuan dengan TS usia 14-31 tahun berpartisipasi. *Body image* diukur menggunakan kuisioner tervalidasi, perkembangan karakteristik seksual sekunder diukur menggunakan *Tanner Stage*. Analisis data menggunakan uji *Mann-Whitney U* dan *Spearman*.

**Hasil:** Rerata *Tanner stage* meningkat dari  $3,6 \pm 1,1$  menjadi  $6,2 \pm 2,7$  setelah terapi hormonal. Tidak ditemukan perbedaan signifikan *body image* secara keseluruhan antara kelompok TS dan kontrol ( $Mdn_{TS} = 74,5$  [34–120];  $Mdn_K = 68,0$  [31–109];  $p = 0,512$ ). Namun, kelompok TS melaporkan ketidakpuasan bermakna terkait aspek seksual ( $Mdn_{TS} = 11$  [4-20];  $Mdn_K = 7,50$  [4-16];  $p = 0,013$ ), serta tinggi dan berat badan ( $Mdn_{TS} = 7$  [3-10];  $Mdn_K = 6$  [2-8];  $p = 0,014$ ). Tidak ditemukan hubungan signifikan antara durasi terapi hormonal dengan *body image*, meski terlihat kecenderungan negatif lemah ( $r = -0,373$ ;  $p = 0,051$ ) pada aspek tinggi dan berat badan.

### **Kesimpulan:**

Terapi hormonal berperan dalam perkembangan karakteristik seksual sekunder, tetapi tidak meningkatkan persepsi *body image*. Perempuan dengan TS tetap menunjukkan ketidakpuasan terhadap aspek seksual, tinggi, dan berat badan. Temuan ini menegaskan perlunya intervensi psikososial untuk mendukung kesejahteraan perempuan dengan TS.

**Kata Kunci:** Turner Sindrom, Gangguan Kromosom Seks, Skala Tanner, *Body Image*, Terapi Hormonal.

## **ABSTRACT**

**Background:** Turner Syndrome (TS) is a genetic disorder that impairs the development of secondary sexual characteristics and may negatively affect body image. Hormonal therapy is administered to stimulate puberty, but its impact on body image remains inconclusive. Data from Indonesia is still limited.

**Objectives:** To analyze the differences in body image assessment between females with and without TS, and to evaluate the relationship between the duration of hormonal therapy and body image perception in females with TS.

**Methods:** A cross-sectional case-control study was conducted at CEBIOR, Faculty of Medicine, Diponegoro University. Twenty-eight females with TS, aged 14-31 years, were participated. Body image was assessed using a validated questionnaire, while secondary sexual characteristics were evaluated using the Tanner stage. Data were analyzed using the Mann-Whitney U test and Spearman's correlation.

**Results:** The mean Tanner stage was increased from  $3.6 \pm 1.1$  to  $6.2 \pm 2.7$  after hormonal therapy. No significant difference was observed in overall body image perception between TS and controls ( $Mdn_{TS} = 74.5$  [34–120];  $Mdn_C = 68.0$  [31–109];  $p = 0.512$ ). However, females with TS reported significantly lower satisfaction in the sexual domain ( $Mdn_{TS} = 11$  [4–20];  $Mdn_C = 7.5$  [4–16];  $p = 0.013$ ) and in height–weight perception ( $Mdn_{TS} = 7$  [3–10];  $Mdn_C = 6$  [2–8];  $p = 0.014$ ). No significant correlation was found between therapy duration and overall body image, although a weak negative trend was noted ( $\rho = -0.373$ ;  $p = 0.051$ ) for height–weight perception.

**Conclusion:** Although hormonal therapy improved Tanner staging, it did not enhance overall body image. Females with TS expressed dissatisfaction in specific aspects. These findings suggest that psychosocial interventions are essential to improve body image and well-being in this population.

**Keywords:** Turner Syndrome, Sex Chromosome Disorders, Tanner Stage, Body Image, Hormonal Therapy.