

ABSTRAK

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Gambaran Citra Tubuh Remaja Putri di SMA N “X” Kota Magelang
xiiiv + 154 halaman + tabel + 2 gambar + 10 lampiran

Citra tubuh merupakan suatu persepsi, pikiran, dan perasaan seseorang tentang tubuhnya yang data berupa respon positif maupun negatif. Remaja putri khususnya yang duduk di bangku SMA diharapkan mengetahui citra tubuhnya agar dapat membangun hubungan dengan lingkungan sosialnya serta mengalami pertumbuhan dan perkembangan menuju dewasa yang baik. Meskipun sudah duduk di bangku SMA, remaja tidak semua mahasiswa memiliki citra tubuh yang positif. Masing-masing remaja memiliki respon yang berbeda terhadap citra tubuhnya. Tujuan penelitian ini adalah untuk mengetahui gambaran citra tubuh remaja putri di SMA N “X” Kota Magelang. Penelitian ini adalah sebuah studi kuantitatif dengan desain penelitian deskriptif. Subjek penelitian sebanyak 206 siswi remaja putri yang diambil dengan teknik *propotioned random sampling*. Data diambil menggunakan kuesioner melalui *google-form* dan dianalisis menggunakan statistik deskriptif. Hasil penelitian ini adalah sebagian besar siswi memiliki citra tubuh negatif sebanyak 119 siswi dengan presentase 57,8 %, sisanya memiliki citra tubuh positif sebanyak 87 siswi dengan presentase 42,2 %. Berdasarkan dimensi sikap sebagian besar memiliki respon negatif sebanyak 112 siswi dengan persentase 54,4 %, dimensi persepsi sebanyak 115 siswi dengan persentase 55,8 %, dan dimensi perilaku sebanyak 114 dengan persentase 55,3 % Upaya pencegahan terbentuknya citra tubuh negatif dapat dilakukan dengan siswi mengikuti kegiatan ekstrakurikuler yang ada di sekolah agar dapat menggali potensi diri dan bakatnya.

Kata kunci : citra tubuh, remaja putri, SMA
Daftar pustaka : 94 (2002-2022)

ABSTRACT

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Body Image of Adolescent Girls at SMA N "X" Magelang City

xiiiv + 154 Page + 12 Tables + 2 Pictures + 10 Attachments

Body image is a person's perceptions, thoughts, and feelings about his body which can be positive or negative responses. Adolescent girl, especially those in high school, are expected to know their body image so that they can build relationships with their social environment and experience growth and development towards good adulthood. Even though they are in high school, not all students have a positive body image. Each adolescent has a different response to his body image.. The purpose of this study is to determine the description of the body image of adolescent girls in SMA N "X" Magelang City. This research is a quantitative study with a descriptive research design. The research subjects were 206 adolescent girl students who were taken by proportional random sampling technique. Data was taken using a questionnaire via google-form and analyzed using descriptive statistics. The results of this study were that most of the students had a negative body image of 119 students with a percentage of 57.8%, the rest had a positive body image of 87 students with a percentage of 42.2%. Based on the attitude dimension, most of them had a negative response as many as 112 students with a percentage of 54.4%, the perception dimension as many as 115 students with a percentage of 55.8%, and the behavioral dimension as many as 114 with a percentage of 55.3%. Students take part in extracurricular activities at school in order to explore their potential and talents.

Keywords : *body image, adolescent girls, Senior High School*

Bibliography : 94 (2002-2022)