

# Hubungan antara Persepsi Citra Tubuh dengan Self-Efficacy dan Strategi Koping pada Remaja Korban Body shaming di SMA Negeri 3 Cibinong = The Relationship Between Body Image, Self-Efficacy, and Coping Strategy Among Indonesian Adolescents Who Experienced Body Shaming

Elsa Novitasari, author

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## Abstrak

Masalah citra tubuh menjadi hal penting bagi remaja ketika berjuang mencari jati diri sesuai tugas perkembangannya. Body shaming atau ejekan orang lain merupakan bagian dari faktor sosiokultural yang sedang populer di kalangan remaja. Penelitian ini bertujuan untuk mengetahui gambaran citra tubuh, self-efficacy, dan strategi koping serta mengetahui hubungan antara citra tubuh, self-efficacy, dan strategi koping pada remaja korban body shaming.

Penelitian dengan metode kuantitatif jenis deskriptif-korelasi dengan menggunakan pendekatan cross-sectional ini melibatkan 168 siswa yang dipilih melalui screening body shaming, dengan teknik purposive sampling. Alat ukur pada penelitian ini yaitu Body Shape Questionnaire-16 (BSQ-16), General Self-Efficacy, dan The Ways of Coping yang sudah diuji validitas dan reliabilitas. Hasil analisis bivariat menggunakan uji Chi Square menunjukkan terdapat hubungan yang bermakna antara citra tubuh dengan self-efficacy ( $p$  value: 0.000). Selain itu, terdapat hubungan yang bermakna antara self-efficacy dengan strategi koping ( $p$  value: 0.001). Namun tidak terdapat hubungan yang bermakna antara citra tubuh dengan strategi koping ( $p$  value: 0.124). Implikasi penelitian terhadap pelayanan keperawatan ialah pentingnya mengefektifkan peran bimbingan konseling untuk memperhatikan perkembangan remaja. Penelitian ini merekomendasikan pada institusi pendidikan, institusi kesehatan, dan orang tua untuk memberikan edukasi secara tatap muka mengenai citra tubuh dan pengenalan terkait perubahan yang dialami remaja.

Problem concerning body image is crucial for teenagers during their stage of developmental to search their identity. Body shaming is part of sociocultural factors affecting adolescent's body image. This study aims to analyze the relationship between body image, self-efficacy, and coping strategies in adolescent victims of body shaming. The research used descriptive-correlation quantitative method with a cross-sectional approach involving 168 high school students, which was obtained through screening body shaming, with a purposive sampling technique. Measuring instruments in this study are Body Shape Questionnaire-16 (BSQ-16), General Self-Efficacy, and The Ways of Coping that have been tested for validity and reliability. The results of bivariate analysis using the Chi Square test revealed that there were a significant relationship between body image and self-efficacy ( $p$  value: 0.000). In addition, there is a significant relationship between self-efficacy and coping strategies ( $p$  value: 0.001). The results of the research analysis also showed that there was no significant relationship between body image and coping strategies ( $p$  value: 0.124). The implication of this study is the importance of streamlining the role of counseling to pay attention to adolescent development. It's recommended to provide face-to-face education about body image and introduction to change experienced by adolescents.