

ABSTRAK

HUBUNGAN *BODY IMAGE* DENGAN KECENDERUNGAN *BODY DYSMORPHIC DISORDER* PADA SISWA SMAN 1 SIJUNJUNG

Penelitian ini bertujuan untuk mengetahui Hubungan *Body Image* Dengan Kecenderungan *Body Dysmorphic Disorder* Pada Siswa SMAN 1 Sijunjung. Penelitian ini dilakukan pada siswa kelas X dan XI SMAN 1 Sijunjung dengan jumlah sampel 187 orang, metode penelitian menggunakan penelitian kuantitatif dengan teknik pengambilan random berstrata proporsional (*proportionate stratified random sampling*). Adapun alat ukur yang digunakan dalam penelitian ini adalah skala *body image* dan skala kecenderungan *body dysmorphic disorder*. Hasil koefisien validitas pada skala *body image* berkisar antara 0,332 sampai dengan 0,601. Hasil koefisien validitas pada kecenderungan *body dysmorphic disorder* berkisar antara 0,310 sampai dengan 0,712. Dengan koefisien reliabilitas *body image* sebesar 0,835 dan pada skala kecenderungan *body dysmorphic disorder* sebesar 0,887. Berdasarkan hasil penelitian, diperoleh nilai korelasi sebesar $r = -0,309$ dengan taraf signifikansi 0,000, uji hipotesis menunjukkan hubungan *body image* dengan kecenderungan *body dysmorphic disorder* pada siswa SMAN 1 Sijunjung dan hubungan keduanya adalah negatif. Hal ini menunjukkan bahwa ada hubungan yang sangat signifikan antara *body image* dengan kecenderungan *body dysmorphic disorder* pada siswa SMAN 1 Sijunjung dengan taraf rendah. Adapun besar sumbangan efektif dari variabel *body image* dengan kecenderungan *body dysmorphic disorder* pada siswa SMAN 1 Sijunjung sebesar 9,5%.

Katakunci : *body image*, kecenderungan *body dysmorphic disorder*, siswa, SMAN 1 Sijunjung

ABSTRACT

THE RELATIONSHIP OF BODY IMAGE AND TENDENCY BODY DYSMORPHIC DISORDERED AT STUDENTS OF SMAN 1 SIJUNJUNG

This research aims to determine the relationship between body image and the tendency for body dysmorphic disorder in students at SMAN 1 Sijunjung. This research was conducted on students in classes X and XI at SMAN 1 Sijunjung with a sample of 187 people. The research method uses quantitative research with proportionate stratified random sampling techniques. The measuring instruments used in this research are the body image scale and the body dysmorphic disorder tendency scale. The results of the validity coefficient on the body image scale ranged from 0.332 to 0.601. The results of the validity coefficient on the tendency for body dysmorphic disorder ranged from 0.310 to 0.712. With a body image reliability coefficient of 0.835 and a body dysmorphic disorder tendency scale of 0.887. Based on the research results, a correlation value of $r = -0.309$ was obtained with a significance level of 0.000. Hypothesis testing showed a relationship between body image and the tendency for body dysmorphic disorder in students at SMAN 1 Sijunjung and the relationship between the two was negative. This shows that there is a very significant relationship between body image and the tendency for body dysmorphic disorder in students at SMAN 1 Sijunjung at a low level. The effective contribution of the body image variable to the tendency for body dysmorphic disorder among students at SMAN 1 Sijunjung is 9.5%.

Keywords: body image, body dysmorphic disorder tendencies, high school students