

**HUBUNGAN ANTARA *SELF-ESTEEM* DENGAN KECENDERUNGAN
BODY DYSMORPHIC DISORDER PADA REMAJA PUTRI DI SMA N 11
SEMARANG**

Bela Khoirun Nisa

Fakultas Psikologi
Universitas Islam Sultan Agung Semarang

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-esteem* dengan kecenderungan *body dysmorphic disorder* pada remaja putri di SMA N 11 Semarang. Penelitian ini menggunakan metode kuantitatif korelasional. Populasi dalam penelitian ini yaitu remaja putri pada SMA N 11 Semarang dengan usia antara 15-17 tahun. Sampel dalam penelitian ini adalah 148 remaja putri di SMA N 11 Semarang. Teknik sampling yang digunakan adalah *cluster random sampling*. Instrumen penelitian yang digunakan untuk pengambilan data dalam penelitian ini yaitu skala kecenderungan *body dysmorphic disorder* dan skala *self-esteem*. Skala *self-esteem* memiliki koefisien reliabilitas 0,723, dengan indeks daya beda aitem antara 0,262 - 0,504. Sedangkan skala kecenderungan *body dysmorphic disorder* memiliki koefisien reliabilitas 0,904, dengan indeks daya beda aitem antara 0,262 - 0,640. Hipotesis yang diajukan dalam penelitian ini adalah ada hubungan negatif antara *self-esteem* dengan kecenderungan *body dysmorphic disorder* pada remaja putri di SMA N 11 Semarang.

Hasil penelitian menunjukkan bahwa pada siswi SMA N 11 Semarang untuk tingkat *self-esteem* tergolong tinggi dengan presentase 71,621% dan kecenderungan *body dysmorphic disorder* tergolong sedang dengan presentase 42,567%. Uji hipotesis menggunakan teknik analisis korelasi Pearson *product moment* dengan bantuan SPSS versi 16.0 yang diperoleh hasil antara *self-esteem* dengan kecenderungan *body dysmorphic disorder* sebesar $r_{xy} = -0,268$, $p = 0,001$.

Kata kunci : *self-esteem*, kecenderungan *body dysmorphic disorder* pada remaja putri

**CORRELATION BETWEEN SELF-ESTEEM AND TENDENCY OF
BODY DYSMORPHIC DISORDER OF FEMALE ADOLESCENTS IN
SMA N 11 SEMARANG**

Bela Khoirun Nisa

Fakultas Psikologi
Universitas Islam Sultan Agung Semarang

ABSTRACT

This study aims to determine correlation between self-esteem and tendency of body dysmorphic disorder of female adolescents in SMA N 11 Semarang. This study uses quantitative correlational methods. The population in this study are female adolescent in SMA N 11 Semarang with ages between 15-17 years. The sample in this study were 148 female adolescent in SMA N 11 Semarang. The sampling technique used is cluster random sampling. The research instrument used to collect data in this study is the tendency of body dysmorphic disorder scale and the self-esteem scale. The self-esteem scale has a reliability coefficient of 0.723, with item discrimination index between 0.262 - 0.504. While the tendency of body dysmorphic disorder scale has a reliability coefficient of 0.904, with item discrimination index between 0.262 - 0.640. The hypothesis proposed in this study is that there is a negative correlation between self-esteem and tendency of body dysmorphic disorder on female adolescents at sma n 11 semarang.

The results showed that the high school students of SMA N 11 Semarang for the level of self-esteem were high with a percentage of 71.621% and the tendency of body dysmorphic disorder was moderate with a percentage of 42.567%. Hypothesis testing using the Pearson product moment correlation analysis technique with the help of SPSS version 16.0 which obtained the results between self-esteem and the tendency of body dysmorphic disorder by $r_{xy} = -0.268$, $p = 0.001$.

Keywords: self-esteem, tendency of body dysmorphic disorder in female adolescents