

SKRIPSI

**HUBUNGAN ANTARA PERILAKU *BODY SHAMING* DENGAN CITRA
TUBUH YANG DIMEDIASI OLEH *SELF-EFFICACY* PADA REMAJA
PUTRI DI MAN 2 KOTA PADANG**

Penelitian Keperawatan Jiwa



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Hubungan antara Perilaku *Body Shaming* dengan Citra Tubuh yang Dimediasi oleh *Self-Efficacy* pada Remaja Putri di MAN 2 Kota Padang

ABSTRAK

Citra tubuh negatif saat ini telah menjadi *trending issue* di kalangan remaja. Salah satu faktor yang berkontribusi menjadi penyebabnya adalah *body shaming*. Selain itu *self-efficacy* diduga memiliki peran mediator terhadap citra tubuh. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara perilaku *body shaming* dengan citra tubuh dan yang dimediasi oleh *self-efficacy* pada remaja putri di MAN 2 Kota Padang. Penelitian ini menggunakan metode penelitian kuantitatif pendekatan *cross sectional* dengan total sampel 255 remaja putri yang dipilih melalui teknik *stratified random sampling*. Penelitian dilakukan dari bulan Oktober 2024 – Juni 2025 dengan instrumen BISS, BSQ-8 dan GSES. Hasil penelitian menunjukkan bahwa rerata perilaku *body shaming* sebesar 27,00 (SD= 11,04), rerata citra tubuh sebesar 23,00 (SD=10,17) dan rerata *self-efficacy* sebesar 32,00 (SD= 4,80). Hasil analisa bivariat hubungan antara perilaku *body shaming* dengan citra tubuh menggunakan uji spearman rank. Terdapat hubungan yang signifikan antara perilaku *body shaming* dan citra tubuh dengan arah hubungan positif dan korelasi sedian, semakin tinggi perilaku *body shaming* maka akan semakin negatif citra tubuh ($p < 0,001$; $r = 0,559$). Sedangkan untuk pengaruh mediasi *self-efficacy* terhadap perilaku *body shaming* dan citra tubuh menggunakan uji *PROCESS macro Hayes*. Terhadap hasil signifikan, kekuatan pengaruh *partial effect*, dan berperan *competitive* dalam mediator, semakin tinggi *self-efficacy* maka semakin positif citra tubuh walaupun mengalami *body shaming* ($p < 0,001$; $r = -0,003$). Diharapkan adanya upaya preventif dan promotif di ekstrakurikuler keputerian sekolah agar dapat menciptakan lingkungan belajar yang sehat bagi para siswa.

Kata kunci : *body shaming*, citra tubuh, *self-efficacy*, remaja putri

Daftar Pustaka : 110 (1997-2025)

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*The Relationship between Body Shaming Behavior and Body Image Mediated by
Self-Efficacy in Female Adolescents at MAN 2 Padang City*

ABSTRACT

Negative body image had become a trending issue among adolescents. One of the contributing factors was body shaming. In addition, self-efficacy was suspected to play a mediating role in influencing body image. This study aimed to identify the relationship between body shaming behavior and body image, mediated by self-efficacy, among female adolescents at MAN 2 Padang City. The study used a quantitative method with a cross-sectional approach and involved a total sample of 255 female adolescents selected through stratified random sampling. The research was conducted from October 2024 to June 2025 using the BISS, BSQ-8, and GSES instruments. The results showed that the mean score for body shaming behavior was 27.00 (SD = 11.04), the mean score for body image was 23.00 (SD = 10.17), and the mean score for self-efficacy was 32.00 (SD = 4.80). Bivariate analysis of the relationship between body shaming behavior and body image was carried out using the Spearman rank test. A significant relationship was found between body shaming behavior and body image, with a positive direction and a moderate correlation; the higher the body shaming behavior, the more negative the body image ($p < 0.001$; $r = 0.559$). The mediating effect of self-efficacy on the relationship between body shaming behavior and body image was tested using Hayes' PROCESS macro. The results showed a significant partial effect, with self-efficacy acting as a competitive mediator; the higher the self-efficacy, the more positive the body image, even when experiencing body shaming ($p < 0.001$; $r = -0.003$). It is expected that preventive and promotive efforts through girls' extracurricular programs in schools will help create a healthy learning environment for students.

Keywords: body shaming, body image, self-efficacy, female adolescents

References: 110 (1997–2025)