

Hana Kurniawati. (12120090001). HUBUNGAN OBJEKTIFIKASI DIRI, KECEMASAN SOSIAL FISIK DAN *BODY DISSATISFACTION* PADA PEREMPUAN DEWASA AWAL. Skripsi. Sarjana Strata 1. Surabaya: Fakultas Psikologi Universitas Pelita Harapan Surabaya (2013)

ABSTRAK

Dewasa ini perempuan mengalami objektifikasi seksual, sehingga ditengarai mengembangkan objektifikasi diri (Fredrickson & Roberts, 1997). Di lain pihak perempuan juga mengalami kecemasan sosial fisik dan *body dissatisfaction* (Sarwer, Thompson, & Cash, 2005). Penelitian ini bertujuan untuk meneliti hubungan antara objektifikasi diri dan kecemasan sosial fisik, hubungan antara objektifikasi diri dan *body dissatisfaction*, dan hubungan antara kecemasan sosial fisik dan *body dissatisfaction*. Subjek penelitian adalah 159 perempuan dewasa awal di Surabaya dengan rentang usia 18 – 40 tahun. Variabel objektifikasi diri diukur dengan mengadaptasi *Objectified Body Consciousness Scale* (Sinclair, 1996), variabel kecemasan sosial fisik diukur dengan mengadaptasi *Social Physique Anxiety Scale* (Young, 2007) dan variabel *body dissatisfaction* diukur dengan *Body Parts Satisfaction Scale* (Petrie, Tripp, & Harvey, 2002). Hasil korelasi dengan *Pearson Product Moment* menunjukkan adanya hubungan positif antara objektifikasi diri dan kecemasan sosial fisik ($r = 0,618$, $p < 0,05$), hubungan positif antara objektifikasi diri dan *body dissatisfaction* ($r = 0,359$, $p < 0,05$), serta hubungan positif antara kecemasan sosial fisik dan *body dissatisfaction* ($r = 0,529$, $p < 0,05$). Hasil penelitian menunjukkan perlunya pola hidup sehat (Scott, 2007), terapi tubuh dan pikiran yang meliputi *biofeedback* dan meditasi (Broccoli, 2008), serta yoga (Clancy, 2010) untuk mengurangi objektifikasi diri, kecemasan sosial fisik dan *body dissatisfaction* pada perempuan. Kemudian, perlu adanya intervensi dalam sekolah, komunitas remaja, universitas untuk mengurangi objektifikasi diri, kecemasan sosial fisik dan *body dissatisfaction* dalam masyarakat (Paxton, 2002).

Kata kunci : objektifikasi diri, kecemasan sosial fisik, *body dissatisfaction*, perempuan masa dewasa awal

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ABSTRACT

Nowadays, women are facing sexual objectification, therefore they tend to self objectify (Fredrickson & Roberts, 1997). In the other hand, women also faces social physique anxiety and body dissatisfaction (Sarwer, Thompson & Cash, 2005). The aim of this study is to investigate whether a relation exists between self objectification and social physique anxiety; whether a relation exists between self objectification and body dissatisfaction; and whether a relation exists between social physique anxiety and body dissatisfaction. Self objectification was measured by adapting Objectified Body Consciousness Scale (Sinclair, 1996), social physique anxiety was measured by adapting Social Physique Anxiety Scale (Young, 2007) and body dissatisfaction was measured using Body Parts Satisfaction Scale (Petrie, Tripp, & Harvey, 2002). Subjects were 159 women in Surabaya, with age ranging from 18 to 40 years old. Results with Pearson Product Moment indicate a positive correlation between self objectification and social physique anxiety ($r = 0,618, p < 0,05$); a positive correlation between self objectification and body dissatisfaction ($r = 0,359, p < 0,05$); and a positive and correlation between social physique anxiety and body dissatisfaction ($r = 0,529, p = 0,05$). The result implicates the need of early prevention of maintaining healthy lifestyle (Scott, 2007), body mind therapy which include biofeedback and meditation (Broccoli, 2008), also yoga (Clancy, 2010) to reduce self objectification, social physique anxiety and body dissatisfaction among women. There is also a need to do intervention based on schools, adolescence community, and university to eliminate self objectification, social physique anxiety and body dissatisfaction among the society (Paxton, 2002).

Keywords: self objectification, social physique anxiety, body dissatisfaction, women early adulthood