

**STUDI DESKRIPTIF : *BODY IMAGE* WANITA DEWASA DINI PASCA  
KELAHIRAN PERTAMA**

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**ABSTRAK**

Penelitian ini bertujuan untuk menggambarkan *body image* berdasarkan aspek-aspek pada wanita dewasa dini pada kelahiran pertama dengan jumlah subyek sebanyak 40 wanita dewasa dini. Alat ukur yang digunakan untuk mengukur *body image* wanita dewasa dini adalah skala *body image* yang dirancang berdasarkan teori dari Thompson, Menzel dan Krawczyk (dalam Cash & Smolack 2011). Pembuatan skala berdasarkan 4 aspek yaitu: global subjektif, afektif, kognitif, dan behavioral. Metode yang digunakan dalam penelitian ini adalah kuantitatif deskriptif. Keseluruhan aitem penelitian berjumlah 60 aitem. Skala tersebut memiliki reliabilitas sebesar 0,971. Hasil penelitian ini menunjukkan bahwa mean empirik lebih besar dari mean teoritik ( $\mu_{\text{Empirik}} > \mu_{\text{Teoritik}} = 133 > 130$ ). Hal ini menunjukkan bahwa nilai rata-rata subyek penelitian kelompok data, lebih tinggi dari nilai rata-rata teoritik yang berarti bahwa subyek penelitian secara umum memiliki *body image* yang positif.

Kata kunci : *Body image*, dewasa dini, kelahiran pertama

**DESCRIPTIVE STUDY: BODY IMAGE OF EARLY ADULT WOMEN  
AFTER FIRST BIRTH**

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**ABSTRACT**

*The objective of this study to describe the body image based on some aspects of the early adult women at their first birth with the numbers of participants are 40 early adult women. The instrument used to measure the body image of the early adult women was the scale of body image that was designed based on the theory of Thompson, Menzel, and Krawczyk (Smolack & Cash 2011). The scale was made based on 4 aspects, namely: global subjective, affective, cognitive, and behavioral. The method which was used in this study was quantitative descriptive. The numbers of the whole items used in this study were 60 items. The reliability of the scale was 0.971. The research findings showed that the value of the empirical mean was greater than the value of theoretical mean (Empirical > theoretical = 133 > 130). The result indicated that the mean of the research subject group was higher than the theoretical mean which can be concluded that the research subjects in this research had positive body image.*

*Key words: Body image, early adult, first birth*

