

**HUBUNGAN ANTARA KONFORMITAS DENGAN CITRA TUBUH  
PADA REMAJA PUTRI**

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**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan negatif antara konformitas dengan citra tubuh pada remaja putri. Subyek dalam penelitian ini adalah remaja putri berusia 13 s.d. 18 tahun. Jumlah subyek dalam penelitian ini berjumlah 75 orang siswi. Pengambilan sampel dalam penelitian ini dilakukan secara *purposive sampling* pada siswi SMP Pangudi Luhur 1 dan SMA Pangudi Luhur Yogyakarta. Peneliti mempunyai hipotesis bahwa terdapat hubungan negatif antara konformitas dengan citra tubuh pada remaja putri. Data penelitian diungkap dengan skala konformitas dan skala citra tubuh yang telah disusun berdasarkan teknik Likert. Uji coba alat ukur dikenakan pada 84 subyek *try out* dan menghasilkan koefisien reliabilitas skala konformitas sebesar 0.90 dan koefisien reliabilitas skala citra tubuh sebesar 0.915. Validitas konkuren skala citra tubuh diukur dengan *Contour Drawing Rating Scale* yang menghasilkan korelasi 0.517 ( $p>0.05$ ). Analisis data dilakukan dengan menggunakan korelasi *Pearson Product Moment*. Hasil uji hipotesis penelitian menunjukkan korelasi antara konformitas dengan citra tubuh pada keseluruhan subyek sebesar 0.081 dan nilai signifikansi 0.250 ( $p>0.05$ ) yang berarti tidak ada hubungan negatif antara konformitas dan citra tubuh pada remaja putri. Uji hipotesis juga dilakukan pada kelompok subyek SMP, yakni remaja putri berusia 13 s.d. 15 tahun dan kelompok subyek SMA, yakni remaja putri berusia 16 s.d. 18 tahun. Hasil uji hipotesis pada subyek SMP menunjukkan korelasi sebesar 0.219 dengan nilai signifikansi 0.103 ( $p<0.05$ ). Hasil uji hipotesis pada subyek SMA menunjukkan korelasi sebesar -0.283 dengan nilai signifikansi 0.047 ( $p>0.05$ ). Hasil tersebut menunjukkan bahwa terdapat hubungan negatif yang signifikan antara konformitas dan citra tubuh pada remaja putri berusia 16 s.d. 18 tahun, sedangkan pada remaja putri usia 13 s.d. 15 tahun tidak terdapat hubungan yang signifikan antara konformitas dan citra tubuh.

Kata kunci : konformitas, citra tubuh, remaja putri, subyek SMP, subyek SMA.

**THE RELATION BETWEEN CONFORMITY AND BODY IMAGE  
IN ADOLESCENT GIRLS**

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**ABSTRACT**

*This study aims to determine whether there is a negative relationship between conformity and body image in adolescent girls. The subjects in this study were young girls aged between from 13 to 18 years old. The number of subjects in this study amounted to 75 girls. Sampling method in this research was purposive sampling has done on students of Pangudi Luhur 1 Junior High School and Pangudi Luhur Senior High School in Yogyakarta. Researcher have hypothesized that there is a negative relationship between conformity and body image in adolescent girls. The research data revealed conformity scale and body image that had been prepared based on Likert technique. Scales try out in 84 try-out-subject produced coefficient reliability of conformity at 0.90 and coefficient reliability of body image amounted at 0,915. Concurrent validity of the body image scale was measured with Contour Drawing Rating Scale which produced correlation at 0.517 ( $p>0.05$ ). Data analysis was performed using Pearson Product Moment Correlation. Hypothesis test result showed a correlation between conformity and the body image was 0.081 and the significance value was 0.250 ( $p>0.05$ ), which means there was no negative correlation between conformity and body image in adolescent girls. Hypothesis test has been examined on subjects of Junior High School, that were adolescent girls aged 13 to 15 years old and Senior High School subjects, that were adolescent girls aged 16 to 18 years old. Hypothesis test result on subjects of Junior High School showed a correlation was 0.219 and the significance value was 0.103 ( $p<0.05$ ). Hypothesis test result on subjects of Senior High School showed a correlation was -0.283 and the significance value was 0.047 ( $p<0.05$ ). These results of this study showed that there was significant negative correlation between conformity and body image in adolescent girls aged 16 to 16 years old, whereas in adolescent girls aged 13 to 15 years old, there was no significant correlation between conformity and body image.*

*Keywords : conformity, body image, adolescent girls, subjects of Junior High School, subjects of Senior High School.*