

ABSTRAK

Sari Novi Permata. 2023. Hubungan antara *Self-Esteem* dan *Body Dissatisfaction* Pada Laki-Laki Dewasa Awal. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk melihat hubungan antara *self-esteem* terhadap *body dissatisfaction* pada laki-laki dewasa awal. Hipotesis penelitian yang diajukan adalah adanya hubungan yang negatif antara variabel *self-esteem* terhadap *body dissatisfaction* pada laki-laki dewasa awal. Subjek pada penelitian ini merupakan 115 laki-laki berusia 19-25 tahun. Pengumpulan data dilakukan dengan cara membagikan kuesioner penelitian menggunakan *google form* yang terdiri dari skala *self-esteem* (28 item, $\alpha = 0,919$) dan skala *body dissatisfaction* (30 item, $\alpha = 0,924$). Hasil uji asumsi menunjukkan bahwa data penelitian tidak memenuhi syarat normalitas namun memenuhi syarat linearitas. Oleh karena itu, metode analisis data dilakukan dengan menggunakan *Spearman's rho*. Hasil uji analisis membuktikan bahwa variabel *self-esteem* berkorelasi negatif dengan *body dissatisfaction*. Kedua variabel tersebut memiliki nilai koefisien korelasi $r = -0,453$ dan nilai signifikansi $p = 0,000$. Hal ini menunjukkan bahwa semakin tinggi *self-esteem* seseorang maka semakin rendah *body dissatisfaction* yang dimiliki oleh laki-laki dewasa awal.

Kata kunci : *body dissatisfaction*, laki-laki dewasa awal, *self-esteem*

ABSTRACT

Sari Novi Permata. 2023. Correlation Between Self-Esteem and Body Dissatisfaction on Early Adult Males. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This research aims to look at the relationship between self-esteem and body dissatisfaction in early adult males. The proposed research hypothesis is that there is a negative relationship between self-esteem variables and body dissatisfaction in early adult males. The subjects in this study were 115 men aged 19–25 years. Data collection was supported by distributing research questionnaires using Google Form, which consisted of a self-esteem scale (26 items, = 0,919) and a body dissatisfaction scale (28 items, = 0,924). The results of the assumption test show that the research data does not meet the normality requirements but fulfils the linearity requirements. Therefore, the data analysis method was carried out using Spearman's rho. The results of the analysis test prove that the self-esteem variable has a negative correlation with body dissatisfaction. Both of these variables have a correlation coefficient of $r = -0.453$ and a significant value of $p = 0.000$. In conclusion, the higher a person's self-esteem, the lower the body dissatisfaction that is experienced by early adult males.

Key word: *body dissatisfaction, early adult males, self-esteem*