

ABSTRAK

Sukaca, A. P. (2025). Hubungan antara body image dan cosplay self-efficacy pada cosplayer. *Skripsi*. Yogyakarta: Psikologi Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *body image* dan *cosplay self-efficacy* pada *cosplayer*. Hipotesis yang diajukan adalah terdapat hubungan positif antara *body image* dan *cosplay self-efficacy* pada *cosplayer*. Partisipan penelitian ini merupakan *cosplayer* aktif yang berusia dari antara 13 hingga 40 tahun berjumlah 167 orang. Penelitian ini menggunakan alat ukur *Body Image State Scale* (BISS) yang disusun oleh Cash dkk. (2002) dan telah diadaptasi ke dalam bahasa Indonesia oleh Angely (2022), dan alat ukur *cosplay self-efficacy* yang dikembangkan oleh peneliti berdasarkan teori Bandura (1977) dengan disesuaikan dengan konteks *cosplayer*. Dari hasil uji coba skala didapatkan nilai koefisien reliabilitas pada BISS sebesar 0,864 dan skala *cosplay self-efficacy* mendapatkan koefisien reliabilitas sebesar 0,895. Uji korelasi menggunakan *Spearman's Rho* dikarenakan data yang tidak terdistribusi normal. Dari hasil uji korelasi didapatkan koefisien korelasi sebesar 0,340 ($r = 3,40$) dengan nilai $p = 0.000$ ($p < 0,05$). Hasil dari penelitian ini menunjukkan bahwa terdapat hubungan positif antara *body image* dan *cosplay self-efficacy* pada *cosplayer*.

Kata kunci: *cosplay, cosplayer, body image, cosplay self-efficacy*

ABSTRACT

Sukaca, A. P. (2025). The relationship between body image and cosplay self-efficacy among cosplayers. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to examine the relationship between body image and cosplay self-efficacy among cosplayers. The hypothesis was that there is a positive relationship between body image and cosplay self-efficacy among cosplayers. The participants of this study were 167 active cosplayers aged between 13 and 40 years. The instruments used were the Body Image State Scale (BISS) developed by Cash et al. (2002) and adapted into Indonesian by Angely (2022), and a cosplay self-efficacy scale developed by researcher based on Bandura's (1977) theory, adjusted to the context of cosplayer. The reliability test results showed a reliability coefficient of 0.864 for BISS and 0.895 for the cosplay self-efficacy scale. Spearman's Rho correlation test was used due to data not normally distributed. The correlation analysis revealed a coefficient of 0.340 ($r = 3.40$) with a p value of 0.000 ($p < 0.05$). The results indicate positive relationship between body image and cosplay self-efficacy among cosplayers.

Keywords: *cosplay, cosplayer, body image, cosplay self-efficacy*