

## ABSTRAK

### HUBUNGAN KETIDAKPUASAN TUBUH DENGAN *PSYCHOLOGICAL WELL-BEING* PADA MAHASISWI FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN UNIVERSITAS SANATA DHARMA YOGYAKARTA

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2026

Penelitian ini bertujuan untuk: 1) Mengetahui tingkat ketidakpuasan tubuh pada mahasiswi FKIP Universitas Sanata Dharma. 2) Mengetahui tingkat *psychological well-being* pada mahasiswi FKIP Universitas Sanata Dharma. 3) Mengetahui apakah ada hubungan antara ketidakpuasan tubuh dengan *psychological well-being* pada mahasiswi FKIP Universitas Sanata Dharma Yogyakarta.

Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Subjek penelitian terdiri dari 120 mahasiswi FKIP yang berada dalam rentang usia dewasa awal, yaitu 18 hingga 25 tahun. Instrumen pengumpulan data menggunakan kuesioner skala *Likert* yang telah melalui uji validitas dan reliabilitas, dengan 74 item valid untuk ketidakpuasan tubuh yang memiliki indeks reliabilitas *Alpha Cronbach* sebesar 0,978 dan 99 item valid untuk *psychological well-being* dengan indeks reliabilitas *Alpha Cronbach* sebesar 0,984. Uji korelasional menunjukkan bahwa nilai koefisien korelasi ( $r$ ) sebesar -0,689 dan nilai signifikansi  $<0,001$  ( $p < 0,05$ ).

Hasil penelitian menunjukkan bahwa: 1) 43,33% mahasiswi memiliki tingkat ketidakpuasan tubuh pada kategori sedang dan 25,00% pada kategori rendah. 2) Sebagian besar mahasiswi (48,33%) memiliki tingkat *psychological well-being* pada kategori tinggi dan 36,67% pada kategori sedang. 3) Penelitian ini membuktikan bahwa terdapat hubungan negatif dan signifikan antara ketidakpuasan tubuh dengan *psychological well-being* seseorang.

**Kata Kunci:** Ketidakpuasan Tubuh, *Psychological Well-Being*, Mahasiswi FKIP Universitas Sanata Dharma, Dewasa Awal.

**ABSTRACT**

***THE RELATIONSHIP BETWEEN BODY DISSATISFACTION AND  
PSYCHOLOGICAL WELL-BEING AMONG FEMALE STUDENTS AT THE  
FACULTY OF TEACHER TRAINING AND EDUCATION AT SANATA  
DHARMA UNIVERSITY YOGYAKARTA***

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*This study aims to: 1) determine the level of body dissatisfaction among female students of the Faculty of Teacher Training and Education at Sanata Dharma University, 2) determine the level of psychological well-being among these students, and 3) examine the relationship between body dissatisfaction and psychological well-being among female students of the Faculty of Teacher Training and Education at Sanata Dharma University, Yogyakarta.*

*This study employed a quantitative approach with a correlational design. The participants consisted of 120 female students aged 18 to 25 years, categorized as early adulthood. Data were collected using Likert-scale questionnaires that had been tested for validity and reliability, with 74 valid items measuring body dissatisfaction (Cronbach's Alpha = 0.978) and 99 valid items measuring psychological well-being (Cronbach's Alpha = 0.984). The correlation test showed a correlation coefficient ( $r$ ) of -0.689 with a significance value of  $p < 0.001$  ( $p < 0.05$ ).*

*The results of the study indicate that: 1) 43.33% of the students had a moderate level of body dissatisfaction and 25.00% had a low level, 2) most students (48.33%) had a high level of psychological well-being and 36.67% had a moderate level, and (3) there is a negative and significant relationship between body dissatisfaction and psychological well-being.*

**Keywords:** *Body Dissatisfaction, Psychological Well-Being, Female Students of the Faculty of Teacher Training and Education at Sanata Dharma University, Early Adulthood.*