

ABSTRAK

**HUBUNGAN ANTARA *SELF-COMPASSION* DAN *BODY IMAGE*
PADA REMAJA AKHIR PEREMPUAN PENGGUNA
INSTAGRAM DI YOGYAKARTA**

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Penelitian ini bertujuan untuk: (1) mengetahui tingkat *self-compassion*, (2) mengetahui tingkat *body image*, dan (3) mengetahui hubungan antara *self-compassion* dan *body image* pada remaja akhir perempuan pengguna Instagram di Yogyakarta.

Penelitian ini menggunakan pendekatan kuantitatif korelasional. Responden berjumlah 100 remaja perempuan usia 18-21 tahun, pengguna Instagram, dan bertempat tinggal di Yogyakarta yang diambil dengan teknik *purposive sampling*. Data dikumpulkan menggunakan skala Likert 1-4 untuk kedua variabel.

Analisis data dilakukan dengan statistic deskriptif dan uji korelasi Sperman's Rho. Hasil deskriptif menunjukkan tingkat *self-compassion* responden berada pada kategori tinggi hingga sedang dengan rincian 58% tinggi, 14% sangat tinggi, 27% sedang, dan 1% rendah, sedangkan tingkat *body image* responden berada pada kategori sedang dengan rincian 65% sedang, 27% tinggi, 5% rendah, dan 3% sangat tinggi. Hasil uji korelasi menunjukkan hubungan positif dan signifikan antara *self-compassion* dengan *body image* ($\rho = 0,429$, $p = 0,000 < 0,05$), artinya semakin tinggi *self-compassion* maka semakin positif *body image* pada remaja akhir perempuan pengguna Instagram di Yogyakarta.

Kata Kunci: *Self-Compassion*, *Body Image*, remaja akhir perempuan, Instagram, Yogyakarta

ABSTRACT

***THE RELATIONSHIP BETWEEN SELF-COMPASSION AND BODY
IMAGE AMONG LATE-TEENAGE FEMALE INSTAGRAM
USERS IN YOGYAKARTA***

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This study aims to: (1) determine the level of self-compassion, (2) determine the level of body image, and (3) determine the relationship between self-compassion and body image among late adolescent female Instagram users in Yogyakarta.

This study used a quantitative correlational approach. The respondents were 100 females aged 18–21 years, Instagram users, and residing in Yogyakarta, selected using purposive sampling technique. Data were collected using a 1–4 Likert scale for both variables.

Data analysis was performed using descriptive statistics and Spearman's Rho correlation test. Descriptive results showed that respondents' self-compassion levels were in the high to moderate category, with details: 58% high, 14% very high, 27% moderate, and 1% low, while respondents' body image levels were in the moderate category, with details: 65% moderate, 27% high, 5% low, and 3% very high. The correlation test results showed a positive and significant relationship between self-compassion and body image ($\rho = 0.429$, $p = 0.000 < 0.05$), meaning that the higher the self-compassion, the more positive the body image among late adolescent female Instagram users in Yogyakarta.

Keywords: *self-compassion, body image, late-teenage females, Instagram, Yogyakarta.*