

HUBUNGAN DUKUNGAN SOSIAL TEMAN SEBAYA DENGAN GANGGUAN *BODY IMAGE* PADA REMAJA PUTRI DI SMA NEGERI 24 BANDUNG

Nafa Hergitiani
211FK03024

Program Studi Sarjana Keperawatan, Fakultas Keperawatan
Universitas Bhakti Kencana

ABSTRAK

Remaja putri rentan mengalami gangguan *body image* akibat perubahan fisik dan tekanan standar kecantikan. Gangguan ini berdampak pada kesehatan mental. Dukungan sosial teman sebaya berperan penting dalam membantu remaja membentuk *body image* yang positif. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial teman sebaya dengan gangguan *body image* pada remaja putri di SMA Negeri 24 Bandung. Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross sectional*. Jumlah sampel sebanyak 190 responden yang diambil menggunakan teknik *stratified random sampling*. Instrumen yang digunakan adalah *Social Support Questionnaire* (SSQ) dan *Multidimensional Body-Self Relations Questionnaire Appearance Scales* (MBSRQ-AS). Analisis data menggunakan distribusi frekuensi dan uji *Spearman Rank*. Hasil penelitian menunjukkan (47,9%) mendapatkan dukungan sosial teman sebaya sedang, dan (31,6%) mengalami gangguan *body image* berat. Hasil uji *Spearman Rank* menunjukkan terdapat hubungan yang signifikan antara dukungan sosial teman sebaya dengan gangguan *body image* ($p\text{-value} = 0,000 \leq 0,05$). Temuan ini menunjukkan bahwa dukungan sosial teman sebaya berperan penting dalam pembentukan *body image* remaja putri. Rendahnya dukungan sosial meningkatkan risiko gangguan *body image*, sehingga diperlukan perhatian khusus dengan memberikan intervensi seperti literasi media, dan penguatan keterampilan sosial diperlukan untuk membentuk *body image* positif serta mendukung promosi kesehatan mental remaja di sekolah dan komunitas.

Kata kunci: Dukungan sosial teman sebaya, Gangguan *body image*, Remaja putri.

**THE RELATIONSHIP BETWEEN PEER SOCIAL SUPPORT AND
BODY IMAGE DISTURBANCE AMONG FEMALE ADOLESCENTS
AT SMA NEGERI 24 BANDUNG**

**Nafa Hergitiani
211FK03024**

*Department of Nursing, Faculty of Nursing
Universitas Bhakti Kencana*

ABSTRACT

Female adolescents are vulnerable to body image disturbances due to physical changes and pressure from unrealistic beauty standards. These disturbances can negatively impact mental health. Peer social support plays a crucial role in helping adolescents develop a positive body image. This study aims to determine the relationship between peer social support and body image disturbance among female adolescents at SMA Negeri 24 Bandung. This research used a quantitative method with a cross-sectional approach. A total of 190 respondents were selected using stratified random sampling. The instruments used were the Social Support Questionnaire (SSQ) and the Multidimensional Body-Self Relations Questionnaire Appearance Scales (MBSRQ-AS). Data were analyzed using frequency distribution and Spearman Rank correlation test. The results showed that 47.9% of respondents received a moderate level of peer social support, and 31.6% experienced severe body image disturbance. The Spearman Rank test indicated a significant relationship between peer social support and body image disturbance ($p\text{-value} = 0.000 \leq 0.05$). These findings suggest that peer social support plays an important role in shaping body image among female adolescents. Low social support increases the risk of body image disorders, so special attention is needed by providing interventions such as media literacy and strengthening social skills needed to form a positive body image and support the promotion of adolescent mental health in schools and communities.

Keywords: *Body image disturbance, Female adolescents, Peer social support.*