

**GAMBARAN *BODY IMAGE DISSATISFACTION* PADA REMAJA PUTRI
DI SMA TAMANSISWA DAN SMA PASUNDAN
KABUPATEN BANDUNG**

Ajeng Maulani Noor Pratiewi
211FK03049

Program Studi Sarjana Keperawatan, Fakultas Keperawatan
Universitas Bhakti Kencana

ABSTRAK

Remaja putri sering menghadapi tekanan untuk memenuhi standar kecantikan yang berkembang di lingkungan dan media sosial, sehingga memengaruhi cara mereka memandang serta menilai tubuh sendiri. Tekanan ini dapat memicu *Body Image Dissatisfaction* yang berdampak pada penurunan kepercayaan diri, gangguan interaksi sosial, hingga masalah kesehatan mental. Penelitian ini bertujuan menggambarkan tingkat *Body Image Dissatisfaction* pada remaja putri di SMA Tamansiswa dan SMA Pasundan Kabupaten Bandung. Penelitian menggunakan metode deskriptif kuantitatif dengan pendekatan *cross-sectional* kepada 282 siswi (112 dari SMA Tamansiswa dan 170 dari SMA Pasundan) yang dipilih *melalui simple random sampling*. Instrumen yang digunakan adalah *Body Image Satisfaction Scale* (BISS) yang telah teruji validitas ($r=0,63-0,74$) dan reliabilitas ($\alpha=0,84$). Analisis dalam penelitian ini yaitu analisis deskriptif dengan menggunakan distribusi frekuensi. Hasil menunjukkan bahwa *body image dissatisfaction* dari 282 siswi ditemukan 138 siswi (48,9%) memiliki tingkat *body image dissatisfaction* tinggi dan 144 siswi (51,1%) tingkat rendah. Remaja putri memiliki penilaian negatif terhadap tubuhnya yang dapat dipengaruhi oleh faktor internal seperti persepsi diri, harga diri dan pengalaman pribadi. Remaja putri disarankan untuk mengurangi paparan media sosial serta fokus perawatan diri yang sehat olahraga dan pola makan seimbang, bukan pada standar kecantikan yang tidak realistis.

Kata Kunci : *Body Image Dissatisfaction*, Remaja Putri
Daftar Pustaka : 9 Buku (2012-2023)
60 Jurnal (2015-2025)

**BODY IMAGE DISSATISFACTION IN YOUNG WOMEN AT
TAMANSISWA SENIOR HIGH SCHOOL AND PASUNDAN
SENIOR HIGH SCHOOL BANDUNG REGENCY**

Ajeng Maulani Noor Pratiwi
211FK03049

Program Studi Sarjana Keperawatan, Fakultas Keperawatan
Universitas Bhakti Kencana

ABSTRACT

Young women often face pressure to meet evolving beauty standards in the environment and social media, affecting the way they perceive and judge their own bodies. This pressure can trigger Body Image Dissatisfaction which has an impact on decreased self-confidence, disruption of social interaction, and mental health problems. This study aims to describe the level of Body Image Dissatisfaction in adolescent girls at Tamansiswa High School and Pasundan High School, Bandung Regency. The study used a quantitative descriptive method with a cross-sectional approach to 282 female students (112 from Tamansiswa High School and 170 from Pasundan High School) who were selected through simple random sampling. The instrument used is the Body Image Satisfaction Scale (BISS) which has been tested for validity ($r=0.63-0.74$) and reliability ($\alpha=0.84$). The analysis in this study is descriptive analysis using frequency distribution. The results showed that the body image dissatisfaction of 282 students was found to be 138 students (48.9%) with a high level of body image dissatisfaction and 144 students (51.1%) with a low level. Young women have negative judgments of their bodies that can be influenced by internal factors such as self-perception, self-esteem and personal experiences. Young women are advised to reduce their social media exposure as well as focus on healthy self-care, exercise and a balanced diet, rather than on unrealistic beauty standards.

Keywords : Body Image Dissatisfaction, Young Woman
References : 9 Books (2012-2023)
60 Journal (2015-2025)