

ABSTRAK

Memasuki masa peralihan, remaja mengalami banyak perubahan baik perubahan fisik, psikis, ataupun sosio-emosional. Perubahan paling nyata ialah perubahan fisik seperti tinggi badan, berat badan berlebih, bertambahnya lemak, ukuran tubuh, bahkan raut wajah yang bulat, kulit kurang cerah, hingga hidung kurang mancung. Kekhawatiran yang sering terjadi pada remaja ialah ketakutan bertambahnya berat badan yang berlebih (*overweight*). Oleh sebab itu, remaja menjadi amat memperhatikan kondisi tubuh mereka dan membangun citranya sendiri mengenai bagaimana tubuh mereka tampaknya. Selain melakukan penilaian terhadap tubuhnya, remaja wanita tentunya juga melakukan penilaian terhadap keberhargaan dirinya. Tujuan Penelitian ini untuk mengidentifikasi bagaimana Hubungan Antara *Body image* dengan *Self esteem* pada Remaja.

Metode penelitian adalah *literature review* dengan pendekatan *systematic literature review*. Teknik yang digunakan purposive sampling. Populasi dalam penelitian ini adalah 6.270 jurnal dihasilkan dari *google scholar*, *portal garuda*, dan *scienceGate*. Selanjutnya dianalisa menggunakan *prisma flow* dan dinilai kelayakan menggunakan JBI dengan jenis *Appraisal Checklist form Analytical Cross Sectional Studies* sehingga di dapatkan 5 artikel yang layak digunakan sesuai kriteria inklusi dan eklusi serta hasil penilaian dengan kategori *Grade A=5*.

Hasil penelitian dari kelima jurnal dengan nilai hasil uji statistik menunjukkan nilai rata-rata nilai p value = $0,001 < 0,05$, menunjukkan adanya hubungan yang signifikan antara *body image* dengan *self esteem* pada remaja. Kesimpulannya terdapat hubungan antara *body image* dengan *self esteem* pada remaja.

Berdasarkan *literature review* ini maka hendaknya peneliti selanjutnya memperluas wawasan yang baru tentang *body image* dan *self esteem*.

Kata kunci : citra tubuh, harga diri, remaja.

Daftar Pustaka : 4 Buku (2011 – 2021)
28 jurnal (2011 – 2021)
3 website (2011 – 2021)

ABSTRAK

Entering the transition period, adolescents experience many changes, both physical, psychological, and socio-emotional changes. The most obvious changes are physical changes such as height, excess weight, increased fat, body size, even a round face, less bright skin, and a less sharp nose. A concern that often occurs in adolescents is the fear of gaining excess weight (overweight). Therefore, teenagers become very concerned about the condition of their bodies and build their own images of how their bodies look. In addition to assessing their bodies, young women of course also evaluate their worth. The purpose of this research is to identify how the relationship between body image and self-esteem in adolescents is.

The research method is a literature review with a approach systematic literature review. The technique used is purposive sampling. The population in this study was 6,270 journals generated from google scholars, portal garuda, and scienceGate. Then analyzed using prism flow and assessed for

feasibility using JBI with the type of Appraisal Checklist form Analytical Cross Sectional Studies so that 5 articles were obtained that were suitable for use according to the inclusion and exclusion criteria and the results of the assessment with the category Grade A = 5.

The results of the research from the five journals with statistical test results showed an average value of p value = $0.001 < 0.05$, indicating a significant relationship between body image and self-esteem in adolescents. In conclusion, there is a relationship between body image and self-esteem in adolescents.

Based on literature review this, further researchers should broaden new insights about body image and self-esteem.

Keywords: *body image, self-esteem, Adolescents*

References: *4 Buku (2011 – 2021)*

28 jurnal (2011 – 2021)

3 website (2011 – 2021)