

**HUBUNGAN ANTARA BODY IMAGE DENGAN SELF-CONCEPT
ROMANTIC RELATIONSHIP PADA WANITA USIA 20-22 TAHUN**

SKRIPSI

Diajukan untuk menempuh Ujian Sarjana

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JATINANGOR

2016

ABSTRAK

Body image merupakan konstruk multidimensional mengenai penampilan tubuh seseorang, baik secara keseluruhan maupun bagian-bagian tertentu. Konstruk multidimensional meliputi persepsi, sikap dan perilaku seseorang mengenai penampilan tubuhnya, persepsi mengenai bentuk tubuh, ukuran tubuh, menarik atau tidak menarik maupun perasaan puas atau tidak puas akan tubuh. Penampilan fisik merupakan faktor penting bagi seseorang dalam menjalin *romantic relationship*. Kemenarikan fisik seseorang akan mempengaruhi bagaimana lawan jenis memilih dirinya untuk menjadi pasangan dan menjalin *romantic relationship*. Evaluasi seseorang pada saat menjalin *romantic relationship* menjadi *self-concept romantic relationship*. *Self-concept romantic relationship* adalah evaluasi persepsi individu mengenai kemampuan membina *romantic relationship*.

Penelitian ini bertujuan untuk mengetahui korelasi antara *body image* dengan *self-concept romantic relationship*. Penelitian ini merupakan studi korelasional dengan menggunakan teknik *snowball sampling*. Subjek penelitian adalah mahasiswi Universitas Jenderal Soedirman Purwokerto yang berusia 20-22 tahun dengan total sampel sebanyak 115 responden. Terdapat dua alat ukur yang digunakan yaitu MBRSQ-AS oleh Cash (2000) dengan reliabilitas 0.773 dan *Self-Perception Profile for College Student* oleh Harter (2012) yang telah dikembangkan dengan reliabilitas 0.724.

Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara variabel *body image* dan *self-concept romantic relationship* dengan koefisien korelasi berada dalam kategori sedang. Dapat disimpulkan bahwa hubungan antara *body image* dan *self-concept romantic relationship* bernilai positif, hal ini menunjukkan bahwa terdapat hubungan searah antara kedua variabel, dimana semakin positif *body image* akan semakin positif juga *self-concept romantic relationship*.

Kata kunci: *Body Image*, *Self-Concept Romantic Relationship*, Dewasa Awal, Harter

ABSTRACT

Body image is a multidimensional construct about one's physical appearance, either whole body or just specific parts of the body (Cash, 2004). The multidimensional consists of one's perception, attitudinal and behavioral about physical appearance, how they perceived their body shape, body size, attractiveness as well as satisfaction and dissatisfaction about their body. Physical appearance was one of important factors for starting romantic relationship. Physical attractiveness affected how men choose her a his partner and starting romantic relationship. One's evaluation when developing romantic relationship become self-concept romantic relationship. Self-concept romantic relationship is a evaluation about one's ability when developing romantic relationship.

This research aim was to find out the correlation between body image with self-concept romantic relationship. This research was a correlational study using snowball sampling technique. The subject of the research was woman college students of Jenderal Soedirman University in Purwokerto with total sample 115 respondent. This research use 2 measurement tools, the first one is MBRQ-AS by Cash (2000) and the second one is developed version of Self-Perception Profile for College Student by Harter (2012).

This research found that there was a significant correlation between body image and self-concept romantic relationship with medium coefficient correlation, this finding shows that there was unidirectional correlation between variables, which more positive body image the higher the self-concept romantic relationship.

Keyword: *Body Image, Self-Concept Romantic Relationship, Early Adulthood, Harter*