ABSTRACT

DESCRIPTION OF BODY IMAGE ON FEMALE STUDENTS IN THE EMAUS DORMITORY SURABAYA

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The level of an individual's body image is described by how satisfied the individual is with body parts and physical appearance. Adolescent body image acceptance affects their daily interactions with others, including their feelings and concerns. The picture found in the Emaus Dormitory Surabaya, female students said that it is important to have a proportional body and ideal height so that they often share their own body with those around them and have a lack of confidence. The purpose of this study is to describe the description of body image in the Emaus Dormitory Surabaya. The design of this study is descriptive. The respondents in this study were 51 female students who were taken using the total sampling technique. The level of body image was assessed using the Body self-image questionnaire-short form (BSIQ-SF) questionnaire. Statistical analysis using ASDPP found that most of respondents (72%) had medium body image. Therefore, dormitory students must receive education from the dormitory in order to provide counseling about body image so that students have a good body image.

Keywords: *Body Image, Female Students, Self-Acceptance.*

ABSTRAK

GAMBARAN *BODY IMAGE* PADA MAHASISWA PUTRI DI ASRAMA EMAUS SURABAYA

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Tingkat *body image* individu digambarkan oleh seberapa jauh individu merasa puas terhadap bagian-bagian tubuh dan penampilan fisik. Penerimaan *body image* remaja mempengaruhi interaksi sehari-harinya dengan orang lain, termasuk perasaan dan perhatiannya. Gambaran yang dijumpai di Asrama Emaus Surabaya mahasiswa putri mengatakan adalah hal penting memiliki tubuh proposional dan tinggi badan yang ideal sehingga kerap kali mereka membandiangkan tubuh sendiri dengan orang sekitar serta memiliki tingkat percaya diri yang kurang. Tujuan penelitian ini, Untuk mendeskripsikan gambaran *body image* di Asrama Emaus Surabaya. Desain penelitian ini adalah deskriptif. Responden dalam penelitian ini berjumlah 51 mahasiswa putri yang diambil menggunakan teknik total sampling. Tingkat *body image* dinilai menggunakan kuisioner *Body self-image questionnaire-short form* (BSIQ-SF). Analisis statistic menggunakan ASDPP didapatkan sebagian besar (72%) responden memiliki gambaran *body image* sedang. Oleh karena itu mahasiswa asrama harus mendapat edukasi dari pihak asrama agar memberikan penyuluhan tentang *body image* agar para mahasiswa memiliki *body image* yang baik.

Kata kunci: *Body Image*, Mahasiswa Putri, Penerimaan Diri.