

# HUBUNGAN ANTARA GRATITUDE DAN BODY IMAGE

## PADA REMAJA PUTRI

Ziyan Nafisa Renaldy

Rizki Dawanti, M.Psi, Psikolog

Universitas Mercu Buana

### ABSTRACT

The purpose of this research is to determine the relationship between gratitude and body image on appearance evaluation, appearance orientation, body areas satisfaction, overweight preoccupation, and self-classified weight dimension in adolescent girls. This research uses correlational quantitative design with cluster sampling method. The sample of this research is 391 young women aged 15-20 years who live in Bekasi City. Data was collected using the Gratitude Questionnaire-6 (GQ-6) and the Multidimensional Body-Self Relations Questionnaire-Appearance Scale (MBSRQ-AS) which were adapted and modified with reliability 0.88 and 0.79-0.89, respectively. Data were analyzed using Pearson Product-Moment correlation. The results found were a positive relationship between gratitude with appearance evaluation ( $r = 0.493$ ) and body areas satisfaction ( $r = 0.433$ ), a negative relationship between gratitude and overweight preoccupation ( $r = -0.107$ ), and there was no relationship between gratitude with appearance orientation and self-classified weight.

Keywords: gratitude, body image, adolescent girls

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Penelitian ini bertujuan untuk mengetahui hubungan antara *gratitude* dan *body image* pada dimensi *appearance evaluation*, *appearance orientation*, *body areas satisfaction*, *overweight preoccupation*, dan *self-classified weight* pada remaja putri di Kota Bekasi. Penelitian ini menggunakan desain kuantitatif korelasional dengan metode *cluster sampling*. Sampel penelitian ini adalah 391 remaja putri usia 15-20 tahun yang berdomisili Kota Bekasi. Pengumpulan data dilakukan menggunakan Gratitude Questionnaire-6 (GQ-6) dan Multidimensional Body-Self Relations Questionnaire-Appearance Scale (MBSRQ-AS) yang telah diadaptasi dan dimodifikasi dengan reliabilitas masing-masing 0,88 dan 0,79-0,89. Data dianalisis menggunakan korelasi Pearson Product-Moment. Hasil yang ditemukan adalah adanya hubungan positif antara *gratitude* dengan *appearance evaluation* ( $r = 0,493$ ) dan *body areas satisfaction* ( $r = 0,433$ ), serta hubungan negatif antara *gratitude* dan *overweight preoccupation* ( $r = -0,107$ ).

Kata kunci: *gratitude*; *body image*; remaja putri