

ABSTRAK

Penelitian ini dilatarbelakangi oleh banyaknya siswa yang mengalami perilaku *Body Shame* dilingkungan sekolah. Akhirnya mengakibatkan siswa cenderung menampilkan perilaku yang kurang aktif, kurang percaya diri, menarik diri, cemas, malu dan tidak mampu mengekspresikan diri. Penelitian ini bertujuan untuk menguji signifikansi hubungan antara *body shame* dengan *self esteem* siswa di SMAN 1 Ciligrang. Pendekatan penelitian ini menggunakan pendekatan kuantitatif korelasional. Sampel penelitian sebanyak 140 orang dengan Teknik sampling yang digunakan adalah *purposive sampling* dimana peneliti ini menentukan kriteria dan pertimbangan tertentu dalam memilih sampel yang akan terlibat dalam penelitian. Alat ukur yang digunakan adalah skala *body shame* (22 item; $\alpha = 0,876$ valid) dan skala *self esteem* (10 item; $\alpha = 0,834$ valid). Hasil penelitian ini yaitu hasil uji hipotesis menunjukkan terdapat hubungan negatif yang signifikan antara *body shame* dan *self esteem* ($r = 0,407$; Sig 0,000). Dari hasil uji hipotesis menunjukkan bahwa terdapat hubungan signifikan antara *body shame* dan *self esteem* siswa di SMAN 1 Ciligrang. Semakin tinggi *body shame* maka semakin rendah *self esteem*.

Kata Kunci: *Body Shame*, *Self Esteem*, Siswa, Sekolah.

ABSTRACT

This research was motivated by the large number of students who experienced Body Shame behavior in the school environment. Ultimately, this results in students tending to display behavior that is less active, less confident, withdrawn, anxious, shy and unable to express themselves. This research aims to test the significance of the relationship between body shame and students' self-esteem at SMAN 1 Ciligrang. This research approach uses a correlational quantitative approach. The research sample was 140 people with the sampling technique used was purposive sampling where the researcher determined certain criteria and considerations in selecting samples that would be involved in the research. The measuring instruments used were the body shame scale (22 items; $\alpha = 0.876$ valid) and the self-esteem scale (10 items; $\alpha = 0.834$ valid). The results of this research, namely the results of hypothesis testing, show that there is a significant negative relationship between body shame and self-esteem ($r = 0.407$; Sig 0.000). The results of the hypothesis test show that there is a significant relationship between body shame and self-esteem of students at SMAN 1 Ciligrang. The higher the body shame, the lower the self-esteem.

Keywords: Body Shame, Self Esteem, Students, School.