

**PENGARUH *SELF-COMPASSION* TERHADAP *BODY*
DISSATISFACTION PADA SISWA PENGGUNA INSTAGRAM DI SMK
NEGERI 1 PACET**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui gambaran pada *self-compassion* dan *body dissatisfaction* serta untuk mengetahui apakah ada pengaruh *self-compassion* terhadap *body dissatisfaction* pada siswa pengguna Instagram di SMK Negeri 1 Pacet. Metode penelitian yang digunakan adalah penelitian kuantitatif dengan jenis penelitian yang digunakan yaitu penelitian *causal comperative*. Alat ukur yang digunakan yaitu *self-compassion scale* berdasarkan teori dari Neff (2003) dan *The Multidimensional Body Self Relation Questionnaire-Appearance Scale* (MBSRQ-AS) berdasarkan teori Cash et. al. (2001). Hasil menunjukkan bahwa *self-compassion* berpengaruh terhadap *body dissatisfaction* pada siswa pengguna instagram di SMK Negeri 1 Pacet. Hal ini menunjukan bahwa siswa pengguna instagram di SMKN 1 Pacet mampu mengatasi dan beradaptasi dengan kesulitannya serta kegagalan maupun permasalahan yang dihadapinya.

Kata Kunci: *Self-compassion*, *body dissatisfaction*, siswa pengguna instagram.

**THE EFFECT OF SELF-COMPASSION ON BODY
DISSATISFACTION IN STUDENTS USING INSTAGRAM IN SMK
NEGERI 1 PACET**

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ABSTRACT

This study aims to determine the description of self-compassion and body dissatisfaction and to find out whether there is an effect of self-compassion on students using Instagram at SMK Negeri 1 Pacet. The research method used is quantitative research with the type of research used is comparative causal research. The measuring instrument used is the self-compassion scale based on the theory of Neff (2003) and The Multidimensional Body Self Relation Questionnaire-Appearance Scale (MBSRQ-AS) based on the theory of Cash et. Al. (2001). The results show that self-compassion has an effect on body dissatisfaction in students using Instagram at SMK Negeri 1 Pacet. This shows that students using Instagram at SMKN 1 Pacet are able to overcome and adapt to their difficulties and failures and problems they face.

Keywords: Self-compassion, body dissatisfaction, students using Instagram.