

## DAFTAR PUSTAKA

- Alida, F. (2018). Body Image Ditinjau Dari Gender. *Jurnal Tarbawi: Jurnal Ilmu Pendidikan*, 14 (2), 79-92.
- Amalia, R. R. (2018). *Social Comparison dan Body Dissatisfaction pada Mahasiswa Universitas X di Yogyakarta*. Skripsi: Fakultas Psikologi, Universitas Islam Indonesia Yogyakarta
- Anggraini, R. (2017). Konsep Diri pada Konsumen Klinik Kecantikan. Skripsi: Program Studi Magister Psikologi, Universitas Muhammadiyah Surakarta.
- Ashari, B. H., Wibawa, B. M., & Persada, S. F. (2017). Analisis deskriptif dan Tabulasi Silang pada Konsumen Online Shop di Instagram. *Jurnal Sains dan Seni ITS*, 6(1), 17 – 21.
- Azwar, S. (2009). Efek Seleksi Aitem Berdasar Daya Diskriminasi Terhadap Reliabilitas Skor Tes. *Buletin Psikologi*, 17 (1), 28 – 32.
- Ben Tovim, D. I., & Walker, M. K. (1991). The Development of The Ben-Tovim Walker Body Attitudes Questionnaire (BAQ), A New Measure Of Women's Attitudes Towards Their Own Bodies. *Psychological Medicine*, 21(3), 775-784.
- Bertan, C. V., Dundu, A. K., & Mandagi, R. J. (2016). Pengaruh Pendayagunaan Sumber Daya Manusia Terhadap Hasil Pekerjaan. *Jurnal Sipil Statistik*, 4 (1), 13-30.
- Birkeland, R., Thompson, J. K., Herbozo, S., Roehrig, M., Cafri, G., & van den Berg, P. (2005). Media exposure, mood, and body image dissatisfaction: An experimental test of person versus product priming. *Body Image*, 2(1), 53–61.
- Brennan, M. A., Lalonde, C. E., Bain, J. L. (2010). Body Image Perceptions: Do Gender Differences Exist? *Psi Chi Journal of Undergraduate Research*, 15 (3), 130-138.

- Burnette, C. B., Kwitowski, M. A., & Mazzeo, S. E. (2017). "I don't need people to tell me I'm pretty on social media:" A qualitative study of social media and body image in early adolescent girls. *Body Image*, 23(2017), 114–125.
- Cash, T. F., & Pruzinsky, T. (2002). *Body Image: A Handbook of Theory, Research, and Clinical Practice*. New York: Guilford Press. 353-355.
- Cash, T. F., Fleming, E. C., Alindogan., Steadman, L., & Whiteheat, A. (2002). Beyond Body Image as a Trait The Development and Validation of The Body Image States Scale. *Eating Disorder*, 10(2), 103-113.
- Cooper, P. J., & Taylor, M. J. (1988). Body Image Disturbance in Bulimia Nervosa. *British Journal of Psychiatry*, 153(S2), 32-36.
- Cooper, P. J., Taylor, M. J., Cooper, Z., & Fairburn, C. G. (1987). The Development and Validation of the Body Shape Questionnaire. *International Journal of Eating Disorder*, 6(4), 485–494. [https://doi.org/10.1002/1098-108X\(198707\)6:4<485::AID-EAT2260060405>3.0.CO;2-O](https://doi.org/10.1002/1098-108X(198707)6:4<485::AID-EAT2260060405>3.0.CO;2-O)
- Craft, E., Cone, A., Wonderlich, S., Crosby, R., Engel, S., Bulik, C. (2015). The Relationships Among Social Comparisons, Body Surveillance, and Body Dissatisfaction in the Natural Environment. *Behavior Therapy*, 46: 257– 271.
- Craike, M., Young, J. A., Symons, C. M., Pain, M. D., Harvey, J. T., Eime, R. M., & Payne, W. R. (2016). Trends in body image of adolescent females in metropolitan and non-metropolitan regions. *BMC Public Health*, 1-9.
- Creswell, J. W. (2014). *Research Design: Qualitative, Quantitative, & Mixed Methods Approaches*. California: SAGE Publications.
- Esnaola, I., Rodríguez, A., & Goni, A. (2010). Body dissatisfaction and perceived sociocultural pressures: gender and age differences. *Salud Mental*, 33, 21-29.
- Fajri, K., Trilistyo, H., & Hermanto, E. (2015). Rusunami di Jakarta Timur. *IMAJI*, 4(1), 127-136.
- Fakhri, N. (2017). Konsep Dasar dan Implikasi Teori Perbandingan Sosial. *Jurnal Psikologi Talenta*, 3(1).
- Festinger, L. (1954). *A Theory of Social Comparison Processes*. New York: SAGE Social Science Collection.

- Ganecwari, A. A. I. G., & Wilani, N. M. A. (2019). Hubungan antara citra tubuh dengan kecenderungan body dysmorphic disorder (BDD) pada remaja akhir laki-laki di Denpasar. *Jurnal Psikologi Udayana*, 6 (1), 67-75.
- Gibbons, F. X., & Buunk, A. P. (1999). Individual Differences in Social Comparison: Development of a Scale of Social Comparison Orientation. *Journal of Personality and Social Psychology*, 76(1), 129-142.
- Gibbons, F. X., & Buunk, A. P. (2006). Social Comparison Orientation: A New Perspective on Those Who Do and Those Who Don't Compare With Others. Cambridge University Press, 15-32.
- Gibbons, F. X., & Buunk, A. P. (2007). Social comparison: The End of A Theory and The Emergence of A Field. *Scient Direct*, doi:10.1016/j.obhdp.2006.09.007.
- Grogan, S. (1999). *Body Image: Understanding Body Dissatisfaction in Men, Women, And Children*. London & New York: Routledge.
- Grogan, S. (2008). *Body Image: Understanding Body Dissatisfaction in Men, Women, And Children, 2nd Edition*. London: Routledge.
- Grogan, S. (2017). *Body image: Understanding Body Dissatisfaction in Men, Women, and Children (3rd ed.)*. New York: Routledge.
- Hall, M. (2009). *Predictors of Body Dissatisfaction Among Adolescent Females. Paper based on a program presented at the American Counseling Association Annual Conference and Exposition*, Charlotte: North Carolina.
- Hanum, R., Nurhayati, E., & Riani, S. N. (2014). Pengaruh Body Dissatisfaction Dan Self-Esteem Dengan Perilaku Diet Mahasiswi Universitas "X". *Jurnal Psikogenesis*, 2(2), 180-190.
- Harsoyo, B. (2010). Teknik Pemanenan Air Hujan (Rain Water Harvesting) sebagai Alternatif Upaya Penyelamatan Sumberdaya Air di Wilayah DKI Jakarta. *Jurnal Sains & Teknologi Modifikasi Cuaca*, 11(2), 29-39.
- Hastuti, F. A. (2018). Pengaruh Social Comparison dan Self Esteem Terhadap Body Dissatisfaction Pada Mahasiswi UIN Maulana Malik Ibrahim Malang.
- Heatheron, T. F., & Polivy, J. (1991). Development and Validation of a Scale for Measuring State Self Esteem. *Journal of Personality and Social Psychology*, 60(6), 895-910.

- Hurlock, E. B. (1980). *Psikologi Perkembangan Suatu Pendekatan Sepanjang Rentang Kehidupan*, Edisi 5. Jakarta: Erlangga.
- Irmayanti, A. (2009). Hubungan antara Media Exposure, Tingkat Ketidakpuasan terhadap ukuran Bnetuk tubuh dan Self-esteem Remaja Puteri Jakarta. Skripsi: Fakultas Psikologi, Universitas Indonesia.
- Jones, D.C. (2001). Social comparison and body image: Attractiveness comparisons to models and peers among adolescent girls and boys. *Sex Roles: A Journal of Research*, 45 (9), 645-664.
- Kemnaker. (2014). *Klasifikasi Baku Jabatan Indonesia*. Kementrian Ketenagakerjaan dan Badan Pusat Statistik. Jakarta: Kementerian Ketenagakerjaan dan Badan Pusat Statistika.
- Killen, J. D., Taylor, C. B., Hayward, C., Haydel, K. P., Wilson, D. M., Hammer, L., Kraemer, H., Blair-greiner, A., Strachowski, D., Taylor, C. B., Hayward, C., Kraemer, H., & Blair-greiner, A. (1996). *Weight Concerns Influence the Development of Eating Disorders : A 4-Year Prospective Study*, 64(5), 936–940.
- Kompas.com (2016). 89 Persen Wanita Tidak Puas dengan Bentuk Tubuh Sendiri. Diakses pada 16 Maret 2020 dari: <https://amp.kompas.com/lifestyle/read/2016/08/17/193500920/89.Persen.Wanita.Tidak.uas.dengan.Bentuk.Tubuh.Sendiri>
- Lwanga, S. K., & Lemeshow, S. (1991). *Sample Size Determination in Health Studies: A Practical Manual*. Geneva: World Health Organization.
- Maharani, M. A. (2018). *Hubungan antara Perbandingan Sosial dan Intensi Turnover pada Karyawan Berusia 20-30 Tahun*. Skripsi: Fakultas Psikologi, Universitas Sanata Dharma.
- Margaretta, A., & Rozalli, Y. A. (2018). *Perbedaan Body Image Ditinjau dari Jenis Kelamin pada Anggota Clark Hatch Fitness Center*. Jakarta, Universitas Esa Unggul.
- Marizka, D. S., Maslihah, S., & Wulandari, A. (2019). Bagaimana Self-Compassion Memoderasi Pengaruh Media Sosial terhadap Ketidakpuasan Tubuh. *Jurnal Psikologi Insight*, 3(2), 56-69.



- Maulani, F. A. (2019). Body Image dan Tingkat Kebahagiaan pada Wanita Dewasa Awal. *Cognicia*, 7(3), 369-377.
- Murthi, B. (2011). Validitas dan Reliabilitas pengukuran. Fakultas Kedokteran Universitas Sebelas Maret.
- Myers, David.G. (2012). *Psikologi Sosial : Jilid 2*. Jakarta : Salemba Humanika
- Myers, T. A. (2010). *The Impact Of Social Comparison On Body Dissatisfaction In The Naturalistic Environment: The Roles Of Appearance Schema Activation, Thin-Ideal Internalization, And Feminist Beliefs*. Kent State University.
- Nahdiyah, I. (2015). *Hubungan antara Body Image dengan Kepuasan Hidup pada Remaja yang Mengalami Obesitas di Komunitas KAGUMI (Ikatan Wanita Gemuk Indonesia)*. Skripsi: Universitas Islam Negeri Maulana Malik Ibrahim Malang.
- Nortje, A. (2015). *Social Comparison: An Unavoidable Upward Or Downward Spiral*. Retrieved from : <https://positivepsychology.com/social-comparison/>
- O'Brien, K. S., Caputi, P., Minto, R., Peoples, G., Hooper, C., Kell, S., & Sawley, E. (2009). Upward and Downward Physical Appearance Comparisons: Development of Scales and Examination of Predictive Qualities. *Body image*, 6, 201-206.
- Ogden, J., & Taylor, C. (2000). Body Dissatisfaction within Couples: Adding Social Context to Perceptions of Self. *Journal of Health Psychology*, 5(1), 25-32.
- Pietro, M. Di, & Silveira, D. X. (2008). Internal validity, dimensionality and performance of the Body Shape Questionnaire in a group of Brazilian college students Validade interna, dimensionalidade e desempenho da escala Body Shape Questionnaire em uma população de estudantes universitários b. *Brazillian Journal of Psychiatry*, 31(1), 21-24.
- Pokrajac-Bulian, A., & Živčić-Bećirević, I. (2005). Locus of control and self esteem as correlates of body dissatisfaction in Croatian university students. *European eating disorders review*, 13(1), 54-60.
- Pratiwi, S. (2016). *Hubungan antara Perfeksionisme dan Ketidakpuasan terhadap Citra Tubuh pada Masa Dewasa Awal*. Skripsi: Universitas Sanata Dharma, Yogyakarta.

- Primaningtyas, W., Putri, A. K. E., & Hastuti, H. (2019). Body Image and Religiosity in Adolescents: A Comparison Between Public and Private High School Studentes. *Smart Medical Journal*, 2(2).
- Puspitasari, A. I., & Ambarini, T. K. (2017). Hubungan Social Comparison dan Body Dissatisfaction pada Remaja Wanita. *Jurnal Psikologi Klinis dan Kesehatan Mental*, Vol. 6, 59-66.
- Putra, H. N., Putra, A. I., & Diny, A. (2019). Body Dissatisfaction Ditinjau dari Social Comparison pada Siswi Sekolah Menengah Atas. *Journal of Education, Humaniora and Social Sciences (JEHSS)*, 2(1), 1-11.
- Putri, A. F. (2019). Pentingnya Orang Dewasa Awal Menyelesaikan Tugas Perkembangannya. *Indonesian Journal Counseling*, 3(2), 35-40.
- Rangkuti, A. A. (2017). *Statistika Inverensial untuk Psikologi dan Pendidikan*. Jakarta: Kencana.
- Ridha, N. (2017). Proses Penelitian, Masalah, Variabel, dan Paradigma Penelitian. *Jurnal Hikmah*, 14(1), 62-70.
- Rothwell, C. J., & Desmond, D. (2018). The Effect of Viewing Fitness Imagery on Body Dissatisfaction: sex and physical activity differences. *Psychology Health & Medicine*, 23 (8), 980-986.
- Safarina, R., & Rahayu, M. S. (2015). Hubungan antara Body Dissatisfaction dengan Perilaku Diet Tidak Sehat Remaja Putri yang Menjadi Member Herbalife di Bandung. *Prosiding Psikologi*, 1(2), 535-542.
- Santrock, J. W. (2002). *Life Span Development: Perkembangan Masa Hidup*. Jakarta: Erlangga.
- Sari, G. E. (2010). *Perbedaan Ketidakpuasan Terhadap Bentuk Tubuh Ditinjau Dari Strategi Koping Pada Remaja Wanita Di Sma Negeri 2 Ngawi*. Skripsi: Fakultas Kedokteran, Universitas Sebelas Maret.
- Siyoto, S., & Sodik, M. A. (2015). *Dasar Metodologi Penelitian*. Yogyakarta: Literasi Media.
- Spiegel M. R., & Stephens, L. J. (2018). *Theory and Problem of Statistics Fourth Edition*. America: McGraw-Hill Companies.
- Sugiyono. (2007). *Statistika Untuk Penelitian*. Bandung: CV Alfabeta.

- Sunartio, L., Sukanto, M. E., & Dianovinina, K. (2012). Social Comparison dan Body Dissatisfaction pada Wanita Dewasa Awal. *Humanitas*, 9(2), 158-168.
- Suryabrata, S. (2014). *Metodologi Penelitian*. Jakarta: PT Raja Grafindo Persada.
- Suryaratri, R. D., & Rangkuti, R. A. A. (2016). *Statistika Deskriptif untuk Psikologi dan Pendidikan*. Jakarta: Fakultas Pendidikan Psikologi
- Suseno, A. O., & Dewi, K. S. (2014). Hubungan antara Ketidakpuasan Bentuk Tubuh dengan Intensi Melakukan Perawatan Tubuh pada Wanita Dewasa Awal. *Jurnal Empati*, 3(3), 1-10.
- Taniguchi, E., & Hubbard, S. E. (2019). Effects of Physical Appearance Social Comparisons and Perceived Attainability of an Ideal Body on Body Dissatisfaction and Weight Management Behaviors Among Young Japanese Women. *Japanese Psychological Research*, doi: 10.1111/jpr.12264.
- Thomas, K., Ricciardelli, L. A., & Williams, R. J. (2000). Gender Traits and Self Concept as Indicators of Problem Eating and Body Dissatisfaction Among Children. *Sex roles*, 43(7-8), 441-458.
- Thomas, K. D. (2013). The Effects Upward and Downward Comparison on a Subsequent Emotion Recognition Task. Cleveland State University.
- Thompson, J. Kevin, & Stice, E. (2001). Thin-ideal internalization: Mounting evidence for a new risk factor for body-image disturbance and eating pathology. *Current Directions in Psychological Science*, 10(5), 181–183.
- Tylka, T.L., & Sabik, N.J. (2010). Integrating Social Comparison Theory and Selfesteem Within The Objectification Theory to Predict Women's Disordereating. *Sex Roles*, 63, 18-31.
- Vander Wal, J. S., & Thelen, M. H. (2000). Predictors of Body Image Dissatisfaction in Elementary-age School Girls. *Eating behaviors*, 1(2), 105-122.
- Vander Wal, J. S., & Thomas, N. (2004). Predictors of Body Image Dissatisfaction and Disturbed Eating Attitudes and Behaviors in African American and Hispanic Girls. *Eating behaviors*, 5(4), 291-301.
- Vartanian, L. R., & Dey, S. (2013). Self-concept clarity, thin-ideal internalization, and appearance-related social comparison as predictors of body dissatisfaction. *Body image*, 10(4), 495-500.

Womantalk. (2018). Survei Menemukan Tingkat Kepuasan Bentuk Tubuh Ideal Bagi Para Millenial. Diakses pada 16 Maret 2020 dari: <https://womantalk.com/health/articles/survei-menemukan-tingkat-kepuasan-bentuktubuh-ideal-bagi-para-millennial-AXgjm>

Wood, J. V. (1989). Theory and Research concerning social comparison of personal attributes. *Psychology Bulletin*, 106, 231-248.

Yovanny, C.P. (2018). *Prediksi Self-esteem terhadap Body Dissatisfaction pada Remaja Wanita*. Skripsi: Fakultas Psikologi, UIN Sultan Syarif Kasim.

Yuanita, H & Sukanto, M. E. (2013). Fenomena Body Dissatisfaction Pada Wanita Anggota Fitness Centre. *Jurnal psikologi teori & terapan*, 4(1), 12-23.

