

## DAFTAR PUSTAKA

- Adams, D., & Hamm, M. (2001). *Literacy in a multimedia age*. Norwood, MA: Christoper Gordon Publishers.
- Ataria, Y., Tanaka, S., & Gallagher, S. (2021). *Body Schema and Body Image: New Directions*. Oxford University Press.
- Andung, P. A. (2019). *Etnografi Media: Potret Budaya Televisi Masyarakat Perbatasan*. Scopindo Media Pustaka.
- Aufderheide, P. (1992). *Media Literacy: A Report of the National Leadership Conference on Media Literacy*. Washington DC: Aspen Institute.
- Barcalow, N. W., Tylka, T. L., & Horvath, C. L. (2010). “But I Like My Body”: Positive body image characteristics and a holistic model for young-adult women. *Body Image*, 7, 106-116.
- Bearman, S. K., Presnall, K., Martinez, E., & Sitce, E. (2006). The skinny on body dissatisfaction: A longitudinal study of adolescent girls and boys. *Journal of Youth and Adolescence*, 35, 217-229.
- Bevilacqua, L. (2000). *Relationship between Body Image Dissatisfaction and Fear of Fatness to Severity of Smoking Behavior in a Non-Clinical Adolescent Population*. Philadelphia College of Osteopathic Medicine.
- Bickham, D. S., & Slaby, R. G. (2012). Effects of a media literacy program in the US on Children's critical evaluation of unhealthy media messages about violence, smoking, food. *Journal of Children and Media*, 6(2), 255-271. Burrowes, N. (2013). *Body Image - a rapid evidence assessment of the literature*. Government Equalities Office.
- Cash, T. F., & Pruzinsky, T. (2002). *Body Image A Handbook of Theory, Research, and Clinical Practice*. New York: The Guilford Press.
- Cash, T. F., & Smolak, L. (2011). *Body Image A Handbook of Science, Practice, and Prevention* (Second ed.). New York: The Guilford Press.
- Casper, R. C., & Offer, D. (1990). Weight and dieting concerns in adolescents: Fashion or symptom? *Pediatrics*, 86, 384-390.

- Chen, D. T., Lin, T., Bin, T., Li, J. Y., & Lee, L. (2018). Establishing the norm of new media literacy of Singaporean students: Implications to policy and pedagogy. *Journal of Computers and Education*, 124, 1-3.
- Dacey, J., & Kenny, M. (2001). *Adolescent development*. USA: Brown & Brenchmark Publishers.
- Davidson, T. E., & McCabe, M. P. (2006). Adolescent Body Image and Psychosocial Functioning. *The Journal of Social Psychology*, 146(1), 15-30.
- Desai, D. V., & Stannard, C. R. (2020). The Analysis of Causes and Effects of Negative Body Image in Adolescent Girls in the U.S. *ITAA Proceedings*. Louisiana: Creative Common.
- Duncan, B. (2006). Media Literacy: Essential Survival Skills for the New Millenium. *School Libraries in Canada*, 25(4), 31-34.
- Departemen Pendidikan Nasional . (2007). Jakarta: Balai Pustaka.
- Erikson, E. H. (1968). *Identity, youth, and crisis*. New York: Norton.
- European Commission. (2007, 20 12). *A European Approach to Media Literacy in the Digital Environment*. Retrieved from EUR-Lex: <https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=celex%3A52007DC0833>
- Fara, E. L. (2017). *Bimbingan Klasikal yang Aktif dan Menyenangkan dalam Layanan Bimbingan dan Konseling*. Rasibook .
- Fatmawaty, R. (2017). Memahami Psikologi Remaja. *Jurnal Reforma Fakultas Keguruan dan Ilmu Pendidikan UNISLA*, 6(2).
- Freud, A. (1958). The Psychoanalytic Study of the Child. *Adolescene*, 13(1), 255-278. Ganesan, S., Ravinshankar, S., & Ramalingam, S. (2018). Are Body Image Issues Affecting Our Adolescents? A Cross-sectional Study among College Going Adolescent Girls. *Indian Journal of Community Medicine : Official Publication of Indian Association of Preventive & Social Medicine*, 43(1).
- Going Adolescent Girls. *Indian Journal of Community Medicine : Official Publication of Indian Association of Preventive & Social Medicine*, 43(1).

- Grogan, S. (1999). *Understanding Body Dissatisfaction In Men, Women And Children*. New York: Routledge.
- Hartini. (2017). Perkembangan Fisik dan Body Image Remaja. *Islamic Counseling*, 1(2).
- Hendriyanti, & Gunarto, B. (2015). Memetakan Literasi Media di Indonesia. *Gerakan Literasi Media Di Indonesia*, , 1-94.
- Hurlock, E. (1990). *Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan* . Jakarta: Erlangga.
- Husna, N. L. (2013). Hubungan antara body image dengan perilaku diet (Penelitian pada wanita di Sanggar Senam Rita Pati). *Developmental and Clinical Psychology*, 2(2).
- Ihromi, T. O. (1999). *Bunga Rampai Sosiologi Keluarga*. Yayasan Obor Indonesia.
- Jahja, Y. (2010). *Psikologi Perkembangan* . Jakarta: Kencana.
- Jones, A. J. (1950). *Principles of Guidance and Pupil Personnel Work* . New York: McGraw-Hill Book Company.
- Kemkes. (2022). *Pengaruh body shaming pada kepercayaan diri remaja*.
- Komisi Penyiaran Indonesia. (2012). *Meretas jalan sosialisasi literasi media di Indonesia*. Jakarta: Komisi Penyiaran Indonesia..
- Kramer-Kile, M. L., Larsen, P. D., & Lubkin, I. M. (2011). "Body Image", in "Chronic Illness: Impact and Intervention". Burlington, MA: Jones & Barlett Learning.
- Krueger, J. I., Vohs, K. D., & Baumeister, R. F. (2008). Is the allure of self-esteem a mirage after all? *American Psychologist*, 63, 64.
- Kumar, K. J. (2019). Media Literacy in India. *The International Encyclopedia of Media Literacy*, 1-6.
- Kurniawati, J., & Baroroh, S. (2016). Literasi Media Digital Mahasiswa Universitas Muhammadiyah Bengkulu. *Jurnal Komunikator*, 8(2).
- Kuther, T. L. (2017). *Lifespan Development: Live in Context* . Los Angeles: SAGE.
- Kurz, M., Rosendahl, J., Rodeck, J., Muehleck, J., & Berger, U. (2021). School-Based Interventions Improve Body Image and Media Literacy in Youth: A

- Systematic Review and Meta-Analysis. *The Journal of Primary Prevention*, 43, 5-23.
- Kusumawati, P. D., & Ragilia, S. (2018). Edukasi Masa Pubertas pada Remaja. *Journal of Community Engagement in Health*, 1(1), 1-3.
- Langlois, J. H., & Stephan, C. W. (1981). Beauty and the beast: The role of physical attractiveness in the development of peer relations and social behavior. *Developmental social psychology: Theory and research*, 152-168.
- Levine, M. P., & Murnen, S. K. (2009). "Everybody know that mass media are/are not a cause of eating disorders": A critivcal review of evidence for a casual link between media, negative body image, and disordered eating in females. *Journal of Social and Clinical Psychology*, 28(1), 9-42.
- Luthfia, A. (2015). Pendidikan Literasi Media untuk Menghadapi Risiko Online dan Jaringan Komunikasi Remaja Internet. *CommLine*, 6(2).
- Muslih, M., Wafa, A., Nurchamid, S., Nadiah, K., & Sunar. (2021). *Inovasi Pendidikan dan Praktik Pembelajaran Kreatif*. Penerbit NEM.
- Mills, J. S., & Alfonso, S. R. (2007). Competition and male of body image: Increased drive for muscularity following failure to female. *Journal of social and clinical psychology*, 26(4), 505-510.
- Mueller, A. S. (2009). *Body image, childhood and adolescence*. Boston: Gale Cengage.
- Papalia, D., Olds, S., & Feldman, R. (2009). *Human Development*. McGraw-Hill Education.
- Papathanasiou, I. V., & Lahana, E. (2007). Adolsence, Sexuality, and Sexual Education. *Health Science Journal*(1), 1-8.
- Prayitno, & Amti, E. (2004). *Dasar-dasar bimbingan dan konseling*. Jakarta: Rineka Cipta.
- Potter, W. J. (2016). *Media Literacy* (8th ed.). SAGE Publication, Inc.
- Pratiwi, P. B. (2012). *Model Bimbingan Literasi Media melalui Iklan untuk Siswa*. Jakarta: Universitas Kristen Satya Wacana Repository.
- Putra, D. E. (2021). *Cara Menjaga Kesehatan Tubuh*. Balingka: SMKN 1 Kota Balingka.

- Putro, K. Z. (2017). Memahami Ciri dan Tugas Perkembangan Remaja. *Jurnal Aplikasi Ilmu-Ilmu Agama*, 17(1), 25-32.
- Ramanda, R. (2020). *Pengembangan Media Video Pengenalan Body Image bagi Remaja dalam Bimbingan Klasikal di Sekolah*. Jakarta: Universitas Negeri Jakarta Repository .
- Reeves, T. C., & McKenney, S. (2012). *Conducting educational design research*. Routledge.
- Retnowati, Y. (2015). Urgensi Literasi Media untuk Remaja sebagai Panduan Mengkritisi Media Sosial. *Jurnal Perlindungan Anak dan Remaja*, 314-331.
- Robins, R. W., Tracey, K. H., Potter, J. L., & Gosling, S. D. (2002). Age differences in self-esteem from age 9 to 20. *Psychology and Aging*, 17, 423-434.
- Samio. (2018). Aspek-Aspek Pertumbuhan dan Perkembangan Peserta Didik. *BEST JOURNAL (Biology Education Science and Technology)*, 1(2), 36-43.
- Santrock, J. W. (2003). *Adolescence*. New York : McGraw Hill.
- Santrock, J. W. (2010). *Life-Span Development* . McGraw-Hill Education.
- Sari, C., & Soejiningsih, C. (2021). Hubungan antara body image dengan perilaku diet pada siswi di SMA Kristen 1 Salatiga. *Journal Psikologi Konseling*, 18(1).
- Sari, N. P., & Setiawan, M. A. (2020). *Bimbingan dan Konseling Perspektif Indigenous*. Deepublish.
- Scharrer, E., & Ramasubramanian, S. (2013). Intervening in the media's influence on stereotypes of race and ethnicity: The role of media literacy education. *Journal of Chemical Information and Modeling*, 53(9), 1689-1699.
- Sefrina, L. R., Elvandari, M., & Rahmatunisa, R. (2018). Faktor-faktor yang berhubungan dengan body image pada remaja di Karawang. *Nutrie Diaita*, 10(2).
- Shontz, F. C. (1974). Body Image and Its Disorders. *International Journal Psychiatry in Medicine*, 5(4).
- Silverblatt, A., & Eliceiri, E. M. (1997). *Dictionary of media literacy*. Westport: CT:

- Silverblatt, A., Smith, A., Miller, D., Smith, J., & Brown, N. (2014). *Media Literacy: Keys to Interpreting Media Messages*. Santa Barbara, CA.
- Simmons, R. G., Rosenberg, F., & Rosenberg, M. (1973). Disturbance in the self-image at adolescence. *American Sociological Review*, 38, 533-568.
- Sitanggang, F. S., Silaban, P. J., Gaol, R. L., & Simarmata, E. J. (2021). Pengaruh pola asuh orang tua terhadap kepribadian siswa pada siswa sekolah dasar. *JURNAL BASICEDU*, V, 2358-2362.
- Slade, P. D. (1994). What is Body Image. *Behaviour, Research, and Therapy*, 32(5), 497-502.
- Sobur, A. (2003). *Psikologi Umum dalam Lintasan Sejarah*. Bandung: CV Pustaka Setia.
- Stevens, E. N., Lovejoy, M. C., & Pittman, L. D. (2014). Understanding the relationship between actual: Ideal discrepancies and depressive symptoms: A developmental examination. *Journal of Adolescence*, 37(5), 612-621.
- Subekti, N. M., Praseyanti, D. K., & Nikmah, A. N. (2020). Gambaran faktor yang mempengaruhi kesiapan dalam menghadapi pubertas pada remaja. *Jurnal Mahasiswa Kesehatan*, 1(2), 159-165.
- Sugiono. (2012). *Metode Penelitian Pendidikan*.
- Swami. (2019). Dimensional Structure, Psychometric Properties, and Sex Invariance of a Bahasa Malaysia (Malay) Translation of the Multidimensional Body-Self Relations Questionnaire—Appearance Scales (MBSRQ-AS) in Malaysian Malay Adults. *Body Image*, 28.
- Tiggemann, M., & Anderberg, I. (2020). Social media is not real: The effect of 'Instagram vs reality' images on women's social comparison and body image. *New Media & Society*, 22(12), 2183-2199.
- Tylka, T. L. (2012). Positive psychology perspective on body image. *Encyclopedia of body image and human appearance*, 2, 657-663.
- Thompson, J. K. (2000). *Body Image, Eating Disorders, and Obesity*. Washington DC: American Psychological Association .

- UNESCO Institute for Statistics. (2010). *Out of School Adolescents*. Montreal.
- Utami, A. S. (2019). *Pengaruh syukur terhadap body image positif pada siswi program keahlian akomodasi perhotelan di SMK Negeri 6 Semarang*. Semarang: UIN Walisongo.
- Valentini, V., & Nisfiannoor, M. (2006). Identity Achievement dengan Intimacy pada Remaja SMA. *Jurnal Provitae*, 2(1).
- Verplanken, B., & Velsvik, R. (2008). Habitual negative body image thinking as psychological risk factor in adolescents. *Body Image*, 5, 133-140.
- Wahdini. (2019). Meningkatkan Keaktifan Siswa dengan Teknik Diskusi dalam Bimbingan Klasikal pada siswa Kelas IX. B SMP Negeri 2 Pujut Tahun Pelajaran 2017/2018. *Jurnal Ilmu Sosial dan Pendidikan*, 3(2).
- Yager, Z., Diedrichs, P. C., Ricciardelli, L. A., & Halliwell, E. (2013). What works in secondary schools? A systematic review of classroom-based body image programs. *Journal of Body Image*, 10(3).
- Yuliandri, P. (2019). *Pentingnya Menjaga Kesehatan Tubuh*. MTS Negeri 1 Mempawah Hilir.
- Whitehead, J. R., & Hoover, J. H. (2000). The link between body issues and behavioral problems. *Reclaiming Children and Youth*, 9, 130-132.
- Wardani, K. W., & Sari, L. D. (2021). Pengembangan buku cerita bergambar digital untuk meningkatkan karakter tanggung jawab siswa sekolah dasar. *JURNAL BASICEDU*, V, 1968-1977.