

DAFTAR PUSTAKA

- Adhitama, F. A. (2021). Pengaruh Perfeksionisme Terhadap Kecenderungan Muscle Dysmorphia pada Pria Dewasa Awal Pengguna Fitness Center di UNP Kediri [Skripsi S1, IAIN Kediri]. <https://etheses.iainkediri.ac.id/4039/>
- Amry, Z. (2011). Uji Normalitas dan Homogenitas Dalam Penelitian Kuantitatif. *Seminar Nasional Pembelajaran Matematika Berbasis ICT yang Menyenangkan dan Berkarakter*. <https://digilib.unimed.ac.id/id/eprint/20607/>
- Anam, M. S. (2020). *Motivasi Penggunaan Skincare Ditinjau dari Self-Image pada Pria di Yogyakarta* [Naskah Publikasi Skripsi S1, Universitas 'Aisyiyah Yogyakarta]. <http://digilib.unisayogya.ac.id/5216/>
- Az Zahra, A. C. A., & Shanti, P. (2021). Body Image pada Remaja Laki-Laki: Sebuah Studi Literatur. *Prosiding Seminar Nasional Dan Call Paper Mahasiswa "Memperkuat Kontribusi Kesehatan Mental Dalam Penyelesaian Pandemi Covid 19: Tinjauan Multidisipliner."* <http://conference.um.ac.id/index.php/psi/article/view/1221>
- Azwar, S. (2012). *Penyusunan Skala Psikologi* (2nd ed.). Pustaka Pelajar.
- Bearman, S. K., Presnell, K., Martinez, E., & Stice, E. (2006). The Skinny on Body Dissatisfaction: A longitudinal study of adolescent girls and boys. *Journal of Youth and Adolescence*, 35(2), 217–229. <https://doi.org/10.1007/s10964-005-9010-9>
- Bernard, H. R. (2013). *Social research methods: Qualitative and Quantitative Approaches*. SAGE.
- Bradley, L. A., Rudd, N., Reilly, A., & Freson, T. (2014). A review of Men's Body Image Literature: What we know, and need to know. *International Journal of Costume and Fashion*, 14(1), 29–45. <https://doi.org/10.7233/ijcf.2014.14.1.029>

- Bucchianeri, M. M., Arikian, A. J., Hannan, P. J., Eisenberg, M. E., & Neumark-Sztainer, D. (2013). Body dissatisfaction from adolescence to young adulthood: Findings from a 10-year longitudinal study. *Body Image, 10*(1), 1–7. <https://doi.org/10.1016/j.bodyim.2012.09.001>
- definition. (2024). In *Cambridge Dictionary*. <https://dictionary.cambridge.org/dictionary/english/definition>
- Dion, J., Blackburn, M., Auclair, J., Laberge, L., Veillette, S., Gaudreault, M., Vachon, P., Perron, M., & Touchette, É. (2014). Development and aetiology of body dissatisfaction in adolescent boys and girls. *International Journal of Adolescence and Youth, 20*(2), 151–166. <https://doi.org/10.1080/02673843.2014.985320>
- Etikan, I. (2017). Sampling and sampling methods. *Biometrics & Biostatistics International Journal, 5*(6). <https://doi.org/10.15406/bbij.2017.05.00149>
- Festinger, L. (1954). A theory of social comparison processes. *Human Relations, 7*(2), 117–140. <https://doi.org/10.1177/001872675400700202>
- Furnham, A., Badmin, N., & Sneade, I. (2002). Body image dissatisfaction: gender differences in eating attitudes, Self-Esteem, and reasons for exercise. *Journal of Psychology (Washington, D.C. Online)/the Journal of Psychology, 136*(6), 581–596. <https://doi.org/10.1080/00223980209604820>
- Ganeswari, 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*(01), 67. <https://doi.org/10.24843/jpu.2019.v06.i01.p07>
- Gendron, J. (2022). *Mass Media and Muscle: The impact of social media on young adult men's everyday experiences and body dissatisfaction - A qualitative inquiry* [MA thesis, University of Missouri-Columbia]. <https://mospace.umsystem.edu/xmlui/handle/10355/94003>

- Gibbons, F. X., & Buunk, B. 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. <https://doi.org/10.1037/0022-3514.76.1.129>
- Grogan, S. (2008). *Body image: Understanding Body Dissatisfaction in Men, Women, and Children*. Psychology Press.
- Hambrick, D. C., & Cannella, A. A. (1993). Relative Standing: A Framework for Understanding Departures of Acquired Executives. *The Academy of Management Journal*, 36(4), 733–762. <https://doi.org/10.2307/256757>
- Heider, N., Spruyt, A., & De Houwer, J. (2018). Body Dissatisfaction Revisited: On the Importance of Implicit Beliefs about Actual and Ideal Body Image. *Psychologica Belgica*, 57(4), 158. <https://doi.org/10.5334/pb.362>
- Holmqvist, K., & Frisén, A. (2009). Body dissatisfaction across cultures: Findings and research problems. *European Eating Disorders Review*, 18(2), 133–146. <https://doi.org/10.1002/erv.965>
- Hülsing, G. M. (2021). *#TriggerWarning: Body image: A qualitative study on the influences of TikTok consumption on the body image of adolescents*. [BSc Thesis, University of Twente]. <https://purl.utwente.nl/essays/86504>
- Indratno, I., & Irwinsyah, R. (1998). Aplikasi Analisis Tabulasi Silang (Crosstab) Dalam Perencanaan Wilayah dan Kota. *Journal of Regional and City Planning*, 9(2), 48–59. <https://journals.itb.ac.id/index.php/jpwwk/article/view/4370>
- Izydorczyk, B., Lipowska, M., Lizińczyk, S., Lipowski, M., & Wojtas, J. (2022). Media pressure and the process of Westernization in the context of body self-assessment among young heterosexual and gay Polish men. *PloS One*, 17(8), e0272907. <https://doi.org/10.1371/journal.pone.0272907>

- Jaeger, M. B., & Câmara, S. G. (2015). Media and life dissatisfaction as predictors of body dissatisfaction. *Paidéia*, 25(61), 183–190. <https://doi.org/10.1590/1982-43272561201506>
- Jankowski, G. S., Gough, B., Fawcner, H., Halliwell, E., & Diedrichs, P. C. (2018). Young men's minimisation of their body dissatisfaction. *Psychology & Health*, 33(11), 1343–1363. <https://doi.org/10.1080/08870446.2018.1496251>
- Karazsia, B. T., Murnen, S. K., & Tylka, T. L. (2017). Is body dissatisfaction changing across time? A cross-temporal meta-analysis. *Psychological Bulletin*, 143(3), 293–320. <https://doi.org/10.1037/bul0000081>
- Kim, J. W., & Chock, T. M. (2015). Body image 2.0: Associations between social grooming on Facebook and body image concerns. *Computers in Human Behavior*, 48, 331–339. <https://doi.org/10.1016/j.chb.2015.01.009>
- Malhotra, N. K. (2006). Questionnaire Design and Scale Development. In *SAGE Publications, Inc. eBooks* (pp. 83–94). <https://doi.org/10.4135/9781412973380.n5>
- Marcos, J. M., Avilés, N. R., Del Río Lozano, M., Cuadros, J. P., & Del Mar García Calvente, M. (2013). Performing masculinity, influencing health: a qualitative mixed-methods study of young Spanish men. *Global Health Action/Global Health Action. Supplement*, 6(1), 21134. <https://doi.org/10.3402/gha.v6i0.21134>
- Munawarah R. A., R. R. (2017). Feeling Of Inferiority Siswa Obesitas di SMPI Khaira Ummah Padang. *Marwah: Jurnal Perempuan, Agama Dan Jender*. <https://ejournal.uin-suska.ac.id/index.php/marwah/article/view/3568>
- Murnen, S. K. (2011). Gender and body images. In T. F. Cash & L. Smolak (Eds.), *Body Image - A Handbook of Science, Practice, and Prevention* (2nd ed.). The Guilford Press.

- musculature. (2024). In *Cambridge Dictionary*.
https://dictionary.cambridge.org/dictionary/english/musculature#google_vignette
- Najla, A. D., & Zulfiana, U. (2022). Pengaruh social comparison terhadap body dissatisfaction pada laki-laki dewasa awal pengguna instagram. *Cognicia*, *10*(1), 64–71. <https://doi.org/10.22219/cognicia.v10i1.20084>
- Ochner, C. N., Gray, J. A., & Brickner, K. (2009). The development and initial validation of a new measure of male body dissatisfaction. *Eating Behaviors*, *10*(4), 197–201. <https://doi.org/10.1016/j.eatbeh.2009.06.002>
- Ozolins, U. (2009). Back translation as a means of giving translators a voice. *DOAJ (DOAJ: Directory of Open Access Journals)*.
<https://doaj.org/article/8d002dd2f50a4b25ae9098df32aca04e>
- Pagano, K., Burns, R., & Galli, N. (2022). The influence of social comparisons on body image in Men: A scoping Review. *New Male Studies*.
<https://newmalestudies.com/OJS/index.php/nms/article/view/341>
- Peng, C., Wu, T., Chen, Y., & Atkin, D. J. (2019). Comparing and modeling via social media: The social influences of fitspiration on male instagram users' work out intention. *Computers in Human Behavior*, *99*, 156–167. <https://doi.org/10.1016/j.chb.2019.05.011>
- Piatkowski, T. M., White, K. M., Hides, L. M., & Obst, P. L. (2020). Australia's Adonis: Understanding what motivates young men's lifestyle choices for enhancing their appearance. *Australian Psychologist*, *55*(2), 156–168. <https://doi.org/10.1111/ap.12451>
- Pingitore, R., Spring, B., & Garfieldt, D. (1997). Gender differences in body satisfaction. *Obesity Research*, *5*(5), 402–409. <https://doi.org/10.1002/j.1550-8528.1997.tb00662.x>

- Primus, M. (2014). Body Dissatisfaction and Males: A Conceptual model. *Scholarly Horizons: University of Minnesota, Morris Undergraduate Journal*, 1(1). <https://doi.org/10.61366/2576-2176.1005>
- Rangkuti, A. A. (2017). *Statistika Inferensial untuk Psikologi dan Pendidikan*. Kencana.
- Rasyid, M. F. A. (2021). Pengaruh Asupan Kalsium terhadap Indeks Masa Tubuh (IMT). *Jurnal Medika Utama*, 1094-1097. <https://jurnalmedikahutama.com/index.php/JMH/article/view/226>
- Ricciardelli, L. A., & McCabe, M. P. (2011). Body image development in adolescent boys. In T. F. Cash & L. Smolak (Eds.), *Body Image - A Handbook of Science, Practice, and Prevention* (2nd ed.). The Guilford Press.
- Saiphoo, A. N., & Vahedi, Z. (2019). A meta-analytic review of the relationship between social media use and body image disturbance. *Computers in Human Behavior*, 101, 259–275. <https://doi.org/10.1016/j.chb.2019.07.028>
- Salmela-Aro, K. (2011). Stages of adolescence. In *Elsevier eBooks* (pp. 360–368). <https://doi.org/10.1016/b978-0-12-373951-3.00043-0>
- Salomon, I. P. (2017). *The Selfie Generation: Examining the Relationship Between Social Media Use and Early Adolescent Body Image* [MS thesis, University of Kentucky]. https://uknowledge.uky.edu/psychology_etds/112/
- Santrock, J. (2011). *Life-Span development*. McGraw-Hill Humanities/Social Sciences/Languages.
- Senoaji, J., Bagaskara, W. P., & Budiarto, R. R. (2021). Representasi Tubuh Ideal Pria dalam Iklan L-Men 2018: Men's Guide. *Jurnal Audiens*, 3(1), 21–30. <https://doi.org/10.18196/jas.v3i1.11743>
- Setiawati, N. A. (2020). *Hubungan antara perbandingan sosial dan citra tubuh pada mahasiswa pengguna media sosial Instagram* [Skripsi S1,

Universitas Islam Negeri Maulana Malik Ibrahim]. <http://etheses.uin-malang.ac.id/19038/>

Spano, S. (2004). Stages of Adolescent Development. In *ACT For Youth Upstate Center of Excellence*. Retrieved July 10, 2024, from http://www.actforyouth.net/resources/rf/rf_stages_0504.pdf

Sugiyono. (2013). *Metode penelitian pendidikan pendekatan kuantitatif, kualitatif dan R&D*. Alfabeta.

Taherdoost, H. (2016). Sampling Methods in Research Methodology; How to Choose a Sampling Technique for Research. *SSRN*. <https://ssrn.com/abstract=3205035>

Talbot, D. (2020). Body Dissatisfaction: The Ideal Body and a Summary of Theories of Development and Maintenance. *PsyArXiv Preprints*. <https://doi.org/10.31234/osf.io/t3jdc>

Van Den Berg, P., Paxton, S. J., Keery, H., Wall, M., Guo, J., & Neumark-Sztainer, D. (2007). Body dissatisfaction and body comparison with media images in males and females. *Body Image*, 4(3), 257–268. <https://doi.org/10.1016/j.bodyim.2007.04.003>

Verrastro, V., Fontanesi, L., Liga, F., Cuzzocrea, F., & Gugliandolo, M. C. (2020). Fear the Instagram: beauty stereotypes, body image and Instagram use in a sample of male and female adolescents. *Qwerty*, 15(1). <https://doi.org/10.30557/qw000021>

Very, P., Lubatkin, M., Calori, R., & Veiga, J. (1997). Relative Standing and the Performance of Recently Acquired European Firms. *Strategic Management Journal*, 18(8), 593–614. <http://www.jstor.org/stable/3088178>

Wahyuni, G. A. K. T. E. & Wilani, N. M. A. (2019). Hubungan antara komparasi sosial dengan citra tubuh pada remaja laki-laki di Denpasar. *Jurnal Psikologi Udayana*, 6(1), 945–954.

https://simdos.unud.ac.id/uploads/file_penelitian_1_dir/7f277ae924dc6dad_b268d8ac603e735a.pdf

Wahyuningsih, W. (2010). Konstruksi kecantikan bagi laki-laki (Studi konstruktivisme tentang pentingnya penampilan dan makna cantik bagi mahasiswa Universitas Sebelas Maret Surakarta) [Skripsi S1, Universitas Sebelas Maret Surakarta].

<https://digilib.uns.ac.id/dokumen/detail/15052/Konstruksi-kecantikan-bagi-laki-laki-Studi-konstruktivisme-tentang-pentingnya-penampilan-dan-makna-cantik-bagi-mahasiswa-Universitas-Sebelas-Maret-Surakarta>

Widhiarso, W. (2010). Catatan Pada Uji Linieritas Hubungan. Retrieved from https://www.researchgate.net/publication/338738691_Catatan_Pada_Uji_Linieritas_Hubungan

Wulandari, P. Y., Suminar, D. R., & Hendriani, W. (2019). Adaptasi dan Validasi Skala Strategi Sibling Conflict. *Jurnal Psikologi*, 18(2), 151-162. <https://doi.org/10.14710/jp.18.2.151-162>

