

DAFTAR PUSTAKA

- Adi, S. L. (2018). *Pengaruh Self Compassion Pada Body Dissatisfaction di Kalangan Remaja Perempuan*. Skripsi. Yogyakarta: Universitas Sanata Dharma.
- Adler, A. (1927). *Understanding Human Nature*. New York: Garden City.
- Aiken, L. R. (2002). *Human Development In Adulthood*. New York: Kluwer Academic Publisher.
- Akhtar, H. (2018). Translation and validation of the Ten-Item Personality Inventory (TIPI) into Bahasa Indonesia. *International Journal of Research Studies in Psychology*, 7(2), 59–69.
- Akhtar, H., & Azwar, S. (2019). Indonesian Adaptation and Psychometric Properties Evaluation of the Big Five Personality Inventory: IPIP-BFM-50. *Jurnal Psikologi*, 46(1), 32.
- Aljadani, H. M. (2019). The correlation between Body Mass Index and Body Image Dissatisfaction and Body Image Perception in young Saudi women. *Progress in Nutrition*, 21(4), 984–991.
- Allen, M. S., Vella, S. A., Swann, C., & Laborde, S. (2016). Personality and the subjective experience of body mass in Australian adults. *Journal of Research in Personality*, 72, 73–79.
- Allen, M. S., & Walter, E. E. (2016). Personality and body image: A systematic review. *Body Image*, 19, 79–88.
- Alwisol. (2009). *Psikologi Kepribadian*. Malang: UMM Press.
- Ananta, A. (2016). Penurunan Body Dissatisfaction Pada Perempuan Dalam Masa Emerging Adulthood Dengan Gratitude Intervention. *Persona: Jurnal Psikologi Indonesia*, 5(2), 160–166.
- Apriyani, I., & Djokosujono, K. (2015). *Faktor-faktor yang Berhubungan dengan Citra Tubuh pada Mahasiswi S1 Reguler Rumpun Sosial dan Humaniora*

Universitas Indonesia Angkatan 2012-2014 Tahun 2015. Skripsi. Depok: Universitas Indonesia.

Atik, G., & Yalcin, I. (2008). Help-seeking attitudes of university students : the role of personality traits and demographic factors. *South African Journal Of Psychology*, 41(3), 328–338.

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.

Benford, K., & Swami, V. (2014). Body image and personality among British men: Associations between the Big Five personality domains, drive for muscularity, and body appreciation. *Body Image*, 11(4), 454–457.

Cahyaningtyas, P. I. (2009). *Hubungan Antara Kecerdasan Emosi dengan Ketidakpuasan Citra Tubuh (Body Dissatisfaction) Pada Remaja Putri*. Skripsi. Surakarta: Universitas Muhammadiyah Surakarta.

Cambridge Disctionary. (2020). Cambridge Dictionary. Retrieved April 9, 2020, from <https://dictionary.cambridge.org/dictionary/dutch-english/volwassen>

Cash, T. F. (2012). Cognitive-Behavioral Perspectives on Body Image. In *Encyclopedia of Body Image and Human Appearance* (Vol. 1, pp. 334–342). Norfolk: Elsevier Inc.

Cash, T. F., & Pruzinsky, T. (2002). *Body Image: A Handbook of Theory, Research, and Clinical Practice*. New York: The Guilford Press.

Cervone, D., & Pervin, L. A. (2013). *Personality Theory and Research* (12th ed., Vol. 53). Jefferson City: Wiley.

Cooper, P. J., & Taylor, M. J. (1988). Body image disturbance in bulimia nervosa. *British Journal of Psychiatry*, 153(2), 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 Disorders*, 6(4), 485–494.

- Cruz-sáez, S., Pascual, A., & Echeburúa, E. (2018). The effect of body dissatisfaction on disordered eating: The mediating role of self-esteem and negative affect in male and female adolescents. *Journal of Health Psychology, 11*(1), 1–11.
- Cuzzolaro, M., & Fassino, S. (2018). *Body Image, Eating, and Weight: A Guide to Assessment, Treatment, and Prevention. Body Image, Eating, and Weight*. Cham: Springer.
- Dewi, R. D. C. (2019). *Executive Function dan Bullying Pada Mahasiswa Di Universitas X Jakarta*. Skripsi. Universitas Negeri Jakarta.
- Deyoung, C. G., Quilty, L. C., Peterson, J. B., & Gray, J. R. (2014). Openness to experience, intellect, and cognitive ability. *Journal of Personality Assessment, 96*(1), 46–52.
- Djaali, H., & Muljono, P. (2008). *Pengukuran dalam Bidang Pendidikan*. Jakarta: Grasindo.
- Febriyanti, R., Junaidi, A., & Pandrianto, N. (2020). Citra Perempuan Di Dalam Majalah Populer (Analisis Wacana Terhadap Artikel Di Majalah Populer Edisi Mei 2019). *Koneksi, 4*(1), 168.
- Feist, J., & Feist, G. J. (2006). *Theories of Personality*. New York: McGraw Hill.
- Feldman, R. S. (2011). *Understanding Psychology* (10th ed.). New York: McGraw Hill.
- Feldman, R. S. (2018). *Development Across the Life Span* (8th ed.). Harlow: Pearson.
- Fernando, M. L. (2019). GAMBARAN CITRA TUBUH PADA WANITA DEWASA AWAL. *Jurnal Ilmiah Psikologi Terapan, 7*(1), 101–118.
- Frederick, D. A., Sandhu, G., Morse, P. J., & Swami, V. (2016). Correlates of appearance and weight satisfaction in a U.S. National Sample: Personality, attachment style, television viewing, self-esteem, and life satisfaction. *Body Image, 17*, 191–203.

- Goldberg, L. R. (1992). The Development of Markers for the Big-Five Factor Structure. *Psychological Assessment*, 4(1), 26–42. <https://doi.org/10.1037/1040-3590.4.1.26>
- Goldberg, L. R. (1993). The Structure of Phenotypic Personality Traits. *American Psychologist*, 48(1), 26–34.
- Grabe, S., & Hyde, J. S. (2006). Ethnicity and body dissatisfaction among women in the United States: A meta-analysis. *Psychological Bulletin*, 132(4), 622–640.
- Green, S. P., & Pritchard, M. E. (2003). Predictors of body image dissatisfaction in adult men and women. *Social Behavior and Personality*, 31(3), 215–222.
- Grogan, S. (2017). *Body Image: Understanding Body Dissatisfaction in Men, Women, and Children* (3rd ed.). New York: Routledge.
- 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.
- Heng, G. W. Y., Hui, C. Y., Ting, T. P., Yin, C. T., & Wider, W. (2016). The Relationship Between Birth Order and The Big Five Personality Dimensions Among Psychology Student In University Malaysia Sabah. In *Seminar Psikologi Kebangsaan III* (pp. 422–428). Kota Kinabalu: University Malaysia Sabah.
- Howard, L. M., Heron, K. E., MacIntyre, R. I., Myers, T. A., & Everhart, R. S. (2017). Is use of social networking sites associated with young women's body dissatisfaction and disordered eating? A look at Black–White racial differences. *Body Image*, 23, 109–113.
- Hurlock, E. B. (1980). *Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan* (5th ed.). Jakarta: Erlangga.
- Ipip.ori.org. (2015). History Of IPIP. Retrieved March 23, 2020, from <https://ipip.ori.org/HistoryOfTheIPIP.htm>

- Irmayanti, A. (2009). *Hubungan antara media exposure, tingkat ketidakpuasan terhadap ukuran bentuk tubuh dan self-esteem remaja putri Jakarta*. Skripsi. Depok: Universitas Indonesia.
- Kartikasari, N. Y. (2013). Body Dissatisfaction Terhadap Psychological Well Being Pada Karyawati. *Jurnal Ilmiah Psikologi Terapan*, 1(2), 304–323.
- Kemendes. (2018). Tabel Ambang Batas Indeks Massa Tubuh (IMT). Retrieved June 25, 2020, from <http://www.p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/tabel-batas-ambang-indeks-massa-tubuh-imt>
- King, L. A. (2017). *The Science Of Psychology* (4th ed.). New York: McGraw Hill.
- Kops, N. L., Bessel, M., Knauth, D. R., Caleffi, M., & Wendland, E. M. (2019). Body image (dis)satisfaction among low-income adult women. *Clinical Nutrition*, 38(3), 1317–1323. <https://doi.org/10.1016/j.clnu.2018.05.022>
- Lokken, K., Ferraro, F. R., Kirchner, T., & Bowling, M. (2003). Gender differences in body size dissatisfaction among individuals with low, medium, or high levels of body focus. *Journal of General Psychology*, 130(3), 305–310.
- Lubkin, I. M., & Larsen, P. D. (2013). *Chronic illness Impact And Intervention. Where Medicine Fails* (8th ed.). Burlington: Jones & Bartlett Learning. <https://doi.org/10.4324/9781351299244-3>
- Lwanga, S. K., & Lemeshow, S. (1991). *Sample Size Determination in Health Studies: A Practical Manual*. Geneva: World Health Organization.
- Margaretta, A., & Rozali, Y. A. (2018). Perbedaan Body Image Ditinjau Dari Jenis Kelamin Pada Anggota Clark Hatch Fitness Center. *Fakultas Psikologi Universitas Esa Unggul E-Journal*, 903, 1–10.
- Maria, H., Prihanto, F. X. S., & Sukanto, M. E. (2001). Hubungan Antara Ketidakpuasan Terhadap Sosok Tubuh (Body Dissatisfaction) dan Kepribadian Narsistik Dengan Gangguan Makan (Kecenderungan Anorexia Nervosa dan Bulimia Nervosa). *Indonesian Psychological Journal*, 16(3),

272–289.

- Mauna, & Shabur, M. I. (2017). Big Five Personality Terhadap Komitmen Organisasi Dosen Universitas Negeri Jakarta. *Jurnal Penelitian Dan Pengukuran Psikologi*, 6(1), 48–60.
- McLaren, L., & Kuh, D. (2004). Women's body dissatisfaction, social class, and social mobility. *Social Science and Medicine*, 58(9), 1575–1584.
- Mellor, D., McCabe, M., Ricciardelli, L., Yeow, J., Daliza, N., & Hapidzal, N. F. bt M. (2009). Sociocultural influences on body dissatisfaction and body change behaviors among Malaysian adolescents. *Body Image*, 6(2), 121–128.
- Neighbors, L. A., & Sobal, J. (2007). Prevalence and magnitude of body weight and shape dissatisfaction among university students. *Eating Behaviors*, 8(4), 429–439.
- Octavia, C. F. (2017). *Hubungan Big Five Personality dan Dukungan Sosial Suami dengan Body Image pada Perempuan dalam Periode Postpartum*. Skripsi. Surabaya: Universitas Surabaya.
- Odgen, J. (2007). *The Psychology Of Eating: From Healthy to Disordered Behaviour* (2nd ed.). Chichester: Wiley-Blackwell.
- Ogden, J., & Taylor, C. (2000). Body Dissatisfaction Within Couples. *Journal of Health Psychology*, 5(1), 25–32.
- Papalia, D. E., Olds, S. W., & Feldman, R. D. (2004). *Human Development* (10th ed.). Jakarta: Salemba Humanika.
- Pietro, M. Di, & Silveira, D. X. da. (2009). Internal validity, dimensionality and performance of the Body Shape Questionnaire in a group of Brazilian college students. *Rev Bras Psiquiatr*, 31(1), 21–24.
- Primaningtyas, W., Putri, A. A. A. K. E. N., & Hastuti, H. (2019). Body Image and Religiosity in Adolescents: a Comparison Between Public and Private High School Students. *Smart Medical Journal*, 2(2), 98–103.
- Ramdhani, N. (2012). Adaptasi Bahasa dan Budaya Inventori Big Five. *Jurnal*

Psikologi, 39(2), 189–207.

Rangkuti, A. A. (2017). *Statistika Inferensial untuk Psikologi dan Pendidikan*. Jakarta: Kencana.

Riadi, E. (2016). *Statistika Penelitian (Analisis Manual dan IBM SPSS)*. Yogyakarta: Andi Offset.

Ridwan, K., Febriani, Z., & Marhamah, S. (2017). Hubungan antara Body Image dengan Self Esteem pada Wanita Dewasa Muda Pasca Melahirkan di Jakarta Serta Tinjauannya dalam Islam. *Jurnal Psikogenesis*, 5(1), 1–10.

Roberts, A., & Good, E. (2010). Eating Behaviors Media images and female body dissatisfaction: The moderating effects of the Five-Factor traits. *Eating Behaviors*, 11(4), 211–216.

Roccas, S., Sagiv, L., Schwartz, S. H., & Knafo, A. (2002). The Big Five personality factors and personal values. *Personality and Social Psychology Bulletin*, 28(6), 789–801.

Rosalinda, I., & Fricilla, N. (2015). Fear of Negative Appearance Evaluation Terhadap Citra Tubuh Wanita. *Jurnal Penelitian Dan Pengukuran Psikologi*, 4(2), 49–58.

Runfola, C. D., Von Holle, A., Trace, S. E., Brownley, K. A., Hofmeier, S. M., Gagne, D. A., & Bulik, C. M. (2013). Body dissatisfaction in women across the lifespan: Results of the UNC-SELF and gender and body image (GABI) studies. *European Eating Disorders Review*, 21(1), 52–59.

Sangadji, E. M., & Sopiiah. (2010). *Metodologi Penelitian: Pendekatan Praktis dalam Penelitian*. Yogyakarta: Penerbit Andi.

Santrock, J. W. (2011). *Life Span Development* (13th ed.). New York: McGraw Hill.

Sari, G. E. P. (2010). *Perbedaan Ketidakpuasan Terhadap Bentuk Tubuh Ditinjau Dari Strategi Koping Pada Remaja Wanita di SMA Negeri 2 Ngawi*. Skripsi. Surakarta: Universitas Sebelas Maret.

- Soohinda, G., Mishra, D., Sampath, H., & Dutta, S. (2019). Body dissatisfaction and its relation to Big Five personality factors and self-esteem in young adult college women in India. *Indian Journal of Psychiatry*, *61*(4), 400–404.
- Strus, W., Cieciuch, J., & Rowiński, T. (2014). The polish adaptation of the IPIP-BFM-50 questionnaire for measuring five personality traits in the lexical approach. *Roczniki Psychologiczne*, *17*(2), 327–366.
- Sukanto, M., Hamidah, & Fajrianti. (2019). “Can I Look Like Her?”: Body Image of Adolescent Girls who Use Social Media. *Makara Human Behavior Studies in Asia*, *23*(1), 60–72.
- Sumanty, D., Sudirman, D., & Puspasari, D. (2018). Hubungan Religiusitas dengan Citra Tubuh pada Wanita Dewasa Awal. *Jurnal Psikologi Islam Dan Budaya*, *1*(1), 9–28.
- Suseno, A. O., & Dewi, K. S. (2014). Hubungan Antara Ketidakpuasan Bentuk Tubuh Dengan Intensi Melakukan Perawatan Tubuh Pada Wanita Dewasa Awal. *Empati*, *3*(3), 20–31.
- Swami, V., Taylor, R., & Carvalho, C. (2011). Body dissatisfaction assessed by the Photographic Figure Rating Scale is associated with sociocultural, personality, and media influences. *Scandinavian Journal of Psychology*, *52*(1), 57–63.
- Topbrand-award.com. (2019). Top Brand Index. Retrieved March 23, 2020, from <https://www.topbrand-award.com/en/top-brand-index-int/>
- 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.
- Wardle, J., & Griffith, J. (2001). Socioeconomic status and weight control practices in British adults. *Journal of Epidemiology and Community Health*, *55*(3), 185–190.
- Weinberger, N. A., Kersting, A., Riedel-Heller, S. G., & Luck-Sikorski, C. (2016). Body Dissatisfaction in Individuals with Obesity Compared to

Normal-Weight Individuals: A Systematic Review and Meta-Analysis. *Obesity Facts*, 9(6), 424–441.

Wijanto, & Ulfa, I. F. (2016). Pengaruh Status Sosial dan Kondisi Ekonomi Keluarga terhadap Motivasi Bekerja bagi Remaja Awal (Usia 12-16 Tahun) di Kabupaten Ponorogo. *Al Tijarah*, 2(2), 190–210.

Williams, R. J., & Ricciardelli, L. A. (2014). Social Media and Body Image Concerns: Further Considerations and Broader Perspectives. *Sex Roles*, 71(11–12), 389–392.

Williamson, D. A., Gleaves, D. H., Watkins, P. C., & Schlundt, D. G. (1993). Validation of self-ideal body size discrepancy as a measure of body dissatisfaction. *Journal of Psychopathology and Behavioral Assessment*, 15(1), 57–68.

