SELF-COMPASSION DAN DUKUNGAN SOSIAL TERHADAP CITRA TUBUH PADA REMAJA YANG MENGIKUTI STANDAR PENAMPILAN MEDIA SOSIAL

Fazada Kurnia Masyi'ta[1], Wening Wihartati[2], Nikmah Rochmawati[3]
Universitas Islam Negeri Walisongo; Jalan Prof. DR. Hamka Semarang 50185, Telp./Fax (024) 7601292
e-mail: fazadakurnia@gmail.com[1], wening_wihartati@walisongo.ac.id[2], anyelir095@gmail.com[3]

ABSTRAK

Citra tubuh yang negatif dapat dipengaruhi oleh standar ideal di media sosial. Penelitian ini bertujuan untuk menguji secara empiris pengaruh *self-compassion* dan dukungan sosial terhadap citra tubuh. Subjek berjumlah 297 yang diambil menggunakan teknik *accidental sampling*. Metode analisis menggunakan uji regresi linier berganda. Hasil penelitian ini adanya pengaruh antara *self-compassion* terhadap citra tubuh pada remaja yang mengikuti standar penampilan media sosial dengan nilai signifikansi 0,000, dan terdapat pengaruh antara dukungan sosial terhadap citra tubuh pada remaja yang mengikuti standar penampilan media sosial dengan nilai signifikansi 0,000, kemudian terdapat pengaruh antara *self-compassion* dan dukungan sosial terhadap citra tubuh pada remaja yang mengikuti standar penampilan media sosial di SMK Muhammadiyah 03 Weleri dengan nilai signifikansi 0,000 (p 0,000 < 0,05) dan sumbangan efektif sebesar 18,9%. Disimpulkan bahwa *self-compassion* dan dukungan sosial berpengaruh secara signifikan citra tubuh pada remaja yang mengikuti standar penampilan media sosial di SMK Muhammadiyah 03 Weleri. Hasil penelitian ini dapat membantu mengatasi permasalahan terkait dengan citra tubuh yang negatif. Selain itu juga dapat menjadi pertimbangan bagi remaja.

Kata kunci: *self-compassion; dukungan sosial; citra tubuh*

ABSTRACT

Negative body image can be influenced by ideal standards on social media. This study aims to empirically examine the effect of self-compassion and social support on body image. There were 297 subjects taken using accidental sampling technique. The analytical method uses multiple linear regression tests. The results of this study are the influence of self-compassion on body image in adolescents who follow social media appearance standards with a significance value of 0.000, and there is an influence between social support on body image in adolescents who follow social media appearance standards with a significance value of 0.000, then there is an influence between self-compassion and social support on body image in adolescents following social media appearance standards at Muhammadiyah 03 Weleri Vocational School with a significance value of 0.000 (p 0.000 <0.05) and an effective contribution of 18.9%. It was concluded that self-compassion and social support significantly influence body image in adolescents who follow social media appearance standards at SMK Muhammadiyah 03 Weleri. The results of this study can help overcome problems related to negative body image. Besides that, it can also be a consideration for teenagers.

Keywords: self-compassion; social support; body image

The Introduction

Body image is the associated acceptance, beliefs, thoughts, emotions, and behaviors of an individual with one's body, including one's body, self-awareness, and attitude (Cash & Pruzinsky,

2002: 56). However, interest in physical appearances can drive comparisons of appearances according to the ideal body type with other people around the individual and on social media (Aristantya & Helmi, 2019:115).

A study by (…..) in Indonesia ound that around 90% of men and 88% of women expressed dissatisfaction with their bodies and wanted to change some aspects of them. Based on research that has been done previously, to the women with an age range of 18-25 years old, 40% of the respondents experience body image dissatisfaction in the high category and 38% in the medium category (Kartikasari, 2013: 315).

Too frequent use of social media results in self-comparison with others and makes individuals have a negative body image. This is shown from the existing data from APJII (Association of Indonesian Internet Service Providers) that mentioned overall internet use in 2021-2022 has increased by 77.02% with frequently accessed internet content, namely social media by 89.15% (APJII , 2022: 10). According to a study by the Pew Internet & American Life Project (2015), social media provides an opportunity to compare the way a person on social networks with sustained exposure and the power of social networks to do more harm is more impactful than traditional social media in general.

Too frequent use of social media results in self-comparison with others and makes individuals have a negative body image. Negative body image can affect our mental health such as anxiety, depression, eating disorders. Teenagers who are negative about their body image are prone to problems in their lives. This new problem can cause stress related to body image and interfere with their activities. One of the consequences that often encounter is teenagers consuming unhealthy foods such as skipping meals, fasting for days, vomiting profusely, and taking diet pills. Following a strict diet allows adolescents to develop standards of good looks and to compare their appearance with established standards. Albertson, Neff, and Shackelford (2014) found that self-compassion was very effective in overcoming feelings of physical dissatisfaction in individuals, and individuals were more likely to assess their condition. In addition to self-compassion, there are also things that can cause individuals to have a positive body image, namely the social environment. Social support affects the environment to meet psychological, physical and material needs (Mattson & Hall, 2011: 56). Therefore, adolescents feel they need help from the social environment to improve their mental state related to body image dissatisfaction.

Based on the description above the objectives of this study are: First, to empirically test the effect of self-compassion on body image in adolescents who follow social media appearance standards at SMK Muhammadiyah 03 Weleri. Second, toempiricallytest the effect of social support on body image in adolescents who follow social media appearance standards at SMK

Muhammadiyah 03 Weleri. Third, to empirically testthe effect of self-compassion and social support on body image in adolescents who follow social media appearance standards at SMK Muhammadiyah 03 Weleri.

Methods

This study used quantitative methods, and the data analysis method used was multiple linear regression analysis. This study used three variables, namely body image as the dependent variable (Y), while self-compassion (X1) and social support (X2) as independent variables (X). The population in this study were students at SMK Muhammadiyah 03 Weleri, 1,352 students. The sampling technique used in this study is the nonprobability sampling technique in the form of accidental sampling. From a total population of 1,352, if seen from the table of Isaac and Michael with an error rate of 5%, the number of samples in this study were 297 respondents. This study uses data analysis techniques in the form of assumption tests and hypothesis testing. Assumption tests include normality tests using the one sample Kolmogorov-Smirnov technique, linearity tests using the Test for Linearity, and multicollinearity tests in the study confirmed by the Tolerance and Variance Inflation Factor (VIF) values.

Result

Based on the research results, the descriptive data presented in table 1 shows that the body image variable shows a minimum value of 24 and a maximum value of 58 with a mean value of 40.99 and a standard deviation of 5.896. The self-compassion variable shows a minimum value of 21 and a maximum value of 84 with a mean value of 60.06 and a standard deviation of 8.072. The social support variable shows a minimum value of 44 and a maximum value of 104 with a mean value of 74.57 and a standard deviation of 10.630. As for the body image variable (Y), the frequency for the low category is 45 people or 15.2%, for the medium category it is 193 people or 65.0%, and for the high category it is 59 people or 19.9%. So it can be concluded that the body image of adolescents who follow performance standards is mostly in the moderate category, namely 193 respondents (65.0%). The self-compassion variable (X2) for the low category was 33 people or 11.1%, for the medium category it was 222 people or 74.7%, and for the high category it was 42 people or 14.1%. So it can be concluded that the majority of self-compassion in adolescents who follow performance standards are in the moderate category, namely 222 respondents (74.7%). And the frequency social support variable for the low category is 40 people or 13.5%, for the medium category is 212 people or 71.4%, and for the high category is 45 people or 15.2%. So it can be concluded that social support

for adolescents who follow performance standards is mostly in the moderate category, namely 212 respondents (71.4%) of a total of 297 respondents.

Tabel 1.

	Citra Tubuh	Self-Compassion	Dukungan Sosial
N	297	297	297
Mean	40,99	60,06	74,57
SD	5,896	8,072	10,630
Min.	24	21	44
Maks.	58	84	104
Low Category	45 (15,2%)	33 (11,1%)	40 (13,5%)
Medium Category	193 (65,0%)	233 (74,7%)	212 (71,4%)
High Category	59 (19,9%)	42 (14,1%)	45 (15,2%)

The results of the assumption test in this study were in the form of a normality test using the one sample Kolmogorov-Smirnov technique showing that the data were normally distributed, it was proven that in this study it had a significance value of 0.200 ($p > 0.05$). As for the linearity test in this study using the Test for Linearity, the self-compassion variable with body image has a sig value. 0.000 ($p > 0.05$), so does the social support variable with body image which also has a sig value. 0.000 ($p > 0.05$). It can be concluded that there is a linear relationship between self-compassion and social support variables with body image. Furthermore, the multicollinearity test in this study can be confirmed through the Tolerance and Variance Inflation Factor (VIF) values, showing the results that the Tolerance value of the self-compassion variable and social support is 0.992 where the value is $\geq$ 0.1. Meanwhile, the VIF value of the self-compassion and social support variable was 1.008 where the value was $\leq$ 10. It can be concluded that the self-compassion and social support variables do not have symptoms of multicollinearity.

The hypothesis test used in this study used multiple linear regression analysis. It can be seen from table 2 that the first hypothesis was accepted. This is shown in the results of the p-value (sig.) of self-compassion which is 0.000 ($p \leq 0.05$), so that it is partially concluded that there is an effect of self-compassion on body image in adolescents who follow social media appearance standards at SMK Muhammadiyah 03 Weleri . Furthermore, the results show that the second hypothesis is accepted. This is shown in the results of the p-value (sig.) of social support is 0.000 ($p \leq 0.05$), so it can be concluded that partially there is an effect of social support on body image in adolescents who follow standard of appearance on social media at SMK Muhammadiyah 03 Weleri. Furthermore, as

seen from table 3 shows the results that the third hypothesis is accepted, shown the results of the p-value (sig.) of 0.000 ($p \leq 0.05$). So the hypothesis is simultaneously accepted, which means that there is an effect of self-compassion and social support on body image in adolescents who follow social media appearance standards at SMK Muhammadiyah 03 Weleri.

Tabel 2. Partial Hypothesis Test Results

Coefficients

Model		Unstandardized Coefficients B	Std. Error	Standardized Coefficients Beta	T	Sig.
1	(Constant)	47.780	3.321		14.386	.000
	X1	-.265	.038	-.363	-6.899	.000
	X2	-.122	.029	-.220	-4.193	.000

Tabel 3. Simultaneous Hypothesis Test Results

ANOVAª

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	1999.281	2	999.641	35.449	.000b
	Residual	8290.665	294	28.200		
	Total	10289.946	296			

Based on the test table for the coefficient of determination in table 4, to see how much influence the variables self-compassion and social support have on body image can be seen in the Adjusted R Square column, which is equal to 0.189 or 18.9%. This shows that 18.9% of body image is influenced by variations of the two independent variables used, namely self-compassion and social support. Meanwhile, 81.1% is influenced by other factors not examined in this study.

Tabel 4. Determination Coefficient Test Results (Adjusted R Square)

Model Summaryᵇ

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.441ª	.194	.189	5.310

a. Predictors: (Constant), X2, X1
b. Dependent Variabel: Y

Discussion

Based on the results of the hypothesis testing that has been done it was found that first, the researcher showed a p-value (sig.) 0.000 <0.05 which means that the first hypothesis was accepted, so it was concluded that self-compassion (X1) partially has a significant effect on body image (Y) in adolescents who follow social media appearance standards at SMK Muhammadiyah 03 Weleri. This research is supported by the results of a research study conducted by Sari et al. in 2022 that self-compassion has a close relationship with body image in adolescents. Self-compassion has a negative and significant relationship with individual body image so that if the individual's level of self-compassion is high, the individual's body image will be low. This is in line with the theory put forward by Ceyhan that self-compassion is a factor affecting body image (Neff, 2003).

Self-compassion is the best way to achieve emotional well-being and satisfaction in individual life. Always provide kindness and comfort. Self-compassion is defined as compassion that can be extended to oneself when suffering occurs through no fault of the individual itself when the external circumstances of life are very difficult to accept (Neff, 2011: 4). According to Neff (2003), that self-compassion can help individuals have a more positive body image. Albertson, Neff, and Shackelford (2014) found that self-compassion was very effective in overcoming feelings of physical dissatisfaction in individuals, and individuals were more likely to judge their condition. Neff (2014: 2) states that self-compassion tends to reduce body dissatisfaction because being kind, gentle, and self-aware rather than judging directly fights the root of physical dissatisfaction, the tendency to criticize our bodies instead of accepting them as they are and the humanity that embodies them. . Self-compassion should help individuals view their physical appearance from a broader and more inclusive perspective that reduces physical frustration and body-related shame.

Second, based on the results of the categorization analysis of social support variables for students at SMK Muhammadiyah 03 Weleri that 45 students (15.2%) belong to the high category, 212 students (71.4%) fall into the medium category, and 40 students (13.5 %) belong to the low category. According to these data it was concluded that most of the subjects had moderate levels of social support. Based on the results of the hypothesis testing that has been done, the researcher shows a p-value (sig.) 0.000 <0.05, which means that the hypothesis is accepted, so it is concluded that social support (X2) partially has a significant effect on body image (Y) in adolescents who following social media appearance standards at SMK Muhammadiyah 03 Weleri.

This research is supported by study conducted by Aristantya and Helmi (2019) which shows social support has a close relationship with body image experienced by adolescents. Social support has a negative and significant relationship with individual body image so that if the level of social support owned by an individual is high, the individual's body image will be low. This is in line with the theory put forward by Ceyhan that social support is a factor affecting body image (Ceyhan & Kurtyilmaz, 2012: 85).

Social support is defined when individuals believe that individuals are loved, valued, and are part of social networks such as family, close people, and friends who can help when needed so that social support acts in a way that is truly positive or supported by others (Sarafino & Smith 2014: 83). In line with what Baron stated, social support states that social support is physical and psychological comfort from family, friends, and the surrounding environment to individuals (Baron, 2020: 96). One of the factors that can affect self-confidence in adolescents is social support. The support provided includes emotional support, appreciation support, instrumental support, information support, and social network support. Emotional support is given in the form of care and attention when individuals face difficulties. Appreciation support is given in the form of encouragement to move forward such as giving positive expressions and accepting all the weaknesses and strengths they have. Instrumental support, namely providing assistance in the form of services and materials. Information support is provided in the form of giving advice and participating in finding solutions when individuals face a problem. Meanwhile, social network support is the provision of assistance such as providing a sense of togetherness and participating in group activities. Individuals who have high social support will find it easier to carry out social relationships and have satisfaction with their bodies so that they will be more confident, but conversely individuals who have low social support tend to feel lacking in self-confidence. This self-doubt means that the individual is not free psychologically and is always bound by feelings of anxiety, worry and is always dissatisfied with his physical condition. This is what causes individuals with low social support to feel insecure about their appearance because individuals feel disliked by others. When a person gets social support from the people around him, the individual will believe that he is very valuable, loved and does not feel alone. Thus, individuals can rise from adversity when experiencing pressure in their lives (Anwar et.al, 2022: 90).

Third, the results of the third hypothesis show that the independent variables affect the dependent variable simultaneously based on the ANOVA table with a significance value of 0.000 <0.05. This means that the variables of self-compassion and social support simultaneously influence body image in adolescents who follow social media appearance standards at SMK Muhammadiyah

03 Weleri. Based on the results of the Adjusted R Square value in the Summary model table of 0.189 or 18.9%. So it can be concluded that the effect of self-compassion and social support on body image is 18.9%. Meanwhile, 81.1% is influenced by other factors such as self-esteem, comparison with other people, family, interpersonal relationships which cannot be mentioned in this study.

Body image is defined as how individuals experience the embodiment of individual body shape, especially in one's physical appearance. Body image can also include experiences related to the competency of one's physical function and biological characteristics (Cash, 2012: 334). Body image is expanded as a picture of the body that the individual forms in the individual's own thoughts about the shape and size of his body (Slade, 1994: 497). A person's body image can also affect his ability to relate to other people and will also affect how other people respond to him.

Self-compassion and social support are the basis for growing body image in adolescents who follow social media performance standards well, so that if the level of self-compassion and social support has a high level, the self-confidence of students will also be high. Conversely, if self-compassion and social support have low levels, the body image of female students will also be low. Self-compassion and high social support allow adolescents to have a positive body image so that individuals will be more self-confident which is considered important for achieving self-actualization according to their own needs. This is in accordance with Maslow's theory of the hierarchy of need where self-confidence is an individual's capital to be able to achieve self-actualization.

This research has achieved its goal, namely to prove and strengthen the theory with the reality that actually happened which was stated earlier, namely, if adolescents have low self-compassion, the lower their body image will be. In addition, this study also proves that if adolescents have positive social support, body image will also be high. There is no research that specifically addresses three variables simultaneously, namely self-compassion, social support and body image. Previous research only discussed two related variables which were only references, namely discussing self-compassion with body image or social support with body image. This research was conducted at Muhammadiyah 03 Weleri Vocational School, which had not previously been used as a place for research on self-compassion and social support for body image by other researchers. Therefore the researchers conducted research related to these variables for research renewal. But in this study, there were limitations, including the limited time of the research so that the information the researchers got was limited, the researchers also paid little attention to other external factors that could affect body image such as comparisons with other people, family, interpersonal relationships and so on. other.

The explanation above shows the results of research conducted by researchers and supported by the results of previous studies, so it can be concluded that the link between self-compassion and

social support has a significant effect on body image in adolescents who follow social media performance standards, as formulated in third hypothesis.

Conclusion

This research is a study that examines the influence of self-compassion and social support as independent variables and body image as the dependent variable. This study shows that the level of body image, self-compassion and social support in adolescents who follow social media appearance standards at SMK Muhammadiyah 03 Weleri are mostly at moderate levels. Based on the data obtained from this study, it can be concluded that there is an influence between self-compassion and social support on body image. So it can be said that the independent variables in this study can contribute to the formation of body image variables. In conclusion, self-compassion has a significant effect on body image in adolescents who follow social media appearance standards at Muhammadiyah 03 Weleri Vocational School as well as social support has a significant effect on body image on adolescents who follow social media appearance standards at Muhammadiyah 03 Weleri Vocational School, therefore it can be concluded that self-compassion and social support significantly influence body image in adolescents who follow social media appearance standards at SMK Muhammadiyah 03 Weleri.

Suggestions

For research subjects, the results of this study can help overcome problems related to negative body image. Apart from that, it can also be a consideration for subjects, especially teenagers so that they are able to increase self-confidence. The results showed that the majority of subjects had moderate levels of self-compassion, so it was expected that subjects could increase their self-compassion, as well as subjects who had moderate levels of social support, so subjects needed to increase social support. Therefore, it is necessary to increase self-compassion and the existence of social support from people around so that the subject will be better able to overcome the problem of negative body image.

For people around, the results of this study can provide insight so that they can provide good care and social support for people around them. So that individuals who are in a period of identity versus role confusion can minimize negative body image.

For families, the results of this study can provide encouragement and concern to provide social support within a family so that individuals are always confident in their puberty which can minimize negative body image.

For future researchers who have an interest in choosing the same topic, in order to further expand the discussion, add bibliographical references, as well as other variables that affect adolescent age. In addition, further researchers are advised to be able to use other variables related to body image variables such as self-esteem and self-confidence.

References

Ahmet, A. K. I. N. (2012). The online journal of counselling and education.

Albertson, E. R., Neff, K. D., & Dill-Shackleford, K. E. (2015). Self-compassion and body dissatisfaction in women: A randomized controlled trial of a brief meditation intervention. mindfulness, 6(3), 444- 454. http://doi.org/10.1007/s12671-014-0277-3.

Andromeda, N., & Kristant, E. P. (2017). Hubungan antara loneliness dan perceived social support dan intensitas penggunaan social media pada mahasiswa. PSIKOVIDYA, 21(2). http://doi.org/10.37303/psikovidya.v21i2.84

Anggraheni, R. D., & Rahmandani, A. (2019). Hubungan antara self-compassion dan citra tubuh pada mahasiswi program S-1 Manajemen Universitas Katolik Soegijapranata Semarang. Jurnal Empati, 8(1), 166-172. https://doi.org/10.14710/empati.2019.23591.

Anwar, C., Rochmawati, N., & Aini, D. K. (2022). Self-Esteem and social support are needed to increase the resilience of student's mothers. Sawwa: Jurnal Studi Gender, 17(1), 77-96. https://doi.org/10.21580/sa.v17i1.10509

APJII, B. (2020). Apjii. In Asosiasi penyelenggara jasa internet indonesia (Vol. 74, p. 1). https://apjii.or.id/content/read/104/503/BULETIN-APJII-EDISI-74---November-2020

APJII, B. (2022). Hasil survey profil internet indonesia 2022. Apji.or.Od, June. apji.or.id

Aristantya, E. K., & Helmi, A. F. (2019). Citra tubuh pada remaja pengguna instagram. Gadjah Mada Journal of Psychology (GamaJoP), 5(2), 114-128. 10.22146/gamajop.50624

Awang, M. M., Kutty, F. M., & Ahmad, A. R. (2014). Perceived social support and well being: First-year student experience in university. International Education Studies, 7(13), 261-270. http://dx.doi.org/10.5539/ies.v7n13p261

Azwar, S. (2015). Penyusunan skala psikologi (ed.2). Pustaka Belajar

Azwar, S. (2018). Metode penelitian psikologi. Pustaka Belajar

Azwar, S. (2019). Reliabilitas dan validitas edisi 4. Pustaka Pelajar.

Cash, T. F., & Fleming, E. C. (2002). The impact of body image experiences: Development of the body image quality of life inventory. International Journal of Eating Disorders, 31(4), 455-460. https://doi.org/10.1002/eat.10033

Cash, T. F., & Pruzinsky, T. E. (1990). Body images: Development, deviance, and change. Guilford Press.

Cash, T. F., Pruzinsky, T., Grazer, F. M., & Sorensen, C. L. (1991). Body images: Development, deviance,

and change. Plastic and Reconstructive Surgery, 88(2), 367.

Ceyhan, A., Ceyhan, E., & Kurtyilmaz, Y. (2012). The effect of body image satisfaction on problematic internet use through social support, problem solving skills and depression. The Online Journal of Counselling and Education, 1(3), 83-95.

Erismadewi, P. P. A., Swedarma, K. E., & Antari, G. A. A. (2022). Hubungan welas asih diri dengan citra tubuh pada remaja di SMA Negeri 2 Semarapura. Community of Publishing in Nursing (COPING), 1, 38–45.

F., Ayu, I., Brahmini, B., & Supriyadi, D. (2019). Kontribusi intensitas komunikasi di media sosial instagram terhadap citra tubuh remaja perempuan pelajar SMA di Denpasar. In Jurnal Psikologi Udayana (Vol. 6, Issue 1).

Grogan, S. (2006). Body image and health: Contemporary perspectives. Journal of health psychology, 11(4), 523-530. http://10.1177/1359105306065013

Hasibuan, M. A. I., Anindhita, N., Maulida, N. H., & Nashori, H. F. (2018). Hubungan antara amanah dan dukungan sosial dengan kesejahteraan subjektif mahasiswa perantau. Psikohumaniora: Jurnal Penelitian Psikologi, 3(1), 101-116. http://dx.doi.org/10.21580/pjpp.v3i1.2214

Lim, M. T. A. F., & Kartasasmita, S. (2019). dukungan internal atau eksternal; Self-compassion dan perceived social support sebagai prediktor stres. Jurnal Muara Ilmu Sosial, Humaniora, dan Seni, 2(2). https://doi.org/10.24912/jmishumsen.v2i2.1587.

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.

Martiyana, A., & Satyawan, I. A. (2019). Pengaruh intesitas penggunaan media, konsep harga diri, terhadap konstruksi identitas diri remaja dalam kehidupan media sosial instagram.

Nasiha, N. F. (2017). Pengaruh penggunaan media sosial instagram terhadap citra tubuh mahasiswa Fakultas Ushuluddin Adab dan Dakwah Iain Ponorogo Tahun 2016. Dialogia: Islamic Studies and Social Journal, 15(2), 333-351.

Natari, D. A. M. (2016). Studi deskriptif mengenai body image pada wanita usia dewasa awal yang aktif menggunakan media sosial di Kota Bandung (Doctoral dissertation, Fakultas Psikologi (UNISBA)).

Neff, K. D. (2003). The development and validation of a scale to measure self-compassion. Self and identity, 2(3), 223-250. https://doi.org/10.1080/15298860390209035.

Neff, K. D. (2011). Self-compassion, self-esteem, and well-being. Social and personality psychology compass, 5(1), 1-12.

Neff, K. D. (2016). The Self-compassion scale is a valid and theoretically coherent measure of self-compassion. Mindfulness, 7(1). https://doi.org/10.1007/s12671-015-0479-3.

Puspita, R. T., Huda, N., & Safri, S. (2017). Hubungan dukungan sosial dengan citra tubuh pasien kanker payudara post op mastektomi. Jurnal Ners Indonesia, 8(1), 56-68.

Ramanda, R., Akbar, Z., & Wirasti, R.A. M. K. (2019). Studi kepustakaan mengenai landasan teori body image bagi perkembangan remaja. JURNAL EDUKASI Jurnal Bimbingan Konseling (Vol. 5, No. 2)

Riany, Y. E., & Ihsana, A. (2021). Parenting stress, social support, self-compassion, and parenting practices among mothers of children with ASD and ADHD. Psikohumaniora: Jurnal Penelitian Psikologi, 6(1), 47-60. https://doi.org/10.21580/pjpp.v6i1.6681.

Rodriguez, M. S., & Cohen, S. (1998). Social support. Encyclopedia of mental health, 3(2), 535-544.

Santrock, J. W. (2011). Life-span development (13th ed.). Jilid II. In Erlangga.

Santrock, J. W. (2017). Life-Span Development (13th ed.). In McGraw-Hill (Vol. 91, Issue 2).

Saputri, K. A., & Sugiharto, D. (2020). Hubungan antara self efficacy dan social support dengan tingkat stres pada mahasiswa akhir penyusun skripsi di FIP UNNES tahun 2019. KONSELING EDUKASI" journal of Guidance and Counseling, 4(1).

Sarason, I. G., Levine, H. M., Basham, R. B., & Sarason, B. R. (1983). Assessing social support: the social support questionnaire. Journal of personality and social psychology, 44(1), 127.

Sari, S. M., Lestari, Y. I., & Yulianti, A. Y. (2016). Hubungan antara social support dan self-efficacy dengan stress pada ibu rumah tangga yang berpendidikan tinggi. Psympathic: Jurnal Ilmiah Psikologi, 3(2), 171-178. https://doi.org/10.15575/psy.v3i2.1108.

Sari, Y. H., Dewi, A. P., & Karim, D. (2022). Hubungan antara self-compassion dengan body image pada remaja. Jurnal Ilmu Keperawatan, 10(2), 56-64.

Sefrina, L. R., Elvandari, M., & Rahmatunisa, R. (2018). Faktor-faktor yang berhubungan dengan body image pada remaja di Karawang. Nutrire Diaita, 10(2), 35-40.

Shaleh, A., Rahayu, A., Zubeir, A., & Istiqlal, A. (2020). Gratitude and social support as predictors for fishermen's subjective well-being. Psikohumaniora: Jurnal Penelitian Psikologi, 5(1), 75-88. http://dx.doi.org/10.21580/pjpp.v5i1.4859

Shihab, M. Q. (2016). Tafsir Al-Mishbah, Pesan, Kesan dan Keserasian Al-Qur'an Volume 7 (W. Hisbullah (ed.); Volume 7). Lentera Hati.

Slade, P. D. (1994). What is body image?. Behaviour research and therapy, 32(5), 0–502. http://1016/0005-7967(94)90136-8

Sugiyono. (2019). Metode penelitian kuantiatif. Bandung: Alfabeta.

Sulistyo, P. T. S., Sukamto, M. E., & Ibrahim, N. (2022). Social media pressure and the body dysmorphic disorder tendency in women: The mediating role of perfectionism. Psikohumaniora: Jurnal Penelitian Psikologi, 7(2), 137-152. https://doi.org/10.21580/pjpp.v7i2.10637

Taylor, S. E. (2011). Social support: A review.

Wiguna, I. P. (2011). Pengaruh komparasi sosial pada penampilan fisik artis di media massa terhadap body image (citra tubuh) remaja akhir di Surabaya (Doctoral dissertation, UNIVERSITAS AIRLANGGA).