

Daftar Pustaka

- Albertson, E. R., Neff, K. D., & Dill-Shackleford, K. E. (2014). *Self-Compassion and Body Dissatisfaction in Women: A Randomized Controlled Trial of a Brief Meditation Intervention. Mindfulness*, 6(3), 444–454. doi:10.1007/s12671-014-0277-3
- Alleva, J. M., Martijn, C., Jansen, A., & Nederkoorn, C. (2014). Body language: Affecting body satisfaction by describing the body in functionality terms. *Psychology of Women Quarterly*, 38(2), 181-196.
- Arnett, J. J. (2000). *Emerging adulthood: A theory of development from the late teens through the twenties. American Psychologist*, 55(5), 469–480. doi:10.1037/0003-066x.55.5.469
- Avalos, L., Tylka, T. L., & Wood-Barcalow, N. (2005). The body appreciation scale: Development and psychometric evaluation. *Body image*, 2(3), 285-297.
- Azwar, S. (2017). Metode penelitian psikologi. Pustaka Pelajar.
- Azwar, S. (2018). Penyusunan skala psikologi (Edisi 2). Pustaka Pelajar.
- Badoud, D., & Tsakiris, M. (2017). *From the body's viscera to the body's image: Is there a link between interoception and body image concerns? Neuroscience & Biobehavioral Reviews*, 77, 237–246. doi:10.1016/j.neubiorev.2017.03.017
- Bailey, K. A., Lamarche, L., & Gammage, K. L. (2014). Coping with body image threats among college women: The swimsuit problem. *International Journal of Psychological Studies*, 6(2), 19.
- Barnett, M. D., & Sharp, K. J. (2016). *Maladaptive perfectionism, body image satisfaction, and disordered eating behaviors among U.S. college women: The mediating role of self-compassion. Personality and Individual Differences*, 99, 225–234. doi:10.1016/j.paid.2016.05.004
- Barrada, J. R., & Castro, Á. (2020). Tinder users: sociodemographic, psychological, and psychosexual characteristics. *International journal of environmental research and public health*, 17(21), 8047.
- Braun, T. D., Park, C. L., & Gorin, A. (2016). Self-compassion, body image, and disordered eating: A review of the literature. *Body image*, 17, 117-131.
- Chain, A. S., Epler, A. J., Steinley, D., & Sher, K. J. (2010). Stability and change in patterns of concerns related to eating, weight, and shape in young adult women: A latent transition analysis. *Journal of Abnormal Psychology*, 119, 255–267. doi:10.1037/a0018117

- Campbell, W. W. (2001). *Thinness in women: The impact of female body weight on relationship satisfaction and commitment* (Doctoral dissertation, Indiana State University).
- Cash, T. F. (2000a). *Body image*. Oxford University Press.
- Cash, T. F. (2000b). The multidimensional body-self relations questionnaire. *Unpublished test manual*, 2, 1-12.
- Cash, T. F. (2002). The situational inventory of body-image dysphoria: Psychometric evidence and development of a short form. *International Journal of Eating Disorders*, 32(3), 362-366.
- Cash, T. F., & Brown, T. A. (1989). Gender and body images: Stereotypes and realities. *Sex roles*, 21, 361-373.
- Cash, T. F., Santos, M. T., & Williams, E. F. (2005). *Coping with body-image threats and challenges: validation of the Body Image Coping Strategies Inventory*. *Journal of Psychosomatic Research*, 58(2), 190–199. doi:10.1016/j.jpsychores.2004.07
- Cohen, R., Newton-John, T., & Slater, A. (2021). The case for body positivity on social media: Perspectives on current advances and future directions. *Journal of health psychology*, 26(13), 2365-2373.
- Cook-Cottone, C. P. (2015). Incorporating positive body image into the treatment of eating disorders: A model for attunement and mindful self-care. *Body image*, 14, 158-167.
- Daye, C. A., Webb, J. B., & Jafari, N. (2014). Exploring self-compassion as a refuge against recalling the body-related shaming of caregiver eating messages on dimensions of objectified body consciousness in college women. *Body Image*, 11(4), 547-556.
- Dittmar, H. (2005). *Introduction to the Special Issue: Body Image—Vulnerability Factors and Processes Linking Sociocultural Pressures and Body Dissatisfaction*. *Journal of Social and Clinical Psychology*, 24(8), 1081–1087. doi:10.1521/jscp.2005.24.8.1081
- Fardouly, J., & Vartanian, L. R. (2016). Social media and body image concerns: Current research and future directions. *Current opinion in psychology*, 9, 1-5.
- Fardouly, J., Willburger, B. K., & Vartanian, L. R. (2018). Instagram use and young women's body image concerns and self-objectification: Testing mediational pathways. *New Media and Society*, 20(4), 1380–1395. <https://doi.org/10.1177/1461444817694499>

- Ferreira, C., Pinto-Gouveia, J., & Duarte, C. (2013). Self-compassion in the face of shame and body image dissatisfaction: Implications for eating disorders. *Eating behaviors*, 14(2), 207-210.
- Field, A. (2013). *Discovering statistics using IBM SPSS statistics*. sage.
- Fitzsimmons-Craft, E. E., Ciao, A. C., & Accurso, E. C. (2016). A naturalistic examination of social comparisons and disordered eating thoughts, urges, and behaviors in college women. *International Journal of Eating Disorders*, 49, 143–152. doi:10.1002/eat.22486
- Fredrickson, B. L., & Roberts, T. A. (1997). Objectification theory: Toward understanding women's lived experiences and mental health risks. *Psychology of Women Quarterly*, 21, 173–206. doi:10.1111/j.1471-6402.1997.tb00108.x
- Friedman, K. E., Reichmann, S. K., Costanzo, P. R., & Musante, G. J. (2002). Body image partially mediates the relationship between obesity and psychological distress. *Obesity research*, 10(1), 33-41.
- Fuller-Tyszkiewicz, M., Chhouk, J., McCann, L. A., Urbina, G., Vuo, H., Krug, I., ... & Richardson, B. (2019). Appearance comparison and other appearance-related influences on body dissatisfaction in everyday life. *Body Image*, 28, 101-109.
- Germer, C. K., & Neff, K. D. (2013). Self-compassion in clinical practice. *Journal of Clinical Psychology: In Session*, 69, 856–867. doi:10.1002/jclp.22021
- Gilbert P, Durrant R, & McEwan K (2006). Investigating relationships between perfectionism, forms and functions of self-criticism, and sensitivity to put-down. *Personality and Individual Differences*, 41, 1299-1308. doi:10.1016/j.paid.2006.05.004
- Gillen, M. M., & Lefkowitz, E. S. (2009). Emerging adults' perceptions of messages about physical appearance. *Body Image*, 6(3), 178-185.
- Grilo, C. M., Wilfley, D. E., Brownell, K. D., & Rodin, J. (1994). Teasing, body image, and self-esteem in a clinical sample of obese women. *Addictive Behaviors*, 19(4), 443-450.
- Harter, S., & Leahy, R. L. (2001). The construction of the self: A developmental perspective.
- Holland, G., & Tiggemann, M. (2016). A systematic review of the impact of the use of social networking sites on body image and disordered eating outcomes. *Body image*, 17, 100-110.
- Homan, K. J., & Tylka, T. L. (2015). Self-compassion moderates body comparison and appearance self-worth's inverse relationships with body appreciation. *Body Image*, 15, 1–7. <http://dx.doi.org/10.1016/j.bodyim.2015.04.007>

- Iannantuono, A. C., & Tylka, T. L. (2012). Interpersonal and intrapersonal links to body appreciation in college women: An exploratory model. *Body image*, 9(2), 227-235.
- Jänkälä, A., Lehmuskallio, A., & Takala, T. (2019). Photo use while dating: From forecasted photos in Tinder to creating copresence using other media. *Human Technology*, 15(2), 202–225. <https://doi.org/10.17011/ht/urn.201906123156>
- Javier, F. (2021, Oktober 23). Aktivitas Pengguna Tinder Meningkatkan Selama Pandemi Covid-19. Tempo Co. Diakses dari <https://data.tempo.co/data/1242/aktivitas-pengguna-tinder-meningkat-selama-pandemi-covid-19>
- Kelly, A. C., Vimalakanthan, K., & Miller, K. E. (2014). *Self-compassion moderates the relationship between body mass index and both eating disorder pathology and body image flexibility*. *Body Image*, 11(4), 446–453. doi:10.1016/j.bodyim.2014.07.005
- Kementerian Kesehatan Republik Indonesia. (2014). Peraturan Menteri Kesehatan Republik Indonesia Nomor 41 Tahun 2014 Tentang Pedoman Gizi Seimbang. Jakarta. Diakses dari http://hukor.kemkes.go.id/uploads/produk_hukum/PMK%20No.%2041%20ttg%20Pedoman%20Gizi%20Seimbang.pdf
- Kowal, M., Sorokowski, P., Pisanski, K., Valentova, J. V., Varella, M. A., Frederick, D. A., & Mišetić, K. (2022). Predictors of enhancing human physical attractiveness: Data from 93 countries. *Evolution and Human Behavior*, 43(6), 455-474.
- Krüger, S., & Charlotte Spilde, A. (2020). Judging books by their covers–Tinder interface, usage and sociocultural implications. *Information, Communication & Society*, 23(10), 1395-1410.
- Kurniawan, M. Y. (2014). Hubungan persepsi tubuh dengan gangguan makan pada mahasiswa. Naskah tidak dipublikasikan. Bogor: Fakultas Ekologi Manusia, Institut Pertanian Bogor
- Leary, M. R., Tate, E. B., Adams, C. E., Batts Allen, A., & Hancock, J. (2007). Self-compassion and reactions to unpleasant self-relevant events: The implications of treating oneself kindly. *Journal of Personality and Social Psychology*, 92, 887–904. doi:10.1037/0022-3514.92.5.887
- Mafra, A. L., Silva, C. S., Varella, M. A., & Valentova, J. V. (2022). The contrasting effects of body image and self-esteem in the makeup usage. *Plos one*, 17(3), e0265197.
- Mäkinen, M., Puukko-Viertomies, L. R., Lindberg, N., Siimes, M. A., & Aalberg, V. (2012). Body dissatisfaction and body mass in girls and boys transitioning from

- early to mid-adolescence: additional role of self-esteem and eating habits. *BMC psychiatry*, 12(1), 1-8.
- More, K. R., Hayes, N. L., & Phillips, L. A. (2022). Contrasting constructs or continuum? Examining the dimensionality of body appreciation and body dissatisfaction. *Psychology & Health*, 1-22.
- Mosewich, A. D., Kowalski, K. C., Sabiston, C. M., Sedgwick, W. A., & Tracy, J. L. (2011). Self-compassion: A potential resource for young women athletes. *Journal of sport and exercise psychology*, 33(1), 103-123.
- Neff, K. (2003a). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and identity*, 2(2), 85-101.
- Neff, K. D. (2003b). *The Development and Validation of a Scale to Measure Self-Compassion*. *Self and Identity*, 2(3), 223–250. doi:10.1080/15298860309027
- Neff, K. D. (2009). *The Role of Self-Compassion in Development: A Healthier Way to Relate to Oneself*. *Human Development*, 52(4), 211–214. doi:10.1159/000215071
- Neff, K. D. (2016). The self-compassion scale is a valid and theoretically coherent measure of self-compassion. *Mindfulness*, 7, 264-274.
- Neff, K. D., & Beretvas, S. N. (2013). The role of self-compassion in romantic relationships. *Self and Identity*, 12(1), 78–98.
- Neff, K. D., Kirkpatrick, K. L., & Rude, S. S. (2007). Self-compassion and adaptive psychological functioning. *Journal of Research in Personality*, 41, 139–154.
- Odou, N., & Brinker, J. (2015). Self-compassion, a better alternative to rumination than distraction as a response to negative mood. *The Journal of Positive Psychology*, 10(5), 447-457.
- Paquette, M. C., & Raine, K. (2004). Sociocultural context of women's body image. *Social science & medicine*, 59(5), 1047-1058.
- Phillips, W. J. (2018). Past to future: Self-compassion can change our vision. *Journal of Positive Psychology and Wellbeing*, 2(2), 168-190.
- Phillips, K. A., Wilhelm, S., Koran, L. M., Didie, E. R., Fallon, B. A., Feusner, J., & Stein, D. J. (2010). Body dysmorphic disorder: Some key issues for DSM-V. *Depression and anxiety*, 27(6), 573-591.
- Pinto-Gouveia, J., Ferreira, C., & Duarte, C. (2014). Thinness in the pursuit for social safeness: An integrative model of social rank mentality to explain eating psychopathology. *Clinical Psychology & Psychotherapy*, 21(2), 154-165.
- Pinquart, M. (2013). Body image of children and adolescents with chronic illness: A meta-analytic comparison with healthy peers. *Body image*, 10(2), 141-148.

- Portingale, J., Fuller-Tyszkiewicz, M., Liu, S., Eddy, S., Liu, X., Giles, S., & Krug, I. (2022). Love me Tinder: The effects of women's lifetime dating app use on daily body dissatisfaction, disordered eating urges, and negative mood. *Body Image*, 40, 310-321.
- Puspasari, L. (2019). Body Image dan Bentuk Tubuh Ideal, Antara Persepsi dan Realitas. *Buletin Jagaddhita*, 1(3), 1-4.
- Raque-Bogdan, T. L., Piontkowski, S., Hui, K., Ziemer, K. S., & Garriott, P. O. (2016). Self Compassion as a mediator between attachment anxiety and body appreciation: An exploratory model. *Body Image*, 19, 28–36. doi:10.1016/j.bodyim.2016.08.001
- Rodgers, R. F., Franko, D. L., Donovan, E., Cousineau, T., Yates, K., McGowan, K., ... Lowy, A. S. (2017). Body image in emerging adults: The protective role of self-compassion. *Body Image*, 22, 148–155. doi:10.1016/j.bodyim.2017.07.003
- Rogers, A., Fuller-Tyszkiewicz, M., Lewis, V., Krug, I., & Richardson, B. (2017). A person-by-situation account of why some people more frequently engage in upward appearance comparison behaviors in everyday life. *Behavior Therapy*, 48, 19–28. <http://dx.doi.org/10.1016/j.beth.2016.09.007>
- Rutter, H., Campoverde, C., Hoang, T., Goldberg, S. F., & Berenson, K. R. (2023). Self-compassion and women's experience of social media content portraying body positivity and appearance ideals. *Psychology of Popular Media*. Advance online publication. <https://doi.org/10.1037/ppm0000453>
- Sandoz, E. K., Wilson, K. G., Merwin, R. M., & Kellum, K. K. (2013). Assessment of body image flexibility: The Body Image-Acceptance and Action Questionnaire. *Journal of Contextual Behavioral Science*, 2, 39–48. <http://dx.doi.org/10.1016/j.jcbs.2013.03.002>
- Schmidt, C. K., Raque-Bogdan, T. L., & Hollern, E. A. (2019). *Self-Compassion, Affect, and Body Image in College Women*. *Journal of College Counseling*, 22(2), 152–163. doi:10.1002/jocc.12127
- Seekis, V., Bradley, G. L., & Duffy, A. L. (2020). Appearance-related social networking sites and body image in young women: Testing an objectification-social comparison model. *Psychology of Women Quarterly*, 44(3), 377-392.
- Sheets, V., & Ajmire, K. (2005). Are romantic partners a source of college students' weight concern?. *Eating behaviors*, 6(1), 1-9.
- Siegel, J. A., Huellemann, K. L., Hillier, C. C., & Campbell, L. (2020). The protective role of self-compassion for women's positive body image: An open replication and extension. *Body Image*, 32, 136-144.

- Slater, A., Varsani, N., & Diedrichs, P. C. (2017). #fitspo or #loveyourself? The impact of fitspiration and self-compassion Instagram images on women's body image, self-compassion, and mood. *Body image*, 22, 87-96.
- Stapleton, P. B., & Nikalje, A. (2013). Constructing body image in university women: The relationship between self-esteem, self-compassion, and intuitive eating. *International Journal of Healing and Caring*, 13(2), 1-20.
- Stevens, A., & Griffiths, S. (2020). Body Positivity (#BoPo) in everyday life: An ecological momentary assessment study showing potential benefits to individuals' body image and emotional wellbeing. *Body Image*, 35, 181-191.
- Strubel, J., & Petrie, T. A. (2017). Love me Tinder: Body image and psychosocial functioning among men and women. *Body image*, 21, 34-38.
- Sugianto, D., Suwartono, C., & Sutanto, S. H. (2020). Reliabilitas dan validitas self-compassion scale versi Bahasa Indonesia. *Jurnal Psikologi Ulayat*, 7(2), 177-191.
- Sugiyono, D. (2010). Metode penelitian kuantitatif dan R&D. *Bandung: Alfabeta*, 26-33.
- Sugiyono. (2013). Metode Penelitian Kuantitatif Kualitatif dan R&D. *Bandung: Alfabeta*.
- Sugiyono, P. D. (2016). Statistika Untuk Penelitian (ke-27). *Bandung: Alfabeta Bandung*.
- Swami, V., Tran, U. S., Stieger, S., & Voracek, M. (2014). Associations Between Women's Body Image and Happiness: Results of the YouBeauty.com Body Image Survey (YBIS). *Journal of Happiness Studies*, 16(3), 705-718. doi:10.1007/s10902-014-9530-7
- Thompson, J. K., Heinberg, L. J., Altabe, M., & Tantleff-Dunn, S. (1999). *Exacting beauty: Theory, assessment, and treatment of body image disturbance*. American Psychological Association.
- Thompson, J. K., & 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.
- Tiggemann, M. (1994). Gender differences in the interrelationships between weight dissatisfaction, restraint, and self-esteem. *Sex roles*, 30(5-6), 319-330.
- Tylka, T. L. (2013). Evidence for the Body Appreciation Scale's measurement equivalence/ invariance between U.S. college women and men. *Body Image*, 10, 415-418. doi:10.1016/j.bodyim.2013.02.006
- Tylka, T. L., & Kroon Van Diest, A. M. (2015). Protective factors. *The Wiley handbook of eating disorders*, 430-444.

- Tylka, T. L., & Wood-Barcalow, N. L. (2015). *What is and what is not positive body image? Conceptual foundations and construct definition. Body Image, 14, 118–129.* doi:10.1016/j.bodyim.2015.04.001
- Wakelin, K. E., Perman, G., & Simonds, L. M. (2022). Effectiveness of self-compassion-related interventions for reducing self-criticism: A systematic review and meta-analysis. *Clinical Psychology & Psychotherapy, 29*(1), 1-25.
- Wasylikiw, L., MacKinnon, A. L., & MacLellan, A. M. (2012). Exploring the link between self-compassion and body image in university women. *Body image, 9*(2), 236-245.
- Widhiarso, W. (2010). Estimate reliability measurement for multidimensional scales. *Available at SSRN 1597532.*
- Williams, E. F., Cash, T. F., & Santos, M. T. (2004). Positive and negative body image: Precursors, correlates, and consequences. *38th annual Association for the Advancement of Behavior Therapy, 285-297.*