



Daftar Pustaka

- Agmasari, S. (2016). Rata-rata Wanita Amerika Serikat Tak Puas dengan Bentuk Tubuh. Diakses pada 19 Juli 2020. <https://lifestyle.kompas.com/read/2016/01/05/205355620/Ratarata.Wanita.Amerika.Serikat.Tak.Puas.dengan.Bentuk.Tubuh>.
- Albertson, E. R., Neff, K. D., & Dill-Shckleford, K. E. (2015). Self-Compassion and Body Dissatisfaction in Women: A Randomized Controlled Trial of a Brief Meditation Intervention. *In Mindfulness*, 6(3), 444-454. doi:10.1007/s12671-014-0277-3.
- Amalia, R. R. (2018). Social Comparison dan Body Dissatisfaction pada Mahasiswa Universitas X di Yogyakarta. (Skripsi). Universitas Islam Indonesia Yogyakarta.
- Ariani, D., N. (2022). Hubungan Social Comparison dengan Body Dissatisfaction dalam Penggunaan Media Sosial Instagram pada Mahasiswa di Fakultas Psikologi Universitas Medan Area. (Skripsi). Medan: Universitas Medan Area.
- Bailey, S. D., & Ricciardelli, L. A. (2010). Social comparisons, appearance related comments, contingent self-esteem and their relationships with body dissatisfaction and eating disturbance among women. *Eating Behaviors*, 11(2), 107–112. doi: 10.1016/j.eatbeh.2009.12.001.
- Baron, R. A., & Bryne, D. (2005). *Psikologi sosial jilid 1 edisi kesepuluh*. Jakarta: PT. Erlangga
- Beck, A. T., & Alford, B. A. (2009). *Depression: Causes and treatment*. University of Pennsylvania Press.
- Berg, P. A., Mond, J., Eisenberg, M., Ackard, D., & Sztainer, D. N. (2010). The Link Between Body Dissatisfaction and Self-esteem in Adolescents: Similarities Across Gender, Age, Weight Status, Race/Ethnic, and Socioeconomic Status. *Journal of Adolescent Health*, 40, 290-296. doi: 10.1016/j.jadohealth.2010.02.004.
- Candra, I. A. & Novianty, A. (2022). Hubungan Antara Ketidakpuasan Bentuk Tubuh dengan Objektifikasi Diri Pada Remaja Pengguna Instagram. *Jurnal sains psikologi*, Vol.11(1), 34-49. <http://dx.doi.org/10.17977/um023v11i12022p34-49>.
- Cash, T. F. (2014). Cognitive-behavioral perspectives on body image. In T. F. Cash, & L. Smolak (Eds.). *Body image: A handbook of science, practice, and prevention*, 39– 47. <http://ebookcentralproquest.com/lib/utas/detail.action?docID=690480>
- Cash, T. F., & Pruzinsky, T. (2002). *Body Image: a Handbook of Theory, Research, and Clinical Practice*. New York: Guilford Press.
- Coopersmith, S. (1967). The Antecedent of Self Esteem. San Francisco: W. H. Freeman & Company
- Coulson, J. (2010). *Social Comparison and Family Life*. Diakses dari www.happyfamiliesblog.blogspot.com/2010/11/social-comparison-and-family-life.html.
- Curtis, A. C. (2015). Defining adolescene. *Journal of Adolescent and family Health*, 7(2), 1-40.
- Damon, W., & Lerner, R. (2006). *Handbook of child psychology*, 6th ed., hlm. 506– 561. New York: Wiley
- Dewi, A. E., Noviekayati, I. G. A. A., & Rina, A. P. (2020). Social Comparison dan Kecenderungan Body Dissatisfaction pada Wanita Dewasa Awal Pengguna Instagram. *SUKMA: Jurnal Penelitian Psikologi*, 1(2), 173-180.



Estikasari, P., & Pudjiati, S. R. R. (2021). Gambaran Psikologis Remaja Selama Sekolah Dari

Rumah Akibat Pandemi Covid-19. *Psikobuletin: Buletin Ilmiah Psikologi*, 2(1), 23.
<https://doi.org/10.24014/pib.v2i1.11750>

Fadhillah, A. S. A., & Indrijati, H. (2022). Hubungan antara Self-esteem dan Body Image Pada Remaja Akhir Perempuan Pengguna Instagram. *Buletin Riset psikologi dan Kesehatan Mental*, 17(2), 1-8.

Fitra, N. A., Desmita, D., & Irman, I. (2021). Hubungan Self-esteem dan Body Image pada remaja Putri di lembaga kesejahteraan Sosial Anak (LKSA). *Istinarah: Riset Keagamaan, Sosial, dan Budaya*, 3(2), 84-93.

Firdaus, A. P. R. C., Reza, R. D. P., Salsabila, M. N., & Dewani, Y. R. (2023). Mengenal Social Comparison pada Mahasiswa Pengguna Media Sosial. *Jurnal PSIMAWA: Diskursus Ilmu Psikologi & Pendidikan*, 6(1), 51-58. <http://jurnal.uts.ac.id/index.php/PSIMAWA>

Fisher, E., Dunn, M., & J. K. (2002). Social Comparison and Body Image: An Investigation of Body Comparison Processes Using Multidimensional Scaling. *Journal of Social and Clinical Psychology*, 21 (5), 566-579.

Flyn, K. I. (2003). Self-esteem Theory and Measurement: A critical Review. *A journal of feminist Theory and Culture*, 3(1), 2-3.

Ghufron, M. N., & Risnawita, R. (2010). Teori-teori psikologi. Yogyakarta: Ar-Ruzz Media.

Grogan, S. (2008). *Body Image: Understanding Body Dissatisfaction Men, Women, and Children*. London and New York: Routledge

Grogan, S. (2016). *Body Image: Understanding Body Dissatisfaction in Men, Women and Children (3rd ed.)*. London: Routledge

Grogan, S., & Richards, H. (2002). Body image: Focus groups with boys and men. *Men & Masculinities*, 4, 219–232. <http://dx.doi.org/10.1177/1097184X02004003001>.

Guindon, M. H. (2010). *Self-esteem Across The Lifespan: Issues and Interventions*. Usa: Taylor and fancies Group, LLC.

Hall, G. S. (1904). *Adolescence: Its Psychology and Its Relation to Physiology, Anthropology, Sociology, Sex, Crime, Religion, and Education*. New York: D. Appleton.

Hall, M. (2009). *Predictors of Body Dissatisfaction Among Adolescent Females. Paper based on a program presented at the American Counseling Association Annual Conference and Exposition*. Charlotte: North Carolina.

Harter, S. (2000). Is Self-esteem Only Skin Deep? The Inextricable Link Between Physical Appearance and Self-esteem. *Reclaiming Children and Youth*, 9(3), 133-138.
<https://www.proquest.com/openview/0baa5034bbfbfc478dae67106256c8b/1?pq-origsite=gscholar&cbl=33810>

Hastuti, F. A. (2018). Pengaruh Social Comparison dan Self-esteem terhadap Body Dissatisfaction pada Mahasiswa UIN Maulana Malik Ibrahim Malang. (Skripsi). Malang: Universitas Islam Negeri Maulana Malik Ibrahim Malang

Hobza, C. L., Walker, K. E., Yakushko, O., & Peugh, J. L. (2007). What about men? Social comparison and the effects of media images on body and self-esteem. *Psychology of Men & Masculinity*, 8(3), 161–172

Hulu kati, W., & Djibrin, M. R. (2018). Analisis Tugas Perkembangan Mahasiswa Fakultas Ilmu Pendidikan Universitas Negeri Gorontalo. *Jurnal Bikotetik*, Vol.2(1), 73-114.

Hurlock, E.B. (2012). Psikologi Perkembangan, Suatu Pendekatan Sepanjang Rentang Kehidupan (terjemahan). Jakarta: Erlangga



Husna, Nur Lailatul. (2013). Hubungan antara Body Image dengan Perilaku Diet (Penelitian pada Wanita di Sanggar Senam Rita Pati). *Developmental and Clinical Psychology*, 2(2). <http://lib.unnes.ac.id/18410/1/1550406005.pdf>

Husna, R., & Rusli, D. (2019). Pengaruh Body Image terhadap Self-esteem pada Remaja Fans K-Pop. *Jurnal Riset Psikologi*, 8(1), 53-61.

Jung, J., & Lennon, S. J. (2003). Body Image, Appearance Self-Schema, and Media Images. *Family and Consumer Sciences Research Journal*, 32(1), 27-51. doi:10.1177/1077727x03255900

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.

Kim, M. (2020). Instagram Selfie-Posting and Young Women's Body Dissatisfaction: Investigating the Role of Self-esteem and Need for Popularity. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, 14(4), article 4. <https://doi.org/10.5817/CP2020-4-4>

Lestari, S., Matulessy, A., & Pratitis, N. (2022). Ketidakpuasan Tubuh Mahasiswa: Bagaimana Peran Harga Diri?. *Jurnal Penelitian Psikologi*, Vol. 3(2), 218-226.

Lewallen, J., & Behm-Morawitz, E. (2016). Pinterest or thinterest?: Social comparison and body image on social media. *Social Media and Society*, 2(1). <https://doi.org/10.1177/2056305116640559>

Liu, Q., Sun, J., Li, Q., & Zhou, Z. (2019). Body dissatisfaction and smartphone addiction among Chinese adolescents: A Moderated Mediation Model. *Children and Youth Services Review*, 104613. doi: 10.1016/j.childyouth.2019.104613

Lubis, N. L. (2016). *Depresi Tinjauan Psikologi*: Jakarta Kencana.

Magfiratullah, D. (2020). Penerapan Teknik Cognitive Restructuring untuk Mengurangi Body Dissatisfaction pada Siswa SMK Negeri 6 Makassar. (Skripsi). Makassar: FIP BK-UNM.

Maimunah, S., & Satwika, Y. W. (2021). Hubungan media Sosial Dengan Body Dissatisfaction Pada Mahasiswa Perempuan Di Kota Surabaya. *Jurnal Penelitian Psikologi*, 8(2). 224-233.

Marizka, D. S., Maslihah, S., & Wilandari, A. (2019). Bagaimana Self-Compassion Memoderasi Pengaruh Media Sosial Terhadap Ketidakpuasan Tubuh?. *Jurnal Psikologi Insight*, 3(2), 56-69.

Maxwell, M. A., & Cole, D. A. (2012). Development and initial validation of the Adolescent Responses to Body Dissatisfaction Measure. *Psychological Assessment*, 24(3), 721-737. doi:10.1037/a0026785.

Melliana, S. A. 2006. Menjelajah tubuh: Perempuan dan mitos kecantikan. Yogyakarta: LKIS Pelangi Aksara.

National Eating Disorder Association. (2003). *Body Image*. Diakses dari <http://www.nationaleatingdisorders.org/nedaDir/files/documents/handouts/BodyImage.pdf>.

Nikita, T. (2023). Hubungan antara Harga Diri dan Body Dissatisfaction pada Remaja Di SMA UISU Medan. (Skripsi). Medan: Universitas Medan Area.

Prameswari, R. T. (2020). Pengaruh perbandingan sosial terhadap ketidakpuasan tubuh pada remaja akhir perempuan: studi tentang physical appearance. *Cognicia*, 8(1), 90-101. <https://doi.org/10.22219/COGNICIA.Vol8.No1.%25p>



Purton, T., Officer, C., Bullivant, B., Mitchison, D., Griffiths, S., Murray, S. B., & Mond, J. (2018). Body dissatisfaction, narcissism and self-esteem in young men and women: A moderated mediation analysis. *Personality and Individual Differences*, 131, 99–104. doi: 10.1016/j.paid.2018.04.010

Radwan, H., hasan, H. A., Ismat, H., Hakim, H., Khalid, H., Al-Fityani, L., Mohammed, R., & Ayman, A. (2019). Body Mass Index Perception, Body Image Dissatisfaction and Their Relations with Weight Related Behaviors among University Students. *International Journal of Environmental Research and Public Health*, 16(9), 1541. <https://doi.org/10.3390/ijerph16091541>

Rahmadiyanti, A. (2019). Hubungan antara Social Comparison dengan Ketidakpuasan Bentuk Tubuh pada Remaja Perempuan SMAN 5 Pekanbaru. (Skripsi). Pekanbaru: Universitas Islam Negeri Sultan Syarif Kasim Riau Pekanbaru. doi: 10.24014/pib.v1i1.8317

Rahmania, P. N., Ika, Y. C. (2012). Hubungan antara Self-esteem dengan kecenderungan Body Dysmorphic Disorder pada Remaja Putri. Surabaya: Fakultas Psikologi Universitas Airlangga.

Rodgers, R. F., McLean, S. A., & Paxton, S. J. (2015). Longitudinal Relationship among Internalization of the Media Ideal, Peer Social Comparison, and Body Dissatisfaction: Implication for the Tripartite Influence Model. *Developmental Psychology*, 5(5), 706-713. <https://doi.org/10.1037/dev0000013>

Resky, B., Harlina, H., & Andi, N. H. (2021). Hubungan Harga Diri dengan Body Dissatisfaction pada Mahasiswi di Kota Makassar. *Jurnal Psikologi Talenta Mahasiswa*, 1(1), 92-104.

Ronsen, J. C., Reiter, J., & Orosan, P. (1995). Cognitive-Behavioral Body Image Therapy for Body Dysmorphic Disorder. *Journal of Consulting and Clinical Psychology*, 63(2), 263-269. doi:10.1037/0022-006x.63.2.263

Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, NJ: Princeton University Press.

Santrock, J. W. (2007). *Remaja*. Jakarta: Erlangga.

Santrock, J. W. (2011). *Life-Span Development*. Jakarta: Erlangga.

Santrock, J. W. (2014). *Psikologi Pendidikan*. Jakarta: Salemba Humanika.

Saputro, Z. khamim. (2017). Aplikasia: Jurnal aplikasi ilmu-ilmu agama (memahami ciri dan tugas perkembangan masa remaja). *Jurnal Aplikasi Ilmu Ilmu Agama*, Volume 17(No 1), 25–32

Saraswatia, G. K., Zulpahiyana, Z., & Arifah, S. (2016). Faktor-Faktor yang mempengaruhi konsep diri remaja di SMPN 13 Yogyakarta. *Jurnal Ners dan Kebidanan Indonesia*, 3(1), 33. [https://doi.org/10.21927/jnki.2015.3\(1\).33-38](https://doi.org/10.21927/jnki.2015.3(1).33-38)

Sari, Gannis E. P. (2010). Perbedaan Ketidakpuasan Terhadap Bentuk Tubuh Ditinjau Dari Strategi Coping Pada Remaja Wanita Di SMA Negeri II Ngawi. (Skripsi). Universitas Sebelas Maret Surakarta.

Sari, I. A., & Suarya. (2018). Hubungan antara Social Comparison dan harga Diri terhadap Citra Tubuh pada remaja Perempuan. *Jurnal Psikologi Udayana*, 5(2), 265-277. https://simdos.unud.ac.id/uploads/file_penelitian_1_dir/50b6845950412c0466ebcc7d040945a0.pdf



Schaefer, L.M. & Thompson, J.K. (2014). The Development and Validation of The Physical and Appearance Comparison Scale-Revised. *Eating Behaviors*, 15, 209-217.

Shahyad, S., Pakdaman, S., Shokri, O. (2015). Prediction of Body Image Dissatisfaction from Self-esteem, Thin Ideal Internalization and Appearance Related Social Comparison. *International Journal of Travel Medicine and Global Health*, 3(2), 65-69. doi:10.20286/ijtmgh-030299

Stormer, S. M., & Thompson, J. K. (1996). Explanations of body image disturbance: A Test of Maturational Status, Negative Verbal Commentary, Social Comparison, and Sociocultural Hypotheses. *International Journal of Eating Disorders*, 19, 193–202. doi:10.1002/(sici)1098-108x(199603)19:2<193::aid-eat10>3.0.co;2-w

Sukarno, G. Y. (2016). Peran Body Mass Index, Body Image dan Self-Esteem terhadap Body Dissatisfaction pada Mahasiswa Fakultas Psikologi Universitas Gadjah Mada. Skripsi (tidak diterbitkan). Yogyakarta: Universitas Gadjah Mada.

Sunartio, L., Sukamto, E. E., & Dianovianina, K. (2012). Social Comparison dan Body Dissatisfaction pada Wanita Dewasa Awal. *Humanitas*, 9(2), 157-168.

Sung, J., & Yan, R.-N. (2020). Predicting clothing behaviors of Generation Y men through self-esteem and body dissatisfaction. *Fashion and Textiles*, 7(1). doi:10.1186/s40691-019-0200-6.

Taylor, S. E., Peplau, L. A., & Sears, D. O. (2009). *Psikologi Sosial*. Jakarta: Kencana Prenada Media Group.

Tafarodi, R. W., & Milne, A. B. (2002). Decomposing Global Self-Esteem. *Journal of Personality*, 70(4), 443–484. doi:10.1111/1467-6494.05017

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. Doi: 10.1111/1467-8721.00144

Varga, H. (2009). Social Comparison and Body Image in None or Infrequent Exercisers. (Disertasi). Brock University.

Want, S. (2009). Meta-analytic moderators of experimental exposure to media portrayals of women on female appearance satisfaction: Social Comparisons as Automatic Processes. *Body Image*, 6, 257–269. <http://dx.doi.org/10.1016/j.bodyim.2009.07.008>

Zapclinic. (2019). Zap Beauty Index. Diakses pada 19 Juli 2020.

<https://zapclinic.com/zapbeautyindex>