

The Role of Peer Appearance Conversation and Teasing on Body Dissatisfaction among Undergraduate Female Students in Higher Education in Yogyakarta

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Abstract.

Body dissatisfaction (BD) is a prominent issue, particularly among women. Examining the factors contributing to it is essential. By employing quantitative method, the present study aims to investigate the influence of peer appearance conversation and peer appearance teasing on BD among 139 undergraduate female students in higher education in Yogyakarta. Data were analyzed using multiple linear regression. The results revealed that the two predictors explained 24.9% of the variance in BD ($R^2 = .249$, $F(2, 136) = 22.5$, $p < .001$). Both peer appearance conversation ($\beta = 0.242$, $p = .001$) and peer appearance teasing ($\beta = 0.414$, $p < .001$) significantly predict body dissatisfaction. These findings suggest that female students who engage more in appearance-related conversations and experience appearance-based teasing are more likely to develop body dissatisfaction.

Keywords: Body Dissatisfaction, Peer Influence, Undergraduate Women

Abstrak.

Ketidakpuasan terhadap tubuh (body dissatisfaction/BD) merupakan masalah yang umum dialami perempuan. Memahami faktor-faktor yang mempengaruhi BD penting untuk dilakukan. Dengan menggunakan metode kuantitatif, penelitian ini bertujuan untuk mengetahui pengaruh percakapan seputar penampilan dan ejekan terhadap penampilan dari teman sebaya terhadap BD pada 139 mahasiswa dari perguruan tinggi di Yogyakarta. Data dianalisis menggunakan regresi linier berganda. Hasil menunjukkan bahwa kedua faktor tersebut menjelaskan 24,9% variasi BD ($R^2 = .249$, $F(2, 136) = 22.5$, $p < .001$). Baik percakapan tentang penampilan ($\beta = 0.242$, $p = .001$) maupun ejekan penampilan dari teman sebaya ($\beta = 0.414$, $p < .001$) secara signifikan memprediksi BD. Maka dari itu, mahasiswa yang lebih sering membicarakan penampilan dan menerima ejekan soal penampilan cenderung memiliki ketidakpuasan terhadap tubuh.

Keywords: Ketidakpuasan Tubuh, Teman Sebaya, Mahasiswa