

## REFERENCES

- Alipour, B., Abbasalizad Farhangi, M., Dehghan, P., & Alipour, M. (2015). Body image perception and its association with body mass index and nutrient intakes among female college students aged 18–35 years from Tabriz, Iran. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 20(4), 465–471. <https://doi.org/10.1007/s40519-015-0184-1>
- Almenara, C. A., & Ježek, S. (2015). The source and impact of appearance teasing: An examination by sex and weight status among early adolescents from the Czech Republic. *Journal of School Health*, 85(3), 163–170. <https://doi.org/10.1111/josh.12236>
- Aparicio-Martinez, P., Perea-Moreno, A.-J., Martinez-Jimenez, M. P., Redel-Macías, M. D., Pagliari, C., & Vaquero-Abellan, M. (2019). Social media, thin-ideal, body dissatisfaction and disordered eating attitudes: An exploratory analysis. *International Journal of Environmental Research and Public Health*, 16(21), 4177. <https://doi.org/10.3390/ijerph16214177>
- Arif, H. (2018). *Komunikasi organisasi dalam membangun pesan multikulturalisme (Studi deskriptif kualitatif Ikatan Keluarga Pelajar Mahasiswa Daerah Indonesia Yogyakarta)* [Bachelor's thesis, UIN Sunan Kalijaga]. UIN Sunan Kalijaga Repository. <https://digilib.uin-suka.ac.id/id/eprint/34744/>
- Aristantya, E. K., & Helmi, A. F. (2019). Citra Tubuh Pada remaja Pengguna Instagram. *Gajah Mada Journal of Psychology (GamaJoP)*, 5(2), 114. <https://doi.org/10.22146/gamajop.50624>
- Arnett, J. J. (2014). *Emerging adulthood: The winding road from the late teens through the twenties* (2nd ed.). Oxford University Press. <https://doi.org/10.1093/acprof:oso/9780199929382.001.0001>
- Baek, E., & Choo, H. J. (2018). Everybody Loves Beauty? the moderated effect of body attractiveness among young Koreans. *Fashion and Textiles*, 5(1). <https://doi.org/10.1186/s40691-018-0130-8>
- Bandura, A. (1977). *Social learning theory*. Prentice Hall.
- Burnette, C. B., Simpson, C. C., & Mazzeo, S. E. (2018). Relation of BMI and weight suppression to eating pathology in undergraduates. *Eating Behaviors*, 30, 16–21. <https://doi.org/10.1016/j.eatbeh.2018.05.003>
- Carey, R., Donaghue, N., & Broderick, P. (2011). “What you look like is such a big factor”: Girls’ own reflections about the appearance culture in an all-girls’ school. *Feminism & Psychology*, 21(3), 299–316. <https://doi.org/10.1177/0959353510369893>

- Carlson Jones, D. (2004). Body image among adolescent girls and boys: A longitudinal study. *Developmental Psychology*, 40(5), 823–835. <https://doi.org/10.1037/0012-1649.40.5.823>
- Jones, D. C. (2012). Body image. In T. F. Cash (Ed.), *Encyclopedia of body image and human appearance* (pp. 257–263). Academic Press. <https://doi.org/10.1016/B978-0-12-384925-0.00042-0>
- Cash, T. F., & Pruzinsky, T. (Eds.). (2002). *Body image: A handbook of theory, research, and clinical practice*. The Guilford Press.
- Cash, T. F., & Smolak, L. (Eds.). (2011). *Body image: A handbook of science, practice, and prevention* (2nd ed.). The Guilford Press.
- Christensen, L. B., Johnson, B., & Turner, L. A. (2015). *Research methods, design, and analysis* (12th ed.). Pearson Education Limited.
- Clark, L., & Tiggemann, M. (2007). Sociocultural influences and body image in 9- to 12-year-old girls: The role of appearance schemas. *Journal of Clinical Child and Adolescent Psychology*, 36(1), 76–86. [https://doi.org/10.1207/s15374424jccp3601\\_7](https://doi.org/10.1207/s15374424jccp3601_7)
- Cooper, P. J., & Taylor, M. J. (1988). Body image disturbance in bulimia nervosa. *British Journal of Psychiatry*, 153(S2), 32–36. <https://doi.org/10.1192/s0007125000298966>
- Cross, N., Kiefner-Burmeister, A., Rossi, J., Borushok, J., Hinman, N., Burmeister, J., & Carels, R. A. (2017). Facial attractiveness, weight status, and personality trait attribution: The role of attractiveness in weight stigma. *Obesity Research & Clinical Practice*, 11(4), 377–388. <https://doi.org/10.1016/j.orcp.2016.03.007>
- Cruz-Sáez, S., Pascual, A., Włodarczyk, 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*, 25(8), 1098–1108. <https://doi.org/10.1177/1359105317748734>
- Curtis, C., & Loomans, C. (2014). Friends, family, and their influence on body image dissatisfaction. *Women's Studies Journal*, 28(1), 39–56.
- Darling, K. E., Warnick, J., Guerry, W. B., & Rancourt, D. (2022). Adolescent females' dyadic conversations about body, weight, and appearance. *Journal of Adolescent Research*, 39(2), 487–510. <https://doi.org/10.1177/07435584221120111>
- Deforche, B., Van Dyck, D., Deliens, T., & De Bourdeaudhuij, I. (2015). Changes in weight, physical activity, sedentary behaviour and dietary intake during the transition to Higher Education: A prospective study. *International Journal of Behavioral Nutrition and Physical Activity*, 12(1). <https://doi.org/10.1186/s12966-015-0173-9>

- Dinhudayah, Z. (2016). *Hubungan peer appearance culture dengan body image pada remaja usia 14–15 tahun di SMPN X Bandung* [Unpublished undergraduate thesis]. Universitas Padjadjaran, Fakultas Psikologi.
- Donovan, C. L., Chew, D., & Penny, R. (2014). Perfecting weight restriction: The moderating influence of body dissatisfaction on the relationship between perfectionism and weight control practices. *Behaviour Change*, 31(3), 189–204. <https://doi.org/10.1017/bec.2014.11>
- Dye, H. (2015). Are there differences in gender, race, and age regarding body dissatisfaction? *Journal of Human Behavior in the Social Environment*, 26(6), 499–508. <https://doi.org/10.1080/10911359.2015.1091240>
- Feist, G. J., Roberts, T.-A., & Feist, J. (2021). *Theories of personality* (10th ed.). McGraw Hill Education.
- Gordon, R. A., Crosnoe, R., & Wang, X. (2013). Physical attractiveness and the accumulation of social and human capital in adolescence and young adulthood: assets and distractions. *Monographs of the Society for Research in Child Development*, 78(6), 1–8. <https://doi.org/10.1002/mono.12060>
- Griffiths, S., Murray, S. B., Bentley, C., Gratwick-Sarll, K., Harrison, C., & Mond, J. M. (2017). Sex differences in quality of life impairment associated with body dissatisfaction in adolescents. *Journal of Adolescent Health*, 61(1), 77–82. <https://doi.org/10.1016/j.jadohealth.2017.01.016>
- Grogan, S. (2016). *Body image: Understanding body dissatisfaction in men, women and children* (3rd ed.). Routledge.
- Grogan, S. (2022). *Body image: Understanding body dissatisfaction in men, women and children* (4th ed.). Routledge.
- Hildayani, R. (2021). *BSQ in Bahasa Indonesia*. Psyctc.org. <https://www.psyctc.org/psyctc/root/tools/bsq/>
- Jones, D. C., & Crawford, J. K. (2006). The peer appearance culture during adolescence: Gender and body mass variations. *Journal of Youth and Adolescence*, 35(2), 243–255. <https://doi.org/10.1007/s10964-005-9006-5>
- Jones, D. C., & Newman, J. B. (2009). Early adolescent adjustment and critical evaluations by self and other: The prospective impact of body image dissatisfaction and peer appearance teasing on global self-esteem. *International Journal of Developmental Science*, 3(1), 17–26. <https://doi.org/10.3233/dev-2009-3104>
- Jones, D. C., Vigfusdottir, T. H., & Lee, Y. (2004). Body image and the appearance culture among adolescent girls and boys. *Journal of Adolescent Research*, 19(3), 323–339. <https://doi.org/10.1177/0743558403258847>

- Kang, H. (2021). Sample size determination and power analysis using the G\*Power software. *Journal of Educational Evaluation for Health Professions*, 18, Article 17. <https://doi.org/10.3352/jeehp.2021.18.17>
- Kartikasari, N. Y. (2013). Body dissatisfaction terhadap psychological well being pada karyawan. *Jurnal Ilmiah Psikologi Terapan*, 1(2), 304–323.
- Kling, J., Kwakkenbos, L., Diedrichs, P. C., Rumsey, N., Frisén, A., Brandão, M. P., Silva, A. G., Dooley, B., Rodgers, R. F., & Fitzgerald, A. (2019). Systematic review of body image measures. *Body Image*, 30, 170–211. <https://doi.org/10.1016/j.bodyim.2019.06.006>
- Lawler, M., & Nixon, E. (2010). Body dissatisfaction among adolescent boys and girls: The effects of body mass, peer appearance culture and internalization of appearance ideals. *Journal of Youth and Adolescence*, 40(1), 59–71. <https://doi.org/10.1007/s10964-009-9500-2>
- Lemon, S. C., Rosal, M. C., Zapka, J., Borg, A., & Andersen, V. (2009). Contributions of weight perceptions to weight loss attempts: Differences by body mass index and gender. *Body Image*, 6(2), 90–96. <https://doi.org/10.1016/j.bodyim.2008.11.004>
- Matera, C., Nerini, A., & Stefanile, C. (2013). The role of peer influence on girls' body dissatisfaction and dieting. *European Review of Applied Psychology / Revue Européenne de Psychologie Appliquée*, 63(2), 67–74. <https://doi.org/10.1016/j.erap.2012.08.002>
- Maulud, D., & Abdulazeez, A. (2020). A Review on Linear Regression Comprehensive in Machine Learning. *Journal of Applied Science and Technology Trends*, 1(2), 140-147. <https://doi.org/10.38094/jastt1457>
- Moldovan, C. P. (2016). *Appearance-related commentary and body image in women* [Master's thesis, Loma Linda University]. TheScholarsRepository@LLU. <https://scholarsrepository.llu.edu/etd/401/>
- Möri, M., Mongillo, F., & Fahr, A. (2022). Images of bodies in mass and social media and body dissatisfaction: The role of internalization and self-discrepancy. *Frontiers in Psychology*, 13, Article 1009792. <https://doi.org/10.3389/fpsyg.2022.1009792>
- Nelson, L. J. (2020). The theory of emerging adulthood 20 years later: A look at where it has taken us, what we know now, and where we need to go. *Emerging Adulthood*, 9(3), 179–188. <https://doi.org/10.1177/2167696820950884>
- Neumark-Sztainer, D., Bauer, K. W., Friend, S., Hannan, P. J., Story, M., & Berge, J. M. (2010). Family weight talk and dieting: How much do they matter for body dissatisfaction and disordered eating behaviors in adolescent girls?

- Journal of Adolescent Health*, 47(3), 270–276.  
<https://doi.org/10.1016/j.jadohealth.2010.02.001>
- O'Dea, J. A. (2012). Body image and self-esteem. In T. F. Cash (Ed.), *Encyclopedia of body image and human appearance* (pp. 141–147). Elsevier Academic Press.
- Paterna, A., Alcaraz-Ibáñez, M., Fuller-Tyszkiewicz, M., & Sicilia, Á. (2021). Internalization of body shape ideals and body dissatisfaction: A systematic review and meta-analysis. *International Journal of Eating Disorders*, 54(9), 1575–1600. <https://doi.org/10.1002/eat.23568>
- Putri, A. S., & Kiranantika, A. (2020). Segregasi sosial mahasiswa perantau di Yogyakarta. *Indonesian Journal of Sociology, Education, and Development*, 2(1), 49–57.
- Rembulan, C. L., & Liem, A. (2014). Identification of Body Image Problem: Implications for Promoting Body Image Resilience in Female College Students. *ANIMA Indonesian Psychological Journal*, 30(1), 45-56. <https://doi.org/10.24123/aipj.v30i1.534>
- Rufaida, H., & Kustanti, E. R. (2018). Hubungan antara dukungan sosial teman sebaya dengan penyesuaian diri pada mahasiswa rantau dari Sumatera di Universitas Diponegoro. *Jurnal EMPATI*, 6(3), 217–222. <https://doi.org/10.14710/empati.2017.19751>
- Santrock, J. W. (2018). *A topical approach to life-span development* (9th ed.). McGraw-Hill Education.
- Sharp, G., Tiggemann, M., & Matisse, J. (2014). The role of media and peer influences in Australian women's attitudes towards cosmetic surgery. *Body Image*, 11(4), 482–487. <https://doi.org/10.1016/j.bodyim.2014.07.009>
- Shen, J., Chen, J., Tang, X., & Bao, S. (2022). The effects of media and peers on negative body image among Chinese college students: A chained indirect influence model of appearance comparison and internalization of the thin ideal. *Journal of Eating Disorders*, 10(1). <https://doi.org/10.1186/s40337-022-00575-0>
- Shiddiq, M. I., Fitra, M. A., Patricia, R., Afriani, D. I., Bahar, F. A., & Malay, E. D. (2020). Social support is positively correlated with college adjustment in first-year students. In *Joint proceedings of the 3rd International Conference on Intervention and Applied Psychology (ICIAP 2019) and the 4th Universitas Indonesia Psychology Symposium for Undergraduate Research (UIPSUR 2019)*. <https://doi.org/10.2991/assehr.k.201125.046>
- Slater, A., & Tiggemann, M. (2010). Gender differences in adolescent sport participation, teasing, self-objectification and body image concerns. *Journal*

- of *Adolescence*, 34(3), 455–463.  
<https://doi.org/10.1016/j.adolescence.2010.06.007>
- Taber, K. S. (2017). The use of Cronbach's alpha when developing and Reporting Research Instruments in science education. *Research in Science Education*, 48(6), 1273–1296. <https://doi.org/10.1007/s11165-016-9602-2>
- Tajfel, H. (1978). *Differentiation between social groups*. Academic Press.
- 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. <https://doi.org/10.1037/10312-000>
- Tsang, W. Y. (2017). Exploring the relationships among peer influence, media influence, self-esteem, and body image perception. *New Ecology for Education – Communication X Learning*, 237–250. [https://doi.org/10.1007/978-981-10-4346-8\\_20](https://doi.org/10.1007/978-981-10-4346-8_20)
- Uchôa, F. N., Uchôa, N. M., Daniele, T. M., Lustosa, R. P., Garrido, N. D., Deana, N. F., Aranha, Á. C., & Alves, N. (2019). Influence of the mass media and body dissatisfaction on the risk in adolescents of developing eating disorders. *International Journal of Environmental Research and Public Health*, 16(9), 1508. <https://doi.org/10.3390/ijerph16091508>
- Wang, K., Liang, R., Yu, X., Shum, D. H., Roalf, D., & Chan, R. C. (2020). The thinner the better: Evidence on the internalization of the slimness ideal in Chinese College students. *PsyCh Journal*, 9(4), 544–552. <https://doi.org/10.1002/pchj.346>
- Wardani, F., & Ambarini, T. K. (2019). Pengaruh peer appearance culture terhadap body satisfaction pada remaja perempuan di Surabaya. *Jurnal Psikologi Klinis dan Kesehatan Mental*, 8(2), 52–63.
- Wati, D. K., & Sumarmi, S. (2017). Citra Tubuh Pada Remaja Perempuan Gemuk Dan Tidak Gemuk: Studi Cross Sectional. *Amerta Nutrition*, 1(4), 398–405. <https://doi.org/10.20473/amnt.v1i4.2017.398-405>
- Webb, H. J., & Zimmer-Gembeck, M. J. (2013). The role of friends and peers in adolescent body dissatisfaction: A review and critique of 15 years of research. *Journal of Research on Adolescence*, 24(4), 564–590. <https://doi.org/10.1111/jora.12084>
- Webb, H. J., Zimmer-Gembeck, M. J., & Donovan, C. L. (2014). The appearance culture between friends and adolescent appearance-based rejection sensitivity. *Journal of Adolescence*, 37(4), 347–358. <https://doi.org/10.1016/j.adolescence.2014.02.008>
- Webb, H. J., Zimmer-Gembeck, M. J., Waters, A. M., Farrell, L. J., Nesdale, D., & Downey, G. (2017). “pretty pressure” from peers, parents, and the media: A

- longitudinal study of appearance-based rejection sensitivity. *Journal of Research on Adolescence*, 27(4), 718–735. <https://doi.org/10.1111/jora.12310>
- Wertheim, E. H., & Paxton, S. J. (2012). Body image development - Adolescent girls. In T. F. Cash (Ed.), *Encyclopedia of body image and human appearance* (pp. 187–193). Elsevier Academic Press.
- Williams, Matt N., Grajales, Carlos Alberto Gómez, & Kurkiewicz, Dason (2013). Assumptions of Multiple Regression: Correcting Two Misconceptions. *Practical Assessment, Research & Evaluation*, 18(11).