



## DAFTAR PUSTAKA

- Agustina, A. N., Hafniati, & Ramadhani, N. (2024). Peran dukungan sosial dalam meningkatkan kesehatan mental. *International Seminar of Islamic Counseling and Education Series, 1*(1), 156–165. <https://isices.uin-suska.ac.id/index.php/ISICES/article/view/22>
- Ak, E. S., Türkmen, A., Özbaş, A., & Fındık, Ü. Y. (2021). Examination of attitudes of nurses working in surgical services toward obesity and obese patients. *Bariatric Surgical Practice and Patient Care, 16*(3), 147–152. <https://doi.org/10.1089/bari.2020.0072>
- Alfian, A., Abdullah, A., & Nurjannah, N. (2021). Faktor-faktor yang berhubungan dengan persepsi body image pada tenaga kesehatan di RSUD Meuraxa. *Jurnal SAGO Gizi dan Kesehatan, 2*(1), 61–68. <https://doi.org/10.30867/gikes.v2i1.467>
- Alwis, T. S., & Kurniawan, J. E. (2018). Hubungan antara body image dan subjective well-being pada remaja putri. *Psychopreneur Journal, 2*(1), 52–60. <https://doi.org/10.37715/psy.v2i1.867>
- Alyanissa, V. A., Manalu, S. R., & Ulfa, N. S. (2023). Memahami persepsi citra tubuh ideal di kalangan emerging adulthood pengguna media sosial. *Interaksi Online, 12*(1), 380–388. <https://ejournal3.undip.ac.id/index.php/interaksi-online/article/view/42413>
- Amalia, R., Maulida, R., Jamain, R. R., Arsyad, M., & Putro, H. Y. S. (2024). Pengaruh dukungan sosial terhadap homesickness yang dialami mahasiswa rantau. *Jurnal Pelayanan Bimbingan dan Konseling, 6*(4), 196–202. <https://doi.org/10.20527/jpbk.2023.6.4.11588>
- Andersson, M., Boateng, K., & Abos, P. (2024). *Validity and reliability: The extent to which your research findings are accurate and consistent*. ResearchGate. <https://www.researchgate.net/publication/384402476>
- Annisa, U. N., & Dwityanto, A. (2023). Hubungan citra tubuh dan dukungan sosial dengan penerimaan diri wanita dewasa awal di wilayah Karesidenan Surakarta [Naskah publikasi skripsi]. UMS Library. <https://eprints.ums.ac.id/112243/2/Naskah%20Publikasi.pdf>
- Aristya, D. N., & Rahayu, A. (2018). Hubungan dukungan sosial dan konsep diri dengan penyesuaian diri remaja kelas X SMA Angkasa I Jakarta. *Ikra-Ith Humaniora: Jurnal Sosial dan Humaniora, 2*(2), 75–81. <https://journals.upi-yai.ac.id/index.php/ikraith-humaniora/article/view/105>
- Arnett, J. J. (2018). *Adolescence and emerging adulthood: A cultural approach* (6th ed.). Pearson.



- Avelenia, A., Geradus, U., & Indrawan, P. A. (2023). Hubungan keaktifan organisasi dengan rasa percaya diri pada mahasiswa. *Jurnal Bimbingan Konseling Flobamora*, 1(3), 112–117. <https://doi.org/10.35508/jbkf.v1i3.11183>
- Carla, P. E. M., Souto, M. C. R., Barbosa, L., Benes, H. B., Edleide, & Portela, M. L. (2023). Factors associated with body image dissatisfaction in a Brazilian university sample during the COVID-19 pandemic. *Frontiers in Education*, 8, 3–10. <https://doi.org/10.3389/educ.2023.1044727>
- Cash, T. F. (2000). *Body image assessments MBSRQ*. Body-Images.com. <http://www.body-images.com/assessments/mbsrq.html>
- Cash, T. F. (Ed.). (2012). *Encyclopedia of body image and human appearance* (Vols. 1–2). Elsevier.
- Cash, T. F., & Pruzinsky, T. (Eds.). (2004). *Body image: A handbook of theory, research, and clinical practice*. Guilford Press.
- Choirunisa, N. L., & Marheni, A. (2019). Perbedaan motivasi berpretasi dan dukungan sosial teman sebaya antara mahasiswa perantau dan non-perantau di Fakultas Kedokteran Universitas Udayana. *Jurnal Psikologi Udayana*, 6(2), 22–26.
- Christanti, A., & Wati, C. L. S. (2023). Hubungan antara dukungan sosial dengan penyesuaian diri pada mahasiswa rantau yang berdomisili di Dormitory Unika Atma Jaya. *Jurnal Psikoedukasi*, 21(2), 108–118. <https://doi.org/10.25170/psikoedukasi.v21i2.4947>
- Cohen, S., Underwood, L. G., & Gottlieb, B. H. (2000). *Social support measurement and intervention: A guide for health and social scientists*. Oxford University Press.
- Cuzzolaro, M., & Fassino, S. (2018). *Body image, eating, and weight: A guide to assessment, treatment, and prevention*. Springer International Publishing.
- Dahlan, M. S. (2021). *Statistik untuk kedokteran dan kesehatan* (6th ed.). Penerbit Salemba.
- Denich, A. U., & Ifdil, I. (2015). Konsep body image remaja putri. *Jurnal Konseling dan Pendidikan*, 3(2), 57–58. <https://doi.org/10.29210/116500>
- Diwantari, A. D., & Fahmawati, Z. N. (2024). Effect of self compassion and social support on body dissatisfaction in emerging adulthood TikTokers [Preprint Skripsi]. *UMSIDA Preprints Server*. <https://doi.org/10.21070/ups.5046>
- Duarte, L. S., Chinen, M. N. K., & Fujimori, E. (2021). Distorted self-perception and dissatisfaction with body image among nursing students. *Revista da*



*Escola de Enfermagem da USP*, 55, 1–9. <https://doi.org/10.1590/s1980-220x2019042903665>

Ekawati, A., & Sutejo, S. (2014). Hubungan obesitas dengan citra tubuh pada mahasiswa program studi ilmu keperawatan di STIKES 'Aisyiyah Yogyakarta [Naskah publikasi skripsi]. Digilib Unisayogya. <https://digilib.unisayogya.ac.id/240/1/NASKAH%20PUBLIKASI%20ALON.pdf>

Elviany, R., & Wulandari, D. (2025). Persepsi penampilan fisik yang dibentuk oleh medsos dalam kehidupan sosial masyarakat kota Malang. *Triwikrama: Jurnal Ilmu Sosial*, 7(2), 61–77. <https://doi.org/10.6578/triwikrama.v7i2.10655>

Febriana, A., Nur, R., & Heryyanoor, H. (2025). Konsep diri mahasiswa keperawatan untuk menjadi perawat profesional. *Jurnal Ilmiah Manusia dan Kesehatan*, 8(1), 164–173. <https://doi.org/10.31850/makes.v8i1.3468>

Firmansyah, D., & Dede. (2022). Teknik pengambilan sampel umum dalam metodologi penelitian: Literature review. *Jurnal Ilmiah Pendidikan Holistik (JIPH)*, 1(2), 85–114. <https://doi.org/10.55927/jiph.v1i2.937>

Firzatulah, H. S. (2025). Hubungan self efficacy dan dukungan sosial dengan quarter life crisis pada mahasiswa program sarjana S1 Fakultas Keperawatan Angkatan 2021 Universitas Andalas [Skripsi]. Scholar Universitas Andalas. <http://scholar.unand.ac.id/490808>

Fitriyah, L. (2018). Effect of media to disordered eating mediated by body image on adolescents [Naskah publikasi tesis]. *OSF Preprints*. <https://osf.io/preprints/osf/2jtcd>

Gonzaga, I., Claumann, G. S., Scarabelot, K. S., Silva, D. A. S., & Pelegrini, A. (2019). Body image dissatisfaction in adolescents: Comparison with physical activity, teasing and social support. *Journal of Health Psychology*, 26(10), 1666–1672. <https://doi.org/10.1177/1359105319887796>

Grogan, S. (2017). *Body image* (3rd ed.). Routledge. <https://doi.org/10.4324/9781315681528>

Halfon, N., Forrest, C. B., Lerner, R. M., & Faustman, E. (Eds.). (2018). *Handbook of life course health development*. Springer.

Hamaideh, S., Khait, A., Modallal, A., Malak, M., Masa'deh, R., Hamdan-Mansour, A., & Bashtawy, A. (2024). Relationships and predictors of resilience, social support, and perceived stress among undergraduate nursing students. *The Open Nursing Journal*, 18(1), 2–8. <https://open>



nursingjournal.com/VOLUME/18/ELOCATOR/e187443462306150/FULLTEXT/

- Hanif, M. (2022). Peran organisasi kemahasiswaan dalam meningkatkan komunikasi interpersonal mahasiswa Universitas Pancasakti Tegal. *Seminar Nasional Bimbingan dan Konseling*. Universitas Pancasakti Tegal. <https://semnas.upstegal.ac.id/index.php/semnasbk/article/view/155>
- Hapsari, N. (2018). Gambaran tingkat aktivitas fisik pada remaja akhir di program studi ilmu keperawatan Universitas Muhammadiyah Yogyakarta [Skripsi, Universitas Muhammadiyah Yogyakarta]. <http://repository.umy.ac.id/handle/123456789/21249>
- Haryono, E., Slamet, M., & Septian, D. (2023). *Statistika SPSS 28* (1st ed.). Widina Bhakti Persada.
- He, J., Sun, S., Zickgraf, H. F., Lin, Z., & Fan, X. (2020). Meta-analysis of gender differences in body appreciation. *Body Image*, 33(1), 90–100. <https://doi.org/10.1016/j.bodyim.2020.02.011>
- Heryana, A. (2020). Etika penelitian [Unpublished manuscript]. ResearchGate. [https://www.researchgate.net/publication/342751890\\_Etika\\_Penelitian](https://www.researchgate.net/publication/342751890_Etika_Penelitian)
- Hicks, R. E., Kenny, B., Stevenson, S., & Vanstone, D. M. (2022). Risk factors in body image dissatisfaction: Gender, maladaptive perfectionism, and psychological wellbeing. *Heliyon*, 8(6), 1–7. <https://doi.org/10.1016/j.heliyon.2022.e09745>
- Hulwah, S. (2022). Peran perceived social support terhadap kesejahteraan psikologis mahasiswa selama masa pandemi Covid-19 [Skripsi] Repository Universitas Gadjah Mada. <https://etd.repository.ugm.ac.id/penelitian/detail/217398>
- Karimah, A., Muhammad, & Hasanati. (2024). Factors affecting body image in adulthood: A systematic review. *Research Psychologie, Orientation et Conseil*, 1(2), 97–104. <https://doi.org/10.70177/rpoc.v1i2.965>
- Karina, Z., & Sodik, M. A. (2018). Pengaruh dukungan sosial terhadap kesehatan [Preprint]. *OSF*. <https://doi.org/10.31219/osf.io/f4ytx>
- Karwati, & Yusuf. (2022). Hubungan indeks massa tubuh dengan body image pada mahasiswa (usia remaja akhir). *JIKSA: Jurnal Ilmu Keperawatan Sebelas April*, 4(2), 25–29. <https://ejournal.lppmunsap.org/index.php/jiksa/article/view/634>
- Karyawati, T., Seventina, H., & Zahra, A. (2023). Hubungan antara citra tubuh dengan perilaku diet mahasiswi di Akademi Keperawatan Al Hikmah 2



- Brebes. *Cerdika Jurnal Ilmiah Indonesia*, 3(09), 840–849. <https://doi.org/10.59141/cerdika.v3i09.667>
- Khairunisa, F. (2015). Pengaruh celebrity worship dan dukungan sosial terhadap body image pada mahasiswa UIN Jakarta [Skripsi, Universitas Islam Negeri Syarif Hidayatullah Jakarta]. <https://repository.uinjkt.ac.id/dspace/handle/123456789/68803>
- Khairunnisa, R., Abdul Rahman, L. O., Cahyantari Merduaty, R., & Pujasari, H. (2024). Hubungan antara citra tubuh dengan tingkat stres pada mahasiswa. *Jurnal Keperawatan Wiyata*, 5(1), 1–7. <https://doi.org/10.35728/jkw.v5i1.1302>
- Kirana, C., Mutyah, D., & Nisha, D. R. (2024). Gambaran perkembangan psikososial mahasiswa keperawatan di Surabaya [Naskah Publikasi]. *Repository Stikes Hang Tuah Surabaya*. <https://repository.stikeshangtuah-sby.ac.id/id/eprint/1546/1/MIK%20UNJAYA%20Gambaran%20Psikososial%20Mahasiswa.pdf>
- Lahimade, S. V. M., Binilang, B. B., & Wuwung, O. C. (2022). Pengaruh dukungan sosial keluarga, efikasi diri dan kecerdasan spiritual terhadap kecemasan mahasiswa semester VIII IAKN Manado. *Zenodo (CERN European Organization for Nuclear Research)*, 8(18), 491–497. <https://doi.org/10.5281/zenodo.7212588>
- Laksmi, O. D., Chung, M.-H., Liao, Y.-M., & Chang, P.-C. (2020). Multidimensional scale of perceived social support in Indonesian adolescent disaster survivors: A psychometric evaluation. *PLOS ONE*, 15(3), 3–12. <https://doi.org/10.1371/journal.pone.0229958>
- Laus, M. F., Almeida, S. S., & Klos, L. A. (2018). Body image and the role of romantic relationships. *Cogent Psychology*, 5(1), 2–14. <https://doi.org/10.1080/23311908.2018.1496986>
- Lestari, S., Matulesy, A., & Pratitis, N. (2023). Ketidakpuasan tubuh mahasiswi: Bagaimana peranan harga diri? *SUKMA: Jurnal Penelitian Psikologi*, 3(2), 218–229. <https://jurnal.untag-sby.ac.id/index.php/sukma/article/view/7725>
- Michalos, A. C. (Ed.). (2014). *Encyclopedia of quality of life and well-being research*. Springer.
- Moorehead, S., Swanson, E. A., Johnson, M., & Maas, M. (2018). *Nursing outcomes classification (NOC): Measurement of health outcomes*. Elsevier.
- Myers, D. G., & Twenge, J. M. (2022). *Social psychology* (14th ed.). McGraw-Hill Education.



- Naz, A. M., Khan, S., Manzoor, S., Rehman, K. U., Aslam, Z., & Noor, N. (2024). Relationship between resilience, social support and psychological well-being in nursing students. *Journal of Research in Nursing*, 29(8), 718–731. <https://doi.org/10.1177/17449871241278854>
- Nidaussa'idah, R., & Nuqul, F. L. (2025). Sistematis literatur review: Dukungan sosial online berdampak positif pada kesehatan mental. *Journal of Psychology and Social Sciences*, 3(1), 1–11. <https://doi.org/10.61994/jpss.v3i1.887>
- Nindita, M. (2018). Hubungan dukungan sosial dengan body dissatisfaction pada remaja awal putri [Skripsi, Universitas Islam Indonesia]. <https://dspace.uui.ac.id/handle/123456789/11659>
- Novia, T. (2018). Hubungan tingkat dukungan sosial terhadap tingkat stres pada mahasiswa program studi ilmu keperawatan Universitas Brawijaya Malang [Skripsi, Universitas Brawijaya]. <http://repository.ub.ac.id/id/eprint/167632/1/Tia%20Novia%20%282%29.pdf>
- Nurfhadilla, M. (2021). Peran gratitude dan social support terhadap body dissatisfaction pada mahasiswi [Skripsi, Repository Universitas Gadjah Mada]. <https://etd.repository.ugm.ac.id/penelitian/detail/197761>
- Nursalam. (2017). *Metodologi penelitian ilmu keperawatan: Pendekatan praktis* (4th ed.). Salemba Medika.
- Oktaviani, M. D. (2020). Gambaran citra tubuh mahasiswi Fakultas Keperawatan Universitas Padjadjaran sebagai pengguna sosial media: Instagram [Skripsi, Universitas Padjadjaran]. <https://repository.unpad.ac.id/items/edd83a08-6ea0-4439-ac04-a14a8618f626>
- Olson, K. L., Lillis, J., Panza, E., Wing, R. R., Quinn, D. M., & Puhl, R. R. (2020). Body shape concerns across racial and ethnic groups among adults in the United States: More similarities than differences. *Body Image*, 35, 108–113. <https://doi.org/10.1016/j.bodyim.2020.08.013>
- Pemerintah Indonesia. (2012). *UU No. 12 Tahun 2012*. Database Peraturan | JDIH BPK. <https://peraturan.bpk.go.id/Details/39063/uu-no-12-tahun-2012>
- Purwandari, D. (2024). Hubungan antara social support dengan self-compassion pada mahasiswa S1 keperawatan selama menjalani proses pendidikan [Skripsi, Repository Universitas Gadjah Mada]. <https://etd.repository.ugm.ac.id/penelitian/detail/241325>
- Putri, F. A., & Widodo, Y. H. (2024). Studi komparasi dukungan sosial teman sebaya yang dirasakan (perceived social support) pada mahasiswa perantau



- & lokal. *Journal Psikogenesis*, 12(1), 1–9. <https://doi.org/10.24854/jps.v12i1.3922>
- Ramadhan, G., Karim, D., & Damanik, S. R. H. (2020). Gambaran tingkat stres, stresor dan tahap pengerjaan skripsi pada mahasiswa angkatan 2020 dan 2021 Fakultas Keperawatan Universitas Riau. *J-Innovative.org*, 4(6), 4977–4985. <https://j-innovative.org/index.php/Innovative/article/view/16839/11415>
- 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*, 5(2), 121–135. <https://jurnal.ar-raniry.ac.id/index.php/cobaBK/article/view/5019/3681>
- Rasyid, H. A., & Chusairi, A. (2021). Hubungan antara dukungan sosial dan penyesuaian diri pada mahasiswa Universitas Airlangga. *Buletin Riset Psikologi dan Kesehatan Mental (BRPKM)*, 1(2), 130–136. <https://doi.org/10.20473/brpkm.v1i2.28617>
- Rengga, O. L., & Soetjningsih, C. H. (2022). Body image ditinjau dari jenis kelamin pada masa dewasa awal. *PHILANTHROPY: Journal of Psychology*, 6(1), 1–4. <https://doi.org/10.26623/philanthropy.v6i1.4851>
- Ricciardelli, L. A. (2016). *Adolescence and body image: From Development to preventing dissatisfaction* (1th ed.). Routledge. <https://doi.org/10.4324/9781315849379>
- Rodgers, R. F., Laveway, K., Campos, P., & de Carvalho, P. H. B. (2023). Body image as a global mental health concern. *Cambridge Prisms: Global Mental Health*, 10, 1–5. <https://doi.org/10.1017/gmh.2023.2>
- Rossa, N., Mediawati, A. S., & Sriati, A. (2024). Relationships between social support and academic burnout among undergraduate nursing students. *MAHESA Malahayati Health Student Journal*, 4(9), 3918–3931. <https://doi.org/10.33024/mahesa.v4i9.15489>
- Rozika, L. A., & Ramdhani, N. (2018). Hubungan antara harga diri dan body image dengan online self-presentation pada pengguna Instagram. *Gadjah Mada Journal of Psychology (GamaJoP)*, 2(3), 172–183. <https://jurnal.ugm.ac.id/gamajop/article/view/36941/21402>
- Rozsy, Muh. F. (2018). Hubungan antara dukungan emosional teman sebaya dengan burnout pada mahasiswa program studi sarjana keperawatan Fakultas Keperawatan Universitas Jember [Skripsi, Universitas Jember]. *Unej Repository*. <https://doi.org/NIM142310101074>



- Salsa, A. B., Jumaini, J., & Sari, T. H. (2024). Hubungan self esteem dengan self disclosure pada mahasiswa pengguna second account Instagram. *Indonesian Research Journal on Education*, 4(4), 3502–3509. <https://doi.org/10.31004/irje.v4i4.1440>
- Samson, P. (2020). Effect of perceived social support on stress, anxiety and depression among Nepalese nursing students. *Indian Journal of Continuing Nursing Education*, 21(1), 59–62. [https://doi.org/10.4103/ijcn.ijcn\\_8\\_20](https://doi.org/10.4103/ijcn.ijcn_8_20)
- Samsury, S. F., Shafei, M. N., Ibrahim, M. I., Arifin, W. N., & Mahmud, N. (2024). Predictors of body image perceptions among healthcare providers in Terengganu, Malaysia. *Heliyon*, 10(18), 1–8. <https://doi.org/10.1016/j.heliyon.2024.e37674>
- Santika, R., & Permana, M. Z. (2021). Eksplorasi alasan seseorang berpacaran pada emerging adulthood. *Jurnal Psikologi Perseptual*, 6(2), 101–112. <https://doi.org/10.24176/perseptual.v6i2.6042>
- Santrock, J. W. (2023). *Life-span development* (19th ed.). McGraw-Hill Education.
- Saputri, M. A., & Herdajani, F. (2023). Hubungan antara citra tubuh dan konsep diri dengan kepercayaan diri mahasiswi Fakultas Ilmu Komunikasi Angkatan 2021 Universitas Persada Indonesia Y.A.I. *Psikologi Kreatif Inovatif*, 3(3), 38–45. <https://doi.org/10.37817/psikologikreatifinovatif.v3i3.3029>
- Sarafino, E. P. (2019). *Health psychology: Biopsychosocial interactions* (9th ed.). John Wiley.
- Septyani, H. D. (2023). Hubungan antara self-compassion dan citra tubuh (body image) pada perempuan dewasa awal pengguna aplikasi Tinder di Indonesia [Skripsi, Universitas Gadjah Mada]. <https://etd.repository.ugm.ac.id/penelitian/detail/232625>
- Siahaan, G. T., & Kartasasmita, S. (2025). Hubungan citra tubuh dengan kecemasan pada dewasa awal. *Jurnal Sosial dan Sains*, 5(2), 220–235. <https://doi.org/10.59188/jurnalsosains.v5i2.31983>
- Sugiyono. (2019). *Metode penelitian kuantitatif, kualitatif, dan R&D* (ed. revisi). Alfabeta.
- Sutejo. (2017). *Keperawatan jiwa* (1th ed.). Pustaka Baru Press.
- Syapitri, H., Amila, & Aritonang, J. (2021). *Buku ajar metodologi penelitian kesehatan* (1th ed.). Ahlimedia Book.
- Thompson, J. K. (2003). *Body image, eating disorders, and obesity: An integrative* (2th ed.). American Psychological Association.



- Umiati, R., Putrian, M. P. M., Nur, S., Fatonah, S. N., Khumairoh, R., Milati, Z., Armaidly, F. D. A., & Maharani, K. R. (2023). Analisis kecepatan beradaptasi dalam belajar di perkuliahan pada mahasiswa baru prodi psikologi UNNES 2023. *Journal of Education and Technology*, 3(2), 214–224. <https://jurnalilmiah.org/journal/index.php/jet/article/view/720>
- UNICEF. (2020). *U-Report Indonesia*. <https://indonesia.ureport.in/opinion/4031/>
- Wangu, E. W., Widjayanti, Y., & Silalahi, V. (2023). Citra tubuh (body image) dan perilaku makan pada remaja. *JPK Jurnal Penelitian Kesehatan*, 13(1), 7–14. <https://doi.org/10.54040/jpk.v13i1.239>
- Wardani, D. A. K., Huriyati, E., Mustikaningtyas, M., & Hastuti, J. (2015). Obesitas, body image, dan perasaan stres pada mahasiswa di Daerah Istimewa Yogyakarta. *Jurnal Gizi Klinik Indonesia*, 11(4), 166–168. <https://doi.org/10.22146/ijcn.22649>
- Widasuari, D., & Yudiarso, A. (2021). Body image and self-esteem: Meta-analysis study. *Psibernetika*, 14(2), 105–112. <https://doi.org/10.30813/psibernetika.v14i2.2943>
- Widayanti, E. R. (2025). Perbedaan tingkat stres akademik dan burnout akademik pada mahasiswa S-1 ilmu keperawatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada [Skripsi, Repository Universitas Gadjah Mada]. <https://etd.repository.ugm.ac.id/penelitian/detail/249660>
- Widayanti, T. (2021). Use of Google Form in support of data collection for student scientific work. *JUDIMAS*, 1(1), 85–93. <https://doi.org/10.30700/jm.v1i1.1015>
- Wisthatrisna, G. (2021). Perbandingan sosial dan citra tubuh sebagai mediator antara intensitas penggunaan Instagram dengan intensi membeli produk fashion pada mahasiswa [Skripsi, Repository Universitas Gadjah Mada]. <https://etd.repository.ugm.ac.id/penelitian/detail/198867>
- World Health Organization. (2020, April 7). WHO and partners call for urgent investment in nurses. <https://www.who.int/news/item/07-04-2020-who-and-partners-call-for-urgent-investment-in-nurses>
- Yuan, Y., Tu, Y., Su, Y., Jin, L., Tian, Y., Chang, X., Yang, K., Xu, H., Zheng, J., & Wu, D. (2025). The mediating effect of self-efficacy and physical activity with the moderating effect of social support on the relationship between negative body image and depression among Chinese college students: A cross-sectional study. *BMC Public Health*, 25(1), 285–295. <https://doi.org/10.1186/s12889-025-21350-1>



- Zhang, T., Su, D., Li, S., Yang, Y., & Li, H. (2023). Person-centered evaluation of positive body image among Chinese nursing students: Associations with body appreciation, self-concept clarity, and negative affect. *Frontiers in Psychology, 13*, 2–10. <https://doi.org/10.3389/fpsyg.2022.1088702>
- Zimet, G. D., Dahlem, N. W., Zimet, S. G., & Farley, G. K. (1988). The multidimensional scale of perceived social support. *Journal of Personality Assessment, 52*(1), 30–41. [https://doi.org/10.1207/s15327752jpa5201\\_2](https://doi.org/10.1207/s15327752jpa5201_2)
- Zuvita, F., Arneliwati, A., & Nauli, F. A. (2022). Hubungan dukungan sosial teman sebaya dengan body image pada remaja. *Jurnal Ners Indonesia, 12*(2), 178-183. <https://doi.org/10.31258/jni.12.2.177-185>