



Peran *Body Image* terhadap Kepuasan Hubungan Romantis Pada Dewasa Awal

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Abstrak. Kepuasan hubungan romantis merupakan isu yang banyak dihadapi oleh individu dewasa awal dan berkontribusi penting terhadap kepuasan hidup mereka. Salah satu faktor intrapersonal yang dapat memengaruhi kepuasan hubungan adalah *body image*, namun isu terkait *body image* tidak jarang memuncak pada masa dewasa awal. Penelitian ini bertujuan untuk mengukur peran *body image* terhadap kepuasan hubungan romantis pada dewasa awal di Indonesia. Penelitian ini menggunakan metode survei dengan dua instrumen penelitian, yaitu *Relationship Assessment Scale* (RAS) dan *Multidimensional Body-Self Relations Questionnaire – Appearance Scale* (MBSRQ-AS). Partisipan penelitian ini berjumlah 215 individu ($L = 45$, $P = 170$) yang sedang menjalani hubungan romantis dengan rentang usia 20-28 tahun. Hasil analisis regresi berganda menunjukkan *body image* berperan secara signifikan terhadap kepuasan hubungan romantis ($R^2 = 0.0987$, $F = 5.69$, $p < .001$). Selain itu, penelitian ini juga menemukan bahwa secara parsial hanya dimensi *appearance orientation* dan *overweight preoccupation* dari *body image* yang berperan dengan signifikan terhadap kepuasan hubungan romantis. Dimensi *appearance orientation* berperan secara positif ($\beta = 3.039$, $t = 4.088$, $p = <.001$) dan dimensi *overweight preoccupation* berperan secara negatif ($\beta = -1.017$, $t = -2.760$, $p = 0.006$). Penelitian ini diharapkan dapat meningkatkan kesadaran individu dewasa awal, konselor, dan psikolog terkait peran *body image* terhadap kepuasan hubungan romantis.

Kata Kunci: *body image, kepuasan hubungan, self-perception, dewasa awal, hubungan romantis*

Abstract. *Romantic relationship satisfaction is an issue faced by many young adults today and contributes significantly to their life satisfaction. One of the intrapersonal factors that can influence relationship satisfaction is body image, but issues related to body image often peak in early adulthood. Therefore, this study aims to measure the role of body image on romantic relationship satisfaction in young adults in Indonesia. This study used the survey method with two research instruments, namely the Relationship Assessment Scale (RAS) and the Multidimensional Body-Self Relations Questionnaire – Appearance Scale (MBSRQ-AS). The participants in this study were 215 individuals ($M = 45$, $F =$*



170) who were in romantic relationships, aged 20-28 years old. The results of multiple regression analysis show that body image plays a significant role in romantic relationship satisfaction (R square = 0.0987, F = 5.69, p <.001). In addition, this study also found that only the appearance orientation and overweight preoccupation dimensions of body image play a significant role in romantic relationship satisfaction. The appearance orientation dimension positively (β = 3.039, t = 4.088, p = <.001), while the overweight preoccupation dimension negatively (β = -1.017, t = -2.760, p = 0.006). This study is expected to increase awareness among young adults, counsellors, and psychologists regarding the role of body image on romantic relationship satisfaction.

Keywords: *body image, kepuasan hubungan, self-perception, dewasa awal, hubungan romantis*