

**THE ROLE OF BODY MASS INDEX, BODY IMAGE, AND SELF-ESTEEM ON  
BODY DISSATISFACTION IN FEMALE UNDERGRADUATE STUDENTS  
FACULTY OF PSYCHOLOGY, UNIVERSITAS GADJAH MADA**

**ABSTRACT**

*The purpose of this study was to determine the role of body mass index, body image and self-esteem towards body dissatisfaction in female undergraduate student at the Faculty of Psychology, Universitas Gadjah Mada. The hypothesis of this study was the body mass index, body image, self-esteem contributes to body dissatisfaction.*

*The subjects in this study were 130 female undergraduate students of the Faculty of Psychology, Universitas Gadjah Mada. The research instrument used were the scale of body image, the scale of self-esteem and body dissatisfaction scale. Data was analysed using enter method multiple regression.*

*The results showed that body mass index, body image, self-esteem contribute to body dissatisfaction. In addition, research found a significant correlation between body mass index, body image, self-esteem with body dissatisfaction. Body mass index was positively correlated with body dissatisfaction, that showed by coefficient correlation  $r=0,302$  with  $p=0,000$  ( $p<0,05$ ). Body image was negatively correlated with body dissatisfaction, that showed by coefficient correlation  $r=-0,198$  with  $p=0,012$  ( $p<0,05$ ). Self-esteem was negatively correlated with body dissatisfaction, that showed by coefficient correlation  $r=-0,261$  with  $p=0,001$  ( $p<0,05$ ). The coefficient determinant of body mass index, body image and self-esteem on body dissatisfaction was 0,126. The result showed that body mass index, body image, and self-esteem contributed 12,6% on body dissatisfaction while 87.4% were influenced by other factors.*

**Keywords:** *Body mass index, body image, self-esteem, body dissatisfaction*

**PERAN BODY MASS INDEX, BODY IMAGE DAN SELF-ESTEEM TERHADAP  
BODY DISSATISFACTION PADA MAHASISWI FAKULTAS PSIKOLOGI  
UNIVERSITAS GADJAH MADA**

**INTISARI**

Tujuan penelitian ini adalah untuk mengetahui peran *body mass index*, *body image* dan *self-esteem* terhadap *body dissatisfaction* pada mahasiswi Fakultas Psikologi Universitas Gadjah Mada. Hipotesis dalam penelitian ini adalah *body mass index*, *body image*, *self-esteem* berperan terhadap *body dissatisfaction*.

Subjek pada penelitian ini adalah 130 mahasiswi Fakultas Psikologi Universitas Gadjah Mada. Instrumen penelitian yang digunakan yaitu skala *body image*, skala *self-esteem* dan skala *body dissatisfaction*. Analisis data dalam penelitian ini menggunakan analisis regresi metode *enter*.

Hasil penelitian menunjukkan bahwa *body mass index*, *body image*, *self-esteem* berperan terhadap *body dissatisfaction*. Selain itu, ditemukan juga adanya hubungan yang signifikan antara *body mass index*, *body image*, *self-esteem* dengan *body dissatisfaction*. *Body mass index* berkorelasi positif dengan *body dissatisfaction* yang ditunjukkan dari koefisien korelasi  $r=0,302$  dengan  $p=0,000$  ( $p<0,05$ ). *Body image* berkorelasi negatif dengan *body dissatisfaction* yang ditunjukkan dari koefisien korelasi  $r=-0,198$  dengan  $p=0,012$  ( $p<0,05$ ). *Self-esteem* berkorelasi negatif dengan *body dissatisfaction* yang ditunjukkan dari koefisien korelasi  $r=-0,261$  dengan  $p=0,001$  ( $p<0,05$ ). Koefisien determinasi *body mass index*, *body image*, dan *self-esteem* terhadap *body dissatisfaction* adalah 0,126. Hasil ini menunjukkan bahwa *body mass index*, *body image*, dan *self-esteem* memberikan sumbangan efektif terhadap *body dissatisfaction* sebesar 12,6% sedangkan 87,4% sisanya dipengaruhi oleh faktor-faktor lain.

Kata kunci: *Body mass index*, *body image*, *self-esteem*, *body dissatisfaction*