

ABSTRACT

Sex Differences in Body Image of Adolescents during Diet in Jakarta

Tazkia Kamilah Ramadhanty¹⁾, Maria Jane Tienoviani Simanjuntak²⁾

1) Student of Psychology Department, Universitas Pembangunan Jaya

2) Lecturer of Psychology Department, Universitas Pembangunan Jaya

This research aims to acknowledge the differences in body image among male and female adolescence This research aims to acknowledge the differences in body image among male and female adolescents during diet in Jakarta. The researcher has applied the quantitative method to approach 273 adolescents within the age of 15 - 18 years old from the population. Data was gathered by using a measurement instrument of body image, Multidimensional Body-Self Relations Questionnaires-Appearance Scales (MBSRQ-AS) which is previously developed by Cash & Smoolak and further adopted by Swasi et al. Technique of the analysis data in this research is independent samples t-test analysis. The results show that body image has a significant difference between the male and female adolescents during diet in Jakarta.

Keywords: Body image, Adolescent, Diet

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