

ABSTRACT

The Influence of Self-Compassion on Body Image in Middle Adulthood Women

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Women in middle adulthood will face changes in physical appearance. For some women, these changes can lead to negative perceptions towards their body, resulting in psychological issues. Self-compassion is known to be a protective factor against these negative perceptions. Therefore, this study aims to determine whether self-compassion influences body image in middle adulthood women. The study subjects are 352 middle adulthood women. The measurement tools used were the Skala Welas Diri (SWD) and the Multidimensional Body-Self Relations Questionnaire-Appearance Scale (MBSRQ-AS). Quantitative research methods are the methods used and simple linear regression is utilized as a data processing technique to test hypotheses. The study found a positive and significant influence of self-compassion on body image in middle adulthood women, accounting for 17.3% of the variance. The regression test results showed $R^2=0.173$, $F(1, 350)=72.969$, $p<0.001$. This means that the higher the self-compassion, the more positive the body image in middle adulthood women.

Keywords: *Body Image, Middle Adulthood Women, Self-Compassion*

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