

ABSTRAK

Utamaningtyas, Adinda Putri. 2024. Kontribusi *body shame*, *body guilt*, dan *externalization of blame* terhadap perilaku hidup sehat remaja perempuan. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Perilaku hidup sehat masih belum menjadi perhatian bagi sebagian masyarakat dan ditemukan menurun pada usia remaja. Perubahan yang dialami saat pubertas terutama pada remaja perempuan mengarahkan mereka pada perilaku-perilaku untuk mengatasi ketidakpuasan akan tubuhnya. Penelitian ini bertujuan untuk mengkaji kontribusi *body shame*, *body guilt*, dan *externalization of blame* terhadap perilaku hidup sehat pada remaja perempuan. Hipotesis yang diajukan dalam penelitian ini adalah: *body shame* berhubungan negatif dengan perilaku hidup sehat (H_1), *body guilt* berhubungan positif dengan perilaku hidup sehat (H_2), dan *externalization of blame* berhubungan negatif dengan perilaku hidup sehat (H_3). Partisipan penelitian ini merupakan 462 remaja perempuan Warga Negara Indonesia yang berusia 12-21 tahun. Penelitian ini merupakan penelitian kuantitatif dengan metode pengambilan sampel *convenience sampling*. Penyebaran skala dilakukan secara daring dalam bentuk kuesioner. Alat ukur yang digunakan untuk mengumpulkan data penelitian menggunakan dua skala yang sudah diadaptasi, yaitu *Good Health Practices Scale* (Hampson et al., 2019) dan *Body-Focused Shame and Guilt Scale* (Weingarden et al., 2016). Analisis data penelitian ini menggunakan uji regresi linear berganda. Berdasarkan analisis yang dilakukan, ditemukan bahwa (H_1) dan (H_2) diterima sedangkan (H_3) ditolak. Hasil penelitian menunjukkan bahwa *body shame* berkontribusi terhadap penurunan perilaku hidup sehat ($\beta = -0,366$ dan $p = 0,000$). Sementara *body guilt* ($\beta = 0,335$ dan $p = 0,000$) dan *externalization of blame* ($\beta = 0,170$ dan $p = 0,001$) berkontribusi terhadap peningkatan perilaku hidup sehat.

Kata kunci: *Body shame*, *body guilt*, *externalization of blame*, perilaku hidup sehat

ABSTRACT

Utamaningtyas, Adinda Putri. 2024. The contribution of body shame, body guilt, and externalization of blame to healthy lifestyle behavior in adolescents girl. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

Healthy lifestyle behavior is still not a concern for some people and has been found to decline in adolescence. Changes experienced during puberty, especially in adolescent girls, lead them to behaviors to overcome dissatisfaction with their bodies. This study aims to examine the contribution of body shame, body guilt, and externalization of blame to healthy lifestyle behavior in adolescents girl. The hypotheses proposed in this study are: body shame is negatively related to healthy lifestyle behavior (H_1), body guilt is positively related to healthy lifestyle behavior (H_2), and externalization of blame is negatively related to healthy lifestyle behavior (H_3). The participants of this study were 462 Indonesian adolescents girl aged 12-21 years. This study is a quantitative study with convenience sampling method. The distribution of the scale was carried out online in the form of a questionnaire. The measuring instrument used to collect research data used two adapted scales, namely the Good Health Practices Scale (Hampson et al., 2019) and the Body-Focused Shame and Guilt Scale (Weingarden et al., 2016). The data analysis of this study used multiple linear regression tests. Based on the analysis carried out, it was found that (H_1), and (H_2) were accepted while (H_3) was rejected. The results showed that body shame contributed to a decrease in healthy lifestyle behavior ($\beta = -0,366$ and $p = 0.000$). While body guilt ($\beta = 0,335$ and $p = 0.000$) and externalization of blame ($\beta = 0.170$ and $p = 0.001$) contributed to an increase in healthy lifestyle behavior.

Keywords: Body shame, body guilt, externalization of blame, healthy lifestyle behavior