ABSTRAK

Penelitian ini bertujuan untuk mengetahui apakah ada hubungan antara self-esteem dengan body image pada siswa laki laki SMK Teknik di Kulon Progo. Hipotesis dalam penelitian ini yaitu ada hubungan positif yang signifikan antara self esteem dengan body image. Subjek pada penelitian ini berjumlah 160siswa laki laki SMK Teknik yang berusia 16 tahun sampai 19 tahun. Alat pengumpul data berupa skala self-esteem dan body image. Skala yang digunakan dalam penelitian merupakan modifikasi skala yang ada. Reliabilitas skala self-esteem (r) sebesar 0.896 dan reliabilitas skala body image sebesar 0.905.. Analisis data dilakukan menggunakan teknik korelasi Pearson Correlation (Product Moment) dengan bantuan SPSS 26 for windows 10. Hasil analisis data menunjukkan taraf siginifikansi sebesar 0,00 dengan nilai korelasi sebesar 0.593 yang berarti hipotesis penelitian diterima, artinya terdapat hubungan positif yang signifikan antara variabel self-esteem dan variabel body image. Besar koefisien korelasi sebesar 0,593 menunjukkan arah hubungan yang positif.

Kata Kunci : *Self esteem, Body Image,* Siswa

ABSTRAK

This study aims to determine whether there is a relationship between self-esteem and body image in male students of SMK Teknik in Kulon Progo. The hypothesis in this study is that there is a significant positive relationship between self-esteem and body image. The subjects in this study amounted to 160male students of SMK Engineering aged 16 to 19 years. Data collection tools in the form of self-esteem scale and body image. The scale used in the study is a modification of the existing scale. The reliability of the self-esteem scale (r) is 0.896 and the reliability of the body image scale is 0.905. Data analysis was carried out using the Pearson Correlation (Product Moment) correlation technique with the help of SPSS 26 for windows 10. The results of data analysis showed a significance level of 0.00 with the correlation value is 0.593, which means the research hypothesis is accepted, meaning that there is a significant positive relationship between the self-esteem variable and the body image variable. The correlation coefficient of 0.593 indicates the direction of a positive relationship.

Keywords: Self esteem, Body Image, Student