

## ABSTRAK

Penelitian ini merupakan penelitian kuantitatif yang bertujuan untuk mengetahui hubungan antara religiusitas dengan kesejahteraan psikologis pada remaja korban *body shaming*, hubungan antara dukungan sosial dengan kesejahteraan psikologis pada remaja korban *body shaming*, dan hubungan antara religiusitas dan dukungan sosial dengan kesejahteraan psikologis pada remaja korban *body shaming*. Subjek penelitian berjumlah 105 remaja korban *body shaming* dengan usia 12-22 tahun. Penelitian ini menggunakan tiga skala yaitu skala kesejahteraan psikologis, religiusitas, dan dukungan sosial. Hasil analisis korelasi *product moment* untuk variabel religiusitas dengan kesejahteraan psikologis  $r_{xy} = 0,830$  ( $p < 0,05$ ), artinya hipotesis satu diterima. Besarnya sumbangan variabel religiusitas sebesar 68,9% dan 31,1% sisanya berhubungan dengan variabel lain. Hasil analisis korelasi *product moment* untuk variabel dukungan sosial dengan kesejahteraan psikologis menunjukkan  $r_{xy} = 0,885$  ( $p < 0,05$ ), artinya hipotesis dua diterima. Besarnya sumbangan variabel dukungan sosial dengan kesejahteraan psikologis sebesar 78,4% dan 21,6% sisanya berhubungan dengan variabel lain. Berdasarkan hasil analisis uji regresi berganda, hubungan antara religiusitas dan dukungan sosial dengan kesejahteraan psikologis adalah  $R = 0,982$  serta nilai signifikansi  $F = 1418,091$  dan  $p = 0,000$  ( $p < 0,05$ ), artinya hipotesis mengenai hubungan antara religiusitas dan dukungan sosial dengan kesejahteraan psikologis diterima. Serta koefisien determinasi ( $R^2$ ) = 0,965, artinya bahwa religiusitas dan dukungan sosial secara bersama-sama memberikan sumbangan efektif sebesar 96,5 % terhadap kesejahteraan psikologis, sedangkan sisanya 3,5 % dipengaruhi oleh faktor lain.

**Kata Kunci :** dukungan sosial, kesejahteraan psikologis, religiusitas, remaja korban *body shaming*

## **ABSTRACT**

*This study is a quantitative study that aims to determine the relationship between religiosity and psychological well-being in adolescent victims of body shaming, the relationship between social support and psychological well-being in adolescent victims of body shaming, and the relationship between religiosity and social support and psychological well-being in adolescent victims of body shaming. The research subjects were 105 youth victims of body shaming aged 12-22 years. This study uses three scales, namely the scale of psychological well-being, religiosity, and social support. The results of the product moment correlation analysis for the religiosity variable with psychological well-being  $r_{xy} = 0.830$  with ( $p < 0.05$ ), meaning that hypothesis one is accepted. The magnitude of the contribution of the religiosity variable is 68.9% and the remaining 31.1% is related to other variables. The results of the product moment correlation analysis for social support and psychological well-being variables show  $r_{xy} = 0.885$  ( $p < 0.05$ ), meaning that hypothesis two is accepted. The contribution of the social support variable to psychological well-being is 78.4% and the remaining 21.6% is related to other variables. Based on the results of multiple regression analysis, the relationship between religiosity and social support with psychological well-being is  $R = 0.982$  and a significance value of  $F = 1418.091$  and  $p = 0.000$  ( $p < 0.05$ ), meaning that the hypothesis regarding the relationship between religiosity and social support with psychological well-being is accepted. And the coefficient of determination  $R^2 = 0.965$ , meaning that religiosity and social support together make an effective contribution of 96.5% to psychological well-being, while the remaining 3.5% is influenced by other factors.*

*Keywords: adolescent victims of body shaming, psychological well being, religiosity, social support*