

## **ABSTRAK**

Penelitian ini bertujuan untuk mengetahui hubungan antara kecenderungan body dysmorphic disorder dengan kepercayaan diri pada mahasiswa Fakultas Tarbiyah dan Keguruan UIN Sulthan Thaha Saifuddin Jambi. Hipotesis dalam penelitian ini adalah ada hubungan negatif antara kecenderungan body dysmorphic disorder dengan kepercayaan diri pada mahasiswa Fakultas Tarbiyah dan Keguruan UIN Sulthan Thaha Saifuddin Jambi. Subyek dalam penelitian ini adalah 164 mahasiswa Fakultas Tarbiyah dan Keguruan UIN Sulthan Thaha Saifuddin Jambi. Pengumpulan data penelitian ini menggunakan skala kecenderungan body dysmorphic disorder dan skala kepercayaan diri. Data tersebut kemudian dianalisis dengan menggunakan analisis korelasi product moment. Berdasarkan hasil uji korelasi product moment diketahui koefisien korelasi ( $r_{xy}$ ) sebesar  $-0,160$  dengan signifikansi  $0,041$ . Artinya ada hubungan negatif dan signifikan antara kecenderungan body dysmorphic disorder dengan kepercayaan diri pada mahasiswa Fakultas Tarbiyah UIN Sulthan Thaha Saifuddin Jambi. Hal ini menunjukkan bahwa hipotesis dalam penelitian ini diterima dan terbukti adanya hubungan negatif antara kecenderungan body dysmorphic disorder dengan kepercayaan diri pada mahasiswa Fakultas Tarbiyah dan Keguruan UIN Sulthan Thaha Saifuddin Jambi.

Kata Kunci: Kecenderungan Body Dysmorphic Disorder, Percaya Diri.

## **ABSTRACT**

*This study aims to determine the relationship between body tendencies dysmorphic disorder with self-confidence in students of the Tarbiyah and Teacher Training Faculty of UIN Sulthan Thaha Saifuddin Jambi. The hypothesis in this study is that there is a negative relationship between the tendency of body dysmorphic disorder and self-confidence in students of the Tarbiyah and Teacher Training Faculty of UIN Sulthan Thaha Saifuddin Jambi. The subjects in this study were 164 students of the Tarbiyah and Teacher Training Faculty of UIN Sulthan Thaha Saifuddin Jambi. Collecting data for this study used a scale of body dysmorphic disorder tendencies and a self-confidence scale. The data is then analyzed using product moment correlation analysis. Based on the results of the product moment correlation test, it is known that the correlation coefficient ( $r_{xy}$ ) is -0.160 with a significance of 0.041. This means that there is a negative and significant relationship between the tendency of body dysmorphic disorder and self-confidence in students of the Tarbiyah Faculty of UIN Sulthan Thaha Saifuddin Jambi. This shows that the hypothesis in this study is accepted and it is proven that there is a negative relationship between the tendency of body dysmorphic disorder and self-confidence in students of the Tarbiyah and Teacher Training Faculty of UIN Sulthan Thaha Saifuddin Jambi..*

*Keywords: Body Dysmorphic Disorder Tendency, Confidence*