ABSTRAK

Periode postpartum ditandai oleh berbagai perubahan fisik setelah melahirkan yang dapat memengaruhi penilaian ibu terhadap tubuhnya. Penelitian ini bertujuan untuk mengetahui hubungan antara *body dissatisfaction* dan *self-esteem* pada ibu postpartum. Hipotesis penelitian menyatakan bahwa terdapat hubungan negatif antara *body dissatisfaction* dan *self-esteem*. Subjek penelitian berjumlah 172 ibu yang berada dalam periode 0–12 bulan postpartum dari berbagai daerah di Indonesia dan dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan Skala *Body Dissatisfaction* dan *Rosenberg Self-Esteem Scale*. Analisis data dilakukan menggunakan korelasi *Pearson* dengan bantuan IBM SPSS *Statistics for Mac* versi 29. Hasil analisis menunjukkan koefisien korelasi sebesar −0,766 dengan nilai $p < 0{,}001$. Temuan tersebut menunjukkan adanya hubungan negatif yang signifikan antara *body dissatisfaction* dan *self-esteem* pada ibu postpartum sehingga hipotesis penelitian diterima. Semakin tinggi *body dissatisfaction*, semakin rendah *self-esteem* pada ibu postpartum. Sebaliknya, semakin rendah *body dissatisfaction*, semakin tinggi *self-esteem* yang dimiliki.

Kata kunci: *body dissatisfaction*, ibu postpartum, *self-esteem*

ABSTRACT

The postpartum period is marked by various physical changes after childbirth that may influence how mothers evaluate their bodies. This study aimed to examine the relationship between body dissatisfaction and self-esteem among postpartum mothers. The hypothesis proposed a negative relationship between body dissatisfaction and self-esteem. The participants were 172 mothers within 0–12 months postpartum from various regions in Indonesia, selected using purposive sampling. Data were collected using the Body Dissatisfaction Scale and the Rosenberg Self-Esteem Scale. Pearson correlation analysis was performed using IBM SPSS Statistics for Mac version 29. The results showed a correlation coefficient of −0.766 with $p < .001$. These findings indicate a significant negative relationship between body dissatisfaction and self-esteem among postpartum mothers; therefore, the research hypothesis was supported. Higher body dissatisfaction was associated with lower self-esteem, whereas lower body dissatisfaction was associated with higher self-esteem.

Keywords: body dissatisfaction, postpartum mothers, self-esteem