DAFTAR PUSTAKA

Abd el-Sattar, E. M., Hussine, O. A. B., & Nassar, A. (2025). Skin Changes during Pregnancy and their Impact on Pregnant Women. *Zagazig University Medical Journal*, *31*(8), 4067–4075. https://doi.org/10.21608/zumj.2025.388640.3968

Amalia, D. R., Dewi, M. P., & Kusumastuti, A. N. (2018). Body Dissatisfaction dan Harga Diri pada Ibu Pasca Melahirkan. *Jurnal Psikologi*, *11*(2), 161–171. https://doi.org/10.35760/psi.2018.v11i2.2261

Antonie, L., & Vintila, M. (2023). Postpartum Body Image and Self-Esteem. *Bulletin of the Transilvania University of Braşov*, *15*(64), 145–152. https://doi.org/10.31926/but.ssl.2022.15.64.2.3

Anwar, N. S., Ernawati, & Ratna. (2023). Hubungan Antara Body Image Dengan Self Esteem Pada Ibu Post Partum. *Jurnal Ilmiah Mahasiswa & Penelitian Keperawatan*, *3*(2), 1–8.

Asadi, M., Noroozi, M., & Alavi, M. (2021). Exploring the Experiences Related to Postpartum Changes: Perspectives of Mothers and Healthcare Providers in Iran. *BMC Pregnancy and Childbirth*, *21*(1). https://doi.org/10.1186/s12884-020-03504-8

Asadi, M., Noroozi, M., & Alavi, M. (2022). Identifying Women's Needs to Adjust to Postpartum Changes: A Qualitative Study in Iran. *BMC Pregnancy and Childbirth*, *22*(1), 1–10. https://doi.org/10.1186/s12884-022-04459-8

Azwar, S. (2017). *Metode Penelitian Psikologi* (2nd ed.). Pustaka Pelajar.

Azwar, S. (2021). *Penyusunan Skala Psikologi* (3rd ed.). Pustaka Pelajar.

Badan Pusat Statistik (BPS). (2026). *Hasil Survei Penduduk Antar Sensus (SUPAS 2025)*.

Baron, R. A., & Branscombe, N. R. (2006). *Social psychology (13th ed.)*. Pearson Education.

Branden, N. (1994). *The Six Pillars Of Self-Esteem*. Bantam.

Cash, T. F. (2012). Encyclopedia of Body Image and Human Appearance. *Encyclopedia of Body Image and Human Appearance*. Elsevier Academic Press. https://doi.org/10.1016/b978-0-12-384925-0.09001-5

Cash, T. F., & Pruzinky, T. (2002). *BODY IMAGE: A Handbook of Theory, Research, and Clinical Practice*. New York: The Guilford Press.

Christia, M. (2007). Inner Voice dan Self-Esteem. *Makara Human Behavior Studies in Asia*, *11*(01), 37–41. https://doi.org/10.7454/mssh.v11i1.66

Coopersmith, S. (1967). *The Antecedents of Self-Esteem*. San Francisco: W. H. Freeman and Company.

Doumouchtsis, S. K., de Tayrac, R., Lee, J., Daly, O., Melendez-Munoz, J., Lindo, F. M., Cross, A., White, A., Cichowski, S., Falconi, G., & Haylen, B. (2022). An International Continence Society (ICS)/ International Urogynecological Association (IUGA) joint report on the terminology for the assessment and management of obstetric pelvic floor disorders. *Continence*, *4*, 1–29. https://doi.org/10.1016/j.cont.2022.100502

Farias, D. G. L. M., Mota, M. E. W., Carneiro, M. C. P., de Almeida, B. G., Pessoa, N. R. C., & Frazão, C. M. F. de Q. (2021). Nursing Diagnoses of the Self-Perception Domain in Women in the Puerperium. *International Journal of Nursing Knowledge*, *32*(3), 192–198. https://doi.org/10.1111/2047-3095.12311

Faruga-Lewicka, W., Dudek, M., Staśkiewicz-Bartecka, W., & Kardas, M. (2025). Self-Esteem, Self-Perception, and Self-Image of Women with Acne Vulgaris at Different Age Ranges. *Dermatology Reports*, *17*. https://doi.org/10.4081/dr.2025.10191

Ghafoor, S., Aftab, S., Baloch, Z. H., Rashid, S., Waheed, A., & Ali, N. (2021). Postpartum Depression & Body Image Dissatisfaction in Housewives and Working Women. *Pakistan Journal of Medical & Health Sciences*, *15*(4), 1219–1223.

Ghamri, R. A., Abu Sadi, R. K., Eissa, G. A., Almaghrabi, S. J., Algethmi, R. A., Othman, S. S., & Ghamri, K. A. (2024). Body Image Perception and Self-Esteem among Pregnant Women in Saudi Arabia: A Cross Sectional Study. *Clinical and Experimental Obstetrics and Gynecology*, *51*(5). https://doi.org/10.31083/j.ceog5105125

Grogan, S. (2017). *Body Image: Understanding body dissatisfaction in men, women and children* (13th ed.). Routledge.

Grolleman, J. F., Gravesteijn, C., & Hoffenaar, P. J. (2023). Trajectories of Change in Parental Self-Esteem and Emotion Regulation from Pregnancy until 4 Years Postpartum. *Journal of Child and Family Studies*, *32*(4), 1088–1101. https://doi.org/10.1007/s10826-022-02306-0

Hadi, S. (2015). *Metodologi Riset* (Jilid 1). Andi Offset.

Haryanti, P., & Puspitasari, R. (2021). Article in Jurnal Penelitian Kesehatan SUARA FORIKES. *Jurnal Penelitian Kesehatan Suara Forikes*, *12*, 53–57. https://doi.org/10.33846/sf12nk210

Hewitt, J. P. (2012). *The Social Construction of Self-Esteem The Oxford Handbook of Positive Psychology (2 ed.)*. Oxford Handbooks Online. https://doi.org/10.1093/oxfordhb/9780195187243.001.0001/oxfordhb-9780195187243-e-020

Hirose, A., Terauchi, M., Odai, T., Fudono, A., Tsurane, K., Sekiguchi, M., Iwata, M., Anzai, T., Takahashi, K., & Miyasaka, N. (2024). Postpartum hair loss is associated with anxiety. *Journal of Obstetrics and Gynaecology Research*, *50*(12), 2239–2245. https://doi.org/10.1111/jog.16130

Huangfu, H., Li, L., & Shuai, W. (2024). Mediating effects of self-esteem and self-compassion on the relationship between body dissatisfaction and depression among adolescents with polycystic ovary syndrome. *Frontiers in Public Health*, *12*, 1–9. https://doi.org/10.3389/fpubh.2024.1420532

Hutchinson, J., & Cassidy, T. (2022). Well-being, Self-Esteem and Body Satisfaction in New Mothers. *Journal of Reproductive and Infant Psychology*, *40*(5), 532–546. https://doi.org/10.1080/02646838.2021.1916452

Isnaini, M., Afgani, W. M., Haqqi, A., & Azhari, I. (2025). Teknik Analisis Data Uji Normalitas. *Jurnal Cendekia Ilmiah*, *4*(2), 1377–1384.

Juliadilla, R. (2017). Dinamika Psikologis Perubahan Citra Tubuh pada Wanita pada Saat Kehamilan. *INTUISI*, *9*(1), 57–66.

Kalli, A., Iliadou, M., Palaska, E., Louverdi, S., Dagla, C., Orovou, E., & Dagla, M. (2025). Mothers' Body Appreciation and Postpartum Self-Esteem in Relation to Body Changes and Breastfeeding Difficulties: A Cross-Sectional Survey in Cyprus. *Nursing Reports*, *15*(3), 1–11. https://doi.org/10.3390/nursrep15030076

Katou, Y., Okamura, M., & Ohira, M. (2022). Transition to Motherhood for Japanese Primiparas from Delivery to 6 Months Postpartum: A Qualitative Study. *Nursing Open*, *9*(1), 490–499. https://doi.org/10.1002/nop2.1087

Kernis, M. H. (2003). Toward a Conceptualization of Optimal Self-Esteem. *Psychological Inquiry*, *14*(1), 1–26.

Kochan, M., & Kabukcuoglu, K. (2022). 'I wish I had my pre-pregnancy body after birth… but I have to be supported': A Theoretical Study Based on Body Image Perception in Working Mothers During the Postpartum Period. *Journal of Obstetrics and Gynaecology*, *42*(5), 1103–1111. https://doi.org/10.1080/01443615.2021.2006160

Kumalasari, A. Y., & Rahayu, M. N. M. (2022). Self Esteem dan Citra Tubuh Pada Wanita Dewasa Pasca Melahirkan. *Jurnal Imiah Psikologi*, *10*(4), 653–661. https://doi.org/10.30872/psikoborneo.v10i4

Kusumawati, C., & Retno Surjaningrum, E. (2021). Pengaruh Self-Esteem dan Self-Efficacy terhadap Kecenderungan Postpartum Depression pada Ibu Primipara. *Buletin Riset Psikologi dan Kesehatan Mental (BRPKM)*, *1*(2), 1161–1171. http://e-journal.unair.ac.id/index.php/BRPKM

Leanderz, Å. G., Larsson, M., Lygnegård, F., Bäckström, C., & Henricson, M. (2025). The Meaning of Becoming a Mother. A Phenomenological-Hermeneutic Study. *Scandinavian Journal of Caring Sciences*, *39*(1), 1–10. https://doi.org/10.1111/scs.70011

Lederman, R., & Weis, K. (2009). Psychosocial Adaptation to Pregnancy: Seven Dimensions of Maternal Role Development. Dalam *Psychosocial Adaptation to Pregnancy: Seven Dimensions of Maternal Role Development* (Third Edition). Springer New York. https://doi.org/10.1007/978-1-4419-0288-7

Lestari, S., Matulessy, A., & Pratitis, N. (2022). Ketidakpuasan tubuh mahasiswi: Bagaimana peranan harga diri? *Sukma: Jurnal Penelitian Psikologi*, *3*(02), 218–226.

Lim, S., Lang, S., Savaglio, M., Skouteris, H., & Moran, L. J. (2024). Intervention Strategies to Address Barriers and Facilitators to a Healthy Lifestyle Using the Behaviour Change Wheel: A Qualitative Analysis of the Perspectives of Postpartum Women. *Nutrients*, *16*(7), 1–22. https://doi.org/10.3390/nu16071046

Lindberg, I., Persson, M., Nilsson, M., Uustal, E., & Lindqvist, M. (2020). "Taken by surprise" - Women's experiences of the first eight weeks after a second degree perineal tear at childbirth. *Midwifery*, *87*, 1–7. https://doi.org/10.1016/j.midw.2020.102748

Linde, K., Lehnig, F., Treml, J., Nagl, M., Stepan, H., & Kersting, A. (2024). The trajectory of body image dissatisfaction during pregnancy and postpartum and

its relationship to Body-Mass-Index. *PLoS ONE*, *19,* 1-21. https://doi.org/10.1371/journal.pone.0309396

Lubis, N. L. (2009). *Depresi: Tinjauan Psikologis*. Kencana.

Machali, I. (2021). *Metode Penelitian Kuantitatif*. Fakultas Ilmu Tarbiyah dan Keguruan Universitas Islam Negeri (UIN) Sunan Kalijaga Yogyakarta.

Mafra, A. L., Silva, C. S. A., Varella, M. A. C., & Valentova, J. V. (2022). The contrasting effects of body image and self-esteem in the makeup usage. *PLoS ONE*, *17*(3 March), 1–11. https://doi.org/10.1371/journal.pone.0265197

Maroqi, N. (2018). Uji Validitas Konstruk pada Instrumen Rosenberg Self-Esteem Scale dengan Metode Confirmatory Factor Analysis (CFA). *Jurnal Pengukuran Psikologi dan Pendidikan Indonesia*, *7*(2), 92-96.

Martin, J. C., Joham, A. E., Mishra, G. D., Hodge, A. M., Moran, L. J., & Harrison, C. L. (2020). Postpartum diet quality: A cross-sectional analysis from the australian longitudinal study on women's health. *Journal of Clinical Medicine*, *9*(2), 1-17. https://doi.org/10.3390/jcm9020446

Meireles, J. F. F., Neves, C. M., Amaral, A. C. S., Morgado, F. F. da R., & Ferreira, M. E. C. (2022). Body Appreciation, Depressive Symptoms, and Self-Esteem in Pregnant and Postpartum Brazilian Women. *Frontiers in Global Women's Health*, *3*, 1–8. https://doi.org/10.3389/fgwh.2022.834040

Merino, M., Tornero-Aguilera, J. F., Rubio-Zarapuz, A., Villanueva-Tobaldo, C. V., Martín-Rodríguez, A., & Clemente-Suárez, V. J. (2024). Body Perceptions and Psychological Well-Being: A Review of the Impact of Social Media and Physical Measurements on Self-Esteem and Mental Health with a Focus on Body Image Satisfaction and Its Relationship with Cultural and Gender Factors. *Healthcare*, *12*(14), 1–44. https://doi.org/10.3390/healthcare12141396

Meyling, M. M. G., Frieling, M. E., Vervoort, J. P. M., Jong, E. I. F. de, & Jansen, D. E. M. C. (2023). Health Problems Experienced by Women During the First Year Postpartum: A Systematic Review. *European Journal of Midwifery*, *7*, 1–20. https://doi.org/10.18332/ejm/173417

Munisah, M., Handajani, D. O., & Suprapti. (2023). Hubungan Paritas dengan Kejadian Emesis Gravidarum Di PMB Nur Giarti Tulangan Sidoarjo. *IJMT : Indonesian Journal of Midwifery Today*, *2*(2), 35–40. https://doi.org/10.30587/ijmt.v2i2.6158

Ogden, J. (2010). *The Psychology of Eating*. United Kingdom: Blackwell Publishing

Pearson, A. N. ., Heffner, Michelle., & Follette, V. M. (2010). *Acceptance & commitment therapy for body image dissatisfaction: a practitioner's guide to using mindfulness, acceptance & values-based behavior change strategies*. New Harbinger Publications.

Pratiwi, M. V., & Sawitri, D. R. (2020). Hubungan antara Ketidakpuasan pada Tubuh dengan Harga Diri pada Wanita Dewasa Awal Anggota Pusat Kebugaran Moethya. *Jurnal Empati*, *9*(4), 306–312.

Rahmadini, Y., & Ningsih, Y. T. (2025). Pengaruh Peer Appearance Culture terhadap Body Dissatisfaction pada Remaja Akhir Perempuan di Sumatera

Barat. *Social, Humanities, and Educational Studies*, *8*(4), 784–791. https://jurnal.uns.ac.id/shes

Raspovic, A. M., Prichard, I., Yager, Z., & Hart, L. M. (2020). Mothers' Experiences of the Relationship Between Body Image and Exercise, 0–5 Years Postpartum: A Qualitative Study. *Body Image*, *35*, 41–52. https://doi.org/10.1016/j.bodyim.2020.08.003

Raudasoja, M., Vehviläinen-Julkunen, K., & Tolvanen, A. (2022). Passing the test of motherhood? Self-esteem development and birth experience in the transition to motherhood: A longitudinal mixed methods study in Finland. *Journal of Advanced Nursing*, *78*(12), 4246–4260. https://doi.org/10.1111/jan.15468

Redshaw, M., Martin, C. R., Savage-Mcglynn, E., & Harrison, S. (2019). Women's experiences of maternity care in England: Preliminary development of a standard measure. *BMC Pregnancy and Childbirth*, *19*(1), 1–13. https://doi.org/10.1186/s12884-019-2284-9

Reitz, A. K. (2022). Self-esteem development and life events: A review and integrative process framework. *Social and Personality Psychology Compass*, *16*(11), 1–20. https://doi.org/10.1111/spc3.12709

Ritonga, C. M. T., Sofinia, H., Viky, M., & Rokibullah. (2022). The Physiological Changes In The Postpartum Period After Childbirth. *Asian Journal of Social and Humanities*, *01*(03), 105–118. https://ajosh.org/

Rosenberg, M. (1965). *Society and the Adolescent Self-Image*. Princeton University Press.

Rozmarynowska, W., Czerwińska-Osipiak, A., Krawczyk, A., & Szablewska, A. W. (2025). The role of maternal age, education, birth experience and self-esteem in shaping anxiety before first postpartum intercourse. *Frontiers in Public Health*, *13*, 1–10. https://doi.org/10.3389/fpubh.2025.1708248

Şahin, A., Şahin, F., & Sezgin, L. (2026). Reconstruction of Identity and Meaning in the Postpartum Period: Women's Experiences of Social Vulnerability and Existential Transition—A Phenomenological Study. *Healthcare (Switzerland)*, *14*(5), 1–18. https://doi.org/10.3390/healthcare14050693

Sajid, M., Muhammad, D., Qureshi, S., Turab, A., Tahirkheli, K., & Tariq, A. (2025). Body Dissatisfaction as as Predictor of Self Esteem and Life Satisfaction Amog Generation Z. *Qualitative Research Journal for Social Studies*, *02*(03), 193–207.

Santoso, V. M., Fauzia, R., & Rusli, R. (2019). Hubungan antara Kepuasan Citra Tubuh dengan Kecenderungan Body Dysmorphic Disorder pada Wanita Dewasa Awal di Kota Banjarbaru. *Jurnal Kognisia, 2*(1), 55-60.

Santrock, J. W. (2010). *Life Span Development* (13th ed.). McGraw Hill.

Sarginson, C., Nicoletta, J., Charlebois, T., Enouy, S., & Tabri, N. (2024). The Correlates of Appearance Focused Self-Concept: Personality Traits, Self-Concept, Sociocultural, and Early Life Experience Factors. *Journal of Eating Disorders*, *12*(1), 1–13. https://doi.org/10.1186/s40337-024-01065-1

Sastri, P. D., Akbar, R. F., Djaelani, B. P. P., & Wahdah, N. S. (2024). The Relationship between Body Dissatisfaction and Self Esteem among University

X Students in Bandung City. *International Journal of Psychology and Health Science*, *2*(3), 127–133. https://doi.org/10.38035/ijphs.v2i3

Schlechter, P., Katenhusen, S., & Morina, N. (2023). The Relationship of Aversive and Appetitive Appearance-Related Comparisons with Depression, Well-Being, and Self-esteem: A Response Surface Analysis. *Cognitive Therapy and Research*, *47*(4), 621–636. https://doi.org/10.1007/s10608-023-10369-6

Shabira, F., & Ginanjar, A, S. (2026). Oh, My Precious Body: Citra Tubuh pada Ibu Pasca Melahirkan. *Jurnal Imiah Psikologi*, *14*(1), 1–16. https://doi.org/10.30872/psikoborneo

Stets, J. E., & Lee, J. (2021). *The Mother Identity and Self-Esteem*. *6*, 133–153. https://doi.org/10.1007/978-3-030-76966-6_7

Stice, E., & Shaw, H. E. (2002). Role of Body Dissatisfaction in the Onset and Maintenance of Eating Pathology a Synthesis of Research Findings. *Journal of Psychosomatic Research*, *53*, 985–993.

Sugiyono. (2023). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Alfabeta Bandung.

Tariq, M., & Ijaz, T. (2015). Development of Body Dissatisfaction Scale for University Students. *Pakistan Journal of Psychological Research*, *30*(2), 305–322.

Tavakoli, M., Hasanpoor-Azghady, S. B., & Farahani, L. A. (2021). Predictors of mothers' postpartum body dissatisfaction based on demographic and fertility factors. *BMC Pregnancy and Childbirth*, *21*(1), 1–8. https://doi.org/10.1186/s12884-020-03501-x

Turner, D. P. (2020). Sampling Methods in Research Design. *Headache*, *60*(1), 8–12. https://doi.org/10.1111/head.13707

Uchôa, F. N. M., Uchôa, N. M., Daniele, T. M. da C., Lustosa, R. P., Nogueira, P. R. de C., Reis, V. M., Andrade, J. H. C., Deana, N. F., Aranha, Á. M., & Alves, N. (2020). Influence of body dissatisfaction on the self-esteem of brazilian adolescents: A cross-sectional study. *International Journal of Environmental Research and Public Health*, *17*(10), 1–10. https://doi.org/10.3390/ijerph17103536

Wahyuni, S., Ernawati, & Irnawati. (2023). Hubungan Antara Body Image dengan Self Esteem Ibu Pasca Melahirkan di Wilayah Kerja Puskesmas Bontomarannu. *JIMPK : Jurnal Ilmiah Mahasiswa & Penelitian Keperawatan*, *3*(5), 114–120. https://doi.org/10.20956/ijas

World Health Organization. (2024). *Women of reproductive age (15–49 years)*.