DAFTAR PUSTAKA

Adityara, Sarah, & Rakhman, R. T. (2019). Karakteristik Generasi Z Dalam Perkembangan Diri Anak Melalui Visual. Semina Nasional Seni dan Desain: "Reinvensi Budaya Visual Nusantara", 401-406.

Afiyanti, Y., & Pratiwi. (2016). Seksualitas dan Kesehatan Reproduksi Perempuan. Jakarta : PT Raja Grafindo Persada

Albertson, E. R., Neff, K. D., & Dill-Shackleford, K. E. (2015). Self-Compassion and Body Dissatisfaction in Women: A Randomized Controlled Trial of a Brief Meditation Intervention. Mindfulness, 6(3), 444-554.

Anggraheni, R. D., & Rahmandani, A. (2019). Hubungan Antara Self-Compassion Dan Citra Tubuh Pada Mahasiswi Program S-1 Manajemen Universitas Katolik Soegijapranata Semarang. Jurnal EMPATI, 8(1), 166-172.

Annastasia Melliana S. (2006). Menjelajah Tubuh: Perempuan Dan Mitos Kecantikan. Yogyakarta: LKiS.

Aristantya, E. K., & Helmi, A. F. (2019). Citra Tubuh Pada Remaja Pengguna Instagram. Gadjah Mada Journal of Psychology (GamaJoP), 5(2), 114.

Azwar, S. (2012). Penyusunan Skala Psikologi. Yogyakarta: Pustaka Pelajar

Azwar, S. (2016). Penyusunan skala psikologi. Yogyakarta: Pustaka Pelajar

Barron, A. M., Krumrei-Mancuso, E. J., & Harriger, J. A. (2021). The effects of fitspiration and self-compassion Instagram posts on body image and self-compassion in men and women. *Body Image, 37*, 14-27.

Cash, T. F. (2008). The Body Image Workbook. an eight step for leaning to your looks (Ed. 2). New Harbinger Publication: United States of America.

Cash, T. F., & Pruzinsky, T. (2002). Body Image: A Handbook of Theory,

Research, and Clinical Practice. The Guilford Press.

Cash, T. F., & Pruzinsky, T. (2004). Body Image: A Handbook of Theory, Research, and Clinical Practice. New York: Guilford Publications.

Databoks Katadata. (2024, Februari 5). *Penetrasi internet di Yogyakarta tertinggi di Pulau Jawa pada 2024*. Databoks. https://databoks.katadata.co.id/datapublish/2024/02/05/penetrasi-internet-di-yogyakarta-tertinggi-di-pulau-jawa-pada-2024

de Wet, A. J., Lane, B. R., & Mulgrew, K. E. (2020). A Randomised Controlled Trial Examining the Effects of Self-Compassion Meditations on Women's Body Image. Body Image, 35, 22-29.

Duchesne, A. P., Dion, J., Lalande, D., Bégin, C., Émond, C., Lalande, G., & McDuff, P. (2017). Body Dissatisfaction and Psychological Distress in Adolescents: Is Self-Esteem a Mediator? Journal of Health Psychology, 22(12), 1563-1569.

Dwidienawati, D., & Gandasari, D. (2018). Understanding Indonesia Gen Z. International Journal of Engineering Science, 7(3.25), 245-252.

Erismadewi, P. P. A., Swedarma, K. E., & Antari, G. A. A. (2022). Hubungan Welas Asih Diri Dengan Citra Tubuh Pada Remaja Di Sma Negeri 2 Semarapura. Coping: Community of Publishing in Nursing, 10(1), 38.

Ester Angeline Suhendra, T., Roswiyani, R., & Satyadi, H. (2021). Hubungan Self Compassion Terhadap Body Image Pada Dewasa Awal Yang Mengikuti Standar Ideal Penampilan Di Media Sosial, 1-15.

Fan, Q., Li, Y., Gao, Y., Nazari, N., & Griffiths, M. D. (2023). Self-Compassion Moderates the Association Between Body Dissatisfaction and Suicidal Ideation in Adolescents: A Cross-Sectional Study. International Journal of Mental Health and Addiction, 21(4), 2371-2388.

Fazriah, N., Fitri, S., & Badrudjaman, A. (2017). Pengaruh Konseling Kelompok Dengan Pendekatan Body Image Cognitive Behavioral Therapy Terhadap

Siswi Smk Yang Memiliki Citra Tubuh Negatif. Insight Jurnal Bimbingan Konseling, 6(2), 197-213.

Ferreira, C., Pinto-Gouveia, J., & Duarte, C. (2013). Self-Compassion in the Face of Shame and Body Image Dissatisfaction: Implications for Eating Disorders. Eating Behaviors, 14(2), 207-210.

Firamadhina, F. I. R., & Krisnani, H. (2021). Perilaku Generasi Z Terhadap Penggunaan Media Sosial Tiktok: TikTok Sebagai Media Edukasi Dan Aktivisme. Share: Social Work Journal, 10(2), 199.

Fitri, E., Zola, N., & Ifdil, I. (2018). Profil Kepercayaan Diri Remaja serta FaktorFaktor yang Mempengaruhi, 4, 1–5

Handayaningsih, T. A. (2021). Hubungan Antara Body Image Dengan Perilaku Konsumtif Pada Remaja Akhir.

Hati, C. I. P., & Soetjiningsih, C. H. (2022). Hubungan Self Compassion Dengan Body Dissatisfaction Pada Dewasa Awal Pengguna Instagram. Jurnal RAP (Riset Aktual Psikologi Universitas Negeri Padang), 13(2), 99.

Imam, M. (2021). Metode Penelitian Kuantitatif Panduan Praktis Merencanakan, Melaksanakan Dan Analisis Dalam Penelitian Kuantitatif.

Januar, V., & Putri, D. E. (2007). Citra Tubuh Pada Remaja Putri Menikah Dan Memiliki Anak. Jurnal Psikologi, 1(1), 52-62.

Khusnul Khotimah Sirajuddin, A., & Siswanti, D. N. (2023). Hubungan Harga Diri Dengan Kepuasan Hidup Generasi Z Pengguna Media Sosial Instagram. PESHUM: Jurnal Pendidikan, Sosial dan Humaniora, 2(2), 255-265.

Kurniawan, A. W., & Puspitaningtyas, Z. (2016). Metode Penelitian Kuantitatif.

Leary, M. R., Tate, E. B., Adams, C. E., Allen, A. B., & Hancock, J. (2007). Self-Compassion and Reactions to Unpleasant Self-Relevant Events: The Implications of Treating Oneself Kindly. Journal of Personality and Social

Psychology, 92(5), 887-904.

Lonergan, A. R., Bussey, K., Mond, J., Brown, O., Giffiths, S., Muray, S. B., & Mitchison, D. (2019). Me, My Selfie, and I: The Relationship between Editing and Posting Selfies and Body Dissatisfaction in Men and Women. Body Image, 28, 39-43.

Marizka, D. S., Maslihah, S., & Wulandari, A. (2019). Bagaimana Self-Compassion Memoderasi Pengaruh Media Sosial Terhadap Ketidakpuasan Tubuh? Jurnal Psikologi Insight, 3(2), 56-69.

Meier, E. P., & Gray, J. (2014). Facebook Photo Activity Associated with Body Image Disturbance in Adolescent Girls. Cyberpsychology, Behavior, and Social Networking, 17(4), 199-206.

Mulawarman, M., & Nurfitri, A. D. (2017). Perilaku Pengguna Media Sosial Beserta Implikasinya Ditinjau Dari Perspektif Psikologi Sosial Terapan. Buletin Psikologi, 25(1), 36-44.

Nafisyah, W. A., & Khasanah, A. N. (2023, January). Studi Mindfulness terhadap Body Image pada Remaja Putri. In *Bandung Conference Series: Psychology Science* (. 3,. 1, pp. 454-462).

Nasrullah, R. (2018). Riset Khalayak Digital: Perspektif Khalayak Media Dan Realitas Virtual Di Media Sosial. Jurnal Sosioteknologi, 17(2), 271-287.

Neff, K. D. (2003). The Development and Validation of a Scale To Measure Self Compassion. *Self and Identity*, 2(3), 223-250.

Neff, K. D., & Knox, M. C. (2020). Encyclopedia of Personality and Individual Differences.

Neff, K. D., & McGehee, P. (2010). Self-Compassion and Psychological Resilience among Adolescents and Young Adults. Self and Identity, 9(3), 225-240.

Neff, K. D., Rude, S. S., & Kirkpatrick, K. L. (2007). An Examination of Self-Compassion in Relation to Positive Psychological Functioning and

Personality Traits. Journal of Research in Personality, 41(4), 908-916.

Neff, Kristin (2011). Self-Compassion, Self-Esteem, and Well-Being. *Social and Personality Psychology Compass* , 5(1), 1–12.

Neff. (2003a). Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself. *Self and Identity,* 2: 85–101, 2003.

Niswah, F., & Zahro, E. B. (2021). Internalisasi Sosiokultural, Korean Wave Dan Kualitas Citra Tubuh Remaja. Jurnal Psikologi, 7(2), 809-820.

Nofiartika, F., Khasana, T. M., Artanti, E. M., Prodi Gizi, Program Sarjana, Ilmu Kesehatan, & Respati Yogyakarta. (2022). Fenomena Selebgram, Citra Tubuh Dan Perilaku Makan Pada Remaja Putri Di Yogyakarta. Medika Respati: Jurnal Ilmiah Kesehatan, 17, 99-106.

Novianti, R., & Merida, S. C. (2021). Self-Concept Dengan Citra Tubuh Pada Mahasiswi. Psikostudia: Jurnal Psikologi, 10(1), 11.

Odgen, J. (2011). The Psychology of Eating: From Healthy to Disordered Behavior. John Wiley & Sons.

Olivardia, R., Pope, H. G., Borowiecki, J. J., & Cohane, G. H. (2004). Biceps and Body Image: The Relationship between Muscularity and Self-Esteem, Depression, and Eating Disorder Symptoms. Psychology of Men and Masculinity, 5(2), 112-120.

Pratama, D. R. P., & Laksmiwati, H. (2022). Perbedaan self compassion ditinjau dari jenis kelamin pada mahasiswa. *Character: Jurnal Penelitian Psikologi*, *9*(7), 73-83.

Putri, A. F. (2018). Pentingnya Orang Dewasa Awal Menyelesaikan Tugas Perkembangannya. SCHOULID: Indonesian Journal of School Counseling, 3(2), 35–40.

Qidwati, S. A. (2019). Hubungan Antara Physical Appearance Comparison Dan Self-Compassion Dengan Body Image Sebagai Mediator Pada Remaja Perempuan. Calyptra, 2(2), 1-12.

Ratnawati, V., & Sofiah, D. (2012). Percaya Diri, Body Image Dan Kecenderungan Anorexia Nervosa Pada Remaja Putri. Persona:Jurnal Psikologi Indonesia, 1(2).

Roainina, F. (2020). Pengaruh Sosial Media Terhadap Body Image. KoPeN: Konferensi Pendidikan Nasional, 5(3), 248-253.

Rodgers, R. F., Franko, D. L., Donovan, E., Cousineau, T., Yates, K., McGowan, K., Cook, E., & Lowy, A. S. (2017). Body Image in Emerging Adults: The Protective Role of Self-Compassion. Body Image, 22, 148-155.

Rodgers, R. F., McLean, S. A., & Paxton, S. J. (2015). Longitudinal Relationships among Internalization of the Media Ideal, Peer Social Comparison, and Body Dissatisfaction: Implications for the Tripartite Influence Model. Developmental Psychology, 51(5), 706-713.

Romansyah, M., & Natalia, D. T. I. (2012). Jurnal STIKES Volume 5, No. 2, Desember 2012. 5(2), 133-143.

Santoso, M. V., 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.

Sari, I. A. W. P., & Suarya, L. M. S. (2018). Hubungan Antara Social Comparison Dan Harga Diri Terhadap Citra Tubuh Remaja Perempuan. Jurnal Psikologi Ilmiah, 5(2), 265-277.

Schmidt, C. K., Raque-Bogdan, T. L., & Hollern, E. A. (2019). Self-Compassion, Affect, and Body Image in College Women. Journal of College Counseling, 22(2), 152-163.

Slater, A., Varsani, N., & Diedrichs, P. C. (2017). #fitspo or #loveyourself? The Impact of Fitspiration and Self-Compassion Instagram Images on Women's Body Image, Self-Compassion, and Mood. Body Image, 22, 87-96.

Stewart, T. M. (2004). Light on Body Image Treatment: Acceptance through

Mindfulness. Behavior Modification, 28(6), 783-811.

Sugianto, D., Suwartono, C., & Sutanto, S. H. (2020). Reliabilitas Dan Validitas Self-Compassion Scale Versi Bahasa Indonesia. Jurnal Psikologi Ulayat, 7(2), 177-191.

Sugiyono. (2013). Metode Penelitian Kuantitatif Kualitatif dan R & D. Bandung.

Sugiyono. (2019). Metode Penelitian Kuantitatif, Kualitatif, Dan R&D. Bandung: Alphabet.

Sumanty, D., Sudirman, D., & Puspasari, D. (2018). Hubungan Religiusitas Dengan Citra Tubuh Pada Wanita Dewasa Awal. Jurnal Psikologi Islam dan Budaya, 1(1), 9-28.

Syahputra, H. R., Meriza, I., Arianda, I., Hijrah, H., Junaidi, J., Khairina, U., & Tisa, M. (2022). Optimalisasi Media Sosial Pada Generasi Z Melalui Pelatihan Content Creator. Meuseuraya - Jurnal Pengabdian Masyarakat, 1(2), 51-58.

Thøgersen-Ntoumani, C., Dodos, L., Chatzisarantis, N., & Ntoumanis, N. (2017). A Diary Study of Self-Compassion, Upward Social Comparisons, and Body Image-Related Outcomes. Applied Psychology: Health and Well-Being, 9(2), 242-258.

Tirto.Id. (2019). Riset Mandiri : Teknologi Mempengaruhi Generasi Z. Retrieved 05 01 25, , from Tirto Id: https://tirto.id/bagaimanateknologimemengaruhi-masa-depan-generasi-z-Cfhp

Turk, F., Kellett, S., & Waller, G. (2021). Determining the Potential Links of Self-Compassion with Eating Pathology and Body Image among Women and Men: A Cross-Sectional Mediational Study. Body Image, 37, 28-37.

We Are Social. (2023). Digital 2023: Indonesia — DataReportal – Global Digital Insights. https://datareportal.com/reports/digital-2023-indonesia

Wet, Amy J., Ben R. Lane, and Kate E. Mulgrew. 2020. “A Randomised Controlled Trial Examining the Effects of Self-Compassion Meditations on Women’s Body Image.” *Body Image* 35: 22–29. doi:10.1016/j.bodyim.2020.07.009.

Zis, S. F., Effendi, N., & Roem, E. R. (2021). Perubahan perilaku komunikasi generasi milenial dan generasi z di era digital. *Satwika: Kajian Ilmu Budaya Dan Perubahan Sosial*, *5*(1), 69-87.