

Hubungan antara bullying dengan body satisfaction pada remaja putra korban bullying terhadap tampilan fisik = The correlation between bullying and body satisfaction among appearance related bullied victims

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20320728&lokasi=lokal>

Abstrak

Bullying marak terjadi di mana saja dan kapan saja. Umumnya bullying meningkat ketika seseorang memasuki masa SMP dan SMA. Laki-laki maupun perempuan dapat terlibat tindakan bullying, namun laki-laki lebih sering terlibat dibandingkan perempuan. Penelitian akan bullying terkait kepuasan akan tubuh lebih banyak pada perempuan, sehingga penelitian ini dilakukan untuk mendapatkan gambaran mengenai hubungan antara bullying mengenai tampilan fisik dengan body satisfaction pada remaja putra korban bullying. Pengukuran bullying dan body satisfaction menggunakan alat ukur yang disusun oleh peneliti. Partisipan berjumlah 60 siswa SMP dan SMA yang pernah menjadi korban bullying.

Hasil penelitian ini menunjukkan terdapat hubungan negatif yang signifikan antara bullying dengan body satisfaction pada korban ($r = -0.255$; $p = 0.049$, signifikan pada L.o.S 0.05). Artinya, semakin tinggi bullying yang dialami, maka semakin rendah body satisfaction remaja putra korban bullying. Hasil tersebut menunjukkan bahwa masih banyak remaja putra korban bullying yang tidak puas akan tampilan fisiknya.

Bullying is a well known problem and could happened anywhere and any time. In general, bullying heightened during middle-senior high. Both male and female can be involved in bullying but males are more involved. Researches about bullying and body satisfaction are generally dominated by female participants so this research was conducted to find the correlation between appearance related bullying and body satisfaction among male adolescence victims. Bullying and body satisfaction is measured using instruments derived by researcher. The participants of this research are 60 middle high and high school male students who have the general characteristics of a victim.

The main results of this research shows that there is a significant negative correlation between bullying and body satisfaction ($r = -0.255$; $p = 0.049$, significant at L.o.S 0.05). This suggests that with higher bullying actions the victims received, the victims would develop increasingly lower body satisfaction. Based on this results, it is advisable that teachers, parents and friends actively prevent and stop bullying actions. Many victims become dissatisfied with their physical appearance.