

# Hubungan antara body image dan aging anxiety pada wanita dewasa madya = The correlation between body image and aging anxiety in middle aged women/ Stefi Liska

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## Abstrak

### <b>ABSTRAK</b><br>

Usia dewasa madya merupakan saat penuaan mulai dialami dan disadari oleh seseorang. Perubahan fisik akibat penuaan dinilai lebih negatif pada wanita dibandingkan pria karena standar penilaian sosial yang mementingkan penampilan fisik pada wanita dibandingkan pria. Hal tersebut dapat mempengaruhi body image dan menimbulkan aging anxiety pada wanita dewasa madya. Penelitian ini dilakukan untuk mengetahui hubungan antara body image dan aging anxiety pada wanita dewasa madya. Partisipan penelitian adalah 67 orang wanita yang berusia 40-65 tahun di Jabodetabek. Berdasarkan hasil uji statistik, ditemukan bahwa ada hubungan yang signifikan dengan arah negatif antara body image dan aging anxiety ( $r = -,365$ ,  $p < ,05$ , two-tailed).

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### <b>ABSTRACT</b><br>

Middle age is the time when aging begins. Physical change, as an effect of aging, in women is valued more negatively than in men because of social standard which appraises women mostly based on their appearance. Such standard could influence body image and cause aging anxiety in the middle aged women. This research was conducted to find the correlation between body image and aging anxiety in middle aged women. The participants in this research were 67 women who aged between 40-65 years old, residing in Jabodetabek. The statistic test result reveals that there was a significant correlation between body image and aging anxiety ( $r = -,365$ ,  $p < ,05$ , two-tailed).