

Hubungan antara Kepuasan Citra Tubuh dan Psychological Well-Being pada Wanita Usia Dewasa Madya = The Correlation between Body Image Satisfaction and Psychological Well-Being of Middle-Aged Women / Dini Rahmawati

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Abstrak

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara kepuasan citra tubuh dan psychological well-being pada wanita usia dewasa madya. Di usia dewasa madya, wanita mengalami perubahan fisik yang dapat mempengaruhi kepuasan citra tubuhnya (Koch, Mansfield, Thureau, dan Carey, 2005). Walaupun ketidakpuasan terhadap citra tubuh dapat mempengaruhi psychological well-being secara negatif (Cash & Pruzinsky, 2002), wanita memiliki kegiatan-kegiatan lainnya yang lebih diutamakan yang bisa memperkaya hidupnya (Lachman, 2004). Penelitian kuantitatif ini dilakukan pada 61 wanita berusia dewasa madya antara usia 40 hingga 64 yang berdomisili di Jabodetabek. Kepuasan citra tubuh diukur dengan Multidimensional Body-Self Relations Questionnaire (MBSRQ), sedangkan psychological well-being diukur dengan Psychological Well-Being Scales (SPWB). Kesimpulan yang diperoleh adalah kepuasan citra tubuh berhubungan positif secara signifikan dengan psychological well-being ($r = 0,289$; $p = 0,028$, signifikan pada L.o.S. 0,05).

ABSTRACT

This study is aimed to investigate the correlation between body image satisfaction and psychological well-being of middle-aged women. During midlife, women experience physical changes that affect their body image satisfaction (Koch, Mansfield, Thureau, dan Carey, 2005). Although body image dissatisfaction can negatively affect psychological well-being (Cash & Pruzinsky, 2002), women have other activities that have become their priorities that will further enrich their lives (Lachman, 2004). This is a quantitative study of 61 middle-aged women between the age of 40 and 64 who are living in Jabodetabek. Body image satisfaction is measured using Multidimensional Body-Self Relations Questionnaire (MBSRQ), whereas psychological well-being is measured using Psychological Well-Being Scales (SPWB). This study concludes that there is a significant positive correlation between body image satisfaction and psychological well-being ($r = 0,289$; $p = 0,028$, significant at L.o.S. 0,05).