

# Peran Perceived Social Support dalam Memoderasi Hubungan Antara Body Image Dissatisfaction dan Distres Psikologis pada Mahasiswi Tahun Pertama = The Role of Perceived Social Support in Moderating the Relationship between Body Image Dissatisfaction and Psychological Distress in First Year

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## Abstrak

Distres psikologis pada tahun pertama dapat memengaruhi terbentuknya tingkah laku bermasalah dan menurunnya performa akademik. Salah satu hal yang memengaruhi distres psikologis adalah body image dissatisfaction. Tahun pertama dalam perkuliahan merupakan masa dimana mahasiswi mengalami perubahan besar dalam pola makan dan body image dissatisfaction. Perceived social support memiliki peran buffering yang dapat melindungi individu dari dampak body image dissatisfaction terhadap distres psikologis. Penelitian ini memiliki tujuan untuk melihat peran perceived social support terhadap hubungan antara body image dissatisfaction dan distres psikologis. Partisipan dalam penelitian ini merupakan mahasiswi yang sedang berada di tahun pertama antara usia 18-21 tahun (N = 319). Setelah memperoleh data, peneliti melakukan analisis moderasi menggunakan PROCESS dari Hayes. The Kessler 10-item questionnaire (K10) digunakan untuk mengukur distres psikologis, The Multidimensional Scale of Perceived Social Support (MSPSS) digunakan untuk mengukur perceived social support, dan Appearance Evaluation (AE) serta Body Areas Satisfaction Scale (BASS) digunakan untuk mengukur body image dissatisfaction. Hasil penelitian menunjukkan bahwa mahasiswi tahun pertama cenderung puas dengan tubuhnya dan memiliki perceived social support serta distres psikologis yang sedang hingga tinggi. Lalu, ditemukan bahwa body image dissatisfaction memiliki hubungan yang lemah dan signifikan dengan distres psikologis, namun perceived social support tidak memoderasi hubungan di antara keduanya.

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Psychological distress in the first year of university can influence the formation of problematic behaviors and decreased academic performance. Body image dissatisfaction affects psychological distress. First year in university is a time when students experience major changes in eating patterns and body image dissatisfaction. Perceived social support has a buffering role that can protect individuals from the impact of body image dissatisfaction on psychological distress. This study aims to examine the role of perceived social support in moderating the relationship between body image dissatisfaction and psychological distress. 319 first-year female college students between the age of 18-21 were involved. To measure psychological distress, The Kessler-10 Item Questionnaire was used (K10), The Multidimensional Scale of Perceived Social Support (MSPSS) was used to measure perceived social support, and to measure body image dissatisfaction, Appearance Evaluation AE and Body Areas Satisfaction Scale (BASS) were used. The result of this study showed that first year female students tend to be satisfied with their bodies and have moderate to high levels of perceived social support and psychological distress. This study also showed that body image dissatisfaction has an association with psychological distress, but perceived social support does not moderate the relationship between the two.</i>

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