

# Peran Self-compassion terhadap Body Image Disturbance (BID) pada Dewasa Awal di Masa Pandemi COVID-19 = The Role of Self-compassion on Body Image Disturbance (BID) in Emerging Adulthood during the COVID-19 Pandemic

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## Abstrak

Beberapa tahun terakhir, banyak negara di Asia yang melaporkan peningkatan prevalensi gangguan makan, salah satunya adalah Body Image Disturbance (BID). Penelitian ini bertujuan untuk melihat peran self-compassion terhadap BID pada dewasa awal di masa pandemi COVID-19. Partisipan keseluruhan berjumlah 180 partisipan yang berada pada rentang usia dewasa awal, yaitu 18-29 tahun, serta berdomisili dan berkewarganegaraan Indonesia. Penelitian ini menemukan bahwa self-compassion memiliki peran yang signifikan terhadap BID ( $R^2 = .239$ ,  $F(1, 178) = 55.77$ ,  $p = .000$ ). Selain itu, penelitian ini juga menemukan bahwa tidak ada perbedaan skor self-compassion dan BID antara laki-laki dan perempuan.

..... In recent years, many countries in Asia have reported an increasing prevalence of eating disorders, one of which is Body Image Disturbance (BID). This study aims to examine the role of self-compassion on BID in emerging adulthood during the COVID-19 pandemic. There are a total of 180 participants who are in the emerging adulthood, 18-29 years old, domiciled and an Indonesian citizens. This study has found that self-compassion had a significant role in BID ( $R^2 = .239$ ,  $F(1, 178) = 55.77$ ,  $p = .000$ ). In addition, this study also found that there was no meaningful difference in self-compassion and BID scores between men and women.