

ABSTRAK

Ivana Christy (01121180010)

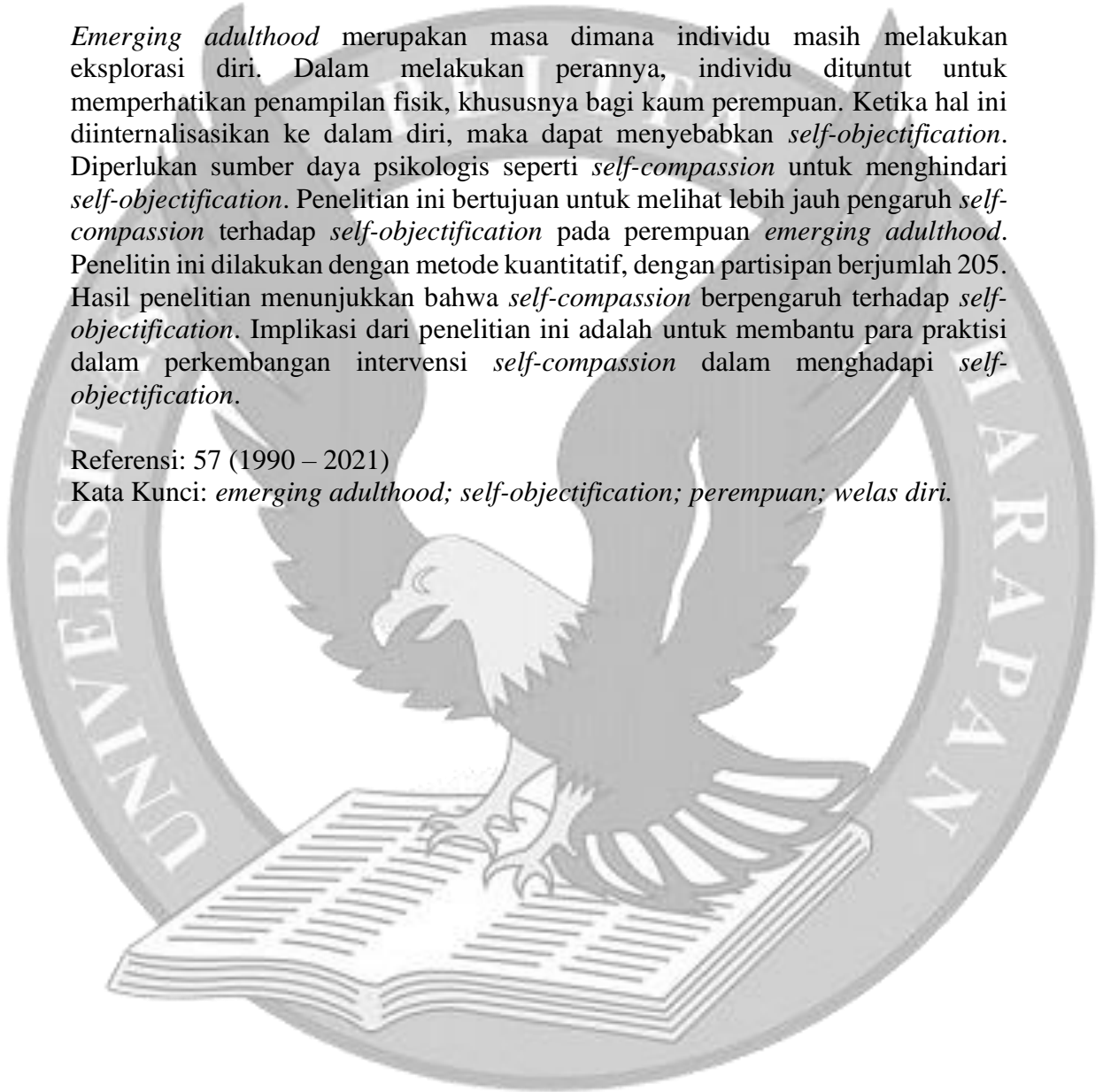
PENGARUH *SELF-COMPASSION* TERHADAP OBJEKTIFIKASI DIRI PADA PEREMPUAN *EMERGING ADULthood*

(xi + 26 halaman: 3 gambar; 13 tabel; 12 lampiran)

Emerging adulthood merupakan masa dimana individu masih melakukan eksplorasi diri. Dalam melakukan perannya, individu dituntut untuk memperhatikan penampilan fisik, khususnya bagi kaum perempuan. Ketika hal ini diinternalisasikan ke dalam diri, maka dapat menyebabkan *self-objectification*. Diperlukan sumber daya psikologis seperti *self-compassion* untuk menghindari *self-objectification*. Penelitian ini bertujuan untuk melihat lebih jauh pengaruh *self-compassion* terhadap *self-objectification* pada perempuan *emerging adulthood*. Penelitian ini dilakukan dengan metode kuantitatif, dengan partisipan berjumlah 205. Hasil penelitian menunjukkan bahwa *self-compassion* berpengaruh terhadap *self-objectification*. Implikasi dari penelitian ini adalah untuk membantu para praktisi dalam perkembangan intervensi *self-compassion* dalam menghadapi *self-objectification*.

Referensi: 57 (1990 – 2021)

Kata Kunci: *emerging adulthood*; *self-objectification*; perempuan; *welas diri*.



ABSTRACT

Ivana Christy (01121180010)

PENGARUH *SELF-COMPASSION* TERHADAP OBJEKTIFIKASI DIRI PADA PEREMPUAN *EMERGING ADULTHOOD*

(xi + 26 pages; 3 figures; 13 tables; 12 appendixes)

Emerging adulthood is a time when individuals are still exploring themselves. In carrying out their role, individuals are required to pay attention to their physical appearance, especially for women. When this is internalized into the self, it can lead to self-objectification. To prevent the negative impacts of self-objectification, psychological sources such as self-compassion are needed. This study aims to examine the effect of self-compassion on self-objectification in emerging adulthood women. The researcher conducted this study using quantitative methods, with a total of 205 participants. The results showed that self-compassion influence self-objectification. The implication of this study is to assist practitioners with the development of self-compassion interventions to address self-objectification.

References: 57 (1990 – 2021)

Keywords: emerging adulthood; self-compassion; self-objectification; women

