

ABSTRACT

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THE INFLUENCE OF FAMILY FAT TALK TOWARDS BODY DISSATISFACTION IN YOUNG ADULT CHINESE WOMEN IN INDONESIA

(xii + 43 pages; 10 table; 6 attachment; 3 appendiks)

The low awareness of Chinese families in Indonesia regarding conversations on physical appearance can lead to negative body shape discussion, also referred to as family fat talk. Family fat talk can negatively affect a person's perception of their physique and increase the likelihood of body dissatisfaction. The purpose of this study is to ascertain how family fat talk affects young adult Chinese women's body dissatisfaction in Indonesia. This research uses a quantitative design and simple linear regression analysis as a data processing method. 154 participants' responses to the Family Fat Talk Questionnaire and Body Dissatisfaction Questionnaire were used to collect data. According to the findings, family fat talk can predict young adult Chinese women's body dissatisfaction in Indonesia by 62.6%. The result of this study need to be implemented in order to raise public awareness of the risk toward negative body shape conversations.

Keywords: young adult women; Chinese ethnicity, family fat talk; body dissatisfaction; simple linear regression

References; 23 (1994-2023)

ABSTRAK

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PENGARUH *FAMILY FAT TALK* TERHADAP *BODY DISSATISFACTION* YANG DIALAMI OLEH PEREMPUAN DEWASA MUDA TIONGHOA DI INDONESIA

(xii + 43 halaman: 10 tabel; 6 lampiran; 3 gambar)

Rendahnya kesadaran keluarga Tionghoa di Indonesia terhadap percakapan mengenai penampilan fisik dapat berujung menjadi suatu topik pembicaraan bentuk tubuh yang negatif, atau disebut sebagai *family fat talk*. *Family fat talk* dapat memberikan dampak negatif bagi pandangan citra tubuh individu, termasuk risiko kemunculan *body dissatisfaction*. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh *family fat talk* terhadap *body dissatisfaction* pada perempuan dewasa muda Tionghoa di Indonesia. Penelitian ini menggunakan desain kuantitatif dan analisis regresi linear sederhana sebagai metode pengolahan data. Data diperoleh sebesar 154 partisipan menggunakan *Family Fat Talk Questionnaire* dan *Body Shape Questionnaire*. Hasil menunjukkan bahwa *family fat talk* dapat memprediksi *body dissatisfaction* pada perempuan dewasa muda Tionghoa di Indonesia sebesar 62.6%. Temuan penelitian ini perlu diimplementasikan untuk meningkatkan kesadaran masyarakat terhadap risiko dari percakapan bentuk tubuh yang negatif.

Kata Kunci : perempuan dewasa muda; etnis Tionghoa; *family fat talk*; *body dissatisfaction*; regresi linear sederhana

Referensi: 23 (1994-2023)