

Relational Sensitivity dan *Emotional Distancing* dengan memberikan interaksi yang positif kepada lingkungan mengenai gambaran tubuh seseorang bahwasanya tidak ada gambaran tubuh yang baik ataupun buruk. Terakhir, penggunaan media sosial bagi para pria metroseksual dianjurkan untuk mengurangi melihat sesuatu yang dapat memicu perasaan ingin gelisah mengenai gambaran tubuh.

Refleksi

Penelitian yang telah saya lakukan ini memberikan banyak pemahaman baru bagi saya dan mengembangkan diri saya lebih daripada sekedar mengerjakan tugas akhir terkhususnya pada kedisiplinan. Karena begitu banyak hambatan selama saya mengerjakan tugas akhir ini seperti kehilangan motivasi, stres, dan sulit membagi waktu. Saat sedang dalam fase tersebut biasanya saya pergi menyendiri untuk sementara untuk agar dapat menjernihkan pikiran dan memikirkan ulang alasan saya masuk kedalam perkuliahan dan saat ini sudah sedikit lagi mencapai tujuan saya. Selain itu, banyak dukungan dari luar seperti orang tua dan keluarga yang memberikan perkataan positif agar segera menyelesaikan perkuliahan dan bersiap untuk menghadapi tantangan lebih lagi diluar sana.

Hasil penelitian juga memberikan pemahaman baru bagi saya seperti ternyata diferensiasi diri itu sangat penting bagi diri kita pribadi terkhususnya gambaran tubuh. Sebagaimana gambaran tubuh yang buruk itu bisa diatasi dengan diri kita sendiri bagaimana kita dapat menahan dan tidak terpengaruh oleh hal-hal di luar.

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