

CITRA TUBUH PADA REMAJA AKHIR PELAKU DIET

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ABSTRAK

Penelitian ini dilakukan dengan tujuan untuk mengetahui bagaimana citra tubuh pada remaja akhir. Latar belakang dari penelitian ini adalah persepsi remaja akhir terhadap penampilan yang dianggap penting dan sering kali mendapat perhatian khusus. Setiap remaja akhir berusaha agar penampilannya terlihat sempurna di lingkungan sosialnya sehingga menyebabkan terbentuknya citra tubuh pada remaja akhir. Penelitian ini menggunakan pendekatan kualitatif. Subjek dalam penelitian ini berjumlah 3 remaja akhir di Yogyakarta. Teknik pengumpulan data dilakukan dengan wawancara, dan observasi. Teknik analisis data yang digunakan dalam penelitian ini adalah metode interactive model. Berdasarkan hasil penelitian dapat disimpulkan bahwa terdapat persamaan pada aspek appearance evaluation, appearance orientation, overweight preoccupation, self-classified weight pada ketiga subjek, dan terdapat perbedaan pada aspek body area satisfaction, hal tersebut dikarenakan subjek memiliki latar belakang serta pengalaman yang berbeda.

Kata Kunci : citra tubuh, pelaku diet, remaja akhir

BODY IMAGE IN THE END OF DIET ADOLESCENT

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ABSTRACT

This research was conducted with the aim of knowing how the body image in late teens. The background of this research is the late teens perception of appearance which is considered important and often gets special attention. Every late teens tries to make his appearance look perfect in his social environment, causing the formation of body image in late teens. This study uses a qualitative approach. The subjects in this study were 3 late teens in Yogyakarta. The data analysis technique used in this research is interactive model. The data collection techniques are conducted with interviews, and observations. The data analysis technique used in this research is interactive model. Based on the results of the research, it can be concluded that there are similarities in the aspects of appearance evaluation, appearance orientation, overweight preoccupation, self-classified weight on the three subjects, and there are differences in aspects of body area satisfaction, this is because the subjects have different backgrounds and experiences.

Keywords: *Body image, Dieter, Late Teens*