

ABSTRAK

PENGARUH *BODY IMAGE* TERHADAP KEPERCAYAAN DIRI TARUNA/I SMK AVIASI BRANTI LAMPUNG SELATAN TAHUN AJARAN 2024/2025

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Masalah penelitian ini adalah rendahnya kepercayaan diri pada Taruna/I SMK Aviasi Branti Lampung Selatan seperti rasa gugup, malu, kurang optimis, serta ketidakpuasan terhadap kondisi fisik dan penampilan diri. Permasalahan tersebut berkaitan dengan *body image* yang negatif, yaitu persepsi dan penilaian yang kurang positif terhadap bentuk dan ukuran tubuh. Tujuan penelitian ini untuk mengetahui pengaruh *body image* (citra tubuh) terhadap kepercayaan diri Taruna/I SMK Aviasi Branti Lampung Selatan Tahun Ajaran 2024/2025. Penelitian ini menggunakan pendekatan kuantitatif dengan metode regresi linier sederhana. Populasi penelitian adalah seluruh Taruna/I SMK Aviasi Branti berjumlah 37 siswa, dengan sampel sebanyak 30 responden yang dipilih menggunakan teknik simple random sampling. Instrumen penelitian berupa skala *body image* dan skala kepercayaan diri yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan dengan bantuan program SPSS versi 25. Hasil penelitian menunjukkan bahwa *body image* berpengaruh positif dan signifikan terhadap kepercayaan diri Taruna/I, dengan nilai t_{hitung} sebesar $2,237 > t_{tabel}$ $1,701$ dan nilai signifikansi $0,015 < 0,05$. Berdasarkan uji koefisien determinasi, diketahui bahwa *body image* memberikan kontribusi pengaruh sebesar 42,5% terhadap kepercayaan diri, sedangkan sisanya dipengaruhi oleh faktor-faktor lain di luar penelitian ini. Dengan demikian dapat disimpulkan bahwa adanya pengaruh *body image* (citra tubuh) terhadap kepercayaan diri Taruna/I SMK Aviasi Branti Lampung Selatan Tahun Ajaran 2024/2025.

Kata Kunci: *Body Image*, Kepercayaan Diri, Remaja, Taruna/I

ABSTRACT

THE INFLUENCE OF BODY IMAGE ON SELF-CONFIDENCE OF CADETS OF SMK AVIASI BRANTI, SOUTH LAMPUNG 2024/2025 ACADEMIC YEAR

By
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The problem of this research is the low self-confidence of the cadets of Branti Aviation Vocational High School, South Lampung, such as nervousness, embarrassment, lack of optimism, and dissatisfaction with their physical condition and appearance. These problems are thought to be related to negative body image, namely less positive perceptions and assessments of body shape and size. The purpose of this study was to determine the effect of body image on the self-confidence of Branti Aviation Vocational High School, South Lampung, in the 2024/2025 academic year. This study used a quantitative approach with a simple linear regression method. The study population was all cadets of Branti Aviation Vocational High School, totaling 57 students, with a sample of 30 respondents selected using a simple random sampling technique. The research instruments were a body image scale and a self-confidence scale whose validity and reliability had been tested. Data analysis was carried out with the help of the SPSS version 25 program. The results of the study showed that body image had a positive and significant effect on the self-confidence of cadets, with a t-value of $2.237 > t\text{-table } 1.701$ and a significance value of $0.015 < 0.05$. Based on the coefficient of determination test, it is known that body image contributes 42.5% to self-confidence, while the rest is influenced by other factors outside this study. Thus, it can be concluded that there is an influence of body image on the self-confidence of cadets at Branti Aviation Vocational School, South Lampung, in the 2024/2025 academic year.

Keywords: Body Image, Self-Confidence, Adolescents, Cadet