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**PENGARUH OBJEKTIFIKASI DIRI DAN HARGA DIRI TERHADAP
KETAKUTAN AKAN EVALUASI NEGATIF MENGENAI PENAMPILAN
PADA PEREMPUAN**

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Disusun untuk Memenuhi Salah Satu Syarat Memperoleh Gelar Sarjana Psikologi
Pada Departemen Psikologi Fakultas Ilmu Pendidikan Universitas Pendidikan
Indonesia



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*PENGARUH OBJEKTIFIKASI DIRI DAN HARGA DIRI TERHADAP KETAKUTAN AKAN EVALUASI
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Sebuah Skripsi yang diajukan untuk memenuhi salah satu syarat
memeroleh gelar Sarjana Psikologi pada
Departemen Psikologi Fakultas Ilmu Pendidikan

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ABSTRAK

Sisky Agustin (1601794) *Pengaruh Objektifikasi Diri dan Harga Diri terhadap Ketakutan Akan Evaluasi Negatif Mengenai Penampilan Pada Perempuan*. Skripsi. Departemen Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. (2021).

Penelitian ini bertujuan untuk mengetahui pengaruh objektifikasi diri dan harga diri terhadap ketakutan akan evaluasi negatif mengenai penampilan pada perempuan. Sampel dalam penelitian ini adalah 625 perempuan berusia 18-25 tahun. Teknik sampling pada penelitian saat ini menggunakan *probability sampling*. Instrumen penelitian yang digunakan adalah *Self Objectification Questionnaire* (SOQ) untuk mengukur objektifikasi diri, instrumen harga diri, dan instrumen *fear of negative appearance evaluation Scale* (FNAES) untuk mengukur ketakutan akan evaluasi negatif mengenai penampilan. Hasil penelitian menunjukkan nilai signifikansi sebesar 0,000 (<0,05) dengan nilai R Square sebesar 0,126 artinya terdapat pengaruh objektifikasi diri dan harga diri terhadap ketakutan akan evaluasi negatif mengenai penampilan pada perempuan dengan besar pengaruh sebesar 12,6%.

Kata Kunci: objektifikasi diri, harga diri, ketakutan akan evaluasi negatif mengenai penampilan

ABSTRACT

Sisky Agustin (1601794) *The Influence of self objectification and self esteem on fear of negative appearance evaluation in women. Undergraduate thesis. Departement of Psychology, Faculty of Education, Indonesian University of Education. (2021).*

This study aims to determine the influence of self objectification and self esteem on fear of negative appearance evaluation in women. The sample in this study were 625 women aged 18-25. The sampling technique in this study used probability sampling. The research instruments used were Self Objectification Questionnaire (SOQ) to measure self objectification, Self esteem Instrument, and fear of negative appearance evaluation Scale (FNAES) to measure fear of negative appearance evaluation. The result showed a significance value of 0,000(<0,05) with an R Square value of 0,126 which means that there is an influence of self objectification and self esteem on fear of negative appearance evaluation in women with a large influence of 12,6%.

Keywords: *self objectification, self esteem, fear of negative appearance evaluation*

DAFTAR ISI

KATA PENGANTAR	i
UCAPAN TERIMA KASIH.....	ii
ABSTRAK	iv
ABSTRACT	v
DAFTAR ISI	vi
DAFTAR GAMBAR	viii
DAFTAR TABEL	ix
DAFTAR LAMPIRAN.....	x
BAB I PENDAHULUAN	1
A. Latar Belakang Penelitian	1
B. Pertanyaan Penelitian.....	7
C. Tujuan Penelitian	7
D. Manfaat Penelitian	7
E. Struktur Organisasi Penelitian.....	8
BAB II KAJIAN PUSTAKA	9
A. Teori Objektifikasi	9
1. Definisi Objektifikasi diri	9
2. Dimensi Objektifikasi diri.....	10
3. Konsekuensi Objektifikasi Diri.....	10
B. Harga Diri	12
1. Definisi Harga Diri.....	12
2. Aspek Harga Diri	13
3. Faktor Yang Mempengaruhi Harga Diri.....	13
C. Ketakutan akan Evaluasi Negatif Mengenai Penampilan	14
1. Definisi Kecemasan	14
2. Definisi Kecemasan Sosial.....	15
3. Aspek Kecemasan Sosial	15
4. Ketakutan akan Evaluasi Negatif Mengenai Penampilan	16
D. Kerangka Berfikir	17
E. Asumsi Penelitian	21
F. Hipotesis Penelitian.....	21

BAB III METODE PENELITIAN.....	22
A. Desain Penelitian.....	22
B. Populasi dan Sampel Penelitian	22
C. Variabel Penelitian, Definisi Konseptual dan Definisi Operasional	23
1. Variabel Penelitian	23
2. Definisi Konseptual.....	23
3. Definisi Operasional.....	24
D. Instrumen Penelitian	24
1. Pengembangan Instrumen	24
2. Instrumen Objektifikasi Diri.....	25
3. Instrumen Harga Diri.....	27
4. Instrumen Ketakutan akan Evaluasi Negatif Mengenai Penampilan	29
E. Kategorisasi Norma Instrumen Penelitian	30
F. Prosedur Pengumpulan data.....	31
G. Teknik Analisis Data.....	31
BAB IV HASIL DAN PEMBAHASAN	32
A. Hasil.....	32
1. Gambaran Umum Responden Penelitian.....	32
2. Gambaran Objektifikasi Diri.....	34
3. Gambaran Harga Diri	36
4. Gambaran Ketakutan Akan Evaluasi Negatif Mengenai Penampilan	38
5. Uji Hipotesis	39
B. Pembahasan.....	45
C. Keterbatasan Penelitian.....	55
BAB V SIMPULAN DAN REKOMENDASI	57
A. Simpulan	57
B. Rekomendasi.....	57
DAFTAR PUSTAKA	59

DAFTAR PUSTAKA

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Sisky Agustin, 2021

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