

ABSTRACT

DIAN JAYA SARI

Correlation Body image with Self-esteem in Young Adult Women Following and Not Following Fitness. (Widya Risnawati, M. Psi & Dra. Ninawati, MM). The Bachelor Studies Program, Faculty of Psychology University Tarumanagara. (68 pages, P1-P5).

These studies are quasi-experiment, which aims to find out the relationship with body image self-esteem in young adult women who followed fitness and did not follow the fitness. Research subjects consisted of two groups, namely women who follow fitness which 42 people and women who do not follow the fitness, 49 people. Samples taken in the area of West Jakarta. This research uses two measurement scales, namely Body Image Scale and Self-Esteem Scale developed by the Research and Measurement Section of Tarumanagara University. Both use a Likert scale. Correlation test uses Pearson Correlation's technique. Based on the analysis, the research finds a positive relationship between the six of the nine dimensions of body image to self-esteem in young adult women who follow fitness. Whereas in young adult women who do not follow the fitness found there are seven dimensions of the nine dimensions of body image that has a relationship with your self-esteem.

Keywords: Body Image, Self-Esteem, Fitness and Non-fitness