

Abstract

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The relationship between conformity to peers with body image (study in adolescents who became a fitness member at the University of X)

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Conformity is a social influence that can change the behavior of individuals within the group. Conformity in teenagers occurs because teenagers with intimacy and attachment to peers. Body image is a description, behavior, perceptions, feelings, and the evaluation of the performance of an individual's body against him. In general, body image in adolescents is influenced by biological factors and factors of social culture. Conformity became one of the elements in the social cultural factors that influence body image. This study aimed to verify the relationship between conformity on peers with body image in adolescents who became a fitness member and performed with quantitative methods. Sampling technique using cluster sampling and convenience. Subjects aged 18-22 years and become an active member in the university X. Data analysis using Spearman Rho Correlations. The conclusion from this research that there is negative correlation between conformity with body image in teenagers who follow fitness. The higher the level of conformity in adolescents, the more negative her body image. Meanwhile, the lower the level of conformity in adolescents, the more positive image of his body.

Keywords: conformity, body image, and adolescent