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## Shaping Confidence Through Body Image: A Study on Adolescent Girls

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### ABSTRACT

Adolescence is a critical developmental stage characterized by rapid physical, psychological, and social changes that may significantly influence an individual's self-perception and self-confidence. Among adolescent girls, body image often becomes a central concern due to bodily transformations during puberty and sociocultural pressures related to beauty standards. This study aims to examine the relationship between body image and self-confidence among adolescent students at SMK Mahadhika 1 Jakarta. Employing a quantitative correlational design with a cross-sectional approach, data were collected from 168 students selected through purposive sampling. The instruments used included a validated Body Image Scale and a Self-Confidence Scale. Data were analyzed using descriptive statistics, Pearson correlation, and simple linear regression with the assistance of SPSS. The results show that body image is predominantly in the moderate and high categories (28% each). Meanwhile, self-confidence is mostly categorized as moderate (30.4%). Regression analysis reveals that body image has a significant positive effect on self-confidence ( $F = 45.866$ ,  $p < 0.001$ ), with an Adjusted  $R^2$  value of 0.410, indicating that body image contributes 41% to the variance in self-confidence. The regression equation ( $Y = 26.953 + 0.608X$ ) further demonstrates that an increase in positive body image is associated with an increase in self-confidence. These findings confirm that a more positive body image corresponds to higher levels of self-confidence among adolescents. The study highlights the importance of fostering positive body perception within school environments as part of guidance and counseling interventions to enhance students' psychological well-being. Strengthening adolescents' acceptance of their physical appearance may serve as an effective strategy to improve their confidence, social interaction, and overall personal development.



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## Introduction

Adolescence is a transitional period from childhood to adulthood. According to the World Health Organization (WHO), adolescents are individuals aged 12 to 24 years. During this developmental period, adolescents often seek opportunities for learning, personal growth, and self-development. Additionally, during adolescence, individuals experience significant psychological development and physical changes. These new changes can influence adolescents' attitudes and behaviors, including their self-confidence. Among adolescent girls in

particular, many often feel that the changes occurring in their bodies can be a source of discomfort, leading to a lack of self-confidence. According to Lauster (2003), self-confidence is an attitude or belief in one's own abilities, enabling one to act without excessive anxiety, feel free to do things in line with one's desires and take responsibility for one's actions, interact politely with others, have a drive for achievement, and recognize one's own strengths and weaknesses. The development of self-confidence is a learning process of how to respond to various external stimuli through interaction with one's environment. Anthony (1992) suggests that people with low self-confidence tend to feel insecure, restricted, indecisive, waste time in making decisions, have low self-esteem, feel less intelligent, and tend to blame their environment when faced with problems. There are numerous factors contributing to low self-confidence among adolescents. One factor behind this crisis of self-confidence among adolescents is changes in body image during puberty. This is commonly experienced by girls worldwide, particularly adolescents. Many teenage girls dislike their bodies because they do not match the desired or ideal body shape. According to Cash and Pruzinky (2002), body image is an individual's attitude toward their body, which can be either positive or negative. Body image can be positive or negative depending on how the individual perceives it. Body image consists of evaluative attitudes within the belief component, where both components are related to feelings of satisfaction or dissatisfaction with one's body shape.

Honigman and Castle, explain that body image is a person's mental representation of their body shape and size, how they perceive and evaluate their thoughts and feelings about their body size and shape, and how they anticipate others' evaluations of them. Burrowes states that body image is a combination of perceptions about the body, where an individual may have accurate perceptions about the size, shape, and weight of their body, as well as satisfaction with their body, so that the individual has their own satisfaction with the size, shape, and weight of their body. Atwater (1999) defines body image as one way individuals view themselves, not as seen by others but as it exists within their own bodies. Body image is a very important factor in building self-perception. Social and cultural factors influence satisfaction and dissatisfaction with body image. Another definition is provided by Thompson (1996), who states that body image is the picture that a person has of their body in terms of satisfaction and dissatisfaction, which is the result of the individual's own subjective assessment. The factors that influence body image development according to Cash (1994) are gender, mass media, and interpersonal relationships. Cash also explains that body image has two concepts, namely positive and negative. Positive body image is possessed by individuals who are satisfied with their physical condition, while negative body image is possessed by individuals who are dissatisfied with their physical condition.

Based on previous research on body image conducted by Dara Gati Mustikaning Salamah (2022), involving 179 respondents, it was found that the body image of adolescents was in the moderate category, with a percentage of 64.25%. This shows that the majority of teenage girls do not yet have a completely positive attitude towards themselves and do not yet believe in their ability to create a good quality of life. This may also be caused by technological developments in the current era of globalization, where the influence of the media, especially social media, has become one of the dominant factors in shaping body image. The media often portrays unrealistic standards of beauty, such as slim bodies, fair skin, and perfect physical appearance. This will certainly cause adolescent girls who do not yet have a strong sense of self to compare themselves with these figures, leading to dissatisfaction with their own bodies. This dissatisfaction ultimately leads to feelings of inferiority, low self-esteem, and can even trigger psychological disorders such as social anxiety, depression, and eating disorders. If this condition is left unchecked, the mental and social development of adolescent girls will be disrupted, and they will not be able to develop optimally. Given the potential consequences, this issue should undoubtedly be taken seriously, especially within the school environment, which should serve as a safe and supportive space for the optimal development of adolescents' potential.

The main theory used in studying this research problem are Cash and Pruzinky (2002) and Lauster (2015). According to Cash and Pruzinky (2002), Body image is an attitude that a person has towards their body, which can be either positive or negative. Body image can be positive or negative depending on how the individual perceives it. Body image consists of an evaluative attitude component and a belief component, both of which are related to feelings of satisfaction and dissatisfaction with one's body shape (Faisyah et al., 2025; Pangestuti et al., 2025; Rosada et al., 2025). Therefore, if an individual's level of body image satisfaction is high, it can be said that the individual has body satisfaction. Conversely, if an individual's level of body image satisfaction is low, it can be said that the individual experiences body dissatisfaction. Meanwhile, according to Lauster (2015), self-confidence is one of the important aspects of personality in human life. One aspect of personality is the belief in one's own abilities so that one is not influenced by others and can act according to one's will, be cheerful, optimistic, tolerant, and responsible. Lauster (2015) states that personality traits are not inherited but are acquired from life experiences, can be taught, and instilled through education. Heredity plays an insignificant role in shaping a person's personality. Self-confidence influences attitudes of caution, independence, non-greediness, tolerance, and ambition. Hakim (2002) also mentions that self-confidence is a person's belief in all aspects of their strengths, and this belief makes them feel capable of achieving various goals in their life.

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The focus is on body image because in SMK Mahadhika 1 Jakarta, many students experience body image and lack of self-confidence. so that students feel insecure and afraid to make friends with their friends. Based on the above framework, the hypothesis proposed in this study is that there is a relationship between body image and self-confidence in adolescents of SMK Mahadhika 1 Jakarta. H0: There is no influence of Body Image behavior on self-confidence and implications of guidance and counseling to overcome it H1: There is an influence of Body Image behavior on self-confidence and implications of guidance and counseling to overcome it.

## Method

The research design in this study uses a quantitative approach, namely by collecting data, which is then processed and analyzed to obtain scientific research results. The method that will be used in this study is correlational, namely research that looks at the relationship between variables, and this study uses a cross-sectional approach, namely a type of research that studies the relationship between risk factors and effects including independent variables and dependent variables that are measured at one time. Correlation measurements are used to determine the magnitude of the direction of the relationship. The reason researchers use correlational research is because researchers aim to see the relationship between two variables, namely between the relationship between body image and the level of adolescent self-confidence. This correlation measurement is used to determine the magnitude of the direction of the relationship between one variable and another. Determining sample criteria is very helpful for researchers to reduce bias in research results, especially if there are control variables that have an influence on the variables studied. To determine the sample size, the Slovin formula is used.

### Participants

In this study were students at SMK Mahadhika 1 Jakarta. So, after the calculation, the sample size of the case was 168 respondents. Then the number of samples was determined in each class, by determining the proportion according to the number of students who were careful.

### Sampling Procedures

Determining sample criteria is very helpful for researchers to reduce bias in research results, especially if there are control variables that have an influence on the variables studied. To determine the large sample used the Slovin formula Delivering approval of the research title as an introduction to the letter of request for permission to conduct research to the Principal of SMK Mahadhika 1 Jakarta to conduct research at SMK Mahadhika 1 Jakarta which has been approved by supervisor 1 and supervisor 2. The researcher submitted a letter of request for permission to conduct research to the TU section of SMK Mahadhika 1 Jakarta to conduct research at SMK Mahadhika 1 Jakarta. The research was carried out at SMK Mahadhika 1 Jakarta. After the research was conducted, the researcher explained to the respondents about the objectives, benefits, research procedures, and time contracts and asked for informed consent. After agreeing to the research, respondents who agreed were asked to sign a statement of willingness to become respondents. Furthermore, the researcher distributed questionnaires to respondents, then the researcher explained how to fill out the questionnaire to respondents, giving respondents the opportunity to ask questions if there was any information that was not clear. Then the questionnaire was filled out by the respondents by giving a cross (X) on the list of questions available in the questionnaire. Then the researcher re-checked the questionnaire that had been filled out by the respondents to anticipate if there were questions that had not been answered by the respondents to complete them immediately. Then the questionnaires that have been filled out completely are collected by the researcher for further data processing. So, after the calculation, the sample size of the case was 168 respondents. Then the number of samples was determined in each class, by determining the proportion according to the number of students who were careful. The number of samples for each class was obtained using the following formula.

### Instruments

The instruments used in this study were: Body Image Scale: Using a previously adjusted and validated measuring instrument Self-Confidence Scale: Using a self-confidence scale Data Collection Procedure The researcher distributed informed consent to respondents to obtain approval to participate. After obtaining approval, respondents filled out body image and self-confidence questionnaires online and offline. Data was collected over a certain period of time. Data Analysis The collected data will be analyzed using the Pearson Product Moment or Spearman Rank correlation test. The analysis was carried out with the help of statistical software such as SPSS. Research Ethics This research upholds the principles of confidentiality, privacy, and participant voluntariness. All data will be used only for research purposes and stored securely.

### Data Analysis

**Univariate Analysis** This analysis is used to describe the relationship between body image and adolescent self-confidence. The frequency distribution in this study for categorical data is as follows: age, gender, class. **Bivariate Analysis** The bivariate analysis in this study is to determine the influence of two variables including independent variables and dependent variables. In this study, Bivariate analysis is used to determine the relationship between body image and self-confidence levels in adolescents using the chi-square test. This test is used to determine the relationship between variables that have categorical data. Categorical data or variables generally contain nominal and ordinal data scales. If the p value is significant  $<0.05$  then  $H_1$  is accepted and  $H_0$  is rejected, meaning that there is a relationship between body image and adolescent self-confidence, while p is significant  $> 0.05$  then  $H_0$  is rejected and  $H_1$  is accepted, meaning that there is no relationship between body image and adolescent self-confidence.

### Results and Discussions

This chapter will present the results of the research and discussion of data collection using questionnaires that have been filled out by respondents regarding the Relationship Between Body Image and Self-Confidence Levels of Adolescent Students of SMK Mahadhika 1.

**Tabel 1.** Categorization of *Body Image* Data

Score Interval	Category	Frequency	%
$\geq 78$	Very high	25	14,8
64 - 77	Tall	47	28
50 - 63	Currently	47	28
36 - 49	Low	28	16,7
$\leq 35$	Very low	21	12,5
<b>Total</b>		168	100

Based on Table 1, the level of students' body image is generally in the high and moderate categories with a percentage of 28% each. The data distribution shows that students' body image levels tend to be in the moderate to high category, but a significant proportion still fall into the low category. This indicates that although most students have a relatively positive body perception, psych pedagogical interventions are still needed to help students experiencing body dissatisfaction. These findings also demonstrate that the school environment plays a crucial role in developing a healthy self-perception, particularly during adolescence, which is characterized by significant physical changes and the high influence of social and media beauty standards.

**Tabel 2.** Categorization of Self-Confidence

Score interval	Category	Frequency	%
$\geq 78$	Very high	27	16,1
64 - 77	Tall	48	28,6
50 - 63	Currently	51	30,4
36 - 49	Low	20	11,9
$\leq 35$	Very Low	22	13,1
<b>Total</b>		168	100

Based on Table 2, the level of student self-confidence is generally in the moderate category with the highest percentage being 30.4% (51 students). Table 2 shows that students' self-confidence levels tended to be in the moderate category, with a fairly even distribution between the high and moderate categories. However, the presence of 25% of students in the low and very low categories is a significant concern, as self-confidence is a fundamental aspect of adolescent psychosocial development. Low self-confidence can impact academic performance, social interactions, class participation, and the courage to develop one's potential. Therefore, although the majority of students demonstrated a fairly good level of self-confidence, intervention is still needed to help students who remain in the low category.

**Tabel 3.** Coefficient of Determination Result (Modal Summary)

<i>Model</i>	<i>R</i>	<i>R Square</i>	<i>Adjusted Square</i>	<i>Std. Error of the Estimate</i>
1	0,640	0,410	0,401	7,99308

Based on the table, the Adjusted R Square value is 0.410, which means that the Body Image variable has a significant influence of 41% on the Self-Confidence variable. The remainder is influenced by other variables not examined in this study. The results of this coefficient of determination analysis confirm that body image is a significant and fairly strong predictor of self-confidence in adolescents at SMK Mahadhika 1 Jakarta. Its contribution of 41% indicates that an individual's perception of their body plays a significant role in developing self-confidence. This finding supports psychological theories that suggest that positive physical perception can improve overall self-evaluation, thus increasing self-confidence in social interactions and decision-making.

**Tabel 4.** Regression Equation Result (Coefficients)

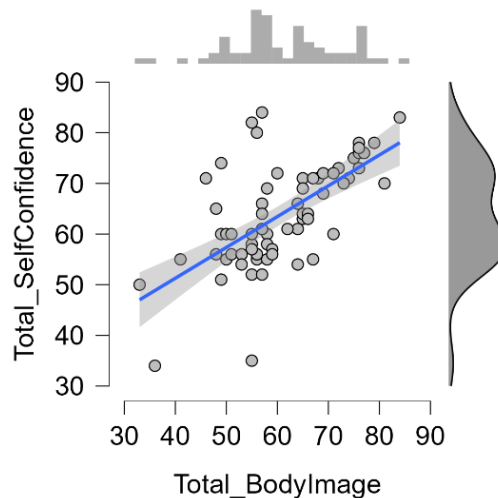
	<i>Unstandardized</i>	<i>Coefficients Std.Error</i>	<i>Standardized Coefficients Beta</i>	<i>t</i>	<i>Sig</i>
(constant)	26,953	5,573		4,837	<,000
<i>Body image</i>	,608	,090	,640	6,772	<,000

Based Based on the above equation, the constant is 26.953. Systematically, this constant value indicates that social interaction <.000, so body image has a value of 26.953. The positive value (0.608) found in the regression coefficient of the independent variable illustrates that the direction of the relationship between the independent variable and the dependent variable is unidirectional, where every unit increase in the body image variable will cause an increase in social interaction. From the output above, it can be seen that the t-value = 6.772 with a significance value <0.000 <0.005, so it can be concluded that variable X (body image) has an effect on variable Y (self-confidence). These results show that H0 is rejected and Ha is accepted.

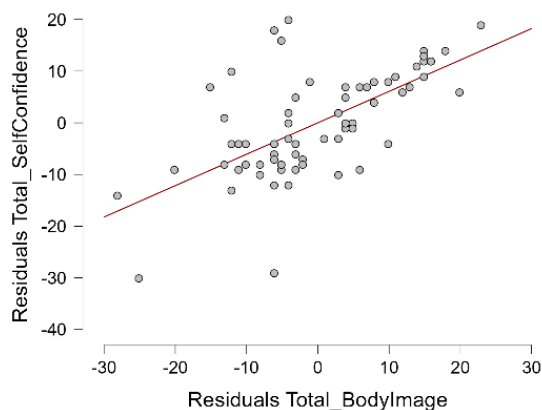
**Tabel 5 .** Regression Analysis Result (ANOVA)

	<i>SumOf Squares</i>	<i>DF</i>	<i>Mean Square</i>	<i>F</i>	<i>Sig</i>
Regression	2930.367	1	2930.367	45.866	<,000
Residual	4216.692	66	63. 889		
Total	7147.059	67			

Based on the results of simple linear regression analysis, it is known that the Body Image variable has a significant effect on Self-Confidence with an F value of 45.866 and a significance value of 0.000 < 0.05. Therefore, the regression model is feasible to use and the Body Image variable can predict changes in Self-Confidence.

**Figure 1.** Total Body Image and Self-Confidence

These results indicate that the null hypothesis ( $H_0$ ) is rejected and the alternative hypothesis ( $H_a$ ) is accepted. Based on the results of the study at SMK Mahadhika 1 Jakarta, both variables were processed using SPSS version 29 on 68 respondents. This study aims to determine the effect of body image and self-confidence on students at SMK Mahadhika 1 Jakarta. This is in accordance with research conducted by Apriliana and Kurniati (2022) entitled *The Relationship between Body Image and Self-Confidence in Female Adolescents at SMAN 2 Banguntapan Yogyakarta*. In that study, it was found that the majority of female adolescents had high body image and self-confidence. Statistical tests showed that there was a positive and significant relationship between the two variables, with a correlation value of 0.483 and a significance value of  $p = 0.000$ . This means that the more positive the body image of adolescents, the higher their level of self-confidence.



**Figure 2.** Residuals total Body Image and self-confidence

This is in accordance with the theory of Cash and Pruzinsky (2002) in *Body Image: A Handbook of Theory, Research, and Clinical Practice*, which states that positive body image plays an important role in building a person's self-esteem and confidence. Individuals who have a positive view of their bodies will feel more comfortable in social interactions and be more capable of demonstrating self-confidence in various situations. Thus, the results of this study prove that the higher an individual's positive body image, the greater their level of self-confidence. These findings are important as a basis for psychological or educational interventions aimed at increasing self-confidence through the reinforcement of a positive body image. This reinforces the results of ongoing research, in which positive body perception is an important factor in shaping self-confidence. In addition, these research results are also supported by a study by Pasha and Golshekoh (2013), which found a significant positive relationship between body image and self-esteem in adolescents. High self-esteem contributes to increased self-confidence, because individuals feel they have good self-worth and accept themselves.

These results are in line with research conducted by Hayyin Faza Maulida (2022) entitled "The Influence of Body Image on Self-Confidence in Adolescent Girls at SMAN 1 Geger Madiun". The study states that there is a significant influence between body image and self-confidence in adolescent girls. This is indicated by a calculated F value of 19.965, which is greater than the table F value of 1.97, and a coefficient of determination  $R^2$  of 35.7%, which means that body image contributes 35.7% to the self-confidence of adolescent girls.

## Implication

Based on the results of the description of research data on students at SMK Mahadhika 1, it was found that the students' body image was high, while their level of self-confidence was moderate. In this case, it is important to implement a counseling program related to students' personal issues. Guidance counselors need to first understand the underlying causes of self-confidence behavior. The ability of guidance counselors is also very necessary in providing guidance and counseling services to each student. Guidance and counseling teachers can make several efforts to reduce body image behavior. Some of the efforts that can be made are by providing services, one of which is information services. Information services are services that help students receive and understand various information related to personal, social, learning, and career matters. Information services can be provided to students, especially those related to knowledge about strategies for overcoming body image and self-confidence issues, as well as increasing the resilience or strength of students' self-confidence. Guidance

counselors can educate students about the importance of having an optimistic attitude towards challenges and difficulties

## Conclusions

Based on the results of research at SMK Mahadhika 1, both variables were processed using SPSS version 20 on 68 respondents. This study aims to determine the effect of body image on self-confidence among adolescents at SMK Mahadhika 1. The results of the analysis of the data collected and reviewed show that there is a significant effect of body image on students at SMK Mahadhika 1, with a significance value of  $<0.000$  and a linear regression of  $Y = 26.953 - 0.608 X$ . Based on the significance value table of  $<0.000 <0.005$ , which means  $H_0$  is accepted. This shows that Body Image has a simultaneous and significant effect on the Self-Confidence of students at SMK Mahadhika 1. This study also obtained an Adjusted R Square of 0.410, which means that the body image variable has an influence of 41.0% on Self-Confidence. The results of this study indicate that there is a positive relationship between body image and self-confidence. This means that the more positive a person's perception or body image of their body, the higher their level of self-confidence. These findings are in line with the theory proposed by Cash and Pruzinsky (2002) in *Body Image: A Handbook of Theory, Research, and Clinical Practice*, which states that positive body image plays an important role in building a person's self-esteem and confidence. Individuals who have a positive view of their bodies will feel more comfortable in social interactions and be better able to demonstrate self-confidence in various situations. Thus, the results of this study prove that the higher an individual's positive body image, the greater their level of self-confidence

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