

ABSTRAK

PENGARUH VIDEO EDUKASI TENTANG PUBERTAS TERHADAP PENINGKATAN CITRA TUBUH DAN PENERIMAAN DIRI PADA REMAJA PEREMPUAN AWAL

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Latar Belakang: Masa pubertas pada remaja ditandai dengan perubahan fisik dan psikologis yang dapat memengaruhi citra tubuh dan penerimaan diri, khususnya pada remaja perempuan awal. Oleh karena itu, diperlukan edukasi yang tepat melalui media video. Penelitian ini bertujuan untuk mengetahui pengaruh video edukasi tentang pubertas terhadap citra tubuh dan penerimaan diri pada remaja perempuan awal.

Metode: Penelitian menggunakan *quasi experimental design with pretest-posttest control group*. Teknik sampling menggunakan *cluster random sampling*. Sampel berjumlah 76 siswi kelas VIII yang terdiri dari 38 pada masing-masing kelompok. Instrumen yang digunakan adalah *Multidimensional Body-Self Relations Questionnaire* (MBSRQ) dan skala penerimaan diri berdasarkan teori Berger (1952). Analisa data menggunakan uji *Paired Samples t-test* dan *Independent t-test*.

Hasil: Mayoritas responden berusia 13–14 tahun, berat badan kurang (56,6%), menggunakan media sosial 4–6 jam per hari (46,1%), mengakses konten hiburan (48,7%), tinggal bersama kedua orang tua (86,8%), dan paling sering berkomunikasi dengan ibu (35,3%). Hasil penelitian menunjukkan terdapat peningkatan penerimaan diri yang signifikan pada kelompok intervensi ($p = 0,043$), namun tidak terdapat peningkatan citra tubuh yang signifikan ($p = 0,162$), serta terdapat perbedaan *posttest* yang signifikan antara kelompok intervensi dan kontrol pada citra tubuh ($p = 0,028$) dan penerimaan diri ($p = 0,000$).

Kesimpulan: Video edukasi tentang pubertas berpengaruh meningkatkan penerimaan diri, namun tidak berpengaruh secara signifikan terhadap citra tubuh pada remaja perempuan awal

Kata Kunci: Citra tubuh; penerimaan diri; pubertas; remaja perempuan awal; video edukasi.

ABSTRACT

THE EFFECT OF EDUCATIONAL VIDEOS ABOUT PUBERTY ON THE IMPROVEMENT OF BODY IMAGE AND SELF-ACCEPTANCE IN EARLY ADOLESCENT GIRLS

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Background: Puberty in adolescents is characterized by physical and psychological changes that may influence body image and self-acceptance, particularly among early adolescent girls. Therefore, appropriate education delivered through video media is needed. This study aimed to determine the effect of puberty educational videos on body image and self-acceptance among early adolescent girls.

Methods: This study used a quasi-experimental design with a *pretest–posttest* control group. The sampling technique used was cluster random sampling. The research sample consisted of 76 eighth grade female students, with 38 respondents in each group. The instruments used were the Multidimensional Body-Self Relations Questionnaire (MBSRQ) and a self-acceptance scale based on Berger's theory (1952). Data analysis was conducted using the Paired Samples *t*-test and the Independent *t*-test.

Results: The majority of respondents were aged 13–14 years, underweight (56.6%), used social media for 4–6 hours per day (46.1%), accessed entertainment content most frequently (48.7%), lived with both parents (86.8%), and most often communicated with their mothers (35.3%). The results showed a significant improvement in self-acceptance in the intervention group ($p = 0.043$), while no significant improvement was found in body image ($p = 0.162$). In addition, there were significant *posttest* differences between the intervention and control groups in body image ($p = 0.028$) and self-acceptance ($p = 0.000$).

Conclusion: Puberty educational videos have an effect on improving self-acceptance but do not have a statistically significant effect on body image among early adolescent girls.

Keywords: Body image; ; early adolescent girls; educational video; puberty; self-acceptance.