

RELATIONSHIP BETWEEN BODY IMAGE AND SOCIAL ANXIETY IN ADOLESCENT WOMEN

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ABSTRACT

Some teenage girls when interacting socially often experience social anxiety. Social anxiety has a negative impact, especially in social life with other people. Social anxiety is described as an individual's fear of social situations related to performance and physicality which makes the individual more careful with the people around him, afraid that he will be humiliated or humiliated so that in this case a positive body image has an important role to reduce anxiety in young girls. The purpose of this study was to determine the relationship between body image and social anxiety in adolescent girls. This research is a correlational quantitative research. The research subjects were involved 286 high school students. Proportional sampling technique, the instrument used is the body image scale social anxiety scale. Data analysis using product moment correlation. The results of the analysis show that there is a negative relationship between body image and social anxiety in adolescent girls with an r value of -0.165, ($p = 0.005 < 0.05$) and body image shows a contribution to the emergence of social anxiety by 2.7%.

Keywords: Body Image, Social Anxiety.