

DAFTAR PUSTAKA

- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066X.55.5.469>
- Azwar, S. (2018). Metode penelitian psikologi (2nd ed.). Pustaka Pelajar.
- Baumeister, R. F., Campbell, J. D., Krueger, J. I., & Vohs, K. D. (2003). Does high self-esteem cause better performance, interpersonal success, happiness, or healthier lifestyles?. *Psychological science in the public interest*, 4(1), 1-44.
- Beck, A. T. (1967). *Cognitive Therapy and The Emotional Disorders*. Penguin Books USA Inc.
- Brito, A. D., & Soares, A. B. (2023). Well-being, character strengths, and depression in emerging adults. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1238105>
- Cash, T. F., & Smolak, L. (2011). *Body Image: a Handbook of Science, Practice, and Prevention 2nd ed.* The Guilford Press.
- Coopersmith, S. (1967). *The Antecedents of Self-Esteem*. W. H. Freeman.
- Creswell, J. W., (2014). *Educational research: planning, conducting and evaluating quantitative and qualitative research (4th ed)*. Pearson education.
- Dittmar, H. (2009). How do “body perfect” ideals in the media have a negative impact on body image and behaviors? Factors and processes related to self and identity. *Journal of Social and Clinical Psychology*, 28(1), 1-8.
- Duarte, C., Pinto-Gouveia, J., Ferreira, C., & Batista, D. (2015). Body Image as a Source of Shame: A New Measure for the Assessment of the Multifaceted Nature of Body Image Shame. *Clinical Psychology and Psychotherapy*, 22(6), 656–666. <https://doi.org/10.1002/cpp.1925>
- Duarte, C., & Pinto-Gouveia, J. (2017). Self-Defining Memories of Body Image Shame and Binge Eating in Men and Women: Body Image Shame and Self-Criticism in Adulthood as Mediating Mechanisms. *Sex Roles*, 77(5–6), 338–351. <https://doi.org/10.1007/s11199-016-0728-5>
- Erikson, E. H. (1968). *Identity Youth and Crisis*. W. W. Norton.
- Fardouly, J., Diedrichs, P. C., Vartanian, L. R., & Halliwell, E. (2014). Social comparisons on social media: The impact of Facebook on young women's body image concerns and mood. *Body image*, 13, 38-45.
- Field, A. (2009). *Discovering statistics using SPSS (and sex and drugs and rock “n” roll)*. In SAGE Publications Inc.
- Fredrickson, B. L., & Roberts, T. A. (1997). *Objectification Theory Toward Understanding Women's Lived Experiences and Mental Health Risks*. Cambridge University Press.
- Gani, A. W., & Jalal, N. M. (2021). Persepsi remaja tentang body shaming. *IKRA-ITH HUMANIORA: Jurnal Sosial Dan Humaniora*, 5(2), 155-161.
- Gilbert, P. & Miles, J. (2002). *Body Shame Conceptualisation*, Research and Treatment. New York: USA and Canada
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2019). *Multivariate Data Analysis (8th ed.)*. Cengage Learning.
- Harris, M. A., & Orth, U. (2020). The link between self-esteem and social relationships: A meta-analysis of longitudinal studies. *Journal of Personality and Social Psychology*, 119(6), 1459–1477. <https://doi.org/10.1037/pspp0000265>

- Harter, S. (2012). *The Construction of the Self: Developmental and Sociocultural Foundations*. Guilford Press.
- Heatherton, T. F., & Polivy, J. (1991). Development and Validation of a Scale for Measuring State Self Esteem. *Journal of Personality and Social Psychology*, 60(6), 895-910. American Psychological Associations.
- Khalek, A. M. (2016). Introduction to the psychology of self-esteem. *Self-esteem: perspectives, influences, and improvement strategies*, 8(2), 1-23.
- Lannaccone, M., D'Olimpio, F., Cella, S., & Cotrufo, P. (2016). Self-esteem, body shame and eating disorder risk in obese and normal weight adolescents: A mediation model. *Eating Behaviors*, 21, 80–83. <https://doi.org/10.1016/j.eatbeh.2015.12.010>
- Melizza, N., Rahmawati, A., Arfianto, M. A., Mashfufa, E. W., Kurnia, A. D., & Masrurroh, N. L. (2023). The Relationship Between Body Shaming and Self-esteem in Students. *KnE Medicine*, 488-499.
- Mruk, Christopher J. (2006). *Self-Esteem Research, Theory, and Practice*. Sheri W.Su. ed. Alison Trulock. New York: Company, Inc
- Natralia, D. (2022). *Hubungan Body Shaming dengan Harga Diri Remaja*. Universitas Islam Negeri Sultan Syarif Kasim Riau.
- Orth, U., Erol, R. Y., & Luciano, E. C. (2018). Supplemental Material for Development of Self-Esteem From Age 4 to 94 Years: A Meta-Analysis of Longitudinal Studies. *Psychological Bulletin*, 144, 1045–1079. <https://doi.org/10.1037/bul0000161.supp>
- Orth, U., & Robins, R. W. (2014). The Development of Self-Esteem. *Current Directions in Psychological Science*, 23(5), 381–387. <https://doi.org/10.1177/0963721414547414>
- Orth, U., & Robins, R. W. (2022). Is High Self-Esteem Beneficial? Revisiting a Classic Question. *American Psychologist*, 77(1), 5–17. <https://doi.org/10.1037/amp0000922>
- Orth, U., Trzesniewski, K. H., & Robins, R. W. (2010). Self-Esteem Development From Young Adulthood to Old Age: A Cohort-Sequential Longitudinal Study. *Journal of Personality and Social Psychology*, 98(4), 645–658. <https://doi.org/10.1037/a0018769>
- Plotnik, R., & Kouyoumdjian, H. (2011). *Introduction to Psychology*, Wadsworth Cengage Learning.
- Puhl, R. M., & Heuer, C. A. (2009). The stigma of obesity: a review and update. *Obesity (19307381)*, 17(5).
- Ramahardhila, D., & Supriyono, S. (2022). Dampak body shaming pada citra diri remaja akhir perempuan. *Ideas: Jurnal Pendidikan, Sosial, dan Budaya*, 8(3), 961-970.
- Rodliyah, I. (2021). Pengantar dasar statistika: Dilengkapi dengan analisis bantuan software SPSS (S. Irawati, Ed.). LPPM Unhasy Tebuireng Jombang. <https://id.scribd.com/document/779031285/4-Buku-Referensi-Pengantar-Dasar-Statistika-compressed>
- Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton University Press.
- Santrock, J. W. (2024). *Life-span development*. McGraw Hill LLC.
- Sihotang, H. (2023). *Metode Penelitian Kuantitatif*. UKI Press.
- Solomon-Krakus, S., & Sabiston, C. M. (2017). Body checking is associated with weight- and body-related shame and weight- and body-related guilt among

- men and women. *Body Image*, 23, 80–84. <https://doi.org/10.1016/j.bodyim.2017.08.005>
- Stavropoulos, V., Lazaratou, H., Marini, E., & Dikeos, D. (2015). Low family satisfaction and depression in adolescence: The role of self-esteem. *Journal of Educational and Developmental Psychology*, 5(2), 109-118.
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Tapa, I. G. F. S., Putri, A. N., Rohima, S., & Pratomo, B. (2024). Buku ajar metode penelitian (1st ed.). Media Penerbit Indonesia.
- Tiggemann, M., & Slater, A. (2013). NetGirls: The Internet, Facebook, and body image concern in adolescent girls. *International Journal of Eating Disorders*, 46(6), 630-633.
- Waqar, S. H., Shah, I., Jan, U., & Mumtaz, S. (2023). Exploring the Impact of Body Shaming and Emotional Reactivity on the Self-Esteem of Young Adults. *CARC Research in Social Sciences*, 2(3), 60–67. <https://doi.org/10.58329/criss.v2i3.30>
- Zelvina, V., & Rahmi, I. (2025). Pengaruh Body Shame terhadap Self Esteem pada Remaja di Kota Pariaman. *Riwayat: Educational Journal of History and Humanities*, 8(4), 7060–7068. <https://doi.org/10.24815/jr.v8i4.50220>