

ABSTRACT
**ANALYSIS OF DIFFERENCES IN BODY IMAGE AND SELF-
CONFIDENCE BETWEEN MALE AND FEMALE STUDENTS AT SMAN
1 MOJOSARI**

BY

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Adolescents experience physical, psychological, and social changes that can influence their body image and self-confidence. Physical changes in male and female students may lead to differences in body perception and levels of self-confidence. This study aimed to analyze the differences in body image and self-confidence between male and female students at SMAN 1 Mojokari. This study employed a quantitative method with a comparative analytical design using a cross-sectional approach. The study population consisted of all Grade X and XI students, totaling 862 students. A sample of 143 respondents was selected using a stratified random sampling technique. Data were collected using the Multidimensional Body-Self Relations Questionnaire–Appearance Scale (MBSRQ-AS) and the Self-Confidence Scale. Data analysis was performed using the Mann–Whitney test with a significance level of $\alpha = 0.05$. The results showed that, for the body image variable, most respondents (55.9%) had a positive body image. Female students demonstrated a higher percentage of positive body image (57.5%) compared to male students (53.6%). For the self-confidence variable, most respondents (64.3%) were categorized as having moderate self-confidence. Male students showed a higher percentage of moderate self-confidence (69.6%) compared to female students (60.9%). The Mann–Whitney test indicated no significant difference in body image between male and female students ($Z = -1.205$; Asymp. Sig. [2-tailed] = 0.228, $p > 0.05$). Similarly, no significant difference was found in self-confidence between male and female students ($Z = -1.639$; Asymp. Sig. [2-tailed] = 0.101, $p > 0.05$). Therefore, the null hypothesis (H_0) was accepted. Although differences in mean rank were observed between male and female groups, resulting in negative Z values, these differences were not statistically significant. These findings indicate that gender does not significantly differentiate body image and self-confidence among students.

Keywords: Body image, self-confidence, male and female, students, senior high school

ABSTRAK
**ANALISIS PERBEDAAN *BODY IMAGE* DAN *SELF CONFIDENCE* ANTARA
SISWA PUTRA DAN PUTRI DI SMAN 1 MOJOSARI**

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Siswa pada usia remaja mengalami perubahan fisik, psikologis, dan sosial yang dapat memengaruhi *body image* dan *self confidence*. Perubahan fisik pada siswa putra dan putri dapat menimbulkan perbedaan persepsi terhadap tubuh serta tingkat kepercayaan diri. Penelitian ini bertujuan menganalisis perbedaan *body image* dan *self confidence* antara siswa putra dan putri di SMAN 1 Mojokari. Penelitian menggunakan metode kuantitatif dengan desain analitik komparatif pendekatan *cross sectional*. Populasi penelitian adalah seluruh siswa kelas X dan XI sebanyak 862 siswa. Sampel berjumlah 143 responden yang dipilih menggunakan teknik *stratified random sampling*. Instrumen penelitian menggunakan kuesioner *Multidimensional Body Self-Relations Questionnaire Appearance Scale* (MBSRQ-AS) dan *Self Confidence Scale*. Analisis data menggunakan uji *Mann-Whitney* dengan tingkat signifikansi $\alpha = 0,05$. Pada variabel *body image* sebagian besar responden (55,9%) dalam kategori positif, siswa putri memiliki persentase *body image* positif lebih tinggi (57,5%) dibanding putra (53,6%). Pada variabel *self confidence*, sebagian besar responden (64,3%) dalam kategori sedang, siswa putra memiliki persentase *self confidence* sedang lebih tinggi (69,6%) dibanding putri (60,9%), tidak terdapat perbedaan *body image* antara siswa putra dan putri dengan nilai $Z = -1,205$ dan nilai *Asymp.Sig. (2-tailed)* 0,228 ($p > 0,05$), serta tidak terdapat perbedaan *self confidence* antara siswa putra dan putri dengan nilai $Z = -1,639$ dan nilai *Asymp.Sig. (2-tailed)* 0,101 ($p > 0,05$), sehingga H_0 diterima. Terdapat perbedaan *mean rank* antara kelompok putra dan putri sehingga nilai Z minus. Berdasarkan hasil tersebut menunjukkan bahwa jenis kelamin tidak membedakan *body image* dan *self confidence* secara statistik.

Kata kunci: *Body image*, *self confidence*, putra dan putri, siswa, SMA