1. **Hasil Analisis SPSS**
2. **Validitas dan Reliabilitas Skala *Self Compassion***

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| .963 | 26 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Item-Total Statistics** | | | | | |  |
|  | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted | Total Correlation (Validity) | |
| SC 1 | 80.410 | 240.038 | .731 | .961 | .755\*\* | |
| SC 2 | 80.564 | 239.884 | .651 | .962 | .684\*\* | |
| SC 3 | 80.744 | 240.985 | .503 | .964 | .553\*\* | |
| SC 4 | 80.462 | 236.992 | .836 | .960 | .851\*\* | |
| SC 5 | 80.359 | 241.605 | .754 | .961 | .774\*\* | |
| SC 6 | 80.308 | 235.008 | .882 | .960 | .894\*\* | |
| SC 7 | 80.333 | 248.386 | .476 | .963 | .510\*\* | |
| SC 8 | 80.667 | 234.175 | .848 | .960 | .864\*\* | |
| SC 9 | 80.359 | 241.552 | .757 | .961 | .776\*\* | |
| SC 10 | 80.487 | 241.204 | .704 | .961 | .729\*\* | |
| SC 11 | 80.333 | 240.175 | .775 | .961 | .794\*\* | |
| SC 12 | 80.333 | 246.596 | .633 | .962 | .656\*\* | |
| SC 13 | 80.949 | 240.155 | .570 | .963 | .613\*\* | |
| SC 14 | 80.410 | 244.669 | .628 | .962 | .656\*\* | |
| SC 15 | 80.333 | 243.491 | .702 | .962 | .724\*\* | |
| SC 16 | 80.667 | 237.491 | .706 | .961 | .735\*\* | |
| SC 17 | 80.256 | 239.775 | .751 | .961 | .773\*\* | |
| SC 18 | 81.179 | 245.677 | .401 | .965 | .454\*\* | |
| SC 19 | 80.462 | 240.518 | .757 | .961 | .777\*\* | |
| SC 20 | 80.487 | 234.256 | .887 | .960 | .899\*\* | |
| SC 21 | 80.897 | 241.042 | .509 | .964 | .558\*\* | |
| SC 22 | 80.359 | 241.341 | .766 | .961 | .785\*\* | |
| SC 23 | 80.333 | 242.228 | .722 | .961 | .743\*\* | |
| SC 24 | 80.564 | 237.884 | .806 | .961 | .824\*\* | |
| SC 25 | 80.385 | 232.664 | .866 | .960 | .881\*\* | |
| SC 26 | 80.308 | 241.271 | .760 | .961 | .780\*\* | |

1. **Validitas dan Reliabilitas Skala Dukungan Sosial**

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| .977 | 24 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Item-Total Statistics** | | | | |  |
|  | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted | Total Correlation (Validity) |
| DS 1 | 76.615 | 245.506 | .828 | .976 | .843\*\* |
| DS 2 | 76.667 | 246.649 | .791 | .976 | .809\*\* |
| DS 3 | 76.564 | 248.463 | .769 | .977 | .788\*\* |
| DS 4 | 76.821 | 255.151 | .419 | .979 | .462\*\* |
| DS 5 | 76.718 | 244.629 | .819 | .976 | .836\*\* |
| DS 6 | 76.615 | 242.664 | .874 | .976 | .886\*\* |
| DS 7 | 76.769 | 243.603 | .876 | .976 | .887\*\* |
| DS 8 | 76.641 | 246.236 | .803 | .976 | .820\*\* |
| DS 9 | 76.590 | 248.196 | .748 | .977 | .769\*\* |
| DS 10 | 76.641 | 244.815 | .861 | .976 | .874\*\* |
| DS 11 | 76.718 | 243.471 | .833 | .976 | .849\*\* |
| DS 12 | 76.744 | 244.933 | .814 | .976 | .832\*\* |
| DS 13 | 76.641 | 246.236 | .715 | .977 | .742\*\* |
| DS 14 | 76.641 | 246.184 | .743 | .977 | .767\*\* |
| DS 15 | 76.641 | 247.341 | .792 | .976 | .809\*\* |
| DS 16 | 76.641 | 246.184 | .805 | .976 | .822\*\* |
| DS 17 | 76.769 | 241.919 | .876 | .976 | .889\*\* |
| DS 18 | 76.744 | 241.669 | .878 | .976 | .890\*\* |
| DS 19 | 76.718 | 243.418 | .866 | .976 | . 879\*\* |
| DS 20 | 76.538 | 245.045 | .806 | .976 | 824\*\* |
| DS 21 | 76.615 | 253.138 | .573 | .978 | .603\*\* |
| DS 22 | 76.667 | 246.491 | .797 | .976 | .815\*\* |
| DS 23 | 76.667 | 243.175 | .863 | .976 | .877\*\* |
| DS 24 | 76.615 | 242.769 | .870 | .976 | .883\*\* |

1. **Validitas dan Reliabilitas Skala *Body Dissatisfaction***

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| .882 | 19 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Item-Total Statistics** | | | | |  |
|  | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted | Total Correlation (Validity) |
| BD 1 | 41.974 | 85.920 | .606 | .873 | .665\*\* |
| BD 2 | 40.513 | 90.467 | .433 | .878 | .496\*\* |
| BD 3 | 40.410 | 91.038 | .338 | .882 | .416\*\* |
| BD 4 | 41.026 | 88.394 | .376 | .882 | .471\*\* |
| BD 5 | 41.846 | 87.028 | .701 | .871 | .739\*\* |
| BD 6 | 41.615 | 88.348 | .482 | .877 | .552\*\* |
| BD 7 | 40.487 | 90.941 | .328 | .882 | .409\*\* |
| BD 8 | 41.513 | 87.730 | .549 | .875 | .609\*\* |
| BD 9 | 42.077 | 86.704 | .695 | .871 | .735\*\* |
| BD 10 | 41.949 | 88.366 | .570 | .874 | .623\*\* |
| BD 11 | 40.256 | 91.406 | .364 | .880 | .432\*\* |
| BD 12 | 41.615 | 91.032 | .385 | .880 | .453\*\* |
| BD 13 | 41.590 | 83.511 | .559 | .875 | .641\*\* |
| BD 14 | 41.718 | 84.366 | .606 | .872 | .673\*\* |
| BD 15 | 41.564 | 88.937 | .403 | .880 | .486\*\* |
| BD 16 | 40.282 | 92.313 | .288 | .883 | .363\*\* |
| BD 17 | 41.846 | 86.660 | .663 | .871 | .708\*\* |
| BD 18 | 41.641 | 83.499 | .612 | .872 | .682\*\* |
| BD 19 | 42.077 | 86.704 | .636 | .872 | .686\*\* |

1. **Uji Normalitas**

|  |  |  |
| --- | --- | --- |
| **One-Sample Kolmogorov-Smirnov Test** | | |
|  | | Unstandardized Residual |
| N | | 349 |
| Normal Parametersa,b | Mean | -.7369677 |
| Std. Deviation | 6.22197606 |
| Most Extreme Differences | Absolute | .040 |
| Positive | .040 |
| Negative | -.032 |
| Test Statistic | | .040 |
| Asymp. Sig. (2-tailed) | | .200c,d |
| a. Test distribution is Normal. | | |
| b. Calculated from data. | | |
| c. Lilliefors Significance Correction. | | |
| d. This is a lower bound of the true significance. | | |

1. **Uji Linieritas**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **ANOVA Table** | | | | | | | |
|  | | | Sum of Squares | df | Mean Square | F | Sig. |
| Body Dissatisfaction \* Self Compassion | Between Groups | (Combined) | 62098.614 | 62 | 1001.591 | 29.674 | .000 |
| Linearity | 52631.224 | 1 | 52631.224 | 1559.308 | .000 |
| Deviation from Linearity | 9467.391 | 61 | 155.203 | 4.598 | .000 |
| Within Groups | | 9653.340 | 286 | 33.753 |  |  |
| Total | | 71751.954 | 348 |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **ANOVA Table** | | | | | | | |
|  | | | Sum of Squares | df | Mean Square | F | Sig. |
| Body Dissatisfaction \* Dukungan Sosial | Between Groups | (Combined) | 57622.245 | 57 | 1010.917 | 20.820 | .000 |
| Linearity | 46824.860 | 1 | 46824.860 | 964.353 | .000 |
| Deviation from Linearity | 10797.385 | 56 | 192.810 | 3.971 | .000 |
| Within Groups | | 14129.709 | 291 | 48.556 |  |  |
| Total | | 71751.954 | 348 |  |  |  |

1. **Uji Hipotesis**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Coefficientsa** | | | | | | | | |
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Collinearity Statistics | |
| B | Std. Error | Beta | Tolerance | VIF |
| 1 | (Constant) | 97.589 | 1.346 |  | 72.506 | .000 |  |  |
| Self Compassion | -.479 | .041 | -.624 | -11.773 | .000 | .255 | 3.922 |
| Dukungan Sosial | -.217 | .043 | -.269 | -5.072 | .000 | .255 | 3.922 |
| a. Dependent Variable: Body Dissatisfaction | | | | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **ANOVAa** | | | | | | |
| Model | | Sum of Squares | df | Mean Square | F | Sig. |
| 1 | Regression | 53954.576 | 2 | 26977.288 | 524.467 | .000b |
| Residual | 17797.378 | 346 | 51.438 |  |  |
| Total | 71751.954 | 348 |  |  |  |
| a. Dependent Variable: Body Dissatisfaction | | | | | | |
| b. Predictors: (Constant), Dukungan Sosial, Self Compassion | | | | | | |

1. **R Square**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Model Summaryb** | | | | |
| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
| 1 | .867a | .752 | .751 | 7.17199 |
| a. Predictors: (Constant), Dukungan Sosial, Self Compassion | | | | |
| b. Dependent Variable: Body Dissatisfaction | | | | |