

## Abstrak

*Emerging adulthood* merupakan fase transisi antara remaja dan dewasa muda. Pada tahap ini, mahasiswi menghadapi tugas perkembangan yang dapat memunculkan *body dissatisfaction*, terutama saat mereka mulai membandingkan penampilannya dengan standar kecantikan yang berlaku di masyarakat. Faktor seperti *gratitude* dan *social support* diketahui memiliki pengaruh terhadap tingkat *body dissatisfaction* yang dialami individu. Penelitian ini bertujuan untuk mengidentifikasi peran *gratitude* dan *social support* terhadap *body dissatisfaction* pada mahasiswi di UIN Sunan Gunung Djati Bandung. Penelitian ini menggunakan metode kuantitatif dengan pendekatan regresi linear berganda untuk menganalisis pengaruh *gratitude* dan *social support* terhadap *body dissatisfaction*. Subjek penelitian ini adalah mahasiswi yang terdaftar di UIN Sunan Gunung Djati Bandung, data diperoleh dari pengisian kuesioner Syukur dalam Psikologi Islam, *Multidimensional Scale of Perceived Social Support*, dan *Multidimensional Body Self-Relation Questionnaire-Appearance Scale*. Hasil penelitian menunjukkan bahwa *gratitude* dan *social support* berpengaruh negatif signifikan terhadap *body dissatisfaction*, dengan koefisien regresi masing-masing -0,400 dan -0,376. Kedua variabel ini secara simultan menjelaskan 55,4% variasi dalam *body dissatisfaction*. Temuan ini menunjukkan bahwa semakin tinggi tingkat *gratitude* dan *social support* yang diterima, semakin rendah tingkat *body dissatisfaction* yang dialami mahasiswi. Kesimpulan dari penelitian ini adalah *gratitude* dan *social support* berfungsi sebagai faktor protektif dalam mengurangi *body dissatisfaction*, yang dapat diterapkan untuk meningkatkan kesejahteraan psikologis di kalangan mahasiswi.

**Kata Kunci :** *Gratitude, Social Support, Body Dissatisfaction*, Mahasiswi

## Abstract

*Emerging adulthood is a transitional phase between adolescence and young adulthood. During this stage, female students face developmental tasks that may lead to body dissatisfaction, especially as they begin to compare their appearance to societal beauty standards. Factors such as gratitude and social support have been found to influence the level of body dissatisfaction experienced by individuals. This study aims to identify the role of gratitude and social support in body dissatisfaction among female students at UIN Sunan Gunung Djati Bandung. The study uses a quantitative method with a multiple linear regression approach to analyze the impact of gratitude and social support on body dissatisfaction. The subjects of this study are female students enrolled at UIN Sunan Gunung Djati Bandung, with data collected through questionnaires on Syukur dalam Psikologi Islam, Multidimensional Scale of Perceived Social Support, and Multidimensional Body Self-Relation Questionnaire-Appearance Scale. The results show that gratitude and social support have a significant negative impact on body dissatisfaction, with regression coefficients of -0.400 and -0.376, respectively. Both variables explain 55.4% of the variation in body dissatisfaction. These findings suggest that the higher the level of gratitude and social support received, the lower the level of body dissatisfaction experienced by female students. The conclusion of this study is that gratitude and social support serve as protective factors in reducing body dissatisfaction, which can be applied to enhance psychological well-being among female students.*

**Keywords :** Gratitude, Social Support, Body Dissatisfaction, Female Students.