

ABSTRACT

The changes experienced by adolescents cause pressure and problems for themselves which have an impact on how adolescents behave in their social environment. This is because adolescents are in the process of self-discovery, trying to understand themselves and observe what is happening in themselves and compare their situation with other adolescents. This problem is manifested in various behaviors, including the tendency of adolescents to get an ideal body shape. This study aims to determine the relationship between body image and social anxiety in late adolescents and differences in body image and social anxiety based on BMI. This study aims to determine the relationship between body image and social anxiety in late adolescents and differences in body image and social anxiety based on BMI. The research approach used in this study is quantitative non-experimental with non-probability sampling research type. Participants in this study were 100 adolescents aged 18-22 years. The measuring instruments used include Multidimensional Body Self-Relation (MBRS) and Social Anxiety scale for adolescents (SAS-A). The analysis technique used was correlation and anova test. The results showed a significant positive relationship between the dimension of appearance evaluation and social anxiety in late adolescents ($r_s = 0.677, p < 0.05$) and a significant negative relationship between the dimension of orientation in appearance and social anxiety in late adolescents ($r_s = -0.266, p < 0.05$). This means that the more negatively late adolescents evaluate their appearance, the higher their social anxiety, and the more satisfied late adolescents are with their appearance, the lower their social anxiety. The difference between body image and social anxiety based on BMI was only significant in appearance orientation based on BMI ($F(3,96) = 4.377, p < 0.05$), i.e. late adolescents who had a thin BMI had better appearance satisfaction than other late adolescents who had normal weight, fat, and obesity. In the view of Islam, body image affects social anxiety because individuals who lack gratitude will create social anxiety.

Keyword: Late Adolescent, Body Image, Social Anxiety

