

## ABSTRACT

Halimatus Sa'diyah. 2015. *The Influence of Body Image against Adjustment of VII-VIII Grade Students in SMP NU Syamsuddin Malang*. Thesis. Psychology Faculty. State Islamic University (UIN) Maulana Malik Ibrahim Malang.

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Adolescence is the transitional phase from childhood to adulthood marked by changes. The most change which can be felt is the physical changes, the adolescents will start to feel a difference in their growing body. It makes the adolescent has an image of himself which is called body image. The physical changes automatically give adjustment impact on the adolescent to adjust himself and the environment. That view is often make adolescent feel shy and not confident to show himself to the environment. But the field phenomenon says different things, they actually have a good body image and also a good adjustment without shyness. Instead, they proud of their changes which have experienced.

The objectives of this research are: (1) To determine the level of body image of VII-VIII grade students in SMP NU Syamsuddin Malang, (2) To determine the level of adjustment of VII-VIII grade students in SMP NU Syamsuddin Malang, and (3) To test the presence of the body image influence on the adjustment of VII-VIII grade students in SMP NU Syamsuddin Malang.

This research uses a quantitative research methods by doing the validity and reliability test on a simple linear regression analysis with the assistance of SPSS for Windows Program. Interviews, observation and scale distribution used as a medium of data collection. The sampling technique uses saturated sampling as much as 59 subjects.

The findings of this research say that the level of the body image of VII-VIII grade students is in the middle category and the level adjustment is in the middle category too. It also obtained that there are influences on body image against adjustment VII-VIII grade students in SMP NU Syamsuddin Malang. With a significance level of  $p = 0.000$  ( $r = 0.605$ ;  $p < 0.01$ ). The contribution of body image against adjustment as much as 36.6% while the remaining is 63.4% caused by other factors.