

ABSTRAK

Jenny Sangtia Pitaloka. 5213342001. “Hubungan *Self Image* dan Dukungan Teman Sebaya dengan Hasil Praktik Dasar Kuliner di SMKS Sinar Husni”. Program Studi Pendidikan Tata Boga. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2025.

Penelitian ini bertujuan untuk mengetahui: (1) *Self Image*; (2) Dukungan Teman Sebaya; (3) Hasil Praktik Dasar Kuliner; (4) Hubungan *Self Image* Dengan Hasil Praktik Dasar Kuliner pada olahan makanan asia; (6) Hubungan *self image* dan Dukungan Teman Sebaya pada olahan masakan asia. Lokasi penelitian dilaksanakan di SMKS Sinar Husni, waktu penelitian dari Maret – Mei 2025. Populasi penelitian ini seluruh siswa kelas X Tata Boga. Teknik penentuan sampel secara *Total Sampling* sehingga diperoleh sampel 30 siswa. Teknik pengumpulan data menggunakan angket untuk *Self Image* dan Dukungan Teman Sebaya, sedangkan hasil praktik Dasar Kuliner melalui penilaian hasil praktik. Teknik analisis data secara deskripsi data, uji persyaratan analisis, dengan uji normalitas dan uji linearitas, serta uji hipotesis dengan uji korelasi *product moment*, uji korelasi persial dan uji korelasi ganda.

Hasil penelitian menunjukkan bahwa tingkat kecenderungan *Self Image* dan Dukungan Teman Sebaya termasuk kategori cenderung tinggi dengan nilai masing-masing sebesar 73,34 persen dan 66,66 persen. Tingkat kecenderungan Hasil Praktik Dasar Kuliner termasuk kategori sangat baik sebesar 66,66 persen. Hasil analisis korelasi parsial, terdapat hubungan yang positif dan signifikan antara *Self Image* dan Hasil Praktik Dasar Kuliner dengan nilai $r_{yx1x2} = 0,59$ dan nilai $t_{hitung} > t_{tabel}$ ($3,96 > 2,04$) pada taraf signifikan 5 persen. Terdapat hubungan positif dan signifikan antar Dukungan Teman Sebaya dengan Hasil Praktik Dasar Kuliner dengan nilai $r_{yx2x1} = 0,40$ dan nilai $t_{hitung} > t_{tabel}$ ($2,35 > 2,04$) pada taraf signifikan 5 persen. Hasil analisis korelasi ganda, terdapat hubungan yang positif dan signifikan antar *Self Image* dan Dukungan Teman Sebaya dengan hasil praktik dasar kuliner dengan nilai $R_{yx1x2} = 0,95$ dan nilai $F_{hitung} > F_{tabel}$ ($4,62 > 3,35$) pada taraf signifikan 5 persen. Artinya semakin tinggi *Self Image* dan Dukungan Teman Sebaya maka semakin tinggi Hasil Praktik Dasar Kuliner.

ABSTRACT

Jenny Sangtia Pitaloka. 5213342001. "The Relationship Between Self-Image and Peer Support with the Results of Basic Culinary Practice at SMKS Sinar Husni." Study Program of Culinary Education. Department of Family Welfare Education. Faculty of Engineering. Universitas Negeri Medan. 2025.

This study aims to determine: (1) Self-Image; (2) Peer Support; (3) Basic Culinary Practice Results; (4) The Relationship between Self-Image and Basic Culinary Practice Results in Asian food processing; and (5) The Relationship between Self-Image and Peer Support with Basic Culinary Practice Results in Asian food preparation. The research was conducted at SMKS Sinar Husni from March to May 2025. The population consisted of all Grade X Culinary Arts students. The sampling technique used was total sampling, resulting in a sample of 30 students. Data collection techniques included questionnaires for Self-Image and Peer Support, while the results of Basic Culinary Practice were obtained through performance assessments. Data analysis techniques included descriptive statistics, assumption testing (normality and linearity tests), and hypothesis testing using product-moment correlation, partial correlation, and multiple correlation tests.

The results showed that the tendency level of both Self-Image and Peer Support fell into the "tend to be high" category, with values of 73.34% and 66.66% respectively. The tendency level for Basic Culinary Practice Results was in the "very good" category at 66.66%. The partial correlation analysis indicated a positive and significant relationship between Self-Image and Basic Culinary Practice Results, with a value of $r_{yx1x2} = 0.59$ and where $t_{count} > t_{table}$ ($3.96 > 2.04$) at a 5% significance level. There was also a positive and significant relationship between Peer Support and Basic Culinary Practice Results, with a value of $r_{yx2x1} = 0.40$ and $t_{count} > t_{table}$ ($2.35 > 2.04$). The multiple correlation analysis revealed a positive and significant relationship between Self-Image and Peer Support with Basic Culinary Practice Results, with a value of $r_{yx1x2} = 0.95$ and $F_{count} > F_{table}$ ($4.62 > 3.35$) at a 5% significance level. This implies that the higher the Self-Image and Peer Support, the better the Basic Culinary Practice Results.