

Relationship Of Body Image and Coping Behavior with Social Anxiety in Early Adult Women at RW 021 Pesona Anggrek Harapan Housing

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Abstract

This research is quantitative research that aims to determine the relationship between body image and coping behavior with social anxiety in early adult women at RW.021 Pesona Anggrek Harapan Housing. The population in this research amounted to 140 subjects with 103 samples. The sampling method in the third study was Sample Random Sampling. The instrument of this study uses three Likert scale models, there are body image scale, coping behavior scale and social anxiety scale. The result of the analysis technique used was bivariate correlation, eta test, and dummy test. The result of the analysis data with bivariate correlation obtained a correlation coefficient (x_1y) of $r = -0.198$; $p = p < 0.05$ that there was a negative significant between body image with social anxiety, on the result of the eta test obtained a correlation coefficient (x_2y) F_{count} 9.3 and F_{table} 0.02 that there was a positive between coping behavior with social anxiety, and then the dummy test result obtained correlation coefficient (R) of 0.216 and the coefficient of determination (R^2) of 0.047 and $p = 0.042$ Which mean the relationship between body image and coping behavior with social anxiety.

Keywords | body image, coping behavior, social anxiety.

INTRODUCTION

In the early adulthood period, there are several developmental tasks that must be completed, such as physical, cognitive and socioemotional development (Santrock, 2011). Bentley (2007) defines early adulthood as the age period where a person can be responsible for themselves, accept a role in social life, think logically, regulate emotions and be able to overcome problems. Social life in this period, many individuals started working, studying, and doing many activities outside the home, which required individuals to join new social environments. Individuals must begin to understand other people as individuals who are unique and different from themselves and are required to have good social adjustment abilities. If individuals can understand themselves and their social roles, then individuals will find their identity, but if this is not achieved, it will cause social anxiety.

The phenomenon of social anxiety can occur easily, because every individual has a tendency to experience problems. individuals are different. Individuals who have social anxiety tend to feel uncomfortable, embarrassed and afraid because they think something bad will happen if they face and interact with other people. According to Dayaksini and Hudaniah (2009), social anxiety is a feeling of discomfort in the presence of other people, which is always accompanied by feelings of embarrassment which are characterized by awkwardness or fear, inhibitions and a tendency to avoid social interactions. Social anxiety is characterized by individual concerns about how the individual carries themselves in social situations. Many factors cause a person to experience social anxiety, one of which is the individual's concern about physical appearance when in a social environment. A person's physical appearance is closely related to their body image, dissatisfaction with body shape



and weight also influences social anxiety.

Body image is an image held in the mind about the size, condition or condition and shape of the body. This situation will affect the relationship with the environment. Some individuals want to avoid certain situations or people because they feel so inferior or embarrassed. All these changes come at a time when individuals do not feel confident in themselves (lack of self-confidence), feel fat, big, thin, which makes them feel embarrassed as if everyone in the world is paying attention to their imperfections. Body image is not only about body shape that is not ideal but includes other things such as individuals who want to have a clean facial condition and bright skin color. This may make it difficult to get along and adjust to other people.

According to Rice (in Annastasia Melliana, 2006: 82-83) body image is an individual's experience about his or her body, a mental image of a person which includes thoughts, perceptions, feelings, emotions, imagination, judgment, physical sensations, awareness, and behavior regarding appearance and shape. her body which is influenced by the idealization of body image in society. Appearance that is considered inadequate and causes dissatisfaction with body shape and physical appearance will cause problems for individuals.

According to Daradjat (in Asri and Setiasih, 2004), individuals who experience dissatisfaction with their body shape will feel less confident and feel anxious when the individual experiences inner conflict and emotional pressure. This is reinforced by the results of research by Troisi et al. (2006) that dissatisfaction with body shape has a significant relationship with the presence of anxiety disorders. Conditions that are full of stress and cause anxiety due to dissatisfaction with body shape give rise to ways to adjust or adapt to the problems and pressures that befall them. Ways of overcoming problems faced by individuals are a process or strategy called coping strategies. Basically, a person can be categorized as coping behavior only if the conflict faced by the individual has exceeded the individual's ability to overcome the problems that occur to the individual.

According to Folkman (1984) Coping behavior is defined as a form of cognitive and behavioral effort carried out by a person to regulate internal and external demands arising from the individual's relationship with his environment, which are considered to disturb the individual's boundaries, especially those related to well-being. Coping behavior basically aims to reduce conditions that are not in accordance with what the individual wants, therefore the individual will adapt himself to the reality of the surrounding environment so that it is accepted by society. In relation to women who have social anxiety about their body image, various kinds of demands arise from both them and their environment. In simple terms, the types of coping behavior in relation to humans and their physical environment are divided into two types of adaptive behavior, namely adaptation and adjustment. Adaptation is changing behavior to suit the environment, while adjustment is changing the environment to suit the behavior (Sarwono, 1992). An adaptation that is usually made by women who have social anxiety about their body image is by wearing clothes that are dark in color, which do not shape the body too much so that they cover parts of the body that make them less confident. Some women who are less confident about the condition of their face will also wear make up to cover the imperfections on her face. Individuals who have a

negative body image will have less self-confidence, so they engage in coping to reduce their anxiety. When an early adult woman experiences social anxiety due to a lack of confidence in her physical appearance, she will use various methods to hide her shortcomings. If the individual feels that his body is too fat, the coping behavior that the individual will do is diet, which can be by eating healthy food, adjusting his diet or even taking slimming medication, or doing sports activities in order to get an ideal body shape so that he can be more confident in adapting with the environment. Based on the description above, the author is interested in conducting research, especially those related to social anxiety in terms of body image and coping behavior.

The problem formulation in this research is: a. Is there a relationship between body image and social anxiety in early adult women b. Is there a relationship between coping behavior and social anxiety in early adult women c. Is there a relationship between body image and coping behavior with social anxiety in early adult women. Referring to the problem formulation, the aim of this research is to find out the relationship between body image and coping behavior and social anxiety in early adult women in RW 021 Pesona Anggrek Harapan housing complex.

LITERATURE REVIEW

Social Anxiety

Social anxiety is a form of anxiety. The American Psychiatric Association (APA) (in Edelman, 1992) also says "that social anxiety is a persistent disorder, irrational worry and a compelling desire to avoid situations in which the individual can show himself so that other people can pay attention to him."

Brecht (2000) explains that social anxiety is excessive fear and worry when being with other people and feeling anxious in social situations because you are worried about being judged or even evaluated by other people, but will feel good when you are alone. The opinion above means that this individual tends to close himself off and is generally accompanied by avoidant behavior because he cannot stand the criticism he may receive.

La Greca and Lopez (Olivarez, 2005) put forward three aspects of social anxiety: a. Fear of negative evaluation. said that fear of negative evaluation is like worrying about doing or saying something embarrassing or making oneself feel humiliated. b. Social avoidance and feelings of pressure in new situations or with unfamiliar people, are when individuals feel nervous when speaking and do not understand why this happens. Feeling shy when close to other people, nervous when meeting new or already known people. c. Social avoidance and feelings of stress experienced in general or with people you have just met, are experienced in general with people you have just met, such as seeing how the individual's ability to build relationships. Individuals feel uncomfortable asking other people because they are afraid of rejection, and find it difficult to ask other people.

Factors that influence individuals to experience social anxiety. Rapee (in Nainggolan, 2011) explains several of these factors such as: a. Thinking Style b. Focusing attention c. Avoidance.



Body Image

According to Rice (in Annastasia Melliana, 2006: 82-83) body image is: An individual's experience about his or her body, a person's mental image which includes thoughts, perceptions, feelings, emotions, imagination, judgment, physical sensations, awareness, and behavior regarding appearance and body shape is influenced by the idealization of body image in society, and this is from a person's social interactions over time in their environment, which changes throughout life in response to feedback from the environment.

Positive or negative ways of thinking are important in improving or decreasing an individual's body image. Individuals who view their bodies positively will create feelings of satisfaction, comfort and happiness, but if individuals view their bodies negatively it will create feelings of dissatisfaction with the physical changes they experience.

Apart from that, Cash and Smolak (2011) stated that there are four aspects related to body image, namely: a. Global Subjective Satisfaction is an individual's perception or accuracy in assessing body size, shape and weight. b. Affective Distress Regarding Appearance is related to an individual's emotions or feelings related to appearance. Things related to this affective component can be pressure, anxiety, and individual feelings about appearance and physical form. c. Cognitive Aspect of Body Image is a distorted thought about the body, as well as cognitive investment in appearance. d. Behavioral aspect of body image: a person's dissatisfaction with body shape.

Coping Behavior

Coping is a process that is carried out all the time in the family, work, school and community environments. Coping is used by a person to overcome stress and obstacles experienced. Lazarus and Folkman (in Sarafino; 1997) define coping as a process in which individuals try to regulate the perception gap between the demands of a stressful situation and their ability to fulfill these demands. Rasmun said that coping is where someone experiences stress or psychological tension in dealing with daily life problems that require personal abilities and support from the environment, in order to reduce the stress, they face. In other words, coping is a process through which individuals resolve stressful situations. Coping is an individual's response to situations that threaten him, both physically and psychologically. (Rasmun, 2004; 29)

Lazarus and Folkman (in Smet, 1994; 145) generally distinguish the forms and functions of coping into two classifications, namely as follows: a. Problem focused coping (coping that focuses on problems) is used to control what happens between individuals and the environment through problem solving, decision making, and direct action. Problem focused coping can also take the form of making an action plan, implementing it, and maintaining it to get the desired results. In overcoming problems, individuals who use problem focused coping will think logically and try to solve problems positively. classification of forms of coping behavior oriented towards problem focused coping, namely: (1) Confrontative coping (confrontational solving) (2) Planfull problem solving (planned problem solving) (3) Seeking social support (seeking help from other people). b.

Emotion focused coping (coping that focuses on emotions) is a strategy to relieve individual emotions caused by stressors or sources of stress without trying to change a situation that is a direct source of stress. Emotion focused coping can also be said to be an effort to reduce or manage emotional discomfort related to or caused by a situation. classification of forms of coping behavior oriented towards emotion focused coping, namely: 1) Distancing, 2) Self-controlling, 3) Escape-Avoidance, Accepting responsibility, Positive reappraisal.

METHOD

Operational definition of Social Anxiety namely anxiety when in social situations when experiencing fear of negative evaluation, social avoidance and feelings of stress in new situations or with unfamiliar people, and social avoidance and feelings of stress experienced in general or with new people.

Body image is the way an individual perceives their body shape and physical appearance in terms of global subjective satisfaction, affective distress regarding appearance, cognitive aspect of body image, behavioral aspect of body image. Behavioral Aspects of Body Image)

Coping behavior is an effort made by individuals to eliminate concerns about threats that may arise from within themselves and their environment. Individuals will carry out coping based on problem focused coping and emotion focused coping.

The data collection method used in this research is a Likert scale. The scales used in this research used a body image scale, a coping behavior scale and social anxiety. The total population is 140 early adult women who live in RW 021 Pesona Anggrek Harapan Housing. Testing research data was carried out using Bivariate Correlation, Eta Test and Dummy Regression with the help of the SPSS 22.0 for Windows program.

RESULTS AND DISCUSSION

Based on the results of the analysis which aims to determine the relationship between body image and coping behavior and social anxiety in early adult women in RW.021 Pesona Anggrek Harapan housing complex, with 103 early adult women as respondents. So the results of the first data analysis with calculations using the Bivariate Correlation method, obtained a correlation coefficient $r = -0.198$ with $p = 0.045$ ($p < 0.05$). This states that there is a significant negative relationship between body image and social anxiety in early adult women in RW.021 Pesona Orchid Harapan Housing. The results of this research are in line with the results of previous research conducted by Tika Amelia Ramadani and Dian Ratna Sawitri (2017). It can be seen that there is a negative relationship between body image and anxiety about speaking in public.

Based on the results of the analysis of the second hypothesis, a correlation was obtained between the coping behavior variables and social anxiety using the ETA test methodscores from the problem-focused coping and emotion-focused coping categories were converted into standard scores (z-score). After each category had a z-score, an eta test was carried out which then obtained $\eta = 0.397$. The η value is used to determine the Fcount and Ftable values. By using the formula, the Fcount value is 9.3 and the Ftable value is 0.02



with an R Square of 0.047 and a positive correlation direction. This states that there is a significant positive relationship between coping behavior and social anxiety in early adult women in RW.021 Pesona Orchid Harapan Housing. The results of this research are in line with the results of previous research conducted by Eva Astiti, Erna Ipak Rahmawati and Siti Nur'aini (2015), it can be seen that there is a relationship between anxiety and coping strategies. Next, the results of the third analysis use the Dummy Regression analysis method. Obtained $R = 0.216$ and R^2 of 0.047 with $p = 0.042 < p = 0.05$. This proves that there is a significant relationship between body image and coping behavior and social anxiety in early adult women in RW.021 Pesona Anggrek Harapan housing complex.

CONCLUSION

Based on the results obtained from data analysis, it can be concluded that there is a significant negative relationship between body image and social anxiety in early adult women in RW 021, Pesona Orchid Hope Housing. There is a significant positive relationship between coping behavior and social anxiety in early adult women in RW 021 Pesona Orchid Harapan housing complex. There is a significant relationship between body image and coping behavior and social anxiety in early adult women in RW 021 Pesona Orchid Harapan Housing.

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