

The Relationship between Body Shape Dissatisfaction and Self-Confidence in Female Students at SMAN 1 Cikampek

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Abstract

The aim of this research was to examine the relationship between body shape dissatisfaction and self-confidence among female students at SMAN 1 Cikampek. This research was conducted on class X students of SMAN 1 Cikampek, totaling 162 students. The sampling method used was random sampling. The measuring instrument used is a scale of self-confidence and dissatisfaction with body shape based on the Likert scale model. Validity and correlation tests use product moment with a significance level of 0.05. To test the validity, rit is used. The self-confidence scale consists of 25 valid items with a validity coefficient ranging from 0.395 – 0.908 and a reliability coefficient of 0.920 (>0.9), very reliable criteria. The body shape dissatisfaction scale consists of 19 valid items with a validity coefficient ranging from 0.313 – 0.719 and a reliability coefficient of 0.780. The results of the two variable correlation tests show a negative relationship between body shape dissatisfaction and self-confidence with a bivariate coefficient of $R^{xy} = -0.335$ with $p = 0.000$ ($p < 0.05$). Thus, H_a is accepted and H_0 is rejected. Based on the research results, it can be concluded that there is a relationship between form dissatisfaction and self-confidence in a negative direction for class X female students at SMAN 1 Cikampek.

Keywords dissatisfaction with body shape, self-confidence, high school student.

INTRODUCTION

Adolescence is a transition period where children move towards adulthood which often causes turmoil. Various physical and psychological changes experienced during development make teenagers respond in the form of behavior that pays attention to the changes that occur in teenagers. Teenagers today interpret that the standard of a perfect body is an excessively perfect body, a beautiful face with clean white skin, a tall and sexy body, long legs with "wow" clothes according to Robyn Silverman (2016).

Another phenomenon encountered is that young women who have fat or not slim bodies apparently have high self-confidence; this can be seen from the emergence of fat artists. On the other hand, a personality development expert, Mien Rachman Uno, said that sometimes someone who has an attractive physical appearance, a slim body can become insecure. The individual becomes stiff and restless when other people pay attention to or admire his appearance (in the program Back to Beck, Metro TV, 24 April 2007).

Self-confidence is an aspect of human psychology that is very important to cultivate and develop. Whether someone is successful or not in interacting with their environment depends on how they develop self-confidence. A person can be successful in socializing with other people, easily make friends, be successful at work and so on because of the self-confidence he has. Growing self-confidence causes a person to make good adjustments to their environment. Self-confidence is very important for individual growth and development.



Self-confidence is a person's belief in being able to respond to everything well according to one's abilities.

This view is reinforced by Indriyanti (in Izza and Iranita, 2007) that self-confidence is also confidence in oneself in the form of feelings and assumptions that oneself is in good condition, thus enabling individuals to appear and behave with full confidence. A person can be successful in socializing with other people, easily make friends, be successful at work and so on because of the self-confidence he has. Growing self-confidence causes a person to make good adjustments to their environment. According to Goleman (2001: 47) self-confidence is courage that comes from certainty about our abilities, values and goals. According to Hakim (in Tria, 2002) self-confidence is a person's belief in all the superior aspects he has, and this belief makes him feel capable of achieving various goals in his life.

Based on the description above, the researcher concludes that self-confidence is a person's belief in responding to something well according to their abilities so that they feel able to adapt and achieve various goals in their life.

Many factors can influence a person's self-confidence, one of which is physical appearance. Physical appearance is closely related to an individual's image and perception of their body shape.

In line with physical growth, young adults tend to develop excessive concern for body shape, when changes in body shape during the development period do not match their dreams, a feeling of dissatisfaction will arise. Body dissatisfaction is a feeling of dissatisfaction with body weight and body shape (Bearman et al, in Ellen, 2006). Body dissatisfaction is a complex problem for the development of female adolescents, causing adolescents to have low self-confidence and self-esteem. Dissatisfaction with body shape appears to be related to one of the characteristics of growth during adolescence, namely changes in physical shape.

This is in line with Santrock (2007:406) that during puberty, teenagers become very concerned about their bodies and develop a sensitive image of what their bodies look like. Facts from Jersild's research (in Ernawati, 2006: 129) stated that the results of his research showed that some teenagers were asked several questions about what they didn't like about themselves, very few teenagers expressed individual abilities such as proud achievements, however which was expressed by many teenagers, more than 60% of teenagers stated that their physical appearance was more important and most often expressed. They are interested and interested in all forms of things related to appearance (Indriyati in Izza and Iranita 2007). The physical changes experienced by teenagers affect the psychological state of teenagers. In addition, almost all children form an ideal physical self-concept based on concepts from various sources.

Based on the results of this research, it appears that body shape dissatisfaction is a feeling of dissatisfaction with body shape which causes teenagers to be more interested in physical appearance which is considered an important part for most teenagers, and this of course requires teenagers to try to achieve these demands so that teenagers' self-confidence increases.

Based on the description above, it can be said that young women who have an attractive physical appearance are not necessarily confident and able to carry themselves. Young women believe that physical appearance is a big part of self-confidence. Then, based on the results of an interview with a female student from SMAN 1 Cikampek, the ideal appearance that individuals have is heavily influenced by social media today. Because social media is widely used by teenagers, and it is the biggest preference for creating examples of the ideal appearance through photos on social media accounts, it is stated that having a flat stomach, plump chest, and "wow" makeup will increase teenagers' self-confidence and attractiveness. daughter.

Based on the description above, researchers assume that body shape dissatisfaction as a subjective assessment of physical appearance is related to self-confidence in teenagers, especially young women.

LITERATURE REVIEW

Confidence

According to Goleman (2001), self-confidence is courage that comes from certainty about our abilities, values, and goals. Self-confidence is a belief that a person has that he is able to behave as required and even to obtain things as expected and is also able to handle everything calmly. The formation of self-confidence in a person begins with the development of self-concept which is obtained through association with a group. Lauster (in Ghufon & Rini, 2014) defines self-confidence as obtained from life experience. Meanwhile, according to Lauster (in Hervita, 2005) states that self-confidence is an attitude or feeling of confidence in one's own abilities so that the person concerned is not anxious about acting, feels free, is not embarrassed and restrained while being able to take responsibility for what one does.

According to Perry (in Sufrihana, 2005) self-confidence is the ability to believe in one's own abilities and feel positive about what can be done and not worry about what cannot be done. According to Fatimah (in Selviana, 2006) self-confidence is an individual's positive attitude which enables him to develop a positive assessment, both of himself and of the environment/situation he faces. Meanwhile, according to Hakim (in Selviana, 2005) self-confidence is a person's belief in all the superior aspects he has and this belief makes him feel capable of achieving various goals in his life.

Based on the description above, the author concludes that self-confidence is an individual's ability to develop positive judgments, as well as feelings of confidence in one's abilities so that the person concerned does not anxious in acting, feeling free, not ashamed and restrained while being able to take responsibility for what one does.

According to Lauster (2006) there are several characteristics to assess individual self-confidence, including:

a. Believe in your own abilities.

A belief in oneself regarding all phenomena that occur which is related to the individual's ability to evaluate and overcome the phenomena that occur.

b. Act independently in making decisions.



Can act in making decisions about what to do independently without the involvement of other people. Apart from that, he has the ability to believe in the actions he takes.

c. Have a positive self-concept.

Having a good assessment of oneself, both in terms of views and actions, can create a positive feeling towards oneself.

d. Dare to express your opinion.

Body Shape Dissatisfaction

Body shape dissatisfaction is the difference between an individual's perception of the ideal body size and the individual's actual body size compared to the ideal size or as a feeling of dissatisfaction with the size of the body shape (Adler in Ellen, 2006). According to (Sumali et al in Ellen, 2008) body dissatisfaction is a form of dissatisfaction with the body which is the result of individual experience and is also the result of interactions with the environment. In addition, Littleton and Ollendick (Skemp-Arlt et al., 2006) stated that body shape dissatisfaction is a subjective feeling of dissatisfaction with one's appearance.

Physique body shape dissatisfaction is a person's subjective negative feelings, thoughts and assessments of their body shape. Dissatisfaction with body shape according to Rosen and Reiter (Asri & Setiasih, 2004) is the mind's preoccupation with negative assessments of physical appearance and feelings of shame about one's physical condition when in a social environment. This is also stated by Sejcova (2008), namely body shape dissatisfaction as negative thoughts and feelings towards body shape that arise when a person's image of body shape does not match the body shape they have.

Based on the description above, the researcher concludes that body shape dissatisfaction is a person's subjective negative feelings, thoughts and assessments of their body shape and feelings of shame about their physical condition when in a social environment.

METHOD

The method that will be used in this research is a quantitative method. Based on the Morgan table, the sample that must be used from a population of 278 people is 162 people. The sampling technique used is simple random sampling.

The data collection method used in this research is to use measuring instruments in the form of scales, namely the body shape dissatisfaction scale and the self-confidence scale. The scale form used in this research is the Likert scale. Consisting of 12 favorable, 13 unfavorable self-confidence and 10 favorable, 9 unfavorable body shape dissatisfaction.

The method used to test hypotheses and analyze data is bivariate correlation. This method is used to test the relationship between one independent variable and one dependent variable (Kuncono, 2005: 64). In this research, the bivariate correlation method was used to determine the relationship between body shape dissatisfaction and self-confidence in young women at SMAN 1 Cikampek using the SPSS version 15.0 for Windows program.

RESULTS AND DISCUSSION

After analyzing the research data, the correlation results were obtained, namely between body shape dissatisfaction and self-confidence with r of -0.335 and p of 0.000 , meaning that H_0 which stated "there is no relationship between body shape dissatisfaction and self-confidence in class X female students at SMAN 1 Cikampek" was rejected and H_a which stated "there is a relationship between body shape dissatisfaction and self-confidence in class X female students at SMAN 1 Cikampek" was accepted. This shows that there is a relationship between body shape dissatisfaction and self-confidence in class X female students at SMAN 1 Cikampek.

Judging from the categorization, the results showed that the mean finding for the self-confidence scale was 95.93 so it was categorized at a high level. Meanwhile, the mean finding for the body shape dissatisfaction scale was 71.48 so it was categorized at a high level.

The results of this study stated that after analyzing the research data, the correlation results were obtained, namely between body shape dissatisfaction and self-confidence with r of -0.323 and p of 0.000 , meaning H_0 which states "there is no relationship between body shape dissatisfaction and self-confidence in class X SMAN female students 1 Cikampek" was rejected and H_a who stated "there is a relationship between body shape dissatisfaction and self-confidence in class X female students at SMAN 1 Cikampek" was accepted. This shows that there is a relationship between body shape dissatisfaction and self-confidence in class X female students at SMAN 1 Cikampek with a negative correlation direction. This means that the lower self-confidence, the higher the dissatisfaction with body shape, conversely, if self-confidence is high, the lower the dissatisfaction with body shape. This is in line with Thompson's opinion (in Izza, 2009) regarding the relationship between self-confidence and body dissatisfaction, finding that women, especially young women who have a high level of dissatisfaction with the shape and size of their bodies, usually have a lower level of self-confidence compared to women who have high level of satisfaction with their body shape.

CLOSING

Conclusion

Based on the results of the data analysis described previously, it can be concluded that there is a relationship between body shape dissatisfaction and self-confidence among class X female students at SMAN 1 Cikampek in a negative direction.

Suggestion

Based on the results of the research and discussion above, the following suggestions can be considered:

1. For further research that wants to examine self-confidence variables, it is recommended to examine other variables that influence self-confidence in the hope of providing more information, such as parenting patterns, social media and socio-economic status.



2. It is hoped that young women will reduce dissatisfaction with their body shape through assessing themselves positively, not being embarrassed when in social environments, being willing to participate in activities related to other people.

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