

The Relationship between Body Image and Self-Esteem and the Tendency of Body Dysmorphic Disorder in Class X and XI Adolescents at SMA Muhammadiyah 5 Jakarta

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Abstract

The aim of this research is to determine the relationship between body image and self-esteem and the tendency for body dysmorphic disorder in teenagers in grades X and XI at SMA Muhammadiyah 5 Jakarta. The sampling method for this research used a purposive sampling technique and the sample used was 148 teenagers. Based on the results of data analysis using bivariate correlation between body image variables and body dysmorphic disorder tendencies, $r = -0.268$ with $p = 0.001$, which means there is a negative relationship between self-esteem variables and body dysmorphic disorder. The results of data analysis between the self-esteem variable and body dysmorphic disorder obtained a correlation coefficient value of $r = -0.254$ and $p = 0.002$, which means there is a negative relationship between the self-esteem variable and the tendency for body dysmorphic disorder. Multivariate correlation in the regression test shows that the coefficient of determination R Square is 0.074. Based on the multivariate correlation regression, the correlation coefficient value $R = 0.272$ and $p = 0.004$ is obtained, which means there is a relationship between body image and self-esteem and the tendency for body dysmorphic disorder. The effective contribution of body image and price to the tendency for body dysmorphic disorders is 7.4%, while 92.6% is a contribution from other factors not studied.

Keywords | *body dysmorphic disorder, body image, self-esteem.*

INTRODUCTION

Every human being must experience growth and development at every stage of life they live, one stage of life that is interesting to discuss is adolescence. According to Hall (in Santrock, 2007: 6), adolescence, which ranges in age from 12 to 23 years, is characterized by upheaval. At this time, individuals enter a period of developmental transition between childhood and adulthood, involving biological, cognitive and social changes. Biological changes are characterized by height growth, hormonal changes and sexual organ maturity experienced during puberty. Cognitive maturity involves changes in an individual's thinking and intelligence. According to Santrock (2003: 93) Adolescence is also called puberty where physical development occurs rapidly which causes teenagers to pay close attention to their bodies and develop body image. Excessive body image distortion can develop into a disorder called Body Dysmorphic Disorder.

According to DSM IV Rudi Maslim (2000: 135) Body Dysmorphic Disorder (BDD) or body dysmorphic disorder is included in the category of somatoform disorders. According to the American Psychology Association 2000 in (Rahmania & Yuniar 2012: 111) Body dysmorphic disorder is a preoccupation with an imagined body defect (for example, incomplete fingers) or an excessive response to a minimal or minor defect. According to Veale & Neziroglu in (Rahmania & Yuniar, 2012: 111) as many as 1 to 1.5% of the world's population have a tendency to body dysmorphic disorder and the tendency to experience



body dysmorphic disorder will be higher in areas that have a culture that places great importance on appearance.

Adolescents who have a tendency towards body dysmorphic disorder will usually always feel like they have deficiencies in their bodies. Teenagers who feel dissatisfied with their body shape always experience several symptoms such as hating themselves, always feeling ugly or often jealous of other people's physical perfection which makes teenagers do worrying things, even though they often improve or take care of themselves, teenagers will always feel bad. So, teenagers must have awareness that behavior as described above leads to negative things that can harm the teenager.

According to Rini (2004: 547) Body Dysmorphic Disorder tends to develop when teenagers are around 16-17 years old. Symptoms of body dysmorphic disorder occur in teenagers aged 15 years. Agrees with Philips (2009: 116) BDD develops at an average age of 16 years and BDD begins at age 13 years. Body dysmorphic disorder usually occurs continuously. This disorder is slightly more common in girls than boys during adolescence. However, in reality, the tendency of body dysmorphic disorder is quite little known. Many sufferers of body dysmorphic disorder receive various kinds of treatment to perfect their body shape in various ways, from changing small things to even serious things, such as having surgery on parts of their body that they feel are lacking, so that the individual does not recognize that it is a symptom of body dysmorphic disorder, other than that the sufferer usually embarrassed by the symptoms they experience and do not dare to express them.

The tendency for body dysmorphic disorder is closely related to an individual's body image because body image is a factor that influences body dysmorphic disorder. According to Cash (in Victoria, 2015: 42) Body image is an adolescent's experience in the form of perceptions of their body shape and weight, as well as behavior that leads to the adolescent's evaluation of their physical appearance.

According to Hardisuryabrata (in Amandha, 2015: 56) body image is subjective, because it is only based on personal interpretation without considering or examining further the actual reality. Body image is not something static, but always changing. Its formation is influenced by perception, imagination, emotions, mood, environment and physical experience.

Body image is formed when entering adolescent development. Young women are more influenced by the image or ideal body image taught by culture or the surrounding environment. Many young women show dissatisfaction with their bodies, especially young women who develop a more negative body image.

Apart from body image, according to Philips, Pinto & Jain (in Normalita, 2016: 547) self-esteem is another factor that influences body dysmorphic disorder.

Coopersmith (in Barbara and Nurul, 2013: 3) states that self-esteem is an evaluation made by an individual about himself, where this self-evaluation is the result of interactions between the individual and his environment and the treatment of other individuals towards him. Teenage girls who have low self-esteem tend to feel dissatisfied with their physical appearance, while teenagers who have high self-esteem tend to feel satisfied and proud of themselves.

Based on observations and interviews conducted by researchers at SMA Muhammadiyah 5 Jakarta, teenagers tend to be seen looking in the mirror frequently, feeling insecure if they don't use things that can cover up perceived deficiencies in their bodies. Several subjects were seen wearing clothes that covered body imperfections or had body and facial treatments, the subjects admitted to going on a diet by taking herbal medicines, the subjects also always looked at up to date fashion from various mass media for an appearance to follow existing trends and the subjects admitted to following exercise classes to form an ideal body, there are also subjects who are seen using make up and skin care. However, all of these things still do not give satisfaction to the subject's appearance and the subject always feels that there is something missing about him, which leads to a tendency towards body dysmorphic disorder.

From the phenomenon that has been revealed above, namely that teenagers at SMA Muhammadiyah 5 Jakarta are prone to having a tendency to Body Dysmorphic Disorder, the researchers consider it necessary to conduct research on the tendency for Body dysmorphic disorder which is related to body image and self-esteem in teenagers at SMA Muhammadiyah 5 Jakarta.

LITERATURE REVIEW

Understanding Body Dysmorphic Disorder

Body Dysmorphic Disorder is classified in DSM-IV-TR Rusdi Maslim (2000: 135) as a somatoform disorder because it involves several aspects of the body. According to (Philips, 2009: 305), body dysmorphic disorder is a preoccupation with an imagined body defect, or a prominent distortion of a minimal or small defect. In reality, this physical weakness is very minimal but is responded to excessively by teenagers.

Diagnostic Criteria for Body Dysmorphic Disorder according to DSM IV-TR

Philips (2009: 31) states several diagnostic criteria for sufferers of body dysmorphic disorder, including:

- a. Disorders of the mind's content that are fixated on body flaws with images of defects in appearance. If a slight physical abnormality is found, the person's worries are clearly excessive.
- b. Disorders of mental content that are focused on bodily deficiencies cause sufferers to have clinically significant or decreased social, occupational or other important functions.
- c. Disorders of thought content that are fixated on unreal body deficiencies are no better when associated with other mental disorders (such as dissatisfaction with body shape and anorexia nervosa).

Understanding Body Image

According to Arthur (2010), body image is the subjective imagination that adolescents have about their bodies, especially those related to the judgments of other people, and how well their bodies should be adapted to these perceptions. Burn (1993: 189) body image is the image that teenagers have about themselves as beings who have a physical body, the physical



thing referred to here is the body shape of a teenager, because during adolescence individuals will experience puberty, where teenagers will experience changes in body shape and adolescence. must be ready to accept changes in himself.

Based on the opinion above, it can be concluded that body image is a picture of an individual's perception of the ideal body and what the individual wants in their body as seen by other people.

Aspects of Body Image

Body image divided into several aspects. According to Cash and Puzinsky (in Seawell, A. H & Danorf Burg, 2005) regarding body image generally using the Multidimensional Body Self Relations Questionnaire-Appearance Scale (MBSRQ-AS), namely:

- a. *Appearance evaluation*
- b. *Appearance orientation*
- c. *Body area satisfaction*
- d. *Overweight preoccupation*
- e. *Self-classified weight*

Understanding Self-Esteem

According to Coopersmith (in Victoria Nurvita, 2015: 44) self-esteem is an individual's evaluation and habit of looking at himself, which leads to acceptance or rejection, as well as the individual's belief in his abilities, or in other words self-esteem is a personal assessment regarding the feelings of worth expressed in an individual's attitudes towards himself.

Based on the opinion above, it can be concluded that self-esteem is an individual's assessment of himself which is expressed through his daily behavior. Self-esteem can have an impact on feeling uncomfortable with oneself, individuals will always think that their body has deficiencies, they will feel dissatisfied with their physical appearance and will become too focused on appearance.

Aspects of Self-Esteem

Coopersmith (in Komaruddin and Khoruddin Bashori, 2016: 44) suggests four aspects of self-esteem, namely:

- a. Power is the ability to regulate and control the behavior of oneself and others.
- b. Meaningfulness, namely the care, attention and affection that individuals receive from other people. This is an appreciation and expression of other people's interest in the individual and is a sign of the individual's acceptance and popularity.
- c. Policy (virtue), namely obedience to following moral codes, ethics and religious principles which is characterized by obedience to avoid prohibited behavior and carry out behavior that is permitted by morals, ethics and religion.
- d. Ability (competence), success in meeting achievement demands which is marked by an individual's success in carrying out various tasks or work well.

METHOD

Identification of Research Variables

The variables in this research are as follows:

1. Dependent Variable (DV): Body Dysmorphic Disorder
2. Independent Variable (IV):
IV1 : Body Image
IV2 : Pride

Population and Sample

The population in this study were teenagers in classes X and XI at SMA Muhammadiyah 5 Jakarta. The sampling technique used in this research was purposive sampling technique (with age criteria). There were 148 teenage subjects in classes X and XI at SMA Muhammadiyah 5 Jakarta.

Data collection technique

The data collection method in this research used the Body Dysmorphic Disorder scale which was compiled based on criteria from Philips (2009) totaling 24 items. The Body Image Scale compiled based on aspects in Amandha (2015) consists of 32 items. The Self-Esteem Scale compiled based on aspects in Komaruddin and Khoiruddin (2016) consists of 36 items. The scale is prepared based on the Likert scale model. The results of item testing showed that the reliability of the Body Dysmorphic Disorder scale was .857, the Body Image scale was .833, and the Self-Esteem scale was .875. These results show that all scales are reliable and can be continued in research data analysis.

Data analysis method

The data analysis method used in this research is namely Bivariate Correlation, Multivariate Correlation, Step Wise, and Normality. Data processing uses SPSS 22 for Windows.

RESULTS AND DISCUSSION

In testing the first hypothesis using bivariate between body image and the tendency for body dysmorphic disorder, $r = -0.268$ with $p = 0.001$ where $p < 0.05$. So, the research null hypothesis (H_0) is rejected, and the alternative hypothesis is rejected. therefore (H_{a1}) which states "there is a relationship between body image and the tendency for body dysmorphic disorder in teenagers at SMA Muhammadiyah 5 Jakarta" can be accepted.

In testing the second hypothesis using Bivariate Correlation between the self-esteem variable and the tendency for body dysmorphic disorder, a correlation coefficient of $r = -0.254$ and $p = 0.002$ was obtained, where $p < 0.05$. So, the research null hypothesis (H_0) was rejected, and the alternative hypothesis was rejected. therefore (H_{a1}) which states "there is a relationship between self-esteem and the tendency for body dysmorphic disorder in teenagers at SMA Muhammadiyah 5 Jakarta" can be accepted.



Testing the third hypothesis using Multivariate Correlation between the variables self-image and self-esteem and the tendency to body dysmorphic disorder obtained an R value of .272 with $p < 0.05$. This proves that there is a significant relationship. Therefore, Hal: "There is a relationship between body image and the tendency for body dysmorphic disorder in teenagers at SMA Muhammadiyah 5 Jakarta".

The results of the contribution of body image and self-esteem variables to the tendency for body dysmorphic disorder based on the stepwise test method, it was found that the variable that contributed the most to the tendency for body dysmorphic disorder was body image at 7.2% while self-esteem was 0.2%.

Based on the results of analysis of research data on 148 research subjects, it shows that there is a significant relationship in a negative direction between body image and self-esteem and the tendency for body dysmorphic disorder in classes X and XI at SMA Muhammadiyah 5 Jakarta, which means that the lower the body image and self-esteem, the So teenagers are increasingly likely to experience body dysmorphic disorder tendencies. and vice versa.

Then, the results of data analysis between body image and the tendency for body dysmorphic disorder in teenagers in classes X and The body becomes a big problem, and it creates a desire to change some body shapes that are felt to be lacking, resulting in a negative body image, which makes the teenager experience a tendency towards body dysmorphic disorder. On the other hand, if teenagers are satisfied with their body shape, the body image that emerges is positive which can make teenagers satisfied with their appearance and body shape, possibly a low level of body dysmorphic disorder tendencies in these teenagers. This is in line with research conducted by Marlina Nourmalita (2016) which states that there is a negative and significant relationship between body image and the tendency for body dysmorphic disorder in adolescents. These negative results show that the higher the body image, the lower the level of body dysmorphic tendencies. disorder and vice versa, if body image is low, the higher the level of tendency to body dysmorphic disorder.

Then, the results of the data analysis between self-esteem and the tendency for body dysmorphic disorder show that there is a negative relationship between self-esteem and the tendency for body dysmorphic disorder, which means that if teenagers have a low body image, it will make the teenager's self-esteem low, which will make the teenager feel dissatisfied. of their appearance and body shape, which can lead to teenagers being prone to body dysmorphic disorder. On the other hand, if teenagers are satisfied with their body shape, the body image that emerges is positive which can make their self-esteem high and possibly small; The level of tendency for body dysmorphic disorder in teenagers in classes X and XI at SMA Muhammadiyah 5 Jakarta. The results of this research are in accordance with research conducted by Rahmania & Ika Yuniar (2012) which stated that there was a negative and significant relationship between self-esteem and tendencies in adolescents. The two variables have a negative relationship which illustrates that the higher self-esteem, the lower the tendency for body dysmorphic disorder and vice versa, the lower the self-esteem, the higher the tendency for body dysmorphic disorder.

Furthermore, body image has a higher contribution than self-esteem to the tendency to body dysmorphic disorder. This shows that teenagers at SMA Muhammadiyah 5 Jakarta have a contribution of 7.2% to body image, while self-esteem contributes a very small 0.2%.

CONCLUSION

1. There is a significant relationship in a negative direction between body image and the tendency for body dysmorphic disorder in teenagers in classes X and XI at SMA Muhammadiyah 5 Jakarta.
2. There is a significant relationship in a negative direction between self-esteem and the tendency for body dysmorphic disorder in teenagers in grades X and XI at SMA Muhammadiyah 5 Jakarta.
3. There is a significant relationship between body image and self-esteem and the tendency for body dysmorphic disorder in teenagers in grades X and XI at SMA Muhammadiyah 5 Jakarta.

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