Association between Body Image and Self Esteem Among Senior High School Female Students

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ABSTRACT

Introduction. Many teenagers experience dissatisfaction with changes in body shape. Mismatched the reality of actual body shape and ideal body image perception triggers negative body image perception, which can cause a decrease in self-esteem. In terms of gender, women's self-esteem levels tend to be lower compared to men.

Methods. This study was an observational analytic study with a cross-sectional approach, taken at Fons Vitae I Senior High School with stratified random sampling. The body image was measured by using Body Shape Questionnaire-34 (BSQ-34), and self-esteem was measured by using the Rosenberg Self Esteem Scale (RSES) questionnaire. Data are analyzed using chi-square.

Results. The total respondents were 109 female students. In univariate analysis, there were 13.8% female students who had dissatisfaction with her body image and 86.2% female students who had satisfaction with her body image. Female students with low self-esteem were 19.3%, and high self-esteem was 80.7%. The bivariate analysis shows that there is a significant association between body image and the level of self-esteem among Senior High School female students ($p = 0.039$) with OR = 3.511.

Conclusion. There is a significant association between body image and level of self-esteem.

Keywords. body image, personal satisfaction, body dissatisfaction, self concept, adolescent.

INTRODUCTION

The World Health Organization (WHO) defines adolescence as someone who has an age range of 10 to 19 years.[1] Adolescence is a period of transition from childhood to adulthood, which begins to experience hormonal, physical, psychological, and social changes [2] which can cause related problems their body image. [3]

Body image can be interpreted as a subjective evaluation of a person's appearance.[4] Access to mass media, social, cultural, and family environments can also influence body image by continuously identifying their body image against the perceived ideal body.[5,6] Appearance is an essential component of body image because it is a significant asset, especially for a woman. At puberty, women tend to experience additional fat tissue such as in the hips and breasts compared to men who generally experience a decrease in fat tissue, especially in the limb area.[7] These changes make women more worried because they are often used as a comparison with body image ideal that is slim like a model.[8] If the fact that the actual body shape and the perception of the ideal body image are not suitable, it will lead to the perception of a negative body image which in turn, can lead to a decrease in self-esteem.[9]

Self-esteem is an individual's evaluation of himself as a whole, can be positive or negative. Self-esteem is an essential determinant of mental health and adolescent development.[10] Low self-esteem is often associated with many psychological, physical, and social problems that can interfere with the transition from adolescence to adulthood.[11] Meanwhile, individuals with high self-esteem can view themselves more positively to produce a more open and optimistic mind to interact with their social environment.[12] In terms of gender, the level of self-esteem of women tends to be lower than that of men because men generally have a higher level of satisfaction with physical appearance and himself. [13.14]

The purpose of this study was to determine whether there is a relationship between body image and self-esteem levels in SMA Fons Vitae, Jakarta. This research is expected to provide information for other researchers and to develop this research topic so that it can be widely used.

METHODS

This research is an observational analytic study with a cross sectional approach. Data were collected in September 2019. The target population in this study were all students of SMA Fons Vitae I in the 2019/2020 school year. The research sample was 109 respondents. Sampling was done by using stratified random sampling method.

The dependent variable (dependent) from this study is the level of self-esteem. The independent variable (independent) of this study is body image. Data collection was carried out by researchers by asking respondents who had been randomly selected to fill in the informed consent form, then the researcher gave a questionnaire to respondents using the Body Shape Questionnaire-34 (BSQ-34) and Rosenberg Self Esteem Scale (RSES) questionnaires. The data is then processed and analyzed univariately and bivariately with the chi-square test.

RESULTS

The total number of students who were willing to become respondents and met the inclusion criteria and did not meet the exclusion criteria were 109 students. Demographic characteristics of respondents are divided by age and class. There were 7 people (6.4%) were at the age of 14 years, 36 people (33.0%) were at the age of 15 years, 33 people (30.3%) were at the age of 16 years, and 33 people (30.3%) %) are at the age of 17. For the data on the education level of respondents, it was obtained that 33 people (30.3%) were in high school class 1, 31 people (28.4%) sat in high school grade 2, and 45 people (41.3%) sat in high school grade 3 high school (Table 1).

Table 1. Demographic Characteristics of Respondents

Characteristics		Frequency (n)	Percentage (%)
Age	14	7	6,4
	15	36	33,0
	16	33	30,3
	17	33	30,3
Kelas	10th grade	33	30,3
	11th grade	31	28,4
	12th grade	45	41,3

Body image data in this study were divided into 2 groups, namely the dissatisfied and the satisfied group. This grouping uses standards derived from the Body Shape Questionnaire.[37] The body image in the dissatisfied group is 15 people (13.8%), while the body image image in the satisfied group is 94 people (86.2%) (Table 2).

Table 2.Image of Body Image in Fons Vitae I High School Students for the Period of 2019/2020

		Frequency (n)	Percentage (%)
Body	Dissatisfied	15	13,8
image	Satisfied	94	86,2

Self-esteem data in this study were divided into 2 groups, namely the low and high groups. This grouping uses the standard value of Rosenberg's Self-Esteem Scale.49 The description of self-esteem in the low group is 21 people (19.3%), while for the description of the level of self-esteem in the high group there are 88 people (80.7%) (Table 3).

Table 3. An overview of the level of self-esteem in high school students at Fons Vitae I for the period 2019/2020

		Frequency (n)	Percentage (%)
Self-esteem level	Low	21	19,3
	High	88	80,7

Based on the analysis with the Fisher Exact Test, it was obtained a p-value of 0.039. This shows that there is a significant relationship between body image and self-esteem levels, meaning that students who have body image dissatisfaction will have a higher tendency to experience low self-esteem levels. The odds ratio obtained is 3.511, which means that students who experience body image dissatisfaction will have a 3.511 times higher chance of experiencing low self-esteem levels compared to students who have body image satisfaction (Table 4).

Table 4. The Relationship Between Body Image and Levels of Self-Esteem

		Self-esteem level		*p value*	*Odds Ratio*
		Low n (%)	High n (%)		
Body image	Dissatisfied	6 (40%)	9 (60%)	0,039	3,511
	Satisfied	15 (16%)	79 (84%)		

DISCUSSION

Based on body image data, it was found that the majority of respondents had satisfaction with body image. This data is supported by the results of research where the majority of students have body image satisfaction, as was done by Ayu Puspita Sary at SMA Colombo Yogyakarta (2016) with results of 24 people (77.4%) [15] and research by Anita Christina Sembiring in the Department of Nutrition, Polytechnic of the Ministry of Health. Kupang (2018) with results of 38 female students (71.7%) [16]. This means that the majority of young women already have positive perceptions, feelings, and thoughts about their bodies which are often associated with body size estimation, evaluation of body attractiveness, and emotions related to body shape.

Body image is a physical image of the body that is subjective. Changes such as the addition of fat tissue that tend to be experienced by women[7], the strong role of mass media factors, peers[8], parents, gender, race / ethnicity, socioeconomic status, and body mass index[11] can affect a perception of body image which if not appropriate will cause concern . Adolescents who have a positive body image will appreciate their body more and believe in their abilities, resulting in satisfaction with their body image.[18] On the other hand, adolescents with negative body image will produce dissatisfaction with their body image, which can lead to adverse effects such as eating disorders.

Then, based on the data on the level of self-esteem, it was found that the majority of respondents had a high level of self-esteem. This data is supported by the results of research where the majority of students have a high level of self-esteem, such as that conducted by Margaretha Berti Utami at SMA Tarakanita 1 (2016) with results of 70 students (79.54%) [20] and research by Priharyanti Wulandari, et al in SMA Negeri 13 Semarang (2016) with a result of 48 students (56.5%). [21] This

happens because students have perceptions that reflect positive self-values as an important determinant of adolescent mental health and all aspects of development.

Self-esteem is an important variable in determining behavior created by social and cultural forces.[22] Self-esteem is influenced by various factors such as parenting, social environment, demographics, socioeconomic status, and self.[23] Adolescents with low self-esteem tend to have a more sensitive view, feelings that are vulnerable to themselves, are not easily loved, awkward, and feel inadequate.[24] Teens who have a high level of self-esteem can view themselves more positively, resulting in a more open mind, more confident, optimistic, and easy to interact with the social environment. [12]

In research conducted to examine the relationship between body image and self-esteem, the results obtained p value <0.05, which means that there is a significant relationship between the two variables. This research is supported by a similar research by Tsamarah Zhafirah and Adi Dinardinata at SMA Kesatrian 2 Semarang (2018) with a p value = 0.00225 and research by Yulia Ratnasari, et al at SMP Negeri 33 Semarang (2016) with p value = 0.02226. This happens because the body image of respondents who are mostly in the satisfied category tends to have a high level of self-esteem which supports the theory that there is a correspondence between the actual body shape and the perception of ideal body image, so that it will trigger a positive body image perception that can increase the level of self-esteem higher.

Adolescents are particularly vulnerable to body shape dissatisfaction due to the physiological, psychological, and social changes they experience[27]. Dissatisfaction with weight and body shape is an obstacle that is often faced by adolescents, especially women and can reduce self-esteem levels. However, this can be overcome if they have accepted their bodies in any condition, are in accordance with their ideal body image[28], or have received high enough social support such as family, friends, and teachers who do not question the assessment of a teenager's negative body image. Because of this social support, they are able to increase self-esteem even though their subjective assessment of themselves is still negative. [26]

According to Kitri Nour Hamidea, et al (2017) that someone who comes from a low level of socioeconomic status tends to have lower self-esteem. Even though a person has assessed his body image positively, if the role of the social and economic environment is not supportive, it can reduce one's self-esteem.[29] Thus, the concept of body image and self-esteem cannot stand alone. These two variables can be influenced by various factors that can affect the good or bad results of a person's body image and self-esteem.

CONCLUSION

There is a significant relationship between body image and the level of self-esteem in high school students.

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