

The relationship between self-esteem and body image in adolescent girls

Hubungan harga diri dan citra diri pada remaja putri

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ARTICLE INFO:	ABSTRACT
Received: 2024-08-02 Revised: 2024-08-13 Accepted: 2024-08-14	<i>Physical changes during puberty in the adolescent phase where they pay attention to their appearance. Physical changes in adolescents have a relationship to body image and as an important stage for the development of a positive or negative body image. This study aims to see if there is a relationship between self-esteem and body image in adolescent girls at MAN. The method in this study applies a quantitative approach that uses correlational techniques. The location of this research was conducted. The location of this study was conducted in Bangkalan and the participants of this study were adolescent girls who attended MAN. The instrument used in this research is a questionnaire and Likert scale as the scale model. The sampling technique used was incidental sampling and the sample size was 85 adolescent girls. Data collection is done using psychological scales to measure self-esteem and body image. Based on the results of the Pearson Product Moment correlation analysis, $0.000 < 0.05$ means that there is a significant relationship between self-esteem and body image in adolescent girls. If young women have high self-esteem, the higher the body image owned by young women and vice versa.</i>
Keywords: Self-esteem, body image, teenagers	ABSTRACT Perubahan fisik selama masa puber pada fase remaja yang di mana mereka memberikan atensinya terhadap penampilan. Perubahan fisik pada remaja memiliki keterkaitan terhadap <i>body image</i> dan sebagai tahap yang penting untuk pengembangan <i>body image</i> yang positif atau negatif. Penelitian ini bertujuan untuk melihat apakah terdapat suatu hubungan dari antara <i>self-esteem</i> dengan <i>body image</i> pada remaja putri di Madrasah Aliyah Negeri. Metode pada penelitian ini menerapkan pendekatan kuantitatif yang menggunakan teknik korelasional. Lokasi penelitian ini dilakukan di Bangkalan dan partisipan dari penelitian ini merupakan remaja putri yang bersekolah di Madrasah Aliyah Negeri. Instrumen yang digunakan dalam penelitian ini berupa kuesioner dan skala likert sebagai model skalanya. Teknik penarikan sampel yang dilakukan ialah insidental sampling dan jumlah sampel sebesar 85 remaja putri. Pengumpulan data yang dilakukan adalah menggunakan skala psikologi untuk mengukur <i>self-esteem</i> dan <i>body image</i> . Berdasarkan hasil analisis korelasi <i>Pearson Product Moment</i> dihasilkan $0,000 < 0,05$ berarti ada hubungan yang signifikan antara <i>self-esteem</i> dan <i>body image</i> pada remaja putri. Apabila remaja putri mempunyai <i>self-esteem</i> yang tinggi maka akan semakin tinggi <i>body image</i> yang dimiliki oleh remaja putri dan sebaliknya.
Kata Kunci: Harga diri, citra diri, remaja	

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1. INTRODUCTION

The stage of adolescent development generally occurs due to the transition from childhood to the next phase of development. Santrock (2003) states that the onset of adolescence typically begins around the ages of 10-13 years and ends between the ages of 18-22 years. Identity development is closely linked during the adolescent phase, as explained by Colak et al. (2023), that adolescents use their self-perception as a tool when seeking answers to developmental questions such as who they are and how they respond to it. Santrock (2011) explains that adolescents undergo changes that include cognitive, socio-emotional, and biological aspects. One of the biological changes in adolescents is rapid physical growth and development. These physical changes can lead to unexpected psychological problems. Most adolescents tend to focus more on their physical appearance than other aspects and many feel dissatisfied with their appearance when looking in the mirror. Female adolescents show greater dissatisfaction compared to male adolescents, reflecting greater cultural pressure on female physical attributes (Papalia et al., 2011).

The Basic Health Research published by the Health Research and Development Agency (Balitbangkes) reveals that the obesity rate among female adolescents in Indonesia has increased over the years compared to male adolescents. Data from 2018 shows that the obesity rate among female adolescents was 45%, while among male adolescents, it was 36%. The data also indicates that in Indonesia, 92% of adolescents aged 13-15 years and 40% of adolescents aged 16-18 years were obese (Riskasdas, 2018). This indicates that the risk of obesity is higher among female adolescents in the early adolescence stage than male adolescents. Dissatisfaction with body shape can lead individuals to take extreme measures to change their body shape (Hao et al., 2022).

The physical changes experienced by adolescents are linked to body image. The development of positive or negative body image becomes a crucial phase due to the many influences during adolescence, one of which is puberty, which affects body condition, weight status, and individual appearance (Voelker et al., 2015). Body image is the experience of a person regarding the perception that arises about body weight and shape and behaviors that refer to individual assessments of their physical appearance (Cash & Pruzinsky, 2002). According to Denich and Ildil (2015), body image is related to individual perceptions of what an ideal body is and what individuals want to achieve with their body shape based on the perceptions of others and how confident they are in adapting to those perceptions.

There is a sociocultural theory regarding body image that emphasizes that women face more intensive appearance-related pressure, particularly to be slim and more recently to be toned and fit, which leads to higher levels of body dissatisfaction among women compared to men (Fredrickson & Roberts, 1997; Thompson et al., 1999). Cash and Pruzinsky (2002) state that adolescent body image is not limited to how someone views their appearance but also how they assess body functions, body movements, body coordination, and physical potential. Gupta et al. (2016) found that the level of body image dissatisfaction is higher among female adolescents compared to male adolescents.

In previous research, studies on body image have been widely conducted. However, there are some differences in the results shown by several studies. Research by Ganesan et al. (2018) explains that body image depends on an individual's ability to think and feel about their body, and the growing sense of the perfect body image, especially among adolescents, who strive to lose or gain weight to achieve the perfect body. However, body image dissatisfaction was found in 76.6% of female adolescents, and factors such as higher BMI (Body Mass Index), social and cultural pressures to have a slim body, and depression were all significantly correlated with body image dissatisfaction (Ganesan et al., 2018).

Body image can also be observed in female adolescents who wear hijabs. A study by Khaeriyah et al. (2015) found that there is a different perception of body image among female students who wear hijabs, showing that they tend to have a negative body image, while those who do not wear hijabs appear to accept their bodies and feel satisfied with them. Research by Giriansyah and Sa'id (2022) shows that some women are dissatisfied with themselves because of skin problems such as dull skin and acne. Another study by Efendi et al. (2023) on high school students found that female students with negative body image had lower nutritional status compared to those with positive body image. Cash and Pruzinsky (2002) mention that various factors can influence the development of body image in adolescents, one of which is personality factors like self-esteem, which plays the most important role in the formation of body image.

Tafarodi and Swann (2001) describe self-esteem as behavior displayed by an individual when evaluating themselves holistically, encompassing both positive and negative aspects, and their belief in their own abilities. Maslow (1968) added that in the hierarchy of human needs, self-esteem is a basic need, meaning there is a desire for individuals to achieve strength, adequacy, mastery, competence, independence, and freedom. Self-esteem, according to Rosenberg (1965), is an individual's behavior based on the perception of self-evaluation, whether positive or negative. Individuals who are satisfied with their appearance generally have a good level of self-esteem, while those who are not satisfied with their appearance tend to have poor self-esteem (Della & Yudiarso, 2021).

During the early stage of adolescence, particularly among female adolescents, self-esteem tends to be on the lower side (Guindon, 2010). Harter (in Mruk, 2006) explains that in terms of appearance, emotional appreciation, and fulfillment, acceptance is more attached to female adolescent self-esteem, while male adolescents tend to focus more on developing their abilities to achieve certain accomplishments. Self-esteem is a measure of an individual's self-worth based on achievements and perceptions of how much they are valued by peers, family, teachers, and society (Huang et al., 2007).

Positive physical appearance, peer and family relationships, academic achievements, sports abilities, and special talents in adolescents are important factors that are more closely related to self-esteem (Gupta et al., 2016). Therefore, body image development is significantly influenced by the role of self-esteem (Cash & Pruzinsky, 2002). Research on self-esteem in

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adolescent girls and boys in India shows that low self-esteem and poor psychological health are significantly associated with negative body image. The study found that body image dissatisfaction is greater among female adolescents than male adolescents, and positive body image will lead to positive self-esteem (Gupta et al., 2016).

Psychological stress in adolescents has psychosocial effects, which are caused by negative body image and low self-esteem (Huang et al., 2007). Similar to that study, it was found that female self-esteem regarding physical appearance was lower than male self-esteem in specific aspects of body image being evaluated (Gentile et al., 2009). Furthermore, Audrey et al. (2020) conducted a study to see if there was a correlation between self-esteem and body image among female adolescents using Instagram. The results from 150 participants showed a significant correlation between self-esteem and body image among female adolescents using Instagram.

Another study by Fitra et al. (2021) on female adolescents showed that self-esteem and body image had a significant positive relationship, meaning that when self-esteem increases, body image becomes more positive, and when self-esteem decreases, body image becomes negative. Another study on obese female adolescents found a significant relationship between self-esteem and body image, meaning that the higher the self-esteem, the more positive the body image (Nurvita & Handayani, 2015).

Body image is an individual's view of their appearance, perception, and attitude regarding their body shape, whether their appearance is satisfying or not, which can evoke positive or negative feelings. Forming a body image requires self-esteem as an evaluation of oneself and how the individual can evaluate this to create positive or negative behavior. Therefore, special attention is needed regarding body image issues during adolescence, as fulfilling developmental tasks and acceptance of physical conditions is one of the important points. Self-esteem is a component of psychological well-being because various factors influence self-esteem. Based on the above explanation, this study aims to see the correlation between self-esteem and body image in adolescents. Based on this, the research hypothesis proposed is that there is a relationship between self-esteem and body image in female adolescents.

2. METHODS

Participants

This research employs a quantitative method. The research design used is a correlational technique. The population in this study consists of all female students, totaling 582 adolescent girls at Madrasah Aliyah Negeri (MAN) in Bangkalan, with a sample size of 85 participants. Questionnaires were distributed directly to gather research participants. The criteria for participants were female adolescents aged 14-18 years. The sampling technique used was incidental sampling. The total number of research participants was 85 students. Data collection took place from August to October 2023.

Instruments

The psychological scales used as instruments in this study are the self-esteem and body image scales, with the Likert scale as the measurement model. The self-esteem scale was developed based on the aspects from Tafarodi and Swann (2001), which include two aspects: self-competence and self-liking. This scale consists of 32 items, with 16 favorable items and 16 unfavorable items. After conducting a try-out and validity test, 7 items were discarded from the original 32 items, leaving 25 valid items. The body image scale was developed according to the aspects outlined by Cash and Pruzinsky (2002), which include five aspects: appearance evaluation, appearance orientation, body areas satisfaction, overweight preoccupation, and self-classified weight. This scale consists of 40 items, with 20 favorable items and 20 unfavorable items. After the try-out, 13 items were discarded from the original 40 items, leaving 27 valid items.

The Cronbach's alpha formula was used in the reliability test, where the reliability coefficient ranges between 0 and 1.00. When the reliability coefficient approaches 1.00, it indicates a high level of reliability; conversely, when the reliability coefficient approaches 0, it indicates a low level of reliability (Azwar, 2021).

Table 1. Reliability test results table

Variables	Cronbach's Alpha	Results
Self-esteem	0.811	Reliable
Body image	0.741	Reliable

Data Analysis Techniques

Data analysis is done by first testing prerequisites, such as normality test and linearity test. Product moment correlation test is used to test the hypothesis test.

3. RESULTS AND DISCUSSION

Results

Demographic data

Table 2. Description of research subjects by age

Age	Frequency	Percentage
14 years old	4	4.7%
15 years old	30	35.3%
16 years old	34	40.0%
17 years old	11	12.9%
18 years old	6	7.1%
Total	85	

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Table 2 shows that all respondents in this study had a total of 85, consisting of an age range of 14-18 years, 14 years old 4 people (7.1%), 15 years old 30 people (35.3%), 16 years old 34 people (40.0%), 17 years old 11 people (12.9%), and 18 years old 6 people (7.1%). Thus it can be said that the research participants aged 16 years were more than other ages.

Assumption Test

Based on the assumption test, namely the normality test using Kolmogorov-Smirnov with a residual value that obtains a significance value of $0.200 > 0.05$, meaning that the data is normally distributed. The results of the linearity test show that the deviation for linearity obtained a significance value of $0.864 > 0.05$ and it can be concluded that the self-esteem variable and body image have a linear relationship. Therefore, the normality and linearity assumption tests have been met.

Hypothesis Testing

Table 3. Results of the Pearson product moment correlation test

Variables	Pearson Correlation	Sig.
Self-esteem dan Body image	0,516	0,000

It is known that the table of output results of the Pearson product moment correlation test, it can be concluded from the probability or significance value (2-tailed) obtained on the self-esteem and body image variables is $0.000 < 0.05$, meaning that H_0 is rejected and H_a is accepted, which has a significant relationship between self-esteem and body image in adolescent girls.

Descriptive Results

Based on the results of descriptive analysis, the two variables of self-esteem and body image can be categorized into three categories, namely high, medium, and low.

Table 4. Categorization of self-esteem variables

Categories	Norms	Frequency	Percentage
Low	$X \leq 65,8$	8	8,2%
Medium	$65,8 \leq X \leq 85,1$	70	82,4%
High	$X \geq 85,1$	7	9,4%

Based on the table of division of categorization levels above and after categorizing the scores of the self-esteem variable of 85 female teenagers, it shows that 7 (8.2%) female teenagers are in the high category, 70 (82.4%) female teenagers are in the medium category, and 8 (9.4%) female teenagers are in the low category.

Table 5. Categorization of body image variables

Categories	Norms	Frequency	Percentage
Low	$X \leq 75,52$	13	15.3%
Medium	$75,52 \leq X \leq 91,39$	59	69.4%
High	$X \geq 91,39$	13	15.3%

Based on the table of division of the categorization level above and after categorizing the scores of the body image variable of 85 female teenagers, it shows that 13 people (15.3%) are in the high category, 59 people (69.4%) are in the medium category, then 13 people (15.3%) are in the low category. It can be concluded that the level of body image experienced by female teenagers.

4. DISCUSSION

This study aims to determine whether there is a relationship between self-esteem and body image among adolescent girls in Bangkalan. Based on the series of data processing conducted, it was found that the research hypothesis was accepted, indicating that there is a relationship between self-esteem and body image in adolescent girls. The results of the hypothesis test align with the initial objectives of this research.

This study supports previous research findings, including the study conducted by Rastmanesh et al. (2009), which found that women who wear the hijab properly tend to have higher body satisfaction and higher self-esteem, and they are also less likely to undergo cosmetic rhinoplasty. Concerns and dissatisfaction with their bodies, particularly among adolescent girls, can lead to a decrease in self-esteem (Lafmejani et al., 2022). Another study by Gupta et al. (2016) on adolescent girls in India found that 65.5% of girls with low self-esteem and poor psychological health had significantly negative body image.

Audrey et al. (2020) also conducted a study examining the relationship between body image and self-esteem among adolescent girls using Instagram. The study, involving 150 participants, found a significant correlation between self-esteem and body image among adolescent girls who use Instagram. Furthermore, another study by Fitra et al. (2021) in West Sumatra, Indonesia, involving 70 adolescent girls, showed that self-esteem and body image are positively and significantly related, meaning that as self-esteem increases, body image becomes more positive, and when self-esteem is low, body image is negative.

The findings from this study reinforce the theory of body image, as explained by Cash and Pruzinsky (2002), who noted that self-esteem plays a crucial role in shaping body image. According to Rosenberg (1965), self-esteem is the behavior of individuals based on their overall self-assessment, whether positive or negative. Individuals with positive self-

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esteem tend to form a favorable view of their bodies, while those with negative self-esteem tend to feel inferior and develop a poor perception of their body image (Cash & Pruzinsky, 2002). Guindon (2010) explains that self-esteem is influenced by their appearance due to the responses they receive from peers, school, parents, and adults, which shapes their view of physical attractiveness. Therefore, to form a positive body image, positive self-esteem is also needed to create a sense of satisfaction with physical appearance.

Essentially, the developmental stage during adolescence generally occurs due to the transition from childhood to the next phase of development. Santrock (2011) explains that adolescence involves changes in cognitive, socio-emotional, and biological aspects. One of the biological changes during adolescence is rapid physical growth and development. Excessive attention to physical changes typically occurs during puberty in early adolescence (Santrock, 2011).

Often, adolescent girls feel dissatisfied with their physical appearance, whether it be due to weight gain, feeling too thin, lack of height, and so on. This excessive concern can lead to anxiety among adolescent girls. Mellor et al. (2013) explain that because there is a distinction between the actual body and the ideal body, individuals may experience dissatisfaction with their body shape. This body dissatisfaction is believed to have detrimental effects on both physical and psychological well-being. The attention that arises in adolescents concerning their attractive appearance leads to satisfaction with their physical condition. The physical changes from childhood to adolescence naturally result in the acceptance of their body condition. Individuals who feel satisfied with their appearance generally have good self-esteem, whereas those who do not feel satisfied with their appearance tend to have poor self-esteem (Della & Yudianto, 2021).

As individuals age, their self-esteem also changes. This is supported by the explanation of Cash and Pruzinsky (2002), who note that early adolescence is a crucial phase for the development of body image, especially for adolescent girls, who face a number of normative developmental challenges. Harter (as cited in Mruk, 2006) explains that self-esteem in adolescent girls is more closely related to satisfaction with acceptance and emotional appreciation, particularly concerning their physical appearance. It is important to note that the key factors closely associated with self-esteem in adolescents are positive physical appearance, the influence of peers and family, academic achievement, athletic ability, and special talents (Gupta et al., 2016). Therefore, the development of body image plays an important role in self-esteem, and special attention is needed regarding body image issues during adolescence as accepting one's physical condition is one of the crucial elements in fulfilling developmental tasks.

The self-esteem of most adolescent girls falls into the moderate category, meaning that they are fairly good at assessing and viewing themselves in a balanced way, able to see both positive and negative aspects, although they may still feel uncertain about their abilities. Naderi and Vossoughi (2017) found that Muslim adolescent girls wearing the hijab in America

tend to follow their religious and feminine identity by developing self-esteem based on their knowledge in their efforts to create their appearance. Similarly, adolescent girls in Madrasah Aliyah schools wear the hijab due to the obligations set by the school and its relation to religious values.

There are additional reasons behind individuals wearing the hijab. For instance, research conducted by Ashifiya (2022) suggests that the reason students wear the hijab is to feel secure and avoid negative behavior from men, as well as to feel more comfortable in their activities, which can enhance their self-esteem. Rastmanesh et al. (2009) added that women who wear the hijab tend to have high self-esteem and low levels of depression. Wearing the hijab has been found by women to be a means of gaining and maintaining self-esteem and autonomy in conservative societies (Mule & Barthel, 1992). Fayyaz and Kamal (2023) stated in their research that by wearing the hijab, Muslim women shape their identity in public spaces, which serves to boost their self-esteem.

The body image category of most adolescents falls into the moderate category, meaning they view their body image both positively and negatively, though there are still some body parts that are unsatisfactory. Research conducted by Primaningtyas et al. (2019) on high school students attending Islamic schools, where female students wear the hijab, showed that the majority of adolescent girls have a positive body image, feeling more satisfied with their appearance and not adhering to prevailing beauty standards. Religion plays a key role in providing protection when discussing attitudes toward body image and appearance among Muslim women, and socio-cultural factors play a strong role in shaping body image (Jansen, 2008).

Another study conducted by Khaeriyah et al. (2015) showed that 78.3% of female students who wear the hijab have a moderate perception of body image. Female students with a moderate body image generally accept their body image and view it positively, even though some body parts may be less satisfying. Female students who wear the hijab to cover up their dissatisfaction with their body image feel that wearing the hijab increases their self-confidence. In line with this research, a study by Andiyati (2016) showed that the majority of subjects had a moderate level of body image at 67.79% among 10th-grade high school students in one school in Bantul, and this had a positive relationship with the students' self-confidence. When body image is positive, the level of self-confidence is high, and conversely, when body image is negative, the level of self-confidence is low.

This study, however, has limitations, including the lack of comprehensive screening for participant respondents, the questions posed to respondents were not comprehensive, and the researcher did not ask when the respondents started wearing the hijab. Additionally, the researcher did not include a yes or no answer option in the Google Form related to screening as one of the respondent criteria when asking about whether the participants were dissatisfied with their physical appearance, making it impossible to determine the outcome between yes or no responses.

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5. CONCLUSION

Based on the results of the above research, the following conclusions are drawn: (1) There is a significant relationship between self-esteem and body image among female students attending Madrasah Aliyah (MAN), with a significance value of $0.000 < 0.05$ and a correlation coefficient of 0.516. This means that the null hypothesis (H_0) is rejected, and the alternative hypothesis (H_a) is accepted; the higher the self-esteem, the higher the body image of the adolescent girls. (2) Generally, the self-esteem of adolescent girls falls into the moderate category. This indicates that the female students at Madrasah Aliyah are fairly good at evaluating and viewing themselves in a balanced way, capable of seeing both positive and negative aspects, although they may still feel uncertain about their abilities. (3) Overall, the body image of adolescent girls also falls into the moderate category, meaning that they view their body image both positively and negatively, although there are still some parts of their body that are unsatisfactory.

There are several suggestions to consider: adolescent girls should strive to develop a positive self-assessment and appreciation of what they possess. Schools could provide education aimed at enhancing students' self-worth and helping them to see their positive attributes. Future researchers may consider increasing the number of participants in studies conducted in Madrasah Aliyah or Islamic boarding schools and expanding research to include participants from non-religious schools as well.

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