



# **THE CORRELATION OF SELF ESTEEM AND BODY IMAGE TO THE INCIDENCE OF BODY SHAMING ON ADOLESCENT GIRL IN SMA RAKYAT PANCURBATU IN 2019**

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<b>Received:</b> 2 <sup>nd</sup> January 2022 <b>Accepted:</b> 1 <sup>st</sup> February 2022 <b>Published:</b> 5 <sup>th</sup> March 2022	Body shaming is a form of emotional verbal violence that is often not realized by the perpetrator because it is generally considered normal. Generally, the victims are middle-school age teenagers, because at this time they are still adapting to their bodies and are very concerned about their bodies, in contrast to adults who tend to be indifferent to their physical appearance. This study was an explanatory quantitative study with a cross sectional design to determine the correlation between self-esteem and body image on the incidence of Body Shaming in adolescent girl in SMA Rakyat Pancurbatu in 2019. In this study, to determine the correlation of 2 variables independent of the dependent variable used parametric test. Test the normality of the data with the technique of one sample Kolmogorov – Smirnov test. The significance was determined if the p value < 0.05. (95 % confidence level). The results of statistical tests showed that there was no significant difference between body image and self-esteem on the incidence of body shaming (p value = 0.020 (p<0.05). Positive body image encourages a person to behave in a healthy manner and negative body image (dissatisfaction) will encourage someone to do it on purpose. The results showed that there was no significant difference between body image and self-esteem on the incidence of body shaming with the suggestion that further research be carried out with socio-cultural and economic factors, ethnicity, parenting patterns and student achievement can be controlled.

**Keywords** Self Esteem and Body Image, Body Shaming, Adolescent Girl

## **INTRODUCTION**

Puberty is a transitional phase in which a person, both male and female, will experience changes in life. These changes are physical and psychological. In the puberty phase, a teenager must be given sufficient guidance, so that they can get through this period well. Often puberty makes teenagers feel psychologically burdened, so they have a tendency to be unstable and emotionally unstable. Not infrequently they also lose confidence because of changes in body shape. For girl who grow up and experience the puberty phase along with the wrong perception that the ideal woman physically should be white, slim, long and straight hair, can trigger low self-confidence. Not infrequently if in the end this leads a girl to greater pressure related to body perception. Several cases experienced by adolescents during the puberty phase were in the form of verbal violence. Physical changes become the object of ridicule from the victim's friends, either because they are too fat, too skinny, brown-skinned, and so on. This is very cornering the victims and makes them lose their self-confidence, in addition to the immature attitude shown by the family environment. Self-confidence crisis causes disturbances for the sufferer. In fact, this disease can be so chronic that the sufferer does not want to associate with other people anymore. What's more terrifying, they are willing to end their lives here just because of this mental illness (Dewi, et.al, 2020).

Body shaming is a form of emotional verbal violence that is often not realized by the perpetrator because it is generally considered normal. Generally, the victims are middle-school age teenagers, because at this time they are still adapting to their bodies and are very concerned about their bodies, in contrast to adults who tend to be indifferent to their physical appearance. Therefore, it is necessary to have a social campaign to invite the public to realize that consciously or unconsciously, with good or bad intentions, that body shaming behavior is a form of violence that has a negative impact on its victims, especially girls who do not yet have psychological maturity, sufficient (unstable), so this violence must be stopped.

## **OBJECTIVES**

This study aims to determine the correlation of self-esteem and body image to the incidence of Body Shaming in adolescent girl in SMA Rakyat Pancurbatu in 2019.

**BENEFITS**

1. To be used as information material about the importance of building good self-esteem so that it will prevent body shaming behavior
2. Become information material for teenagers to have good self-esteem and body image so that they can give a good assessment of their body and the bodies of others.
3. Become a reflection material for people to realize how to give opinions to others and realize how to treat their bodies

**METHOD**

This study was an explanatory quantitative study with a cross sectional design to determine the correlation between self-esteem and body image on the incidence of Body Shaming in adolescent girl in SMA Rakyat Pancurbatu in 2019. This research was conducted in SMA Rakyat Pancurbatu, Deli Serdang Regency. This research took place from May to August 2019.

The population selected in this study were all girls who were in SMA Rakyat Pancurbatu Deli Serdang Regency totaling 150 people. The sample selected in this study is part of the population, namely girls in SMA Rakyat Pancurbatu of Deli Serdang Regency who were selected based on inclusion and exclusion criteria, totaling 30 people. Inclusion criteria included 15-19 years old who had a body mass index (BMI) > 35 kg/m<sup>2</sup>, had experienced body shaming in the form of over bullying, indirect bullying, and cyber bullying, and were willing to be research respondents who were marked by signing the consent form, while the exclusion criteria were young women who had experienced psychosomatic violence/trauma.

Primary data is data obtained directly from respondents from research results in the form of responses to questions in the self-esteem and body image research scale. Secondary data is data that provides additional information, including the number of teenagers in SMA Rakyat Pancurbatu District. In addition, data were obtained from national and international research journals, published papers, and previous research results.

Data collection in this study is described as self esteem scale and body image scale. Quality research depends on whether or not the instrument used for data collection is good. A good instrument must meet two important requirements, namely valid and reliable, so in this study, a pre-study was conducted to test the instrument as many as 10 respondents.

In this study, to determine the correlation of 2 independent variables to the dependent variable, a parametric test was used, namely the Pearson correlation (if the data was normally distributed) or the Spearman Rho correlation (non-parametric) if the data was not normally distributed. Test the normality of the data with the technique of one sample Kolmogorov – Smirnov test. The significance is determined if the p value < 0.05. (95 % confidence level).

**RESULTS**

This research was conducted on 30 students at SMA Rakyat Pancur batu. The characteristics of the population used as research subjects are girl adolescents aged 15-19 years who have a body mass index (BMI) > 35 kg/m<sup>2</sup> . Data collection was carried out using a questionnaire in the form of a Likert scale.

Table 1. Overview of the distribution of body shaming experiences among students at SMA Rakyat Pancur Batu

<i>Body shamming</i>	<b>N</b>	<b>%</b>	<i>Mean± SD</i>	<b>p</b>
1. <i>Over bullying</i>	8	26,7	2.43 ± 1,13	0,501*
2. <i>Indirect bullying</i>	8	26,7		
3. <i>Cyber bullying</i>	7	23,3		
4. <i>Combination</i>	7	23,3		

\*Normality : p>0,005

Based on table 1 above, it is known that on average most of the subjects experienced more than one type of body shaming (mean = 2.43). Types of Over bullying and indirect bullying were experienced by 26.7% of the subjects respectively. The p value > 0.001 means the data is normally distributed, so it is tested by parametric test, namely Pearson Correlation analysis.

Table 2. Description of the distribution of body image among students at SMA Rakyat Pancur batu.

<i>Body image</i>	<b>n</b>	<b>%</b>	<i>Mean± SD</i>	<i>Skor maks</i>	<i>Skor min</i>	<b>p</b>
1. Negative	0	0	63,10 ± 11,72	83	42	0,248*
2. Enough	17	56,7				
3. Positive	13	43,3				

\*Normality : p>0,005

Based on table 2 above, it was known that as many as 56.7% of the subjects have a body image with sufficient criteria (67-100) with an average of 63.10 + 11.72. The highest value was obtained 83 while the lowest value was 42. Based on the Kolmogorov Smirnov test, the value of p = 0.248 (p>0.05) which means the data is normally distributed, so it was tested by parametric analysis (Pearson correlation)

Table 3. Description of the distribution of self-esteem among students at SMA Rakyat Pancur Batu

<i>Self esteem</i>	<b>N</b>	<b>%</b>	<i>Mean± SD</i>	<i>Skor maksimum</i>	<i>Skor minimum</i>	<b>P</b>
1. Negative	0	30		79	50	0,418*
2. Enough	14	46,7	67,03±			
3. Positive	16	53,3	7,64			

\*normalitas :  $p > 0,005$

Based on table 4.3 above, it was known that 53.3% of the subjects have positive self-esteem criteria (67-100) with an average of 67.03 + 7.64. The highest value was obtained 79 while the lowest value was 50. Based on the Kolmogorov Smirnov test, the value of  $p = 0.418$  ( $p > 0.05$ ) which means the data is normally distributed, so tested by parametric analysis (Pearson correlation).

Table 4. The Correlation between self-esteem and body image on the incidence of body shaming

Variable	<i>Body shamming</i>		
	<i>Mean± SD</i>	<i>r</i>	<i>p</i>
<i>Self esteem</i>	67,03±7,64	0,062	0,745
<i>Body image</i>	63,10±11,72	-0,091	0,631

\*Normality:  $p < 0,05$

Based on table 4 above, it is known that there was no significant correlation between self-esteem and body image on the incidence of body shaming. Researchers found a value of  $r = 0.062$  indicating a very weak positive correlation ( $< 1$ ) between self-esteem (self esteem) and while an  $r$  value of  $-0.091$  indicated a very weak negative correlation between body image and the incidence of body shaming.

**DISCUSSION**

The physical, cognitive, and psychological changes are the signs of puberty. Psychologically, changes occur to establish an identity by resolve the problem such as a moral value in life. One of the moral value that play a role in health, well-being, and also adolescent mental health is shame (Sumartani et.al, 2016).

Body shaming is bullying behavior that vilifies and makes negative comments about someone's body. Body shaming behavior can make victims feel insecure, not comfortable with their own bodies, and can even cause eating disorders. An understanding of self-acceptance is important for victims in overcoming body shaming. The existence of body image allows a person to compare his situation with others and cause shame on the body, which is often referred to as body shame. Based on the results of the study, it was found that there was no significant (meaningful) correlation between self-esteem and body image on the experience of body shaming. This showed that students who experience body shaming will not have problems and affect their self-esteem as long as they consider their body image to be positive. This is in line with research by Hakim (2002) which says that self-confidence is a person's belief in all the advantages of the aspects he has and that belief makes him feel capable of being able to achieve various goals in his life. Individuals who are able to accept themselves and their environment will always be calm even though they experience ridicule from peers or the surrounding environment. Materials on self-acceptance can provide self-defense to victims, thereby helping victims in overcoming the body shaming they experience. These materials can also help in shaping positive body image which is part of adolescent psychological development (Dewi, et.al, 2020).

In this study, the average self-confidence of the subject was 67.03 + 7.64 which is a positive criterion. Self-esteem was one of the important elements for the formation of a person's self-concept, and will have a broad impact on attitudes and behavior. Someone who has a positive self-esteem will have a positive view in responding to threat they experience and tend to take it easy on the ridicule of others. Those who have high self-esteem help increase initiative, resilience and feelings of satisfaction in a person It can be seen that high self-esteem reflects a positive personal condition, which will lead to a good attitude in interacting with others. A person with high self-esteem is said to have high resilience, which is the ability to bounce back, by overcoming the pressures experienced. Self-esteem is formed through the interaction of individuals with the environment. If the relationship provides something pleasant then self-esteem becomes positive, but if the environment provides something unpleasant then self-esteem will become negative. The process of achievement is an important part in the achievement itself. Achievement should be the result of honest hard work. In fact, to get the achievement, there are still many done with the road that is not good. One reason is the low self-esteem than students have (Refnadi, 2018).

Adolescents who have low self-esteem will tend to feel that they are incapable of valuable. Adolescents with low self-esteem tend not to dare to look for new challenges in their lives, prefer to face things that are well known and likes things that are not full of demands, tend not to feel sure of thoughts as well as the feelings they have, tend to be afraid to face responses from others, unable to build good communication and tend to feel their life is not happy (Refnadi, 2018).

Based on data analysis, it is known that the average value of the subject's body image was 63.10 + 11.72, and as much as 56.7% is included in the sufficient criteria. The maximum value was 83 (positive criteria) while the nominal value was 42 (sufficient criteria). Adequate body image (positive direction) is the perception of someone who is satisfied with her body shape which means that someone is not too anxious about the shape of their body. A positive body image

encourages someone to behave in a healthy manner and a negative body image (dissatisfaction) will encourage someone to do it intentionally.

### CONCLUSIONS

Characteristics of research subjects based on the incidence of body shaming in SMA Rakyat Pancur batu is having an average of  $2.43 + 1.13$  which includes combination / mixed criteria. The characteristics of the research subjects at SMA Rakyat Pancurbatu based on self-esteem are having an average of  $67.03 + 7.64$  which includes positive criteria with a sufficient number of self-esteem 46.7% and positive 53.3%. Characteristics of research subjects at SMA Rakyat Pancur batu based on body image are having an average of  $63.10 + 11.72$  which includes sufficient criteria with a sufficient number of body image 56.7% and positive 43.3%. The results of statistical tests showed that there was no significant difference between body image and self-esteem on the incidence of body shamming ( $p$  value = 0.020 ( $p < 0.05$ )).

### SUGGESTIONS

Provide counseling to schools and parents to encourage children to learn to love themselves, so they can accept their physical condition. In addition, parents also begin to direct their children to recognize and develop their potential and it is important for parents to continue to build good communication with children and adolescents so that children become more confident in their abilities in the future. Providing counseling and training for adolescent to choose wisely the social media space they follow, learn to love themselves, express what they feel and find the positive side of each of them.

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