

Description of Body Image Satisfaction in Adolescents

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Abstract: The existence of wrong thoughts about body image will cause a teenager to do maladaptive behavior to improve Body Image Satisfaction. This study aims to determine the description of body image satisfaction in adolescents aged 16-18 years. This research is a descriptive research. The population in this study were all teenagers aged 16-18 years at SMK 5 Muhammadiyah Kepanjen with simple random sampling technique with a sample size of 176 people. The study was conducted at SMK 5 Muhammadiyah Kepanjen in April 2019. The data were presented in the form of frequency distribution tables and narratives. The results showed that respondents who have a very good body image satisfaction numbered 4 people (2.27%), either 94 people (53.41%), there were 68 people enough (38.64%), less as many as 10 people (5.68). Based on these results that most adolescents are able to adjust to changes in their bodies during adolescence. But there are a number of teenagers who need to be considered because body image satisfaction is in the category of insufficient and lacking so that attention needs to be given to interventions that can improve body image satisfaction.

1 INTRODUCTION

Adolescence is a period of development that is often associated with problems with body image. Adolescence is a transition period that involves social, cognitive, physical, psychological and emotional aspects that occur due to the stages of growth and development. Some developments that can be observed in adolescence are changes in height, weight, and secondary sex which are part of puberty (Murray, Byrne and Rieger, 2011; Lipowska *et al.*, 2016). The existence of these changes will cause teens to experience changes in body image. With cognitive development in adolescence, adolescents begin to think that what is in adolescents can be evaluated by others. This is normal during adolescent development but is also a challenge for adolescents to be able to accept or adjust due to changes in body image.

Body image is the main issue that appears during adolescence. (Murray, Byrne and Rieger, 2011) explain that body image is the result of a comprehensive assessment of the body which includes, attitude, cognitive, behavior, aesthetics, sensation, function, fitness and health. Acceptance of body image in adolescents is related to adolescent experiences in daily interactions with peers, acceptance and attention of peers.

The existence of negative evaluations from peers relating to body image will cause teens to have negative thoughts about body image so that it will cause a decrease in Body Image Satisfaction. Low body image satisfaction can cause behavioral disorders and changes such as depression, drive for thinness, eating disorders, body dysmorphia, low self-esteem, and health-compromising behaviors such as diet and steroid use (Jones and Smolak, 2011). The existence of wrong thoughts about body image will cause a teenager to do maladaptive behavior to improve Body Image Satisfaction.

2 METHODS

This research is a descriptive research. The study was conducted in April 2019 at SMK 5 Muhammadiyah Kepanjen. The variable in this study is body image satisfaction in adolescents. The population in this study were all teenagers aged 16-18 years at SMK 5 Muhammadiyah Kepanjen. Sampling was carried out with a simple random sampling technique with research criteria that have been determined by the researchers, namely inclusion criteria including adolescents (students) who are willing to be respondents and are not sick, while the exclusion criteria in this study are adolescents (students) who

are not present in the study or are carrying out school activities that cannot be disturbed. The questionnaire used to determine body image satisfaction was adapted from the Body image satisfaction questionnaire, which consists of 34 questions, namely Appearance Evaluation (7 questions), Appearance Orientation (12 questions), Body Area Satisfaction (9 questions) and Overweight Preoccupation (4 questions) and Self-Classified Weight (2 questions). Data were analyzed descriptively and presented in the form of frequency distribution tables and narratives. In this study pay attention to research ethics namely Informed consent, Anonymity, Confidentiality, justice, beneficence, non maleficence.

3 RESULT AND DISCUSSION

The results obtained from the study are displayed in the frequency distribution and narrative tables as follows:

Based on the table 1, it is known that the majority of adolescent girls are 154 people (87.5%) and age 17 years amounted to 71 people (40.34%). Based on table 2 it is known that the majority of adolescents have body image satisfaction with a good category of 94 people (53.41%).

The age of respondents in this study is adolescence. Based on table 1, it is known that the majority of respondents were 17 years old, amounting to 71 people (40.34%). Teenagers are a transition period where at that age teens experience changes in the body due to growth and development during puberty. The existence of changes during adolescence will affect satisfaction with body image (Murray, Byrne and Rieger, 2011; Lipowska *et al.*, 2016). In adolescence there are changes associated with physical and cognitive growth and development.

Based on table 2 it is known that the majority of adolescents, amounting to 94 people (53.41%) have a body image satisfaction with a good category. Factors that influence body image according to (Tatangelo, McCabe and Ricciardelli, 2015) are individual factors and sociocultural factors. Individual factors include BMI (body mass index), age, sex and psychological.

Another individual factor that influences body image is gender. Based on table 1 that the number of respondents who are male - there are 22 people (12.5%) and there are 154 women (87.5%). Problems related to body image can occur in men and women (Ricciardelli and Yager, 2016). Decreased body image satisfaction can occur in men and women. According to (Tatangelo, McCabe and Ricciardelli,

2015) that men and women can experience decreased body image satisfaction due to changes in puberty.

Table 1: Characteristics of Respondents.

Variable	Category	Count	
		N	%
Gender	Man	22	12,5
	Woman	154	87,5
	Total	176	100%
Age	15 Year	19	10,79
	16 Year	62	35,22
	17 Year	71	40,34
	18 Year	18	10,22
	19 Year	6	3,43
	Total	176	100%

Table 2: Body image.

Variable	Category	Count	
		N	%
<i>Body Image Satisfaction</i>	Very good	4	2,27
	Good	94	53,41
	Enough	68	38,64
	Less	10	5,68
	Total	176	100%

The next individual factor that can affect body image is psychological. Every individual has different psychological characteristics. Teenagers who have a good perception of the body will be able to adapt and accept physical conditions as a result of changes in adolescent growth and development. Whereas adolescents who have poor perceptions and demands that physical appearance must be perfect, adolescents will have a tendency to experience decreased body image satisfaction (Yang *et al.*, 2017). This is consistent with the results in table 2 that the number of respondents who have a very good body image satisfaction is 4 people (2.27%), who have a good body image satisfaction there are 94 people (53.41%), who have body image satisfaction there are enough 68 people (38.64%) and 10 people who have a body satisfaction image (5.68%). According to (Ricciardelli and Yager, 2016) that psychological conditions are related to internalization of social comparisons that women are identical to thin / slim while men are identical to muscular bodies. The perfectionist nature of each individual is one of the factors related to acceptance or satisfaction with body image.

Sociocultural factors affecting body image are social comparisons, socioeconomic conditions, family support, peer groups (Talen and Mann, 2009; Tatangelo, McCabe and Ricciardelli, 2015; Yang *et al.*, 2017; Latiff, Muhamad and Rahman, 2018). Social comparison is a social perception that the ideal body for women is slim and the ideal body for men is muscular (Ricciardelli and Yager, 2016; Latiff, Muhamad and Rahman, 2018). The next socio-cultural factor is the socioeconomic condition. Socio-economic conditions will affect one's perception of body image. In addition, according to (Talen and Mann, 2009) explains that socioeconomic conditions affect habits related to food choices, decorating, activities, parental control of children that will affect perceptions and behaviors related to body image assessment.

4 CONCLUSIONS

The number of respondents who have a very good body image satisfaction numbered 4 people (2.27%), who had a good body image satisfaction there were 94 people (53.41%), who had enough body image satisfaction there were 68 people (38.64%) and 10 people (5.68%) lack body satisfaction image.

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