

## DESCRIPTION OF BODY IMAGE AMONG TEENAGERS

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### Abstract

Body image has a big influence on teenagers in seeing themselves positively or negatively. A teenager sees him/herself positively, then he/she will have satisfaction with the body shape they have, so that his/her self-confidence increases. Meanwhile, if they judge themselves negatively there will be dissatisfaction with their body shape, which has an impact on decreasing his/her self-confidence. The purpose of this research was to determine the description of body image in teenagers at SMAN 17 Garut. This research was a descriptive research with quantitative approach. The population in this research were 606 teenagers who were students at SMAN 17 Garut. The sample of the research was 241 teenagers by taking stratified random sampling. Data collection techniques with body image instrument modified by Andiyati from the questionnaire (MBRSQ-AS). The results showed that 125 people (51.9%) were in the negative category and 116 people (48.1%) were in the positive category which meant this research showed that the body image of teenagers at SMAN 17 Garut were in the negative category and the results on aspects of respondent's body image was in the negative category. Based on the results of the research conducted at SMAN 17 Garut, to anticipate the emergence of body image in teenagers can be done by providing direction or motivation to prevent the occurrence of higher body image disorders among teenagers. This can be done through cooperation between teachers and nurses.

**Keywords:** Body Image, teenagers, Senior High School.

### INTRODUCTION

Growth and development in adolescence is extraordinary, because there are many changes experienced by teenagers such as cognitive changes and social influences are very important than before. Adolescence is a dynamic phase of development of individual's life (American Academy of Pediatrics, 2008; Sinaga et al, 2018). The number of teenagers in the world around 1.2 billion or 18% of world inhabitants and in the year 2010, there were 43.5 million or around 18% of all residents in Indonesia are on the age of 10-19 (WHO, 2014). There are 43 million people or 19.61% of the population at the age of teenagers 10-19 years (Ministry of Health of Indonesian Republic, 2006). One crucial problem of the developmental period in adolescence is body image.

Body image is a multidimensional construction that includes perception, way of thinking, feeling and how to act on our body (Reel et al, 2015). Body image plays an important role in determining the identity of teenagers when they undergo family dynamics, social relationships and cultural influences. Several studies have found that body image disorders (body

dissatisfaction, mismatch between a person's height, weight and ideal body shape) often occur before puberty and increase to 50% among children and teenagers (Brown & Slaughter, 2011; Cruz-Saez et al, 2015; Jongenelis et al, 2014; Micali et al, 2014).

Body image has had a significant development, seen from the dynamic aspects within ourselves that change over our lives (Rohde et al, 2015). Current research has identified positive and negative body image as separate entities, each of which is determined by several factors that have implications for overall health (Tylka & Wood-Barcalow, 2015). Some consistent evidence suggests that negative body image is due to obesity and physical inactivity (Cash, 2004; Grogan, 2010; Pearl & Puhl, 2018), which play an important role in the development of eating disorders in teenagers (Bibiloni Mdel et al, 2013; Harriger & Thompson, 2012; Liechty, 2010).

Negative body image is not only in the West. Negative body image issue also occurs in Indonesia due to mass media. Mass media is very influential regarding to the body image phenomenon. It can describe the standard form of ideal body for every teenager. Based on research conducted in Banda Aceh, 22% of teenagers dissatisfied with their own body image and they also had doubts whether their body image was satisfactory or not (Utami, 2014). From research in Karawang, West Java stated that there were 30 subjects related to positive body image on teenagers and there were 36 subjects related to negative body image in teenagers (Sefrina et al, 2018). It can be concluded from several studies that the number of negative subjects on body image was higher than the positive ones.

The research conducted in SMAN 17 Garut. Since SMAN 17 Garut location is in urban area, the environment around it exposed to mass media easily and it is more dominant to get the trend influence unlike the schools that are on country side that are less exposed to such issues because they are lack of supporting access. students in urban area has tendencies to be influenced regarding to the body image issues that lead to the lack of self-confidence when seeing other people that have different appearance in general, which considered to be an "ideal image". Nevertheless, some teenagers are not aware about problems that often arise within themselves related to their body image, or they don't even know the issue.

The case above has been described and supported by Bestiana's research (2012) that stated mass media could affect people's cognition especially among teenagers. In urban area, mass media easily influences and provokes teenagers to change their appearance and body image

to become more “ideal”, which is in fact, is negative things for teenagers. By this mean, urban area is chosen to be the research location that can be easier to conduct.

Based on preliminary studies at SMAN 17 Garut, some teenagers interviewed regarding to body image issue on the 16th October 2019 with data of the total number of students was 896 students and 12 students selected as representatives to be interviewed including 8 girls and 4 boys who are in 10th grader at SMAN 17 Garut. From the results of the interview there were 8 students who mentioned that she felt inferior when seeing others' appearance to be more attractive than herself. Besides that, there were students who stated that they were envy then when seeing other people's appearance. They started to fix their appearance by visiting skincare clinic and do various things to make them more beautiful so that they could boost their confidence. After 8 people felt inferior by looking other people who are more attractive than themselves, 4 students from 12 respondents claimed that they didn't have problems with their body image, and thinking that being themselves is better, and they were grateful for everything that god provides. In addition to the description above, not all teenagers can receive their own body image, only a small percentage of the respondents can accept positively related to their body image. Therefore, we as the researchers are interested in conducting research on "Description of Body Image among Teenagers at SMAN 17 Garut "

## **METHODS**

The variable studied in this research is body image in teenagers at SMAN 17 Garut. The population of this study were teenagers who studies at SMAN 17 Garut with the total number of 606 teenagers and the sample of this study were 241 students taken by stratified random sampling. The instrument used was a translated Indonesian version of the questionnaire which has been modified by Andiyati (2016) that was the Body Image Questionnaire - Appearance Scale (MBSRQ-AS) from Thomas Cash (2002). This questionnaire consists of 34 statements, consisting of positive and negative statements, which have been tested for validity with a score of 0.03334 and a reliability test with a score of 0.740. This research has passed the ethical test No: 1514/UN6.KEP/EC/2019. Respondent characteristic data, body image data and body image aspects data were analyzed using univariate analysis presented in the form of a frequency distribution. The research was conducted at SMAN 17 Garut, and data collection conducted in January 2020 by considering ethical principles: respect of autonomy; researchers provided

informed consent to respondents without coercion, justice; researchers treat fairly and do not discriminate against respondents, confidentiality; maintain the confidentiality of respondents by means of coding data, and do not discuss personal matters such as the identity of the respondents.

## RESULTS

From 241 (100%) teenagers at SMAN 17 Garut, 125 respondents (51.9%) were in the negative category. The results of the study were presented in tabular form which illustrates the distribution of body image among the teenagers which includes respondents' demographic data.

**Table 1. Frequency Distribution of Respondents Characteristics of Body Image on Teenagers at SMAN 17 Garut (n = 241)**

Characteristics		f	(%)
Grade	X	112	46%
	XI	129	54%
Age	15	60	24,9%
	16	116	48%
	17	65	27%
Sex Gender	Male	90	37,3%
	Female	115	62,7%
Weight	≤47	87	36,1%
	≥47	101	41,9%
	≥58	53	22%

Based on table 1. it was found that the distribution of respondent characteristics, there were 112 people (46%) class X and there were 129 students (54,%) class XI, the average age of respondents was at the age of 15 as many as 60 students (24.9%), respondents aged 16 years as many as 116 students (48%), and respondents aged 17 years as many as 65 students (27%), female were more than male that was 151 students (62.7%) and male 90 students (37.3%), weight in class X and XI respondents in SMAN 17 Garut most were in an ideal position that is 101 students (41.9), thin students were 87 people (36.1) and for overweight there were 53 students ( 22%).

**Table 2. Respondents Frequency Distribution Based on Body Image Disorders among Teenagers at SMAN 17 Garut (n = 241)**

<i>Body Image</i>	Frequency (f)	Percentage (%)
Negative	125	51,9%
Positive	116	48,1%
Total number	241	100%

Table 2. shows the results of the respondents who have a negative body image of 125 people (51.9%) and positive body image up to 116 students (48.1%).

**Table 3. Frequency Distribution of Respondents by the Aspect of Body Image among Teenagers at SMAN 17 Garut (n = 241)**

Aspects	Categories	Frequency (f)	Percentage (%)
Evaluation of physical appearance	Negative	164	68,0%
	Positive	77	32,0%
Orientation of physical appearance	Negative	150	62,2%
	Positive	91	37,8%
Satisfaction of body area	Negative	133	55,2%
	Positive	108	44,8%
Self-classified weight	Negative	169	70,1%
	Positive	72	29,9%
Overweight preoccupation	Negative	154	63,9%
	Positive	87	36,1%

Table 3. shows that aspects of the body image that is in the negative category. In physical appearance evaluation there were 164 (68.0%) teenagers, physical appearance orientation were 150 (62.2%) teenagers, body area satisfaction with 133 teenagers (55.2%), self-classified weight with 169 teenagers (70.1%) and overweight preoccupation with the number of 154 teenagers (63.9%).

## DISCUSSION

The results of this research indicated that teenagers' body image at SMAN 17 Garut of 241 respondents that were in the negative category up to 125 students (51.9%) and most of the respondents' age was around 16 (48%). Negative body image related with body image dissatisfaction. Several studies have shown that body image dissatisfaction in childhood and adolescence is associated with an increase in negative influences within oneself (Ferreiro et al,

2014). This is in line with a study conducted by Sasi and Maran (2012) in Chennai on teenagers over 12 years which showed a prevalence of 81%.

Demographic characteristics data which shows the results that most of them are girls that up to 115 students (62.7%), which similar with Lawler & Nixon (2011) in a cross-sectional study of 239 teenagers (54% girls), with a mean age of 16 years, it was found that girls scored significantly higher than boys in terms of body dissatisfaction, 80.8% of girls expressed desire to change their body size compared to boys. Demographic characteristics data that showed weight results that most of the respondents who were in the ideal category were up to 101 students (41.9%), meaning that in this category more efforts were made to keep the ideal body or even to do various ways to get the ideal body. Teenagers who already have ideal body shapes would always maintain their body's appearance to not return to their previous body shape. It was clear based on the results of research in Semarang on high school students showed that 50.4% of teenagers do various ways to achieve a body size that is in harmony and ideal through inefficient ways, which is on a very regular diet (Rahayu, 2012).

Besides discussing the demographic data of respondents at SMAN 17 Garut, this research also discussed the measurement of aspects of body image such as, evaluation of physical appearance, orientation on physical appearance, satisfaction of body area, categorization of body measurements and anxiety to become overweight.

The first aspect is evaluation of physical appearance, which measured the overall appearance of the body, whether it is attractive or unattractive, as well as feeling satisfied or dissatisfied about the overall appearance. Specific descriptive analysis results can be seen that the majority of respondents with negative body image criteria when viewed from the dimensions of appearance evaluation. This is accompanied by the percentage of respondents belonging to the evaluation of negative physical appearance, up to 164 people (68.0%). It can be interpreted that there are still many respondents who perceive all body conditions with unattractive and unsatisfactory characters (Cash, 2012).

The second aspect is the appearance orientation or physical appearance orientation is an individual's attention about his/her appearance in various ways that have been done in order to improve his/her appearance (Cash, 2012). In the orientation of physical appearance there were 150 teenagers (62.2%) within a negative category. Respondents try to improve their appearance. In this study respondents were in the negative category which means that the teenager still cared

about his/her physical appearance and tried to improve themselves. This is in line with Indika (2010) the aspect of physical appearance orientation, the total number obtained is still high in the negative category, because teenagers tend not to accept the physical appearance as it is.

The third aspect is body area satisfaction that measured the level of individual satisfaction on specific body area. Certain body areas that are owned and are not ideal can provide discomfort and dissatisfaction (Cash, 2012). In the satisfaction of the body area there were 133 teenagers (55.2%) within a negative category. It can be said that someone's satisfaction of his/her body is in the low category, specifically, one's satisfaction with body area, such as the face, middle, lower body, etc. This can be concluded for satisfaction with someone who is still in a low position in looking at his/her own body (Sumanty et al, 2018).

The fourth aspect is self-classified weight or categorization of body size is by measuring the way individuals perceive their body size, and the method used to idealize their body weight is to go on a diet to lose weight and limit the pattern of nutrient intake (Cash, 2012). On this aspect, there were 169 teenagers (70.1%) within a negative category. Body weight (overweight and obesity) is related to body image. Several studies have shown that the impact of being overweight on body image is long-term, so that a large body mass index (BMI) during adolescence is predicted to lead to body dissatisfaction in young adulthood (Caccavale, 2012; Calzo et al, 2012).

The fifth aspect is Overweight Preoccupation or anxiety to be overweight, which is to measure anxiety about obesity in a certain body art, where each individual is aware of his weight (Cash, 2012). There were 154 teenagers (63.9%) within a negative category on anxiety to be obese, it supported by the results of research from Irawan and Safitri (2014), which states that women have a negative body image (23%), and in the anxiety dimension of being fat, women feel anxious, worried about gaining weight, so they try to limit diet with diet. In adolescence, adolescent girls report inadequate body shape and weight, as well as pleasure in losing weight.

## **CONCLUSIONS**

When viewed from the results of the body image dimension that is evaluating the physical appearance of 164 respondents (68.0%), orientation physical appearance as many as 150 respondents (62.2%), body area satisfaction as many as 133 respondents (55.2%), self-classified weight as many as 169 respondents (70.1%), and overweight preoccupation as much as 154

respondents (63.9%), most of the respondents were within the negative category. It can be concluded that teenagers who are students of SMAN 17 Garut in grade X and XI were 125 respondents (51.9%), have a body image within the negative category which means that the 125 respondents have a body image disorder. For further research, it is suggested to explore the factors that influence body image among teenagers.

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