

The Relationship Between Body Image and Self Acceptance In Students of University of Muhammadiyah Malang

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ABSTRACT

College students are an early adulthood age group that is vulnerable to social pressure related to physical appearance, which can affect how they view their own bodies (body image) and how they accept themselves as a whole. Negative body image often contributes to low self-acceptance, which ultimately impacts psychological well-being. Based on this, this study aims to determine the relationship between body image and self-acceptance in students of the University of Muhammadiyah Malang. This study uses a quantitative approach with a correlational method. Participants in this study were active students of the University of Muhammadiyah Malang who were selected using a purposive sampling technique. The measuring instruments used were a body image scale and a self-acceptance scale. The data analysis technique used the Pearson Product Moment correlation test. The results of the analysis showed a correlation coefficient value of $r = -0.381$ with $p < 0.001$, which indicated a significant negative relationship between body image and self-acceptance. This means that the more negative the body image a student has, the lower their self-acceptance. The relationship found was in the weak to moderate category but statistically significant. These findings can be implemented as a basis for developing psychoeducational programs to improve positive body image and self-acceptance among students.

Keywords : Body Image, Self Acceptance, Students, University of Muhammadiyah Malang

Introduction

In this era of sophisticated technological development, more and more people are interested in using it, especially in the field of communication media or social media whose existence has grown rapidly in society. The use of social media can facilitate users in their daily lives such as to get entertainment, knowledge, information, and communication. Social media is also a place for users to express themselves in the form of content in the form of ideas, images, videos, and audio-video.

A content uploaded sometimes cannot be separated from the emergence of current trends that are busy on social media. The spread of this trend is supported by public figures who appear on social media, these trends usually include a style of appearance and lifestyle that is presented into a content. The interesting content provided is a concern for the community, especially in adolescence to early adulthood who use social media. This is in accordance with the Draft Personal Data Law (RUU PDP) from the Ministry of Communication, that the largest number of social media users comes from the age group of 20-29 years (millennial generation) with a nominal 93.5% of the millennial generation group who have social media accounts. The largest list of social media users is from groups with a very high educational background, namely Diploma/Bachelor (97.55%); Highschool (97.5%); and Magister/Doctoral (96%) (Anggraini, 2018).

This age group is a transitional period in growing up, characterized by exploration, identity, instability, and possibility (Fitroh, 2022). Along with what happens on social media, especially the presence of public figures who can influence an assessment and view of oneself. This is in line with Widiasti's (2016) statement that rapid technological developments can affect standardization and values in various fields. One of them is the image of body shape for women and men. However, this situation can cause negative effects, especially for millennials in transition, namely self-confidence or insecurity.

This feeling of insecurity arises because of the implications on psychological well-being due to comparing appearances that can lead to body dissatisfaction (Fox & Vendernia, 2016). One form of body dissatisfaction is by comparing the physical appearance of public figures in social media and also the people around them. This behavior is carried out because of the desire of individuals, especially adolescents and early adults, who want to appear attractive and perfect in public. Individuals who compare and try to adapt themselves to others for this purpose show that there is still a lack of self-acceptance with the current situation (Khoiriyah, 2019).

Self-acceptance is closely related to acceptance of the physical conditions possessed by each individual. Santrock (2003) states that self-acceptance is characterized by several things, such as 1) People who accept themselves combine a realistic assessment of the resources available with an appreciation of their value and usefulness. 2) People believe in their own norms and beliefs by not being a slave to other people's opinions. 3) One who has a realistic view of his/her limitations without incurring rational avoidance or self-denial. According to Thompson (2008), this is related to social acceptance that an attractive appearance can determine the impression of an individual and build relationship opportunities with others, which makes individuals try to look attractive and perfect in public. The desire to look perfect can be a reference for individuals in assessing dissatisfaction with their body condition.

According to Amalia (2007), the discrepancy between the body shape perceived by the individual and what he thinks is ideal can lead to dissatisfaction with his body. This statement is supported by the opinion of Aristantya & Helmi (2019) that dissatisfaction with the body has a relationship with the body image of an individual. Body image is an important concept in which individuals perceive their body shape, size, and potential and how individuals can accept and like their bodies (Yusuf et al., 2015). Thompson (2000) revealed that body image consists of three aspects, namely 1) Perception of body parts and overall appearance because body shape is a symbol of an individual's self because in this case individuals are judged by others and judged by themselves 2) Aspects of comparison with other people. 3) Socio-cultural aspects that have an attachment to the reactions of others.

Amalia (2007) argues that the level of body image is described by how far the individual is satisfied with the overall physical condition. Body image in individuals according to Januar (2007) is also influenced by several factors, such as the influence of weight and the perception of fat/skinny, culture, self-concept, gender roles, and socialization. The gap between body perception and the ideal body can lead to a negative assessment, while individuals with a high body image will assess positively and be able to accept and utilize the circumstances they have. This is related to the phenomenon of public figures in social media which can affect how individuals assess their bodies by comparing others'. The previous statement is supported by research conducted by Brown & Tiggemann (2016) which states that the presence of exposure to public figures who have attractive

and ideal body shapes will have an impact on individual body image to be low. Individuals with a negative body image will find it difficult or unable to accept themselves due to dissatisfaction with the body and try to adjust what is their ideal. The discrepancy between the body shape perceived by the individual and the body shape that he thinks is ideal will lead to dissatisfaction with his body. Body Image begins to form long before a child is able to express their thoughts and ideas through words (Amalia, 2007).

Thus, it can be concluded that body image is one of the relationship factors of self-acceptance in students, so researchers formulate this problem, namely is there a relationship between body image and self-acceptance in Muhammadiyah Malang students? The purpose of this study is to determine the relationship between body image and self-acceptance in Muhammadiyah Malang students. The hypothesis in this study is accepted with the relationship between body image and self-acceptance in students. The higher the body image, the higher the self-acceptance that a person has. Vice versa, the lower the body image, the lower the self-confidence a person has. The expected benefits of this research are to expand knowledge, especially in the field of psychology and provide theoretical benefits for clinical psychology and social psychology.

Method

This study is a correlational study using a quantitative approach. Correlational research is a research method that generally only interprets the relationship between two variables, so it does not examine the causal relationship (Emzir, 2009). This study will explain the relationship between body image and self-acceptance in students of the University of Muhammadiyah Malang to determine whether or not there is an influence between the variables studied. In addition, a quantitative approach is used to develop and use mathematical models, theories and/or hypotheses related to natural phenomena (Priyono, 2018).

Population is a generalized area consisting of objects or subjects that have certain qualities and characteristics that have been determined by researchers to be studied and drawn a conclusion (Sugiyono, 2010). The research subjects in this study were students of the University of Muhammadiyah Malang as the population with a total of 72 students of the University of Muhammadiyah Malang. The criteria for research participants were students of the University of Muhammadiyah Malang, with the status of active students, and an age range of 17 - 24 years. The following is a demographic table of gender and age of the subjects of this study.

Table 1. Demographics of Participants

Characteristic	Frequency	Persentase (%)
Gender		
Male	7	9.7%
Female	65	90.3%
Age		
18 Years	1	1.4%
19 Years	37	51.4%
20 Years	19	26.4%
21 Years	7	9.7%
22 Years	2	2.8%

23 Years	5	6.9%
24 Years	1	1.4%

Based on the demographic results in table 1 above, there are 7 people (9.7%) male respondents and the number of female respondents is 65 people (90.3%). The demographic results in table 2 regarding the age group of the respondent subjects, there are respondents aged 18-24 years, namely 1 person aged 18 years (1.4%) respondents, 37 respondents aged 19 years (51.4%) respondents, 19 respondents aged 20 years (26.4%) respondents, 7 respondents aged 21 years (9.7%) respondents, 22 respondents aged 22 years (2.8%) respondents, 5 respondents aged 23 years (6.9%) respondents, and 1 respondent aged 24 years (1.4%) respondents.

This study has two variables, namely the independent variable (X) and the dependent variable (Y). The independent variable (X) is Body Image and the dependent variable (Y) is Self-Acceptance. Self-acceptance referred to in this study is an individual's ability to accept their own existence. Self-acceptance is measured by the BluePrint scale which consists of several aspects, namely having a sense of responsibility, having an opinion, trust, being aware of limitations, and accepting human nature.

Body Image referred to in this study is a physical image of the body, skin color, weight, height, and others that can affect individual psychology, can also provide assessments and perceptions of size, body shape, and other people's assessments of ourselves. Body Image is measured by the BSQ (Body Shape Questionnaire) scale compiled by Cooper (1987). This scale consists of 34 items in Likert form with 6 answer choices, namely very never, rarely, sometimes, often, very often, and always. This scale measures 4 aspects, namely self-perception of body shape, comparing perceptions of body image with others, attitudes that focus on body image and drastic changes in perceptions of the body.

Table 2. Scale Reliability Score

Variable	Valid Item	Reliability
<i>Body Image</i>	34	0,963
Self Acceptance	40	0,910

From table 2 above, it can be seen that the Body Image scale has a reliability value of 0.963. While the Self-Acceptance scale has a reliability value of 0.910. So, it can be concluded that the items on the scale are reliable for use.

This research was conducted with a systematic scientific approach that has been compiled and can be scientifically accounted for. This research has four stages, namely the preparation stage, the try out test stage, the implementation stage, and the data processing stage. In the preparation stage, which is carried out by researchers by identifying problems, determining the subjects to be studied, and the measuring instruments used during the study. Furthermore, in the try out test stage, researchers tested the subjects with 72 students at the University of Muhammadiyah Malang. After the try out test, it was continued with the implementation stage of the research which would be carried out using a questionnaire that was distributed directly. After the implementation stage was completed, it was continued with the statistical data processing stage of the data that had been

obtained. Data analysis was carried out with the help of SPSS for windows Ver. 24 calculations with the Pearson Product Moment analysis technique because researchers wanted to know whether or not there was a relationship between the two variables. Then they will discuss the data and provide conclusions and implications based on the research results.

Results

The following is a table of the research results.

Tabel 3. Categorization of *Body Image*

Category	Score	Frequency	Percentage (%)
Very Low	< 73	31	43.0%
Low	73 - 106	22	30.6%
Moderate	107 - 172	18	25.0%
High	173 - 207	1	1.4%
Very High	> 207	0	0.0%

From the table 3 of body image categorization above, it can be seen that the very low category is 31 people with (43.06%), the low category is 22 people with (30.56%), the medium category is 18 people with (25.00%), the high category is 1 person with (1.39%), and the very high category is 0 people with (0.00%).

Table 4. Categorization of Self Acceptance

Category	Score	Frequency	Percentage (%)
Very Low	< 51	0	0.0%
Low	51 - 67	0	0.0%
Moderate	68 - 101	13	18.1%
High	102 - 119	31	43.1%
Very High	> 119	28	38.8%

From the table of 4 categorizations of self-acceptance above, it can be seen that the very low category is 0 people with (0%) respondents, the low category is 0 people with (0%) respondents, the medium category is 13 people with (18.01%) respondents, the high category is 31 people with (43.01%) respondents, and the very high category is 28 people with (38.8%) respondents.

Table 5. Pearson Product Moment Correlation Test

Variable	Test	Self Acceptance	<i>Body Image</i>
Body Image	Pearson's r	-	-
	P-value	-	-
Self Acceptance	Pearson's r	-0.381	-

P-value	< .001	-
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After conducting a Pearson product moment correlation test on the body image and self-acceptance variables, the results obtained were <0.001 , which means that the data is significant between the body image and self-acceptance variables, indicating that the two variables have a relationship. While the results of Person's r -0.381, the results are quite weak. So the more negative a person's body image, the lower the level of self-acceptance.

Discussion

Based on the results of the analysis test in the study conducted, it was found that there was no significant positive relationship between body image and self-acceptance. This study aims to determine whether there is a relationship between body image and self-acceptance. To prove the hypothesis of a relationship between body image and self-acceptance, the researcher proved it with the Pearson product moment correlation hypothesis test with the help of SPSS version 23.00 for Windows, producing a Pearson's r value of -0.381, less than 0.001, which means there is no significant relationship between the two variables. From these results, it proves that the hypothesis is rejected, namely because there is no significant relationship between body image and self-acceptance.

In this study, we can see that an individual who has low self-acceptance feels that he does not have a sense of trust, is aware of limitations, and accepts humanity in front of others. Individuals who experience this tend to be discouraged when they see other people who are better than themselves, resulting in decreased self-acceptance. On the other hand, if the individual has a high level of self-acceptance, it will be easier for him to accept himself without comparing himself with others, and he will be able to control his behavior and tend to be able to control his behavior and feelings in order to be able to have a more relaxed attitude towards life.

In the research we conducted, there were 72 accumulated subjects. The data met the criteria or requirements of the research which were categorized as valid respondents, then the data was continued to the scoring and analysis stages. In this study, the researcher also aimed to see whether there was a significant relationship between body image and self-acceptance. To prove the hypothesis of a relationship between body image and self-acceptance, the researcher obtained the hypothesis results from the Pearson correlation test that the value ($r = -0.381$, $p < .001$). So, the conclusion obtained is that there is no relationship between body image and self-acceptance. This means that the higher a person's body image level, the more it has nothing to do with the level of self-acceptance. Likewise, the lower a person's self-acceptance level, the more it has nothing to do with the level of body image.

Conclusion

From the research that has been conducted on 72 students of the University of Muhammadiyah Malang, it is proven that there is no conformity with the hypothesis, so it can be concluded that there is no relationship between body image and self-acceptance. Therefore, there is no significant positive relationship between body image and self-acceptance in students. So the higher the level of body image, there is no relationship with the level of self-acceptance.

Conversely, the lower the level of self-acceptance, there is no relationship with the level of body image.

The implications of this study for students of the University of Muhammadiyah Malang need to increase their own self-acceptance without having to think about the body image they have. This is done because there is no significant relationship between body image and self-acceptance. This can be done by building a positive body image and accepting all body dissatisfaction that is owned. The suggestion for further research is that the research subjects need to be expanded so that they can represent students at the University of Muhammadiyah Malang which we use as the target of our research subjects, as well as expanding the time period in data collection to maximize research results.

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