

The Effect of Perfectionism, Social Comparison and Gratitude on Body Dissatisfaction Among Female Students

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ABSTRACT

Behavior of body dissatisfaction has been interesting study in various studies since long time, especially in the field of psychology. Therefore, the researcher was interested in doing research, especially on female students. This study aims to see whether there is influence of perfectionism, social comparison, and gratitude on body dissatisfaction behavior in early adult women focusing on female students in Palembang, how someone compares and evaluates themselves physically and how positive they think about their bodies. This research uses quantitative approach with CFA (Confirmatory Factor Analysis) technique to test the measuring instrument and multiple regression analysis to test the hypothesis. The study participants amount until 200 female students aged between 19-25. Participants were determined using non-probability: snowball sampling technique. The researcher used Multidimensional Body-Self Relations Questionnaire-Appearance Scale (MBSRQ-AS) from Cash et al (2002) to measure the behavior of body dissatisfaction. Furthermore, for the aspect of perfectionism, researcher used Multidimensional Perfectionism Scale (FMPS) from Frost, et al. (1990), for the social comparison aspect, the researcher used measuring tool The Upward and Downward Appearance Comparison Scale (UDACS) designed by O'Brien et al. (2009). And for gratitude, the researcher used The Gratitude Questionnaire-Six Item from (GQ-6) from McCullough, et al., (2002). The results showed that perfectionism, social comparison, and gratitude significantly influence the student body dissatisfaction behavior with 22,3% contribution.

Keywords: entrepreneurship education, attitude, entrepreneurial intention, self-efficacy

1. INTRODUCTION

The journey to "maturity" is often faced with changes both physically and psychologically [17]. This comes at the same time as pressures and problems when entering early adulthood, such as attention to physical appearance. According to Hurlock [17] changes in appearance in adulthood are considered important. Particular attention to changes in appearance such as physical appearance, making the individual pay close attention to every detail of his appearance [6].

This is common in young adult women especially students, many feel upset, sad or stressed if their appearances create bad impressions on others, including the opposite sex. As a result, this will only disappoint themselves even more. Generally, women have greater concern than men on appearance problems so they are willing to do various ways for a satisfactory appearance.

Neumark et al., [21] explained that most women stated that they were not happy with their bodies or also known as body dissatisfaction, because there was a negative picture of their body shape, so they chose to go on a diet and ended up having an eating disorder. This is also in line

with the opinion of Vartanian & Dey [30], which describes that women generally compare their appearances with others and internalize the ideal bodies. However, unfortunately this has negative implications for their body images. Women compare themselves to others and feel themselves are not better. This has resulted in the emergence of a negative image of a negative body image that leads to body dissatisfaction which is more common among women. So it can be concluded that body dissatisfaction is a serious mental health problem. Previous studies reported on mental health outcomes regarding body dissatisfaction, that negative evaluations, or attitudes toward one's body and appearance, result in adverse mental health outcomes such as low life satisfaction and decreased subjective well-being. [27] Then, based on the results of research conducted by Paxton [21] stated that body dissatisfaction can cause low self-esteem and depressed mood.

[6] Concluded that body dissatisfaction is associated with an increase in high suicidal ideation and suicide attempts in adolescents. In addition, Garner, et al argue [29] that studies on body dissatisfaction in women are important, because body dissatisfaction can lead to disordered eating

behavior such as anorexia or bulimia nervosa. This is in line with the statement of Wade & Tiggemann [28] that body dissatisfaction is a strong risk factor for eating disorders.

The issue of body image is of global relevance and importance because ample evidence has shown that women suffer from body dissatisfaction in many countries and regions around the world [32].

According to Robertson [1] about 91% of women are dissatisfied with their bodies. The body dissatisfaction experienced by women is not only abroad but also in Indonesia. Based on research conducted by Herawati [10], it was found that 40% of women aged 18-25 years experienced body dissatisfaction in the high category and 38% in the medium category. Then in 2010 Gadiz magazine conducted a survey and the results showed that out of 4000 teenage girls, only 19% were satisfied with their bodies and the rest (81%) were dissatisfied [9].

Body dissatisfaction is assumed to be related to one's personality, one of which is perfectionism. According to Frost et al. [13] perfectionism is a person's high standards and is accompanied by a tendency to overly critically evaluate one's behavior. Based on the results of research conducted by Gross [14] shows that a high level of perfectionism causes unrealistic expectations, resulting in a low level of satisfaction. Boone et al. [4] found that perfectionism was significantly and simultaneously associated with greater body dissatisfaction in a large sample of male and female adolescents. This is supported by the results of research conducted by Cheng et al. [5] showed that perfectionism is a significant predictor of body dissatisfaction.

Body dissatisfaction can also be caused by external factors. One of the external factors in question is social comparison. In this context, social comparison refers to comparing oneself to others in terms of appearance. When individuals have indicated in the behavior of comparing themselves with social situations, then they have a high tendency to body dissatisfaction. Women who tend to experience body dissatisfaction are the result of this social comparison behavior. According to Festinger [22], sometimes women compare themselves with those who are more than themselves (upward comparison), but often women compare themselves with those who are worse than themselves (downward comparison). Therefore, feelings of dissatisfaction will always arise from the individual as a result of the comparison towards other people. The results of research by [9] found a tendency for social comparison and internalization of the ideal body to be factors that build body dissatisfaction. However, after the individual compares their bodies with the bodies of other individuals, especially when the social comparison is upward (choosing a comparison object that is considered better than herself), more and more shortcomings will be seen in their bodies [24]. O' Brien [20], in his research, it was also found that someone who performs upward social comparisons tends to experience dissatisfaction with body shape because the target being compared is a person with a much better body shape than himself so that in the end there is risk compensation for dissatisfied behavior.

Meanwhile, someone who did a downward comparison was found to be more satisfied with their body shape.

Another factor that is a predictor of body dissatisfaction besides perfectionism and social comparison, that is gratitude. According to Peterson, et al [23], gratitude can reduce body dissatisfaction through increasing the positive emotions that individuals have. Gratitude is a state of being aware of and grateful for the good things that happen. This is in accordance with the results of research from Dwinanda [7], showing a relationship between gratitude and body image, where the relationship is positive, meaning that the higher the gratitude, the more positive the body image is.

Based on the explanation above, the researcher was interested in using perfectionism, social comparison, and gratitude variables for body dissatisfaction focusing on female students. This is because, according to Kostanski & Gullone [18] struggles with body shape dissatisfaction often begin in childhood, continue throughout adolescence, and often escalate into dangerous behavior disorders such as eating disorders, depression, and high anxiety.

This study aims to see whether there is influence of perfectionism, social comparison, and gratitude on body dissatisfaction behavior in early adult women focusing on female students in Palembang, how someone compares and evaluates themselves physically and how positive they think about their bodies.

2. LITERATURE REVIEW

2.1. Body Dissatisfaction

[3] Body dissatisfaction is an individual's negative thoughts and feelings related to body size, shape, and weight, and usually includes the perceived difference between a person's assessment of the ideal body. Grogan [15] which states that someone with body dissatisfaction is someone with negative views and feelings about their bodies.

2.2. Perfectionism

[16] Perfectionism is the desire to achieve perfection followed by high standards for oneself, high standards for others, and believing that others have expectations of perfection for themselves and motivates them.

2.3. Social Comparison

Individuals tend to compare their abilities with others. Festinger [12] says that social comparison is an evaluation process that includes seeking information and making judgments about themselves against others to find out their standards [20].

2.4. Gratitude

Gratitude can be interpreted as an affective trait, mood, or emotion. Gratitude is a general tendency to recognize and respond positively to the emotion of gratitude to a number of circumstances that a person experiences in life [19]. Gratitude is joy for what is received, whether good or not, in a concrete or abstract form of goodness [10].

2.5. Hypothesis

There is a significant effect between perfectionism, social comparison and gratitude on body dissatisfaction in early adult female students.

3. METHODS

3.1. Design

This study is a quantitative study. The data used in this study are primary data obtained through google form that was distributed online for data collection. The data collection period started from 12 June to 19 June 2021.

3.2. Participants

The population of this study is early adult students aged 19-25 in Palembang. Due to the limitations of the researcher to reach the entire population, as the population was too large and researchers might not study everything in the population due to limited funds, manpower and time etc. So the researcher only examined a part of the population that was used as the subject of the study, which is better known as the sample. The researcher took 200 respondents from early adult female students aged 19-25 in Palembang.

The sampling process in this research is a non-probability sampling technique in which not all population units have the opportunity to become research samples [25] Through purposive sampling method, samples were chosen based on characteristics that have been determined and are known first based on the characteristics and nature of the population [11].

3.3. Data Collection Procedure

Broadly speaking, this research was conducted in three stages: **The first stage**, this research began by formulating the problem to be studied. The researcher then determined the variables to be studied and conducted literature studies to obtain the theoretical foundation that was in accordance with the research variables.

The second stage, the researchers determined the research subject and prepared the data collection instrument by determining and compiling the measuring instrument or research instrument to be used. In this case, the instrument

was divided into 4 parts which include: the subject's personal data, body dissatisfaction scale, perfectionism scale, social comparison scale, and gratitude scale.

The third stage is the implementation stage. The researcher carried out research data collection by questionnaires that were distributed online by providing a questionnaire using Google Form, which is an indirect gift to the respondent concerned.

3.4. Measurement

In measuring the participants body dissatisfaction which adapts the measurement scale used in previous research by Cash, et al. [2] This instrument consists of 30 items measuring participants. Using a likert-type scale. The researcher conducted reliability and validity tests, demonstrated a good reliability and validity of the scale. The Cronbach's alpha coefficients of internal consistency were rated .87

The perfectionism scale based on standard scale adapted from Frost, et al [11], which consists of 35 items that measure perfectionism with a likert-type scale. Before distributing the data, the researcher conducted a scale test on 10 people and showed good results of reliability and validity of the scale. The Cronbach's alpha coefficients of internal consistency were rated .91

Social comparison scale which adapts the measurement scale used in previous research by O'Brien [20]. which consists of 18 items that measure use a likert-type scale. Before distributing the data, the researcher conducted a scale test on 10 people and showed good results of reliability and validity of the scale. The Cronbach's alpha coefficients of internal consistency were rated .94

The instrument used to measure gratitude in this research was the gratitude scale adapted from the Gratitude Questionnaire-6 (GQ-6) scale by McCullough et.al. [19]. which consists of 6 items that measure use a likert-type scale. Before distributing the data, the researcher conducted a scale test on 10 people the reliability test using the Cronbach's alpha. The result of the calculation was .53 which demonstrates that this scale is reliable in measuring gratitude.

3.5. Data Analysis

The data in this study was analyzed statistically using SPSS version 20.0 To answer the research question, multiple regression analysis techniques were used. This multiple regression analysis technique was used to determine the accuracy of predictions and was shown to determine the effect of the independent variable (IV), i.e. perfectionism, social comparison and gratitude toward body dissatisfaction as the dependent variable (DV). Multiple regression is a statistical method used to form a bound relationship model (Y response) with more than one dependent variable (independent; predictor; X).

Hypothesis testing of research data was conducted to determine whether or not there was an influence between perfectionism, social comparison, and gratitude on body

dissatisfaction among female students in Palembang. The analysis was carried out using Multivariate Regression to test hypotheses and analyze data using Bivariate Analysis.

4. FINDINGS

4.1. Respondents' Characteristics

The subjects in this study were dominated by the age of 19 years having a percentage of 37.5%, which amounted to 75 people from 200 respondents. And the smallest number is 22 years old that has a percentage of 5.5% of the total or 11 respondents. The subjects in this study were dominated by subjects who weighed between 40-50 kg which had a percentage of 44%, namely 88 people. While the smallest number is subjects who have a body weight > 70 kg or 12.4%, namely 25 people. It means that the subjects in this study were people with normal weight, not included into the overweight group. And the subjects in this study were dominated by subjects who had a height in the range of 150-160 cm with a percentage of 59.5% as many as 119 respondents. While the smallest number is at high vulnerability > 170 with a percentage of 1.5%, namely 3 respondents, this is because the average height of women in Indonesia is in the 150-160 cm range.

4.2. Regression Analysis of Research Variables

The researcher looked at the magnitude of R square to find out how much the percentage (%) of dependent variance variables can be explained by independent variables. Furthermore, the R square can be seen in table 1 below.

Table 1 Summary of Regression Analysis Model

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error
1	.473 ^a	.223	.211	2.222

a. Predictor: (constant) social comparison, gratitude, perfectionism

From Table 1, we can see that the R Square is 0.223 or 22.3%. It means that variance proportions from body dissatisfaction were explained by all independent variables, i.e. perfectionism, social comparison, and gratitude is 22.3%, while the remaining 77.7% was influenced by other variables outside of this study.

Table 3 Proportion of Variance in Body Dissatisfaction

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics		Change Statistics	
					R Square Change	df1	df2	Sig. F Change
1	.427 ^a	.182	.178	2.268	.182	1 ^a	197	.000
2	.452 ^b	.205	.197	2.242	.022	1 ^b	196	.020
3	.473 ^c	.223	.211	2.222	.019	1 ^c	195	.032

a. Predictors: (Constant), social comparison

b. Predictors: (Constant), social comparison, gratitude

c. Predictors: (Constant), social comparison, gratitude, perfectionism

Next, the researcher analyzed the effect of all independent variables toward body dissatisfaction.

Table 2 ANOVA of the Overall Effect of IV on DV

Model		SS	df	MS	F	Sig.
1	Regression	276.865	3	92.288	18.697	.000 ^b
	Residual	962.521	195	4.936		
	Total	1239.387	198			

a. Dependent Variable: body dissatisfaction

b. Predictors: (Constant), social comparison, gratitude, perfectionism

The F test results can be seen in table 2. If you see the sixth column from the left it is known that the significance value is 0.000 ($p < 0.05$), then the null hypothesis which states that there are significant effects from all independent variables on body dissatisfaction is rejected. It means there is a significant effect of perfectionism, social comparison, and gratitude on body dissatisfaction.

4.3. Testing the Proportions of the Variances of Each Independent Variable

Next, the researcher wanted to know the addition of the proportion of variance from each independent variable toward body dissatisfaction. In table 6, the first column is independent variables which are analyzed one by one, the second column is the addition of variance of dependent variables from each independent variable analyzed one by one, the third column is the pure value of variance of dependent variables from each independent variable entered one by one, the fourth column is the F-calculate value for the independent variable. Furthermore, column DF is a free degree for independent variables consisting of a numerator or denominator, F-table column is a column regarding the value of F with a predetermined DF. The value in this column will be compared with the F-calculate value column. If the F-calculate value is greater than the F-table, then the next column, i.e. the significance column, will be written significantly and vice versa. The proportion of variance in body dissatisfaction can be seen in table 3 below.

Based on Table 3, it can also be seen that the value of R^2 change shows that the social comparison variable contributes 18.2%, the gratitude variable contributes 0.22%, and the perfectionism variable contributes 0.19%.

5. DISCUSSION AND CONCLUSION

5.1. Discussion

Behavior of body dissatisfaction has been an interesting study in various studies since long time, especially in the field of psychology. Body dissatisfaction is a serious mental health problem. The issue of body image is of global relevance and importance because ample evidence has shown that women suffer from body dissatisfaction in many countries and regions around the world [31]. This study aims to look at the things that affect the behavior of body dissatisfaction among female students in Palembang. The result of this study showed that overall, there is variance proportions from body dissatisfaction explained by all independent variables, i.e. perfectionism, social comparison, and gratitude is 22,3%, while the remaining 77,7% is influenced by other variables outside of this study. The findings of this study is in line with previous study that Wade & Tiggemann [28] stated that perfectionism has a positive correlation with body dissatisfaction. This means that perfectionism is an emphasis on the importance of order and organization in doing things. To a certain extent, individuals who have a high perfectionist nature can show more extreme efforts to control body appearance. It is assumed that because individuals who have perfectionist traits like order and are all organized about endless appearances, these individuals will always feel dissatisfied with their bodies. [26] found that there is a significant positive correlation from perfectionism, individuals who have perfectionist characteristics feel greater dissatisfaction with their bodies than those who do not have these characteristics.

[27] Women always feel dissatisfied because often the figure seen as a comparison is a model who incidentally has a perfect body, in other words, individuals do social comparison with upward comparison. This can happen because a person, especially an early adult woman, experiences body dissatisfaction caused by the behavior of comparing her body with other people who look better, this behavior has a negative impact that creates the perception that she has a body that is not ideal compared to the object she sees as a comparison.

The findings of this study is in line with previous study that [24]. The more often a woman compares her body with the better body of another woman, the higher the level of body dissatisfaction is. This happens because when individuals do social comparison, there will be many visible deficiencies in their bodies, causing individuals to feel dissatisfied with their bodies.

Furthermore, the more grateful individual, the more negative or rejecting their attitude toward body dissatisfaction is. Barber [14] gratitude can reduce feelings of dissatisfaction with the body by increasing the positive emotions that individuals have. In line with the theory expressed by [10] gratitude has one of the strongest correlation with mental health and satisfaction with life in various personality values, even optimism, hope and concern. Grateful individuals experience higher levels of

emotions such as happiness, interest, love, optimism and gratitude as one of the sciences that can protect individuals from destructive impulses such as envy, hatred, greed, and bitterness.

5.2. Conclusion

In the course of carrying out research due to the Covid-19 pandemic and the new normal, it hindered the researcher from being able to observe and interview directly on the population of this study as supporting data because the majority of female students carry out the learning process still using the online method and not on campus.

And Further researchers are advised to include other factors that may be associated with body dissatisfaction, such as self-concept neuroticism trait, peer comparison and so on. Based on the results of the study, the proportion of variance from perfectionism, social comparison and gratitude to body dissatisfaction was only 22.3%, meaning that there were 77.7% influenced by other variables not measured in this study.

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