



The Relationship Between Positive Thinking and Body Image in Youth in Yogyakarta

Ratna Yunita Setiyani Subardjo¹(✉), Tia Indriana Putri², AbRahman Roseliza-Murni¹, Salina binti Nen¹, and Nur Saadah binti Mohamad Aun¹

¹ Center for Research in Psychology & Human Well-Being, Faculty of Social Sciences and Humanities, Universiti Kebangsaan Malaysia, Selangor, Malaysia

p113070@siswa.ukm.edu.my

² Department of Psychology, University of 'Aisyiyah Yogyakarta, Yogyakarta, Indonesia

Abstract.

Background Physical appearance is one type of body image that is the main concern of a woman. If a woman has a positive mind on her body, she will not feel disturbed by her physical condition. On the other hand, a woman who fails to think positively, tends to be dissatisfied with her body shape, and considers her body shape to be a barrier to self-development. *Objective:* This research aims to determine the correlation between positive thinking and body image. *Method:* The research method used in this study was quantitative. Participants $N = ?$ were recruited using random sampling technique. Who era the participants? And how many? A questionnaire with a Likert scale was used as the research instrument – what is the name of the questionnaire?. The Pearson? product moment correlation test and regression test were used to analyze the data. *Result:* The results of the correlation test showed a significance value of $p = 0.000$, which was less than the specified significance value, indicating that there was a positive correlation between positive thinking and body image. Positive thinking had a significant correlation with body image, with the correlation of $r = 0.731$. What about results for regression analysis? *Conclusion:* According to this study, there is a significant relationship between positive thinking and body image. *Suggestion:* Positive thinking can be trained in a variety of ways, such as saying using verbal affirmation in the form of positive self-statements training one to adapt to changing circumstances. Positive thinking will then be reflected in one's daily attitude, including one's body image.

Keywords: Positive thinking · body image

1 Introduction

Teenagers have always been a very interesting topic to continue to discuss, physically, psychologically, behavioral changes, social, life with peers, and so on. Adolescence is one of the phases in the stage of human development between childhood and adulthood. Adolescence itself begins around the age of 10–13 years, and ends around the age of 18–22 years [11]. Both is used to describe 2 things. According to Sarwono (2011)

© The Author(s) 2023

L. Rosida et al. (Eds.): A-HMS 2022, AHSR 62, pp. 360–365, 2023.

https://doi.org/10.2991/978-94-6463-190-6_45

adolescence is a growing process experienced by individuals that leads to maturation physically, psychologically, and socially [2]. Piaget revealed that adolescence is a period where an individual no longer feels that he/she is at a lower level than older people. However, it is a time when individuals can integrate with society at the same or higher level [3].

In general, when people reach their teens, people will begin at the personal image stage, which is usually indicated by concern for body shape to match the desired body image. Body image is related to how individuals assess their physical appearance, as well as satisfaction and acceptance of their body appearance (Cash, 2015) [4]. Cash added that preschool age is the age at which body image begins to form. This is usually shown by internalizing the beauty standards that apply in society which are then used as standards to judge themselves.

This is in line with the opinion of Rahmawati (2021), that adolescents often experience several problems, one of which is appearance. Appearance is very important for teenagers, because teenagers tend to be attracted to the opposite sex, physically. In addition, what makes teenagers think that appearance is important is the changes they make during their growth. These changes are related to physical, psychological, emotional, and social growth [5].

A study in Surabaya of high school students, showed that 83% of 100 female adolescent students were dissatisfied with themselves (Rahmania, 2012) [6]. Another study by Murray et al. (2011) showed that adolescent girls have a negative body image compared to adolescent boys. Adolescent girls tend to more often give a negative assessment of themselves than teenage boys [8].

This is not in line with the developmental tasks of the adolescent period (Hurlock, 2014) [8], that adolescents can accept their own physique, as well as the diversity of quality, that adolescents can achieve emotional independence from parents or other authority figures, that adolescents can develop skills in interpersonal communication, and learning to get along with peers or other people (both associating in groups and individually), that adolescents can accept themselves and have high confidence in their abilities, that adolescents strengthen their abilities y to control themselves (Self Control) on values, principles and philosophies in life, and that adolescents are gradually able to abandon childish attitudes.]

Berk (2012) said that body image is a concept or attitude that individuals have towards their physical appearance [9]. Chaplin (2011) states that body image is an idea related to physical appearance that attracts the judgment of others [10]. Mukhlis (2013) states that body image is the mental images that individuals have regarding their (physical) body. These images include thoughts, feelings, sensations, judgments, and behaviors related to the body.

Adolescents' dissatisfaction can lead to psychological disorders, such as anxiety, loss of self-esteem, eating disorders, depression, and can lead to suicide. The ideal body image displayed on the internet even though it is not the same as the individuals in their real self, can make individuals express themselves (Gonzalez & Hancock, 2011) [11].

Based on the explanation above, one of the psychological effects of dissatisfaction with body shape is insecurity. Insecurity is a general term used in psychological studies. Insecure is a feeling of insecurity that can happen to anyone (Nareza, 2020).

There are several ways to prevent the emergence of psychological disorders above, one of which is to think positively. According to Hayes and Rogers (in Mukhlis, 2013), thinking patterns can influence the behavior and feelings that will arise in certain situations. Adelia (2011) reveals that positive thinking is thoughts that can build or provide motivation and strengthen the characteristics of individuals [12].

According to Abraham Lincoln (2001), positive thinking is a calm state of mind, so that individuals can live life comfortably and happily. It was revealed that the true happiness of the an individual depends on how he thinks, not on other things, such as wealth, position, rank, and so on. It was also revealed that individuals can feel happy, because they think about happy things.

According to Brooks-Gun feelings of dissatisfaction with oneself indicate that the individual cannot think positively [19]. A sense of self-dissatisfaction in adolescent girls is generally related to dissatisfaction with their body image.

Hannah L., et al. (2019) states that individuals with a positive view of their body image will have positive behavioral characteristics towards themselves. Another characteristic is being able to admit and accept weaknesses as well as strengths. Self-esteem can be shown by feeling that they looks attractive, satisfied with themselves, feels happy, and has no anxiety with their overall body shape. Individuals are said to view their body image positively if they have an appreciation and concern for their appearance and body shape. In addition, they are also not too focused on paying attention to their body shape, but balancing feelings of gratitude with their body shape [19]. Females tend to have more problems with body image,

Based on the explanation above, it is concluded that adolescence is a very important period in human life. In the process of life development, when being a teenager, people begin to enter a stage when they have concern for body shape in accordance with the desired body image [18]. This body image is usually closely related to how individuals assess their physical appearance [19]. Compared to boys, girls are more often dissatisfied with their body shape (Santrock, 2012) [1].

Dissatisfaction with body shape can lead to the emergence of psychological disorders such as anxiety, loss of self-confidence, eating disorders, depression, to and suicide (Gonzalez & Hancock, 2011) [11]. According to Brooks-Gun, a feeling of self-dissatisfaction indicates that those individuals do not think positively [18].

2 Method

The purpose of this research is to determine the relationship between positive thinking and body image in adolescents in Yogyakarta. The method used is a quantitative correlational research method. According to Sugiyono (2018), correlational research is a type of research that focuses on the association between two or more variables [15]. The purpose of correlational research is to determine whether or not there are relationships between the variables studied.

The subjects in this study were female adolescents between the ages of 11–20 years, and resided in Yogyakarta. The sampling technique used was random sampling technique. Data obtained by filling the research scale.

3 Results and Discussion

This study aims to determine the relationship between positive thinking and body image in adolescent girls in Yogyakarta. Based on the results of the correlation analysis with the product moment, the correlation coefficient $r = 0.731$, $p = 0.000$. This shows that positive thinking has a significant relationship with body image in adolescents in the city of Yogyakarta. The results showed that the higher or the more frequent the individual thinks positively, the higher the assessment or satisfaction related to body image in adolescents, on the contrary, the lower or less frequent adolescents think positively, the lower the assessment or satisfaction with body image.

Body image, according to Hannah L., et al. (2019) is the mental images that individuals have regarding their body (physical). These images include thoughts, feelings, sensations, judgments, and behaviors related to the body [20]. This is in line with the opinion of Honigman and Castle that body image is a mental picture held by individuals regarding body shape and body size. This relates to how the individuals perceive what is in their mind to the shape and size of their body [21].

The results of this study are in accordance with previous research conducted by Meilan Angraini (2019), namely that there is a positive and significant relationship between self-confidence and body image in many women. This is also in line with the results of research by Akhmad Mukhlis in (2013). The results of this study correlational analysis never refer to cause & effect” of positive thinking training on decreasing the level of dissatisfaction with body image. Thus it is concluded that the individual will not have a sense of dissatisfaction with their body image if the individual can view their body image positively.

Based on the results of the analysis, it can be seen that the correlation coefficient in this study is 0.731, meaning that the positive thinking variable has a high correlation with the body image variable [13]. The results of the linearity test show that there is a linear relationship between the positive thinking variable and body image with a significance value of $0.971 > 0.05$.???

According to Hannah L., et al. (2019), individuals who have a positive view of their body image will have characteristics in the form of positive behavior towards themselves [20]. In addition, they can recognize and accept their weaknesses and strengths. The form of self-esteem is shown by feeling that he looks attractive, feels satisfied with what he has, feels happy with his advantages, and is sincere with his shortcomings, does not have excessive anxiety with his body shape.

Adolescents who assess their body image positively are teenagers who have done their developmental tasks well, this is evidenced by the opinion expressed by Heatherton (2001) that in the period of development, adolescents have several developmental tasks, and one of them is that adolescents accept himself physically, as well as the variety of qualities he possesses [22]. Adolescents who have a positive body image assessment and can accept all its diversity, according to Kay, have fulfilled their developmental tasks well.

This research concluded that the adolescents who were the research sample had a positive way of thinking, they assessed or viewed their body image positively, resulting in a high correlation coefficient value between the two variables. This is evidenced by the correlation coefficient (r) of 0.731. There are several factors that can influence positive

thinking, such as positive expectations, self-affirmation, non-judgmental statements, and adjustments to reality (Albrecht, in Nurmayasari & Murusdi, 2015) [17].

4 Conclusions

This study concluded that the results of the correlation analysis with the person product moment obtained a relatively strong positive correlation. This shows that positive thinking is significantly related to positive body image among adolescents in the city of Yogyakarta.

5 Suggestions

The researcher's suggestions after completing this research include: (1) Positive thinking can be trained in several ways, such using positive self-statement affirmations, being able to adjust to the actual situation, and giving affirmations to themselves. (2) People's positive thoughts will be reflected in their daily attitude, including their body image. Positive thoughts are usually reflected in a person's attitudes, including attitudes that are related to body image (3) This study was only conducted for on female respondents, so the finding is not generalizable to all genders. Therefore, there is still an opportunity to expand respondents in further research.

Acknowledgment. In carrying out this research, the author received a lot of help from the lecturers and management of the University of 'Aisyiyah Yogyakarta, especially in terms of data collection and processing. I am especially indebted to my colleagues from the Psychology Department. I would also like to thank my friends at Universiti Kebangsaan Malaysia for being a very pleasant discussion partner during the data analysis stage. However, everything written in this scientific paper is my personal responsibility as a researcher.

References

1. Santrock, Jhon, W. 2012. *Life-Span Development (Perkembangan Masa Hidup* edition 13 Jilid 1, translated by: Widyasinta, B). Jakarta: Erlangga
2. Sarwono. 2011. *Psikologi Remaja*. Revision Edition. Jakarta: Rajawali Pers
3. Piaget, J. 1983. 'Piaget's theory' P. Mussen (ed). *Handbook of Child Psychology*. 4th edition. Vol. 1. New York: Wiley.
4. Cash, T. F & Pruzinsky, T. 2015. *Body Image: A Handbook of Theory, Research and Clinical*. New York: Guilford Publications
5. Rahmawati, N. U. 2014. *Hubungan antara kebersyukuran dengan citra tubuh mahasiswi*. Theses (Unpublished). Yogyakarta. Universitas Islam Indonesia.
6. Rahmania, P. N., & Ika, Y. C. (2012). 'Hubungan Antara Self-Esteem dengan Kecenderungan Body Dysmorphic Disorder Pada Remaja Putri' *Jurnal Psikologi Klinis dan Mental Universitas Airlangga Surabaya*
7. Murray KM, Bryne DG, Rieger E. Investigating adolescent stress and body image. *Journal of Adolescence* 2011; 34(2): 269-78.

8. Hurlock, Elizabeth B. 2011. *Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan*. Jakarta: Erlangga
9. Berk, E.L. 2012. *Development Through The Lifespan* Yogyakarta: Pustaka Pelajar
10. Chaplin. 2011. *Kamus Lengkap Psikologi* translated by Kartini Kartono). Jakarta: PT. RajaGrafindo Persada
11. Gonzalez, A., & Hancock, J. 2011. 'Mirror, mirror on my facebook wall: Effects of exposure to facebook on self- esteem. *Cyberpsychology' Behavior, and sosial networking*, 14(1–2), 79–83
12. Adelia, Winda. 2011. *Kehebatan Berpikir Positif*. Yogyakarta: Sinar Keroja
13. Illahi, Muh Takdir. 2012. *Pembelajaran Discovery Strategi dan Mental Vocational Skill*. Yogyakarta: DIVA Press.
14. Widyatama, B. 2016. Yogyakarta Sebagai Kota Pendidikan: Antara Jargon dan Realita. Diakses pada 13 September 2021, dari <https://www.kompasiana.com/bastianwidyatama/56d17c1ad17a61e23c15e0f0/yogyakarta-sebagai-kota-pendidikan-antara-jargon-dan-realita>
15. Sugiyono. 2018. *Metode Penelitian Kuantitatif Kualitatif, dan R&D*. Bandung: Alfabeta
16. Pratiwi, I. D., & Laksmiwati, H. 2016. 'Kepercayaan diri dan kemandirian belajar pada siswa SMA Negeri X. Surabaya': *Jurnal Psikologi Teori & Terapan* V.7, (1)
17. Nurmayasari, K., & Murusdi, H. 2015. 'Hubungan Antara Berpikir Positif Dan Perilaku Menyontek Pada Siswa Kelas X SMK Kopserasi Yogyakarta' *Jurnal Fakultas Psikologi*. I (3)
18. Lincoln, Abraham. 2001 *Collected Works of Abraham Lincoln Volume 2* University of Michigan Digital Collections. University of Michigan, 2001
19. Brooks-Gunn, Jeanne. 1997, 'The Effects of Poverty on Children' in *The Future of Children*, Brookings Institution Press
20. Quittkat, Hannah L., et al. 2019, 'Body Dissatisfaction, Importance of Appearance, and Body Appreciation in Men and Women Over the Lifespan' *Front. Psychiatry*, 17

Open Access This chapter is licensed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits any noncommercial use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license and indicate if changes were made.

The images or other third party material in this chapter are included in the chapter's Creative Commons license, unless indicated otherwise in a credit line to the material. If material is not included in the chapter's Creative Commons license and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder.

