

Self Esteem and Body Image Of Early Adolescent Girls In Kuta Alam District Banda Aceh

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Abstract— Low self-esteem is usually happening in early adolescence girls, which affect negatively to their mental health development. Body image is considered as a predictor of the development of self-esteem in early adolescence girls due to their very high concerned about their body shape. The purpose of this study was to determine the relationship between body image and self-esteem to early adolescence girls in the District of Kuta Alam, Banda Aceh. This study used the quantitative method with stratified random sampling technique. Samples are given from 125 junior high school students. Data was collected by Body Image Scale, which consists of 16 statements and by Self-Esteem Scale, which consists of 20 statements. Data analyzed by using Pearson Product Moment Correlation Test with correlation coefficient 0,093 (arithmetic < 0.176) with a significance level of 0.301 ($p > 0.05$). The results showed that there is no significant positive relationship between body image and self-esteem in early adolescence girls in the District of Kuta Alam, Banda Aceh.

Keywords: *body image; self-esteem; early adolescent girls*

BACKGROUND

One of the most central themes in the formation of positive psychology in the individual is able to anticipate his self-esteem (Mruk, 2008). *The World Health Organization's "Preventing Suicide: A Resource for Teachers and Other School Staff"* (in Hosogi, Okada, Fujii, Noguchi, & Watanabe, 2012) stated that positive self-esteem protects teenagers from mental distress, discourages, and prepares adolescents to cope with difficult lives and stressful situations. Sound self-esteem is an important element for the development of adolescent psychological stability and positive social activities. In fact, many studies show that low self-esteem results in various psychological problems in adolescents and has an impact on their academic achievement.

More than a century ago, James (in Geng & Jiang, 2013) states that the individual's perception of self-worth depends on their evaluation of the particular domain in their value. Tafarodi and Swann (in Geng & Jiang, 2013) say that self-esteem has two distinct constructs: (1) self-competence is defined as an individual's evaluation of the abilities, skills, and talents derived from his experience; and (2) self-liking is an individual's evaluation of himself / herself in terms of moral character, physical appearance, and other aspects of social evaluation based on the consent approval of internal socialized standards internalized within.

According to Balwin and Hoffman's research (in Santrock, 2007), in the United States and other western countries, there is a strong

correlation between global self-esteem and physical appearance. Lord and Eccles (in Santrock, 2007) also mention that the adolescent concept of physical attractiveness is the strongest predictor of overall self-esteem. The most significant factor influencing the formation of adolescent self-esteem is the acceptance of a newly developing physical state or self-esteem related to the developmental tasks that the adolescent must fulfill (Coopersmith, 1967; Monks, Knoers, & Haditono, 2006). Stang and Story (2005) say that many early young women do not accept their newly developed physical or physical circumstances and feel they are worthless.

One of the psychological aspects of physical changes that develops in puberty is that teenagers become very concerned about their bodies and build their own image of the appearance of their bodies. This resulted in early adolescents becoming more often look in the mirror every day and even for hours to see the changes that occur in his body (Hamburg in Gunarsa, 2008). This is evidenced by the narrative of some early adolescents aged 13 to 14 (class VIII at MTs Negeri 3 Rukoh, Syiah Kuala Banda Aceh) who stated that they become more aware of any changes from his body as in terms of weight and height.

Balwin and Hoffman (in Santrock, 2007) suggest that many studies show teenagers experience low self-esteem with respect to their body image. Young women experience a decrease in self-esteem more than young men in early

adolescence because it has a more negative body image during puberty changes.

In addition, early female adolescent dissatisfaction in the body is also not separated from the role of society and mass media. This is supported by the results of research Khan, Khalid, Khan, and Jabeen (2011) which shows that society and mass media bring great influence in encouraging individuals to care so much about the appearance and body image. Movies or advertisement that appear in the mass media often displays models with ideal body criteria, which has a slim and tall body shape. Through the mass media, people form a picture of the ideal body.

The mass media also show beauty contests held from regional, national, to international level. Aceh itself holds beauty contests such as Aceh Tourism Ambassador, Aceh Language Ambassador, Miss Coffee, etc., which requires that every participant who wishes to enter the contests has a height of at least 160 cm (female) and 165 cm (male) weight proportionate, and has an attractive appearance. The contests declare that physical appearance is not a primary assessment, but still, physical appearance is a very important determinant factor (Bakri, 2011 & Nurdin, 2012). The existence of beauty contests leads to early teenage girls want to follow him and tend to develop excessive concern for his body. This concern is marked by the unconscious emergence of desire to have the ideal body, face, and color of the skin as displayed by the model in the mass media (Papalia & Olds, 2008).

The results of a cross-sectional study conducted by the Department of Psychology, Kenyon University, Gambier, French Polynesia support a socio-cultural perspective that the mass media presents an ideal body image that gives rise to body dissatisfaction. The study also showed that early teenage girls believed that the skinny body displayed in the media was the ideal body image (in Khan, Khalid, Khan, & Jabeen, 2011).

Research conducted by Neumarksztainer, Paxton, Hannan, Haines, and Story (in Devaraj, 2010) proves that high levels of body image dissatisfaction in women have a significant negative impact on physical and mental health. One of the disturbed mental health is his self-esteem. The same thing delivered by Dorak (2011) which states the body image has an important influence on adolescent self-esteem, especially during early adolescence.

Based on the above description, it can be concluded that the formation of body image in early adolescent girls is closely related to the formation of an increase and decrease in self-esteem. This study aims to see the relationship between body image with self-esteem in early adolescent girls in Kuta Alam District Banda Aceh.

RESEARCH METHODS

This research uses stratified random sampling technique, involving 125 female students in 5 Junior High School, Kuta Alam district of Banda Aceh with sample inclusion criteria: Grade VII-IX, aged 12-15 years, and willing to be a research sample.

Data was collected by Body Image Scale, which consists of 16 statements and by Self-Esteem Scale, which consists of 20 statements. Both scales have four alternative answers that lead to the Likert scale of Very Suit (SS), Suit (S), Less Suit (KS), and Not Suit (TS). On both scales contain two types of statements, which are favorable statements (supports attribute measurements) and unfavorable (do not support attribute measurements). Rating scores move from 1 to 4 and depending on the type of statement.

Data obtained from the research processed using product moment correlation test analysis technique from Pearson. Overall data analysis is done by using computer facilities SPSS 16.0 for Windows.

RESEARCH RESULT

This research using parametric correlation analysis, Pearson Product Moment to test the relationship between body image and self-esteem. Pearson Product Moment correlation analysis show correlation coefficient $r = 0,093$ ($r_{arithmetic} < 0,176$) with significance level (p) 0,301 (greater than 0,05), so it can be said that null hypothesis (H_0) accepted and hypothesis alternative (H_a) is rejected. This shows that there is no positive and significant relationship between body image and self-esteem in early adolescent girls in Kuta Alam district of Banda Aceh.

In addition to hypothesis testing to see the relationship between body image with self-esteem, the researcher also conducted each component analysis on body image variables to see which components are most related to self-esteem variables. The following is the result each component variable analysis:

Table 1. Correlation of body image components with self-esteem

Body Image Components	Correlation with Self-esteem Variables	Significance
Dissatisfaction or subjective disturbance as a whole	0.258	p = 0.004
The attitude of distress that arises and is related to appearance	0.114	p = 0.206
The cognitive aspect of the body image	-0.069	p = 0.445
Dissatisfaction with appearance is reflected in avoidance behavior	-0.086	p = 0.338

Based on table 1, it appears that the components of the body image variables that have the greatest relationship with self-esteem variables are components of dissatisfaction or subjective disturbance with a whole number of correlation 0.258 and $p = 0.004$ ($p < 0.01$).

DISCUSSION

Result of research by correlation analysis technique got correlation $r = 0.093$ ($r_{\text{arithmetic}} < 0.176$) with significance level $p = 0.301$ ($p > 0.05$). This indicates that there is no positive and significant relationship between body image and self esteem in early adolescent girls in Kuta Alam district of Banda Aceh. This means that positive or negative body image of early adolescent girls in Kuta Alam District Banda Aceh is not associated with an increase or decrease in self-esteem. Nevertheless, from the component analysis, it appears that there are related components and the greatest contribution to the increase and decrease of self-esteem that is a component of dissatisfaction or subjective disturbance with overall correlation $r = 0.258$ and significance level $p = 0.004$ ($p < 0.01$). This means early childhood discontent against his body as a whole associated with the low level of self-esteem of the teenager. This is similar to the results of research conducted by Turker, Bas, Saka, and Metin (2012) that dissatisfaction with the body associated with low self-esteem.

There are several factors that influence the development of teen body image in Kuta Alam district of Banda Aceh that is physical development, physical environment, and socio-cultural influence. The dynamic relationship of these three factors gives a direct effect on the development of teen body image (Leone, et al., 2011). Santrock (2007) says along with the physical development that occurs in early adolescence, one of the psychological aspects that occur is the adolescent to be very concerned about his body (preoccupation) and develop an individual image of the appearance of his body. Green and Pritchard (2003) also add that it is caused by the ideal body image (slim and tall) adopted through the physical environment

around teenagers, such as mass media (ie print media, television, and internet). This can lead to a negative or positive body image in early young women (NEDA, 2005).

The development of early teenage body image in Banda Aceh can not be separated from the socio-cultural influences that exist in Aceh itself. Aceh culture is closely related to values in Islam because most of the people of Aceh are adherents of Islam (Sufi & Wibowo, 2004). One of the teachings of Islam which are then attached to the culture of Aceh is the culture of the dress by covering the aurat. This culture is passed down from generation to generation and has been taught to children since the age of 4-6 years (Ismail, 2009; Sufi & Wibowo, 2006). The government also contributed to the drafting of the dress code mentioned in the Aceh Qanun, Number 11 the year 2000 on chapters 13 and 23 (Ishak, 2002) to use clothes that cover the genitals, good, polite, showing no curves and not cause lust.

The positive impact of the rules or customs on how to dress that cover the aurat is teenagers can close the body parts that are not liked so as to cause positive body image on him. Positive body image is formed when the adolescent receives a picture of her body even though it does not fit the ideal picture while a negative body image is formed when the adolescent does not receive a body image that does not fit the ideal picture (NEDA, 2005). This is indicated by the description of research data that the early adolescent girls in Kuta Alam district Banda Aceh were mostly in positive body image category (29.6%) and high self-esteem (45.6%). Early adolescents in the Kuta Alam district of Banda Aceh are required to wear clothes that cover the genitals so as to cover or disguise parts of the body that teens do not like.

This creates satisfaction for the teenager towards his appearance and gives a positive body image to himself. Coopersmith (1967) explains that teen satisfaction on his appearance is able to control the conditions associated with him.

The lack of correlation between body image and self-esteem in early adolescent girls in Kuta Alam district of Banda Aceh was also influenced by the presence of other factors besides body image that influenced early teens self-esteem, namely competence and acceptance (Cock & Shepperd, 2008). Improvement in the field of competence can instantly increase individual self-esteem shown through billboards or banners from favorite schools that invite early adolescents (students in junior high school students) to attend academic competitions and show the writing "we do like to do this". Such socialization stimulates teenagers to increase their self-esteem if they win a competition. It is also evident from the continuing competition from school, district, city, and national level so that the students continue to be encouraged to follow the competition.

In addition to competence factors, adolescent self-esteem is also influenced by the way other people receive it, in the broader context it covers the way individuals are accepted by family, peers, and others (Cock & Shepperd, 2008). If the individual feels that the social environment rejects him, the individual can improve his behavior to make the social environment accept it. If the individual feels that the social environment accepts it by the behavioral change, the individual will retain that behavior in order to maintain the acceptance of the social environment. Acceptance of the social environment against it can increase self-esteem while the rejection of the social environment against it can form low self-esteem.

Based on the researcher's observation during the research data, it was found that the condition of early adolescent girls in Banda Aceh was not separated from the rules and customs of the closed dress style. Early young women should wear clothing that conforms to existing rules so as to be accepted by the social environment and enhance their self-esteem. In addition to the five SMPN Kuta Alam district, Banda Aceh is a school with good quality that appears from accreditation in the A and B rankings and history of student achievement and schoolgirls at SMPN. Students who are studying in SMPN are educated and required to excel in accordance with their talents and abilities so motivated to have a better achievement. If students are able to meet these

demands it will get a good social acceptance so as to increase self-esteem.

In addition to the factors already mentioned, the researchers also predicted that other factors affecting early girls' self-esteem were the socio-economic circumstances of parents of the schoolgirl, school brand, and conformity behavior that resulted in consumptive behavior to compete with social competition over electronic gadgets. This prediction is reinforced by researchers' observations of research samples in several schools during the research.

The socio-economic situation of parents of students from three schools is in the upper middle category. This can be evident from the dominance of the work of the parents are civil servants (PNS). In addition, it can also be seen from several schools that serve as a research location located in the elite housing complex, and the average student resides in the housing complex. While the dominance of the work of the parents of the schoolgirl in two other schools are scavengers, becak drivers, civil servants (PNS), construction workers, and traders who show the social category of economics is in the middle to lower category. The socioeconomic researchers' predictions have had an influence in increasing and lowering self-esteem in early teenage girls. This is in accordance with Khurshid and Rehman's research (in Nyarko, 2012) which proves that adolescents with lower-middle-class socioeconomic societies face more pressure from peers and thus have low self-esteem. In contrast, adolescents with an upper middle-class social economy do not have much pressure from peers to have higher self-esteem.

Researchers also predict factors that affect the high-low self-esteem of early teenage girls is the brand of the school where they gain knowledge. The three schools that serve as research locations have their own brand in promoting their names and are well known for the achievements of extracurricular activities in sports and music. In addition, students in one school often get Sampoerna scholarship invitation to continue their education to Singapore, Bogor, and Palembang during 2012-2013. This is supported by the presence of competent and professional teachers, as well as adequate learning facilities such as air conditioning, CCTV, TV, computers, projectors, WIFI, and others. Another case with students in schools whose location is less conducive to the teaching-learning process, because of inadequate learning facilities that resulted in the formation of low self-esteem. This strengthens with

Lawrence's (2006) opinion that the way to improve the students' learning spirit is to improve the school environment. Increasing the spirit of learning and improving the school environment correlates with the formation of high self-esteem.

According to Hurlock (1999) in adolescence, there is social change (stronger group influence) because teenagers use more time for activities outside the home. It causes peer influences on attitudes, speech, interests, appearance, and behavior sometimes greater than the influence of the family. Changes in personal interest in adolescents such as an interest in clothing and self-performance one of them can be caused by the influence of peers, thus making teenagers trying to conform with the environment in terms of tidiness, sex body shape, and appearance. Teenagers to be acknowledged existence by the group can result in some teenagers behave consumptive. One example in terms of consumptive behavior to follow the social competition against electronic gadgets that increasingly sophisticated and modern. This is supported by research by Rizka and Izzati (2013) which shows that there is a positive and significant relationship between conformity and consumptive behavior in adolescents in Trimurti High School Surabaya. Teenagers will continue to adjust to their peers and continue to perform conformity behavior and consumptive behavior in order to continue to get social acceptance from peers so as to increase self-esteem.

CONCLUSION

The results of this study indicate that there is no positive and significant relationship between body image with self-esteem in early adolescent girls in Kuta Alam District Banda Aceh. This can be because the body image of early adolescent girls is influenced by 3 interrelated and sustainable factors, namely biological development, socio-cultural influence, and physical environment in Banda Aceh.

Biological developments in adolescence make teenagers become very concerned about his body (preoccupation). In addition, socio-cultural conditions in Aceh teach and demand individuals to dress up covering aurat. Culture in Aceh also emphasizes individuals to develop themselves on aspects of competence and ability rather than aspects of physical appearance. Improvement of self-esteem in early adolescent girls in Kuta Alam district Banda Aceh predicted influenced by science, social environment, and physical ability (skills) rather than physical appearance

(appearance). In addition, the researchers predicted that other factors affecting early girls' early self-esteem were the socio-economic circumstances of parents of the schoolgirl, school brand, and conformity behavior that resulted in consumptive behavior to rival the social competition against electronic gadgets.

SUGGESTION

Based on the research results can be submitted some suggestions that can be considered for:

1. Early adolescents are expected to continue to improve their self-esteem through improvements in the competence and acceptance aspects of the social environment so that it can be useful for itself and can accept the physical conditions that are developing. In addition, early adolescents are also expected to not make conformity to negative behavior and consumptive behavior as the main indicator in the association with peers.
2. Parents of early adolescents to pay attention to developments, provide support, and educate adolescents to appreciate the state of the body that is developing and develop high self-esteem through the field of competence and social acceptance. Parents are also expected not to educate children with a success orientation based on material but rather on their competence. In addition, parents are also expected to remind and can change the perception of adolescents that the beauty of the individual does not lie in aspects of appearance but more on the aspect of competence and the formation of good morals in accordance with Islamic Shari'a.
3. The school is expected to continue to hold competitions to improve the competence of early adolescents and can hone the ability of teenagers so as to increase adolescent self-esteem.
4. The next researcher; in order to make a measuring instrument using language that is easy to understand by junior high school students so that the results in accordance with the conditions of female students who fill the scale; researchers should assume that attention to the body image begins at other developmental stages of the body and self-esteem focused on other developmental stages (middle adolescence, late adolescence, adulthood, etc.)

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