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## The Relationship between Body Dissatisfaction and Self Esteem among University X Students in Bandung City

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**Abstract:** Having a good image and attraction to students is a big thing. With a bad body image, concerns arise within the individual. This research examines the relationship between body dissatisfaction (body dissatisfaction) and self-esteem (self-esteem) in Psychology students at the University of Indonesia. The method used in this research is a quantitative method with nonprobability sampling and purposive sampling techniques. The total research sample was 34 participants using the Multidimensional Body Self Relations Questionnaire-Appearance Scales (MBSRQ-AS) and Rosenberg Self-Esteem Scale. Based on the results of the analysis, it shows that 50% of respondents have a high level of body dissatisfaction and 58.8% have low self-esteem. And the research results show a significant relationship between body dissatisfaction and self-esteem with a calculated t value of 2.498 which is greater than the t table of 2.0324 at a significant level of 0.018 ( $p < 0.05$ ), which means that body dissatisfaction has a significant effect on self-esteem. self. This research emphasizes the importance of attention to body image issues that help individuals feel more comfortable and satisfied with their own bodies, and suggests that students learn to love themselves and be more aware of their abilities to increase their self-confidence.

**Keyword:** Body Dissatisfaction, Self Esteem, College Student

### INTRODUCTION

Students are developmentally at early adulthood. Early adulthood for individuals is a quite complex period, where individuals begin to experience many problems in their lives. Dariyo (in Putri, 2019) explains that early adulthood is at an age where they will have greater roles and responsibilities than previous ages. The problems that arise are love, family, friendship, work and also adjustment to one's environment. Apart from that, if we look attractive, this will make us confident in meeting friends and even the opposite sex. Suseno and Dewi (in Maemunah 2021) stated that having an attractive body is the main thing because physical attractiveness is a key in carrying out relationships in everyday life. Therefore, we can

conclude that having a good image and insight in students is a big thing. With a bad body image, this creates concern within the individual.

This worry is what triggers the emergence of Body Dissatisfaction. Body Dissatisfaction or what can also be called dissatisfaction with body shape, is an individual's negative thoughts, feelings and judgments. Dissatisfaction with body shape according to Rosen and Reiter (Asri & Setiasih, 2004; Izza & Marhadayani, 2011) is the mind's preoccupation with negative assessments of physical appearance and feelings of shame about one's physical condition when in a social environment. In addition, body dissatisfaction occurs when the perception of a person's actual weight and body shape does not meet desires or expectations (Wade, George, & Atkinson, 2009). The level of satisfaction with an individual's body shape determines the individual's perspective on themselves. So that indirectly, body dissatisfaction influences an individual's satisfaction with their body regarding self-esteem (Secord & Jourgard, in Grogan, 1999). Individuals with good body dissatisfaction tend to have good self-esteem, and vice versa, if individuals experience body dissatisfaction they tend to have low self-esteem.

Coopersmith (1959) found a consistent relationship between physical attractiveness, weight and height and self-esteem. Individuals with attractive physical conditions tend to have better self-esteem compared to those with less attractive physical conditions. Neff & Vonk (2009) say that self-esteem and also evaluations of adequacy that come from positive self-assessments, consistently correlate with high body satisfaction (body dissatisfaction). Wasylikiw (2012) states that apart from promoting a more positive body feeling, high self-esteem also has benefits in increasing happiness, initiative and also resilience. This is in line with research by Hatata et al (2009) which found that body image dissatisfaction is related to low self-esteem.

Based on the description that has been presented, this research would be interesting to carry out, because there are still many students who do not accept themselves as they are, especially their body shape and appearance, so this will reduce their self-esteem. Therefore, researchers want to see whether there is a relationship between body dissatisfaction and self-esteem in students.

## **METHOD**

### **Research purposes**

Based on the problems that researchers have formulated, the aim of this research is to gain precise knowledge about the relationship between body dissatisfaction and self-esteem in Universitas Indonesia Membangun Psychology students.

### **Place and time of research**

The research was carried out in Bandung. Psychology students at the Universitas Indonesia Membangun were chosen because they wanted to find out whether there was a relationship between body dissatisfaction and self-esteem in psychology students at the Universitas Indonesia Membangun, where assessing their body concerns tends to be a problem because these students come from early adulthood. The research period was carried out for 3 months, namely from December 2023 - February 2024.

### **Measurement**

Before collecting data, the author first carried out an expert judgment to determine the readability of the measuring instrument that will be used. After that, the author conducted research on 34 participants who were included in the research sample. This research uses the Body-Self Relations Questionnaire-Appearance Scales (MBSRQ-AS) measuring instrument created by Cash, T.F in 2000. MBSRQ-AS has 35 items, of which 34 items leave 25 valid items

with high reliability. Meanwhile, to measure Self-Esteem by Rosenberg in 1965, it was named the Rosenberg Self-Esteem Scale.

### Research Method

The method used in this research is a method with a quantitative correlational approach. The sampling technique in this research includes non-probability sampling, which means a sampling technique that does not give each element (population member) the same opportunity to be selected as a sample (Sugiyono, 2016: 84). One sampling technique that includes nonprobability sampling is purposive sampling. The sampling technique in this research uses a quota sampling technique. According to the criteria or conditions explained above, the sampling technique used is quota sampling. Quota sampling means a technique for determining a sample from a population that has certain characteristics up to the desired number (quota) (Sugiyono, 2016: 85).

## RESULT AND DISCUSSION

### Result

#### Self Esteem Data

Data regarding Self Esteem is variable showed 38.38 (df=35,  $p < 0.05$ ) and RMSEA = 0.068. Rating of each item uses a 5-point scale in Likert format with 1 = never, 2 = rarely, 3 = sometimes, 4 = often, and 5 = often.

#### Body Dissatisfaction Data

Data regarding Body Dissatisfaction is variable Y. This data is questionnaire data developed by Cash (200), namely the Multidimensional Body Self Relations Questionnaire-Apparance Scale (MSRQ-AS) measuring tool with 34 items ( $\alpha = 0.863$ ). The MSRQ-AS measuring instrument has been declared valid for use with confirmatory factor analysis results showing Chi-Square = 637.16 (df=485,  $p < 0.05$ ) and RMSEA = 0.098. Rating of each item uses a 5-point scale in Likert format with 1 = never, 2 = rarely, 3 = sometimes, 4 = often, and 5 = often.

#### Research Instrument

##### a) Respondent Demographics

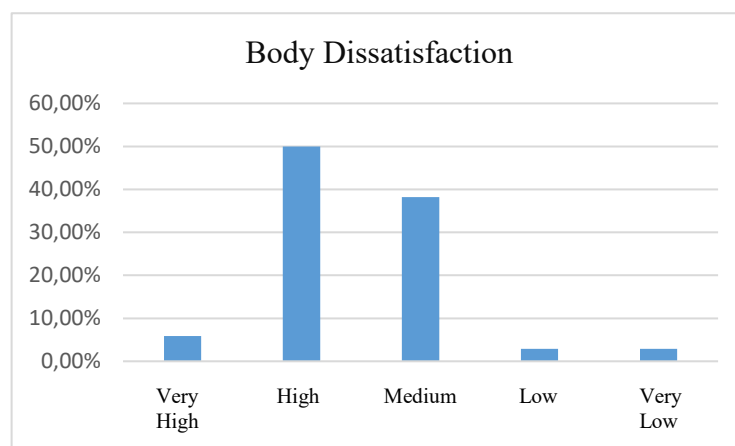


Figure 1. Respondent Demographics

The diagram above shows a general overview of the Body Dissatisfaction variable. It can be seen that as many as 50% of respondents reported that they had a high assessment of body dissatisfaction. Furthermore, 38.20% have a medium rating. This shows that in general

the respondents in this study tend to feel dissatisfied with their body shape.

Furthermore, regarding the Self Esteem variable, the diagram below shows a general description of Self Esteem.

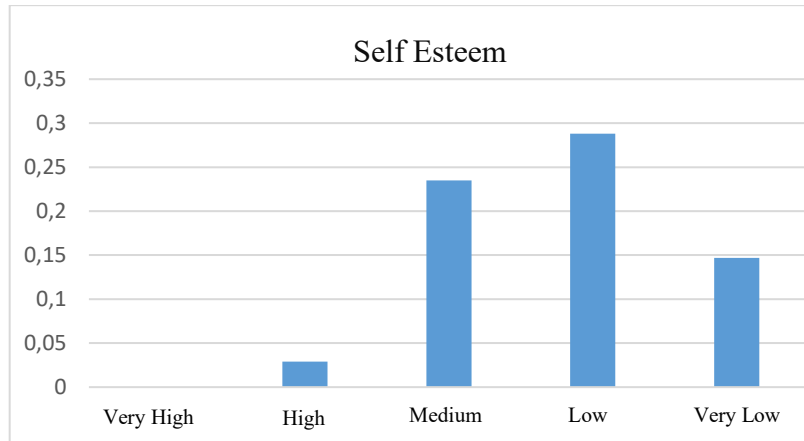


Figure 2. Self Esteem

The results of the diagram above show the distribution of respondents' assessments of the Self Esteem variable, which is categorized into five categories, ranging from very low to very high. As many as 14.7% of participants had very low self-esteem, then 58.8% of participants were in the low category, and 23.5% were in the medium Self-Esteem category. This shows that, in general, respondents in this research tend to have low Self-Esteem.

b) Linear Regression Analysis

Simple linear regression analysis is a statistical method used to test the relationship between one dependent variable (y) and two or more independent variables (x). The goal is to understand how changes in the independent variable can affect the dependent variable. To carry out simple linear regression analysis, we first need to ensure that the data used meets the assumptions of simple linear regression analysis, namely normality, homogeneity and independence:

Tabel 1. Multiple Linear Regression Coefficient Results

		Coefficients <sup>a</sup>				
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	11.992	4.874		.2460	.019
	X	.133	.053	.404	2.498	.018

a. Dependent Variable: Y

From table 4.3, the constant values and simple linear regression coefficient values for the independent variables are listed. Based on this value, the multiple regression value can be determined which is expressed in the following equation:

$$Y = 11.992 + 0.113 (X)$$

From this equation, the results of the multiple regression equation can be explained as follows:

- a) The constant is 11,992. If the self-esteem variable is assumed to be constant, then body dissatisfaction will remain at 11,992.
- b) The regression coefficient value for the self esteem variable (X) in the regression equation shows a value of 0.133 which means that if the self esteem variable is increased by 1% then body dissatisfaction will increase by 11,992.

### c) T Test (Partial)

To test the significance of the regression model for variables, it can be obtained using the t test. This test is used to determine whether the regression model for leadership variables, work facility variables, work environment has a significant effect on employee performance. Below we will explain variable testing. Statistical calculations in the partial t test used in this research were with the help of the SPSS computer program. Furthermore, the results of the t test can be seen in table 4.3 with the hypothesis testers, namely:

1.  $H_0: b_1 = 0$  = Body dissatisfaction has a positive and significant influence on the dependent variable (Self esteem).

From the table above, it can be seen that the test results for the body dissatisfaction variable have a calculated t value of  $2.498 > t_{table}$ , namely 2.0324 with a significance level of 0.018. The significant level is smaller than 0.05, which means that the hypothesis in this study rejects  $H_0$  and accepts  $H_a$ . Thus, it can be interpreted that the hypothesis of this research is that the Body Dissatisfaction variable has a positive, direct and significant effect on Self Esteem.

## Discussion

From table 4.1, it illustrates the level of body dissatisfaction among research respondents. Data shows that as many as 50% of respondents reported having a high assessment of body dissatisfaction. This means that half of the respondents felt very dissatisfied with their body shape. High dissatisfaction with the body is often related to psychological problems such as low self-esteem, eating disorders and excessive stress.

Furthermore, 38.20% of respondents had a moderate assessment of body dissatisfaction. Although this group did not feel particularly dissatisfied, they still expressed significant dissatisfaction with their bodies. These moderate ratings may reflect feelings of ambivalence or dissatisfaction that are less intense than those of the high rating group, but still significant enough to affect their overall well-being.

Overall, this data shows that the majority of respondents, namely 88.20%, tend to feel dissatisfied with their body shape, both at a high and moderate level. Only 11.80% of respondents did not fall into the high or medium dissatisfaction category, which means they probably felt satisfied or neutral with their body shape.

This finding is important because it shows a high prevalence of body dissatisfaction among respondents. This can be caused by various factors, including pressure from the media and society that sets certain beauty standards, as well as individual psychological factors such as self-image and personal experiences.

Further research is needed to understand the factors causing body dissatisfaction and to develop effective intervention strategies. For example, educational programs that focus on body acceptance and diversifying beauty standards can help reduce levels of body dissatisfaction. Additionally, psychological support for individuals experiencing body dissatisfaction can help improve their mental and emotional well-being. Overall, the high levels of body dissatisfaction among respondents to this study highlight the importance of paying attention to body image issues and developing interventions that can help individuals feel more comfortable and satisfied with their own bodies.

Furthermore, table 4.1 also shows the distribution of respondents' assessments of the Self Esteem variable, which is categorized into five categories ranging from very low to very high. Based on the data, as many as 14.7% of participants had very low self-esteem. These figures show that almost one in every seven respondents feels very low in self-confidence and may be experiencing significant problems with self-esteem, such as feeling worthless or inadequate.

Furthermore, 58.8% of participants were in the low self-esteem category. This means that more than half of the total respondents tend to have a negative view of themselves, although not as bad as the group with very low self-esteem. However, low self-esteem still indicates

feelings of inadequacy, lack of self-confidence, and perhaps vulnerability to psychological conditions such as depression or anxiety.

As many as 23.5% of respondents were in the moderate self-esteem category. Participants in this group had a more balanced sense of themselves. They may experience fluctuations between positive and negative feelings about themselves, but overall, they have relatively stable self-esteem compared to the previous two groups.

Thus, only a small portion of respondents may be in the high or very high self-esteem category, considering that the total for the first three categories has reached 97%. This shows that the majority of respondents in this study tend to have low self-esteem.

This finding is important because low self-esteem can have a negative impact on various aspects of a person's life. Low self-esteem is often associated with various psychological problems such as depression, anxiety, and eating disorders. Apart from that, low self-esteem can also affect academic performance, interpersonal relationships, and overall well-being.

The results of this research are in accordance with research conducted by Secord & Jourgard, in Grogan, 1999, which states that body dissatisfaction influences individual satisfaction with their body regarding self-esteem (Secord & Jourgard, in Grogan, 1999). Individuals with good body dissatisfaction tend to have good self-esteem, and vice versa, if individuals experience body dissatisfaction they tend to have low self-esteem.

The results of statistical test calculations on the body dissatisfaction variable show a calculated t value of 2.498, which is greater than the t table of 2.0324 with a significance level of 0.018. Because this significance level is smaller than 0.05, the results of this statistical test are significant. In the context of hypothesis testing, this means we reject the null hypothesis ( $H_0$ ) and accept the alternative hypothesis ( $H_a$ ).

Thus, the research hypothesis which states that the body dissatisfaction variable influences self-esteem is supported by the data. In other words, there is a significant relationship between body dissatisfaction and self-esteem. The calculated t value is greater than the t table and the significance level is below 0.05, indicating that the body dissatisfaction variable does have a real influence on self-esteem.

Furthermore, this influence is positive. This suggests that increases in body dissatisfaction tend to be followed by increases in self-esteem, or conversely, decreases in body dissatisfaction tend to be followed by decreases in self-esteem. This relationship may seem contradictory at first glance, because in general, body dissatisfaction is often associated with low self-esteem. However, a positive relationship in this statistical context could mean that changes in body dissatisfaction are directly proportional to changes in self-esteem, regardless of the direction of those changes.

Further analysis of these results could involve understanding how and why body dissatisfaction affects self-esteem. Factors such as social pressure, unrealistic beauty standards, and social comparison can play an important role in shaping body dissatisfaction. When individuals feel like their bodies do not match the standards they consider ideal, they may experience a decrease in self-esteem.

## CONCLUSION

Based on the results of the research, it can be concluded that the relationship between body dissatisfaction and self-esteem in students at the University of Indonesia Building with a calculated t value that is greater than the t table and a significance level that is below 0.05 indicates that the body dissatisfaction variable is indeed has a marked influence on self-esteem. Therefore, the hypothesis is accepted, the lower the body dissatisfaction, the lower the self-esteem of students at the Universitas Indonesia Membangun.

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