

How Can The Body Image Satisfaction Play A Role In Adolescent Females Interpersonal Relationship?

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Abstract

This study aims to empirically examine the relationship between body image satisfaction and interpersonal relationships in adolescent female. The study used a quantitative method with a subject as many as 100 adolescent females in Indonesia aged 10-19 years from various levels of education. Satisfaction of body image is measured by the scale of MBSRQ-AS as stated by Cash, and has been translated by Rianty (2006). Whereas, interpersonal relations is measured by a scale developed from factors that foster interpersonal relations by Rachmat (2012). The results of data analysis that examined the

relationship between body image satisfaction and interpersonal relationships using Pearson product moment correlation and obtained a correlation coefficient of $r = 0.243$ with a significance level of 0.015 ($p < 0.05$). This indicates that, there is a significant positive relationship between body image satisfaction and interpersonal relationships in adolescent female. The higher the level of satisfaction of body image, the higher the level of interpersonal relationships, and conversely the lower the level of satisfaction of body image, the lower the level of interpersonal relationships.

Keywords: *Body Image Satisfaction, Interpersonal Relationship, Adolescent Female*

1. Introduction

Humans are social beings who always need interaction with other individuals. The ability of individuals in social relations has its own characteristics at each stage of development. In this study, adolescence is an interesting thing to examine in a particular sample range. Based on Bareskrim data (2015), the projection of the Indonesian population in 2014 for the number of adolescents reached around 65 million or 25 percent of the 255 million population. Given this large number and proportion, adolescents knowledge, views, attitudes and decisions are very influential, not only for youth groups but for the entire population, which is not only in the future, but also in the present.

In its social development, adolescents want to be recognized as adults, autonomous roles of community members, and want to obtain special rights, especially from friends, parents, and teachers. However, teens are sometimes too shy to express themselves in front of others (in McKenna, Green & Gleason, 2002). Even when conflicts arise between close friends, adolescents tend to make efforts to resolve arguments and restore relationships. Furthermore, with increasing emotional abilities such as empathy and social understanding, adolescents become more sensitive in understanding and acknowledging how their friends feel when they have a problem. (Yoolim, 2007).

Interpersonal relationship in adolescence, has its own focus at each stage. Transformation in many ways occurs in early adolescence because adolescents are physically and psychologically mature (Brown, 1999). According to Chaplin (2001), interpersonal relationships are all things that take place between two individuals and

characterize processes that arise as a result of individual interactions with other individuals. In establishing interpersonal relationships, adolescent are generally faced with problems regarding their appearance.

According to Conger and Petersen (in Sarafino, 2006), when someone has entered adolescence they will pay more attention to how they look physically and start thinking about how to improve their appearance to make it more attractive. Female who are dissatisfied with their bodies increase during mid adolescence, while boys tend to be more satisfied with their bodies (in Sarwono, 2014). A sense of satisfaction and dissatisfaction is felt by someone while seeking physical appearance to be ideal, while body ideals are generally influenced by what is applicable in society. Someone who is satisfied with her body shape has a good or positive body image, while those who are dissatisfied with her body shape have a bad or negative body image.

Understanding body image according to Artwater (1999) is a mental representation of

our own body shape. This understanding includes how we really feel about our own bodies, including feelings of satisfaction or dissatisfaction with our bodies. Adolescence who have supportive relationships with parents, schools, and their communities tend to develop in a positive and healthy way (Youngblade et al., In Sarwono, 2014). Parents tend to be less positive and more critical about the appearance of their children, from diet to their physical activity when entering and through adolescence (Croll, 2005). Family concerns and pressure may contribute to increased body dissatisfaction and body image problems. Body image dissatisfaction can cause an individual to stay away from the social environment and fellow colleagues (Tylka, in Dotse & Asumeng, 2014).

Media such as television, billboards, films, music videos, video games, computer games, toy dolls, and magazines have delivered interesting images of the ideal physical appearance of beauty, body shape, body size, and weight to adolescent female. In

addition to these media, internet media is also an influence on adolescent cognition, especially regarding their physical appearance. According to the results of national research conducted by the Indonesian Internet Service Providers Association (IISPA) and the Center for Communication Studies, University of Indonesia (UI), the majority of internet users in Indonesia are in the age range of 18-25 years. The number of adolescence in this age group is almost half (49%) of the total number of internet users in Indonesia which reached 88.1 million in 2014 yesterday. A new fact in the gender sector also turns out that internet users in Indonesia are dominated by female (in Maulana, 2015).

Some studies on body image with interpersonal relationship explain various things about this linkage. Kim and Cha (2016), by results of his research show that when individuals who have a very dominant tendency appear on interpersonal relationships that are satisfied with external appearances, they are psychologically less likely to be

withdrawn from social relations. On these problems that have a high level of satisfaction with the physical appearance and positive body image will be more enthusiastic and actively involved in social activities, which will support the formation of friendly and stable interpersonal relationships and reduce negative feelings about themselves. Robertson's (2009) research study shows that women are more critical and self-aware of their bodies than men, although the difference is small. Overall, women are judged to have higher body image satisfaction (body image satisfaction) than men. In terms of quality of relationship, women are reported to have a much higher level than men, both with close friends of the same type and close friends of the opposite gender.

The things described above are a little picture of body image satisfaction and interpersonal relationships in adolescent female. Based on the introduction above, research in Indonesia related to this matter still does not yet exist, especially in adolescence, so

that this research can be a reference material for related research. Several foreign studies have explained empirically that body image satisfaction has a relationship with interpersonal relationships among adolescent female. In accordance with this, this study is useful for research in Indonesia in the range of adolescent samples to show that adolescents who have satisfaction with their body image satisfaction have a positive relationship with their interpersonal relationship.

Based on the above problems, the main question to be answered through this research is: Is there a positive or negative relationship between body image satisfaction and interpersonal relationship in adolescent female? In accordance with it, this study aims to test empirically: The relationship between body image satisfaction and interpersonal relationship in adolescent female.

H1. There is a relationship between body image satisfaction and interpersonal relationship in adolescent females.

2. Research Methods

In accordance with the purpose of the study, namely the relationship between body image satisfaction and interpersonal relationships in adolescent female, this study uses a quantitative approach.

2.1 Population and Sample

The population of this study is all adolescents in the level of education elementary school, junior high school, senior high school, and university, especially those who have the following characteristics: gender female, and age 10-19 years. The subject or sample in this study consisted of students who were part of the education level and characteristics that were same as the population.

2.2 Sampling technique

The sampling technique used in this study was nonprobability sampling. The nonprobability sampling technique used is sampling incidental. According to Sugiyono (2010), incidental sampling is a technique of determining samples by chance or anyone who

happens to (incidental) meet a researcher who is considered to be suitable with the characteristics of the specified sample to be sampled. In this study, adolescent female aged 10-19 years were the main characteristics of the sample, and anyone who was at the same level of education as the population and in accordance with the characteristics specified, the researchers will sampling. The overall subject or sample in this study was 100 people.

2.3 Design

Interpersonal Relationship in this study is known based on the scores obtained in the scale developed based on the factors that foster interpersonal relationships by Rachmat (2012), that is trust, supportive attitude, and open attitude. Body image satisfaction in this study is known based on the scores obtained in the body image scale developed by Cash (2000), with five dimensions of body image with Multidimensional Body Self Relation Questionnaire - Appearance Scales (MBSRQ-AS) measurements, namely: appearance evaluation (evaluation appearance),

appearance orientation, body area satisfaction, overweight preoccupation, self-classified weight.

2.4 Data Collection Techniques

In this study, data collection techniques used is a questionnaire. The questionnaire used contains: the identity of the subject, the scale of the body image satisfaction, and the scale of interpersonal relationship. The identity of the subject consists of: name (initial), gender, age, current education, height, weight, body ideals, opinions, opinions about the ideal body trend, and the influence of the media on body shape. Body image satisfaction scale and interpersonal relationship scale, refers to the likert scale.

2.5 Data Analysis

Testing the hypothesis in this study to see the relationship between body image satisfaction and interpersonal relationship in adolescent female, using product moment pearson correlation analysis techniques with the help of SPSS version 23.00 for Windows computer program.

3. Results

Validity test on the scale of body image satisfaction and interpersonal relationship is done using content validity, with expert judgment. Reliability test on the scale of body image satisfaction and interpersonal relationship scale is done using alpha cronbach technique. The standard reliability coefficient used by researchers in this study was ≥ 0.70 .

From the results of discrimination test the scale of interpersonal relationship, 40 scale items tested produced 26 items passed discrimination tests and 14 items dropped. Discrimination test items move with a correlation range between 0.307 to 0.535. This means that the coefficient on the scale of interpersonal relationship shows the function of the measure or gives the right and accurate measurement results in accordance with the purpose of the study.

From the results of the interpersonal relationship scale reliability test with 40 items, obtained the reliability coefficient number is 0.804. After testing discrimination item by

removing 14 items, and removing the outliers and re-testing 25 items passed discrimination tests, the results of the reliability test were interpersonal relationship scales with a reliability coefficient of 0.822. This shows that the reliability coefficient on the scale of interpersonal relationship has high consistency and value stability.

From the results of discrimination testing items on the scale of body image satisfaction, 34 the items of body image satisfaction tested resulted in 21 items passing different power tests and 13 items falling. Discrimination items move with a range of correlations between 0.313 to 0.535, this means that the coefficients on the scale of the body image satisfaction indicate the function of the measure or provide accurate and accurate results according to the purpose of the study.

From the results of the body image satisfaction reliability test with 34 items, the reliability coefficient was 0.799. After discrimination testing has been carried out by deleting 13 items that were dropped, as well as

deleting outliers and re-testing 21 items passed the discrimination test, the results of the body image satisfaction scale, scale reliability test were obtained with a reliability coefficient of 0.815. This shows the reliability coefficient on the scale of body image satisfaction has high consistency and stability.

The normality test in the study of the relationship between body image satisfaction and interpersonal relationship in adolescent female using the Kolmogorov smirnov test technique. Based on the normality testing on the scale of body image satisfaction obtained a significance value of 0.200 ($p > 0.05$) this shows that for the body image satisfaction

Variables	R	Sig	P
Body Image Satisfaction and Interpersonal Relationship	0,243	0,015	< 0,05

variable has a normal score. Then on the scale of interpersonal relationship obtained a significance value of 0.200 ($p > 0.05$), this indicates that interpersonal relationship variables have a normal distribution of scores.

The linearity test in the study of the relationship between body image satisfaction and interpersonal relationships in adolescent female obtained a significance level of 0.015 ($p < 0.05$) indicating that this data is linear.

The hypothesis that will be tested in this study is "There is a relationship between body image satisfaction and interpersonal relationships in adolescent female". In this study the hypothesis test used is a bivariate correlation technique, to see whether there is a positive relationship between body image satisfaction and interpersonal relationships in adolescent female. Test the relationship using the product moment Pearson correlation technique.

Table 1. Hypothesis Test Product Moment Pearson Correlation

The results of hypothesis analysis indicate that the correlation coefficient value is $r = 0.243$ with a significance level of the test of 0.015 ($p < 0.05$) which means the hypothesis is accepted, namely there is a significant positive

relationship between body image satisfaction and interpersonal relationship in adolescent female, where the higher the level of body image satisfaction, the higher the level of interpersonal relationship. Conversely, the lower the level of body image satisfaction, the lower the level of interpersonal relationship.

The mean empirical calculation results, mean hypothetical and standard deviations on body image satisfaction variables and interpersonal relationship variables can be seen in the following table:

Table 2. Empirical Mean, Hypothetical Mean and Standard Deviation Variables

*a=body image satisfaction, b=interpersonal relationship, EM=empirical mean, HM=hypothetical mean, SD=standard deviation

Interpersonal relationships categories based on the distribution of interpersonal relationship scales. It is known that the empirical mean on the interpersonal relationship scale is 98.84. From the figure 1, it can be seen that the value is included in the high category. This shows that in general the

subjects in this study had a high interpersonal relationship.

Body image satisfaction categories based on the distribution of body image satisfaction scale. It is known that the empirical mean on the scale of body image satisfaction is 72.08. From the figure 2, it can be seen that the value is included in the medium category. This shows that in general the subjects in this study have moderate body image satisfaction.

	EM	HM	SD
a	72,08	63	14
b	98,84	75	17,3

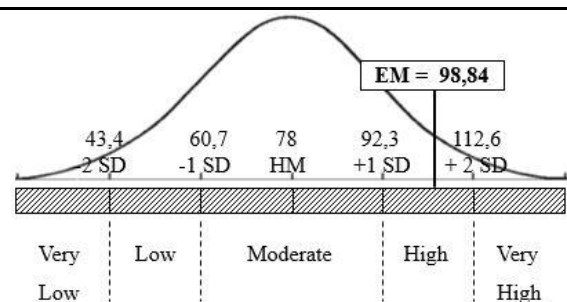


Figure 1. Interpersonal Relationship Category

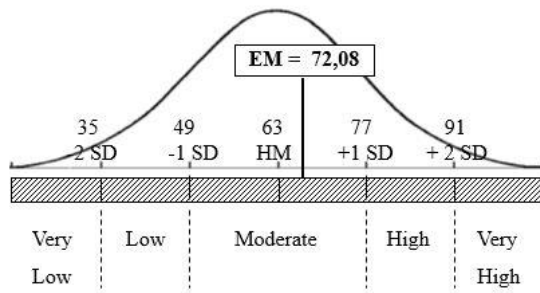


Figure 2. Body Image Satisfaction Category

The next result is a description of the subject based on identity data in the research questionnaire. Among them are data on age, education, body ideals, media influence on body image, which has been completed by each subject of research.

Description of Subjects Based on Age.

The subjects in this study were adolescent female with an age range from 10-19 years. By looking at the table 3, it can be seen that body image satisfaction and interpersonal relationships at the age of 13-15 years are higher than other ages.

Description of Subjects Based on Education. The subjects in this study were adolescent female from various educational

backgrounds. By looking at the table 4, it can be seen that the body image satisfaction and interpersonal relationship in subjects with junior high school education are higher than others.

Description of Subjects Based on Body Ideality.

The subjects in this study were adolescent female with categories that already had an ideal body and not yet. By looking at the table 5, it can be seen that the body image satisfaction and interpersonal relationship in the subject who view the body is not ideal are higher than the one who has view body is ideal.

Description of Subjects Based on Media Influence on Body Image.

The subjects in this study were adolescent female with a media category influencing the body image or not. By looking at the table 6, it can be seen that body image satisfaction and interpersonal relationships on subjects is higher who think the media has an influence on body image, than subjects who think the media has no influence.

Table 3. Empirical Mean Based on Subject Age

Age	Frequency	Percentage (%)	Empirical Mean			
			Body Image Satisfaction	Category	Interpersonal Relationship	Category
10-12	47	47 %	70,40	Moderate	97,97	High
13-15	12	12 %	74,75*	Moderate	102,58*	High
16-19	41	41 %	73,21	Moderate	98,73	High
Total	110	100%	-	-	-	-

*) higher score

Table 4. Empirical Mean Based on Subject Education

Education	Frequency	Percentage (%)	Empirical Mean			
			Body Image Satisfaction	Category	Interpersonal Relationship	Category
Elementary School	49	49 %	70	Moderate	96,91	High
Junior High School	8	8 %	76,37*	Moderate	102,25*	High
Senior High School	30	30 %	74,3	Moderate	99,76	High
University	13	13 %	72,15	Moderate	98,30	High
Total	100	100%	-	-	-	-

*) higher score

Table 5. Empirical Mean Based on Subject Body Ideality

Body Ideality	Frequency	Percentage (%)	Empirical Mean			
			Body Image Satisfaction	Category	Interpersonal Relationship	Category
Already	59	59 %	50,03	Moderate	69,20	Moderate
Not Yet	41	41 %	103,80*	High	141,48*	Very High
Total	100	100%	-	-	-	-

*) higher score

Table 6. Empirical Mean Based on Media Influence on Body Image

Media Influence	Frequency	Percentage (%)	Empirical Mean			
			Body Image Satisfaction	Category	Interpersonal Relationship	Category
Yes	53	53 %	73,35*	Moderate	99,41*	High
No	47	47 %	70,63	Moderate	98,19	High
Total	100	100%	-	-	-	-

*) higher score

4. Discussion

The empirical test results from 100 subjects showed that there is a relationship between body image satisfaction and interpersonal relationships in an adolescent female. Correlation analysis using the product moment Pearson correlation technique obtained a correlation coefficient of $r = 0.243$ with a significance level of 0.015 ($p < 0.05$) which means that there is a significant positive relationship between body image satisfaction and interpersonal relationships in young women. The higher the level of body image satisfaction, the higher the level of interpersonal relationship, whereas the lower the level of body image satisfaction, the lower the level of interpersonal relationship. This is supported by research conducted by Kim and Cha (2016), entitled effects of body image satisfaction and interpersonal relationships on depression among nursing students in Korea. shows that body image satisfaction has a positive relationship to the components of interpersonal relationship.

From the results of empirical tests it was found that body image satisfaction in adolescent female in this study included in the medium category. The adolescent female in this study are very possible in perceiving their physical appearance quite well so they are able to have a moderate body image satisfaction. According to Steinberg (2005), the stage of adolescent development is considered as a stage that has the greatest risk for developing problems regarding body image. Many factors help the presence of satisfaction in adolescents regarding their body. One of the supporting factors that influence body image satisfaction is socialization. Friends, parents, and significant others influence them in seeing the body image. Berg (2001), explains that parents' views on their bodies can influence how a child views his own body.

From the results of empirical tests it was found that interpersonal relationship in adolescent females in this study included in the high category. An adolescent female in this study, very possible in social relations very

well, so as to be able to have a high interpersonal relationship. This is consistent with the study of Robertson (2009), which shows that women on average are more critical and self-aware of their bodies than men, although the difference is small. However, overall women are considered to have a higher body image satisfaction than men. In terms of the quality of relationships, women are reported to have a much higher level than men, both with close friends of the same type and close friends of the opposite gender.

Based on the research, this study also shows that adolescent female involving body image satisfaction will have a much higher interpersonal relationship. In addition, according to Hurlock (1999), adolescence is a period of identity searching. According to him, adolescents are ordinary people who are social beings so they will try to find their identity whether in groups, the environment or idolizing someone.

Based on the calculation of the subject's description according to age range, it is known

that body image satisfaction and interpersonal relationships among adolescent female aged 13-15 years are higher compared to other ages. Adolescent female who were at the age of 13-15 years in this study were very likely to view their bodies and in social relations had better abilities than other ages. According to Gallivan (2014), body satisfaction is at a low level at the age of 12-15 years. Adolescent who are dissatisfied with their bodies increase during the middle of adolescence (in Sarwono, 2014). This mismatch can be caused by the tendency of adolescent female in the middle ages to appear on social relations. According to Kim and Cha (2016), when individuals who have a very dominant tendency appear in interpersonal relationships who are satisfied with outward appearances, then psychologically they are less likely to be drawn from social relations, on those problems that have a high level of satisfaction with the physical appearance and positive body image will be more enthusiastic and actively involved in social activities, which will support the

formation of friendly and stable interpersonal relationships and reduce negative feelings about themselves.

Calculation of subject description based on education level, it can be seen that body image satisfaction and interpersonal relationship at junior high school education level is higher than other levels of education. Adolescent female who are at the junior high school level in this study are very likely to view their bodies and in social relations have better abilities than other levels of education. According to Gallivan (2014), in the middle of school those who are active with their social relations will provide a positive relationship about body image satisfaction. Good social relations will help them to see positively about their physical appearance. According to Zandvliet, et. al. (2014), the relationship between teacher and student is very important to provide good development in the lives of children. The adolescent female in this study, who were at the junior high school level, were very likely to have very good relationships

with teachers and friends so that they had satisfaction with body images that were higher than other educational levels even though they were in puberty, social change, etc.

The calculation of the subject's description based on the ideals of the body, it can be seen that the body image satisfaction and interpersonal relationship with the subject who view the body is not ideal is higher than the one who has view ideal their body. Adolescent female who view their body not ideal in this study, it is very possible to view their bodies and in social relations have better abilities than those who have an ideal body view. According to Chen (2015), if the ideal body is impossible to achieve by people in general, then there will be a number of people who are unsatisfied. Adolescent female who view the body are ideal, it is possible not to pay too much attention to their appearance. According to Gallivan (2014), during the early years of adolescence, women began to face various activities such as giving opinions, going to school, going to the swimming pool,

etc. This is because they feel bad about their appearance. At this time, they began to be active in tidying up their appearance, and building good social relationships which were related to their body image satisfaction. So that even though they think their bodies are not ideal, it is possible for them to do a lot of social activities that allow them to see positively about their own bodies.

Calculation of subject descriptions based on the influence of the media on body image, it can be seen that body image satisfaction and interpersonal relationships on subjects who think the media has an effect on body image is higher, compared to those who think the media has no influence. Adolescent female who think the media has an influence on body image in this study, are very possible in perceiving their bodies and in social relations have better abilities than those who think the media has no effect. According to Gallivan (2014), a study from the University of Haifa found "the more time girls spent on Facebook, the more the conditions of poor body image, the negative

the approval of eating, and the more urgent it is to be on a weight loss diet". The study also shows that adolescent female whose parents participate in overseeing their media use will be more resistant to the negative effects that affect them where the parents are not affected by media publications. Chen (2015), explained that education that ensures people understand what they see on television and magazines does not reflect real life, can help them overcome the problem of body image. The awareness of adolescent female in this study who think the media influences the body image, gives a positive influence on the way they see their own bodies, so that this is related to increasing their interpersonal relationship.

5. Conclusion

Based on the results of the study, it can be concluded that there is a positive relationship between body image satisfaction and interpersonal relationships in adolescent female. The higher the level of body image satisfaction, the higher the level of

interpersonal relationship and conversely the lower the level of body image satisfaction, the lower the level of interpersonal relationship. Based on the description of the research variables, it is known that body image satisfaction in the research subject is in the medium category. While interpersonal relationship in the research subject, is in the high category. This shows that the subject in this study involved body image satisfaction as a factor related to interpersonal relationship.

6. Limitations

In the process of retrieval of data, researchers experienced a little difficulty because when the questionnaire was spread out on average elementary, junior high, high school students, the students were running both written and practical exams in school and university. In addition, some elementary school students in grades 5 and 6 still did not understand how to fill out questionnaires, so they needed a good explanation from the researchers. The spread of questionnaires

through google form, which was slow in response, also made researchers continue to search for subjects that fit the research criteria to help researchers collect data.

7. Future Research

For future research, it is expected to consider the age determination of research subjects according to the theory that is closer to the age of adolescents in the research area, because it will have an impact on the accuracy of the results of these studies. In addition, future research is also able to compare body image satisfaction and interpersonal relationships between male and adolescent female in the related research areas.

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