

Research article

The Relationship Between Body Image and Confidence in Obese Students at Muhammadiyah University of Sidoarjo

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Abstract.

The current study examined the relationship between body image and self-confidence in obese female students at the Muhammadiyah University of Sidoarjo. The study sample included 72 obese female students selected using the purposive sampling technique. Data were collected using the two scales – body image and self-confidence. Data analysis was carried out using Pearson's product-moment correlation test which indicated a significant relationship between body image and self-confidence in the studied participants with a correlation coefficient of 0.287 with a significance level of 0.007, that is, <0.05. The determinant coefficient test showed a result of 0.082 (R square), which explains that in this study, the body image variable had an effect of 8.2% on the students' self-confidence. The test results show that the hypothesis can be accepted.

Keywords: body image, self-confidence, obese female students

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1. Introduction

Students are included in early adulthood, which has an age range of 18 years to 25 years. Early adulthood is a period of transition from adolescence to adulthood. Early adulthood is very vulnerable to experiencing problems, this is influenced by internal and external factors such as environmental factors, society and peers. Early adulthood has problems faced in living their lives, both in terms of individual, cultural, social and physical [1]. On the other hand, there are problems faced by students such as obesity (obesity). Obesity problems experienced by students can cause psychological problems such as stress, anxiety, depression and self-confidence [2].

Obesity not only causes health problems but also causes psychological problems. Someone who is overweight tends to stay away from crowds and lacks confidence in socializing with the surrounding environment. Sometimes a person with a consequent

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risk of obesity becomes a victim of verbal bullying. This causes a person at risk of obesity to experience depression, hopelessness, and lack of confidence. This is certainly inseparable from the response received by someone from the environment related to himself, where someone who has an attractive appearance tends to get a positive response from the surrounding community compared to someone who is less physically attractive. Therefore, it is not uncommon for a person to be preoccupied with body issues and developing an individual image of his body image. Physical appearance and ideal body shape indirectly have a positive effect on the development of one's self-confidence, including people who are obese.

Overweight (obesity) will result in health risks, including diabetes, heart disease, high blood pressure and others. Overweight (obesity) not only causes health problems but also causes psychological problems, so that it will affect a person's level of self-confidence [3]. Self-confidence is a very important thing for every individual to have [4]. Self-confidence is often experienced in early adulthood, especially for women who are obese.

Someone who has a low *body image*, it will reduce the confidence that someone has. Someone who feels insecure and has low self-confidence in his body can cause that person to have a negative mindset so that anxiety will appear [5]. Self-confidence can decrease when someone is concerned about physical appearance. The existence of a tendency to be overweight or obese can be disturbing and a source of concern and lack of self-confidence for years, so that a person will feel vulnerable to various psychological problems [6].

Confidence in obese female students had occurred at the Muhammadiyah University of Gorontalo in January 2019 with a total of 37 respondents getting the results of mild obesity as many as 20 people (54.1%), moderate obesity as many as 15 people (40.5%), and high obesity as many as 2 people (5.4%) [7]. Research (Putri, 2015) there is a relationship between *body image* and self-confidence in obese female students at the University of Muhammadiyah Surakarta using respondents who have a vulnerable age of 18-24 years, getting very low results of 0%, moderate category of 30.5%, while the high category is 49.2%, and the very high category is 20.3% [8].

The phenomenon of self-confidence at the level of higher education is also found at the Muhammadiyah University of Sidoarjo. It can be proven through the results of a survey on 20 female students who are obese and 20 female students who are not obese at the faculties of FPIP, FBHIS, FAI, FST, Muhammadiyah University of Sidoarjo, as follows:

TABLE 1: The Level of Confidence in Students Who Have Obesity.

No.	Faculty	Amount	Confidence Level			Aspect
			T	S	R	
1.	FPIP	20	20%	25%	55%	Too much comparison of yourself with others .
2.	FBHIS	20	10%	30%	60%	Not sure about their abilities .
3.	FAI	20	25%	25%	50%	Do not dare to communicate with the environment .
4.	FST	20	20%	35%	40%	Always hesitate in doing activities .

Based on the table 1, the results for FPIP faculties in the high category of 20%, FBHIS in the high category of 10%, FAI in the high category of 25% and FST in the high category of 20%. From the survey results, it can be concluded that obese female students at Muhammadiyah University of Sidoarjo have low self-confidence.

TABLE 2: Level of Confidence in Non - Obesity College Students.

No.	Faculty	Amount	Confidence Level			Aspect
			T	S	R	
1.	FPIP	20	50%	35%	15%	Always be confident in your abilities
2.	FBHIS	20	45%	40%	15%	Confident in his abilities
3.	FAI	20	40%	30%	30%	Dare to take risks
4.	FST	20	50%	30%	20%	Do not close yourself in socializing with the surrounding environment

Based on the table 2, the results for the high category of FPIP faculties are 50%, high category FBHIS is 45%, FAI high category is 40%, and FST high category is 50%. From the survey results, it can be concluded that female students who are not obese at Muhammadiyah University of Sidoarjo experience high self-confidence.

Factors that affect a person’s confidence are internal and external. Internal factors such as self-concept, self-esteem, physical condition and life experiences. While external factors such as education, work, environment, and life experience. Many factors can affect a person’s self-confidence, one of which is physical appearance, physical appearance is very closely related to the individual’s image and perception of his body shape. This image and perception is called *body image* [9]. *Body image* is influenced by several factors, namely gender, mass media, interpersonal relationships, and family. these factors affect the self-confidence that women have [10].

According to (Khikmah, 2017) *body image* is a picture that we have in our minds including body size and body shape. This causes a person to feel anxious and nervous when other people evaluate him and his body shape [11]. The way a person views himself and his body greatly influences how a person plays a role in social life. So that it affects a person's ability to handle the social situation he is experiencing. *Body image* is a person's picture of the shape and size of his own body. This picture is influenced by actual body shape and size, feelings about body shape and expectations of the desired body shape and size [12]. In this case, obese female students pay more attention to appearance and body shape to look attractive, and are confident because they have less than ideal body sizes and body shapes.

Based on the explanation above, it can be concluded that the level of self-confidence in obese female students can be seen from the self-concept factor, and physical condition. With the existing phenomena, the authors are interested in making a study entitled *The Relationship of Body Image with Self-Confidence in Obesity Students at Muhammadiyah University of Sidoarjo*.

2. Method

The type of research used in this research is using correlational quantitative methods. The population in this study were 120 obese students at Muhammadiyah University of Sidoarjo who had the characteristics of women aged 18-25 years and obese (25.0 - 30 kg/m²). The sample in this study were 72 obese female students at the Muhammadiyah University of Sidoarjo who had met the criteria determined by the researcher. The sampling technique in this study used a *purposive sampling* technique. The data collection technique in this study used a *Likert scale*. Self-confidence scale ($\alpha = 0.817$) and *body image scale* ($\alpha = 0.895$). In this study, researchers used a self-confidence scale and a *body image scale*. The self-confidence scale measures self-efficacy beliefs, is optimistic, objective, responsible, rational and realistic. Then the *body image scale* measures aspects of perception of body parts and overall appearance, aspects of comparison with other people and socio-cultural aspects. The technique used in this research is *product moment correlation* to analyze the data, the researcher tested the correlation between the factors which aimed to prove that each factor in the self-confidence and *body image instrument* had truly revealed the defined construct. This study uses a significance level of 5% (0.05) so that if $p < 0.05$ then the hypothesis is normal, whereas if $p > 0.05$ then the hypothesis is not normal. This analysis process uses computer statistical calculations with *SPSS 16.0 software for windows*.

3. Results and Discussion

3.1. H research results

The text of the normality test results for *body image variables* with self-confidence. The significance value of the *body image* from the *Kolmogorov-Smirnov test* shown in the table above is 0.049, which means less than 0.05, which means that the distribution is not normal. The significance value of the self-confidence variable is 0.426, which means more than 0.05, it can be concluded that the distribution is normal.

TABLE 3: Hypothesis Test Results

Correlations			
		BODY IMAGE	CONFIDENCE
BODY IMAGE	Pearson Correlation	1	.287 **
	Sig. (1-tailed)		.007
	N	72	72
CONFIDENCE	Pearson Correlation	.287 **	1
	Sig. (1-tailed)	.007	
	N	72	72

** . Correlation is significant at the 0.01 level (1-tailed).

Based on the table 3, the coefficient $r_{xy} = 0.287$ with a significance of $0.007 < 0.05$ (less than 0.05). So it can be concluded that the hypothesis in this study can be accepted. This means that there is a positive relationship between *body image* and self-confidence.

TABLE 4: Standard Deviation and Mean.

Descriptive Statistics					
	N	Minimum	Maximum	mean	Std. Deviation
BODY IMAGE	72	38	121	90.42	17,941
CONFIDENCE	72	116	184	148.25	14,710
Valid N (listwise)	72				

Based on the table 4, it can be seen that on the self-confidence scale, the theoretical mean (μ) is 148.25 and the standard deviation (σ) is 14.710. On the *body image* scale , the theoretical mean (μ) is 90.42 and the standard deviation (σ) is 17.941.

Based on the table 5, it can be concluded that there are 7 female students who have a very low *body image* , there are 7 female students who have low *body image* , there are 38 female students who have moderate *body image* , there are 16 female students

TABLE 5: Subject Score Categorization.

Category	Subject Score			
	<i>Body Image</i>		Confidence	
	student	%	student	%
Very low	7	9.7	4	5.7
Low	7	9.7	15	20.8
Currently	38	52.8	32	44.4
Tall	16	22.2	14	19.4
Very high	4	5.6	7	9.7
Amount	72	100%	72	100%

who have a low *body image*. high, and there are 4 female students who have a very high *body image* .

The subject score category on the self-confidence scale can be concluded that there are 4 female students who have very low self-confidence, there are 15 female students who have low self-confidence, there are 32 female students who have moderate self-confidence, there are 14 female students who have high self-confidence, and there are 7 female students who have very high self-confidence.

From the sub-discussion of the categorization above, it can be concluded that obese female students at Muhammadiyah University of Sidoarjo have a *body image* that tends to be moderate. This can be seen in the subject score categorization table where the percentage and number of obese female students moves from high to moderate. In contrast to the self-confidence possessed by obese students at the Muhammadiyah University of Sidoarjo, which tend to be moderate, this can be seen from the percentage and number of obese students who move from low to moderate.

4. Discussion

Based on the results of the data analysis above, indicating a positive relationship, the correlation coefficient $r_{xy} = 0.287$ with a significance of $0.007 < 0.05$ (less than 0.05). It can be concluded that in this study it was accepted and in this study there was a positive relationship between *body image* and self-confidence. This shows that the higher the *body image* , the higher the self-confidence of obese female students. Likewise, the lower the *body image* , the lower the self-confidence possessed by obese students at the Muhammadiyah University of Sidoarjo. The results of this study are also in accordance with previous research, entitled The Relationship of *Body Image* with Self-confidence in UIN Ar-Raniry Banda Aceh Students, which stated that there was

a significant positive relationship between *body image* and self-confidence [13]. This shows that the higher the *body image*, the higher the self-confidence possessed by the individual.

From the analysis above, it shows that obese female students at Muhammadiyah University of Sidoarjo have self-confidence in the moderate category. It can be concluded that many factors affect the self-confidence of obese female students at Muhammadiyah University of Sidoarjo. *Body image* is one of the factors that influence self-confidence in obese female students at Muhammadiyah University of Sidoarjo. Judging from the coefficient of determination in this study, it can be interpreted that the *body image variable* in this study contributed 8.2% to the confidence variable, the remaining 91.8% was influenced by other factors that were not focused on this research.

5. Conclusion

It can be concluded that there is a positive relationship between *body image* and self-confidence in obese female students at the University of Muhammadiyah Sidoarjo. The results of this study indicate that the correlation coefficient $r_{xy} = 0.287$ with a significance level of $0.007 < 0.05$, which means the hypothesis in this study can be accepted. The higher the *body image*, the higher the self-confidence possessed by obese students at the Muhammadiyah University of Sidoarjo. *Body image* can affect self-confidence with an *R square value* of 8.2%.

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