Conference Paper

Body Image as a Predictor of Psychological Well-being in Early Adolescent Girls

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Abstract.

This research is motivated by the low psychological well-being experienced by early adolescents, especially girls. This study aims to determine the effect of body image on psychological well-being in early teenage girls at SMPN 4 Malang City. This study uses a quantitative approach and correlational research methods. The population in this study were all SMPN 4 Malang City students, with 186 students taking samples through a simple random sampling technique. Data collection uses a Likert scale in the form of a body image scale (reliability = 0.86) and a psychological well-being scale (reliability = 0.87). The data analysis technique using simple regression analysis, using SPSS 21, obtained a significance of 0.00 <0.05, which means that there is a significant positive impact on body image variables on psychological well-being with a moderate category of 38.7%.

Keywords: body image, psychological well-being, an early teenage girl

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1. Introduction

Adolescence, according to Santrock [1], is a period of development and change that includes biological, socio-emotional, and cognitive aspects of the individual as a form of transition from childhood to adulthood. Adolescence is a crucial age in the course of an individual's life because it is a transition from childhood and a determinant of maturity in adulthood [2]. Santrock [1] explains that adolescence is divided into 2 phases, namely the initial phase and the final phase. Early adolescence is the age range of 10 or 13 years to 17 or 18 years. The final period (late adolescence) is in the middle of the second decade of human life ranging from 17 or 18 years to 21 or 22 years. Due to this age range, early adolescence is often associated with those who are in junior high school (junior high school).

According to Havirghurst [3], entering adolescence is always associated with various kinds of developmental tasks in an individual's life. One of them is by obtaining an

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ethical system and values as guidelines for behavior and ideological development. Meanwhile, Erikson [1] states that the main task in adolescent development cannot be separated from "identity versus identity confusion." The task is so that teenagers are able to know and explore their personalities to become unique adult individuals. In this case, teenagers from the beginning of their period have been faced with various challenges in order to find out who they are, the direction to be taken, and how they will later live in life. Adolescents who are able to go through a period of identity exploration well will tend to have self-acceptance and be able to build good relationships with their environment, all of which are part of the dimensions of psychological well-being [4-7].

Talking about psychological well-being in early adolescence means that there are good psychological conditions in adolescents, and there is no indication of mental disorders [8]. But in fact, many teenagers today are filled with problems and pressures, so they are vulnerable to having low PWB (Willis, 2014) [9]. The low PWB in early adolescents is reviewed through their tendency to experience psychological and emotional disorders (Rao & Raju, 2012) [10]. In Indonesia itself, the mental well-being of teenagers has been getting worse since the outbreak of the Covid-19 pandemic (Wiguna et al., 2020) [11]. In the results of the study, he showed that 10.6% of research subjects were at risk of experiencing emotional problems. Further, Fitria & Ifdil (2020) [12] said that Indonesian teenagers are now experiencing anxiety with a high category of 54%. These phenomena indicate a tendency for mental and emotional disorders as a sign of the condition of a person with low PWB, which is usually characterized by symptoms of anxiety, loneliness, distress, suicidal ideation, and depression (Rao & Raju, 2012) [10]. In another study, Soputan and Mulawarman (2021) [13] also found that 17.32% of adolescents had low psychological well-being. In line with these results, Syabana & Eko (2021) [14] stated that 27.4% of the female students in their research belonged to the category of low psychological well-being.

Psychological well-being (PWB) or better known as psychological well-being, is a condition in which a person is able to recognize, explore, and have unique potential for himself. Based on Ryff [5], PWB is a term to describe the psychological health of a person according to the role of positive psychology (positive psychological functioning). More specifically, Hurlock [15] reveals that PWB is a condition when a person has fulfilled three types of happiness, consisting of happiness of affection, acceptance, and achievement. These three types of happiness are easily achieved if individuals are optimally able to carry out their functions and duties. Thus, it can be concluded that adolescents will achieve happiness in psychological well-being if they are able to carry

out their developmental tasks optimally, including in dealing with identity versus identity confusion.

Psychological well-being (PWB) is also influenced by several aspects, including age, gender differences, culture, religiosity, social support, personality, and stress [16]. Psychological well-being is the key to welfare for individuals in maximizing their potential and is subjective [17]. One of the dimensions of psychological well-being is self-acceptance. According to [17], self-acceptance is heavily influenced by body image in the form of culture and community standardization regarding appearance and beauty. Cash & Pruzinsky [18] describe body image as t is a multidimensional construct related to perceptions, feelings, thoughts, and experiences of the personal body. Thus, it can be concluded that body image is a person's value and assessment of his body against the relationship between the judgments of others and social norms in his environment.

Body image is one of the most important indicators of adolescent physical and psychological well-being [19]. According to Conger and Petersen [20], someone who enters adolescence will pay more attention to their physical appearance and start thinking about how to improve their physical appearance to make them more attractive. During the period of growth, the physical shape is one of the aspects with the most obvious changes, so it becomes more of a concern for teenagers to conform to the desired shape [21].

In the adolescent development phase, women are found to be more stressed than men [22]. Konstanski & Gullone [23] stated that adolescent girls and boys have different body perceptions and behaviors because girls are more likely to feel that they are overweight and try to lose weight than boys. Several studies have shown that adolescent girls are more susceptible to emotional stress such as depression and anxiety. These differences may have an impact on well-being, as PWB among adolescent girls and boys differs during this time, while body perceptions and behaviors are increasingly emphasized [24].

Hendarko & Muhana [25], in their research, stated that there was a good high bond between body image in female PWB with a correlation of 0.396 and an effective contribution of 12%. Meanwhile, [17] stated that there was a high positive relationship between body image and PWB of high school students with a correlation of 0.613. The contribution to the study was 63.3%, while the remaining 36.7% came from other factors that were not research variables. Syabana & Eko [12] also showed in their research that there is a positive bond between body image and PWB in high school students, with a correlation of 0.246. In this study, girls who felt less attractive had lower self-esteem scores than girls who were more satisfied with their appearance. The existence of

physical changes in adolescents makes them focus on physical appearance, and any deviation from the ideal physician will have an impact on social withdrawal and poor self-esteem. This is related to the self-acceptance of adolescent girls about their bodies. The impact of body image on PWB in this study was 6.1%.

Dissatisfaction with body image because culture and community standardization can have an impact on PWB by reducing acceptance and self-esteem [18]. The form of body dissatisfaction in adolescent girls was found to increase during early adolescence, while boys did not experience any changes or even became more satisfied with their bodies [24]. An increasingly positive body image in individuals also increases their PWB. Based on this explanation, the purpose of this study was to determine the effect of body image on psychological well-being (PWB) in early adolescent girls.

2. Literature Review

2.1. Psychological Well-Being

Based on Ryff [15], PWB is defined as a concept related to personal disclosure experienced by a person towards his daily activities and life experiences. In a different book, Ryff [26] explains that psychological well-being is a form of struggle in achieving the perfection of the correct implementation of potential. Psychological well-being can be seen through aspects of life satisfaction, happiness, and symptoms of depression are not found [16]. Thus, it can be concluded that PWB is the state of a person who has deep happiness and life satisfaction with his life experiences, as well as a positive perception of challenges in life.

According to Ryff & Keyes [16], things that affect a person's PWB include culture, age, gender, religiosity, social support, personality, and stress. Meanwhile, according to Malkoç & Yalçin [27] the factors that influence it are resilience, social support, and coping. In line with this statement, Maslihah [28], in his research, also describes adaptability skills, ability to overcome problems, gratitude, and support from family, peers, and other parties affect PWB.

Ryff [8] developed a multidimensional approach to measure PWB with six functional dimensions, including:

1. Self-acceptance, which is a form of a good attitude in the individual [8]. There is even this attitude in the form of recognizing and accepting good and bad things about oneself and having a good view of past experiences.

2. Positive bonds with others are a person's ability to bond with others in a positive, caring, warm, and trusting way [8]. In addition, Ryff [8] also revealed that this dimension is characterized by the presence of affection, empathy, intimacy, and understanding to give and receive each other.

3. Autonomy or independence, which is a form of attitude from individuals who are able to determine the best things for themselves [8]. Autonomous individuals have the freedom to determine their destiny and are not burdened with social pressures to behave. Autonomous people have an internal locus of evaluation, in which they evaluate themselves by personal standards and do not think about the expectations or judgments of others.

4. Environmental control, namely the ability of individuals to regulate their environment according to their needs [8]. Individuals who have environmental control are able to control complex things, use various opportunities effectively, and are able to choose the environment that suits them.

5. The purpose of life is a form of an individual direction in making achievements in life [8]. Individuals with a purpose in life have confidence in the outlook and direction of life. They also regard life as important and meaningful because they have clear goals or long-term goals.

6. Self-growth, namely the ability of individuals to develop themselves consciously and continuously. This can be characterized by individuals who are able to adapt to various changes in life and adjust to their self-development.

2.2. Body Image

Body image is a multidimensional construction related to perceptions, feelings, thoughts, and experiences of the body [18]. In line with this statement, Banfield and McCabe [29] add that body image is a series of evaluations of body appearance that can be followed by symptoms of anxiety such as concerns about being thin, too fat, or other forms of body dissatisfaction. Meanwhile, based on Cash & Smolak [30], body image, which is an assessment of the body, is influenced by socio-cultural factors, interpersonal experiences, physical characteristics and changes, and personality.

According to Viren et al. [31], body image is defined as an individual's feeling toward his body which includes not only physical form but also the appearance of others who are also influenced by culture, media, and lifestyle. In line with this statement, Damayanti & Susilawati [32] mentions body image as an individual's perception in assessing his

body which is also influenced by judgments from other people and his environment. Thus, it can be concluded that body image is a person's assessment of his body in relation to other people's judgments and social norms in his environment.

According to Cash [21], there are five aspects of body image, including:

1. Evaluation of appearance, which measures attractiveness and overall body s

2. atisfaction.

3. Appearance orientation, i.e., one's attention and effort to change and improve self-performance.

4. Physical satisfaction, which measures the satisfaction with the body in more detail on specific parts such as the face, lower/upper/middle body parts, or body parts as a whole.

5. Worries about being fat, which is measuring one's alertness, especially to one's body weight, causing the desire for diets and restricted eating patterns.

6. Classification of body shape, which measures a person's assessment of his body weight.

3. Method

This research is quantitative research with the correlational method, which is a method to explain the description of body image as the independent variable and psychological well-being as the dependent variable and to know the impact of the body image variable on the psychological well-being variable in early adolescent girls.

3.1. Research subject

The population in this study were all adolescent girls at SMPN 4 Malang from grades 7-9 with criteria for the age of 12-15 years, totaling 400 people. Sampling used simple random sampling, namely the determination of the sample by randomizing the name data of all students through the online random name picker application Wheel of Names. Based on the random process, a sample of 186 people was obtained based on the formula from Isaac and Michael with an error rate of 5%. Data collection on the names of the selected subjects was carried out online using a Google Form.

3.2. Research Instruments

The instrument in this research is the body image scale and the psychological well-being scale. The body image scale is an adaptation of the Hannan scale [33], which was designed based on the theory of Cash [21] with a reliability of 0.86. This scale consists of 13 items covered in five aspects, including appearance orientation, appearance evaluation, anxiety about being fat, body size categorization, and satisfaction with body parts. The instrument is a Likert scale which is divided into favorable and unfavorable items with five response categories, namely agree, strongly agree, neutral, strongly disagree, and disagree. The higher the results obtained, the more positive body image the subject has.

Meanwhile, the PWB scale uses an adaptation of the psychological well-being scale from Eva and Bisri [34], which is a scale from Ryff & Singer [35] with a reliability of 0.87. This scale is divided into 42 items referring to six aspects, including positive relationships with others, self-acceptance, environmental control, autonomy, self-growth, and life goals. The instrument in the form of a Likert scale is divided into favorable and unfavorable items with five response categories, namely agree, strongly agree, neutral, strongly disagree, and disagree. The higher the result obtained, the higher the level of PWB the subject has.

3.3. Analysis Techniques

Data analysis in this study consisted of descriptive analysis and hypotheses, which were carried out using the help of SPSS 21. Descriptive analysis was carried out to describe the body image and PWB variables. Then proceed with hypothesis analysis in the form of simple regression analysis by calculating the correlation coefficient and the coefficient of determination. The analysis technique is used to identify the effect of the independent variable on the dependent variable.

4. Results and Discussion

An overview of the characteristics of the subjects in this study can be seen in table 1.

According to the table above, it can be observed that most of the teenage girls at SMPN 4 Malang City who are the subject are 13 years old. Furthermore, most of the subjects studied were in class 7. While the results of descriptive analysis on body image and PWB variables obtained results as shown in tables 2, 3, 4, and 5.

TABLE 1: Overview of Respondents' Characteristics.

Characteristic Type		Frequency	Percentage
Age of Early Adolescents Girls at SMPN 4 Malang City	12	23	12,4 %
	13	72	38,7%
	14	61	32,8%
	15	30	16,1%
Total		**186**	**100%**
Grade of Early Adolescents Girls at SMPN 4 Malang City	7	73	39,2%
	8	61	32,8%
	9	52	28%
Total		**186**	**100%**

TABLE 2: Calculation Results of Psychological Well-Being Descriptive Analysis.

Variable	N	Hypothetical Data				Empirical Data			
		Mean	**Std. dev**	**Score**		**Mean**	**Std. dev**	**Score**	
				Min	**Max**			**Min**	**Maks**
Psychological Well-Being	186	126	28	42	210	134,52	27,55	74	184

TABLE 3: Psychological Well-Being Score Categorization.

Classification	Norm	Amount	Percentage
High	X ≥ 154	26	13,97%
Medium	98 ≤ X < 154	157	84,4%
Low	X < 98	3	1,61%

TABLE 4: Descriptive Analysis Results of Body Image.

Variable	N	Hypothetical Data				Empirical Data			
		Mean	**Std. dev**	**Score**		**Mean**	**Std. dev**	**Score**	
				Min	**Max**			**Min**	**Max**
Body Image	186	39	8,6	13	65	44,01	8,08	20	61

TABLE 5: Body Image Score Categorization.

Classification	Norm	Amount	Percentage
High	X ≥ 47,6	71	38,17%
Medium	30,4 ≤ X < 47,6	106	56,98%
Low	X < 30,4	9	4,83%

Based on the calculation of the descriptive analysis of the psychological well-being variable, it was found that the comparison of the results of the mean hypothetical data < empirical data, so that the psychological well-being level of early adolescent girls tends to be high. Meanwhile, based on the hypothetical psychological well-being data

categorization table, it can be concluded that the majority of early adolescent girls have moderate psychological well-being. The calculation of the descriptive analysis of the body image variable obtained a comparison of the results of the mean hypothetical data < empirical data, which means that the body image level of early adolescent girls tends to be high. Based on the hypothetical body image data categorization table, it can be concluded that the majority of early teenage girls have a body image with a moderate category.

Furthermore, each research variable is tested for normality to determine whether the research data is normally distributed, and a linear test is performed to determine whether there is a linear relationship between the two variables. In addition, a heteroscedasticity test was also carried out to see whether, in the form of regression, there was a mismatch of residual variance from one observation to another. In line with this, the results of the calculation of the assumption test can be seen as shown in tables 6, 7, and 8.

TABLE 6: Normality Test.

Variable	Statistic	Significance	Description	Conclusion
Body image	0,59	0,30	Sig. > 0,05	Normal
Psychological Well-Being	0,96	0,87	Sig. > 0,05	Normal

TABLE 7: Linearity Test.

Variable	Significance	Description	Conclusion
Body image - Psychological Well-Being	0,00	Sig. < 0,05	Linear

TABLE 8: Heteroscedasticity Test.

Variable	Significance	Description	Conclusion
Body image	0,29	Sig. > 0,05	There are no symptoms of heteroscedasticity

Based on the results of the normality test, it can be observed that: [1] the significance value (p) of psychological well-being is 0.87 > 0.05, so it can be concluded that the psychological well-being variable is generally distributed, [2] The significance value (p) of body image is 0.30 > 0.05 so that it can be concluded that the body image variable is normally distributed. Thus, two variables in this study were normally distributed, and the normality test was met.

Meanwhile, for the linear test, a significance value of 0.00 < 0.05 was obtained, which means that the body image and PWB have a linear bond. In addition, the results of the heteroscedasticity test were also obtained with a significance in the body image

variable of 0.29> 0.05, which means that there are no symptoms of heteroscedasticity. After the assumption test is fulfilled, a simple regression analysis is carried out with the details of the results, which can be observed in table 9.

TABLE 9: Simple Regression Test.

Variable	Sig.	R	R^2	T count	F count	Regression Coefficient
Constant	0,00	-	-	13,38	-	75,04
Body Image (X)	0,00	$0,62^a$	0,38	10,78	-	1,35
Psychological well-being (Y)	0,00	-	-	-	116,28	-

Based on the results of the regression analysis in the table, we get a regression similarity including:

Y = 75.04 + 1.35X

The constant value of 75.04 states that if the body image variable does not change, then the psychological well-being value is 75.04.

The body image coefficient value of 1.35 indicates that there is a positive direction, which means that for every one unit increase in the body image variable (X), it can increase the psychological well-being variable (Y) by 1.351.

Based on the T-test, the body image variable significance value is 0.00 < 0.05, and the T count is 10.78 > T table 1.65, which means that the body image variable has a significant impact on the PWB variable. Likewise, the F test obtained a significant value of the body image variable of 0.00 < 0.05 and the calculated F of 116.28 > F table 3.89, which means that the body image variable has a significant impact on the PWB variable. Meanwhile, the coefficient of determination (R2) is obtained at 0.387, which means that the body image variable has an impact on the PWB variable of 38.7%. Thus, according to Chin (1998), the R2 value in this study is categorized as moderate because it is more than 0.33 but lower than 0.67.

4.1. Overview of Psychological Well-Being in Early Teenage Daughters

Based on the results of the analysis, the results of PWB in the majority of early adolescent girls are in the moderate classification. This can be observed in the highest percentage of 84.4%, which refers to the moderate level with the acquisition of 157 subjects. Meanwhile, 26 subjects with a percentage of 13.97% were in the high score category,

and the remaining three subjects with a percentage of 1.61% were in the low score category.

Based on these data, it can be concluded that the majority of early adolescent girls have a high enough PWB so that they tend to be able to develop optimally at their current age of junior high school. This conclusion is consistent with the research by Syabana & Eko [12], which states that adolescent students in the 10 to 12-grade range have a percentage and the total subject is mostly in the moderate psychological well-being classification, which is 46.8%, while the rest are spread from the very category. Low to very high. The same results were also shown in more than 100 research respondents of [17], where the findings of the largest psychological well-being were included in the category with a moderate level.

The results of this study are in line with the description of PWB proposed by Ryff [4], where individuals with psychological well-being are able to function positively in their daily routines and tend to lead to maturity and actualization. Thus, it can be concluded that the majority of early adolescent girls as a whole have a fairly high level of PWB so that, in general, they are able to pass daily activities positively and focus on goals and priorities in life. When viewed from every aspect of psychological well-being, early teenage girls have been able to adapt to new or open situations with various experiences, are social and care about others, have hopes and goals, are good at taking opportunities or opportunities in their environment, and can accept all advantages. Or lack thereof.

4.2. Body Image Image on Early Teenage Daughter

Based on the results of descriptive analysis, the results of body image in the majority of early adolescent girls are in the medium classification. This can be seen through the highest percentage of 56.98%, which refers to the moderate level with the acquisition of 106 subjects. Meanwhile, 71 early teenage girls with a percentage of 38.17%, were in the high category and the remaining 9 with a percentage of 4.83% were in a low category.

Based on these data, it can be concluded that the majority of early adolescent girls have a fairly positive body image. In line with the research of Rozika & Neila (2016), the results of his research show that subjects with a low body image level are around 4.62%, in the medium category 76.09%, and 19.28% of the subjects are classified as high. These results show that when the research was carried out, the body image of the majority of the subjects was at a moderate level. Likewise in, the study by Syabana

& Eko [12] states that teenage students consisting in grades 10, 11, and 12 belong to the category of moderate psychological well-being with a percentage of 32.3%, while the rest range from very low to very high categories.

The results of this study are in accordance with the description by Cash & Pruzinsky [18], which describes body image as a multidimensional construct related to perceptions, feelings, thoughts, and experiences of the body. In this case, most of the early teenage girls rated their appearance as attractive, had satisfaction with their bodies both overall and specifically, and had no anxiety about their body shape. From this description, it can be concluded that the majority of early teenage girls have a fairly positive body image level, meaning that they generally accept their bodies, feel confident and comfortable with their appearance, and are able to be grateful for whatever their body condition is.

4.3. Effect of Body Image on Psychological Well-Being

The results of the hypothesis analysis carried out through the F test to see the influence between the body image variable and the psychological well-being variable indicate the research hypothesis is accepted, where the significance value of the body image variable is obtained in sig. 0.00 < sig. 0.05, and the obtained F count is 116.28 > F table 3.89, which means that the body image variable has a significant positive impact on the PWB variable. In addition, based on the analysis of the T-test also proves the results of the significance of the body image variable of 0.00 < sig. 0.05 with the acquisition of T count 10.78 > T table 1.65, which means that there is a significant positive impact between body image variables on the PWB variable. After the F test and T-test, I continued with the coefficient of determination test to see the magnitude of the impact of the body image variable on psychological well-being. The result is an r-square value of 0.387 which means that the body image variable has effective support of 38.7% on psychological well-being. Meanwhile, the remaining 61.4% were explained by other variables that were not found in this study.

Based on the results of this study, it can be seen that body image has a significant positive impact on PWB in early adolescent girls at SMPN 4 Malang City. These results are in line with the research of Hendarko & Muhana [25], which states that there is a significant positive bond between body image and PWB in female students with 12% effective support. Likewise, based on the opinion of Brannan ME & Petrie TA [36] said that someone who feels more satisfied with his body image has a greater PWB. Thus, adolescents who are able to appreciate their physical well will have a more prosperous feeling and can accept themselves. The results of the study are also supported by

research from Fahami, Maryam, & Asghar [36], which explains that there is a positive and significant bond between body image and PWB.

In addition, [17] stated that there was a significant positive relationship between body image and psychological well-being in high school adolescents. Meanwhile, the study also mentioned other aspects that also influence psychological well-being, namely the self-confidence factor. These two variables affect the psychological well-being variable with a contribution of 63.3%. Syabana & Eko [14] also showed in their research that there was a positive bond between body image and PWB in high school students with a large effect of 6.1%. This means that the more positive the body image, the higher the PWB in high school students. Likewise, the more negative the body image, the lower the PWB they have. Based on the results of the normality test, it can be observed that: [1] the significance value (p) of psychological well-being is $0.87 > 0.05$, so it can be concluded that the psychological well-being variable is generally distributed, [2] The significance value (p) of body image is $0.30 > 0.05$ so that it can be concluded that the body image variable is normally distributed. Thus, two variables in this study were normally distributed, and the normality test was met. Meanwhile, for the linear test, a significance value of $0.00 < 0.05$ was obtained, which means that the body image and PWB have a linear bond. In addition, the results of the heteroscedasticity test were also obtained with a significance in the body image variable of $0.29 > 0.05$, which means that there are no symptoms of heteroscedasticity. After the assumption test is fulfilled, a simple regression analysis is carried out with the details of the results, which can be observed in table 9.

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