

Conference Paper

Relationship Between Self-esteem and Negative Perception Trends About the Body in Early Adults at STIKES Maharani Malang

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This study aims to examine the relationship between self-esteem and the tendency of negative perceptions about the body in early adulthood at STIKES Maharani Malang. This study uses a quantitative approach with a descriptive correlational method. The study amounted 98 female students at STIKES Maharani Malang by using the Purposive Sampling Technique as a sample determinant. The data analysis technique used is the Pearson Product Moment correlation test. Data collection uses an adaptation of the State self-esteem (SSES) by Heatherton and Polivy [1] and a modified Body Dysmorphic Disorder Symptom Scale (BDD-SS) by Wilhelm et al. [2]. The results of hypothesis testing using Spearman Rank correlation with a value of Sig .00 ($P < .05$), because in the assumption test the data is not normally distributed. The results of the analysis show that there is a positive relationship between self-esteem and the tendency of negative perceptions about the body.

Keywords: self-esteem, negative perception tendencies, early adulthood

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1. Introduction

During the COVID-19 pandemic, there has been an increase in internet usage. This is due to an appeal from the government to carry out activities from home such as studying, working, worshipping to socializing which is carried out online. That way the internet has an important role in the surrounding environment. According to statistical data from Asosiasi Penyelenggaran Jasa Internet Indonesia [3] there are 196.71 million internet users in Indonesia, and 90.4 social media users are the top ranking services accessed by the Indonesian people. Early adults are one of the largest active users of social media who use social media as their main means of communication and show the most technological advances compared to other age groups. Provide convenience in accessing information from various media that are often used as a forum for individual self-expression.

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Based on research from interviews by Natari [4] of 20 women of early adulthood. It was found that they can open the internet repeatedly just to see social media accounts such as Instagram, Twitter, TikTok and fashion trends that are currently rising. Fashion that develops on social media mainly uses models with ideal bodies such as tall and slim bodies, white skin, and beautiful faces. Social media allows users to cope with various social trends, especially trends related to lifestyle such as beauty, personal hygiene, and health. In addition, social media affects the spread of values that can affect the public's perspective on the standardization of the ideal body. Standardization of the ideal body that is often formed by society can affect behavior and body shaming (physical reproach).

Excessive physical reproach can affect the formation of a negative body image [5]. Negative body image can affect a person's psychological state, including: experiencing anxiety, shame, lack of confidence, low self-esteem, dislike of appearance, strict diets, eating disorders and other mental disorders [6].

Based on research conducted by Diana [7] to 10 women who argue that according to them, they tend to not be able to meet the ideal standards according to their self-perceptions, as well as the emergence of negative perceptions about the body because they feel less than perfect compared to other women, by making efforts to: efforts in every way to be able to attract attention to the opposite sex and the environment. Feelings of discomfort with body shape can lead to a negative body image. The development of a negative body image can make it difficult for individuals to accept their physical condition and appearance. This negative self-assessment can cause feelings of helplessness, this happens because a person tends to perceive a problem with appearance. Feeling dissatisfied with yourself or excessive body image distortion can develop into a disorder caused by a tendency to negative perceptions about the body, where individuals tend to be dissatisfied with their body shape which can result in a destructive disorder and can cause distress and impaired social functioning. STIKES Maharani Malang (SMM) is one of the private universities in Indonesia with students from various cultural backgrounds. STIKES Maharani is a campus that excels especially in the field of health in the province of East Java. Most of the students studying at STIKES Maharani are in the early adulthood stage of development.

Early adulthood is a period of transition from adolescence to adulthood, early adulthood starting at the age of 18 years to the age of 40 years [8]. Early adulthood includes a period of physical transition, intellectual transition and social transition. determination of relationships and intimacy with others. The feeling of wanting to look perfect is often considered an important factor in building relationships where a person begins to have

a more intimate relationship with the opposite sex [9]. This also raises emotional tension which contains concerns about achieving adjustments regarding the problems faced in terms of appearance and issues regarding self-esteem. Self-esteem is the whole of the ways used to evaluate oneself, where self-esteem is a comparison between ideal-self and real-self [9]. According to Widodo and Pratitis [10] self-esteem is a picture in assessing feelings that are considered valuable towards oneself and others.

Researchers conducted interviews and observations of 2 female students at STIKES Maharani regarding the subject's physical appearance. According to both subjects appearance is very important in life. However, both subjects considered themselves to still have an unfavorable appearance from a physical point of view. The subject with the initials YL is 21 years old, he feels, has a very thin body which makes the subject often complains about his physical appearance so that YL's efforts are carried out by doing extreme sports, take pills (appetite enhancer) with the aim of achieving the desired body. The same thing also happened to the subject with the initials S, who was 19 years old, who had problems with being too big or fat. So that the subject made efforts with diet and even took slimming drugs. The subject has also done something intentionally by vomiting the food that has been consumed, this is because the subject tends to be anxious about the food consumed and can be the cause of physical appearance that is not in accordance with what is desired. That way the two subjects will pay more attention to their shortcomings and continue to try to change the appearance of each subject. This also makes them more limiting themselves to activities with other people. Based on the above phenomenon, it can be explained that individuals who continue to focus on their shortcomings and try to improve them even though under normal circumstances, is a form of maladaptive behavior that causes individuals to have their own picture of themselves. This triggers the individual difficult to accept his own situation. There are as many as 1 to 1.5 percent of the world's population who have a tendency to have negative perceptions, especially in cultures that judge excessively about appearance [11]. The tendency of negative perceptions about the body can also cause disruption of self-adjustment and social adjustment, causing frustration, reduced self-confidence, low self-esteem and depression [12].

Several studies have found a link between self-esteem and a tendency to negative perceptions about the body. A study conducted by Oktaviani [13], Rahmania and Ika [14] results in a significant and positive correlation coefficient between self-esteem and the tendency of negative perceptions about the body, where the higher the self-esteem, the higher the tendency for negative perceptions of the body.

There are several differences from this study with previous research, which was determined on the determination of the subject, population and research focus, the research conducted by Pop [15] used female students with a vulnerable age of 19-21 years, Rahmania and Ika [14] focused on young women with vulnerable groups. ages 15-18 who are high school students. Meanwhile, in of these studies, the focus is more on the population in STIKES Maharani Malang with a vulnerable age of 18 to 25 years. The purpose of this study was to examine the relationship between self-esteem and the tendency of negative perceptions about the body in early adulthood at STIKES Maharani Malang.

Theoretically, the results of this research can add to the literature in the study. In addition, this research is expected to be able to contribute to the development of psychological studies, especially Clinical Psychology, Developmental Psychology and Social Psychology which can contribute to theories related to self-esteem and the tendency of negative perceptions about the body. For practitioners of psychology, it can provide information regarding the impact of low self-esteem as well as ways to deal with problems related to negative perceptions of a high body. For academics, it is hoped that it can be useful as a reference for future researchers related to self-esteem which can reduce the tendency of negative perceptions about the body in early adulthood.

2. Literature Review

2.1. Negative perceptions of the body

According to Rahmania and Ika [14], the tendency of negative perceptions about the body can be defined as individual feelings where they tend to feel dissatisfied with their physical appearance, the tendency of negative perceptions can affect thoughts, feelings, behavior and social relationships. Efforts are often made, namely individuals dress up to look perfect, have a diet program to improve body shape, exercise excessively, and try to change body shape, such as walking and plastic surgery.

Wolley and Perry [16] the tendency of negative perceptions about the body is a form of excessive individual behavior in showing deficiencies in the individual's body shape. Challis [17] has several factors that influence the tendency of negative perceptions of the human body, including violence and bullying, low self esteem, fear of loneliness and isolation, and a sense of competition with others. In addition, Phillips [18] also found that the tendency of negative perceptions of the body was associated with high levels of

hypersensitivity or rejection, social anxiety and avoidance, mood anxiety, depression, low self-esteem and low self-affirmation.

2.2. Self-esteem

There are several terms that are often used in addition to self-esteem, namely self-image. Maslow explains that self-esteem is one of the basic needs for humans that arises because they have a sense of not being enough or lacking for the individual. Where these needs require fulfillment to be continued to a higher level of need. Self-esteem is the whole of the ways used to evaluate oneself, where self-esteem is a comparison between the ideal self (ideal self) and real-self (true self) [9]. Self-esteem is how individuals can assess feelings of worth in themselves and also from others, Widodo and Pratitis [10]. According to Sari [19], factors that affect self-esteem are internal factors such as physical, psychological, and intelligence levels. Based on some of the opinions above, the researcher concludes that self-esteem is a person's way of making positive or negative assessments of himself, through the process of self-assessment to build relationships with others and the factors that influence self-esteem are internal factors such as physical, psychological, and level of self-esteem. Intelligence.

2.3. The relationship between negative perception tendencies about body and

2.3.1. self-esteem in early adulthood at STIKES Maharani Malang

Appearance is very important in early adulthood, especially among women. Not infrequently of them vying to look perfect and attractive so that they are excessively obsessed with appearance. Individuals who always try to look perfect tend to underestimate the attractive things about themselves and will continue to try to highlight the attractiveness of others, this can increase the gap, where the more individuals try to appear perfectionist then the higher their self-esteem will be. So in this case, self-esteem is one of the factors that can trigger a person to experience a tendency to negative perceptions about the body.

Phillips [18] states that self-esteem is one of the factors that can cause a tendency to negative perceptions about the body, namely, where the feeling arises to display something different from others so that it can lead to traits that tend to not care about the advantages they have but show more interest in others.

Rahmania and Ika [14] states that self-respecting people are satisfied with their appearance and develop a positive image. That is, the person experiences a distorted body image. Distortion of body image is called a tendency to negative perception of the body. This is a type of inhibition caused by an imaginary perception of his physical appearance. Baumeister and Vohs [20] which says that individuals with high self-esteem tend to value success, good qualities, self-attraction, relationships and impressions on others. Defrian [21] states that people who value themselves tend to equate themselves with others, making it easier to build good relationships with many people. In line with the statement from, Gauncher et al. [22] found that people with low self-esteem are more likely to have difficulty opening and closing with others than those with high self-esteem.

Based on the description of the relationship between self-esteem and the tendency of negative perceptions about the body, a hypothesis can be proposed in this study is that there is a relationship between self-esteem and the tendency of negative perceptions about the body in early adulthood at STIKES Maharani Malang.

3. Methods

In this study using a quantitative approach method. This study examines the relationship between self-esteem as an independent variable (X) and the tendency of negative perceptions about the body as a dependent variable (Y) in early adulthood at STIKES Maharani Malang. The type of quantitative research used is correlational research.

The population in this study must have the characteristics that have been determined. The population used is (a) active students in STIKES Maharani (b) aged 18-25 years. Sampling using purposive sampling technique, namely the researcher selects the research sample based on certain considerations.

The way to obtain research subjects is by distributing online in the form of google form as a data collection tool. Researchers used a scale adapted from Heatherton and Polivy [1], namely the State Self-Esteem Scale (SSES) to measure the subject's self-esteem, there were 20 items. And the second scale, namely the Body Dysmorphic Disorder Symptom Scale (BDDSS) which has been modified by Wilhelm et al. [2], to measure the tendency that occurs in the subject there are 25 items.

The instrument used on both scales is the Likert scale using 4 alternative answers, namely 1 = Very Disappointing to 4 = Very Appropriate (SS) on favorable and vice versa for scores of answers with unfavorable.

After adapting and modifying the variables of self-esteem and the tendency of negative perceptions about the body, the next step is to test the validity and reliability of the scale using the Pearson product moment technique. While the reliability test used the Cronbach Alpha technique.

The data analysis technique used is descriptive analysis technique and correlation test. Descriptive analysis was conducted to describe the variable of self-esteem and the tendency of negative perception variables about the body. Then the assumption test is carried out as a prerequisite for the parametric test using normality and linearity tests, however, in this study, the results obtained in this study have an abnormal distribution ($.00 < .05$) and non-linear ($.00 < .05$) then used non-parametric correlation test, namely Spearman rank correlation.

4. Result and Discussion

4.1. Results

4.1.1. Description of subject characteristics

The subjects in this study were female students at STIKES Maharani Malang consisting of 98 respondents consisting of 37 undergraduate students majoring in nursing, 31 D3 midwifery students and 30 D3 medical analyst students. With an age limit of 18 to 25 years.

Based on the results of calculations which use the help of statistical software, the results obtained from the mean and standard deviation values for each variable in the table (Table 1) below:

TABLE 1: Statistical descriptive of the self-esteem scale.

Variable	N	Minimum	Maximum	Mean	SD
Self-Esteem	98	37	78	56,66	10,670

Based on the results of statistical data on the self-esteem variable, it was found that the standard deviation of this variable was 10.670 and the mean value was 56.66. Furthermore, there is a categorization of each scale using a Likert scale which is rated with an absolute rating. Based on the categorization, the results were found as follows (Table 2) below :

Based on the results from table 2. It can be described that most of the subjects have self-esteem which is in the high category with a percentage of 64% of 98 subjects.

TABLE 2: Categorization of self-esteem score.

Category	Norm	Total	Percentage
Very High	$X > 80$	32	33%
High	$41 > X > 60$	63	64%
Low	$21 > X > 40$	3	3%
Very Low	$20 > X$	-	-
Total		98	100%

TABLE 3: Descriptive statistics scale tendency of negative perception of body.

Variable	N	Minimum	Maximum	Mean	SD
Tendency of Negative Perception About Body	98	47	91	74.47	9.745

Based on the results of statistical data on the variable tendency of negative perception of body, it was found that the standard deviation of this variable was 9.745 and the mean value is 74.47. Furthermore, there is a categorization of each scale using a Likert scale which is rated with an absolute rating. Based on the categorization, the results were found as follows (Table 4) below :

TABLE 4: Category score tendency to negative perception about body.

Category	Norm	Total	Percentage
Very High	$X > 100$	38	39%
High	$51 > X > 75$	59	60%
Low	$26 > X > 50$	1	1%
Very Low	$25 > X$	-	-
Total		98	100%

Based on the results from table 4. It can be described that most of the subjects have a tendency to have negative perceptions about the body which are in the high category with a percentage of 60% of 98 subjects.

TABLE 5: Normality test.

Variable	Sig	Description	Conclusion
Self-esteem	.00	$\text{Sig} < .05$	Abnormal
Tendency of Negative Perception About the Body	.00	$\text{Sig} < .05$	Abnormal

Based on the results from table 5. Then it can be described that the results shows $.00 < .05$ which means the residual value has an abnormal distribution.

TABLE 6: Linearity test.

Variable	Sig	Description	Conclusion
Self-esteem (X)* Tendency of Negative Perception About the Body (Y)	.00	Sig < .05	Not Linear

Based on the table above, it can be explained that sig .00 <.05, which means that there is no linearity relationship on self-esteem and the tendency of negative perceptions about the body.

TABLE 7: Spearman Rank Correlation Test.

Variable	Sig. (p)	Correlation	Description
Self-esteem and Tendency of Negative Perception About the Body	.001	.700	Significant (Positive relationship between X and Y)

Based on the results of the Spearman rank, the correlation value (r) is .700 with a probability (p) of .001 < .05 (significant). This shows that the two variables have a significant relationship. So when self-esteem is high, the tendency of negative perceptions about the body will be high.

4.1.2. Self-esteem

Widodo and Pratitis (10) defines self-esteem as one of the ways that individuals can give an assessment of their feelings of worth in themselves and also the judgments of others. Self-esteem is the level or measure of individuals in assessing themselves Reber and Reber [23].

Baron and Byne [24] define self-esteem as one of the most important aspects for all people, because humans tend to pay attention to everything about themselves, for example, the question who I am, how negative or positive am I in looking at myself and like what impression do I show to others, whether it is accepted or not [24]. The results showed that results of the descriptive analysis carried out by most of the respondents were in the high category, which was 64%.

So, individuals who mostly enter at a high level of self-esteem will tend to judge themselves like other people, which creates a sense of being equally valuable, trustworthy, and more capable than others.

This is in line with the opinion put forward by Baumeister and Vohs [20] that individuals with high self-esteem tend to value success, good qualities, self-interest, and are able to create a good impression on others. Conversely, if individuals who have low self-esteem will tend to view themselves negatively and will only focus on their weaknesses

rather than their strengths. Prawesti and Dewi [25] argue that in harmony, individuals who have high self-esteem will be more open, assertive and have self-confidence and are able to accept themselves which causes their self-esteem to increase. Rahmania and Ika [14] also stated that a high level of self-esteem will produce a positive image of their body.

4.1.3. Tendency to negative perception about the body

The tendency to negative perception of the body can be defined as individual feelings where they feel dissatisfied with their physical appearance, the tendency to negative perceptions can affect thoughts, feelings, behavior and social relationships, Rahmania and Ika [14], Perceptual tendencies The negative about the body is feeling dissatisfied with physical appearance and tends to dislike oneself.

It was noted that the results of the descriptive analysis conducted in this study showed that most of the respondents were in the upper category of 60%. Individuals who have a high level of tendency to negative perceptions about their bodies tend to think about small details of their appearance which are considered imperfect, although other people do not mind it, those who have a tendency to have negative perceptions about their bodies will always think about it (preoccupation) [26]. This is in line with the opinion by Syah [27], that most of the female students who have a tendency to have negative perceptions about the body are in the high category, in early adulthood, precisely at the age of 20 to 24 years, a person will experience excessive or high anxiety about changes in both their physical and mental health. in terms of appearance which can encourage a person to appear perfect in front of others.

4.2. The relationship between self-esteem and tendency to negative perceptions about the body in early adulthood at STIKES Maharani Malang

The results of hypothesis testing show that the two variables have a very strong and positive relationship, so it can be stated that the results of the hypothesis are accepted. It can be concluded that when self-esteem is high, the results of the tendency for negative perceptions about the body will be high, and vice versa. This statement is the same as the results of research from Rahmania and Ika [14] which also shows a significant relationship between self-esteem variables and the tendency of negative perceptions about the body. The same research was conducted by Nurvita and Handayani [28] which

showed a significant and positive relationship between self-esteem and the tendency of negative perceptions about the body. In line with Artika [29] shows that there are significant results between self-esteem and the tendency of negative perceptions about the body.

Philips [30], one of the psychological factors that are considered to have an important role in the development of a tendency to negative perceptions about the body is self-esteem. Branden [31] Individuals with high self-esteem will tend to have a good perception of themselves, especially in their physical form. Where individuals will have a sense of satisfaction with their physical appearance, self-potential and believe in themselves and their abilities. This is because individuals with high self-esteem can overcome the challenges of life and the shortcomings that exist in themselves and change these shortcomings to be more positive. Therefore, individuals with high self-esteem can easily protect themselves and avoid the tendency to have negative perceptions of the body.

Individuals with high self-esteem can be open and confident. Rosenbrug [32], A person with positive self-esteem tends towards a negative body image to develop his own positive judgment or judgment, but on the contrary, a negative person if they have good self-esteem, they tend to develop a negative perception of the body, negative judgment, or self-assessment.

5. Conclusion

Some conclusions can be drawn by the researchers as follows :

1. Self -esteem that is owned in early adulthood at STIKES Maharani Malang is in the high category with a percentage of 64%.
2. Tendency of negative perceptions about the body in early adulthood at STIKES Maharani Malang is also in the high category with a percentage of 60%.
3. Sperman rank correlation obtained p value of $.00 < .05$ and r of $.700$ which means that there is a positive and significant value between self-esteem variables and the tendency of negative perceptions about the body.

6. Suggestions

7. Based on the conclusions made, the researchers give some suggestions to the parties involved including:

1. For Psychology Practitioners. The writer's hope in early adulthood at STIKES Maharani Malang is to be able to maintain the level of self-esteem that is owned, so as to be able to provide a positive assessment and view for the individual. The goal is to provide awareness to be more accepting of physical conditions and to increase self-esteem, thereby reducing the possibility of him experiencing a tendency to negative perceptions about the body.
2. For Academics. For further researchers who take similar or similar themes and studies, it is hoped that they can pay attention to other variables that also have an influence on the level of tendency of negative perceptions about the body, which have not been explained by the author.

Consider other variables that influence the tendency of negative perceptions about the body or can carry out research with different subjects, for example in adolescents because teenagers usually tend to be more easily influenced by the surrounding environment. Can use the latest existing theories, as well as develop this research.

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