

Conference Paper

The Relationship Between Body Image and Self-Esteem in Obese Late Adolescents at the State University of Malang

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Abstract.

Obesity is a condition in which excess body fat accumulates as a result of an imbalance between incoming and outgoing energy. Obesity in late adolescence can develop negative body image and self-esteem that cause a lack of self-confidence, anxiety, decreased mood, and depression. The purpose of this research was to find out whether there is a relationship between body image *and* self-esteem in late adolescents who are obese at the State University of Malang. This study used a correlational descriptive analysis. *Purposive sampling* was used with the characteristic of Body Mass Index (BMI) ≥ 25 Kg/m². The sample in the study used 83 subjects. Data was collected using a body image scale, according to Cash and Pruzinsky [1], and a self-esteem scale, according to Maslow[2]. The data collection technique used a scale-shaped instrument that is distributed through the distribution of a form. From the data results in this study, the relationship coefficient value is 0.346 with a significant 0.001, which means that there is a significant positive relationship between *body image* and *self-esteem* in late adolescents who are obese at the State University of Malang.

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1. Introduction

Adolescence is a transition from childhood to adulthood. Adolescence begins at the age of 10-13 years and ends at the age of 18-22 years[3]. There are many pressures that will be experienced during adolescence such as changes and developments in his life. Changes that occur include physical, cognitive, social and emotional changes[4]. Physical changes are of particular concern during adolescence, especially in late adolescence where they are faced with a problem related to what they see about their body parts[5]. Late adolescents who experience physical changes will pay more attention to their body parts and evaluate their physical appearance[6]. Lubis said that the behavior of late adolescents who often pay attention to their appearance is done to gain recognition for themselves[7].

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Adolescents get new assignments and learn to become more mature by having self esteem. Rosenberg stated that self esteem is a positive or negative evaluation of themselves [8]. Self Esteem can be related to physical, social and academic abilities as well as collective self-esteem, namely the evaluation of worth in a community group[8]. Late adolescents with positive self esteem and can be fulfilled will foster self-confidence, happiness and not easily stressed. Meanwhile, the late adolescents who have negative self esteem and unfulfilled feel more worthless and have a sense of inferiority complex[7].

Ghufron and Risnawita state that there are 5 factors that influence self esteem including gender, intelligence, physical condition, family and social environment[9]. Santrock explains that physical condition is a factor that can affect *self esteem* and is the factor that has the most influence on a person's self esteem [3]. As long as individuals experience many transitions in their lifetime, their self-assessment often decreases. This can occur, one of which is due to the physical conditions that individuals have related to body image[9]. According to Cash, Body image become the most important component of late adolescent self-esteem [10].

Honigam and Castle (in Rombe) argue that body image is how the individual perceives and evaluates what he thinks and feels about his body shape and size, as well as the assessment of others towards the individual[11]. Perceptions possessed by these individuals can be in the form of feelings of pleasure, satisfaction, or positivity that can be seen from acceptance of physical forms such as body size, weight and body shape or can also be the opposite feeling[1]. Perceptions about appearance often occur in childhood and develop until late adolescence[12].

Body Image is one of the psychological aspects that develops in both boys and girls, especially during puberty. Body image that occurs in female and male late adolescents has difference in the physical changes they experience. Gunn & Paikoff (in Santrock) stated that late adolescent girls tend to be slightly dissatisfied with their body shape compared to late adolescent boys[3]. Late adolescent girls have a tendency to feel dissatisfied with their appearance and think of various ways to improve their appearance. This can occur due to increased fat levels in late adolescent girls< while in late adolescent boys there is an increase in muscle mass[3].

One of the physical problems that is quite troubling among late adolescent girls is weight problems such as obesity[13]. Obesity is a major health problem. Obesity is a condition where there is excessive accumulation of body fat. Obesity occurs because the energy that comes out is not balanced with the energy that goes in. Obesity is a problem where the body weight possessed is far above normal and has harmful

effects on health[5]. Obesity causes risks that can interfere with late adolescence such as decreased concentration, memory, and can even cause significant psychosocial consequences[14].

Basic Health Research says that since 2007 there has been an increase in obesity or overweight in someone over the age of 18[15]. According to the results of Riskesdas[15], the Research and Development Agency of the Ministry of Health stated that there was an increase in obesity for up to three Riskesdas periods, namely in 2007 the percentage of obesity amounted to 10.5%, in 2013 the percentage increased by 14.8%, then in 2018 the percentage obesity became 21.8%. Obesity can occur due to various factors such as psychological factors, genetics, activity patterns, diet and the environment. Obesity can be measured by measuring body mass index (BMI) by measuring body weight and height.

Body Mass Index (BMI) is an indicator that can be easily used to identify late adolescents who are at risk of being overweight. BMI calculations can be determined by dividing body weight (kg) by the square of height (m). The Ministry of Health (2013) classifies Body Mass Index (BMI) into three parts, namely BMI < 18.5 (Kg/m²) is categorized as a thin body, BMI ≥ 18.5 (Kg/m²) - < 24.9 (Kg/m²) is categorized as normal body weight body, BMI ≥ 25.0 (Kg/m²) - < 27 (Kg/m²) is categorized as grade I obesity, and BMI ≥ 27.0 (Kg/m²) is categorized as grade II obesity.

Researchers conducted interviews in July 2021 with four late adolescents at the State University of Malang who were obese to find out the description of body image in late adolescents. Based on these interviews, it was found that they were not very happy or satisfied with their body shape. The four late adolescents who were dissatisfied with their body shape said the same thing, namely a lack of confidence because their body shape was less attractive to look at and they often compared the bodies they had with other people. Three of the four late adolescents said that they often experienced difficult times, such as not being accepted in social circles and often being the subject of conversation among the people around them because of their body shape. Meanwhile, one in four late adolescents said that many people looked down on their body shape, but there were still many people who accepted themselves as friends. The four late adolescents had the desire to lose weight because they felt that if they had an ideal body they would be more appreciated and get acceptance from the people around them. Some of them have tried various diets but always failed, even experiencing digestive problems and having to be hospitalized.

This phenomenon shows that late adolescents who are obese have a tendency to be unhappy about their body shape, not confident and feel unappreciated by the people

around them. Santrock[3,16] said that the emergence of a lack of self-confidence, the existence of a bad concept and low *self esteem* is the cause of dissatisfaction with body shape. Obesity can have a negative psychological effect, which can reduce a person's *self esteem* [13]. This is the same as what Santrock [16]said, namely that late adolescents who are obese have low *self esteem* when compared to late adolescents with normal weight. Late adolescents who are obese tend to be dissatisfied and insecure because they are overweight when compared to their peers who have normal weight, so that it can increase negative *body image*[1,17]. Negative and unhealthy body image will be directly related to low *self esteem* that can cause lack of self-confidence, anxiety, low mood, and even depression in late adolescents.

This study concurs with Nurvita and Handayani's [18] research on 41 adolescents who were obese. The study shows results where there is a positive relationship between self esteem variable and *body image* variable which can be interpreted that the higher *self esteem*, the more positive the body image is. Another study conducted by Solistiawati and Novendawati[6] on body image and self esteem of late adolescents at Esa Unggul University. The study obtained results where there was a positive and significant relationship between *body image* and *self esteem*. This shows that UEU's late adolescents have a positive *body image* and high *self esteem*.

Based on this background, this study aims to determine whether there is a relationship between *body image* and *self esteem* in obese late adolescents at State University of Malang.

2. Literature Review

2.1. Self Esteem

Self esteem is an assessment that a person makes about himself either low or high[3,16]. Individuals who can accept themselves as they are can foster high self esteem, while individuals who have anxiety to face problems and do not have the courage to take risks will have lower self esteem. Rosenberg [8] states that self esteem is a positive or negative assessment of oneself. Maslow[19] states that self esteem is a personal view of individuals who consider themselves as someone who is useful, confident and valuable. Self esteem can be described as a willingness to gain freedom, independence, strength, success, achievement, mastery, adequacy, and confidence.

From the explanation of the self esteem theory that has been described, it is stated that self esteem is the evaluation or assessment that a person feels about himself

as someone who is capable, has value and benefits and is confident in gain freedom, independence, strength, success, achievement, mastery, adequacy and self-confidence. Self esteem according to Maslow[19] has two aspects, self respect and respect from others as follows:

1. *Self Respect*. Individual efforts with self-respect include self-confidence, feeling satisfied and accepting oneself, having a sense of independence and freedom, and being able to make oneself more valuable and able to overcome challenges in life.
2. *Respect from Others*. The recognition given by others to individuals either includes the abilities possessed or any form of need for the individual's self-esteem.

2.2. Body Image

Body image is a person's judgment about the shape and size of his body where a person describes what they think and feel about their body shape and size, as well as how other people make judgments about that person[1]. Papalia & Feldman[20] said that body image is a description and evaluative belief about appearance.

Thompson [6] defines Body Image as a view of how far satisfaction a person has and how that person is able to accept the overall physical appearance as well as the body parts that are influenced by the views of himself, other people as well as the existing social culture. In addition, Honigam & Castle (in Rombe)[11] stated that body image is a person's mental image of the size and shape of his body, as well as how a person gives perceptions and assesses what is on his mind and feelings about the shape and size of his body, as well as about other people's perceptions of him.

Based on several definitions of body image, it is concluded that body image is a person's assessment of himself, regarding his physical shape, both body size and body shape and how satisfied the individual is in accepts his body shape, which is influenced by his own perception and how others evaluate the individual. Cash & Pruzinsky[1] stated that body image has five aspects, namely:

1. *Appearance Evaluation*. Taking overall body measurements such as whether or not the appearance is satisfied, and whether or not the appearance is attractive. Satisfaction with an individual's appearance is judged to be good based on themselves and others.
2. *Appearance Orientation*, which is by paying attention to appearance and doing many ways to improve or improve one's appearance.

3. *Body Area Satisfaction*, which is specifically satisfied with body parts including the face, upper body, middle to lower body, and body parts as whole.
4. *Overweight Preoccupation*, which is the anxiety one experiences about being obese.
5. *Self-classified Weight*, where body size is categorized into several parts such as thin, medium, or fat by measuring the body weight they have.

2.3. Hubungan antara Self Esteem dan Body Image

Adolescence is a transitional period where many changes occur in life. One of the changes in adolescence is a physical change. The ideal body shape becomes everyone's dream, especially in adolescents, especially late adolescents[6]. When the body image of late adolescents does not match what is imagined, it makes perception of body image negative. Cash and Pruzinsky[21] (in Mayasari) explain that body image is a person's assessment of the shape and size of their body where a describes and provides an assessment of what they and feel about the shape and size of their body, as well as how other people give an assessment of that person.

Negative Body image causes late adolescents to be dissatisfied with themselves, resulting in low self esteem. Self esteem it self is a person's evaluation of himself either low or high[16]. High and low body image can affect the self esteem of late adolescents who are obese. Harter (in Santrock)[3,16], states that there is a strong relationship between body image and self esteem related to physical appearance.

This is supported by the research of Solistiawati and Novendawati[6] on "The Relationship Between Body Image and Self-Esteem of Late Adolescent Girls (Study on Regular Student at Esa Unggul University)" which states that there is a positive relationship between body image and self esteem where the higher the body image, the higher the self-esteem. Another study was conducted by Zhafirah and Dinardinata[4] regarding body image (*Body Image*) and self-esteem (*Self Esteem*) also got positive results which stated that there was a relationship between body image and self-esteem. Based on the description above shows that there is a relationship between *body image* and *self esteem*.

3. Methods

3.1. Research Design

This study uses a quantitative method with descriptive correlational analysis which aims to determine the relationship between variable (X), body image and variable (Y) self esteem. The quantitative approach focuses on analysing data in numeric form and is processed using statistical techniques starting from data collection, interpretation data, testing data, and research results. Correlational descriptive analysis is a research design that is carried out in order to see an overview of the presence or absence of a relationship between the variables being measured. The purpose of research using this method to see whether or not there is a relationship between body image and self esteem in adolescents who are obese at State University of Malang

3.2. Population & Research Subjects

The population is a generalization of both objects or subjects that have been determined by researchers with certain characteristics which are then concluded [22]. The population used in this study was the late adolescents at State University of Malang who were obese. According to Sugiyono [22], the sample is a small part that represents the population which is then used as a research subject.

This study uses *nonprobability sampling* techniques, which means that the selection of members of the population to be sampled is not given the same opportunity or opportunity[23,24]. The type of sample used is *purposive sampling*. *Purposive sampling* chosen because there are certain criteria that must be met in order to obtain data according to research objectives. *Purposive sampling* techniques is carried out based on certain considerations that have been determined by the author[22]. The characteristics of the sample in this study included: late adolescents at State University of Malang, aged 18-22 years, female, have a body mass index (BMI) ≥ 25 kg/m². BMI measurement is carried out by listing the body weight and height of the research subject which is then calculated by dividing the body weight (kg) by the square of the height (m). Roscoe (in Azwar)[23,24] said that the number of sample sizes suitable for research was with limit of > 30 and $n < 500$. Based on this, the number of samples taken in this study was 83 respondents

3.3. Research Instrument

The instrument in this study aims to obtain quantitative data. This study uses a *Likert scale type* by asking questions or statements to respondents to assess attitudes as well as behavior that the researcher wants. The scale or instrument used includes favorable and unfavorable items. There are four possible answers on this scale, namely very suitable (VA), suitable (S), not suitable (NS), very not suitable (VNS). Favorable items start from a score of 4 which means very suitable (VS), 3 suitable (S), 2 not suitable (NS), 1 very not suitable (VNS). The unfavorable item starts from 1 which means it is very suitable (VS), 2 is suitable (S), 3 is not suitable (NS), 4 is very not suitable (VNS).

The self esteem measuring instrument is based on the aspects raised by Maslow[2]. There are two aspects in this scale, *Self Respect* and *Respect from Others*. The self esteem scale instrument consists of 34 items, namely 17 favorable items and 17 unfavorable items. Meanwhile, the body image measuring instrument is based on aspects raised by Cash and Pruzinsky[1], namely: *Appearance Evaluation*, *Appearance Orientation*, *Body Area Satisfaction*, *Overweight Preoccupation*, *Self-classified Weight*. There are 44 items in this instrument, 22 favorable items and 22 unfavorable items.

The test was conducted on 30 subjects to perfect the instrument using the *Pearson Product Moment* correlation from Karl Pearson with the SPSS program. In this study, a valid aitem is determined with a significant level of 5% or 0.05, which means that aitem is valid if they have a p value < 0.05 and R count > 0.3610 . Based on the validity test that has been carried out on the self esteem scale from a total of 34 aitem, obtained 30 valid aitem and 4 invalid items. Likewise, on the *body image* scale from a total of 44 aitem, 33 aitem are valid and 11 aitem are invalid. The results of the reliability test on 30 subjects used the cronbach alpha formula to determine the level of reliability of the instrument into the reliability categorization of Guilford[22,25]. So that the reliability test result on the *self esteem* scale were 0.928 which is in the very high category and on the *body image* scale of 0.926 with a very high category. So it can be concluded, these two scales are declared reliable and can be used in research.

3.4. Data Collecting Procedure

Data Collecting in the study is in the form of a scale that is distributed via *google form*. The scale was distributed to late adolescents from various faculties at State University of Malang through *personal chat* and also social media which is then filled in by subjects who match the established criteria which are then analyzed by research data

3.5. Data Analysis

The analysis used is a simple correlation analysis which aims to determine the relationship between the independent variables (*body image*) to the dependent variable (*self esteem*). This study tested descriptive and inferential analysis through two stages, namely the assumption test (normality test and linearity test) as well as hypothesis testing (correlation).

4. Results

4.1. Overview of Data Characteristics of Research Subjects

From the results of the distribution of instruments in the form of a scale *Self esteem* and *Body image* Obtained 83 respondents who were active late adolescents at Malang State University who were obese, aged 18 to 22 years. The following is a table of research subjects based on faculties:

TABLE 1: Description of subjects by Faculties.

Faculty	Frequency	Percentage
Faculty of mathematics and natural sciences	14	16,87%
faculty of Literature	13	15,66%
Faculty of Engineering	9	10,84%
faculty of Economics	15	18,07%
faculty of Science Education	10	12,05%
Faculty of Social Science	14	16,87%
faculty of Psychology	8	9,64%
Total	83	100%

In the description of research subjects based on faculties of a total of 83 subjects, it is known that subjects came from the Faculty of Mathematics and Natural Sciences totaling 14 people (16.87%), subjects from the Faculty of Letters totaling 13 people (15.66%), subjects from the Faculty of Engineering totaling 9 people (10.84%), 15 subjects from the Faculty of Economics (18.07%), 10 subjects from the Faculty of Education (12.05%), 14 subjects from the Faculty of Social Sciences (16.87%) and subjects from the Faculty of Psychology totaled 8 people (9.64%).

4.2. Descriptive Analysis

Descriptive analysis aims to determine the mean score and standard deviation of respondents which are then classified into the appropriate category. Data on *self esteem* and *body image* research variables are categorized into three sections namely high, medium and low. Based on descriptive analysis on *self esteem* and *body image* variables distributed to 83 respondents will be explained as follows:

TABLE 2: *Self Esteem* Descriptive Analysis Results.

Variables	N	Minimum	Maximum	Mean	Std. Deviation
Self Esteem	83	56	106	82,17	11,597
Body Image	83	66	110	85,93	9,154

Based on the exposure in table 2 above, it is known that of the 83 respondents to the *self esteem* variable, the subject's minimum score is 56 and the subject's *maximum* score is 106. The mean value in the statistical calculation results is 82.17 with a standard deviation of 11.597. The following is a table of categorization of the subject's self esteem score.

TABLE 3: *Self Esteem* Score Categorization.

Formula	Interval	Frequency	Percentage	Category
$X < M - SD$	$X < 71$	14	17%	Low
$M - SD \leq X < M + SD$	$71 \leq X < 94$	51	61%	Medium
$X \geq M + SD$	$X \geq 94$	18	22%	High

From the categorization results as illustrated in table 3, it is known that all 83 respondents who are late adolescents at State University of Malang who are obese, there are 18 subjects who have high *self esteem* with a total score above 94 with a percentage of 22%. A total of 51 other subjects fell into the medium category with a total score between 71 to 93 with a percentage of 61%, and as many as 14 subjects fell into the low category with a total score of less than 71 with a percentage of 17%. So it can be concluded that the average of the research subjects have medium *self esteem* categorization.

From 83 respondents on the *body image* variable, it can be seen that the *minimum* score subject's is 66 and *maximum* score subject's is 110. The mean value in the statistical calculation results is 85.93 with a standard deviation of 9.154. The following is a score categorization of *body image* scores.

From the categorization results as illustrated in table 4 it is known that all 83 respondents who are late adolescents at State University of Malang who are obese, there are

TABLE 4: *Body Image* Score Categorization.

Formula	Interval	Frequency	Percentage	Category
$X < M - SD$	$X < 77$	13	16%	Low
$M - SD \leq X < M + SD$	$77 \leq X < 95$	56	67%	Medium
$X \geq M + SD$	$X \geq 95$	14	17%	High

14 subjects who have a high *body image* with a total score above 95 with a percentage of 17%. A total of 56 other subjects were in the medium medium category with a total score between 77 and 95 with a percentage of 67%, and as many as 13 subjects were in the low category with a total score of less than 77 with a percentage of 16%. So it can be concluded that the average of the research subjects have a medium *body image* categorization.

4.3. Hypotesis test

4.3.1. Assumption Test

4.3.1.1 Normality test

The normality test aims to determine whether the data obtained in the study is included in the normal distribution or not. The normality test used is the Kolmogorov-Smirnov with the help of SPSS. The normality test can be considered normal when the significance value of $p > 0.05$.

TABLE 5: Normality Test Results.

Variables	KS-Z	Sig. (p)	Description	Conclusion
Self Esteem	0,601	0,863	$P > 0,05$	Normal
Body Image	0,923	0,362	$P > 0,05$	Normal

The results of the normality test in Table 5 show that the distribution of data for both variables is normally distributed. On the *self esteem* scale, the p value 0.863 is greater than 0.05 ($p > 0.05$), which means that the variable is normally distributed. Similarly, the body image obtained a p value of 0.362 greater than 0.05 ($p > 0.05$), indicating that the variable is normally distributed.

4.3.1.2. Linearity Test

The linearity test aims to determine whether there is a linear relationship between the independent variable and the dependent variable. Linearity testing is done with the help of SPSS. To fulfill linearity, the data must have *Deviation from Linearity* > 0,05.

TABLE 6: Linearity Test Results.

Variables	Significant
Self Esteem – Body Image	0,596

According to the *output* table above, the results shows that the significance value of linearity of *self esteem* and *body image* is 0.596, indicating that there is a significant linear relationship between *self esteem* and *body image* variables.

4.3.1.3. Hypotesis Test

Hypothesis testing has the aim of proving the relationship between *self esteem* and *body image* variables. Hypothesis testing uses a correlation analysis test with the *Pearson Product Moment* technique. If a significant $p < 0.05$ is obtained, it is concluded that the two variables have a correlation (H1 is accepted) and if $p > 0.05$ it is concluded that there is no correlation between the two research variables (H1 is rejected).

TABLE 7: Hypotesis Test Results.

Variables	Rxy	Significant	Description	Conclusion
Self esteem – Body Image	0,346	0,001	$p < 0,05$	H1 accepted

The results of the correlation test in table 7 show that there is a significant relationship between *self esteem* and *body image* variables. This is known from the significance value obtained of 0.001 ($p < 0.05$). Meanwhile, the correlation coefficient value was 0.346, which means that there is a positive relationship between the *self esteem* and *body image* variables.

5. Discussion

5.1. Description of Body Image in Late Adolescents who are obese at State University of Malang

Based on the results of the descriptive analysis, it is known that *body image* in late adolescents who are obese at State University of Malang are included in the moderate

categorization, where out of 83 subjects there are 17% of the subjects getting high *body image* results, 67% of subjects have medium *body image*, and 16% of subjects have low *body image*. *Body Image* in this study can be said to be quite good, where the average subject has a overview of their *body image*, which is included in the medium category of 67%. This could be because some of the research subjects were in the category of mild obesity or entered grade I so that the subjects perceived their body shape to be quite good and ideal. With the current developments in technology and social media, a lot of information is obtained by late adolescents who are obese as it is *beauty vlogger* who gave advice on how to dress. The existence of this makes adolescents who are obese can still appear trendy and not be left behind by other people's clothing styles who have thinner body shapes. A positive *Body image* According to Thompson is described by how far a person's satisfaction is and how that person is able to accept the overall physical appearance as well as body parts that are influenced by the views of himself, others as well as the existing social culture[6].

Honigam and Castle argue that *body image* is a way for individuals to prepare and assess based on what they think and feel about the shape and size of their bodies and how others evaluate them[11]. Perceptions that an individual has can be in the form of feelings of liking, satisfaction, or positivity that can be seen from acceptance of physical forms such as body size, weight and body shape or can also be the opposite feeling[1].

Other than that, if you relate it to Cash & Pruzinsky's theory[1] regarding its five aspects, namely: (1) Appearance Evaluation, where late adolescents are quite satisfied with their appearance based on evaluations of themselves and others., (2) Appearance Orientation, where adolescents finally enough to pay attention and improve appearance to improve his appearance. This can be done by doing treatment or trying a healthier diet. (3) Satisfaction with Body Parts, where late adolescents are quite satisfied and do not compare body shape or size with other people. Subjects have the perception that their body shape is quite ideal., (4) Anxiety about becoming fat, where late adolescents can adopt a healthy lifestyle so that they are not too worried about their weight and body size., (5) Body size categorization, late adolescents have an awareness of body size that is owned in particular to the body weight that is owned.

5.2. Description of Self Esteem in Late Adolescents who are obese at State University of Malang

Based on the results of the descriptive analysis, it is known that *self esteem* in late adolescents who are obese at State University of Malang are included in the medium

categorization, where out of 83 subjects there are 22% of subjects have high *self esteem*, 61% of subjects have medium *self esteem*, and 17% of subjects have low *self esteem*. *Self esteem* in this study can be said to be quite good, where the average subject has an idea about *self esteem* possessed, which is in the moderate category of 61%, where late adolescents who are obese can foster a confident attitude, are strong in dealing with pain, and have feelings of peace and happiness[7]. Late adolescents who are obese and have a sufficient level of *self esteem* accept themselves as they are. This is evidenced by the understanding according to Maslow[19] which says that *self esteem* is the personal view of individuals who regard themselves as someone who is useful, confident and valuable. *Self esteem* can be described as a will to gain freedom, independence, strength, success, achievement, mastery, adequacy, and confidence..

Other than that, if you relate it to Maslow's theory regarding the two aspects namely, *Self Respect* and *Respect From Others*. *Self Respect* is a way for individuals to respect themselves including self-confidence, feeling satisfied and able to accept themselves, having a sense of independence and freedom, and being able to make themselves more valuable and able to overcome challenges in their life. In this study, some late adolescents who are obese have confidence in what they have, the subjects is able to live their lives better and are more able to express what they feel, so that this can foster positive *self-esteem* and prevent negative *self esteem*. *Respect From Others* is the appreciation given by others to individuals including the abilities possessed or all forms of needs for the individual's *self-esteem*. Late adolescents who are obese and feel that they are valued and gain acceptance in the surrounding environment will become more positive individuals not only in terms of their body shape but also see other things such as the potential that these adolescents have.

5.3. Overview of the Relationship between Body Image and Self Esteem in Late Adolescents who are obese at State University of Malang

The results of the calculation of simple correlation analysis obtained a coefficient value r 0.346 with a significant value of 0.001 ($p < 0.05$). In this study, the correlation coefficient value r of 0.346 with a significant 0.001 indicating that there is a significant positive relationship between the variables of *self esteem* and *body image* in late adolescents who are obese at State University of Malang. In addition, from the results of the descriptive analysis, it was found that *body image* and *self esteem* owned by most

of the late adolescents who are obese at State University of Malang are included in the medium category.

In late adolescents, this period is a critical period for them to build *body image* and *self esteem*. According to Cash & Pruzinsky[1] there are several influencing factors that *body image*. One of them is personality. The most important personality factor in the formation *body image* is the *self esteem* that individuals have. This is in line with previous research by Solistiawati and Novendawati[6] which states there is a positive relationship between body image and self-esteem which has a correlation of 0.390. This is also in line with another research by Zhafirah and Dinardinata[4] regarding body image and self-esteem which obtained positive results so that it was stated that there was a relationship between body image and self-esteem.

From the results of this study, it was found that there was a positive relationship between *body image* and *self esteem*, which means that the higher the *body image*, the higher the self esteem obtained in obese late adolescents. On the other hand, if the body image is low, the self esteem in obese late adolescents is also low.

6. Conclusion

The conclusion of the research shows several results, namely that *Body Image* of Obese late adolescents at State University of Malang is included in the medium category. In this case, medium means that late adolescents who are obese perceive and assess their body size quite well, are satisfied and positive and have a fairly ideal body shape.

Self esteem of obese late adolescents at State University of Malang is included in the medium category. The medium category means that obese late adolescents who are obese have enough self-confidence and are able to accept themselves, and can feel that they are valuable because of their potentials.

From the results of the analysis in the research conducted, it was stated that there is a positive and significant relationship between *body image* and *self esteem* in late adolescents who are obese at State University of Malang. Means the higher the *body image* value, the higher the *self esteem* value in obese late adolescents.

7. Advice

The research that has been carried out by researchers is expected to become a reference in the literature in developing related research variables related to *body image* and *self esteem*. Other than that, it is hoped that future researchers will conduct

research on a wider range of subjects in order to see an overview of the *body image* and *self esteem* variables and can increase the number of samples so that the research results are more representative. In addition, future researchers are expected to have more references or literature related to *body image* and *self esteem*.

For late late adolescents who are obese, it is hoped that they can still appreciate their body shape or body condition, and always realize their strengths and weaknesses so that they are able to accept themselves and reduce negative thoughts that can affect psychological conditions. In addition, adolescents are expected to continue to explore their own potential to increase *self esteem* in themselves positively.

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