



**Relationship Between Body Image and Psychology Students' Confidence at
Muhammadiyah University of Gresik**

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Abstract

Confidence is an individual's belief in the abilities they have. This study aims to determine the relationship between body image and student self-confidence. The subjects needed in the research were psychology students at the Muhammadiyah University of Gresik who had fulfilled the research requirements. The data collection tools used in this study were the body image and self-confidence scales—data analysis method using Pearson's Product Moment Correlation Technique. The results showed that the correlation was 0.618 with sig 0.000 ($p < 0.05$), meaning that there was a positive and significant relationship between body image and the self-confidence of students at Muhammadiyah University of Gresik, Faculty of Psychology.

Keyword: body image, confidence, psychology

Abstrak

Kepercayaan diri ialah keyakinan individu akan kemampuan yang dimiiki. Tujuan penelitian ini yaitu untuk mengetahui hubungan antara body image dengan kepercayaan diri mahasiswa. Subjek yang diperlukan dalam penelitian merupakan mahasiswa psikologi Universitas Muhammadiyah Gresik yang telah memenuhi syarat penelitian. Alat pengumpulan data yang dipakai dalam penelitian ini adalah Skala body image dan Skala Kepercayaan Diri. Metode analisis data dengan menggunakan Teknik Korelasi Product Moment dari pearson. Hasil penelitian menunjukkan bahwa korelasi sebesar 0,618 dengan sig 0,000 ($p < 0,05$), artinya terdapat adanya hubungan positif dan signifikan antara body image dan kepercayaan diri mahasiswa Universitas Muhammadiyah Gresik Fakultas Psikologi.

Kata Kunci: Body Image, Kepercayaan Diri.

INTRODUCTION

Humans have a physical body whose appearance is of various kinds (Kiptiah, 2019). From this appearance, one can also judge which one is good and evil in terms of physical appearance. In the modern era, technology and communication media are increasingly developing, such as the internet, namely Instagram, WhatsApp, etc., proliferating in society. Several lifestyles, especially trends among millennial children today, include fashionable, health, and body care (Fitriya, 2019).

Even on social media, there are many standards of ideal beauty or good looks that are still stigma today. These standard criteria are like a beautiful woman who is described with a body that tends to be thin and curvy. At the same time, the ideal male body is lean, muscular, and healthy. Therefore, this causes some women and men to feel like they are being alienated and become less confident because they do not meet the criteria which are judged by some people who do know the proper standards by sight.

Body image is a person's thoughts, perceptions, and feelings about his body. According to Stojcic, body image can be broadly interpreted as a subjective evaluation of one's appearance, in contrast to physical attractiveness, which is an objective or external appearance (Stojcic et al., 2020). Furthermore, Georgios Paslakis defines body image as The picture of our own body, which we form in our mind, that is to say, the way the body appears to us (Paslakis et al., 2022). The image of a person's body formed in the individual's mind, or other words, the image of the individual according to the individual himself, is called body image; meanwhile, according to Cash, body image is a person's perceptions, beliefs, thoughts, feelings, and behavior about his own body and includes a related body, self-attitude, and self-perception.

From some of the definitions above, it can be concluded that body image is an attitude, feeling, and evaluation that a person has of himself in the form of body size and body shape that lead to physical appearance and how a person perceives himself.

Relevant research that discusses body image generally uses the Multidimensional Body Self-Relation Questionnaire-Appearance Scale (MBSRQ-AS) proposed by Maria Fernanda Laus (Laus et al., 2020). According to Maria Fernanda Laus, there are five dimensions in measuring body image: first, evaluation of appearance, assessing feelings of unattractiveness or attractiveness, dissatisfaction or satisfaction, which is intrinsically

related to unhappiness or happiness, and comfort with the overall appearance. Second appearance orientation, which assesses the amount of effort an individual makes to improve and improve his or her appearance. Third, satisfaction with body areas assesses individual dissatisfaction or satisfaction with certain body areas. These areas include hair, face, lower body (buttocks, hips, thighs, legs), midsection (stomach, waist), muscle appearance, height, and weight.

Fifth, anxiety about becoming fat, which describes a person's anxiety about obesity and awareness of weight, is displayed through actual behavior in daily activities, such as limiting eating patterns and dietary tendencies to lose weight. Sixth, categorizing body size measures how a person perceives and labels his weight (Uçar et al., 2018).

Some experts claim several factors also influence that body image. According to Cristiana Duarte, factors that influence body image development are: first, gender is a factor that influences body image. Most women are more pessimistic about their body image than men. Second, the mass media, namely the content of media broadcasts, dramatically influences the development of young women's body image, where the media often depicts the standard of beauty for women who have an ideal body as thin. This makes many young women believe that being thin is a criterion for being healthy. The mass media influences the development of adolescent body image in various ways, which are associated with social comparisons. Adolescents tend to compare themselves with models often displayed by media categorized as attractive. (Duarte & Pinto-Gouveia, 2016).

Third, Family Parents are essential models in the socialization process, so they influence their children's body image through modeling, feedback, and instructions (Wildan, 2022). Fourth, interpersonal relationships make a person compare himself to others, and the feedback received affects his self-concept, including how he feels about physical appearance. This often makes a person anxious about their appearance and nervous when others evaluate them. Feedback on performance and peer and family competition in interpersonal relationships influences how a person views and feels about his body (Perloff, 2014).

The existence of body image makes it possible for a person to compare his condition with other people and raises shame and a wrong perception of his body. The

effect is that body perception gets worse, and individuals are increasingly insecure both in public appearances and in their abilities. As stated by Mills that there is a very significant positive relationship between body image and self-confidence. This means that the more positive an individual's body image, the higher the level of self-confidence (Mills et al., 2018).

In a study, it was revealed that a person who feels satisfied and accepts the condition of his body as it is would have high self-confidence compared to an individual who is dissatisfied and has not been able to accept his body's condition, which will lead to a feeling of insecurity in the individual. So the conclusion is that the key is how we can accept what it is, first the condition of our body and our physical appearance, then automatically comes a high self-confidence by itself. (Widianti et al., 2019).

Individuals who are satisfied with their bodies and aware of their ideal body shape will form a positive body image that will indirectly shape their self-confidence. Unlike individuals who are unsatisfied with their bodies and always think their bodies are lacking, they will form a negative body image so that their self-confidence will be low. Therefore the researcher uses the x body image variable because body image is an aspect of one of the factors that influence self-confidence (van de Grift et al., 2016).

Body image is a combination of individual perceptions and a person's assessment of body shape and size, which can be positive or negative. Body image can also allow a person to compare himself with others and cause shame and insecurity about his body. So nowadays, peers or other people often make their physical appearance an object of ridicule towards individuals around them or their groups (Song et al., 2020). Confidence is essential because, with sufficient self-confidence, individuals can actualize their potential confidently and steadily. Self-confidence can help someone show identity, improve performance, not be easily influenced by other people, achieve happiness, and make it easier to carry out social relations. (McComb et al., 2021).

According to Marika Tiggemann, self-confidence is an attitude or belief in one's expertise so that in one's actions, one is not too anxious, polite in interacting with others, has an achievement drive, feels free to do things as one wishes, and is responsible for one's actions, and know your strengths and weaknesses. Confidence is not a talent (innate) but a mental quality, meaning that self-confidence is an achievement that results

from empowerment or education. Confidence can be trained or accustomed. According to Hakim, self-confidence is an individual's belief in all aspects of his advantages, and this belief makes him feel capable of achieving various life goals that are manifested in his daily behavior. (Tiggemann & Zaccardo, 2015). Based on experts' opinions, self-confidence is an individual attitude that believes in one's ability to behave by what is expected, as a feeling of confidence in one's actions, not influenced by others, responsible for one's actions.

College students generally enter the adolescent phase from 18-25 years of age (Annisa et al., 2020). Previous research conducted by Astuti stated that 25% of adolescent self-confidence was in the medium category, and 75% of adolescent self-confidence was in a low category. In addition, states that 37.1% of adolescent self-confidence is in the medium category, 22.6% is in the low category, and 6.5% is in the deficient category. This shows that adolescents' self-confidence level is in the medium category and even lower (Astuti et al., 2021).

Students need the confidence to carry out their activities; they guide the community in carrying out applicable rules, are role models of behavior patterns, and act as agents of change and the nation's leadership relay iron stock. Students need the confidence to carry out these roles. Activities that demand self-confidence include making presentations, discussing with others, mingling with the community, and making decisions (Santosa, 2021).

METHOD

This research was conducted on female psychology students. This research uses a quantitative type with a survey method. There were 30 student samples selected using non-probability sampling techniques. The instruments used to collect data in this study were the self-confidence scale from Pauline Walsh (Walsh et al., 2021), the body image scale from Melissant (Melissant et al., 2018)

The hypothesis of this research is; Ho: There is a relationship between body image and the self-confidence of Muhammadiyah Gresik university students. Ha:

There is no relationship between body image and the self-confidence of Muhammadiyah Gresik university students.

FINDINGS AND DISCUSSION

The reliability testing results on each scale included a body image scale with a score of 0.707 and a self-confidence scale with a score of 0.878.

Variable	KS	Information
Body image	0,200	Normal
Self-Confidence	0,200	Normal

Table 1. Normality test results

Based on the table, a significant value (P) was obtained for the body image variable of 0.2 and the self-confidence variable of 0.2. Each variable has shown that the significant value (p) is greater than 0.05; this means that the null hypothesis (Ho) is accepted. The conclusion is that the distribution of data on body image and self-esteem variables can be normal, so the assumption of data normality for the two research variables has been fulfilled.

Variable	Linierity	Information
Body image	0,964	Linear
Self-Confidence	0,964	Linear

Table 2. Linearity test results

The deviation from linearity is more significant than 0.05, meaning that the relationship between the independent and dependent variables is linear. Based on the test results, it can be seen that the Sig value for deviation from linearity is 0.964, which means it is more significant than 0.05. Based on this, there is a linear relationship between body image variables and self-confidence.

Variable	Correlation coefficient	Significance
Body image	0,618	0,000
Self-Confidence	0,618	0,000

Table 3. Hypothesis test results

Based on the calculated results, the correlation coefficient between body image and self-confidence is 0.6, and its significance is 0.000. This means that the significance is less than 0.05. Thus, the relationship between the independent and dependent variables is significant.

Based on the hypothesis testing that has been done, it can be concluded that H_0 is rejected and H_a is accepted. Thus, the proposed hypothesis is proven. The study's results also showed a positive and significant relationship between body image and the self-confidence of students at Muhammadiyah Gresik University, Faculty of Psychology. This means that the higher the body image of Muhammadiyah Gresik University students and the Faculty of Psychology, the higher their self-confidence. On the other hand, the lower the body image of Muhammadiyah Gresik University students, the Faculty of Psychology, the lower their self-confidence.

Early adulthood is a transitional period from adolescence to adulthood, usually a period of physical development and emotional development. This physical development causes physical changes in students who enter early adulthood; with these physical changes, students have a view of the ideal concept or body image regarding their physique. The ideal body is defined as the size and shape of the body that is considered perfect and most desired by students. The concept of body or body image, if viewed positively by students, will show satisfied behavior with the body they have, feel comfortable with their physical changes, and can increase self-confidence.

Confidence is an attitude in individuals who can think positively, accept reality, have independence, develop self-awareness, and have the ability to have and achieve everything they want. Therefore, adolescents who have confidence in their bodies will show satisfaction with their appearance, appreciate everything in their bodies, and accept the strengths and weaknesses in their bodies (Walsh et al., 2021).

Physical appearance consistently correlated the strongest with general self-confidence. Students' physical appearance has a close relationship with self-confidence, so if students have a physical appearance that is to their ideal concept, then their self-confidence is high, and vice versa.

This study shows that the body image of Muhammadiyah University Gresik students belongs to various categories; some are low, medium, and also high. Student Body Images are in the low category with a percentage gain of 10% with 3 respondents, the medium category with an acquisition percentage of 73% with 22 respondents, and the high category with a percentage gain of 17% with 5 respondents.

On the self-confidence scale, students are in the low category with a percentage gain of 20% with 6 respondents, the moderate category with a percentage gain of 70% with 21 respondents, and the high category with a percentage gain of 10% with 3 respondents.

The body image of students at the Muhammadiyah University of Gresik, Faculty of Psychology, is in the medium category, indicating that they have a positive body image. Body image is part of self-image that determines individual self-confidence because it influences how individuals see themselves. Then judge himself positively or negatively; if the individual assesses himself positively, he will be confident. This is to the theory that individuals who evaluate their physical appearance positively, as a whole, individuals will feel comfortable and confident. A positive body image as a whole has satisfying behavior with the body one has,

self-acceptance of the body, respecting what one has, and feeling comfortable and confident.

Student self-confidence is in the medium category. With adequate self-confidence, students will have a positive attitude toward themselves and their environment, will not depend on others, and will have the independence to achieve what they want. Without self-confidence, students cannot make decisions, but these students will feel doubtful about what they are doing; that self-confidence is an attitude in someone who can think positively, accept reality, have independence, develop self-awareness, and own and achieve everything you want.

The results of testing this study's hypothesis indicate a significant positive relationship between body image and the self-confidence of students at the Muhammadiyah University of Gresik, Faculty of Psychology. This means that the more positive the body image of Muhammadiyah Gresik University students, the Faculty of Psychology, the higher their self-confidence. Conversely, the more negative the body image of Muhammadiyah Gresik University students, the Faculty of Psychology, the lower the level of self-confidence

Individuals with a positive body image are shown by several behaviors, including self-acceptance of their bodies, satisfaction with their bodies, and high self-confidence. So students of the Muhammadiyah Gresik University Faculty of Psychology who have a positive body image as a whole have satisfied behavior with their body, self-acceptance of the body, appreciate what they have, and feel comfortable and confident (Wilfred & Lundgren, 2021).

CONCLUSION

Based on the data analysis in this study, there is a very significant positive relationship between body image and the trustworthiness of students at the Muhammadiyah University of Gresik, Faculty of Psychology. The correlation coefficient is 0.618; the relationship level category is at a high correlation level.

This means that the more positive the body image of Muhammadiyah Gresik University students, the higher their self-confidence. Conversely, the more negative the body image of Muhammadiyah Gresik University students.

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