



## THE RELATIONSHIP BETWEEN SELF-ESTEEM AND INTERPERSONAL RELATIONSHIP WITH BODY IMAGE TO STUDENTS AT THE ALI BIN ABI TALIB TANJUNG MORAWA MIDDLE SCHOOL

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### Abstract

The purpose of this study is to determine the correlation between self-esteem and interpersonal relationship with body image. Using quantitative methods with a survey approach. A sample of 88 people from 118 populations with purposive sampling technique. Based on the results of the analysis using the linear regression analysis method, it is known that there is a positive and significant correlation between self-esteem and body image seen from the coefficient value ( $R^2$ ) = 0.244 with  $p = <0.050$ .

Keywords: *Self-Esteem, Interpersonal Relationship, Body Image.*

### 1. INTRODUCTION

Adolescence is a period of developmental transition between childhood and adulthood which is characterized by biological, cognitive, and social changes. Adolescence lasts from the age of 12-21 years which is divided into: early adolescence (12-15 years), middle adolescence (15-18 years), and late adolescence (18-21 years) (Monks. et al, 2006) . At this time, there are various changes in adolescents, one of which is a physical change. Related to the physical changes that occur, adolescents must be able to accept their physical condition and use their bodies effectively, which is one of the tasks of adolescent development (Santrock, 2003). Developments in early adolescence are related to increasing body weight, making judgments emerge among young women regarding physical appearance with a proportional body shape, which makes today's young women become less confident, young women always judge themselves through the eyes of other people, namely friends. her social friends (Ratnawati, 2012). Starting from physical appearance, adolescents can provide an image and perception of their physical form, then assess the physical appearance of others to the body standards that every individual must have and this is what is called body image. Body image a person can be divided into a positive body image (satisfied with oneself) and a negative body image (dissatisfied with oneself). If a person views his body positively then the body image he has is positive, and if someone views his body negatively then the body image he has will also be negative. For this reason, in order to create a positive body image, several ways are needed to achieve it, as stated in the body image aspects of Cash (2002), namely evaluation of appearance, appearance orientation, satisfaction with one's own body, anxiety about getting fat and body categorization.

As has been explained that appearance evaluation can assess the portion of the body they have that looks attractive or unattractive, and whether they are satisfied or not with the portion of the body they have. Of course, this is their assessment that triggers their confidence. This can be seen from the number of female students who feel dissatisfied with their body size, which makes them not confident to take pictures, and they also lack confidence to do something. Then related to appearance orientation, if someone is dissatisfied with the portion of the body they have, they will think about how to change the portion of the body so that it is in accordance with expectations.

This can be seen from those who think they are too fat, they start doing sports to get the ideal body and also some of them choose to use dark clothing colors to help them look thinner than they really are. While satisfaction with body parts, in this case for those who feel dissatisfied with the body parts they have, they will try to cover it up in various ways, such as those who have large arms, so they try to cover it up with more closed clothing models and oversize so that it can cover the size of the arm that is owned (Cash, 2002).

Everyone definitely wants to have an ideal body portion. However, if some of them are overweight and feel fat, they tend to feel dissatisfied with their body condition and want to lose weight. To achieve this, they can go on a diet or reduce food portions. A person's physical dissatisfaction can be influenced by several factors, such as the opinion of Grogan (Wilianto, 2017) regarding aspects of body image, namely: when a person compares the portion of the body he has with the expectation of the body portion he wants. Therefore, if they have a body portion that is not as expected, they will try to improve themselves to achieve that expectation, just like those who have a body portion that is too thin, then they will try to gain weight by increasing the portion of food they eat. In relation to body image, emotions will appear in a person. Sari, (2012) revealed that body image is a person's feelings towards his body. This means that if an individual views his body positively then the body image he has is positive, whereas if the individual views his body negatively then the body image he has is negative. With positive emotions, a person can appreciate the body they have more, so that a person will feel more happy and confident about the shape of the body they have. People who have a positive body image will tend to feel confident about their body condition, have high self-esteem, high self-acceptance, self-confidence about caring for their own body condition and health, and self-confidence when carrying out relationships with other people. Irianita, 2007).

Based on the results of researchers' observations made in accordance with Cash's (2002) body image aspects of EA students in the Ali Bin Abi Talib Middle School dormitory, it was found that he felt insecure about his physical appearance which affected his level of comfort, due to his body being too small. she felt that she did not achieve body goals like other students. Therefore, to achieve self-confidence about the portion of the body that is owned, he prefers to wear long clothes or robes that will help his body shape look bigger. Similar to the SY student, he felt insecure about his physical appearance, because he had a relatively thin body weight. So to cover up the flaws in the body that can make him look fuller, he prefers to wear oversized clothes, which can make his body look bigger. In contrast to MNW students who feel anxious if one day they will become fat due to their diet and lifestyle, therefore, they can make efforts not to become fat, for example by running a calorie deficit, to exercise, in order to maintain a healthy body portion. owned. When someone has high expectations related to body size categorization, for example when someone wants to have a slightly bigger body, then he can do several ways, for example by consuming foods that contain lots of fat and carbohydrates, but if he has a body shape that is too big, then he can do sports so he can become thinner.

From the interview results, they carry out treatments such as buying skincare to get smooth, healthy and bright skin conditions. Then for those who want to have white and bright skin, they want to listen to beauty influencers' explanations regarding what ingredients can help them to get their dream skin. And those who feel they have a fat body, they are willing to make several efforts to get body goals, such as a calorie deficit and also take part in several sports activities such as running or walking in the afternoon and doing routine fasting to get maximum results. In line with



the description above, there are several previous studies that support the relationship between Self-Esteem and Interpersonal Relationships with Body Image, Fitra et al., (2021) that there is a significant relationship between self-esteem with the body image of young women. Supported by Zhafirah, Dinardinata, (2018) that there is a positive relationship between body image and self-esteem. Then research from Fatimah et al., (2020) obtained results which stated that there was a positive and significant relationship between self-esteem and body image. Furthermore, research by Wibowo et al., (2021) related to the relationship between body image and interpersonal relationships, found that there is a significant relationship between body image in young women and interpersonal relationships.

From some of the phenomena that occur above is a person's attempt to make changes in himself. However, change is not only influenced by internal factors such as the individual's desire to change so that he can be satisfied with the condition of the body he has, but can also be influenced by external factors, such as the appearance of other people (beauty role models) who become a benchmark for a person's beauty standards, if he have a physical form like that model, then they will feel they look "beautiful", that way, they will change their physical appearance to be the same as that model. From the existing conditions, it shows that not everyone feels confident and confident with their physical appearance, because there are still many who are not confident with their appearance. This is also reflected in the number of female students who feel that they are not satisfied with their body shape, which causes them to develop a negative body image. To get a positive body image, someone prefers to change their appearance by using someone else's appearance as a role model, so they can look more attractive. With the existence of body image can affect individual perceptions of their bodies, this will make individuals tend to compare between body perceptions and their own appearance with the ideal appearance they imagine, if there is too much gap between the real body and the ideal body, individuals will feel disappointed, sad even experience frustration because they feel there are deficiencies in their bodies that have not been fulfilled.

The description above explains that body image is a picture of a person's perception of an ideal body and what they want in their body, both in terms of weight and body shape, which is based on the perceptions of other people and how much they should adjust to these perceptions. Someone considers his physical condition is not the same as his ideal concept, then the individual will feel that he has a physical deficiency, even though in the eyes of others he is considered good. Such circumstances often make a person unable to accept his physical condition as it is so that his body image becomes negative. Body image can be influenced by several factors. If someone has a negative body image, it will lower their self-confidence and self-esteem, as Azzahra et al., self esteem or commonly known as self-esteem is a process of self-assessment that is carried out based on thoughts or behavior. The assessment can be in the form of a positive assessment, or a negative assessment. Rosenberg (1965) stated that self-esteem is a positive or negative evaluation of oneself. Individuals who have high self-esteem show that they are optimistic; proud and satisfied with oneself (Multasih & Suryadi, 2013); be more sensitive to level of ability/competence, ignore negative feedback and seek feedback about abilities; accept the negative events experienced and try to improve themselves (Hidayati, 2015); often experience positive emotions such as joy and happiness; flexible, brave, and able to express oneself when interacting with others (spontaneous and active); trying to do something to increase his capacity (more growth and development); dare to take risks (Febrina, Suharso, & Saleh, 2018); having a positive attitude toward other people,

groups, or institutions; think constructively (flexible); able to make decisions quickly and confidently with the decisions taken.

Conversely, students with low self-esteem tend to show characteristics such as being pessimistic; dissatisfied with himself (Amir & Witriani, 2019), wishing to be someone else or to be in someone else's position; tend to experience social anxiety and more often experience negative emotions; awkward, shy, and unable to express themselves when interacting with others (less spontaneous and more passive). 2018); having a positive attitude toward other people, groups, or institutions; think constructively (flexible); able to make decisions quickly and confidently with the decisions taken. Conversely, students with low self-esteem tend to show characteristics such as being pessimistic; dissatisfied with himself (Amir & Witriani, 2019), wishing to be someone else or to be in someone else's position; tend to experience social anxiety and more often experience negative emotions; awkward, shy, and unable to express themselves when interacting with others (less spontaneous and more passive). 2018); having a positive attitude toward other people, groups, or institutions; think constructively (flexible); able to make decisions quickly and confidently with the decisions taken. Conversely, students with low self-esteem tend to show characteristics such as being pessimistic; dissatisfied with himself (Amir & Witriani, 2019), wishing to be someone else or to be in someone else's position; tend to experience social anxiety and more often experience negative emotions; awkward, shy, and unable to express themselves when interacting with others (less spontaneous and more passive). students with low self-esteem tend to show characteristics such as pessimism; dissatisfied with himself (Amir & Witriani, 2019), wishing to be someone else or to be in someone else's position; tend to experience social anxiety and more often experience negative emotions; awkward, shy, and unable to express themselves when interacting with others (less spontaneous and more passive). students with low self-esteem tend to show characteristics such as pessimism; dissatisfied with himself (Amir & Witriani, 2019), wishing to be someone else or to be in someone else's position; tend to experience social anxiety and more often experience negative emotions; awkward, shy, and unable to express themselves when interacting with others (less spontaneous and more passive).

Regarding self-esteem, there are several aspects of self-esteem that can affect body image, including: Self-esteem that is created from a person's level of satisfaction with the body shape he has, if someone is satisfied with the body shape he has, then he will feel he is valuable, and also conversely, if someone feels dissatisfied with the shape of the body they have, then they will feel less valuable. Not only from self-assessment of body shape satisfaction, but can also be created from one's interaction with society, such as the level of comfort a person has when interacting with other people with the body shape he has, because not everyone can feel comfortable and confident in interacting with conditions. which he thinks is not good. A person can also feel valuable if he feels satisfied to be himself. However, if he feels dissatisfied, he will find a way for him to be satisfied with himself, for example, what is lacking in him, he will change that. As illustrated by the results of observations and interviews conducted by researchers in the school yard, it was found that some students valued themselves, but some other students did not respect themselves. When a student feels valuable, she will feel more satisfied and appreciate herself more, because she feels happy with what she has, such as when a student feels happy with her short hairdo, she will take care of the hair, and not mind with the hairstyle of her choice, then when a student is aware and feels that she has an unpleasant body odor, she will look for ways to get rid of the odor, such as using deodorant or perfume that can remove the bad smell.



However, it is different from students who do not respect themselves due to their shortcomings, such as when a student has a more advanced model of front teeth than in general, she feels disturbed and feels uncomfortable when interacting with other people, this can lead to a lack of self-confidence because has a different tooth model than usual, this makes him feel worthless. Then like a student who has a physical disability such as a limp, which causes her to be unable to walk normally which can lead to embarrassment because she has a physical disability in her limbs, the two things above are examples of negative body image that affect self-esteem. To answer some of the questions above, it can be revealed in the factors that influence body image according to Cash & Pruzinsky (2002), including: Gender, where body dissatisfaction often occurs in a person, and is more common in women than men, because many women feel dissatisfied with their bodies so they have a negative body image. With the existence of the mass media that often shows impressions about the ideal body shape, of course it can influence adolescents to be able to have the same body shape and make it a standard of beauty, such as a white, tall, and slim body shape. A person's role model can also come from people around them, such as family, because family members have good body shape. then it can bring up someone's motivation to have the same body as their family members. This fosters their self-confidence to be able to establish interpersonal relationships, the higher it will be.

With the interpersonal relationship can make it easier for someone to communicate with other people. By communicating, a person can compare himself with others, and can receive feedback about self-concept, including how he feels about physical appearance (Cash & Pruzinsky, 2002). This can foster their self-confidence to be able to establish higher interpersonal relationships. In addition, a person's judgment of others will bring up feelings of acceptance or rejection which can be expressed in individual attitudes towards him. In line with that, interpersonal relationships or commonly known as interpersonal relationships are relationships carried out by two or more people as a means of interacting. Interpersonal relationships are relationships consisting of two or more people who are interdependent with each other and use consistent patterns of interaction (Wisnuwardhani & Mashoedi, 2012). Mueller (Wati et al., 2019) explained that body image is a psychological aspect that occurs, adolescents are very concerned about their bodies and develop an image about their bodies. The preoccupation with body image is strongest among adolescents, but is especially pronounced in early adolescence, when adolescents are dissatisfied with their bodies compared to late adolescence. Minchinton (2003) revealed that self-esteem is a value that is attached to us. Self-esteem also means an assessment of us as human beings, based on approval or denial of ourselves and our behavior. Matsumoto (2009) in The Cambridge Dictionary of Psychology explains, "Self esteem is a tendency level of attitudes, ideas, self-evaluation, history, mental processes, and positive behavior." Self-esteem is related to many aspects of thinking, emotion and behavior when it is often considered as a core part of understanding the individual. Interpersonal relationships is the process of conveying certain information, thoughts and attitudes between two or more people in which there is a change of message both as a communicator and a communicator with the aim of achieving mutual understanding, regarding the issues to be discussed which in the end is expected to change behavior. Interpersonal relationships are relationships consisting of two or more people who are interdependent with each other and use consistent patterns of interaction (Wisnuwardhani & Mashoedi, 2012).

## 2. METHOD

The subjects of this study were female students of SMP Ali Bin Abi Talib Tanjung Morawa. The population in this study amounted to 118. The number of samples in this study were 88 female students with a purposive sampling technique. Research instrument. Three scales were used as data collection tools, consisting of a body image scale of 9 items, a self-esteem scale of 10 items and an interpersonal relationship scale of 34 items. The assessment given to each subject's answer to each favorable statement is strongly agree (SS) gets a value of 4, agrees (S) gets a score of 3, disagrees (TS) gets a score of 2 and strongly disagrees (STS) ) gets a value of 1. For an unfavorable statement the assessment given is strongly agree (SS) gets a value of 1, for an agreed answer (S) gets a score of 2, disagrees (TS) gets a score of 3 and for a very disagree answer (STS ) gets a score of 4. Data analysis techniques in this study used multiple regression, linearity test, normality test, t test, and F test. Data analysis was performed using the SPSS program.

## 3. RESULTS AND DISCUSSION

### 3.1 Normality test

The purpose of this distribution normality test is to prove the distribution of research data which is the center of attention after dispersing it based on the normal curve principle. The normality test of the distribution was analyzed using the research data distribution normality test using the Shapiro-Wilk Test for Bivariate Normality technique. Based on this analysis, it is known that self-esteem and interpersonal relationships and body image follow a normal distribution which is distributed according to the normal curve principle. As a criterion, if Shapiro-Wilk > 0.05 the distribution is declared normal, otherwise if Shapiro-Wilk < 0.05 the distribution is declared abnormal (Sujarweni, 2014) and overall the relationship is declared normal.

Table 1 Normality results

Variable	Means	SD	Shapiro-Wilk	P
<i>Self Esteem</i>	11.49	2.167	0.922	0.110
<i>Interpersonal Relationships</i>	51.75	8,532	0.981	0.215
<i>Body Image</i>	17.60	3,201	0.957	0.096

### 3.2 Linearity Test

The linearity test is intended to determine the degree of linearity of the independent variable to the dependent variable. This means that self-esteem and interpersonal relationships can explain the emergence of body image?, namely the increase or decrease in the value of the X1 and X2 axes (self esteem and interpersonal relationships) along with the increase or decrease in the value of the Y axis (body image). Based on the linearity test, it can be seen whether the independent variable and the dependent variable can or cannot be analyzed by regression. The results of the analysis show that the independent variables X1 and X2 (self-esteem and interpersonal relationships) have a linear relationship with the dependent variable (body image). As a criterion, if  $p > 0.05$  then it is declared to have a degree of linear relationship (Riadi, 2016). The relationship can be seen in the following table:



**Table 2** Summary of Linearity Test Calculation Results

Correlational	P	Information
X1 – Y	0.062	linear
X2 – Y	0.182	linear

### 3.3 First Hypothesis Test

Based on the results of the analysis using the linear regression analysis method, it is known that there is a positive and significant relationship between self-esteem and body image seen from the coefficient value ( $R^2$ ) = 0.244 with  $p = <0.001 <0.050$ .

**Table 3** Regression analysis of the first hypothesis

Statistics	$R^2$	p.s	Ket
<i>Self Esteem – Body Image</i>	0.269 (26.9%)	<0.001	Significant

### Third Hypothesis Test

Based on the results of the analysis using multiple regression analysis method, it is known that there is a positive and significant relationship between self-esteem and interpersonal relationship with body image seen from the coefficient value ( $R^2$ ) = 0.292 with  $p = <0.001 <0.050$ .

**Table 4** Results of multiple linear regression analysis

Statistics	$R^2$	p.s	VIF	Ket
<i>self esteemand interpersonal relationships – Body Image</i>	0.321 (32.1%)	<0.001	1,000	Sig

Information:

$R^2$  = Coefficient Determination p.

S = Significance

VIF = Inflation Factor Variance

Based on the results of the analysis using the regression analysis method, it is known that there is a positive and significant relationship between self-esteem and body image seen from the coefficient value ( $R^2$ ) = 0.244 with  $p = <0.001 <0.050$ , which means that the first hypothesis is accepted. Regarding research data on female students aged 12-15 years, female students feel completely useless, so they feel jealous of the appearance of friends who are more attractive than themselves. The results of the above research are supported by another study from Fadhillah & Indrijati (2022) regarding the relationship between self-esteem and body image in late adolescent girls who use Instagram which states that there is a relationship between self-esteem and body image in late adolescent girls who use Instagram. Everyone wants to be appreciated, both in terms of behavior or character. Someone who is valued will feel comfortable in doing something, because he will feel considered there. But not everyone can respect each other, this can be caused by several factors such as body image. There are several results of previous research that discuss the relationship between self-esteem and body image, such as research conducted by Agustini et al., (2020) regarding the relationship between body image and self-esteem in young women aged

16-18 years which states that there is a relationship between body image with self-esteem in young women aged 16-18 years. From the results of the study it is known that most of what influences the appearance of young women is from social media, social comparison as a social perception that the ideal body for women is slim, this perception usually refers to figures that are used as role models such as artists who are idolized by teenagers through social media, television, magazines. Of course things like this have an influence on a person's body image, because it will affect perceptions, attitudes and behavior related to body image.

Along with some of the explanations above, it can be concluded that body image can influence a person's self-esteem, according to the phenomenon that occurs in SMP Ali bin Abi Talib Tanjung Morawa students, where for those who feel they have deficiencies in their physique due to differences in physical form in general, for example overweight, having dark skin color, a body that is too tall or a face with pimples, of course this will make them lack self-confidence which will lead to feelings of disrespect for themselves, because they are the ones who make other people the benchmark for beauty standards in general. Based on the existing phenomena, it can be concluded that there is a relationship between self-esteem and body image. A person will feel valued if he has a positive supportive body image, because a person will be more confident to appear and interact with others if he feels comfortable with his appearance, for example the appearance of a body that supports expectations. Based on the results of the analysis using the linear regression analysis method, it is known that there is a positive and significant relationship between interpersonal relationships and body image seen from the coefficient value ( $R^2$ ) = 0.136 with  $p = 0.020 < 0.050$ , which means that the second hypothesis in this study is accepted. Regarding the data, it was found that female students were reluctant to get acquainted first because their bodies were less attractive than their other friends.

The results of the research above are supported by Ifdil (2017) regarding the relationship between body image and female self-confidence, it was found that there is a significant relationship between body image and female self-confidence where the more positive the female body image is, the higher the female self-confidence. Young women who perceive their body as not ideal, such as having an unattractive face, body that is too fat or thin and so on, they become preoccupied with thinking about their physical condition, so that the body image that is formed becomes negative and can be said to have no self-confidence. Body image a person can influence his Interpersonal Relationship with others. This can happen if a person feels insecure about the body shape he has, because he feels something is lacking in him, that other people's appearance is better than him, then this will make him feel embarrassed, lack confidence to socialize, interact, communicate with his friend. In accordance with the results of previous research conducted by Wibowo et al., (2021) regarding the relationship between body image and interpersonal relationships, it was found that there was a significant relationship between body image and interpersonal relationships of students at SMK Negeri 1 Pekalongan, East Lampung. That is, if the student's body image is high, then the student's interpersonal relationship is also high.

Based on some of the explanations above, it can be concluded that if someone has a negative body image, then he will be lacking in establishing interpersonal relationships, and if he has a positive body image, then their self-confidence to be able to establish interpersonal relationships will be even higher. Based on the results of the analysis using multiple regression analysis method, it is known that there is a positive and significant relationship between self-esteem and interpersonal relationships with body image seen from the value of the coefficient ( $R^2$ ) = 0.292 with





$p = <0.001 <0.050$ , which means that the third hypothesis is accepted. Related to research data on these students that students feel completely useless and are reluctant to get acquainted first which causes them to feel jealous of the appearance of friends who are more attractive than themselves. Adolescence is a transitional period from childhood - childhood to adulthood. Adolescence is known as puberty, where many changes occur. One of the most visible changes is a physical change. Changes that occur sometimes can bring up perceptions, views or judgments about themselves which are commonly known as body image.

Of course, everyone wants to have a good self-assessment, but not everyone gets it. The assessment aims to make someone feel valued or commonly known as self-esteem. If someone has a good assessment or self-image, he will feel valued, which will later support self-confidence in establishing communication relationships, interacting with other people which are commonly known as Interpersonal Relationships. There are several previous studies that support the relationship between Self-Esteem and Interpersonal Relationship with Body Image, where according to Fitra et al., (2021) that there is a significant relationship between self-esteem and the body image of young women, this explains the more young women feel satisfied towards the body they have, both specifically and as a whole, the self-esteem will be higher, conversely if young women are dissatisfied with the body they have, both specifically and as a whole, then the self-esteem will be lower. From this study it was found that a person's self-esteem has a correlation with the body image that an individual has.

Supported by Fatimah et al., (2020) results were obtained which stated that there was a positive and significant relationship between self-esteem and body image in class XI students at SMA Negeri 12 Bekasi. This means that the higher a person's self-esteem, the higher his body image, and conversely, the lower the self-esteem that a young woman has, the more negative the body image that a young woman has. Furthermore, research by Wibowo et al., (2021) related to the relationship between body image and interpersonal relationships, found that there is a significant relationship between body image in young women and interpersonal relationships, the higher a person's interpersonal relationship, the higher the body image and vice versa, the more someone's low interpersonal relationship. Based on the description above, it can be concluded that body image can be influenced by self-esteem. Like Wahyuni & Aurellia's research (2021) that there is a positive relationship between body image and self-esteem in young women. Then research from Zhafirah & Dinardinata, (2018) states that there is a positive relationship between body image and self-esteem. Apart from self-esteem, body image can be influenced by interpersonal relationships, as is the opinion of Wibowo et al., (2021) that there is a significant relationship between body image and interpersonal relationships.

#### 4. CONCLUSION

Based on the results of the analysis using the regression analysis method, it is known that there is a positive and significant relationship between self-esteem, interpersonal relationship with body image and a positive and significant relationship between self-esteem and interpersonal relationship with body image.

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