

## RELATIONSHIP BETWEEN BODY IMAGE AND SOCIAL ANXIETY IN ADOLESCENT WOMEN

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### ABSTRACT

Some teenage girls when interacting socially often experience social anxiety. Social anxiety has a negative impact, especially in social life with other people. Social anxiety is described as an individual's fear of social situations related to performance and physicality which makes the individual more careful with the people around him, afraid that he will be humiliated or humiliated so that in this case a positive body image has an important role to reduce anxiety in young girls. The purpose of this study was to determine the relationship between body image and social anxiety in adolescent girls. This research is a correlational quantitative research. The research subjects were involved 286 high school students. Proportional sampling technique, the instrument used is the body image scale social anxiety scale. Data analysis using product moment correlation. The results of the analysis show that there is a negative relationship between body image and social anxiety in adolescent girls with an  $r$  value of  $-0.165$ , ( $p = 0.005 < 0.05$ ) and body image shows a contribution to the emergence of social anxiety by 2.7%.

**Keywords:** Body Image, Social Anxiety.

### PRELIMINARY

Adolescence is a period in the life span, where individuals undergo a process to reach maturity towards a period of forming adult responsibility. The term adolescence or adolescent comes from Latin which means "to grow up". Adolescents have a broader meaning that includes mental, emotional, social and physical maturity (Hurlock, 1994). Adolescents are individuals who are developing physically, psychologically, and socially toward maturity to be able to integrate with adult society.

Social life in adolescence begins to show an interest in joining the social environment. Adolescents must begin to understand other people as individuals who are unique and different from themselves and are required to have good social adjustment skills, if adolescents are able to understand themselves and their social roles, they will find their identity but if this is not achieved it can cause social anxiety.

The phenomenon of social anxiety can easily occur, because everyone has a tendency to experience these problems, but the level of social anxiety for each person is different. Someone who has social anxiety will tend to be anxious and uncomfortable when dealing with other people, which is accompanied by feelings of shame, fear, because they think something bad will happen. Social anxiety is only one form of interpersonal distraction.

Social anxiety is described as the most prevalent anxiety disorder and is among the third prevalent disorders in the world, at least in high-income countries, with a lifetime prevalence rate of between 7% and 13% (Vriends, 2013). Other consequences of social anxiety include

substance abuse, dropping out of school, lower levels of educational attainment, experiencing unemployment and fraud (Lopez 2008). Social anxiety is colored by individual concerns about how the individual conducts himself in social situations. The results of research conducted (Nainggolan, 2011) concluded that there was a statistically significant and negative relationship between self-confidence and social anxiety.

Research conducted by Vriends (2013) found a fairly high presentation of the results of the Social Anxiety self-report, namely 15.8% of 311 Indonesians. Social Anxiety cases are more commonly found in women (both adults and children), people who have lower education and socio-economic conditions. There are also many cases of Social Anxiety at the age of children and adolescents. The national survey on adolescent mental health conducted by the National Institute Mental Health in America reports that 8% of adolescents aged 13-18 years experience social anxiety.

Dissatisfaction with the body is more experienced by young girls than boys. Teenage girls are more or less satisfied with their body condition and have more negative body images, this is because when they enter adolescence, a woman will experience an increase in body fat which makes her body even further away from her ideal body shape (Santrock, 2003). Dissatisfaction with the body or body image in adolescent girls generally reflects the desire to have a slimmer body image (Markey, 2005).

In general, adolescents do diet, exercise, take care of the body, consume slimming drugs and others to get an ideal body image (Dacey & Kenny, 2001). This has resulted in many adolescents controlling their weight by dieting and exercising to form an ideal body or body image.

Physical condition is important in social success. Adolescents are very sensitive to body conditions that are not in accordance with society's description of the ideal body (Centi, 1993). Adolescents have a great deal of attention to self-appearance (Monks et al., 2004) if any part of the body or the whole body is considered bad (not in accordance with the ideal picture) it tends to influence the socialization process. When adolescents understand that their bodies meet the requirements, this will have a positive effect on adolescent self-assessment (body image). Meanwhile, if there are deviations, problems related to self-behavior and adolescent social attitudes will arise. Teens believe that physical conditions will make it accepted or rejected by the social environment.

Body image is a picture that one has in mind about the size, state or condition and shape of the body. The physical changes that adolescents experience can affect relationships with other people. Some teens want to avoid certain situations or people because they feel so inferior or embarrassed. All these changes come when a teenager does not feel confident about himself (lack of confidence) feels fat, big, thin which makes him feel ashamed as if everyone in the world has noticed his imperfections. A speck of a pimple can appear as big as a ball and make teens want to dig a hole and hide in it. This may make it difficult to get along and adjust to other people.

Based on the results of a survey for young women, they began to feel dissatisfied with their body shape at the age of 16, so that they were less confident because they were not satisfied with their bodies. Body Image is formed from internal factors such as how a person sees, feels, and believes in himself or herself (Nainggolan, 2016).

A study in the US shows that body image is a very concerning issue among girls, 94% of women in the US report having a negative body image of themselves and wanting to change one part of their body because they lack confidence. 98% of women also admit that at least once a day they think negatively about their appearance / body shape (Frisoni, 2016).

The way individuals see themselves has an important impact on their psychological aspects, a realistic view of themselves, receiving and measuring body parts will provide a sense of security, so they avoid feeling anxious Keliat, 1992 (in Julianti, 2015). Things that cause young girls to not accept their physical conditions are, for example: Height, weight and face shape. Teenage girls are very sensitive to their appearance and tend to think about how their faces are, whether other people like their faces and always describe and develop what their bodies are like and what their bodies want. This can cause individuals to feel worried about other people's assessments of themselves. So that individuals can experience social anxiety, because they feel worried that they will get negative judgments from others on the basis of their body image. One-third of women experience a strong dissatisfaction with their body or body image, which can cause them (adolescent girls) to experience higher social anxiety and low self-esteem (Wolf, 1990, in Melliana, 2006).

Based on the description above, it can be formulated the problem that will be raised by the researcher in this study is "is there a relationship between body image and social anxiety in adolescent girls?". Based on these thoughts, the purpose of this study is to determine the relationship between body image and social anxiety in adolescent girls.

## **THEORETICAL BASIS**

### **Social Anxiety**

According to the American Psychiatric Association (2013) social anxiety is an individual's fear of social situations related to performance, which makes individuals more careful with those around them, afraid that they will be humiliated or humiliated. In addition, according to Dayakisni and Hudaniah (2009) social anxiety is a feeling of being uncomfortable in the presence of other people, which is always accompanied by feelings of shame marked by awkwardness or rigidity, obstacles and a tendency to avoid social interactions.

It can be concluded that social anxiety is a condition that causes individuals to feel afraid, worried about other people's views of themselves, afraid of being evaluated negatively so that individuals tend to avoid interacting with other individuals.

### **Aspects of Social Anxiety**

According to Greca and Lopez (2005), there are three aspects of social anxiety, namely: (1) fear of negative evaluation. (2) Social avoidance and feeling depressed in new situations or with new people. (3) Social avoidance and distress experienced in general or with familiar people.

### **Reaction to Social Anxiety**

Haber and Runyon (1984) explain that there are four anxiety reactions, namely: 1) Cognitive reactions (in one's mind), namely unpleasant feelings that arise in a person's mind, so they experience feelings of anxiety and worry. This worry can occur from a mild level of worry to panic, anxiety, and feeling that there will be calamity, doomsday, and death. 2) Motor reactions, namely unpleasant feelings that arise in the form of behavior such as squeezing fingers, trembling fingers & hands, unable to sit still or stand on the spot, stretching, biting lips, snapping nails, nervous. Usually people who are anxious show random movements. 3) somatic

reactions, namely unpleasant feelings that arise in biological physical reactions such as dry mouth, difficulty breathing, palpitations, cold hands and feet, diarrhea, dizziness such as fainting, sweating a lot, increased blood pressure, tense muscles especially the head, neck, shoulders and chest, and difficulty digesting food. 4) Affective reactions, namely unpleasant feelings that arise in the form of emotions, feelings of tension due to excessive emotional overflow such as being confronted with a terror.

### **Factors Affecting Social Anxiety**

Several research studies have found factors that influence individuals to experience social anxiety. As expressed by Rapee (1998) explains that there are several factors, namely, a) thinking style (way of thinking), b) focusing attention (focus attention); and c) avoidance (avoidance). In addition, social anxiety towards the physical can be illustrated by an individual's sense of concern about physical appearance when in a social situation where individuals feel they will be evaluated by other people Leary & Kowalski (in Murphy, 2012). This is related to several factors of physical social anxiety, including: a). Dissatisfaction with appearance and weight. b). Feel that body shape is evaluated by the people around them and most individuals tend to avoid the situation. c). Gender. d). The desire to conform to the ideal body image and want to look attractive in front of the opposite sex.

Based on the above study, it can be concluded that social anxiety is the fear experienced by individuals regarding situations and social interactions which can automatically lead individuals to feel self-conscious, consider, evaluate and criticize which cause fear.

### **BODY IMAGE**

Body image or body image is a person's attitude towards his body consciously and unconsciously. This attitude includes perceptions and feelings about the size, shape, function, appearance and potential of the current and past bodies which are continuously modified by new experiences of each individual (Stuart and Sundeen, in Keliat 1992).

Beraman (2006) states that in general, when compared to boys, girls are less satisfied with their bodies and have a more negative body image during puberty (in Santrock, 2012). According to Papalia, Old and Feldman (in Andea 2010) body image is an evaluation of one's appearance. Cash and Deagle (in Andea, 2010) define body image as the degree of individual satisfaction with himself physically which includes size, shape and general appearance.

From some of the above definitions, it can be concluded that body image is an individual's description of their body shape and size, as well as how individuals perceive and judge what they think and feel about the shape and size of the individual's own body, and how other people's judgments are about him.

### **Body Image component**

Rudd and Lennon (2000) see 2 components that build body image, namely the perceptual component and the attitudinal component. These two components influence each other and support the formation of a good body image, namely: 1) The perceptual component includes how the individual describes his or her physical condition seeing the individual's body through size, shape, weight, height or shortness. Strong or weak and their appearance (appearance). 2) Attitude component, which is related to individual satisfaction and dissatisfaction with body parts including face, eyes, lips, nose, eyes, and the whole body which includes body proportions, body shape and physical appearance. If the individual judges his appearance not in accordance with his personal standards, then he will underestimate his body. Individual

dissatisfaction with their bodies can cause individuals to have low self-esteem or even depression, social anxiety and withdrawal from social situations. Individual perceptions are raised with the level of satisfaction and dissatisfaction with their physical condition, while attitudes are raised with an action to realize an individual's expectations of their physical condition dissatisfaction.

### **Factors Affecting Body Image**

According to (Cash & Pruzinsky, 2002). Body image or individual body image is influenced by four factors, namely: 1) Gender is a factor that influences the development of a person's body image. 2). Culture and media have a considerable influence in shaping individual body image. Culture and media in their dissemination creates a normative idea of what is attractive and what is not. 3) Individual interpersonal experiences can take the form of hopes, opinions, and communication. Communication itself can be in the form of verbal and nonverbal communication which is conveyed in interactions with the family, social, and work environment. 4) Physical characteristics or physical changes and appearance at each phase of human development have an effect on the formation of one's body image. 5) Personal factors also affect the formation of body image. Positive understanding and thought patterns support the development of a positive performance of the person's body and serve as a defense against events that threaten one's body image or body image.

The level of individual body image can be seen by how much the individual feels satisfied with the body parts and overall physical appearance. Satisfaction and dissatisfaction with an individual's physical condition can be measured through the aspects that exist in the body image (Suryanie, 2005). Aspects of body image are perceptions of body parts and overall appearance, comparisons with others, and responses of others. In addition, individual attitudes, which are the manifestation of expectations about their physical condition, are also part of the aspect of measuring body image or body image.

### **Body Image Dimensions**

Previous studies on body image generally used the Multidimensional Body Self Relation Questionnaire-Appearance Scale (MBSRQ-AS) proposed by Cash, et al. (2002), there are five dimensions in measuring body image, namely: 1) Appearance evaluation. ), namely measuring the evaluation of the appearance and the whole body, whether attractive or unattractive and satisfying and unsatisfactory 2) Appearance orientation, namely individual attention to their own appearance and the efforts made to improve and enhance their appearance. 3) Body area satisfaction (satisfaction with body parts), which measures individual satisfaction with specific body parts, such as face, hair, lower body (buttocks, thighs, hips, legs), midsection (waist, stomach), body the top (chest, shoulders, arms), and overall appearance. 4) Overweight preoccupation (anxiety of being fat), which measures anxiety about obesity, individual awareness of body weight, tendency to diet to lose weight and limit eating patterns. 5) Self-classified weight (categorization of body size), which measures how individuals perceive and assess their body weight, from very thin to very obese.

### **Positive and Negative Body Image**

The way in which individuals perceive the changes that occur in their bodies has an important impact on their psychological aspects. Individuals who are stable, realistic and consistent with the reality of their body image will get success in their individual lives, and can change their body image dynamically (Keliat, 2002, in Julianti, 2015). Having a realistic view of yourself, accepting and liking parts of your body will reduce anxiety and increase self-esteem. Body image or body image that is in an individual can be constructive or destructive. A constructive

body image or known as a positive body image will lead an individual to a successful and happy life. In addition, individuals with a positive body image are also very aware of their physical shortcomings and limitations and respect their body.

Individuals with positive body images feel happy when they see their bodies when they reflect, individuals with positive body images realize that their appearance is still not in accordance with the standards presented in the media, society and family, but individuals are satisfied with their body image. Individuals with a positive body image do not have the desire to be thin, tall or to change their physique in order to obtain a positive body image. Because the purpose of a positive body image itself is to feel comfortable with your current body, regardless of its shortcomings.

Meanwhile, body image that is destructive or referred to as negative body image can come from the environment, other people, or past experiences that have instilled negative thoughts about the individual. Continued teasing at appearance from childhood can have a lasting impact on body image (Thompson, 1996, in Putri & Achmad, 2013). Many adults have a strong dislike of appearance as a result of childhood experiences. Several studies indicate that ridicule directly affects adult body perceptions, eating disorders, and overall psychological health (Thompson, 1996). Dacey and Kenny (2001) suggest that adolescent's negative perceptions of body image will hinder the development of interpersonal skills and the ability to build positive relationships with other adolescents.

Based on the above study, it can be concluded that body image is a perception of physical attractiveness, perceptions of body size and weight, as well as perceptions of satisfaction with physical aspects of the body, attitudes in the form of positive or negative assessments of one's body.

## CONCLUSION

Based on the research, it can be concluded that there is a negative relationship between body image and social anxiety in adolescent girls, with a correlation coefficient ( $r$ ) of  $-0.165$  with a value of  $p = 0.005 < 0.05$ . This shows that the higher the body image in adolescent girls, the lower the social anxiety they have, or vice versa, the lower the body image in adolescent girls, the higher the social anxiety they have. There is also an effective contribution of 2.7% body image to social anxiety in adolescent girls.

Increasing body image in adolescent girls can be done by instilling in themselves how to respond to something that is lacking in themselves and how individuals can accept their bodies. Meanwhile, increasing body image can be done by strengthening not comparing oneself with other people and by living a healthy life in order to get an ideal body. In addition, individuals can motivate and prepare themselves mentally to see themselves more positively in determining attitudes, thus individuals tend not to be anxious in the social environment.

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