



Body Image Impact: Unveiling the Crucial Link to Student Self-Confidence

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Abstract. This research is motivated by the phenomenon of students who experience self-dissatisfaction or evaluate their own body shape negatively, thereby reducing self-confidence. The body image possessed by adolescents can have a high and low impact on their self-confidence. This study aims to determine the relationship between body image and self-confidence in students at SMA Negeri 1 Pandaan. This study used a quantitative method with a correlational approach with body image and self-confidence scales. The research population is 1,255 students with a sample of 297 students. The sampling technique uses probability sampling by providing equal opportunities for all members of the population to be taken as members of the sample. Stratified random sampling technique with sampling based on levels (strata) of members of the population, namely the level of class X, class XI and class XII. Reliability on the body image scale with $n = 42$ and the number of items is 20, then Cronbach's Alpha = 0.809 is obtained. Reliability on the self-confidence scale with $n = 42$ and the number of items is 22, so Cronbach's Alpha = 0.875 is obtained. Data analysis used the Pearson correlation technique using the SPSS 18 for windows program. The results of the data analysis show a coefficient value of 0.035 with a significance of $0.00 < 0.05$, so it can be concluded that there is a significant positive relationship between body image and self-confidence.

Keywords - Body Image, Self-Confidence, Students

1 Introduction

Students are defined as those who are in primary and secondary school by the Big Indonesian Dictionary (KBBI). Students are members of society who try to maximize their potential through the educational process, including formal and informal education, at certain levels and types of education, such as secondary schools, according to Wikipedia. High school (SMA) in English, namely high school, is the last level of secondary education that students must take before entering higher education, students are generally adolescents with an age range of 16 to 19 years.

High school students begin to enter adolescence accompanied by various developments in their physical and psychological, and experience the most important period in their growth, namely puberty, where physical maturity takes place quickly and there is significant growth in individuals, namely height gain, drastic weight gain and body contour growth [2]. Adolescence is a period that is passed in each individual development, through the transition from childhood to adulthood to reach maturity. The World Health Organization (WHO) says adolescents have

an age range of 10 to 19 years. In the Regulation of the Minister of Health R1 Number 25 of 2014, adolescents are people aged 10 to 18 years [2]. According to Santrock [3] adolescence is also called the transition period from childhood to adulthood, accompanied by every development characterized by the development of mental, emotional, biological, cognitive and social maturity. Adolescents who lack or do not have self-confidence can experience several problems such as; showing expressions of shyness, not wanting to try new things, depending on others, reluctant to express opinions and passive, difficulty in starting friendships if they do not have self-confidence so that most adolescents feel uncomfortable because of existing problems [4].

The characteristics of high school students, namely (1) the characteristics of the psychological aspect are Choosing to calm down by contemplating for a moment when deciding on a problem, mentally starting to stabilize, starting to look for identity by exploring their world, happy with new things and able to solve problems in the environment. (2) Social characteristics are Starting to interact with the opposite sex and causing interest, happy with social or group activities, starting to want to feel freedom, trying to be more independent, showing attention to their appearance. (3) characteristics in emotional changes are Students tend to be more sensitive to their feelings and emotions, such as easily feeling anxiety, anger, frustration, overthinking, difficulty controlling anger or being more aggressive towards stimuli that come to interfere, tend to be less obedient to rules and parents, because adolescents want freedom without restraint. (4) the characteristics of intelligence development are choosing to explore their world more, always trying new things or trial and error, abstract thinking, tend to prefer to produce different opinions [1].

The phenomenon of students entering adolescence is experiencing a lack of self-confidence both from the physical conditions felt and the psychology of the adolescents themselves. Adolescence is a sensitive period of development that is characterized by changes that occur significantly in a variety of contexts [5]. According to research conducted by Wati Ida with the title "Self-confidence in terms of body image in class X high school students" states that the higher the body image, the higher the self-confidence, conversely the lower the body image, the lower the self-confidence. The results of the study revealed that more students in grade X of SMA Swasta Methodist 2 Medan had body image and self-confidence in the moderate category and a not so positive view of their body shape and appearance [6].

Based on the second study by Garry et.al with the research title "The relationship between body shape dissatisfaction with adolescent self-confidence in body shamming victims at SMK Al-Gina". The results of this study reveal that there is a significant relationship between body shape dissatisfaction and self-confidence in body shamming objects at SMK Al-Gina Tangerang Regency [4].

There is a change in the individual's self-confidence. Adolescents when at the beginning are very confident in themselves, turn into less confident and increasingly afraid of failure, which is caused by physical endurance starting to decline, there is a lot of criticism from the environment such as parents, friends, and neighbors repeatedly [7]. Therefore, the importance of adolescent self-confidence can provide a good and positive stimulus for the continuity of their development, both from social and emotional interactions as an attitude of accepting themselves [8].

Self-confidence is a belief and feeling that arises towards readiness and ability to achieve success by relying on their own efforts and increasing positive assessments of themselves or their environment, making individuals who have full confidence and can face every problem calmly, thus becoming individuals who are full of optimism and happy according to McClelland [8]. The many consequences and importance of self-confidence give rise to various aspects that

can strengthen high and low self-confidence. According to Lauster [2] there are aspects of individuals with positive self-confidence, among others, namely (a) Having confidence in one's own abilities, believing and believing in the abilities of individuals, having an attitude of never giving up by circumstances and trying to complete tasks with good solutions is a trait of a confident person. (b) Having an optimistic attitude, namely always thinking positively when facing problems, so that it appreciates more effort and every process carried out, and is able to act in making decisions independently, making decisions without involving others and believing in the decisions or actions taken. (c) having an objective attitude, namely seeing a problem according to the facts or the truth that occurs, not the truth from personal perceptions or opinions. (d) having a responsible attitude, making decisions without encouragement from others, being able to take responsibility for their decisions, always being independent and firm in their stance. (e) Think rationally or realistically by analyzing a problem, events appear that are accepted by real facts or truths.

Research conducted by Mardiyanti & Aisyah at one of the high schools in Pasuruan found that 43% stated that there was low self-confidence possessed by adolescents in Pasuruan, and another 57% was influenced by other factors, namely the individual's self-concept. Another study by Ani Latifatul in one of the high schools in Sukorejo, Pasuruan, namely Sukorejo High School, found that there was a moderate category of 68% of adolescents in Sukorejo seen from their self-confidence [9].

In connection with this phenomenon of self-confidence, researchers conducted an initial survey at three different schools in Pandaan, namely SMA Negeri 1 Pandaan, SMA Ma'arif Pandaan and SMA Yayasan Pandaan. The survey was also conducted randomly as many as 30 students from each school, as for the survey results from each high school, namely at Ma'arif High School by randomly surveying 30 students, 18 students have confidence in their abilities, 21 students have a sense of optimism, and 26 students have a sense of responsibility. At SMA Negeri 1 Pandaan 10 students have confidence in their abilities, 13 students have a sense of optimism and 22 students have a sense of responsibility. At Yayasan Pandaan High School, 20 students have confidence in their abilities, 14 students have a sense of optimism and 28 students have a sense of responsibility. So that the survey results show that the self-confidence aspect of SMA Negeri 1 Pandaan students has the lowest score compared to students in the other two high schools.

Based on this phenomenon, the researcher conducted a deepening interview, there were interview results to two students as informants in class X SMA, subject ANR had a poor assessment of his body and saw himself as less capable in public speaking, the subject felt his confidence was lacking and was embarrassed when presenting in front of many people, because he was afraid of mistakes in answering and lacking in mastering the material. According to Hurlock (1991) [10] adolescents with low self-confidence show behaviors such as, always having doubts when doing tasks, not daring to speak in public, withdrawing from the environment, associating themselves little in groups or activities. Whereas ideally a self-confidence has aspects to be developed in increasing self-confidence [6].

The results of further interviews conducted by researchers about self-confidence, based on the results of interviews with DP, a class X student of SMA Negeri 1 Pandaan, that the subject revealed that he had self-confidence barriers, felt nervous when performing dancing in public, was not confident in his body shape because he was fat and embarrassed when his curves were too visible, and he often heard ridicule from schoolmates and did body shamming against himself so that this affected low self-confidence by adolescents. Santrock [8] explains that one of the factors that can affect adolescents' self-confidence is in physical appearance, every physical change that is realized by individuals has an undesirable psychological impact and

adolescents are now more concerned about their appearance than other aspects of themselves, and among them perceive and judge themselves when looking in the mirror.

Santrock [11] revealed that body image (body image) is a factor forming self-confidence, which is mentioned in self-confidence, including (a) physical appearance, which has a contributor that affects self-confidence in adolescents, the appearance of the physique that adolescents have is closely related to self-confidence along with social acceptance of peers. (b) self-concept is how individuals can see and evaluate themselves positively or negatively regarding the advantages and disadvantages that exist in themselves, so there is a strong relationship between physical appearance and self-esteem. (c) relationships with parents, namely the family as the closest environment that provides support and motivation as well as the love given by the family to encourage adolescents to realize their self-confidence, and (d) relationships with peers, namely the assessment of peers against themselves has a high degree in older children and adolescents, so that each assessment is considered important and becomes a more influential driver of the level of self-confidence in individuals even though parental support is also an important factor.

According to Sari and Siregar [8] body image is a subjective thought or perception obtained by an individual regarding the assessment of his body, especially in matters relating to the opinion or judgment of others and how good the body is so that it matches the perception. Body image is a person's evaluation of his body shape, the attitude towards the evaluation that a person has done will be in the form of a sense of liking, being satisfied, always assessing positively towards the acceptance of his body shape, or it could be the opposite to have a sense of dislike, dissatisfaction and tend to assess negatively towards the physical possessions, such as weight, body size and body shape [1].

The aspects of body image according to Cash and Puzinsky [1]. (a) Appearance evaluation is assessing the appearance of the whole body from each part of the body shape, regardless of whether it is good or bad, satisfied or dissatisfied with the body shape that is owned. (b) Appearance Orientation is a way of looking at each individual regarding his appearance and an effort to improve his appearance to be more satisfied and seen as good. (c) Satisfaction with body parts is assessing parts of the body that support appearance including the face, upper part there are chest and arms, waist, abdomen, lower part there are thighs, buttocks, calves. (d) Anxiety about obesity is an individual with a fear of gaining weight, by dieting, changing diet, exercise to accelerate weight loss, this shows that individuals pay attention to their physical appearance. (e) Body size categorization is comparing themselves with others, measuring the weight and lightness of the body, measuring the height and shortness of the body, and the ideal thing that is often talked about by society when height and weight are proportional.

This research is very important because the increasing number of problems of self-satisfaction or assessing their own body shape negatively can reduce individual self-confidence. Currently, appearance is considered the most important thing for adolescents to improve individual image with a body image that raises their confidence, namely with an ideal, slim and tall body. Body image in adolescents can have an impact on high or low self-confidence. Therefore, researchers want to know and conduct research on the Relationship between Body Image and Self-Confidence in Students at SMA Negeri 1 Pandaan.

2 Methods

This study uses quantitative research methods, research that prioritizes the analysis of numerical data or in the form of numbers which are then systematically processed using statistics, quantitative methods can obtain significant results from the group or significance between the relationship of the variables studied [12]. [12]. With a quantitative approach in this study used to examine the relationship between body image and self-confidence in students at SMA Negeri 1 Pandaan.

This study uses a type of correlational research, which connects two or more variables. The purpose of this correlational research is to determine the extent of variation in one or more other variables, based on the correlation coefficient [12]. The population of this study was 1,255 students of SMA Negeri 1 Pandaan. The sample was taken using the Krejcie table with a sample size of 297 students of SMA Negeri 1 Pandaan. This study uses a probability sampling technique, where sampling provides an equal opportunity for all members of the population to be taken as sample members. Sampling with stratified random sampling technique is sampling based on the level (strata) of population members, members are divided into several levels with a smaller population, forming such based on the characters that exist in the population, namely class X age 15-16 years with a total of 129 students, class XI age 16-17 years with a total of 112 students, and class XII age 17-18 years with a total of 56 students [13] In this study, the data sources taken were students who were teenagers at SMA Negeri 1 Pandaan.

The data collection technique uses a Likert scale, Sugiyono [13] (states that the Likert scale is a scale used to measure an attitude and perception of individuals or groups about phenomena that occur, the Likert scale contains several statements, namely strongly agree (SS), agree (S), disagree (TS), strongly disagree (STS). However, it has been modified by using four choices by eliminating the answer "undecided", this omission is so that the subject gives an answer that is already believed. The 2 forms of questions, such as positive statements to measure from a positive scale and negative statements to measure from a negative scale, statements are given a value of 4, 3, 2, and 1; conversely negative statements are given a value of 1, 2, 3 and 4. The body image measuring instrument has 20 statement items adapted from a scale developed by Miftakhul [14] based on aspects of Cash and Punzinsky, namely appearance evaluation, appearance orientation, satisfaction with body parts, anxiety about being fat / obese, body categorization. The body image measuring instrument has a validity that moves from 0.313 to 0.597 with a valid aitem reliability of 0.809. While the self-confidence measuring instrument consisting of 22 statement items adapted from a scale developed by Anggie Yuliani [15] then aspects are taken from Lauster's (2015) theory, namely belief in self-ability, optimistic, objective, responsible and rational. The self-confidence tool has a validity that moves from 0.426 to 0.709 with a reliability of 0.875. In this study, researchers used Pearson correlation as an analytical technique calculated using SPSS 18 [13].

3 Results And Discussion

Table 1. Normality Test Results

One-Sample Kolmogorov-Smirnov Test		
N		Unstandardized Residual
		297.000
Normal Parameters	Mean	0.000
	Std. Deviation	6.687
Most Extreme Differences	Absolute	0.028
	Positive	0.028
	Negative	-0.028
Kolmogorov-Smirnov Z		0.476
Asymp. Sig. (2-tailed)		0.977
a. Test distribution is Normal.		

Based on the results of the normality test, it is known that the significance value is $0.977 > 0.05$, it can be concluded that the residual value is normally distributed.

Table 2. Linearity Test Results

ANOVA Table								
			Sum of Squares	df	Mean Square	F	Sig	
Kepercayaan Diri * BodyImage	Betwen Groups	(Combined)	163	26	62.689	1.434	0.084	
		Linearity	200	1	200.506	4.585		0.033
		Deviation from Linearity	143	25	57.176	1.308		
	Within Groups		118	27	43.729			
Total			134	29				

Based on the results of the linearity test, it is known that the Significance value of Deviation From Linearity is $0.154 > 0.05$, it can be concluded that there is a linear relationship between Body Image and Self-Confidence.

Table 3. Hypothesis Test Results

Correlations			
		BodyImage	Kepercayaan Diri
BodyImage	Pearson Correlation	1	.122*
	Sig. (2-tailed)		0.035
	N	297	297
Kepercayaan Diri	Pearson Correlation	.122*	1
	Sig. (2-tailed)	0.035	
	N	297	297

*. Correlation is significant at the 0.05 level (2-tailed).

Based on the results of hypothesis testing using Pearson, it is known that the sig value between Body Image and Self Confidence is $0.035 < 0.05$, it can be concluded that there is a significant positive relationship between Body Image and Self Confidence. So that means, the higher the Body Image of SMA Negeri 1 Pandaan students, the higher the self-confidence in SMA Negeri 1 Pandaan students. Conversely, the lower the Body Image of SMA Negeri 1 Pandaan students, the lower the Self-Confidence of SMA Negeri 1 Pandaan students.

Table 4. Standard Deviation and Mean

	Descriptive Statistics				
	N	Minimum	Maximum	Mean	Std. Deviation
Body Image	297	33	61	47.68	4.285
Self-Confidence	297	39	79	60.03	6.738
Valid N (listwise)	297				

Based on the table above, it explains that the number of respondents is 297 in each variable. Then for the minimum value on the body image scale is 33, while the minimum value on the self-confidence scale is 39. For the maximum value on the body image scale is 61, while the maximum value on the self-confidence scale is 79. For the mean value on the body image scale is 47.68, while on the self-confidence scale is 60.03. The standard deviation value on the body image scale is 4.285, while the standard deviation value on the self-confidence scale is 6.738.

In this case the purpose of categorization is to place individuals into different groups gradually along the continuum of attributes to be measured. The number of categorization levels carried out is not more than 5, but not less than 3 (Reza, 2016). In this study, the number of each type of category in two variables is 3 categories to determine the norms of categorization criteria for each variable, the following is the categorization of each variable:

Table 5. Body Image Level Categories

Skor	Kategorisasi	Frekuensi	Presentase
$X < 43$	Low	30	10 %
$43 \leq X < 52$	Medium	236	80 %
$52 \leq X$	High	31	10 %
TOTAL		297	100 %

Based on the results of the detailed data description, the division of the level of categorization of body image levels can be seen in table 4 above. The table explains that the categorization of body image level with the highest score is 31 students or 10%. The medium score category is 236 students or 80%. While the lowest score is 30 students or 10%. The highest level of body image experienced by some students

is in the moderate category as many as 236 students or 80%.

Table 6. Body Image Class Level Categories

Class	Category	Age	Answer	Percentage
X	Sedang	15-16 Years	100	77%
	High		15	12%
	Low		14	11%
XI	Medium	16-17 Years	89	79%
	High		13	12%
	Low		10	9%
XII	Medium	17-18 Years	47	84%
	High		3	5%
	Low		6	11%

Based on the research that has been done, there are percentages in stratified random sampling techniques, namely the number of respondents and the percentage value of each category by grade level. In the body image variable starting with the X grade level has a medium category with 100 answers with a percentage value of 77%, a high category with 15 answers with a percentage value of 12%, and for the low category with 14 answers with a percentage value of 11%. Furthermore, the body image variable at the XI grade level has a moderate category with 89 answers with a percentage value of 79%, has a high category with 13 answers with a percentage value of 12%, and for the low category with 10 answers with a percentage value of 9%. And finally the body image variable at the XII grade level has a moderate category with 47 answers with a percentage value of 84%, a high category with 6 answers with a percentage value of 5% and for the low category with 3 answers with a percentage value of 5%.

Table 7. Self-confidence Level Categories

Score	Categorization	Frequency	Percentage
$X < 53$	Low	39	13 %
$53 \leq X < 67$	Medium	214	72 %
$67 \leq X$	High	44	15 %
TOTAL		297	100 %

Based on the results of the detailed data description, the division of the level of categorization of self-confidence can be seen in table 6 above. The table explains the categorization of self-confidence levels with the highest score results as many as 44 students or 15%. The medium score category is 214 students or 72%. While the low score category is 39 students or 13%. The highest level of self-confidence experienced by some students is in the category of 214 students or 72%.

Table 8. Self-Confidence Grade Level Categories

Class	Age	Category	Answer	Percentage
X	15-16 Years	Medium	93	72%
		High	19	15%
		Low	17	13%

XI	16-17 Years	Medium	80	71%
		High	18	16%
		Low	14	13%
XII	17-18 Years	Medium	41	73%
		High	7	13%
		Low	8	14%

The self confidence variable starting with grade X has a medium category with 93 answers with a percentage value of 72%, a high category with 19 answers with a percentage value of 17%, and a low category with 17 answers with a percentage value of 13%. Furthermore, the self-confidence variable at grade XI has a moderate category with 80 answers with a percentage value of 71%, a high category with 18 answers with a percentage value of 16% and a low category with 14 answers with a percentage value of 13% and finally the self-confidence variable at grade XII has a moderate category with 41 answers with a percentage value of 73%, has a high category with 8 answers with a percentage value of 14%, and for the high category with 7 answers with a percentage value of 13%.

4 Discussion

Based on the research that has been conducted on the sample, the research results obtained are that there is a positive relationship between body image variables and self-confidence in SMA Negeri 1 Pandaan students. The results of this study are in accordance with previous research conducted by Adiyanti, with the title *The Relationship Between Body Image and Self-Confidence of Class X Students at SMA Negeri 2 Bantul* [16]. With a coefficient of 0.217, it means that the more positive the body image of students, the higher the level of self-confidence. Vice versa, the more negative the student's body image, the lower the level of self-confidence. This shows that adolescents with negative thoughts about their physique experience anxiety, think and feel negatively in assessing the state of their body. But in contrast to adolescents who have a positive view of their body, they will feel comfortable and confident according to Annastasia (2006). The research conducted by Amma & Widiani [17] entitled *"Relationship between Self-Image and Self-Confidence Level of Adolescents in SMKN 11 Malang Class XI"* shows the results of the spearmanrank test obtained $p\text{-value} = (0.000) < (0.050)$, there are results supported by r value = 0.843 proving that there is a strong unidirectional positive relationship between self-image and adolescent self-confidence. So it can be concluded that there is a significant relationship between self-image and the level of self-confidence of adolescent students of SMKN 11 Malang Class XI, namely the more positive the self-image is high, the confidence will also be higher and able to act and interact with friends or society.

In this case it has been explained that body image has a relationship with self-confidence. self-confidence is the acceptance of reality in each individual, as for the development of self-awareness, thinking positively, having independence and the ability to achieve everything desired according to Anthony [18]. Therefore, adolescents will show satisfaction if they have confidence in their body or appearance, appreciate and accept the advantages and disadvantages of their body, this opinion is supported by Harter's theory [3] that physical appearance will be closely related to a person's self-confidence.

Self-confidence is a very important thing that must exist in an individual, with self-confidence a person is able to overcome difficult times, new things, foster a positive attitude by not worrying about various kinds of situations and conditions [19]. This is in line with research that states that self-confidence in an individual's success and failure is regulated by the actions of the individual himself, namely through feelings that start from within the child or believe if we can complete tasks or goals throughout life (Vanja & Geetha, 2017).

Based on the research table in the results section, it can be seen that the sample data collection uses stratified random techniques or stratum-level retrieval, namely class X, class XI, class XII. The results in class X with an age range of 15-16 years from the body image variable with a moderate category of 77% as well as the results of the confidence variable with 72%. then the results in class XI with an age range of 16-17 years have a moderate category of body image variables with a moderate category of 79% as well as the results of self-confidence with 71%. Finally, the results of class XII with an age range of 17-18 years have a moderate category of body image variables 84% as well as 73% self-confidence variables.

Based on the results that have been obtained, the subject category on the body image variable shows that 30 students have a low category body image, 236 students have a medium category body image and 31 students have a high category body image. Meanwhile, the self-confidence variable shows the results of 39 students having low self-confidence, 214 students having moderate self-confidence and 44 students having high self-confidence. From the results of the analysis, it shows that students at SMA Negeri 1 Pandaan have a body image in the moderate category so that it can have an influence in increasing the self-confidence of these high school students. Supported by previous research conducted by Wiranatha (2015) to 492 students from five SMAN Denpasar. The study shows the results that there is a unidirectional but weak relationship between body image and self-confidence in adolescent girls in Denpasar City.

Based on the results of the analysis, it can be shown that the majority of SMA Negeri 1 Pandaan students have body image and self-confidence in the moderate category. This describes that many students have a fairly negative assessment of their physical form and their own appearance. As well as 80%, which is around 236 students, they tend to be less satisfied with their physical form, have a sense of inferiority and want to try to improve the physical and appearance they feel. According to Rombe [6] is an attitude or feeling of satisfaction and dissatisfaction that a person or a certain individual has towards his body so that it can give birth to a positive or negative assessment of himself. As expressed by Melliana [16] adolescents who have a negative view of their physique will become restless, have negative thoughts and feelings in assessing their body or physical condition, adolescents who assess their own physique positively, overall the teenager will feel comfortable and confident.

Based on the explanation of the paragraph above, it can be said that body image has a relationship with self-confidence, it can be assumed that self-confidence is one of the important aspects of personality in a person. Without self-confidence, there will be many problems in a person. Self-confidence is the most valuable attribute in a person in social life, because with self-confidence a person is able to actualize all his potential [18].

Each individual has a difference in describing his body image which has an influence on that person's self-confidence. This is in line with this study that body image has an effective contribution of 1.5% to one's self-confidence. While the remaining 98.5% is influenced by other factors, which means that body image has an influence in increasing student confidence. As for other factors, namely gender so that dissatisfaction with body shape is often experienced by women than men, and women lack satisfaction with their body shape so that they have a negative body image. As for other factors such as imaginary audience, the form of increasing awareness of adolescents who appear that others have great attention to themselves, so they try to present

themselves well [20]. Lack of self-concept is also a factor of low self-confidence because individuals evaluate themselves positively or negatively on themselves, so there is a strong relationship between physical appearance and self-esteem [21]. In the process of conducting this research, there are several limitations that may affect and hinder the process of running the research, namely the limited research time of the subject because of filling out the questionnaire in the middle of the break and changing subject hours. Limited manpower from researchers so that they involve teachers at SMA Negeri 1 Pandaan in collecting respondents. This study only assesses low self-confidence due to the influence of body image alone, and further research needs to be developed to examine the influence of other factors.

5 Conclusion

Based on the results of the research conducted, it is concluded that there is a positive and significant relationship between body image and self-confidence. This explains that the higher the body image that students have, the higher the student's self-confidence and vice versa, the lower the body image that students have, the lower the self-confidence that students have. The body image variable has a moderate category of 80% and self-confidence with a moderate category with a value of 72%. Based on the results of this study, it is necessary to improve and develop body image and self-confidence, this can be realized with guidance from Guidance and Counseling teachers, as well as positive motivation from peers, and further research is needed on specific aspects of body image and self-confidence in students. The results of this study are expected to encourage adolescents both female and male in recognizing and accepting themselves as they are and having a positive body image assessment and view of themselves, a positive body image of adolescents will have confidence in their ability to be optimistic, objective and able to think rationally. For future researchers who are interested in conducting research on self-confidence to use other variables that have a greater contribution.

Acknowledgments

With the completion of writing this article, thanks to the Principal of SMA Negeri 1 Pandaan for allowing researchers to conduct research on students of SMA Negeri 1 Pandaan and to teachers who have assisted in carrying out data collection on students of SMA Negeri 1 Pandaan so that this research can be completed quite well.

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