

# The Influence of Body Image towards Self-Esteem, Self-Compassion and Psychological Well-Being in Female Exerciser

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## Abstract

Human development is a process of change that occurs throughout life. In adulthood, there are many changes in as such as cognitive, socio-emotional and physical changes. Body image is an individual experience in the form of perceptions of body shape and weight, as well as behaviours that lead to an individual's evaluation of his physical appearance. Body image in women is very influential on their psychological factors such as self-esteem, self-compassion and psychological well-being. Sample of this research consisted of as many as 100 female excersicer. The research was conducted in Lapangan Merdeka, Lapangan Cadika, and Lapangan Teladan, Medan. Data were analysed by using simple logistic regression test and multiple logistic regression. The results of bivariate analysis found, the variables of self-esteem and self-compassion have an influence on body image in female exercisers with the value  $p < 0.05$ . From the results of multivariate analysis, it is obtained that the value  $p > 0.05$ , which means there is no relationship between self-esteem, self-compassion, and psychological well-being to body image. The results show that there is no relationship between self-esteem, self-compassion and psychological well-being to body image in female exerciser, these variables do not have a dominant influence meaning, all the three variables have the same influence on body image. Further findings show that self-esteem has a greater influence to body image on female exerciser.

**Keywords:** *Body Image, Self-Esteem, Self-Compassion and Psychological Well-Being*

## Introduction

At the age of 18-29 years old, body weight in women continues to increase with a percentage of 10.6% to 17.8%<sup>1</sup>. Based on the results of the 2013 Riset Kesehatan Dasar (Riskdas) data, the prevalence of obesity in Indonesia in 2007, in adolescence and adulthood was 13.9% in men and 23.8% in women. In 2013, the national prevalence of obesity in women was higher than in men, which was 32.9% in women and 19.7% in men. In general, females tend to feel they have a negative body shape or size<sup>2</sup>. A study said only 33% of women said they had the ideal body shape and size, while 58% said they wanted to lose weight. Females tend to think that their body size is too big.

Body image is influenced by several factors such as culture, gender, mass media, parents and family members, interpersonal relationships, self esteem, comparison of others, and the learning process<sup>3,4</sup>. Self-esteem is an important factor in the development of body mage. Those with higher self esteem tend to develop a positive body image. On the contrary, those with lower self esteem tend to develop a negative body image<sup>5</sup>. Self esteem is a person's attitude based on perceptions about how a person values himself as a whole, both in the form of a positive attitude and a negative attitude.

Cash and Fleming<sup>5</sup> revealed that body image has an important role in the physical and psychological health condition of women. Psychological wellbeing is a concept that involves three things in general, namely subjective, social and psychological and health-related behaviors<sup>6</sup>. Psychological wellbeing is an important thing for a female. A good psychological wellbeing can

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make someone feel satisfied with herself, maximize one's potential to the fullest and build a good relationship with others, because she does not see the deficiencies or dissatisfaction in her.

**Materials and Method**

**Sample**

The sample in this study consisted of 100 female exerciser with an age range of 21 to 60 years.

**Instrument**

This research used four measuring instruments which have been translated to Bahasa Indonesia, including: 58 items of Coopersmith's Self-Esteem Inventory scale, 25 items of Neff's (2003) Self-Compassion Scale, and 42 items of Psychological Well-Being Scale by Ryff. The body image variable research instrument used in this study was prepared based on the theory of Cash (2000) which consists of 30 items.

**Analysis Method**

The data analysis method used in this study is multivariate analysis using a simple logistic regression test.

**Results**

**Univariate Analysis**

Univariate analysis aims to determine the frequency distribution of the characteristics of each variable studied. The results of the frequency distribution research showed that 51% (51 respondents) of 100 female respondents who worked out had a high body image and 49% (49 respondents) had a low body image in Lapangan Merdeka, Lapangan Cadika, Lapangan Teladan Medan

**Table 1. The distribution of body image respondent on female exercisers 2019**

Body Image	n	Percentage
1. High	51	51
2. Low	49	49
Total	100	100

**Demographic.**

In this study, the characteristics of respondents included age, marital status, reasons for exercising, duration of exercise, frequency of exercise in a week. Based on the results of the study, from 100 respondents it is known that as many as 56% (56 reponden) are at the age range of 25-40 years, while minorities are found in the age range of > 60 years with the total of 1% (1 responden). Based on marital status, the majority of respondents were married with the total of 60% (60 respondents). Based on the reasons for exercising, as many as 86% (86 respondents) exercised to improve their health. Based on the length of workout, as many as 65% (65 respondents) had performed exercise for 1-5 months, while the minority of respondents or as many as 10% (10 respondents) had performed exercise for > 12 months. Based on the duration of exercise, the majority of respondents or as many as 49 people performed exercise for 15-30 minutes, while 1% (1 respondent) of the respondents performed exercise for 61-100 minutes. Based on the frequency of exercise in one week the majority of respondents or as many as 62% (62 respondents) performed exercise for 3-5 times / week.

Respondents description based on exercise factor.

Based on the results, it is found that femlae exerciser at Lapangan Merdeka, Lapangan Cadika, Lapangan Teladan Medan 2019 based on self-esteem variables, the majority of high self-esteem factor was 53% (53 respondents). Based on the self-compassion factor, the majority of high self-compassion was 51% (51 respondents). Based on psychological well-being factor, the majority of psychological wellbeing was 52% (52 respondents).

**Bivariate Analysis**

The influence of self-esteem, self-compassion and psychological well-being on body image in female exerciser.

Based on the results of the Simple Logistic Regression test, the effect of Self Esteem, Self Compassion and Psychological Wellbeing on Body Image in Lapangan Merdeka, Lapangan Cadika, Lapangan Teladan Medan in 2019. Can be seen in the following table 2:

Variable	Body Image				Total		P	OR 95% CI
	High		Low					
	n	%	n	%	n	%		
Self Esteem								
a. High	34	64,2	19	35,8	53	100	0,006	3,158
b. Low	17	36,2	30	63,8	47	100		(1,394-7,156)
Self Compassion								
a. High	32	62,7	19	37,3	51	100	0,018	2,659
b. Low	19	38,8	30	61,2	49	100		(1,186-5,964)
Psychological wellbeing								
a. High	31	59,6	21	40,4	52	100	0,074	2,067
b. Low	20	41,7	28	58,3	48	100		(0,931-4,588)

Based on the data, it is found that self esteem affects the body image of female exerciser,  $p < 0.005$ , OR :3.158 with 95% CI: 1.394 - 7.156. Female with higher self esteem has a 3.158 times greater chance of having a higher body image compared to female with lower self esteem. Furthermore, there is a significant effect of self compassion on body image on female exerciser,  $p < 0.005$ , OR: 2,659 with 95% CI: 1,186-5,964 which means that women with higher self compassion have a 2.659 times greater chance of having a high body image compared to female with lower self compassion.

Based on the result, there is no significant effect of psychological wellbeing on body image of female

exerciser,  $p > 0.005$

#### *Multivariate Analysis*

To analyze the relationship between the three independent variables on body image on female exerciser, multiple logistic regression test was used, because the dependent variable is in two categorized, high and low. Multivariate analysis with multiple logistic regression (multiple logistic regression) tests to find the most dominant variable related to body image in female exerciser. Of all the independent variables there are p values  $< 0.25$  which are varied entered into the multivariate model as in the following table:

**Table 3. p-value < 0,25 Independent Variable**

Variable	p-value
Self Esteem	0,006
Self Compassion	0,018
Psychological wellbeing	0,074

As for the independent variable in this study, include self-esteem, self-compassion and psychological well-being. Analysis test result is presented in following table 4:

<b>Table 4. Multiple logistic regression model of body image in female exercisers</b>					
Variabel	B	P	Exp B	95% CI	
				Lower	Upper
Self Esteem	0,482	0,343	1,62	0,598	4,392
Self Compassion	0,766	0,184	2,152	0,695	6,661
Psychological Wellbeing	0,193	0,695	1,213	0,462	3,181
Constant	-0,731	0,028	0,481		

Based on the results of the multiple logistic regression analysis with the enter method shows that when the variables of self esteem, self compassion and psychological well-being are seen together it turns out that the three variables are not related to body image in women who exercise with a value of  $p > 0.05$ , so that the variable does not statistically have a dominant effect.

### **Discussion**

#### *The influence of self-esteem on female exerciser's body image*

Based on the results of bivariate analysis, there is a significant influence between self esteem and body image on female exerciser. The results of simple logistic regression tests reveals that the value of  $p = 0.006$  which is less than  $\alpha = 0.05$ , then  $H_a$  is accepted. Furthermore, the results of multivariate analysis reveals that self esteem is the most important factor in women's body image  $p = 0.184$ ; OR = 2,152. The results of this research are

in accordance with the results of research conducted by Zhaafirah and Dinardinata<sup>7</sup> which stated that self-esteem had a contribution to body image in women. The higher ones self-esteem, the higher body image they have and vice versa.

Self-esteem is a predictor of satisfaction toward body image in women and becomes a concern for physical appearance. A study states that women with higher self esteem tend to evaluate their physical appearance positively<sup>8</sup>. Another study states that self-esteem works better to predict risk factors for dissatisfaction with body image in women<sup>9</sup>.

In general, women are more likely to perceived they have a negative body image. A study revealed that women who exercised regularly would have better self-evaluation, health and exercise orientation and better self-esteem. In addition female exercisers tend to have satisfaction with a higher body image so that they respect themselves more<sup>10</sup>.

Women with concern on body shape and appearance will tend to exercise with the aim of shaping their bodies to be ideal and reducing dissatisfaction with their body shape<sup>11</sup>.

*The influence of self-compassion on female exerciser's body image*

Based on the bivariate test results it can be seen that there is a significant effect between self-compassion and body image on female exerciser. This is in accordance with the results of the simple logistic regression test with a value of  $p = 0.018$  which is smaller than  $\alpha = 0.05$ , then  $H_a$  is accepted. It shows that the higher self-compassion in a person, the higher one's body image. The results of this study are in line with the results of previous studies which stated that the higher the self-compassion a person has, the less dissatisfaction of his body image<sup>12</sup>

*The influence of psychological well-being on female exerciser's body image*

The bivariate results show that there is no effect of psychological well-being on body image in female exerciser. It can be seen from the results of simple logistic regression test calculations with a value of  $p = 0.074$ , then  $H_0$  is accepted. Assessment of a person's body image has an impact on health, psychological well-being and quality of life in a woman<sup>12</sup>. The results of the study are different from research Kartikasari<sup>13</sup> who said that the lower the body image dissatisfaction, the higher the psychological well-being and vice versa. Other research also shows that psychological well-being has a significant effect on body image satisfaction

<sup>14</sup>. A negative body image brings a person to a feeling of low self-esteem and low self-compassion which affects happiness and psychological well-being. A study said that there is a correlation between body image and self-esteem, someone with negative body image may have negative self-esteem. This will affect one's psychological well-being. Body image has an impact on health, psychological well-being and quality of life in a woman<sup>12</sup>.

Body perception has a relationship with self-esteem and psychological well-being in someone<sup>15</sup>. The researchers revealed that dissatisfaction with body shape was associated with various forms of psychopathology

such as depression and anxiety disorders<sup>16,17</sup>. Other studies explain that young adult women associate their physical appearance with overall self worth and psychological wellness more than men<sup>18</sup>. Neff and Pommier<sup>19</sup> found that attention to body image is high in adult women and is positively related to happiness and subjective well-being.

## Conclusion

Based on the results shows that the variables of self-esteem, self-compassion and psychological well-being are not related to body image on female exerciser. In conclusion, these variables do not statistically have a significant effect on body image. It is found that self-esteem is the most influential predictor on female exerciser's body image. Another factor such as self-compassion affects the body image on female exercisers. Moreover, there is no influence of psychological well-being on female exerciser's body image.

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