

LOVE YOUR BODY! THE ROLE OF BODY SATISFACTION IN YOUTH LIFE SATISFACTION

*Erna Risnawati¹, Nanda Putri Oktaviani², & Eka Rosmalasari³

^{1,2}Faculty of Psychology, Universitas Mercu Buana, Jakarta

³Faculty of Public Health University of Indonesia

*Corresponding email: erna.risnawati@mercubuana.ac.id

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Abstract: This study aims to determine the relationship between body satisfaction and youth life satisfaction. Sampling was carried out using a non-probability sampling technique in Jabodetabek on 266 adolescents, with an age range of 13-21 years. The measuring instruments in this study are the Adolescent Body Image Satisfaction Scale (ABISS) by Leone, Mullin, Maurer-Starks, & Rovito (2014) to measure the level of body satisfaction and The Satisfaction With Life Scale (SWLS) scale compiled by Diener, Emmons, Larsen, and Griffin to measure the level of life satisfaction. Analysis of *Pearson Correlation* showed that there is a significant negative relationship between body satisfaction and life satisfaction in adolescents, both in the dimensions of body competence ($r=-0.420$), body innadequate (-0.319) and (-0.169), which means the more individuals are dissatisfied with the body, the more dissatisfied he is with his life. The results of this study are expected to be one of the considerations for educational institutions or the community, especially adolescents so that they can receive, maintain and feel satisfied with their bodies so that they can increase satisfaction with their lives, where life satisfaction is very important in the process of optimizing adolescent development.

Keywords: Body Satisfaction, Life Satisfaction, Adolescents, Life Span Development

INTRODUCTION

Results of the Survey of Happiness Level Measurement (SPTK) from Indonesian Central The Agency on Statistics in 2017 noted, from a scale of 0-100 Happiness Index Indonesia is at 70.69 with 34.80% influenced by life satisfaction. The higher the index value, the happier the level of

life of the Indonesian population. On the other hand, the lower the index value, the happier the Indonesian population is (Berry, 2017). Life satisfaction refers to cognitive assessment what individuals do about how well and satisfying things have been done in their lives as a whole (Diener & Biswas-Diener, 2008).

Life satisfaction is a major indicator of mental health and psychological well-being in adolescents (Proctor, Linley, & Maltby, 2017). When adolescents have good life satisfaction, adolescents have hope, love, and an optimistic spirit (Proctor, et 2017). Meanwhile, when adolescents have low life satisfaction, this has an impact on their mental health such as depression, hopelessness, and anxiety disorders (Guneya, Kalafat, & Boysan, 2010; Abqori & Risnawati, 2018; Nurmaria & Risnawati, 2021). Adolescence is indeed a vulnerable and turbulent period, various problems such as emotional regulation problems, low self-esteem, social anxiety, and immature emotional regulation problems often affect their mental condition and health (Effendi & Multahada, 2017; Puspitasari & Risnawati, 2019; Abqori & Risnawati, 2018; Risnawati, 2021; Risnawati, Nuraqmarina, & Wardani, 2021). Adolescence is also indeed a time of vulnerability and full of turbulence, various problems such as emotional regulation problems (Puspitasari & Risnawati, 2019), low well-being (Abqori & Risnawati, 2018; Risnawati, 2021; Risnawati, Nuraqmarina, & Wardani, 2021; Risnawati, Aulia, & Nuraqmarina, 2020).

Kartikasari (2013) in his research showed that the level of *Kartikasari* psychological well-being in 53% of adolescents was low. Hamdana and Alhamdu (2015) stated that 71.2 % of adolescents had moderate subjective well-being. Then, Novianti and Alfiasari (2017) explained that only 38.2% of teenagers were satisfied with their lives. There are several factors that can affect life satisfaction, one of which is is a feeling of satisfaction with the body. This is consistent with the results of research conducted by Kaczmarek, Enko, Awdziejczyk, Hoffmann, Białobrzaska, Mielniczuk, and Dombrowski (2016) which showed individuals who are more satisfied with their bodies also feel more satisfied with their lives. Ferguson, Muoz, Garza, and Galindo (2012) revealed a positive relationship between women's body satisfaction with their lives in general. This condition seems to provide

an explanation of several cases of body shaming that are often experienced by teenagers which have an impact on depression and the tendency to attempt suicide.

Swami, Stan, Stieger, and Voracek (2015) in their research explained that women who have positive attitudes towards their bodies generally have higher levels of happiness. Research conducted by Frederick, Sandhu, Morse, and Swami (2016) shows that individuals who are more satisfied with their appearance and body weight, will be more satisfied with their lives as a whole. Nisa and Rahmasari (2019) explained that women who view their bodies positively will experience an increase in their welfare. Maulani (2019) revealed that body image can positively affect an individual's level of happiness by 24.3%. Davis, Fowler, Best, and Both (2019) research showed that individuals who appreciate body positivity can increase their life satisfaction and increase their perceived level of success.

Leone, Mullin, Maurer-Starks, and Rovito (2014) suggested that body image can be assessed by looking at body competence, body inadequacy, and internal conflict. Some people seek to increase body satisfaction (exercise, diet, surgery, cosmetics) in the hope of making life happier (Kaczmarek, et al., 2016). Coccia and Darling (2015) say individuals with a positive body image will have high body and life satisfaction.

Based on the explanation above, it can be seen that body satisfaction is closely related to one's life satisfaction. Individuals who have high body satisfaction will have high life satisfaction too, so that it can create a sense of optimism, hope, love, enthusiasm, and avoid negative things such as suicide. In the adolescent phase, it is very important to have high life satisfaction, therefore it can optimize the achievement of adolescent developmental tasks.

METHOD

Research Respondent

The population in this study are adolescents aged 13-21 years who live in Greater Jakarta (Jakarta, Bogor, Depok, Tangerang, and Bekasi). The

number of respondents obtained were 266 adolescents, consisting of 72.6% female (N=193) and 27.4% male (N=73).

Research Design

The sampling technique in this study used non-probability sampling, namely accidental sampling. Researchers distribute questionnaires online various social media, then to anyone who gets the questionnaire and according to the characteristics of research respondents, they can participate as respondents.

Research Instrument

In this study, research instruments and equipment include:

1) *The Satisfaction With Life Scale (SWLS)*.

SWLS compiled by Diener, Emmons, Larsen, and Griffin (1985) consists of two dimensions, namely individual satisfaction in his current life and individual satisfaction in his previous life to the present. This scale consists of 5 statement items, all of which are items *favorable* where the score given is 4 for the response "strongly agree" and so on to 1 "strongly disagree".

2) *Adolescent Body Image Satisfaction Scale (ABISS)*.

The ABISS was compiled by Leone, Mullin, Maurer-Starks, & Rovito (2014) which consists of 3 dimensions, namely body competence (positive perception of the body), body inadequacy (negative perception of the body), and internal conflict (ideal self and reality individualbody image). This scale has 16 statement items with 6 favorable and 10 unfavorable consisting of 4 Likert scales. The score given to items with a favorable is 4 for the response "strongly disagree" and so on to 1 "strongly agree". Then for unfavorable items, scoring is done in reverse (reversed score), namely 1 for "strongly disagree" and so on up to 4 "strongly agree".

Data Analysis

From the results of the validity and reliability test results obtained, the reliability value on the SWLS scale is 0.701 and the five items contained in this scale are valid. On the ABISS scale, the reliability coefficient is obtained with an alpha value of 0.909. In addition, reliability is also sought on the three dimensions contained in the ABISS scale. The results

obtained are, for the body competence the reliability coefficient value is 0.891, the reliability in the body inadequacy 0.875, and the internal conflict has a reliability coefficient value of 0.739.

RESULTS

This study obtained respondents as many as 266 adolescents with an age range of 13-21 years. Based on age, the majority of respondents were aged 16-18 years, namely 75 people (28.2%), aged 19-21 years as many as 161 people (60.5%), and ages 13-15 years as many as 30 people (11.3%). The results of the normality test using the Kolmogorov-Smirnov showed that the residual values for SWLS and ABISS obtained a significance of 0.96, where $p > 0.05$. Therefore, it can be concluded that the data have residual values which are normally distributed.

Table 1: Respondents self-care

Gender	Treatment on beauty clinic		Using Skin Care		Workout in the Gym	
	yes	no	yes	no	Ya	Tidak
male	5 (1.9 %)	68 (25.6%)	26 (9.8%)	47 (17.7%)	38 (14.3 %)	35 (13.2%)
female	40 (15%)	153 (57.5%)	153 (57.5%)	40 (15%)	36 (13.5%)	157 (59%)
Total	45 (16.9%)	221 (83.1%)	179 (67.3%)	87 (32.7%)	74 (27.8%)	192 (72.2%)

Based on Table 1 above, as many as 221 respondents (83.1%) did not do treatment at the beauty clinic and as many as 45 respondents (16.9%) did the treatment at the beauty clinic where 153 female respondents (57.5%) did not get treatment at the beauty clinic and 40 female respondents (15%) did the treatment at the beauty clinic. Then, as many as 68 male respondents (25.6%) did not get treatment at the beauty clinic and 5 respondents male (1.9%) do treatment at a beauty clinic. Based on table 179 respondents (67.3%) did skin care (skincare) and 87 respondents (32.7%)I don't do skincare. Where as many as 153 female respondents, (57.5%) did skincare and 40 female respondents (15%) did not do skincare. As many as 26 male respondents (9.8%) were known to do skincare and 47 men (17.7%) did not do skincare. 192 respondents (72.2%) did not do sports or gym and 74 respondents (27.8%) did

workout on gym. A total of 157 female respondents (59%) did not workout on gym and 36 female respondents (13.5%) did workout. Meanwhile, 35 male respondents (13.2%) did not workout on gym and 38 male respondents (14.3%) did workout.

Table 2: Correlation Body Satisfaction Dengan Life Satisfaction

Variable	Pearson Correlation	Sig
<i>Body Satisfaction * Life Satisfaction</i>	- 0,408	0.000

Based on Table 2, the Pearson correlation -0.408 ($p < .001$). This shows that there is a significant negative relationship between body satisfaction and life satisfaction. The negative correlation between body satisfaction and life satisfaction means that the greater the dissatisfaction with body and the more he feels dissatisfied with his life.

Table 3: Correlation Between Body Satisfaction And Life Satisfaction

Dimensi	Pearson Correlation	Sig
Body Competence	- 0,420	0.000
Body Inadequacy	- 0,319	0.000
Internal Conflict	- 0,169	0.006

Based on Table 3, it is known that the correlation between body competence and life satisfaction obtained a Pearson correlation of -0.420 ($p < .001$). So it can be seen that there is a significant negative relationship between body competence and life satisfaction, which means that the better the individual view his physical appearance positively, the lower the satisfaction in his life.

In addition, the results of the correlation analysis between body inadequacy and life satisfaction obtained a Pearson correlation of -0.319 ($p < .001$). This shows that there is a significant negative relationship between body inadequacy and life satisfaction, meaning that the more individuals perceive their physical appearance negatively, the more they feel dissatisfied with their lives.

In Table 3 it can also be seen that the correlation between internal conflict and life satisfaction obtained a Pearson correlation of -0.169 ($p=.006$). From this, there is a significant negative relationship between internal conflict and life satisfaction, which means that the more individuals try to balance their ideal-self and reality in viewing their physical appearance, the more they feel dissatisfied with their bodies.

Table 4: Category of SWLS and ABISS

SWLS			ABISS		
Category	Interval	Total	Category	Interval	Total
Low	$X < 30$	71 (26.7%)	Low	$X < 10$	28 (10.5%)
moderate	$30 \leq X < 45$	182 (68.4%)	moderate	$10 \leq X < 15$	199 (74.8%)
High	$X > 45$	13 (4.9%)	High	$X > 15$	39 (14.7%)

In Table 4, it can be seen that the subjects who have a high level of life satisfaction are 39 people (14.7%). Besides that, as many as 199 (74.8%) subjects have a moderate level of life satisfaction and subjects who have a low level of life satisfaction is 28 people (10.5%).

In Table 4, the subjects who had a high level of body satisfaction were 13 people (4.9%) and as many as 182 (68.4%) respondents have a moderate level of body satisfaction. There are 71 people (26.7%) who have a low level of body satisfaction. In this additional analysis, correlations were made between the dimensions of body satisfaction, namely body competence, body inadequacy, and internal conflict with activities doing sports/gym and doing skin care

Tale 5: Body Competence Work out/Gym on female

Person Correlation	Sig. (2-tailed)	T-test	Sig
0.151	0.036		0.036

Table 5 shows that there is a difference between body competence and the activity of doing sports or the gym for women. Female respondents who exercise or do gym have an average score of 11.75, while women who do not exercise/gym have a higher average score of 12.98. The differentiating score in this category is 1.23. Pearson correlation

coefficient recorded 0.151 ($p = .036$). It means that there is a significant positive relationship between women who do sports/gym with body competence. This shows that the more a woman views her body and appearance positively, the less she does sports or gym activities.

Table 6: Body Inadequacy and workout on female

<i>Person Correlation</i>	Sig. (2-tailed)		<i>Sig</i>
0.152	0.035	T-test	0.035

Based on Table 6, the results of the different test calculations for female participants using the independent sample t-test resulted in a sig coefficient. (2-tailed) of $0.035 < 0.05$. This shows that there are differences in body inadequacy with exercise or gym activities in female respondents. Judging from the calculation of the correlation test for female participants, the Pearson correlation 0.152 ($p = .035$). This means that there is a significant positive relationship between women who do sports/gym activities and body inadequacy. This shows that the more often a woman does not exercise or the gym, the more she views her body from a negative outlook

Table 7: Internal Conflict and Skincare on male

<i>Person Correlation</i>	Sig. (2-tailed)		<i>Sig</i>
-0.256	0.029	T-test	0.029

Based on Table 10, the results of the different test calculations for male respondents using the independent sample t-test resulted in a sig coefficient. (2-tailed) of $0.029 < 0.05$. This shows that there are differences in internal conflict with the activity of doing skin care (skin care) in male respondents. Judging from the calculation of the correlation test for male participants, the Pearson correlation value is -0.256 ($p = .029$). This means that there is a significant negative relationship between men who do skin care and internal conflict. The two calculations show that the more a man has difficulty in balancing his ideal self and reality on his body, the more often he does skincare.

DISCUSSION

The results of the study indicate that there is a significant negative relationship between body satisfaction and life satisfaction, it shows that the greater the adolescent's efforts to fulfill his body shape satisfaction, the more he feels dissatisfied with his life. Every teenager has an ideal picture of how he wants his body to look like. However, when the shape of the body that is owned does not match the body which he thinks is ideal, then a dissatisfaction arises in his body (Denich & Ifdil, 2015). Coccia and Darling (2015) state that there is a positive relationship between body image and life satisfaction, where individuals will feel dissatisfied with their lives when they have a negative body image. This is in line with the research conducted by Nisa and Rahmasari (2019) which showed that individuals with negative body image will have low subjective well-being. Then there is a significant negative relationship between body competence and life satisfaction, which means that the higher the individual tries to view his body appearance positively, the lower his life satisfaction. In order to create a positive perspective on the body, interpersonal factors such as self-control are often used by adolescents to control their physical condition (Leone, Mullin, Maurer-Starks, & Rovito, 2014).

Adolescents tend to do weight control patterns in any form such as skipping breakfast, fasting, strict diets, taking body control pills, excessive exercise, smoking, or throwing up their food again so that it can make individuals view their bodies positively in the hope that they will make life easier. they are happy (Permatasari, 2012; Kaczmarek, et al. 2016). However, when the individual fails to exercise self-control, the individual's efforts to have a positive perspective on the body are also unsuccessful and eventually cause him to feel that his life is meaningless (Ma'ruf, 2019). This meaninglessness and unhappiness can make individuals feel dissatisfied with their lives (Alwis & Kurniawan, 2018; Maulani, 2019; Wardani, & Noviyani, 2020).

The results also state that there is a significant negative relationship between body inadequacy with life satisfaction, meaning that the more individuals have a negative view of their physical appearance, the more they feel dissatisfied with their lives. Body inadequacy can be obtained from several factors such as feelings of insecurity when making social

comparisons with other people (Leone et.al, 2014). A qualitative study conducted by Putra, Putra, and Diny (2019) showed that when teenagers compare themselves with individuals who are considered ideal, it makes them have a negative perspective on their bodies. The form of negative feelings about the body is often interpreted as body dissatisfaction. , and have an impact on low self-confidence and cause depression. Fergusson et al. (2015) said psychiatric disorders such as depression can make a person's life satisfaction level low. The results of research conducted by Alwis and Kurniawan (2018) show that the more individuals have a negative body image, the lower subjective well-being the perceived . The results obtained also indicate that there is a significant negative relationship between internal conflict and life satisfaction, meaning that the more individuals try to balance the ideal self and reality in viewing their physical appearance, the more dissatisfied they will be with their lives. When individuals try to conceptualize their bodies to be "perfect", then individuals will increasingly try to resolve internal conflicts that occur to themselves in any way including unhealthy ways such as following a strict diet and excessive exercise (Leone, et.al, 2014). However, when the internal conflict cannot be resolved properly, where individuals have difficulty in balancing the ideal-self and reality when looking at their bodies, intrapersonal conflicts will occur (Khofiannida & Hardjanta, 2012).

The existence of intrapersonal conflict has an impact on the emergence of feelings of hopelessness, indecision, disappointment, stress, headaches, or dizziness so that it can interfere with physical and psychological conditions (Khofiannida & Hardjanta, 2012). The negative feeling of not being able to balance the ideal-self and reality when looking at the body can make the individual's life satisfaction low. This is in line with what was stated by Proctor, et al. (2017), namely individuals with low life satisfaction are more at risk for poor mental and physical health.

CONCLUSION

The conclusion of this study is that there is a significant negative relationship between body satisfaction and life satisfaction, meaning that the more dissatisfied adolescents are with their bodies, the greater the

effort made by adolescents to fulfill satisfaction with their body shape, the more they feel dissatisfied with their lives. Then, there is a significant negative relationship between body competence and life satisfaction, meaning that the higher the individual tries to have a positive view of his body, the lower his life satisfaction. There is a significant negative relationship between body inadequacy and life satisfaction, meaning that the higher the individual's negative view of his body, the more dissatisfied he is with his life. Then, there is a significant negative relationship between internal conflict and life satisfaction, meaning that the more individuals try to balance the ideal self and reality when looking at their bodies, the more dissatisfied they are with their lives.

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Contribution authors

Erna Risnawati has contributed substantially to the conception and design, data analysis and interpretation, drafting or critically revising for important intellectual content, design, data acquisition, data analysis and interpretation, and given final approval of the version to be published. Nanda Putri Oktaviani has been involved in data Acquisition, data analyze, and drafting. Eka Rosmalasari has been involved in revision of the manuscript and interpretation.

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