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The Correlation Between Self-Esteem and Body Image In Adolescents Who Exercise

Febe Audreyana & Ninawati

Preface

- During adolescence, concerns about body image often occur because of the physical and cognitive changes experienced, so individuals will evaluate and focus on improving the individual's appearance and body (Mitchell et al., 2012).
- All individuals have a certain perception of their own body, which is called body image.
- According to Schuck et al., (2018) body image is a multidimensional concept that describes how a person thinks, perceives, feels and acts towards himself.
- Concerns about body image are related to overall poor self-concept in early adolescence, including poor physical, social and academic conditions, as well as low overall self-esteem (O'Dea, 2012).
- Self-esteem is a psychological aspect that has an important role in forming body image during adolescence.
- Gaspar et al., (2011) found in their cross-sectional study that higher levels of physical activity in adolescents had a positive effect on body image satisfaction, regardless of BMI or gender.
- Ortega et al., (2008) proposed two possible explanations for the positive effects of exercise on mental well-being. First, an increase in exercise is usually accompanied by an increase in muscle mass and a decrease in fat mass, which leads individuals to have higher body image satisfaction. Second, they suggest the possibility that increased fitness has a direct effect on neurochemicals, such as serotonin or endorphins in the brain, which are important for improving mood.

Research Method

- This research falls into the quantitative category. The method used for this research is a descriptive analysis method with correlational techniques
- The sampling technique used in this research is purposive sampling
- The population in this study consists of 435 adolescents in the Jabodetabek area who engage in sports.
- The measurement tools used in this research are the Rosenberg self-esteem scale and Multidimensional Body-Self Relations Questionnaire

Results

- there were 435 participants involved in this research. Of which there were 225 (51.7%) male participants and 210 (48.3%) female participants.
- The results of the correlation test using Spearman correlation show an efficient correlation value of self-esteem with the body image.
- The results of the correlation test in this study are in line with Coopersmith's opinion (in Mruk, 2006) which states that individuals who have high self-esteem will develop a positive body image, because high self-esteem will develop a positive evaluation of the individual's body shape, so that raises satisfaction in the individual, including when looking at the image of his body.

Additional data analysis showed that there was no significant difference in the correlation of self-esteem with body image between the two genders. However, the average self-esteem and body image of men has a higher value compared to women. This is in accordance with research findings by Gupta et al. (2016) with the title assessment of body image and self-esteem among young adolescents. Shows that more female teenagers feel dissatisfied with their individual bodies (body image) compared to male teenagers, and a positive body image will lead to higher levels of self-esteem.

Conclusions

- Based on the results and data analysis in this research, it can be concluded that there is a significant positive relationship between self-esteem and body image in adolescents who engage in sports. This can be seen from the correlation value between self-esteem and body image, which is 0.260, and $p = 0.000 < 0.05$.
- For future researchers, this study can serve as a reference for those involved in the fields of clinical psychology and sports psychology, such as professors or students, to conduct more detailed and in-depth research.

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