

SOCIAL PHYSIQUE ANXIETY, SELF-ESTEEM, AND BODY IMAGE ON GYMNASTIC USER MALE

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Having a good shape and healthy body is a thing that many people, especially men wanted. They do many things to gain that good body. Doing some sports and going to gymnastic is some of them. Men usually feeling worried about what people thought and said about his body shape and creating social physique anxiety and influence his self-esteem, also body image. The aim of this study is to know the contribution of social physique anxiety and self-esteem to body image in gymnastic user men. Around 36 men who do sports in gymnastic become the participants of this research. The result shows negative correlation between social physique anxiety and self-esteem, and positive correlation between self-esteem and body image. However, there is no correlation between social physique anxiety and body image, respectively. The contribution of social physique anxiety to self-esteem are around 10.9%, and self-esteem to body image around 19.6%.