

Management of Students' Self-Acceptance of Body Image: A Case in a Seventh Grade Junior High School Student

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ABSTRACT. This study sought to elucidate the phenomena that determine body images, such as discontent with body shape, the impact of dissatisfaction with body shape, and the impact of efforts to overcome body image dissatisfaction in college students. During the observation in the eighth grade of State Junior High School 6 Percut Sei Tuan, the researcher also saw some kids with low self-acceptance. The method employed is descriptive, and the research is qualitative. The Miles and Huberman model was utilized for data analysis; it is an interactive model that includes data reduction, data display, and generating conclusions. The findings revealed: (1) Low self-acceptance of body image among eighth pupils at State Junior High School 6 Percut Sei Tuan. Some students still believe their physical condition and body form are less desirable. It causes a sense of insecurity. Students' mistrust motivates them to improve their physical condition and body form. (2) The influence of acceptable body image on the conduct of eighth-grade students at State Junior High School 6 Percut Sei Tuan can disrupt student learning continuity, as if oblivious to his lesson. It is because these pupils lack the courage to express themselves in class. It, of course, significantly impacts the efficacy of student learning in the classroom. It has a significant impact on the efficacy of student learning. (3) The Counseling Guidance teacher attempts to cultivate self-acceptance in students' body image. The Counseling advice instructor gives students who require follow-up services on the topic of low self-acceptance and body image with information, group advice, group counseling, and individual counseling.

Keywords: *Self-acceptance, body image, and case studies.*

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INTRODUCTION

Self-acceptance is a state where individuals have a positive individual attitude in the form of self-esteem, accept all advantages and disadvantages, know the advantages and disadvantages, do not blame themselves or others, and try to be better than before. Everyone must possess self-acceptance because self-acceptance is one of the abilities of individuals to accept without prejudice any body shape (body image) they have (Haryati et al., 2021). This self-acceptance boils down to the principle of thanking God, who creates uniqueness in each individual that differs from one person to another. This self-acceptance makes people realize that everyone must be different and has their charm as a gift that must be grateful and accepted, regardless of what others say about their body shape (body image) (Moradi et al., 2020).

Likewise, with the transition of adolescence from childhood to adulthood, Sarlito in Tiara Resty (2016), youth is a transition process from childhood to adulthood. At this time, young people naturally begin to experience many changes, both cognitively and psychologically, and of course,

also changes in physical appearance. So Young people are trying to find their identity in this age of change. Of the various changes mentioned during puberty (both psychic and cognitive), one that is visible is physical changes because these changes are immediately visible to his body and begin to think about how to appear attractive in front of society, as reported by Conger and Petersen in Lilishanty and Maryatmi (2019). According to Breakey in Adlya and Zola (2020), the body is the first and easiest representation of the self to see. It encourages a person, including teenagers, to have an ideal body. Breakey's statement is supported by the fact that adolescents who desire to be recognized during self-discovery need social relationships and can be accepted in these social relationships (Usman, 2022). With this fact, teenagers become figures who are very concerned about their appearance and less satisfied with the state of their bodies (Muhsin, 2015).

Teenagers' dissatisfaction with their body shape is commonly known as body image. According to Grogan in Sumanty et al. (2018), body image is an individual's perception, thoughts, and feeling toward his body shape. Meanwhile, according to Cash and Pruzinky in Junior (2016), body image is a person's attitude toward his body, which can be in the form of positive and negative assessments. According to Sangkanparan (2012), body image is a thought about himself that lies in a mindset that can increase self-confidence in an individual. Rice in Melliana (2016) says body image is an individual experience of his body, a mental image of a person that includes thoughts, perceptions, feelings, emotions, imagination, judgments, physical sensations, consciousness, and behavior regarding the appearance and shape of his body that are influenced by an idealization of body image in society, and this is from a person's social interactions over time in his environment, which change throughout life in response to feedback turning over from the environment (Pollina-Pocallet et al., 2021). It can be concluded that body image is a mental image that includes opinions, sensations, ways of thinking, and also actions regarding the body shape of the individual (Husni & Indrijati, 2014).

Body image or body image owned by adolescents has various impacts, including self-confidence. According to Loekmono (Dyah et al., 2016), self-confidence is a personal property that is very important for the growth and development of adolescents. Teenagers who have body image disorders or negative body image feel that their appearance is not following what is expected of society, family, friends, and people in general. They have feelings of inferiority when comparing themselves with others. Usually, negative body image in adolescents starts from unrealistic thinking. Looking at themselves in the mirror, they will see that their body parts are ugly or abnormal. Those limbs are delicate. Some teenagers have a crisis of self-confidence and body image disorders: 1) They often look in the mirror and judge themselves as having excessive physical deficiencies. 2) Always take it to heart or overthink other people's comments about appearance or body. 3) Often compare her body with others and feel that other people's bodies are good. While his body is a form of failure. 4) Feeling uncomfortable and awkward towards her body. 5) Feeling ashamed and anxious about her body. 6) The result of excessive use of social media where everyone is vying to look perfect. 7) Lack of gratitude and not accepting his body shape (Hifsy, 2019).

The role of the media and the social environment and views in society significantly influence a person to care deeply about his appearance and body image (Rubinsky et al., 2018). Adolescents generally seek physical satisfaction through various means (Salsabilla & Maryatmi, 2023). Do sports such as jogging and fitness to obtain physical satisfaction, diet, and maintain diet. Even using skin whitening to remove black skin shackles and rebonding to get beautiful and straight hair. This satisfaction assessment is obtained if they have obtained an ideal and proportional physique which includes shape, color, and body size (Muhsin, 2015)

This phenomenon regarding body image (body image) generally occurs in adolescents when teenagers say they are unsatisfied with their body shape (Tudományegyetem & Intézet, 2019). Have a nose classified as pug, hair that is not thick, dark skin color, body too prominent. It is one of the problems experienced by students regarding their poor body shape, where the student feels less accepting of their physical condition. Usually, students make many efforts to improve themselves

to look more attractive. It can be seen starting from students who consume diet drugs, straighten their hair, and buy products to whiten their skin (Griffiths et al., 2018).

The efforts made by students to improve themselves cannot be separated from several factors. One of the factors is that the student sees an example of an artist or celebrity figure with an ideal body, as desired by many teenagers in general (Regan et al., 2023). They get it from various sources from social media that are widely available today, such as Instagram, TikTok, and Facebook. The above phenomena clearly illustrate that some students are dissatisfied with the body shape they have now. Thus, many students made efforts to improve their appearance. It is very contrary to student development tasks still in the adolescent phase. Because the youth also has a developmental task: accepting his physical reality (Lin et al., 2021). However, if students feel dissatisfied with their body shape, it can make them difficult to accept themselves, so they experience unhappiness.

Self-acceptance is a level of ability and desires to live with all its characteristics. Individuals who can accept themselves are defined as those with no problem with themselves. Changes in developmental changes he undergoes (Romano et al., 2021). If the student can accept himself well, then the student has a good personality as well as good mental development as well. Then there are several areas of guidance in guidance and counseling, including the field of personal development (Fang et al., 2022). Where in this field of personal development, personal development material that can be developed in guidance themes include: recognizing strengths and weaknesses, increasing self-confidence, developing self-strengths, alleviating self-weaknesses, meaning and purpose of worship, religious values as a guideline for life, knowing self-feelings and how to express them effectively, stress management, and recognizing social roles as men or women (Putra et al., 2020).

The organizer of guidance and counseling in schools is guidance and counseling teachers (counselors). Guidance and counseling teachers, following their primary duties, are responsible for helping students according to their needs, especially those related to developing students' personal development concerning self-image; that is, guided and counseling teachers direct them to accept themselves positively and dynamically.

Research by Rahmania and Yuniar (2012) entitled the relationship between self-esteem and body dysmorphic disorder tendency in young women shows that an individual's self-assessment affects the tendency not to accept his body shape and size, which can cause distress to the individual concerned. Furthermore, researcher Ramanda et al. (2019) entitled literature study foundation of body image theory for adolescent development describes the theoretical basis of body image for adolescent development. From the research examples that exist above, both factors are related to body image (body image). Meanwhile, this study will discuss in depth (the phenomena that shape body image, such as dissatisfaction in body shape, the impact of dissatisfaction on body shape, and the impact of efforts to overcome dissatisfaction on the body (body image)). So the study focused on experiences about body image perception and how the impact research respondents felt. Therefore, the objectives of this study are 1) images and factors of negative body image (body image), 2) describe the impact of negative body image efforts (body image).

METHOD

This study uses a qualitative research approach. Bogdan and Taylor in Moleong (2005; 2007) define qualitative methodology as a research procedure that produces descriptive data in the form of written or spoken words from people and observable behavior. This qualitative research is specifically directed at using the case study method. According to Nasution in Hasan et al. (2023), a case study is a form of in-depth research on an aspect of the social environment, including the humans in it. The subjects in this study were three students who experienced body image marks. It is known from the results of interviews with guidance and counseling teachers. The sampling

technique is purposive sampling, namely: sampling techniques for data sources with specific considerations (Sugiyono, 2014; 2018). The purposive sample is chosen because it is a rich source of information about the phenomenon to be studied. This sampling is based on the researcher's choice of what aspects and whom to focus on in a particular situation and continues throughout the study. Sampling is purposive; that is, it depends on the purpose of the focus at a time. Data collection techniques in this study include interviews and observation.

Meanwhile, the data analysis technique for this research uses a data analysis technique developed by Miles and Huberman in Siregar (2021), which is an interactive model. The analysis in this model consists of data reduction, data presentation, and conclusion and verification. Data validation techniques through source triangulation and method triangulation.

RESULT AND DISCUSSION

Result

Based on the interview results, it can be concluded that the interviewee considered his body unattractive or not as he wished and did not like his posture, mature skin color, darker leg color, dull face, and acne, so the resource person tried to achieve what he dreamed of, one of which was to make his body thinner. The resource person chose to diet by reducing the intake of food he consumed or adjusting his diet so that it hurt in the stomach. The resource person also had the intention to consume body-lowering drugs. Based on the results of the interview, it can be concluded that the interviewee did not like the thin, short, and black skin tone he had. Finally, the interviewee used body lotion cream to get the skin color he wanted, drank fattening milk, and stopped his habit of staying late. Based on the interview results, it can be concluded that the interviewee likes to compare others with himself, so the source feels insecure. The interviewee did not like her posture, weight, body skin, curly hair, distended belly, large arms, and thighs, and she also tried to diet and whiten her skin tone by reducing the intake of food she consumed wearing body lotion or body scrubs.

"I didn't like my body and dull skin tone because at the time I saw the body my friend had was very good and had a skin tone that was lighter than my skin tone. I also like to watch movies so I don't have confidence and want the body shape and skin tone that Korean drama artists I see on television have. I also wear body lotion cream to get the fair skin I want." (BA Interview: Tuesday, March 7, 2023). "I don't like my very thin and short body because my friends often mock me as thin and short so I am uncomfortable with my friend's treatment. I also don't like the dark or black skin color that I have so I diligently grow fattening milk and wear body lotion" (SK Interview: Tuesday, March 7, 2023). "I don't feel confident because my body is not as good as my friend's, I don't like my body parts such as posture, skin color, curly hair, big belly, big arms and thighs." (RA Interview: Tuesday, March 7, 2023).

From interviews with the three respondents, information was obtained on the lack of confidence in their body shape and dissatisfaction with their bodies. This fact is in line with Suryanie's opinion in Muhsin (2015), which states that if individuals are continuously criticized for their appearance, individuals become focused on other people's opinions and try to become the opinions of others. It makes him forced to change; the compulsion of changes that will or have been made by the individual shows that the individual is forced to be dissatisfied with the condition of his body by the influence of peers and the socio-cultural environment.

Discussion

It was found that the causative factors of negative body image can come from negative perception factors of oneself and high benchmarks of ideal self-standards. Based on the study's results, it was stated that the factors causing the subject of the interviewee begin to feel that his body was not attractive or not as he wanted since the interviewee saw that his surrounding friends had an ideal body and had white skin color. The interviewee thought her body looked unattractive, like her

friends. Like Korean drama artists, the resource person considers beautiful women to be women with thin bodies and white skin color. The growing trend also influenced the resource person in his social environment. In addition, the body that the interviewee judged to be too fat also caused dissatisfaction with his body.

The factors causing negative body image in the interviewees began to feel dissatisfied since they often became the subject of discussion and the center of attention because they had a thin and short body shape. The interviewee overestimated his thin body until he finally chose to drink fattening milk and stop his habit of staying late. The interviewee believes being thin and having a short body is a problem. Meanwhile, the interviewee began to feel dissatisfied with the factors causing negative body image because the source most liked to compare others with him. The interviewee began to feel insecure because he did not have a body shape like his friends and considered the face of the interviewee not as beautiful as his friends. The behavior of the source, who likes to compare himself with others, makes the source obsessed with his comparison, so the source feels dissatisfied with what he has.

Based on the observations made by researchers on the three respondents that the impact of self-acceptance on body image is that the three respondents cannot express themselves well, so that three respondents cannot do the things they want to achieve, have low self-confidence, which causes students to be unable to accept their current physical condition which causes students to have the nature of comparing themselves with others. The impact of negative body image on the resource person. The impact experienced by dissatisfaction with the state of his body is low self-confidence, eating disorders, and disruption of social interaction. The consequences experienced by the interviewees from the methods carried out were from social aspects, such as being far away from their friends.

The impact of negative body image on the resource person. The impact experienced by dissatisfaction with the state of his body is low self-confidence, stress, and disruption of social interaction. The consequences experienced by the interviewees from the methods carried out are personal aspects such as irritation of the face. While negative body image impacts the subject of the interviewee, the impact experienced from dissatisfaction with the state of his body is stress and low self-confidence. The consequences experienced by the interviewees from the methods carried out are from personal aspects, such as dissatisfaction with his body and low self-confidence (Aprilianti & Laily, 2021).

Of the three respondents, the impact of this dissatisfaction is that respondents feel less confident, stressed, and avoid social interaction. Without many people realizing it, the developmental tasks needed by a teenager refer to developmental tasks related to the ability to accept physical conditions, so that development to achieve acceptance of physical state or body image becomes one of the essential things in fulfilling his developmental tasks (Dephinto, 2017). Suppose adolescents are unable to accept their body image. In that case, it is possible to influence daily behaviors or actions such as self-confidence, dietary behavior, diet, and avoidance of social interaction (Ammar & Nurmala, 2020).

CONCLUSION

The three respondents experienced signs of body image caused by negative perceptions of themselves and benchmarks of high self-ideal standards. The impact of this dissatisfaction was that the three respondents lacked self-confidence, were stressed, and disturbed social interaction. The researcher suggests that eighth-grade students should accept other people's opinions and improve their inner qualities and that parents should pay more attention to their children's physical and mental development. Counselors should seek deeper information about body image to prevent children from experiencing body image.

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