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**The Relationship Between Body Image and Self-Acceptance in Adolescents of X
Grade at MA Negeri 1 Tuban**

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ABSTRACT

Adolescence represents a tumultuous time in searching for identity. This is due to various significant physical and psychological changes in adolescents. Physical changes are visible in adolescents, so adolescents are susceptible to trying to have a perfect appearance according to their criteria, supported by high curiosity. As a result, adolescents will quickly become obsessed with physical perfection, or what is called a negative body image, which has an impact on poor self-acceptance. This study aims to investigate the relationship between body image and self-acceptance among 10th-grade adolescents at MAN 1 Tuban. The research design applied a cross-sectional approach with a correlation method. The population of this study included all 10th-grade students at MAN 1 Tuban School Year 2023-2024. Respondents were determined through a sampling technique using simple random sampling, and a sample size of 186 students was obtained. The research instrument consisted of a body image questionnaire: the Multidimensional Body-Self Relations Questionnaire-Appearance Scales (MBSRQ-AS), and a self-acceptance questionnaire. The results were obtained using data analysis with the Spearman Rank Correlation test. The research findings indicated that the majority of students had a negative body image and poor self-acceptance. The Spearman Rank Correlation test results obtained a p-value of <0.001 , which means that there was a relationship between body image and self-acceptance in 10th-grade adolescents at MAN 1 Tuban. This research can be a basis for developing programs that support social and emotional skills to help adolescents overcome body image problems and improve their achievement. Body image has a close relationship with self-acceptance. The more positive an adolescent's body image, the better their self-acceptance. This means that if adolescents can have a positive body image, they can accept themselves well, especially physically, which will impact a healthy psychological condition and allow them to carry out their developmental tasks well.

Keywords: Body Image, Self-Acceptance, Adolescents

INTRODUCTION

On the other hand, adolescents entering in 10th-grade of senior high school are included in the late adolescent phase. According to Sarwono's theory in Hikmandayani et al (2023), by the age of 16, adolescents have entered the final adolescent phase. At this age, adolescents are also beginning to go into senior high school (Statistik Pendidikan, 2023). When entering late adolescence, individuals begin to be full of turmoil in searching for

self-identity. This is reinforced by Ida Umami's (2019) statement in her book entitled "Adolescent Psychology," namely that during this period, adolescents experience a transition period from childhood to adulthood. Aside from that, there are also very clearly visible physical changes in late adolescence. This condition is considered one of the internal reasons why adolescents tend to start paying attention to their physical appearance. In fact, many adolescents now feel insecure

about their physical condition, which can make them unable to carry out their developmental tasks (Ratnawati in Dianningrum, 2021).

The results of a poll by U-Report (a program page managed by UNICEF that contains issues among adolescents) in 2019 showed that globally, as many as 24% felt embarrassed if they did not have a slim body posture, and 21% wanted to have plastic surgery because adolescents felt inadequate about their condition. Besides, a national survey was conducted by the ZAP Beauty Index in 2023. The results showed that 50.1% of Indonesian women did not accept themselves because of the condition of their facial skin. Moreover, a poll also showed that Indonesian women defined beauty as having a clean and smooth face (58.5%), and no respondents defined beauty as being grateful for what God had given them (0%). An initial survey was conducted at MAN 1 Tuban on March 2024. The results were obtained from 25 students, and as many as 14 students (56%) showed less self-acceptance regarding their physical appearance. The reasons for the students' lack of self-acceptance, especially regarding physical appearance, were their unattractive physical appearance, which did not match their wishes, their lack of confidence in their physical appearance, and unhappiness with their physical appearance. Several previous studies have supported this data. A study by Refnadi et al. (2023) covering student respondents at the UNP Laboratory Development High School in Padang City, West Sumatra, showed that as many as 45% of students lacked self-acceptance.

Apart from that, there was also an interview conducted by Diana et al. (2022) with students of SMAN 1 Belik, Pemalang City, Central Java, stating that as many as 53% of students had poor self-acceptance because they were too focused on their shortcomings and were less able to accept themselves as a whole intact. Hence, the previous data and research results illustrate

that many adolescents lack self-acceptance.

The 10th-grade senior high school period is prone to evaluating adolescents' satisfaction with their physical condition, and adolescents talk about their appearances often a topic of great interest. Physical appearance is an essential part of an adolescent's self-identity (Gracia & Akbar, 2019). The theory by Hardy and Hayes in Ningsih (2021) suggested that body image includes an individual's awareness of self-acceptance related to their physical condition. This means that if adolescents can accept their physical condition completely, they can be said to have a positive body image. Therefore, this theory follows one of the developmental tasks in the late adolescent phase: understanding physical conditions or positive body image and using them effectively. When entering late adolescence, individuals experience maximum physical development, and their thinking abilities are much more mature (Havighurst in Hamidah et al., 2022). Unfortunately, as quoted from the page of the Indonesian Pediatrician Association, adolescents are very susceptible to negative thoughts, especially regarding the opinions they receive, because adolescents think that other people always praise or criticize them, just as they praise or criticize themselves. There are also research results conducted by Fuadah and Hidayati (2022), which stated that in Indonesia, the level of perfection is measured by appearance. Consequently, most adolescents do not accept their condition, so adolescents want to do various things to cover body parts that they consider lacking, resulting in a lack of self-acceptance (Indrati & Aprilian, 2018).

There are stages that adolescents must go through to have positive self-acceptance: adolescents must be able to recognize and understand themselves realistically and just the way they are, not feel pressured by insecurity, and understand their shortcomings (Maryam &

Ifdil, 2019). Helping adolescents go through these processes can be done by educating them about the importance of accepting themselves, especially their physical condition, because adolescents still require guidance and direction so adolescents can master their physical capacities and have a positive impact on their psychological condition (Suryana, 2022). According to Rizka and Diana (2022), if individuals can have pleasant feelings and an open heart regardless of their body condition, then individuals are categorized as having good self-acceptance so that everyone can enjoy their life with complete happiness. Self-acceptance also contributes to a sense of gratitude for life because when adolescents can accept themselves well, adolescents have made peace with their shortcomings

RESEARCH METHOD

The research design applied a cross-sectional approach with a correlation method. The population of this study included all 10th-grade students at MAN 1 Tuban School Year 2023-2024. Respondents were determined through a sampling technique using simple random sampling, and a sample size of 186 students was obtained. The variables in this study are body image and self-acceptance in adolescents. Data were collected using research instruments in the form of body image questionnaires: the Multidimensional Body-Self Relations Questionnaire-Appearance Scales (MBSRQ-AS) and self-acceptance questionnaires. Furthermore, the collected data was analyzed using the Spearman Rank Correlation test with SPSS software.

RESULT AND DISCUSSION

Table 1. Characteristics of 10th-grade Adolescents Based on Age and Gender at MAN 1 Tuban on May 2, 2024

Age	Frequency (n)	Percentage (%)
16 Years	156	84%
17 Years	29	15%

18 Years	1	1%
Total	186	100%

Based on table 1, the majority of the 10th-grade adolescents at MAN 1 Tuban were 16 years old (84%). The table also contains information on the gender of adolescents, with the majority being female (69%).

Table 2. Body Image of 10th-grade Adolescents at MAN 1 Tuban on May 2, 2024

Body Image	Frequency (n)	Percentage (%)
Positive	21	11%
Negative	165	89%
Total	186	100%

Based on table 2, it is known that the majority of 10th-grade adolescents at MAN 1 Tuban had a negative body category (89%).

Table 3. Self-Acceptance of 10th-grade Adolescents at MAN 1 Tuban on May 2, 2024

Self-Acceptance	Frekuensi (n)	Percentage (%)
Good	60	32%
Bad	126	68%
Total	186	100%

Based on table 3, it is known that the majority of 10th-grade adolescents at MAN 1 Tuban had poor self-acceptance (68%).

Table 4. Cross Tabulation of The Relationship Between Body Image and Self-Acceptance in Adolescents of X Grade at MA Negeri 1 Tuban

Body Image	Self-Acceptance		Total
	Good	Bad	
Positive	19 (90%)	2 (10%)	21 (100%)
Negative	41 (25%)	124 (75%)	165 (100%)
Total	60 (32%)	126 (68%)	186 (100%)

Spearman rank correlation test = 0.444
significance $p = <0.001$ N = 186

Based on table 4.4, it is known that the majority of class X adolescents at MAN 1 Tuban had a negative body image and poor self-acceptance (75%). From the results of the Spearman rank correlation test, it was obtained that $p = <0.001$ with $p = <0.05$, which indicated a moderate relationship with a positive correlation direction (0.444). This means that the more positive an adolescent's body image, the better their self-acceptance; conversely, the more negative an adolescent's body image, the worse their self-acceptance.

Based on the data presented in Table 4.2, it is known that the majority of class X adolescents at MAN 1 Tuban had a negative body image. Table 4.3 shows that the majority of class X adolescents at MAN 1 Tuban lacked self-acceptance. The body image variable and self-acceptance variable were analyzed using the Spearman Rank Correlation and this test found a moderate relationship with a positive correlation direction. Body image describes physical appearance, which is closely related to self-acceptance. This is based on the adolescent's view of the physical condition in the form of body curves, the condition of each body member, and the assessment of their physical appearance. During adolescents, there is a transitional condition from childhood to adulthood, giving rise to physical changes that are very rapid and very clearly visible. The physical changes in adolescents give rise to uncertainty about body appearance because adolescents are still in an ongoing stage of development. Therefore, adolescents who start to observe their physical condition will tend to pay more physical attention than usual so that they begin to develop a mindset about how to look more attractive, and there is a pressure to meet beauty or handsome standards. Adolescents become obsessed with having a body image that they consider attractive, and this has an impact on their disturbed mental development. Adolescents

begin to search for their identity and desire an identity or self-standard that they think is perfect. Adolescents' attempts to conform to the standards they adhere to may involve duplicating figures that are considered perfect or favorites. If adolescents do not meet the standards they set, they will always feel inadequate and find it difficult to reconcile with their situation, leading to poor self-acceptance. In that case, adolescents will assume that their body or physical condition does not match the concept of a body that they consider ideal, resulting in low self-esteem and an inability to accept their situation. Therefore, self-acceptance in adolescents includes the ability to gracefully accept every body shape they have. An attitude of self-acceptance is proven by recognizing all strengths while accepting all weaknesses without blaming others and by having the desire to continuously develop one's potential.

According to Santrock in Pramoko (2019), adolescents experience a transition period in the form of physical and psychological changes from childhood to adulthood at this age. Adolescents' search for identity is usually carried out using identification, imitation, and various trial-and-error behaviors (Athalia, 2023). Adolescents often upgrade trendy models or attractive styles to perfect their physical appearance (Ramdhani et al., 2023). Therefore, for adolescents, physical appearance reflects self-identity (Gracia & Akbar, 2019). Adolescents with ideas about perfect self-identity are vulnerable to worry if they feel unattractive (Christy, 2020). Thus, adolescents cannot accept their condition. So adolescent will try to cover body parts that they consider lacking (Indrati & Aprilian, 2018). The vulnerability of adolescents influences this counter-assessment of the physical, causing them to have a negative view of themselves so that adolescents can feel dissatisfied with their physical condition (Hermiati, 2021). Therefore, if adolescents feel that their physical condition does not match the ideal

they hold, then they feel lacking in physical aspects or appearance. It is not uncommon for such conditions to result in adolescents being less able to accept their physical appearance as it is and potentially having low self-esteem (Maryam & Ifdil, 2019). In this context, negative body image is one of the factors that causes adolescents to be unable to accept their condition. According to Powell's theory (in Fatonah, 2020), physical acceptance is one of the aspects or components that build self-acceptance. This means that if adolescents can accept their physical condition, adolescents will have a positive body image and be able to accept themselves well. Conversely, if adolescents have a negative body image, their self-acceptance will be worse (Rizka & Diana, 2022). Even though self-acceptance plays a role in feeling grateful for life, this means that adolescents can make peace and accept all of their shortcomings (Rizka & Diana, 2022). According to Schultz in Agustina (2019), to have true self-esteem, a person must understand his personality well and make judgments according to actual conditions without being influenced by other people's points of view regarding his strengths and weaknesses.

The weakness of this research is the limited generalization of the findings. This research only includes samples from MAN 1 Tuban, so it can limit the representativeness of the data. Additionally, this research is lacking in generalizing the results to a wider population.

This research can be a basis for developing programs that support social and emotional skills to help adolescents overcome body image problems and improve their achievement. There is a need to develop and implement psychological intervention programs that focus on improving body image and self-acceptance. These programs may involve counseling, cognitive behavioral therapy, or group activities that teach self-compassion and positive reflection techniques.

CONCLUSION

This study aims to investigate the relationship between body image and self-acceptance among 10th-grade adolescents at MAN 1 Tuban. The research findings indicated most of the 10th-grade students at MAN 1 Tuban have a negative body image and most of the 10th-grade students at MAN 1 Tuban have poor self-acceptance. There is a fairly strong and positive relationship between the body image variable and the self-acceptance variable in 10th-grade students at MAN 1 Tuban. This means that the more positive the body image, the better the students' self-acceptance, and vice versa. Researchers have suggestions for future implementations that could be pursued by MAN 1 Tuban. For 10th-grade students, adolescents can understand the importance of having a personality that respects themselves more and increases their self-acceptance with all the characteristics they have. There is no need to follow other people's standards of beauty or handsomeness or feel insecure; it is better to increase gratitude by trying to always maintain health so that everyone can enjoy life with a sense of happiness. For MAN 1 Tuban, especially for the counseling guidance teacher, the educators should be able to increase guidance activities in an effort to increase students' sense of self-acceptance, both in physical and psychological aspects. This treatment can have many benefits for pupils, so students can have academic knowledge, a good mentality, a focus on developing positive aspects, and good self-acceptance.

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