

SELF-ESTEEM OF FEMALE STUDENTS WHO EXPERIENCE BODY DISSATISFACTION IN THE SUTOPO SURABAYA DIII NURSING PROGRAM

Camila Ibra Nabila¹, Bambang Heriyanto^{2(CA)}, Chatarina Emberla Qnanti³

^{1,2,3}Department of Nursing, Health Polytechnic, Ministry of Health, Surabaya
bbg_7479@poltekkesdepkes-sby.ac.id

Abstract. Ideal body development causes feelings of pleasure, and happiness, and creates a sense of satisfaction that makes individuals have a positive perception of their body condition. However, some people fall in dissatisfaction with their bodies leading to a negative perception of their body so that which can decrease self-esteem. The purpose of this study is to determine the self-esteem of female students who experience body dissatisfaction in Prodi DIII Keperawatan Sutopo Surabaya. The research design uses descriptive methods. The population of this study was 37 students of DIII Keperawatan Sutopo Surabaya who experienced body dissatisfaction. The data were obtained from a preliminary study. While the sampling technique uses total sampling. The variable in this study is self-esteem. The data collection tool is a questionnaire. The research data were collected, then analyzed using a frequency distribution table, and the results were descriptively displayed. The results showed that 21 (57%) female students have moderate self-esteem, 13 (35%) have low self-esteem, and 3 (8%) with high self-esteem. The conclusion is that female students who experience body dissatisfaction in the DIII Keperawatan Sutopo Surabaya mostly have moderate self-esteem. Females need to improve their self-esteem through doing hobbies wholeheartedly, having honesty in self-evaluation, and avoiding comparing themselves with others.

Keywords: Self-Esteem, Body Dissatisfaction

1 INTRODUCTION

Late adolescence, there is a process of physical development which forms a balanced body. A balanced body shape creates a feeling of satisfaction and happiness. According to Maemunah (2020), one of the tasks of adolescent development is to be able to accept physical conditions, and not pay more attention to their physical appearance and can focus on other developmental tasks that arise along with their development towards adulthood (Maemunah, 2020). The existence of a sense of satisfaction with the shape of his body makes individuals have a positive perception of the state of his body so that it tends to have high self-esteem. However, in reality, some adolescents still experience a number of problems, namely negative assessments of their bodies or physical appearance, thus making individuals feel dissatisfied with themselves because they do not match expectations, this is often referred to as body dissatisfaction. The dissatisfaction that arises leads to low self-esteem. Individuals who have low self-esteem tend to think of themselves as bad people, worthless, and feel hopeless.

Based on the results of research by Maemunah (2020), from 20 respondents of female students of the Faculty of Psychology UIN Sunan Gunung Djati Bandung, information was obtained that female students who were dissatisfied with their body appearance out of 20 respondents were 60% and those who were satisfied with their appearance (Maemunah, 2020).

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Body appraisal can be influenced by family factors, environment or comments from others, comparison with others, identification with others, socialization, and prevailing social values. In addition, mass media also greatly influences the assessment of one's body. The number of media such as advertising media that shows a picture of a woman with a slim body, white skin and a beautiful and clean face without acne so that it becomes a stimulus for women to change their appearance like the model. Negative views related to one's body shape when first meeting (first impression) with the individual can also be the cause of someone feeling dissatisfied with their own body shape. Things like this can influence women's thoughts about their physical appearance and body shape, which can lead to dissatisfaction. When a teenager has a negative body image, it can make the teenager feel ashamed and worried about his body, have feelings that are contrary to the actual condition of the body, inferior, unhappy, meaningless, feel hopeless, less attractive, not confident and behave withdrawn from the environment and peers. This indicates that the adolescent has low self-esteem. Adolescents with negative body image concerns are also more likely to have psychological symptoms such as depression, anxiety and suicidal tendencies.

Body dissatisfaction is related to mindset and self-assessment, individuals need to instill positive thinking with self-affirmation techniques that aim to help a person's self-acceptance process of information or an intervention so that it can reduce anxiety, restore a sense of satisfaction or self-esteem in the face of threats related to social identity and increase self-awareness not to compare themselves by saying positive sentences repeatedly about their potential (Siswoaribowo et al., 2020; Kulkani, 2017; Pediatr 2017; Latiif et al., 2018). In addition to self-affirmation, there are also Cognitive Behavior Therapy (CBT), Rational Emotive Therapy (RET) that can improve and change one's mindset (Siswoaribowo et al., 2020). The results of research by Siswoaribowo, Tauhid, & Paramita, (2020) on late adolescents aged 18-21 years in the Bachelor of Nursing Program at STIKES Karya Husada Kediri as many as 56 respondents showed that there was an effect of applying self-affirmation to reduce body dissatisfaction which was carried out 3 times in 1 week (Siswoaribowo et al., 2020).

2 RESEARCH METHOD

This research design is a descriptive research descriptive research with a case study approach. The population in this study were all female students of DIII Nursing Program Sutopo Surabaya who experience body dissatisfaction totaling 37 female students obtained from the results of preliminary study. In this study did not using a sample because the sampling technique sampling technique is total sampling so that all population was used as the research subject. Instruments used to assess variables using a questionnaire link with online format using google form which in which there are statements submitted to obtain information from respondents. The statements contained in the questionnaire consist of of 10 positive statements and 10 negative statements based on the parameters, namely Performance self-esteem, Social self-esteem, Appearance self-esteem. High self-esteem if get a score of 80-100, moderate self-esteem if get a score of 60-79, and low self-esteem if you get a score of 0-59. if you get a score of 0-59. After the data collected, then data processing is carried out data based on Editing, Coding, Scoring, and Tabulating. Tabulating. The results of this study were then analyzed using a frequency distribution table and the results will be described descriptively to determine the self-esteem of female students who experiencing body dissatisfaction. In this research In this research, the ethics used are Informed Consent, Anonymity, and Confidentiality.

3 RESULT

General Data

Table 1. Frequency Distribution of Age of College Students who experience Body Dissatisfaction In The Sutopo Surabaya DIII Nursing Program.

Age of Student (y/o)	Frequency (n)	Percentage (%)
18	7	18,9
19	11	29,8
20	10	27
21	8	21,6
22	1	2,7
Total	37	100

Based on Table 1, the characteristics of female students based on age, it was found that most of the female students with the age of 19 years were 11 students (29.8%) and very few students with the age of 22 years were 1 student (2.7%).

Custom Data

This custom data is presented data covering research variables, namely the Self-esteem of students who experience Body Dissatisfaction in DIII Nursing Study Program Sutopo Surabaya.

Table 2. Frequency Distribution of Self-Esteem of Female Students Who Experience Body Dissatisfaction In The Sutopo Surabaya DIII Nursing Program

Self-esteem Student	Frequency (n)	Percentage (%)
High	3	8
Moderate	21	57
Low	13	35
Total	37	100

Based on Table 2, the self-esteem of female students who experience body dissatisfaction in the DIII Nursing Study Program of Sutopo Surabaya based on the results of the study are very few students (8%) have high self-esteem, most of the 21 students (57%) have moderate self-esteem, and a small number of 13 students (35%) have low self-esteem.

4 DISCUSSION

This chapter presents a discussion of the research results presented in the previous chapter. The results of research conducted on 37 female students in February 2023 regarding the self-esteem of female students who experience body dissatisfaction in the DIII Nursing Study Program of Sutopo Surabaya.

The results of the study used to determine the self-esteem of female students who experienced body dissatisfaction in February 2023 consisted of 3 classifications, namely high, medium, and low. Based on data processing from the scale that has been

determined in this study, the self-esteem of various female students is obtained. The observation results in table 4.2 show that most of the 21 female students (57%) have moderate self-esteem, a small number of 13 female students have low self-esteem (35%), and very few of the 3 female students (8%) have high self-esteem.

Most female students have moderate self-esteem because they tend to feel confident in their abilities, both academic and non-academic, to achieve an achievement where on the academic side they have motivation that triggers the desire to study hard to get high scores, for example in terms of GPA (Grade Point Average), on the non-academic side such as students actively participating in organizational activities on campus and participating in competitions. In honing abilities, female students develop skills and explore the potential that exists within themselves such as hobbies, for example in terms of sports, reading, writing, photography, design, cooking, and others. This can develop the creative side, increase self-confidence, improve the quality of life, and hobbies that are owned can be used by students to participate in competitions. Good hobbies that are in accordance with individual interests will certainly be able to explore the hidden potential within themselves and be able to improve skills. With good self-esteem, female students will have a more mature personality and arise self-confidence so that they can produce better learning achievements (Khoiriyah and Rosdiana, 2019; Sasirekha, 2017; George, 2021; Tsartsapakis, 2023). The good impression shown by female students such as a sense of mutual respect and respect for each other and a sense of usefulness for others, this is obtained from the encouragement and support of parenting that has been taught and embedded in their memories from an early age, where this good impression makes female students have good social relationships and creates a sense of self-acceptance in the social environment.

According to Sari (2012, in Abdussamad and Supradewi, 2018) describes individuals who have good parenting and a happy family will have high self-esteem, because of the acceptance, support of parents, and love from them (Abdussamad and Supradewi, 2018). In addition, the body image factor of female students with moderate self-esteem shows that they feel quite satisfied with their body, feel quite like their physical appearance, but they still feel grateful, happy and not ashamed of their current condition. The body shape that female students want generally wants an ideal body and has a beautiful white face, but there are also those who want beauty from within themselves (inner beauty). When female students have a standard body shape as they want without being affected by beauty standards according to the views of others, are able to accept themselves as they are and like themselves, some even succeed in achieving their dream body by means of a healthy diet and regular exercise, this makes a sense of satisfaction with their body shape because it matches what they want. When individuals view their body positively, there will be satisfaction with the body so that there will be a sense of self-acceptance that will make self-esteem high, but if individuals view their body negatively, it will cause low self-esteem in individuals (Hidayat et al, 2019; Galanou et al, 2014; Liu, et al, 2023).

However, it turns out that they worry and think about the perception of other people's judgments about their behavioral attitudes and personality. Individuals with moderate self-esteem feel less confident in assessing themselves, feel doubt, and depend on acceptance in the environment where individuals are (Resky et al, 2021; Kapoor et al, 2022; Gaddad et al, 2018).

A small proportion of college students experience low self-esteem, this is because they feel less confident about their abilities, especially in academic matters, namely they feel less able to master the material and have difficulty when taking exams so that to achieve high grades and rank in class is likely to fail and feel they have no achievements to be proud of. Individuals who have low self-esteem tend to feel that they do not have valuable self-worth in the eyes of others so that they make individuals feel inferior, shy, feel insignificant in life in the world and feel insecure about not having abilities that can be proud of in themselves (Liyanovitasari and Setyoningrum, 2022; Sharpe et al, 2018). There is also a sense of concern experienced by female students with low self-esteem related to the pressure of judgment and the views of others on themselves, so that it will make individuals continue to think about negative things and can affect their sense of self-worth.

This agrees with Sari (2020, Liyanovitasari and Setyoningrum, 2022) revealing that low self-esteem will occur if there is pressure from people around them which will cause individuals to feel fear of inability to deal with their shortcomings, causing the individual to be dissatisfied with the body and unsure of their own abilities (Liyanovitasari and Setyoningrum, 2022). In addition, female students also feel dissatisfied and ashamed of their current physical appearance so that they will appear negative perceptions and consider their appearance less attractive and will affect their existence in the social environment. According to the theory of Yosep and Sutini (2010, in Liyanovitasari and Setyoningrum, 2022) states that individuals who are dissatisfied with the characteristics of their body image and abilities, will foster a sense of discomfort and lack of confidence in their existence in the social environment as indicated by negative feelings about their own body (Liyanovitasari and Setyoningrum, 2022).

However, there are also female students who have high self-esteem, although very few. This is because they have high self-confidence in their abilities and a sense of belief in being able to obtain achievements, high grades, and actively participate in organizations on their campus. This indicates that they have a positive belief in themselves and are able to face challenges with a good attitude of confidence, although sometimes there is still a sense of doubt when students work on exam questions. According to Sarwono (2005, in Putri & Istiqomah, 2020) that someone with high self-esteem has a strong drive to excel seriously, especially when faced with difficult tasks (Putri, Iswinarti, Istiqomah, 2020). They also feel confident that they can achieve rankings in class and have achievements to be proud of, this shows that they have a motivation for high achievement and want to get good results in their education. High self-esteem can generate self-confidence, produce feelings of worth, believe in their abilities and recognize the potential within themselves so as to form self-quality that will encourage high achievement (Ayu and Prayitno, 2018). This is supported by Ayu and Prayitno (2018) who say that the quality of female students can be seen from their

academic achievements. In terms of body image, female students feel satisfied and happy with the current condition of their physical appearance and see themselves as people who have an attractive appearance and believe they have their own charm.

The level of satisfaction with the body owned is commensurate with the overall level of self-acceptance. According to Tamannaefar and Mansourinik (2012, in Zhafirah & Dinardinata, 2018) revealed that individuals who have a positive body image will feel satisfied and like their appearance (Zhafirah & Dinardinata, 2018). Students also do not feel worried about the perceptions of others, thus they show that they have self-confidence and do not think too much about the views of others about themselves. According to Coopersmith's theory (1967, in Suhron, 2017) explains that individuals with high self-esteem are more easily able to adjust to a pleasant atmosphere so that anxiety levels are low and have balanced resilience (Suhron, 2017).

5 CONCLUSION

Based on the results of the research and discussion that has been presented, it can be concluded that the self-esteem of female students who experience body dissatisfaction in the DIII Nursing Study Program of Sutopo Surabaya mostly shows moderate self-esteem, a small proportion shows low self-esteem, and very few show high self-esteem.

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