

The Body Image Profile of Student of Universitas Negeri Padang in Terms of Their Admission

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ABSTRACT

The most basic human needs are physiological needs. Human physical appearance, as a part of physiological needs, is considered as an essential part of people's lives. That essential part determines the formation of body image (self-image) in the community. Body image is a mental picture of the state of the human body. That is how people give values of the size and shape of their bodies or others' opinions about them. This study aims to describe the body image of students in terms of their admission. This study uses a quantitative approach to the type of descriptive research. The sampling technique used Simple Random Sampling on 161 students of Universitas Negeri Padang. Data collection techniques through questionnaires with descriptive analysis. The research findings show that a picture of the body image condition of UNP students on average is in the medium category with the reliability of 0.824.

Keywords

Body image; Students

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Introduction

Maslow's Hierarchy of Needs consists of eight (8) levels of needs. Namely, physiological, safety, love and belongingness, esteem needs, cognitive needs, aesthetics, self-actualization, and transcendence (Maslow & Lewis, 1987; McLeod, 2007). Based on Maslow's Hierarchy of Needs, one of the human needs is physiological needs, which are the most basic and are more related to physical needs and which have great potential to achieve the next needs.

The rapid development in the era of industrialization and the culture of consumerism across the world, making humans form the body image and ideal body standards—human physical appearance considered as an essential part of life in this era. Body image is a mental picture of the state of the human body. That is how people give values of the size and shape of their bodies or others' opinions about them.

Body Image is an aspect related to psychological development and interpersonal relationships in adolescents (Denich & Ifdil, 2015). Both men and women are paying more attention to their physical appearance compared to other aspects of human

life (Gunarsa, 1991, 2008; Winarni, 2015). One of the factors that influence the development of a person's body image is gender (T. F. Cash, 1994; T. F. Cash, Melnyk, & Hrabosky, 2004) (Phares, Steinberg, & Thompson, 2004). Body dissatisfaction will be more common in women than in men (T. F. Cash, 1994). In general, women are more or less satisfied with their bodies and have a negative body image. Women are usually more critical of their bodies both as a whole and in certain parts of their body than men. Poor body image perception is often associated with feelings of being overweight, especially in women. A man, pay more attention to muscle mass when considering their body image. Generally a bad body image can cause a constant diet and a diet that is temporary, obesity, and eating disorders and can cause low self-esteem, depression, anxiety and overall emotional distress (Denich & Ifdil, 2015; Ifdil, Denich, & Ilyas, 2017).

In the range of 40-70% of teenage girls are dissatisfied with two or more aspects of their body; substantially in the middle or lower body, such as hips, abdomen and thighs. In the range of 50-80% teenage girls want to be slim and go on a diet that varies from 20% to 60% (Kennedy & Markula, 2011; Mansfield). A man also wants to

avoid fat, flabby body shapes, but among men who are not satisfied with the weight and shape try to gain weight to develop upper arms, chest and shoulders (Denich & Ifdil, 2015). Body image formation is the result of reciprocal relationships between physical processes and individual behaviour that occur in the cognitive and affective areas (T. F. Cash, 2002; T. F. Cash & Pruzinsky, 2002) (Grogan, 2006).

Based on the previous definition, it concluded that the body image is a feeling, experience, attitude and evaluation that a person has about his body including the shape and the size of the body, which leads to a positive and negative physical appearance. On the one hand, a positive body image can be described as a good perception of one's body shape, appreciates the body and appreciate the uniqueness of the body, refuses to think unreasonably, feels comfortable and confident with the body it has (Dede et al., 2007). On the other hand, a negative body image is a distortion of perception of one's body shape, thinking that other people are more attractive, feeling embarrassed, anxious, strange and uncomfortable about the size or shape of their body (Dede, et al., 2007). Gender, family, and interpersonal relationships are factors that influence body image (Henggaryadi, 2012; Nahdiyah, 2015).

Based on the previous explanation, there is much urgency in the body image of the community, especially in the development of adolescents. The purpose of this study is to describe the condition of the body image of students of Universitas Negeri Padang.

Method

This research used a quantitative approach with a comparative descriptive design. One hundred sixty-one respondents participated in this research that comes from various faculties at Universitas Negeri Padang. The instrument used Multidimensional Body Self Relations Questionnaire (MBSRQ) (Brytek-Matera, Donini, Krupa, Poggiogalle, & Hay, 2015; T. F. Cash, 1990) (T. Cash, 2000), and the data collected was processed descriptively and the analysis of variance test (One-Way ANOVA) (Field, 2013; Kariadinata, 2015).

Results and Discussion

The results of this study describe the overall body image of students. The aspects in this study consist of an assessment of the overall appearance of the body, a fundamental view of self-appearance, individual awareness of gaining weight and limiting eating patterns, and measuring individual satisfaction with specific body parts and overall from top to bottom. Expose the data referred to, stated as follows:

Result

Overview of Body Image of The students of Universitas Negeri Padang

Data on Body Image of Universitas Negeri Padang's Students show in Table 1.

Table 1. Overall Picture of the Students' Body Image (N = 161)

Category	Score	F	%
Very high	≥ 252	6	3,72
High	230-251	46	28,57
Medium	208-229	65	40,37
Low	186-207	41	25,46
Very Low	≤ 164	3	1,86
Total		161	100

Table 1 shows that the description of the body image of the student of Universitas Negeri Padang is still far from what expected. In general, the

students' body image is in the medium category, with 65 students or 40.37%. Then, those included in the high and low categories had not so much

different numbers, namely 28.57% for the high category and 25.46% for the low category.

Furthermore, in a general body image study, the body image of students from the college entry point will also be reviewed. Universitas Negeri Padang has three (3) admissions system, namely: Seleksi Bersama Masuk Perguruan Tinggi Negeri

(SBMPTN), Seleksi Nasional Masuk Perguruan Tinggi Negeri (SNMPTN) and an exam that conduct by the university or called as Jalur Mandiri. The researcher revealed the picture of the student's body image through the entrance path as described in the following table.

Table 2. Overview of body image based on the admission system

Kategori	Skor	SBMPTN		SNMPTN		Mandiri		Jumlah
		F	%	F	%	F	%	
Very High	>=252	3	4,29	2	4	1	2,44	6
High	230-251	19	27,14	16	32	11	26,83	46
Medium	208-229	30	42,86	19	38	16	39,02	65
Low	186-207	17	24,29	12	24	12	29,27	41
Very Low	<=164	1	1,43	1	2	1	2,44	3
		70	100	50	100	41	100	161

Further studies related to the body image of students are viewed from the admission systems as described in Table 2. From the data obtained, 70 students were entering via SBMPTN, 50 SNMPTN students, and the rest from the Jalur Mandiri. In general, student body image shows in the medium category for the three admission systems.

Analysis of the results of the One-way ANOVA test found several explanations of the comparative test of the mean difference between groups of entry points and the variability of data within groups (between) and between groups (between) (Field, 2013; Winarsunu, 2002). The results of the One-way ANOVA analysis shows in the following tables.

Table 3. Homogeneity

Test of Homogeneity of Variances				
Body Image	Levene Statistic	df1	df2	Sig.
	,139	2	158	,870

The homogeneity variance test conducted with the Levene Test; this test used to determine whether the variants of the three groups were the same (Kariadinata, 2015; Setyawarno, 2016). The qualifying data is when the same variant or subject comes from a homogeneous group.

Homogeneity test of the three variants (SBMPTN, SNMPTN, and Jalur Mandiri) is the same as the probability value (significance) is 0.870 greater than 0.05.

Table 4. One-way ANOVA

One-way ANOVA					
Body Image	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	100,766	2	50,383	,152	,859
Within Groups	52205,135	158	330,412		
Total	52305,901	160			

In One-way ANOVA, it found that there was no difference between the average scores of the SBMPTN, SNMPTN, and Jalur Mandiri. The Table 4 shows that comparison between the calculated F-value and the F table value because the $F_{\text{calculated}} \leq F_{\text{table}}$ ($0.152 \leq 3.053$), it can be concluded that there is no difference between the average value of the group.

Discussion

Body Image is a proper appraisal of one's body, appreciating natural form and feeling joy and acceptance of her body uniquely, refusing to think unreasonably, feeling comfortable and confident with one's body (Dede, et al., 2007; Hardjana, 2003). Students' views on themselves affect how students interact in various environments (Ifdil, et al., 2017; Pasaribu, 2016). For example, in the university environment, where every student is able to enrol in the University through several admission.

The selection process of new students conducted in every university, so that prospective students who will enter the university have excellent quality. Therefore, each institution, especially higher institution, carries out several stages of new student selection (Nurhasanah, Purwati, & Ahmad, 2018; Suwena, 2017). Universitas Negeri Padang (UNP) is one of the higher institutions that become a destination for students who have completed their secondary school education. The process of admitting new students through three channels namely, SNMPTN, SBMPTN, and Mandiri (Asriani & Kustiawan, 2017; D. Lestari, Anis, & Khaeruddin, 2019) (S. Lestari & Lumbanraja, 2018). Selection activities to obtain superior prospective students by giving opportunities to the broader community to become students and contribute to improving the quality of education (Daharnis & Ardi, 2016).

From the three different way of the admission, SNMPTN expected to have the most superior quality, and usually, the students will have a good impression of themselves. This expectation arises because in the admission stage of new students with SNMPTN are students who pass the national

selection based on academic achievement on the report card grades each semester (Handayani & Yuca, 2018; Saputra, Suwena, & Tripalupi, 2016) (Suwena, 2017). However, this is not the case with the results of the study, which says that the average body image of students from the three admission systems for college students is in the medium category. So, the level of body image of the students is on the same level, which is in the medium category.

The three different way of admission has a different quality of students. In SNMPTN, students expected to have competent competencies because they recruited using their grade in their previous school (Chapman, 1981; Ley & Young, 1998) (Zimmerman, 2014). Otherwise, students who were enrolled through Jalur Mandiri using the criteria set by the university and usually they take Jalur Mandiri because they failed SNMPTN and SBMPTN (Jones-Schenk & Harper, 2014; Oates, 1997) (Sedlacek, 2003).

In a further study related to body image, it found that there are no differences in body image of the students in terms of the admission systems revealed from the results of this study enabled the need for scientific studies related to body image. How a person's views and understanding of him physically, psychologically, and interpersonal relationships (Denich & Ifdil, 2015). Thus, the three different way of admission is not influencing the students in their interaction.

Since the three different way of admissions does not affect the body image of the students, the study will continue to investigate another aspect that might influence the body image. For example, gender, perception, mass media, interpersonal relationship and sociocultural (Cafri, Yamamiya, Brannick, & Thompson, 2005). Those aspects believed to give impact to the way students' see and value their self.

Body image formed from three aspects, such as cognitive, perceptual and behavior. Cognitive aspect explains how people think about their performance. The perceptual aspect defines the way people value their self. While, according to

behavior, mention that how people treat their body, like doing some makeup, covering the size or shape of the body, or avoid seeing others body (Sulistiya, Sugiharto, & Mulawarman, 2017). These conditions will build their self-concept, even positively or negatively. The negative body image can transform into a positive body image so that people are able to values and see their self. This condition revealed from the study about increasing students' body image using cognitive restructuring in CBT (Cognitive Behavior Therapy) group counseling (Santos-Pinto & Sobel, 2005; Sulistiya, et al., 2017) (Webster & Tiggemann, 2003).

Conclusion

Based on data obtained from respondents, it shows that students from various admission systems have the same body image, meaning that the entrance lane does not affect the student body image in understanding themselves and their environment. It expected that students have a high body image to create a pleasant and superior personality and have good social interaction on campus and outside. The most significant demand is for teaching staff such as lecturers and especially for counsellors in the counseling department who can create and develop a positive body image of each student.

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