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.**

| 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      |

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

| 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

| 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 calculated $\leq$ F 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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