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SELF COMPASSION AND HOW IT AFFECTS BODY DISSATISFACTION AMONG ADOLESCENTS GIRLS WITH OBESITY

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ABSTRACT

In adolescent girls problems regarding body shape often occur. Especially adolescent girls who are obese, they tend to look at their body shape negatively. This study aims to examine the contribution of self compassion to body dissatisfaction in adolescent girls who are obese. The respondents of this study were 100 teenage girls aged 13 to 21 years. The sampling technique used was purposive sampling. Retrieval of data using a self-compassion scale and Body Uneasiness Test A (BUT A) scale. Data analysis in this study used a simple regression test. The results of this study indicate that there is a very significant contribution of self compassion to body dissatisfaction in adolescent girls who experience obsession. Self compassion as a form of positive self appreciation will make adolescent girls who are obese able to control their thoughts, feelings, and behavior to be able to accept the state of their physical form and love themselves more.

Keywords : Self Compassion, Body Dissatisfaction, adolescent girl, Obesity

1. INTRODUCTION

Adolescence is a period of developmental transition between childhood and adulthood that is characterized by biological, cognitive, and social changes. Adolescence lasts from the age of 12-21 years which are divided into: early adolescence (12-15 years), mid adolescence (15-18 years), and late adolescence (18-21 years) (Monks, Knoers & Haditono, 2006). At this time, there are various changes in adolescents, one of which is physical changes so that having the ideal body shape and size is the dream of all teenagers. During this period adolescents

also begin to pay attention to their appearance and body shape. Excessive attention to body shape that is undergoing changes mainly occurs during puberty in early adolescence (Santrock, 2003).

Obesity is one of the body shape problems experienced by some teenagers. The term obesity is often used to refer to individuals who are overweight. Obesity is being overweight with a BMI value far above the normal value caused by accumulation of excess fat tissue in the body (Sherwood, 2001). Based on data from Riskedas in 2007 and 2010, obese adolescent girls increased 23.8% to 26.9%. In DKI Jakarta, the obesity sufferer increases with age. In children aged 6-12 years who are obese by 4%, in adolescents aged 12-17 years found 6.2%, and at the age of 17-18 years by 11.4%. In 2013 in Indonesia Basic Health Research stated that the prevalence of adolescent obesity (aged> 18 years) reached 32.9%.

According to Hockenberry and Wilson (2013), adolescent eating behaviors and habits are easily influenced by their friends and tend to like fast food. In general fast food contains high calories, high levels of fat, sugar, sodium but low in fiber. If you consume a lot of fast food but rarely exercise, you run the risk of unhealthy weight gain. Adolescent eating patterns illustrated from the 2015 Global School Health Survey data, among others: Not always having breakfast (65.2%), most adolescent consume less fruit vegetable fiber (93.6%) and often consume unsaturated foods (75.7 %). In addition, adolescents also tend to apply sedentary life patterns, so they lack physical activity (42.5%). These things increase a person's risk of being overweight, overweight, even obese.

Adolescent who are most worried about the state of the body are adolescent girls, especially weight problems. This is supported by research conducted by Jackson, Sullivan, and Rostker (in Carla, Chrisler & Roeze, 2000) adolescent girls feel less receptive to their physical condition than boys. adolescent girls always compare height, weight and body shape with peers. An unsatisfactory comparison can be a source of disappointment and can eventually lead to the formation of body dissatisfaction (dissatisfaction with body shape).

Presnell, Bearman and Madeley (2007) state that increased body weight in women is associated with increased body dissatisfaction. Body dissatisfaction is one component of body image that leads to subjective negative evaluations of one or several parts of the body (Thompson in Presnell, Bearman & Madeley, 2007). Schneider, et al (2012) stated that the adolescent phase is a crucial time for body dissatisfaction.

Shroff and Thompson (2006) also revealed that adolescent girls who are obese are more dissatisfied with their bodies which leads to negative body image formation compared to adolescent girls who have normal weight. For young women, talk about appearance and weight is very sensitive. The pressure received from peers to have a thin body is strongly associated with strong internalization of dissatisfaction with the body they have. Pressures from peers influence adolescents in their behavior to adapt to their group of peers.

Guiney and Furlong (in Rice & Dolgin, 2002) state that in adolescent girls, body dissatisfaction affects lower self-esteem than other adolescent girls. This is supported by Research from Siegel, et al (in Rice & Dolgin, 2002) found that

negative body image is the main cause of female adolescents to be more depressive than male adolescents.

In addition, body dissatisfaction also creates many problems for adolescent girls. Badmin, Furnham, and Sneade (2002) research on body dissatisfaction reports that an individual's negative evaluation of body shape causes feelings of inferiority, depression, low life satisfaction, decreased subjective well-being, and eating disorders. According to Attie, Gunn, Strong and Huon (in Haugaard, 2001), women who feel dissatisfied with their body shape will be at higher risk for going on a serious diet and have an eating disorder than women who have been satisfied with their body shape. This is supported by the research of Maria, Prihanto and Sukamto (2001) who found that there was a relationship between body dissatisfaction with the tendency to eat disorders (anorexia nervosa and bulimia nervosa).

Body dissatisfaction arises due to various causes. According to Grogan (2008) the factors that influence body dissatisfaction are culture, social media, age, social class, interpersonal relationships, and personality. Esther (2002) found several facts, namely 62% of research subjects wanted to lose weight after watching fashion shows and the appearance of artists on television and 75% of research subjects who liked to read articles about slim body shape in print media felt dissatisfied with the image their body. Personality is also a very influential factor on body dissatisfaction. An individual's personality affects the way he views his body image. Individuals who think positively in their bodies will accept themselves as they are while individuals who think negatively in their bodies will feel inferior (Cash & Purzinsky, 2002).

In an effort to overcome the negative effects of body dissatisfaction, adolescent girls who are obese need to increase their positive appreciation of themselves and eliminate negative emotions in order to understand their humanity (Neff, 2010). This positive appreciation will make adolescent girls who are obese able to control their thoughts, feelings, and behavior to be able to accept the situation and love themselves more. This positive attitude of appreciation is known as self compassion. Neff and Vonk (2009) state that self compassion is one aspect of personality maturity and is related to emotional intelligence. Individuals who manage their thoughts positively have an attitude of optimism, give thanks, and appreciate the situation they have (Neff, 2003). Neff's (2010) research results show that self-compassion contributes to increasing positive appreciation of oneself. Self compassion is able to eliminate negative emotions and increase feelings of connectedness with others. With self-compassion, individuals increasingly understand humanity, thereby helping to reduce the fear of social rejection. Self compassion also helps individuals not to fight negative emotions that arise (Germer, 2009).

Research conducted by Finley-Straus (2011) on female students revealed that there is a negative relationship between self-affection and bodily dissatisfaction. The higher the level of self-compassion, the lower the level of bodily dissatisfaction felt. This is also supported by research conducted by Ferreira, Gouveia, and Duarte (2013) which shows that there is a negative relationship

between self-affection and body dissatisfaction in early adult women. This supports the results of research by Wasylkiw, MacKinnon, and MacLellan (2012) which show that high self-compassion predicts less concern for body shape. In a study conducted by Przezdziecki, Sherman, Baillie, Taylor, Foley, and Stalgis-Bilinski (2013) Self-compassion has a negative relationship with body image disorders in samples of breast cancer patients in Australia.

Other studies conducted by Kumalasari (2015) with research subjects are women who experience menopause. In this study also found that there is a negative relationship between self compassion and body dissatisfaction in women who experience menopause.

In a study conducted by Dolejsova (2018) of 49 women in the United States who had given birth in the last six months it was found that self compassion had a negative relationship with body dissatisfaction. Another study conducted by Stapleton and Nikalje (2013) from a sample of 137 female students in Australia, self-compassion was negatively related to the dimensions of body dissatisfaction, namely body image avoidance. The study also concluded that women who have high self-compassion will have a low level of prejudice on body and weight and have a high level of appreciation for the body. The results of this study are consistent with research conducted by Albert, Neff, and Shackleford (2014) showing that self-compassion can reduce dissatisfaction with negative body image and improve positive body image in women.

Based on the description above, the researcher wants to see how much the contribution of self compassion to body dissatisfaction in adolescent girls who are obese.

2. METHODOLOGY

This research has been accomplished through quantitative research design. A total sample of 100 teenage girls aged 13 to 21 years who are obese collected with purposive sampling. All participant had a BMI of ≥ 25. From 100 respondents, 49% aged between 19-21 years, 43% aged between 16-18 years, and 8% aged between 13-15 years.

The instruments used in this study assembled in a survey questionnaire with a five-point Likert-type scale ranging from very suitable to very unsuitable. There are two scales in this questionnaire, body dissatisfaction scale and self compassion scale.

Body dissatisfaction was measured using 30 items scale based on body dissatisfaction dimention from by Cuzzalaro, Vetrone, Marano, and Garfinkel (2006) includes weight phobia (7 items), body image concerns (8 items), avoidance (6 items), compulsive self monitoring (4 items), and depersonalization (5 items). The cronbach's alpha for these aitems value of 0.917 which means the reliability of the instrument was good.

Meanwhile, self compassion was measured using 24 items scale based on component of self compassion from Neff (2003). Includes self-kindness (9 items), common humanity (8 items), and mindfulness (7 items). The reliability of this

items value of 0.878 in cronbach's alpha which means this reliability of the instrument was good.

3. RESULT

Based on the results of hypothesis testing, it is known that the F value of 38,190 with a significance value of 0,000 ($p \leq 0.01$). This means that there is a contribution of self compassion to body dissatisfaction which is very significant in adolescent girls who are obese, so the hypothesis in this study is accepted.

In the regression test also obtained an R square value of 0.280 which shows that self compassion has a contribution of 28% to body dissatisfaction. The following are the results of hypothesis testing which can be seen in table 1.

Table 1.

Anova[a]

Model		Sum of Squares	df	Means Square	F	Sig
1	Regession	8468.384	1	8468.384	38,190	.000[b]
	Residual	21730.926	98	221.744		
	Total	30199.310	99			

a. Dependent Variable: BodyDissatisfaction
b. Predictors: (Constant), SelfCompassion

Model	R	R Square	Adjust R Square	Std. Error of the Estimate
1	0,530[a]	0,280	0,273	14,891

Based on the results of the description of research data can be described regarding the categorization of variables. The categorization of variables used in this study is based on a comparison of empirical mean and hypothetical mean.

The results of the calculation of empirical mean and hypothetical mean on self compassion and body dissatisfaction variables can be seen in the following table.

Table 2.

Scale	Empirical Mean	Hyphothetical Mean	Standard Deviation	Categories
Body dissatisfaction	102,63	90	20	Moderate
Self Compassion	74,65	72	16	Moderate

Based on age, subjects are grouped into three age groups namely ages 13-15 years, ages 16-18 years and ages 18-21 years. Respondents who have the most number is between the ages of 18-21 years as many as 49 people with a percentage of 49% and the least amount of between 13-15 years as many as 8 people with a percentage of 8%. The results can be seen in table 3.

Table 3.

Age	N	%	Emperical Mean		Categories	
			Body dissatisfaction	Self compassion	Body dissatisfaction	Self compassion
13-15	8	8%	99,88	76,75	Moderate	Moderate
16-18	43	43%	102,53	75,21	Moderate	Moderate
18-21	49	49%	103,16	73,82	Moderate	Moderate

Based on body mass index (BMI) classified into two groups of obesity I and obesity II. Respondents who have the most number are obesity I as many as 73 people with a percentage of 73% and the least number of obesity II are 27 people with a percentage of 27%. The results can be seen in table 4.

Table 4.

BMI	N	%	Empirical Mean		Categories	
			Body dissatisfaction	Self compassion	Body dissatisfaction	Self compassion
Obese I	73	73%	103,01	73,88	Moderate	Moderate
Obese II	27	27%	101,59	76,74	Moderate	Moderate

4. DISCUSSION

This study aims to examine the contribution of self compassion to body dissatisfaction in adolescent girls who are obese. Based on the results of the hypothesis test obtained a significance value of 0,000 ($p \leq 0.01$), which means the hypothesis proposed in this study is accepted, namely there is a very significant contribution between self compassion to body dissatisfaction in adolescent girls who are obese. Based on the results of a simple regression test that has been done, the results obtained from the R Square value indicate that self compassion has a contribution of 28% to the body dissatisfaction behavior variable while the other 72% is influenced by other factors outside this study.

Self-compassion as a form of positive self-appreciation will make adolescent girls who are obese able to control their thoughts, feelings, and behavior to be able to accept the state of their physical form and love themselves more. This positive attitude will be able to reduce the bad effects of dissatisfaction felt by adolescents who are obese such as low self-esteem, depression, low life satisfaction and eating disorders so that self-compassion will be able to improve the positive image on his body. The results of this study are in line with the results of Neff's (2003) study which states that individuals who manage their thoughts positively will have an attitude of optimism, gratitude, and respect for their circumstances. This is supported by the results of research by Wasylkiw, MacKinnon, and MacLellan (2012) which show that high self-compassion predicts less concern for body shape.

According to Albertson, Neff, and Shackleford (2014) that self-compassion can reduce body dissatisfaction for several reasons. First, being kind, gentle and understanding yourself directly can reduce feelings of dissatisfaction with yourself. Second, common humanity can help individuals realize and accept the shortcomings of their physical appearance. Third, mindfulness is also able to reduce negative thoughts and feelings such as thoughts about the body that are not attractive and excessive assessment of their dislike of the characteristics of the body they have.

The existence of a very significant negative correlation indicates that the higher the self compassion, the lower the body dissatisfaction in adolescent girls who are obese. With the self compassion attitude of adolescent girls can reduce the feeling of dissatisfaction with the body shape they have. This is consistent with research conducted by Finley-Straus (2011) that there is a negative relationship between self compassion and body dissatisfaction in adolescent girls. This is also supported by the results of research by Stapleton and Nikalje (2013) which concludes that women who have high self-compassion will have a low level of prejudice towards body and weight and have a high level of appreciation for the body.

Based on the calculation of the empirical mean categorization of body dissatisfaction in adolescent girls who are obese is in the moderate category. Negative assessment received from peers related to body shape possessed by adolescent girls who are obese raises the feeling to have a slim and ideal body so that it is strongly associated with strong thoughts of dissatisfaction in the body owned. According to Shroff and Thompson (2006) adolescent girls who are obese tend to feel more dissatisfied with their bodies compared to adolescent girls who have normal weight.

Descriptive test results based on age are divided into three groups: early adolescents, middle adolescents, and late adolescents. Based on the empirical mean results from each age group, overall body dissatisfaction was included in the moderate category. This shows that body dissatisfaction was found in each adolescent age group. According to Grogan (2008) each age stage has its own characteristics in response to body dissatisfaction. During the period of physical development adolescents begin to pay attention to their appearance and body shape, especially in adolescent girls.

They always want to look attractive in peers, especially in the opposite sex, while adolescent girls who are obese tend to get ridicule from the surrounding environment. Like the opinion of Chrisler and McCreary (2010) who said that a woman in general when meeting with her friends will talk about things related to physical appearance than men. Coupled with the nature of women who prefer to use the perspective of others as an assessment point about their appearance. In addition, the role of the media such as television advertisements, films, magazines that expose more interesting things from women can be an incentive for women to be able to achieve the ideal body state as what is displayed.

Descriptive test results based on BMI (body mass index) showed that body dissatisfaction among respondents who were obese I and obese II were in the moderate category. Adolescent girls who are obese always feel insecure about their physical condition and always compare their body shapes with friends who have slim and ideal bodies. According to McKinley (1999) among women weight is a source of concern and dissatisfaction. This is supported by the opinion of Grogan (2008) which states that in everyday view an attractive woman is those who have a slim and ideal body.

Based on the calculation of the empirical mean self compassion categorization of adolescent girls who are obese is in the moderate category. Respondents in this study are adolescent girls who are obese so they tend to look negatively at them because of dissatisfaction with their physical appearance. According to Neff (2011) self compassion is influenced by gender, research shows that women are far more self comparison than men so women tend to have low self compassion because this tends to be more often women criticize and blame themselves, feel alone when faced with a problem and is often focused on past failures and carried by negative emotions.

Descriptive test results based on age are divided into three groups: early adolescents, middle adolescents, and late adolescents. Based on the results of the empirical mean of each age group, overall self compassion is in the moderate category. In adolescence the individual is in the process of development related to emotional maturity where at this stage adolescents have not been able to fully control their emotions. This emotional maturity will have an impact on how to be positive about yourself so that adolescent girls who are obese are still easily affected by negative emotions. This is consistent with Neff's statement (2011) which states that self compassion is significantly associated with age level. The higher the age level, the more individual will accept the conditions that occur to him so that he can have a higher level of self compassion.

5. CONCLUSION

Based on the discussion that has been described, this study shows the contribution of self compassion to body dissatisfaction in adolescent girls who are obese so that the higher self compassion can reduce the body dissatisfaction felt by individuals. The contribution of self compassion has a fairly strong closeness and can be influenced by other factors outside this study.

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