

# Self-esteem, Emotional Intelligence, and Body Image for Students at X Middle School

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## Abstract

*Adolescence is a transition period, in which teens experience changes in their physical form. These changes made teens become inferior to their body shape. Therefore the purpose of this study was to examine the relationship of body image with self-esteem and emotional intelligence in middle school students. The study was conducted with quantitative methods with N = 146 students and SMP X students. Data analysis was performed using regression methods. From the results of data analysis it was found that there was a significant effect between self-esteem and emotional intelligence with body image. The lower self-esteem score in adolescents, the higher their body image score will be. In addition, the lower the emotional intelligence score, the higher the body image score will be.*

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Keyword: *Body image; self-estee; emotional intelligence; adolescence*

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## 1. INTRODUCTION

Adolescence is a period of transition from children to adults. At this time various changes will occur in adolescents, one of which is physical change. Physical change is the most prominent change. Teenagers tend to feel insecure about changes in their body shape. They feel that everyone watching and judging them. This makes them feel uncomfortable with their physical appearance. Therefore, many young men and women who are not confident in their body shape. This is what makes the basis for researchers to examine the body image of adolescents, especially junior high school students. Previously, many studies have been done to know what factors can affect body image, both external and internal factors. In this study, researchers wanted to examine whether self-esteem and emotional intelligence can affect body image in adolescents.

According to Cash (1990) body image refers to a person's attitudes and perceptions regarding their physical characteristics. According to Rosenberg (1986) self-esteem refers to people's representations of their self-esteem both in general and globally. Self-esteem reflects how their views of themselves cross time and context.

According to Goleman (1995) emotional intelligence is one's ability to motivate oneself, survive when faced with frustration, manage impulse and delay gratification, regulate one's mood, inhibit stress in influencing thinking abilities, ability to empathize and make hope.

Many researches have been done on the effects of body image. One of them is a study conducted by Dogan et al. (2018). Based on research conducted by Dogan, et al (2018) regarding body image in adolescents and socio-cultural factors, it was found that adolescents attach great importance to their appearance. This is indicated by a diet that aims to increase or lose weight, efforts to tighten the muscles of the body to get the ideal body shape.

Some researchers have conducted research on factors that can affect body image. One of them is a study conducted by Nnaemeka and Solomon (2014). Based on research conducted by Nnaemeka and Solomon (2014) regarding the relationship between body image and self-esteem, a significant result was found between body image and self-esteem. This shows that low self-esteem can bring out body image.

In addition, body image also has a relationship with emotional intelligence. Based on research conducted by Nurmohamadian and Boland (2016) regarding the relationship between body image, emotional intelligence and body weight index, found significant results between body image and emotional intelligence.

The hypothesis that will be proven in this study is, H01: There is an effect of self-esteem on body image in X Ha1 students and junior high school students: There is no effect of self-esteem on body image for junior high school students and students X. Ho2: There is an influence of emotional intelligence towards body image for junior high school students X, and Ho2: There is no effect of emotional intelligence on body image for junior high school students and X

## **2. RESEARCH METHODE**

The study was conducted using quantitative methods. The characteristics of the research subjects (n) are 147 students from X Middle School. Subject are teens with age around 12-14 years. The research subjects were determined using accidental sampling technique.

The X1 variable in this study is self-esteem. The scale used is the self-esteem scale from Rosenberg (1986). The self-esteem scale developed by Rosenberg was made from one dimension that was obtained by analyzing the factors of self-confidence and self-depreciation. This scale consists of 10 item statements with a reliability number of 0.772.

Variable X2 is emotional intelligence. the scale used in this study is the Emotional intelligence scale from Heather Schoenheimer (2017). This scale was adapted from Goleman based on 5 dimensions of emotional intelligence, namely: self-awareness, emotional management, self-motivation, empathy, and the ability to socialize. The scale consists of 50 item statements with a reliability number of 0.816.

Variable Y is the body image. The scale used in this study is the body dissertation scale of Tariq and Ijaz which was developed from the Multidimensional Body Self-Relation Questionnaire Appearance Scale. From the body dissertation scale there are 4 dimensions: body shape and weight, muscle mass, facial features, and hair. The body dissertation scale consists of 26 items with a reliability rate of 0.869.

Hypothesis test analysis is performed using the regression method, linear to see whether the variables X1 and X2 can affect the variable

### 3. RESULT AND DISCUSSION

Sampling was carried out in one private middle school in Depok, namely X middle school. Samples were taken using accidental sampling technique. Samples obtained as many as 147 students and junior high school X. Divided by gender there are 88 boys and 59 girls.

The total body image values based on gender are boys with an average value of 57.57, and girls with an average value of 61.77. can be seen that the value of body image in girls is slightly greater than boys. This shows that although girls and boys have body image problems, the difference between the two is not significant. This statement can be supported by research conducted by Brennan, Lalonde, and Bain (2010) regarding differences in body image by gender. From the research it was found that there were differences in the value of body image in women. In addition, it was also found that women tend to look at their body shape more negatively than men. This makes the value of body image in women tend to be greater than men.

The total value of self-esteem based on gender is boys with an average value of 28.97, and girls with an average value of 61.77. It can be seen that the average value of self-esteem in men is slightly greater than that of women. This shows that although there are differences in self-esteem between boy and girl, but this difference is not significant. This statement can be supported by research conducted by Gomez-Baya, Mendoza, and Paino (2016) regarding differences in self-esteem based on gender and emotional intelligence. From this research, there were differences in self-esteem between men and women, although not significantly. Men tend to have higher self-esteem values than woman. Based on research from Gomez-Baya, Mendoza, and Paino (2016), the difference in self-esteem in women and men is because the average woman is usually not confident in the abilities they have, whereas the average man is too confident with their abilities. This makes the difference between self-esteem between man and woman.

Total emotional intelligence based on gender is boys with an average value of 147.37 and girls with an average value of 147.35. It can be seen that the average value of emotional intelligence in boys is slightly greater than that of girls. This shows that there are differences in emotional intelligence between girls and boys, although the difference between the two is not significant. This statement is supported by research conducted by Aloiseghe (2018) concerning the relationship between emotional intelligence with gender and age. From the research it was found that there was no significant relationship between gender and emotional intelligence. Although there are differences in the average value of emotional intelligence in men and women, the difference is not significant. Aloiseghen (2018) suggests that although there are differences between men and women on several dimensions of emotional intelligence, overall these differences are not significant. Thus, it can be concluded that there is no significant difference in emotional intelligence based on gender.

After that the data is tested with the hypothesis using the linear regression method. Linear regression method is used to determine whether self-esteem and emotional intelligence can affect body image.

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	1909.422	1	1909.422	20.347	.000 <sup>b</sup>
Residual	13607.231	145	93.843		
Total	15516.653	146			

Based on the results of the regression analysis between self-esteem and body image, a significant result with a value of 0.000 was obtained. This proves that H01 is accepted, that there is a significant effect of self-esteem on body image on students of X middle school. This is consistent with research conducted by Tiunova (2015) regarding the relationship between self-esteem and body image in adolescents. From the results of the study found that there is a significant relationship between self-esteem and body image. From Tiunova's

research (2015), it was found that the perception of appearance of a teenager can influence the formation of their self-esteem. Teenagers who have a poor perception about their appearance will develop low self-esteem. Teenagers with low self-esteem have the risk to develop a bad body image. From these studies it can be concluded that the body image of adolescents is influenced by self-esteem. Teenagers who have a bad body image will do anything to get the ideal body shape. This is done through exercise and excessive dieting.

There is also research conducted by Qaisy (2016) on self-esteem and body image in adolescents. From these studies found a significant relationship between self-esteem and body image. Individuals who have good self-esteem will develop a positive body image, and likewise individuals with low self-esteem will develop a negative body image. Researchers also found differences in self-esteem and body image in men and women. When compared with men many women who have low self-esteem and are not satisfied with their body shape. In research, this was explained because many women who tried to pursue beauty and attractiveness for their bodies. Women also tend to be more easily influenced by the surrounding environment and other people's assessment of them.

Next is a study conducted by Shurti (2017) regarding the relationship of self-esteem and body image in adolescent girls. From the research found a significant relationship between self-esteem and body image in adolescent girls. Researchers also found that the greater the level of dissatisfaction with their body shape, the lower the value of their self-esteem. Vice versa, the lower the level of dissatisfaction with body shape, the higher their self-esteem. Adolescent girls with low self-esteem and high body image tend to have problems both physically, emotionally, and socially. The satisfaction of adolescent girls in body shape is distorted by the existence of mass media that advertises how the body is ideal for teenage girls. This makes young women crave the ideal body as advertised and are not satisfied with the body shape they have.

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	86.998	6.200		14.033	.000
SE	-.995	.221	-.351	-4.511	.000

The value of the regression coefficient between self-esteem and body image is - 0.351. This shows that self-esteem and body image have a negative relationship. It can be concluded that the higher one's self-esteem the lower their body's image, and the lower one's self-esteem the higher their body's image. This is consistent with research conducted by Tiunova (2016). From this research it was found that the lower the self-esteem in adolescents, the higher the likelihood they have a bad body image. adolescents who have high self-esteem will be less likely to develop a bad body image. It can be seen how the level of self-esteem in adolescents can affect the good or bad body image they have.

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	775.490	1	775.490	7.628	.006 <sup>b</sup>
Residual	14741.163	145	101.663		
Total	15516.653	146			

Based on the results of the regression between emotional intelligence and body image, the number value is 0.006. This proves that H01 is accepted, that there is an influence of emotional intelligence on body image in students of X middle school. This is in accordance with research conducted by Wong, Lin, and Chang (2014) about body satisfaction, emotional intelligence and the development of eating disorders in students in Taiwan. From this research, it was found that there was a relationship between emotional intelligence and body satisfaction. Students who have good emotional intelligence will feel satisfied with their body shape. Students who are satisfied with their body shape will develop a good body image. With a good body image, the

chances of these students having eating disorders will be small. Because they feel their body is good and they don't need to do excessive exercise or diet to change it.

Subsequent research from Swami, Begum, and Petrides (2010) concerning the relationship of emotional intelligence traits to the level between ideal and actual body weight, and positive body image. The characteristics of emotional intelligence used in this study are: global trait EI, Well-being, Self-control, Emotionality, and sociability. From these studies found a significant relationship between the characteristics of emotional intelligence with the level between ideal and actual body weight, and a positive body image. Besides that, it is also found that emotional intelligence, well-being is the most powerful in predicting the level between ideal and actual body weight and positive body image. From this research it can be concluded that good emotional intelligence can prevent the development of eating disorders in women, besides that good well-being can bring about a positive body image.

Next is a study conducted by Behaein, Sheikh and Khaledan (2015) regarding the relationship between emotional intelligence and body image in athletes both individually and in teams. From the results of the study found significant results between emotional intelligence and body image in athletes both in teams and individually. From the research it was also found that the emotional intelligence and body image of the athlete team was better than the individual, this showed in the athlete team that there was empathy and cooperation between the teams that formed good emotional intelligence and their body image became positive. From the research it can be concluded how the role of the team or group can help emotional intelligence and body image in a person.

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	85.996	9.714		8.853	.000
Emotion	-.181	.066	-.224	-2.762	.006

The value of the regression coefficient between emotional intelligence and body image is -2.224 This shows that emotional intelligence and body image have a negative relationship. It can be concluded that the higher a person's emotional intelligence the lower their body image, and the lower their emotional intelligence the higher their body image. This is consistent with research conducted by Wong, Lin and Chang (2014). In this research it was found that the higher the emotional intelligence of students, the higher their body satisfaction. The chances of students who have high body satisfaction to developing a bad body image will be minimal. Thus, it can be concluded that the good and bad of a person's body image can be influenced by the level of emotional intelligence they have. Teenagers who have high emotional intelligence are able to develop a good body image, and vice versa.

#### 4. COUNCLUSION AND SUGGESTION

From this research it can be seen that the influence of self-esteem and emotional intelligence on body image in early adolescents. In this study, researchers only examined internal factors that can affect body image without thinking about external factors such as the social, cultural and media environment. Although internal factors can influence body image, it cannot be forgotten that external factors also have an important role in the development of adolescent body image.

The advice given for future research is to examine external factors that can affect body image such as social support, culture, mass media, and others. It also needs to expand the research demographic and not only in adolescents as in early adulthood. It is also important to look at body image in women and men and not only in women, because body image can be owned by both women and men. Body image is not only seen

from body weight, but also through height, muscle mass, skin color, body shape, and so on. It is also recommended to use a questionnaire that can measure satisfaction with aspects of the body.

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