

# THE CORRELATION BETWEEN BODY IMAGE AND SELF ESTEEM IN ARABIC LANGUAGE EDUCATION STUDENTS CLASS 2019 AT JAMBI UNIVERSITY

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**Abstract:** A student must have body image and self-esteem. Self-esteem can increase or decrease. This is because self-esteem is the process of evaluating a person about the experiences around them, including their body. This study aims to determine the relationship between body image and self-esteem among students of the Arabic Study Program at Jambi University in 2019. This study is a quantitative research using the type of improvement. The data collection technique in this study is a non-Test technique to measure the correction between body image and self-esteem of Arabic education students at Jambi University 2019 based on research results, the result of the correction coefficient between body image and self-esteem is -0.065 with P 0.699. Significant or p 0.05 indicates between the two variables there is no significant bond. A few categorizations have been done if in total, students of Arabic language education of the 2019 generation of Jambi University admit more to body image than self-esteem. Body image (65.8%) is greater than that of self-esteem (55.3%)

**Keyword:** Arabic Language Education, Body Image, Self Esteem

**Abstrak:** Seorang peserta didik harus memiliki bahasa tubuh dan kepercayaan diri. Kepercayaan diri dapat meningkat atau berkurang. Hal ini disebabkan kepercayaan diri yang merupakan proses mengevaluasi seseorang tentang pengalaman yang berada di sekitarnya, termasuk tubuhnya. Penelitian ini bertujuan untuk melihat hubungan antara bahasa tubuh dan kepercayaan diri diantara para peserta didik Pendidikan bahasa Arab Universitas Jambi tahun 2019. Penelitian ini adalah penelitian kuantitatif menggunakan tipe peningkatan. Teknik pengumpulan data pada penelitian ini adalah teknik non-test untuk mengukur ukuran antara bahasa tubuh dan kepercayaan diri dari peserta didik pendidikan bahasa Arab Universitas Jambi 2019. Berdasarkan hasil penelitian, hasil dari *correction of coefficient* antara bahasa tubuh dan kepercayaan diri adalah 0.065 dengan  $P > 0.05$  significant atau  $P > 0.05$  mengindikasikan antara dua variabel tidak terdapat ikatan yang signifikan. Beberapa kategori telah dilakukan jika secara total, mahasiswa pendidikan bahasa Arab angkatan 2019 Universitas Jambi lebih mengakui bahasa tubuh daripada kepercayaan diri. Bahasa tubuh (65,8%) lebih besar daripada kepercayaan diri (55,3%).

**Kata kunci:** *Pendidikan Bahasa Arab, Bahasa Tubuh, Kepercayaan Diri*



## Introduction

Appearance for everyone is a crucial part because it will be an initial evaluation when meeting with other people, as a result, everyone will look the best of themselves to look attractive.<sup>1</sup> Early adulthood is the highest stage of individual development, Beginning adulthood is a transition period from adolescence who is still living an enjoyable life in search of identity.

A student must have a body image, and each student has their body image. Honigman and castle body image is an illustration of a person's soul regarding his form and body mass, how a person impresses and evaluates what they think and feel about his body mass and form, and the evaluation of others toward it.<sup>2</sup>

(Self-esteem) the esteem with a clear physical dimension affects the development of body image. The values and norms developed by the residents indirectly influence the people in the community group and share demands on them that must be met to get recognition and respect from the area where they live to experience challenges. On the other hand, when a person has low self-esteem, it is easy for them to feel anxious and worthless<sup>3</sup>

According to Baron and Byrne self-esteem is a cognitive structure that determines how we know ourselves and process information about ourselves. Self-esteem is self-esteem and includes a very important part of the human role because some people are attentive to themselves. Like who they are, how positively or negatively individuals perceive themselves, and how self-esteem is expressed.<sup>4</sup>

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 his actual body condition, feel inferior, unhappy, meaningless, feel less attractive, and not confident<sup>5</sup> If a student feels uncomfortable and unhappy with his body shape, he will also feel unhappy about himself. On the other hand, if a teenager is satisfied with his body, he will feel comfortable with himself, proud, and able to accept his body shape, which means a lot, is happy, valuable, feel capable, and confident.

Students with good self-esteem will get the results they or others expect. Therefore, this research was conducted to see if there is a relationship between body image and self-esteem in Arabic Language Education Study Program Students at Jambi University in 2019.

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<sup>1</sup>W Sudarmawan, "Body Image Anggota Organisasi Mahasiswa Pencinta Alam," n.d.

<sup>2</sup>Khotimatus Sangadah And Jesslyn Kartawidjaja, "Hubungan Antara Body Image Dengan Kepercayaan Diri Pada Mahasiswa," Orphanet Journal Of Rare Diseases 21, No. 1 (2020): 12.

<sup>3</sup>S Fatimah, A Sumitro, and A Erwin, "Hubungan Antara Self-Esteem Dengan Body Image Pada Siswa Kelas XI Di SMA Negeri 12 Bekasi," Guidance: Jurnal Bimbingan dan Konseling 17, no. 02 (n.d.): 1-8.

<sup>4</sup>R A Baron and D Byrne, *Social Psychology: Understanding Human Interaction*, 7th ed (Boston: Allyn & Bacon, n.d.).

<sup>5</sup>S E Maemunah, "Kata Kunci : Citra Tubuh," *Harga Diri* 1, no. 1 (n.d.): 27-38.



## State Of The Art

Regarding previous research, the authors have not funded research that is truly similar to this study. Even so, the authors found several research results that have a similar approach or goal to this research with different study objects, including:

Research by Tatu Siti Rubiah entitled *Changes in the Meaning of Arabic Absorbed Words in English in Economic Terms* published in the *UIN Journal Jakarta*. This study focuses on the study of changes in the meaning of Arabic loanwords in English in economic terms with magazine primary data.<sup>6</sup> Research by Afjalurrahmansyah entitled *Arabic in Indonesian: Critical Analysis of Changes in the Meaning of Arabic Absorbed Words* published in the *Journal of UIN Alauddin*. This study focuses on the study of changing the meaning of Arabic loanwords in Indonesian with a broader approach to various loanwords.<sup>7</sup> Research by Fitri Annum Malasari entitled *The Relationship Between Body Image and Self Esteem on Students (Study on Students of UIN Suska Riau)*. This study focuses on examining the relationship between body image and self-esteem in female students at UIN Suska Riau.<sup>8</sup>

## Methods

This research is quantitative research using the type of correlation approach.<sup>9</sup> with a sample of 47 students. The sample selection used a purposive stratified random sampling technique. The research instrument used an instrumental test in the form of question items. The correlation test must use relationship analysis techniques. correlation between the body image variable and the self-esteem variable is the following:

$$X = \text{Body Image } Y = \text{Self Esteem}$$

The self-esteem scale is based on the previously modified Coopersmith Self-esteem Inventory (CSEI). On this scale, 8 items are given with four alternative responses. In the case of positive items, the responses strongly agree (SC) is scored with 4, agree (C) with 3, disagree (TC) with 2, and strongly disagree (STC) with a score of 1. 1 for strongly agree (SC), 2 for agree (C), 3 for disagree (TC) and 4 for strongly disagree (STC).

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<sup>6</sup>T S Rohbiah, "Perubahan Makna Kata Serapan Bahasa Arab Dalam Bahasa Inggris Pada Istilah Ekonomi," *Buletin Al-Turas* 23, no. 2 (n.d.): 319–335.

<sup>7</sup>A Yasin, *Bahasa Arab Dalam Bahasa Indonesia (Analisis Kritis Perubahan Makna Kata Serapan Bahasa Arab)*, vol. 4 (Diwan: Jurnal Bahasa dan Sastra Arab, n.d.).

<sup>8</sup>F A Malasari, "HUBUNGAN ANTARA BODY IMAGE DENGAN SELF ESTEEM PADA MAHASISWI (Studi Pada Mahasiswi UIN Suska Riau)," n.d.

<sup>9</sup>Sarmanu, *Dasar Metodologi Penelitian Kuantitatif Kualitatif Dan Statistika*, Airlangga University Press, 2017.



Meanwhile, the body image scale is based on the Multidimensional Body-Self Relations Questionnaire (MBSRQ), which has previously been modified. On this scale, 14 items are provided with four alternative responses. For the preferred item, the response strongly agrees (SS) is given a score of 4, agrees (S) with 3, disagrees (TS) with 2, and strongly disagrees (STS) is given a score of 1.

For the validity testing criteria using a significance value of P-value (Signification value  $< 0.05$ , concluded valid (Signification value  $> 0.05$ ) concluded invalid. The reliability of the measuring instrument will find the reliability level of a construct can be seen from the Cronbach Alpha statistical test. The value of general news is called reliable if  $> 0.60$ . by using SPSS 22 laptop facilities for windows.

## Results and Discussion

### Understanding Body Image

Kartono and Dali say that body image is a mental picture of oneself. According to Chaplin, the concept of body or body image is the idea that a person has about how his body looks in front of (for) other people. Sometimes the concept of bodily functions is also included.<sup>10</sup>Hurlock, 1978, defines body image as the way a person perceives their body about their ideal. In local culture and concerning how others value their bodies.<sup>11</sup>

According to Grogan the formation of body image is the result of the interaction between events in the environment around the body's cognitive and affective processes and individual behavior.<sup>12</sup> Body image consists of the individual's relationship with his own body, which includes cognition of thoughts, feelings, and actions with physical appearance, conceptualized as consisting of four cognitions, cognitions, affect, and behavior. Based on the above definition, it can be concluded that body image is a person's feelings, experiences, attitudes, and assessments of his body, which includes body shape, height, and weight, resulting in a positive and negative physical appearance.

### Understanding Self Esteem

According to Santrock in Desmita, self-esteem is a comprehensive self-assessment dimension. Self-esteem is also often referred to as self-esteem or self-image. Chaplin in Subowo and Martiarini defines self-esteem as a self-evaluation that is influenced by the attitude of interaction with others, appreciation, and individual acceptance.

Self-esteem according to Santrock in Desmita is an individual's evaluation of himself positively or negatively. People's ratings show the appreciation they have for their existence

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<sup>10</sup>J P Chaplin, Kamus Lengkap Psikologi (PT Raja Grafindo Persada, n.d.).

<sup>11</sup>E B Hurlock, Perkembangan Anak. Jilid 1. Edisi Keenam (Jakarta: Erlangga, n.d.).

<sup>12</sup>S Grogan, Body Image: Understanding Body Dissatisfaction in Men, Women, and Children (London: Routledge, n.d.).



and meaning. Individuals with positive self-esteem accept and respect themselves as they are and are not quick to blame themselves for their shortcomings or imperfections. Always satisfied and proud of his work, he is always confident in facing various challenges. On the other hand, people with negative self-esteem feel worthless, and worthless, and always blame themselves for their imperfections. He tends to be unsure of any task and unsure of his ideas.

### The relationship between Body Image and Self Esteem

States that self-confidence is a feeling or attitude of confidence in one's abilities so that the individual concerned is not too anxious about every action taken, and feels free to do things. Likes things, is responsible for all actions taken, is warm and polite in interacting with others, can accept and respect others, has the drive to excel, and can identify his strengths and weaknesses.<sup>13</sup>

Body Image can affect a person's self-confidence. Currently, young women become less confident because of the assessment among young women regarding physical standards with a proportional body shape. This causes young women to tend to judge themselves from the point of view of others such as their peers. Departing from physical appearance, adolescents begin to form images and impressions about body shape and size on themselves, which then move on to the physical appearance of others so that it becomes a body standard that must be owned by every woman.

Body image according to Thompson consists of 3 aspects, namely aspects of perception of body parts and overall appearance, aspects of comparison with others, and socio-cultural aspects (reactions to other people).<sup>14</sup> These three aspects will provide an overview of how body image can affect self-confidence. The first aspect is the aspect of the perception of body parts and overall appearance. Body shape is a symbol of an individual's self because in this case, the individual gets an assessment from himself and others. The second aspect is the aspect of comparison with others, namely the existence of a better or worse assessment of other individuals causing prejudice for himself against others. The third aspect is the socio-cultural aspect (reaction to other people), namely the individual can assess the reactions of others if the person is physically attractive so that the person's image will lead to good things to judge himself.<sup>15</sup>

The results of this study are intended to provide an understanding to students of the importance of body image in increasing self-esteem. So this research is expected to help motivate students to use a good body image to achieve high self-esteem.

The research was conducted on Arabic Language Education Students Class of 2019 at Jambi University which consisted of two classes, namely Class Odd/R.001 and Class Even/R.002 with a total sample of 47 students. Based on The sex subject the student sample in

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<sup>13</sup>sangadah and Kartawidjaja, "Hubungan Antara Body Image Dengan Kepercayaan Diri Pada Mahasiswa."

<sup>14</sup>Ibid.

<sup>15</sup>T D Soesilo, "Penelitian Inferensial Dalam Bidang Pendidikan," n.d.



this study was mostly female, amounting to 37 female students (79%) and a male sample being 10 (21%). In that the sample that dominates in this study is a female sample. The sample-based is on gender, and demographic data, the most dominant category, namely the Odd/R.001 PBA Class with a total of 24 students (51%), followed by the Even/R.002 PBA Class with 23 students (49%).

The distribution of the types of illustrations used by researchers is a categorization based on a fair distribution model with an ordinal categorization. For Azwar (2012), level categorization (ordinal) is a categorization that places people into groups that are tiered for something on a continuum based on the attributes being measured. Furthermore, Azwar (2012) explains that this categorization method is to be obtained by making the type of subject score based on the size of the population standard deviation unit. Because this species is relative, the extent of the interval that includes each type of dream can be determined subjectively as long as the determination is within the limits of reasonableness. The description and results of the research can be used as limits in the categorization of research illustrations which consist of 3 types, namely low, medium, and large (Azwar, 2012).<sup>16</sup>

## Body Image

Descriptive analysis is tried by looking at the description of empirical information (sourced from the reality in the field). Empirical descriptive analysis shows the minimum answer, namely 8, optimal 32, mean 20, and standard deviation 4. The information description of the research results can be used as a limit in the categorization of research illustrations which consists of 3 types, namely low, longer, and large with a level categorization procedure (ordinal). The following is the categorization formula on the body image scale.

$$\text{Low} = X < (-1.0 \text{ SD}) \quad \text{Medium} = (-1.0 \text{ SD}) X < (+1.0 \text{ SD}) \quad \text{High} = (+1.0 \text{ SD}) X$$

The results of body image categorization show that most students are learning The Arabic language at the 2019 Jambi University have a body image in the low category as many as 0 (0%), on the contrary, the rest lies in the medium type as many as 13 (34.2%), and the high type as many as 25 (65.8%).

## Self Esteem

Descriptive analysis was tried to look at the description of empirical information (sourced from the reality in the field) of the self-esteem variable. Empirical descriptive analysis shows that the minimum answer is 4, the optimal is 16, the mean is 20 and the standard deviation is 2. The information description of the research results can be used as a limit in the categorization of research illustrations which consists of 3 types, namely low, medium, and

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<sup>16</sup>Y Suharsono, "Validitas Dan Reliabilitas Skala Self-Efficacy," *Jurnal Ilmiah Psikologi Terapan* 2, no. 1 (n.d.): 144–151.



high with a level categorization procedure. (ordinal). The following is the categorization formula on the self-esteem scale.

$$\text{Low} = X < (-1.0 \text{ SD}) \quad \text{Medium} = (-1.0 \text{ SD}) < X < (+1.0 \text{ SD}) \quad \text{High} = (+1.0 \text{ SD}) < X$$

Categorization results The self-esteem of the 2019 Jambi University Arabic Language Education students above shows that the majority of students have self-confidence in the low category, namely 8 (21.1%), while the rest are in the medium category, namely 21 (55.3%) and the high 9 (23.7%).

The data from the two research variables (body image and self-esteem) in the normality test using the Kolmogorov-Smirnov procedure was significant at  $0,200 > 0.05$  so it could be concluded that the regression procedure in this research had fulfilled the assumption of normality. The results of the linearity test that were tried on these two research variables obtained a Significance Value (Sig), from the output above, the Deviation from Linearity Sig value was obtained. It is 0.632 which is greater than 0.5. So it can be concluded that there is a significant linear relationship between the variables between the Body Image (X) variable and the Self Esteem (Y) variable.

Based on the results of the research, it was found that the level of body image in Arabic Language Education students Class of 2019 Jambi University was divided into 3, namely out of 38 subjects none were included in the low category, 9 subjects (34.2%) were in the medium category, and 25 subjects (65, 8%) included in the high type. And the level of self-esteem in Arabic Language Education students of the 2019 Jambi University is divided into 3, namely, 38 subjects there are 8 subjects (21.1%) in the low category, 21 subjects (55, 3%) in the medium category, and 9 subjects (23, 7%) entered in the high type. The above shows, that most of the subjects have a good level of body image and self-esteem. The result of the correlation coefficient between body image and self-esteem is  $-0.065$  with  $p = 0.699$ . Significance or  $p > 0.05$  shows that there is no significant relationship between the two variables.

The subjects in this research are 35 active students of the Teaching and Education Faculty of Arabic Language Education Study Program, and the procedure used in this research is the Pearson product-moment correlation research procedure. The sampling method used by the researchers is a purposive sampling method. This research has the result that there is a correlation coefficient of  $-0.065$  with a significance of  $0.025(p)$  meaning that there is a negative correlation between body image and self-esteem, so the bond is contradictory. This means that the level of self-esteem will continue to be high so that the body image of Jambi University Students in the Arabic Language Education Study Program will continue to below, on the contrary, the level of self-esteem will continue to below, so that the level of body image will continue to be high. This research has several limitations, including the lack of items so that the respondent cannot choose other items that are more suitable for him.

## Conclusion





Based on the results and data analysis of this research, it can be concluded that there is a very significant negative relationship between body image and self-esteem in Arabic language teacher students at Jambi University 2019. This research implies that students do not feel inferior in any situation or environment. Students must also be confident in their body shape because everyone has a unique body shape and can express themselves confidently in the form of achievements and positive behavior. It is recommended that future researchers can find more data so that previous research is more complete, and this can provide readers with insights from previous incomplete research as new research is developed.



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