

THE EFFECT OF GRATITUDE TO REDUCING BODY DISSATISFACTION IN FEMALE ADOLESCENTS

Nida Mukhlisshotul 'Izzah

Raden Rahmat Islamic University, Malang Regency, East Java, Indonesia

Email: nidamizzah@gmail.com

ABSTRACT

An ideal body shape is the desire of all individuals, especially teenage girls. Adolescence is a transition period between childhood and adulthood, namely the age range of 12-21 years. At that age, there is relatively rapid and significant physical development, giving rise to excessive feelings of paying attention to the body and building body image. In adolescence importance to appearance encourages teenage girls to make their body image good. So, they are two classification about body image. They are satisfaction and dissatisfaction. Body dissatisfaction is an individual's negative mindset towards their body. Teenage girls that has body dissatisfaction maybe has stress, anxiety or depression because of their body. One of the affordable coping mechanisms that can form self-acceptance through positive feelings and has been proven to prevent stress, anxiety, and depression is gratitude. The result of this study obtained Gratitude has an influence on body dissatisfaction of 32,2%. That's mean, if gratitude was high so they will be lower the level of body dissatisfaction.

Keywords: Body Dissatisfaction, Gratitude, Teenage Girls

INTRODUCTION

An ideal body shape is the desire of all individuals, especially teenage girls. Adolescence is a transition period between childhood and adulthood, namely the age range of 12-21 years (Sarwono, 2011). At that age, there is relatively rapid and significant physical development, giving rise to excessive feelings of paying attention to the body and building body image (Santrock, 2007). There are several physical developments that are considered unsatisfactory for some teenagers, which will be one of the causes of feelings of inferiority and even lack of self-confidence due to the physical development that occurs. Moreover, in adolescence, an individual already has a mindset to start a love life or have a life partner. This creates the need to always appear beautiful in front of others. In addition, the tendency to always appear beautiful is also caused by the many media that display women with ideal bodies, allowing for comparative (Wood-Barcalow et al., 2021).

In adolescence, appearance is one of the things that is considered important because it is the first aspect of assessment when meeting other people. The importance of appearance encourages teenage girls to make their body image good. Teenage girls will maintain their appearance by maintaining their weight to look ideal, taking care of their skin, and even

wearing contemporary fashion (Alifa & Rizal, 2020). According to a video on Aurora Elanie's YouTube channel uploaded in 2014, it was explained that 78% of teenagers in the world are dissatisfied with their appearance based on their body shape. The dissatisfaction felt by these individuals regarding their body shape is called body dissatisfaction (Grogan, 1999).

Body dissatisfaction is an individual's negative mindset towards their body. This negative mindset can also cause negative impacts, such as obsessive behavior towards weight control which is often carried out without expert supervision. This often happens on the advice of individuals in the surrounding environment (Grogan, 1999). Someone who has body dissatisfaction behavior will have an excessive view of body weight and shape, be embarrassed to appear in public and avoid activities that expose body shape (Wood-Barcalow et al., 2021). A person's mindset with the size and shape of other people's bodies that are more ideal will increase as someone compares themselves. The greater the comparison felt, the greater the feeling of dissatisfaction with oneself (Yuanita & Sukamto, 2013).

The response that individuals should have in viewing everything that God Almighty has given is a sense of self-acceptance. Self-acceptance is a state when individuals are able to appreciate all aspects of themselves, including their strengths and weaknesses (Ardilla & Herdiana, 2013). Self-acceptance is based on how individuals develop their self-concept. Self-concept is something that is perceived by individuals so that it influences how individuals view themselves. An individual's perspective on themselves is obtained from their experiences and interactions with the surrounding environment (Burns, 1993). If an individual views themselves negatively, then the individual will find it difficult to accept themselves and result in self-rejection (Marliani, 2015). Improving self-concept can be done by interacting with the social environment (Budi & Tina, 2016). If individuals are able to build optimal initial interactions in the social environment and are accepted in that environment, individuals will be able to easily develop self-concept. This can make it easier for individuals to accept and appreciate themselves (Kumalasari et al., 2012).

One of the affordable coping mechanisms that can form self-acceptance through positive feelings and has been proven to prevent stress, anxiety, and depression is gratitude (Cregg & Cheavens, 2021; Kristanto, 2016). Gratitude will lead to self-acceptance and make individuals feel happy, optimistic, and more satisfied in all aspects of their lives (Froh et al., 2009). Gratitude is a form of positive emotion and is the opposite of negative emotions such as anger, worry, jealousy, or other forms of negative emotions. Gratitude becomes easier with the habit of being able to appreciate the positive aspects of one's life (Safaria, 2014). Gratitude can encourage individuals to be more accepting of their conditions, both positive and negative conditions (Tsang et al., 2022).

Because feelings of gratitude can direct individuals to have a positive mindset towards their lives (Davis et al., 2016). Individuals who are often grateful will have good well-being because it will lead individuals to assess with a positive mindset and attitude towards themselves and be able to encourage good social relationships (Wood et al., 2010). Conversely, if individuals are rarely grateful, they will experience disturbances in terms of their well-being so that they have difficulty viewing their lives positively (Aisyah & Chisol, 2020). According to Safaria (2014) when someone is dissatisfied with their life, gratitude is one way to determine the individual's attitude to be able to accept and have a positive mindset about the events they experience. People who are grateful will also avoid negative behavior such as dissatisfaction or encouraging the formation of other negative emotions (Satria et al., 2019). Therefore, individuals who are grateful are likely to weaken the relationship between the influence of individuals who have negative body image and social anxiety.

In a research finding by Sari & Ansyah (2022), it was stated that individuals who have a positive body image will feel satisfied with their body shape, feel more confident, and avoid negative emotions such as stress, inferiority, worry, fear, and anxiety. Referring to this, it is very important for individuals to always be grateful to ward off negative emotions that are felt, such as research conducted by Vural (2019) that gratitude plays a role in weakening the influence of work stress on mental health in volunteers. In this study, it was found that individuals who are often grateful will be able to reduce the negative aspects of stress that lead to anxiety responses. The findings in this study explain that with gratitude individuals will have positive emotions that can lead to positive thoughts and actions. In other studies, it is also explained that gratitude can reduce levels of depression and anxiety, in addition, gratitude can also increase individual life satisfaction (Petrocchi & Couyoumdjian, 2016). When viewed from the impact if an individual has a negative body image that will lead to social anxiety and have an impact on one of them can reduce social roles so that it hinders career development, conversely if an individual has a positive body image, it will increase self-confidence so that they will still be able to function properly (Widawati et al., 2018).

METHOD

This study uses a quantitative method with an ex-post facto design. Ex-post facto research examines relationships that are not manipulated or given treatment. Ex-post facto is research conducted after an event occurs (Creswell, 2010). This study is reviewed based on findings from previous studies and tries to present how moderating variables play a role in the relationship between independent and dependent variables. Quantitative design was chosen to answer the research questions because the researcher wanted to uphold objectivity in answering research questions in order to avoid subjective bias, considering that the variables used in this study are almost experienced by all individuals.

The subjects in this study were active undergraduate students (S1)

at the University of Muhammadiyah Malang. The characteristics of the subjects were male or female, aged 18-25 years, currently studying for an undergraduate degree (S1) at the University of Muhammadiyah Malang from all majors, married or not, and have a job or not.

The instrument or measuring tool used to measure the construct of body dissatisfaction is the BIQLI scale or Body Image Quality of Life Inventory created by (Cash & Fleming, 2001). This study uses a gratitude scale developed by Listiyandini et al (2020) to measure the level of gratitude. This scale consists of 30 items with a Likert scale model that has a range of 1-6. The research data were then analyzed using the regression analysis method with the help of SPSS software version 25. This data analysis technique is used to measure the effect of gratitude variables in reducing body dissatisfaction levels.

RESULTS AND DISCUSSION

Descriptive Test

The result of the descriptive test aim to present research data by showing categorization result. In this study, the variable levels will be divided into three variables, namely high, medium and low. To get a clearer illustration, it can be seen in the image below.

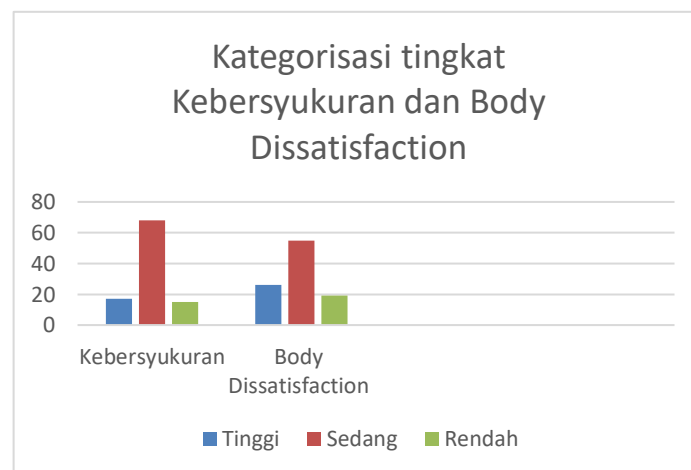


Figure 1. Categorization Of Levels Of Gratitude And Body Dissatisfaction

Normality Test

The normality test is used to determine whether the distribution of research data for each variable is normally distributed. The normality test used in this study is the One Sample Kolmogorov-Smirnov technique, with a significance of $P > 0.05$, the data can be said to be normal.

Table 1. Result of Normality Test

Variable	Kolmogorov-Smirnov	P	Explanation
Gratitude	0,065	0,200	Normal
Body dissatisfaction	0,065	0,200	Normal

Based on table 1, the results of the normality test show that the three variable data are normally distributed ($P > 0.05$).

Linearity Test

The linearity test used is the F test, the data will be said to be linear with the significance provision of $p < 0.05$. The results of the linearity test can be seen in the table:

Table 2. Result of Linearity Test

Variable	F	P	Explanation
Gratitude and body dissatisfaction	12,211	0,003	Linear

on the variables of gratitude and body dissatisfaction it is known that F is 12.211 with a significance level of 0.003 ($p < 0.05$) so the data is said to be linear.

Hypothesis Test

Data analysis was carried out to test the results of the hypothesis proposed in this study with the aim of determining the magnitude of the influence of gratitude on reducing the level of body dissatisfaction. This test was carried out using a multiple regression test and assisted by using the SPSS 23 application.

Table 3. Result of Hypothesis Test

Variable	Pearson Correlation	P	Explanation
Gratitude and body dissatisfaction	-0,179	0,001	Linear

Referring to the following table, it can be said that there is a relationship between gratitude and body dissatisfaction. This can be seen from the p value < 0.05 . The direction of the relationship between gratitude and body dissatisfaction is negative. This means that if an individual's gratitude is high, then the level of body dissatisfaction will be in the low category.

Table 4. Result of Coefficient Determination

Variable	R Square	Explanation
Gratitude and body dissatisfaction	0,322	Linear

The table explains that the R square is 0.322, which means that gratitude has an influence on body dissatisfaction of 32.2%.

Analysis

The results of this study obtained a value ($r = -0,179$; $p = 0.001$) from the results of the correlation test on the gratitude variable with body dissatisfaction, which means that there is a significant negative influence between gratitude and body dissatisfaction. Thus, the higher the level of individual gratitude, the lower the level of body dissatisfaction. The results

of this study are in line with the research of Hui & Brown (2013) which states that the relationship between body dissatisfaction and anxiety in subjects of different ethnicities. This is because if attention to the body tends to be high, then individual anxiety will decrease because this attention will lead to better physical changes. In line with this study, in the study of Miller et al (1982) a negative correlation was found between the way individuals dress and social anxiety ($r = -0.49$; $p = 0.001$). This means that when individuals become more oriented towards appearance to cover up body parts that are deformed, fatty, or embarrassing, it can reduce feelings of shame and fear in social interactions. The impact that occurs when individuals have body dissatisfaction is a decrease in psychological well-being which has an impact on a decrease in the level of mental health (Quick et al., 2013). In addition, negative depictions of physical body shape will also result in symptoms of depression, disrupted interpersonal relationships, and social anxiety (Shahi & Kohli, 2019).

Negative depictions related to body shape will cause social anxiety which will lead to a decrease in quality of life, a decrease in social roles and hinder career development (Batadal, 2021). The literature states that one of the reasons that guides an individual's mindset in describing their physical condition is social media which displays figures that are considered ideal such as white skin, a high nose, a slim appearance, and straight hair which causes an imbalance between the ideal self and the actual self and leads to dissatisfaction with body shape. Social media is one of the factors that plays a major role in the formation of body image. Through social media, individuals will compare themselves with what they see on social media in terms of appearance (Carey et al., 2014; Fardouly et al., 2017). Referring to this, according to Damanik et al (2015), women will often set aside a budget to take care of themselves by going to the salon regularly or becoming regular members of a fitness center, besides that it is also used to do all kinds of body treatments.

This is one of the facts that individuals who have indications of body dissatisfaction must have positive emotions to achieve their well-being. Gratitude is one path to psychological well-being where gratitude refers to a positive emotional reaction to events and aspects of one's life that contribute to forming satisfaction in one's life, including satisfaction with one's body shape. So if an individual has applied gratitude, then the individual will be directed towards calmness, peace, and kept away from things that are stressful or threatening (Manita et al., 2019; F. I. Sari & Ansyah, 2022).

The body image of female in islam emphasizes the importance of maintaining purity, modesty, and honor. As in the Qur'an Surah An-Nur verses 30-31 are interpreted that woman are encouraged to control and maintain their bodies by maintaining their purity. In that surah explained that humans were created by Allah with the provision of nature in the form of a tendency to follow the straight religion. Therefore, humans are not encouraged to make changes to Allah's creation (Sari et al., 2024)

In line with the word of Allah in Al-Qur'an Surah Al-Baqarah verse

152 which means that when we remember Allah, Allah will also remember us. The verse also explains that we are not advised to deny Allah's blessings. This is also explained in Emmons & McCullough (2012) which explains that gratitude is a unique feeling that is manifested from gratitude that arises when individuals realize that we receive goodness or benefits (Sari et al., 2024)

The significant contribution of gratitude to well-being can be explained considering the role of the formation of positive emotions related to individual calmness. Positive emotional reactions that arise from gratitude can contribute to individual self-acceptance which will lead to a sense of satisfaction and prevent individuals from feeling afraid, worried, or anxious (Haryanto & Kertamuda, 2016)

Positive thinking is one component of gratitude that can trigger and change individual actions for the better through the interpretation of wisdom from the experiences they have had. Thus, individuals will feel sufficient and satisfied with their lives so that they can have a positive mood and avoid negative emotions such as worry, anxiety, and other negative emotions (Listiyandini et al., 2020; Siregar et al., 2021). In addition to positive thinking, to form a body shape satisfaction, women in the world must also support each other, not compare in terms of physicality, and not discriminate. When women support each other, the impact can be very significant in terms of peace and can even strengthen relations between women in the world. By understanding the concept of women supporting women, individuals can be more fair and supportive which will ultimately bring positive change to all women in the world (Quittkat et al., 2019).

Individuals who are often grateful will have good well-being because it will direct individuals to assess with a positive mindset and attitude towards themselves and be able to encourage good social relationships Wood et al (2010) on the other hand, if individuals are rarely grateful, they will experience disturbances in terms of their well-being so that they have difficulty viewing their lives positively (Aisyah & Chisol, 2020). According to Safaria, (2014) when someone is dissatisfied with their life, being grateful is one way to accept and have a positive mindset for the events they experience. People who are grateful will also avoid negative behavior such as dissatisfaction or encouraging the formation of other negative emotions (Satria et al., 2019).

CONCLUSION

Based on the results of the study, it can be seen that gratitude can reduce body dissatisfaction. High gratitude can make individuals accept themselves as they are and avoid dissatisfaction. By having a good level of gratitude, a person can view anything that happens in their life more positively, have self-confidence, avoid negative emotions such as social anxiety or stress, and have a positive self-image. Recommendations for further researchers are to develop other research methods such as gratitude

training experiments to see the effectiveness of gratitude in reducing body dissatisfaction.

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