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Self-Esteem and Dietary Behavior in Adolescent Women

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ABSTRACT

Adolescence is a period that usually occurs and experiences life upheaval caused by various physical, psychological and social changes. One of the main problems teenagers face, especially female adolescents, is their weight and appearance. The study aims to determine the correlation between dietary behaviour and self-esteem in adolescents. This study employed a quantitative methodology with a correlation approach. The respondents in this study were female adolescents in Yogyakarta who were overweight and desired to lose weight. The number of respondents was 105 people. The sampling technique used purposive sampling. The data collection used scale filling, while the data analysis used Pearson Product Moment correlation. The results revealed that 26 female adolescents had a high level of self-esteem with a percentage of 25%, 79 female adolescents had a moderate level of self-esteem with a percentage of 75%, and no female adolescents had a level of self-esteem. There is a significant correlation between self-esteem and dietary behaviour in female adolescents in Yogyakarta with a correlation coefficient of 0.400 with a positive direction. Thus, it can be assumed that the higher the self-esteem, the higher the dietary behaviour of female adolescents in Yogyakarta. Likewise, the lower the level of self-esteem, the lower the dietary behaviour of female adolescents in Yogyakarta.

Keywords
Adolescent
Dietary Behavior
Self-Esteem

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Introduction

Adolescence is a period in human life that usually occurs and experiences life upheavals caused by various physical, psychological and social changes. Physical changes in adolescents are one of the most prominent, easily visible, and primary sources of problems that adolescents usually experience. One of the main problems that adolescents, especially young women, typically face is body weight and self-appearance [1].

According to Ref. [2], changes in attitudes and ways of thinking experienced by adolescents also influence the formation of self-esteem in a teenager (self-esteem). Self-esteem in individuals is an essential thing that must be a concern in adolescence. This is because self-esteem can affect the development of adolescents in the future. One relates to individual dissatisfaction with adolescent body image and eating patterns, ultimately leading to dissatisfaction with their lives [3]. Ref. [4] said that adolescents have developmental tasks that must be passed, one of which is the ability to accept the conditions that exist in them both in terms of their physical form or body posture and can utilise their body conditions effectively. During this period of development, changes in the body of adolescents often raise their problems, especially for young women. On average, they feel dissatisfied with their body shape, one of which is concern for their body condition.

In this regard, Ref. [5] states that "a slim body is ideal" has become increasingly widespread in various countries, especially countries that have had contact with Western media and culture, such as South America, South Korea, and Japan. The concept of an ideal body formed in young women makes teenagers focus more on body shape and develop individual images regarding their body image. According to Ref. [6], strong attention to body image occurs when adolescents feel dissatisfied with their body shape; this can cause decreased self-confidence, so adolescents will adopt inappropriate behaviour in achieving an ideal body shape. In addition, the intense attention of young women will also negatively influence teenagers. Therefore, most of them are trying to find various ways to have the ideal body shape they expect, one of which is by following a strict diet that does not pay attention to the health of its users.

Diet is an attempt to reduce or control food intake to reduce or maintain body weight according to individual wishes [7]. Diets can be done correctly and healthily, but it is not uncommon for people to do diets in an unhealthy way. A healthy diet is consuming healthy food, exercising enough and increasing physical activity reasonably. Meanwhile, an unhealthy diet is a diet that is carried out in several ways, namely by deliberately skipping meals, taking slimming drugs, and vomiting on purpose [8]. In line with this, research conducted by Ref. [9] revealed that people were dissatisfied with their body figures and carried out dieting

behaviour to get an ideal body. Based on a survey conducted by a nutritionist, one suffers from anaemia due to an incorrect diet [10]. Mentioned that 37% of high school-level young women who go on a diet experience anaemia. A rigorous diet carried out by adolescents will impact the loss of feelings of hunger, eventually leading to eating disorders such as bulimia and anorexia.

Based on the results of the preliminary interviews above, it can be seen that the five female adolescent subjects above the average have felt insecure about their body shape. In addition, outsiders' judgments also significantly affect their self-confidence about their body shape. So from the interview results, it can be concluded that other people's views make them do a diet program to lose weight to get a slim body shape and look slim.

Of the many factors that cause young women to engage in dietary behaviour, the main factor that makes them ultimately choose to go on a diet program is low self-esteem in adolescents. To reduce dieting behaviour carried out by teenagers related to low self-esteem, teenagers need to get attention and guidance so that they do not take the wrong steps before they do a diet program. This aligns with Ref. [11], who explained that most young women are still very concerned about their physical appearance. A woman will feel upset, sad or stressed when she sees her appearance, which she fears will create a wrong impression on other people, including the opposite sex. As a result, this can trigger a feeling of disappointment in each individual.

The emergence of dietary behaviour among adolescents does not just happen. Ref. [12] states that one of the factors that can influence dietary behaviour in individuals is the presence of self-esteem indicators. Self-esteem includes various aspects within the individual, namely thoughts, emotions, and behaviour within the individual. Ref. [13] revealed that self-esteem is a self-assessment of a person based on his relationship with others. The level of self-esteem in individuals is very dependent on how individuals evaluate themselves, which will then affect individual behaviour in everyday life [14]. The level of self-esteem plays a vital role in an individual's life to help individuals deal with each phase in life. The concept of self-esteem influences individuals' self-concept formation and will have a broad impact on their attitudes and behaviour. Individuals with a good level of self-esteem will be able to evaluate their behaviour in everyday life.

Suppose it is associated with dietary behaviour among adolescents. In that case, self-esteem formation is also an important indicator in influencing individuals to engage in dietary behaviour. In this regard, adolescents need to have good self-esteem in their personal development, especially to foster self-confidence with the physical shape that each individual has. The goal is to eliminate anxiety, sadness, stress, and self-doubt. So, from the explanation above, it can be concluded that the relationship between dietary behaviour undertaken by a

teenager is interrelated with self-esteem because the diet behaviour undertaken by adolescents will affect high and low levels of self-confidence in adolescents.

Method

The research method used in this study is quantitative by using the correlation approach. Subjects in this study were taken using a purposive sampling technique with specific characteristics previously known and had the same characteristic relationship with the sample population. The sample used in this study was taken from a population of high school students in Yogyakarta, with a sample size considered representative of the existing population. The characteristics of the research sample used in this study include female adolescents aged 15-21 years who have or are currently doing dieting behaviour.

The psychological measuring instrument used in this study is a Likert scale, which is a scale that contains choices of answers from strongly disagree to strongly agree, which is an individual's attitude or perception of an event or statement given in the questionnaire. In addition, to measure research results from existing scales, it is necessary to categorise the scales in this study. This categorisation aims to find out the results of the research data obtained.

Before conducting the tryout, the researcher measured the validity of the data in a study obtained using the content validity formula Aiken's V. The Aiken's V formula calculates the content validity coefficient based on the results of an assessment by a panel of experts of n people on an item in terms of the extent to which the item represents the construct being measured [15]. Aiken's V coefficient value ranges from 0 – 1. The thing is valid if Aiken's V coefficient value is above 0.5.

To determine the reliability of each measuring instrument, this study used the Cronbach Alpha formula assisted by the SPSS 22.00 for Windows program. Researchers used 50 respondents as test subjects (tryouts). Based on the reliability test that has been carried out, it was found that on the self-esteem scale, the Cronbach Alpha value was 0.994, with the number of items that did not fail as many as 62 out of 64 items. As for the dietary behaviour scale, Cronbach's Alpha value was 0.872, with 38 items out of 54 things that did not fail. A measuring instrument can be reliable if the Cronbach Alpha coefficient is > 0.6. The higher the value of the reliability coefficient close to 1, 00, the higher the reliability value or the more perfect the consistency of the measuring instrument [15]. This study's self-esteem scale and dietary behaviour can be reliable based on this explanation. The method of data analysis in this study used Rank Spearman correlation analysis with the help of the SPSS version 22 for Windows program to find out the relationship between the two related variables in the study, namely the Self-Esteem variable and the dietary behaviour variable.

Researchers collect data with a system that is partly offline and partly online. Fifty-two subjects were taken online, and the remaining 53 were taken offline by visiting schools in Yogyakarta. The data collection for this research was carried out offline and online because, at the time the research was conducted, all regions in Yogyakarta were still in a COVID-19 pandemic situation. Thus requiring researchers to search for research data offline and online. The existence of the COVID-19 pandemic situation in Indonesia requires its people to implement health protocols such as limiting certain activities, implementing social distancing, using masks, and avoiding crowds to break the chain of transmission of the COVID-19 virus.

This section describes the research variables and subjects, including the number and unique characteristics such as the age origin of research subjects. Measurement instruments and describe the measuring instruments used in the research. Describe the validity and reliability of the tools used (quantitative research) and the data collection methods accompanied by questions and observation guidelines (qualitative research). In addition, an analysis of the research data used can be carried out. The writing length in the section is approximately 20% of the total article.

Results and Discussion

Based on the data analysis (see Table 1), it is known that young women in Yogyakarta tend to have a moderate level of self-esteem. From all respondents, it is known that there are 26 young women with a high level of self-esteem with a percentage of 25%, 79 young women with a moderate level of self-esteem with a rate of 75% and 0 young women with a high level of self-esteem. Low.

In connection with the results of this study, the high percentage of self-esteem of young women in this study is also supported by the characteristics of adolescents who have experienced cognitive and social-emotional developmental phases, an increase in cognitive abilities experienced by adolescents, which is also related to socio-developmental tasks. -emotionally entering the identity vs. confusion stage [16]. At this stage, adolescents try to answer questions about their identity and how to show themselves according to it. This is because, at this stage, adolescents feel that showing self-image is essential.

This result was also supported by research by Ref. [17] that individuals with high self-esteem do not consider themselves superior to others, feel valuable, improve themselves and develop their potential. Whereas individuals with low self-esteem will focus on protecting themselves, are excessively disappointed when they fail, exaggerate adverse events experienced, and feel awkward and embarrassed in expressing themselves when interacting with others.

Table 1. Correlations

			Self-Esteem	Behavior_Diet
Spearman's rho	Self-Esteem	Correlation Coefficient	1,000	.400**
		Sig. (2-tailed)	.	.000
		N	105	105
	Behavior_Diet	Correlation Coefficient	.400**	1,000
		Sig. (2-tailed)	.000	.
		N	105	105

**. Correlation is significant at the 0.01 level (2-tailed).

Based on this, in the category of dietary behaviour level, it can be seen that young women in Yogyakarta have a moderate level of dietary behaviour. Based on the data obtained, it can be seen that six young women have a high level of dietary behaviour with a percentage of 6%, 96% of teenage girls have a moderate level of dietary behaviour with a rate of 91%, and three young girls have a low level of dietary behaviour with a percentage of 3%—related to further review related to the moderate category of the diet level of female adolescents in this study related to the desire of female adolescents to appear slim by going on a diet because they feel dissatisfied with their body shape. Therefore, female adolescents try to Pay attention to their body shape by going on a diet. Dietary behaviour in adolescence is related to attention to dissatisfaction with body image, physical changes and body shape during puberty, which becomes a sensitive matter for adolescents.

Related to research objectives, this study aims to determine whether there is a relationship between self-esteem and dietary behaviour in young women in Yogyakarta. The value obtained in the correlation test is 0.400 at a significance level of 0.000. This means that the magnitude of the correlation coefficient between self-esteem and dietary behaviour has a moderate relationship. In addition, the positive value of the correlation coefficient can be assumed that the higher the self-esteem, the higher the dietary behaviour of young women in Yogyakarta. And conversely, the lower the level of self-esteem, the lower the dietary behaviour of female adolescents.

The moderately significant relationship between the two variables is also supported by the determination test (R Square) data, which shows that the test result (R^2) is worth 0, 190 or 19%. Therefore, the independent variable, namely self-esteem, affects the dependent variable, namely dietary behaviour, by 19%. At the same time, the other 81% came from other factors not examined in this study. Other factors that influence diet include physical health factors and also the influence of family and peers.

From this explanation, it can be seen that self-esteem has a significant positive relationship with dietary behaviour in young women in Yogyakarta. However, the results of this study are different from the hypothesis put forward by researchers that self-esteem and dietary behaviour have a negative relationship; with this, it can be seen that the idea in this

study was rejected. In this regard, there are several reasons behind the rejection of the hypothesis in this study, one of which is related to the nature of self-esteem, which is an individual attitude based on perceptions of how he values and evaluates himself as a whole in the form of a positive or negative attitude towards himself. Someone with positive self-esteem will develop a positive evaluation of his body, thus trying to obtain a positive assessment of himself. The findings in this study reveal that self-esteem and dietary behaviour have a positive relationship, meaning that the higher the self-esteem possessed by female adolescents, the higher the dietary behaviour of female adolescents. The desire to obtain a slim body shape by dieting is used as a form of positive evaluation of individuals to increase their self-esteem. Young women's higher self-esteem will also influence their high dietary behaviour. The desire to obtain a slim body shape by dieting is used as a form of positive evaluation of individuals to increase their self-esteem, which means that the higher self-esteem possessed by young women will also influence their high dietary behaviour. The desire to obtain a slim body shape by dieting is used as a form of positive evaluation of individuals to increase their self-esteem.

This aligns with the results of interviews conducted by researchers with several teenage girls with the initials A who are on a diet and adolescent girls with the initials A who reveal that they are trying to do a positive evaluation of their self-assessment. Diet to get a positive assessment of himself and increase his self-esteem; respondent R also revealed that his desire to diet was based on his desire to become physically and psychologically healthier. With the results he obtained, respondent R believed that this would be able to increase his self-esteem.

Based on interviews conducted with another respondent with the initials M, it was revealed that his desire to make a dieting behaviour pattern was to get an ideal body shape. In addition, the demands from his family that he constantly evaluate his body shape makes the respondent feel he has to consider himself and decide to go on a diet program to get the body shape he wants. In addition, the respondent with the initials Y also revealed that he received evaluations from his siblings regarding body shape, which made the respondent with the initials Y finally decide to run a diet program.

Suppose it is related to dietary behaviour among female adolescents. In that case, self-esteem formation is also an important indicator in influencing individuals to engage in dietary behaviour. In this regard, adolescents need to have good self-esteem in their personal development, especially to foster self-confidence with the physical shape that each individual has.

Conclusion

Several key findings have emerged as we explore the dynamics of self-esteem and dietary behaviour among adolescent girls in Yogyakarta. Firstly, we have learned that most of

the young women surveyed fell into the moderate category for both self-esteem and dietary behaviour. A notable 25% displayed high self-esteem, while 75% were categorised as having average self-esteem. Remarkably, none of the participants were found to have low self-esteem. Regarding dietary behaviour, 6% of the respondents exhibited a high level of dietary behaviour, while 91% were classified as having a moderate level. A small minority of 3% showed low dietary behaviour. The pivotal discovery of this study lies in the significant correlation between self-esteem and dietary behaviour among female adolescents in Yogyakarta. The positive correlation coefficient of 0.400** underscores the interconnectedness of these two factors. It implies that higher levels of self-esteem tend to coincide with improved dietary behaviour among the youth in this region. Conversely, lower self-esteem is associated with poorer dietary choices in young women from Yogyakarta.

In practical terms, our research suggests that self-esteem accounts for 19% of the variability in dietary behaviour among these adolescents. However, it is crucial to acknowledge that 81% of this variability stems from unexamined factors, highlighting the issue's complexity. This study underscores the importance of nurturing and enhancing self-esteem among adolescent girls, as it appears closely intertwined with their dietary behaviour. Nevertheless, a more comprehensive understanding of the myriad factors influencing dietary choices in this population is essential for developing effective interventions and support systems. Future research and initiatives in Yogyakarta should delve deeper into these unexplored realms to promote healthier lifestyles and well-being among young women.

Conflict of Interest

The authors declare that there is no conflict of interest.

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