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Body Image, Diet Behavior and Self-Welfare of Self- Pride

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Abstract. This study aims to determine the effect of body image, dietary behaviour, and self-welfare on self-esteem in students of FISIP Mulawarman University using a quantitative approach. The subjects of this study were 110 respondents who were selected using the technique *probability sampling* with method *simple random sampling*. The collected data were analyzed by using SPSS 25.0 for *the Windows program*. This study indicates an influence between body image, dietary behaviour, and self-welfare on self-esteem. There is an influence between body image on self-esteem. There is an influence between dietary behavior on self-esteem. There is an effect of self-welfare on self-esteem.

Keywords. Body Image, Behavior Diet, Self-Pride, Self-Welfare

Introduction

Higher education is one of the developments in education, which serves as a learning space to increase knowledge and insight specific; of course, Indonesia has many universities spread almost all over Indonesia. Students are one part that plays a vital role in realizing a prosperous nation's successor. Many students experience *bullying* because they have a terrible body image. According to the results of research from Hidayat, Malfasari, and Herniyanti (2019), most victims who receive treatment body-shaming receive treatment *body shaming* have a negative body image and get an inadequate response from their environment. Affect self-esteem.

Fajariah (2012) says that self-esteem is an in-depth assessment of a person's ideal self-concept by adjusting his behaviour, attitudes, and character. Self-esteem is a definite thing, and everyone has it. Having a low sense of self-esteem will significantly affect student academic achievement. Clemes (2012) said that a low sense of self-esteem could affect a person's behaviour so that indirectly students will face problems because of negative behaviour due to a low sense of self-esteem. Body *shaming* can also make students who have a terrible body image are triggered to diet behaviour to get an ideal body image and improve their well-being.

According to Cash (2012), body image is how a person views himself entirely concerning his body shape and weight and attitudes that lead to a person's assessment of his body appearance. In order to get a good body image, diet behaviour is often an option for some students to have self-esteem. Dietary behaviour is an activity to regulate eating, drinking, and physical activity patterns that arise due to a stimulus from around to get the ideal body weight and shape in society (Meiliana, Valentina & Retnaningsih, 2018). The level of public perception regarding body image can affect a person's well-being. According to Plues (2015), self-welfare

is a person's mental well-being that comes from the happiness of life, the discovery of purpose in life, positive emotions, self-efficacy, positive assessment of the social environment, and the ability to live a good life.

Based on the description above, researchers are interested in knowing the effect of body image, dietary behaviour, and self-esteem on self-welfare in students of the Faculty of Social and Political Sciences, Mulawarman University.

Research method

The type of research used is quantitative research. The design used in this research is descriptive and inferential statistics. In this study, there are three independent variables and one dependent variable. The independent variables in this study were body image, dietary behaviour, and self-welfare. The dependent variable in this study is self-esteem. Analysis of the data used is multiple regression using SPSS version 25.0 computer program. The subjects in this study were FISIP students. Sampling using a *probability sampling technique.* According to Sugiyono (2011), *probability sampling* is a technique that provides equal opportunities for each element of the population to be a sample. In taking the sample, it is determined by *simple random sampling,* i.e., each element of the population has the same opportunity to represent the population without specific criteria. The sample in this study were students of the Faculty of Social and Political Sciences, Mulawarman University, totalling 110 respondents. Characteristics of research subjects at Mulawarman University Social and Political Sciences students can be seen in the following table:

Table 1. Characteristics of Respondents

Characteristics	Sub Aspects	Total	F
Age	17-18 Years	24	21.8%
	19-20 Years	74	67.3%
	21-22 Years	12	10.9%
Gender	Male-male	18	16.4%
	Female	92	83.6%
Class	2016	2	1.8%
	2017	6	5.5%
	2018	61	55.5%
	2019	23	20.9%
	2020	18	16.4%

Data Collection Method

The data collection method in this study used measuring instruments or instruments. There are four research instruments used: self-esteem scale, body image, dietary behaviour, and self-welfare. The instrument uses a Likert-type scale. The Likert-type scale is used to measure a person's attitudes, judgments, and perceptions about social phenomena (Sugiyono, 2012). The compiled scale consists of five alternative answers and is grouped into two statements: *favourable* and *unfavourable*. Five alternative answers given include Strongly Agree (SS), Agree (S), Hesitantly (R), Disagree (TS), and Strongly Disagree (STS).

In data management, validity and reliability tests were carried out on the variable scale used in the study. On the self-esteem scale, all items are declared valid with a rehabilitation value of 0.812. For the body image scale, two items fall out of 20 items with a reliability value of 0.886. On the scale of dietary behaviour, there is 1 item declared as falling out of 16 items

with a reliability value of 0.704. Then on the self-welfare scale, the results of all items are declared valid with a reliability value of 0.850.

Data analysis was carried out in this study using multiple regression analysis to determine the magnitude of the influence of the three independent variables on the dependent variable. Regression analysis is used to study how the variables consisting of two or more are interconnected; the relationship obtained is expressed in a mathematical equation that shows the functional relationship between variables. All data analysis techniques were carried out with the help of the SPSS version 25.0 computer program. Before testing the hypothesis analysis, an assumption test is carried out, consisting of a normality test and a linearity test.

Research results

The results of the descriptive test show a description of the distribution of data on FISIP students using four scales, namely the body image scale, dietary behaviour, self-welfare, and self-esteem.

Table 2. Empirical Mean and Hypothetical Mean

Variable	Empirical Mean	Hypothetical Mean	Status
Self Pride	71.69	60	Height
Body Image	56.68	54	High
Dietary Behavior	51.75	45	High
Self Welfare	59.15	48	High

Based on table 2 above, it can be seen that the general condition of the distribution of data on research subjects students of the Faculty of Social and Political Sciences, Mulawarman University. Based on the measurement results through the self-esteem scale, the empirical mean (71.69) is greater than the hypothetical mean (60) in the high category. Furthermore, measurements through the body image scale obtained the empirical mean (56.68) more significant than the hypothetical mean (54) in the high category. Then the measurement through the dietary behaviour scale obtained the empirical mean (51.75) more significant than the hypothetical mean (45) in the high category, and the last measurement through the self-welfare scale obtained the empirical mean (59.15) more significant than the hypothetical mean (48) in the high category. After that, the assumption test is carried out consisting of a normality assumption test and a linearity assumption test which can be seen as follows:

1. Assumption Test: Normality

A normality test is carried out to see deviations in the distribution of data. Normality test is done by calculating the probability value of Kolmogorov-Smirnov (Z) with a level of 0.05 (5%). The rule is that if the p-value > 0.05, then the data distribution is declared normal; on the contrary, if the p-value < 0.05, then the data distribution is declared abnormal (Santoso, 2012).

Table 3. Assumption Test Results: Normality

Variable	Z	P	Ket.
Self Pride	0.064	0.200	Normal
Body Image	0.064	0.200	Normal
Behaviour Diet	0.077	0.125	Normal
Self Welfare	0.068	0.200	Normal

Based on table 3 above, it can be seen that the test results of the assumption of normality of data distribution on the self-esteem variable get a Z value of 0.064 and a p-value of 0.200 (p > 0.05). Furthermore, the data distribution on the body image variable gets a Z value of 0.064 and a p-value of 0.200 (p > 0.05). Then, the dietary behaviour variable data distribution got a Z value of 0.077 and a p-value of 0.125 (p > 0.05). Finally, the data distribution on the self-welfare variable gets a Z value of 0.068 and a p-value of 0.200 (p > 0.05) so that the test results based on the rules show that the distribution of the data on the four scales is normal.

2. Assumption Test: Linearity

The linearity assumption test was conducted to determine the linearity of the relationship between the dependent variable and the independent variable. Linearity is a condition in which the relationship between the independent and dependent variables is linear (Santoso, 2012). The rule used is if the p-value > 0.05 and the calculated F value < F table with a level of 5%, then the relationship is declared linear (Gunawan, 2013).

Table 4. Assumption Test Results: Linearity

Variable	Fhit	Ftab	P	Ket.
Self-Pride – Body Image	1.516	2.690	0.064	Linear
Self-Pride – Diet Behavior	1.123	2.690	0.338	Linear
Self-Pride – Self-Welfare	1.696	2.690	0.031	Not Linear

Based on table 4 above, it is known that the test results for the assumption of linearity between self-esteem and body image show the calculated F value of 1.516 < F table value of 2,690. This value means an influence and p-value of 0.064 > 0.05 and can be declared linear. Then the test results for the assumption of linearity between self-esteem and dietary behaviour show the calculated F value of 1.123 < F table value of 2.690 which means that there is an influence, and the p-value of 0.338 > 0.05, which means that it is linear. However, the linearity assumption test results between self-esteem and self-welfare show that the calculated F is 1.696 < the F table value of 2.690, which means that there is an influence. The p-value is 0.031 <0.05 linear.

After testing the assumptions, the researcher then tested the hypothesis to determine the effect of body image, dietary behaviour, and self-welfare on the self-esteem of the students of FISIP, Mulawarman University. The hypothesis test consists of a complete and gradual model regression analysis test which can be seen as follows:

Table 5. Hypothesis Test ResultsAnalysis
Full Model Regression

Variable	Fhit	Ftab	R^2	P
Self Pride (Y1)				
Body Image (X1)	82.027	2.690	0.699	0.000
Diet Behavior (X2)				
Self Welfare (X3)				

Based on table 5 above, the results show that F count > F table, which means that body image, dietary behaviour, and self-welfare on self-esteem have a very significant influence with F = 82,027, R2 = 0.699, and p = 0.000. This means that the significant hypothesis in this study is accepted. Then from the results of the gradual regression analysis can be seen as follows:

Table 6. Hypothesis Test ResultsAnalysis
Model Regression

Variable	Beta	Thit	Ttab	P
Body Image (X1) Self Pride (Y1)	0.217	3.623	1.982	0.000
Diet Behavior (X2) Self Pride (Y1)	0.131	2.408	1.982	0.018
Self Welfare (X3) Self Pride (Y1)	0.688	11,336	1,982	0.000

Based on table 6 above, it can be seen that the t value > t value which indicates there is a significant effect between body image on self-esteem with a beta value = 0.217 , t count = 3.623, and p = 0.000 (p < 0.05). Then the variable of diet behavior on self-esteem can be seen in the value of t count > t table value which shows there is a significant effect with beta = 0.131, t count = 2.408, and p = 0.018 (p < 0.05). Furthermore, on the self-welfare variable on self-esteem behavior, it can be seen that the t-count > t-table value shows that there is a significant effect with beta = 0.688, t-count = 11,336, and p = 0.000 (p < 0.05).

Discussion

This study aimed to determine the effect of body image, dietary behaviour, and self-welfare on students' self-esteem at the Faculty of Social and Political Sciences, Mulawarman University. The results of the full model regression analysis hypothesis test showed that F count > F table with F = 82.027 and p = 0.000 (p < 0.05). This shows that the significant hypothesis in this study is accepted, which means that body image, dietary behaviour, and self-welfare on self-esteem have a significant influence. The contribution of the influence (R2) of body image, diet behaviour, and self-welfare is 0.699; this shows that 69.9 per cent of the self-esteem variable can be explained by body image, dietary behaviour, and self-welfare. At the same time, the remaining 30.1 per cent was explained by other factors not examined in this study.

According to Srisayekti, Setiady, and Sanitioso (2015), self-pide is a matter related to how individuals perceive and assess themselves as a whole related to academic achievement, social abilities, and overall appearance. Students feel proud when they have exemplary academic achievements, have good social skills, and have a good appearance. Good appearance is often associated with student body image so that that student body image can affect the sense of self-esteem. Students who have a good body image often receive praise for their appearance to create a sense of pride. Zhapirah and Dinardinata's (2018) research results show that a person's body image contributes to increasing a sense of self-esteem.

His satisfaction with his body strongly influences a student's body image; this is in line with the theory of Cash (2012), which states that one aspect of body image is satisfaction. So that students who are not satisfied with their body image allow these students to have bad self-esteem and vice versa. If the student is satisfied with their body image, then the student has good self-esteem. This is by Novendawati and Solistiawati's (2015) research results, who said there was a significant relationship between body image and self-esteem.

Based on the hypothesis test results of the stepwise regression analysis, body image on the self-esteem of the students of FISIP Mulawarman University showed a significant effect. The value of beta = 0.217 pieces of evidence this, t count = 3.623, and p = 0.000 (p < 0.05), which means that the better the body image, the better the student's self-esteem and vice versa, the worse the body image, the less good self-esteem. College student.

Based on the regression analysis results, dietary behaviour on self-esteem and self-esteem of students at the Faculty of Social and Political Sciences, Mulawarman University, showed a significant effect. This is evidenced by the value of beta = 0.131, t count = 2.408, and p = 0.018 (p < 0.05). This shows that dietary behaviour is one of the causes of students feeling proud of themselves.

Students who have a bad body image can trigger dietary behaviour in students; this happens because students who have a terrible body image receive insults from their social environment. This is by the theory of Meiliana, Valentina, and Retnaningsih (2018), which says dietary behaviour is an activity to regulate eating, drinking, and physical activity patterns that arise due to a stimulus from around to get an ideal body weight, which means body image. That is not good because the surrounding environment affects students' diet behaviour.

So students who have a terrible body image tend to do diet behaviour. Dephinto's (2017) research shows that 73.2% of respondents have a negative body image with unhealthy dietary behaviour, which means that a bad body image can influence students to diet. Students who do diet behaviour to get a good body image when they succeed in meeting their goals will bring up a sense of pride. So based on this description, it can be explained that dietary behaviour influences the self-esteem of FISIP students at Mulawarman University.

Then, based on table 34, the results of the hypothesis testing of the gradual regression analysis model, self-welfare on the self-esteem of the students of FISIP, Mulawarman University, shows that there is a significant effect. The value of beta = 0.688 pieces of evidence this, t count = 11,336, and p = 0.000 (p < 0.05), which means that the higher the self-welfare, the higher the student's self-esteem and vice versa, the lower the self-welfare, the lower the student's self-esteem. Students who have good self-esteem tend to have good self-acceptance. The higher the self-acceptance of students, the higher their sense of pride. This is by the research results by Wangge and Hartini (2013), the higher the self-acceptance, the higher the self-esteem.

From the description above, it can be concluded that high self-esteem can enable students to have high self-esteem; this is by Pratiwi's research (2016) that the role of self-esteem on self-welfare is quite significant, which is 52.8 per cent. So from the description, it can be explained that self-welfare affects student self-esteem.

Then, based on the results of the descriptive test, it showed the condition of the distribution of the data on the research subject in general, namely the FISIP students. Based on the measurement results through the self-esteem scale that has been filled in, the empirical mean (71.69) is greater than the hypothetical mean (60) in the high category. This shows that the research subjects are in the category with high self-esteem. The distribution of the highest frequency on the subject of this study with a range of self-esteem scale is at the high category level with a value ranging from 67-80, namely 59 respondents with a percentage of 53.6 per cent. This shows that Mulawarman University FISIP students have high self-esteem. Then on the body image scale that has been filled in, the empirical mean (56.68) is greater than the hypothetical mean (54) in the high category. This illustrates that the research subject has a body image with a high category.

The distribution of the highest frequency on the subject of this study with a range of body image scale values in the medium category with values between 48-59, 39 respondents with a percentage of 35.5 per cent. This illustrates that students of FISIP Mulawarman University have a moderate body image. Diet behaviour scale that has been filled in, the empirical mean (51.75) is higher than the hypothetical mean (45) in the high category. This shows that the research subjects have a high category of dietary behaviour.

The distribution of the highest frequency in the subjects of this study with a range of values on the dietary behaviour scale is a high category with values between 50-60, namely 51

respondents with a percentage of 46.4 per cent. This illustrates that students of FISIP Mulawarman University have high dietary behaviour.

Furthermore, the self-welfare scale that has been filled in, the empirical mean (59.15) is greater than the hypothetical mean (48) in the high category. This proves that the research subject has a high self-welfare category. The distribution on the subject self-welfare scores in the high category with a value of 53-64, 53 respondents or 48.2 per cent. This proves that the students of FISIP Mulawarman University have a high level of self-welfare.

Based on the discussion of the research results that have been described above, it can be concluded that body image, dietary behaviour, and self-welfare influence the self-esteem of students of FISIP, Mulawarman University.

Conclusion

Based on the research that has been done, it can be concluded. First, there is a significant influence between body image, dietary behaviour, and self-welfare on self-esteem in the students of Fisip Mulawarman University. Second, there is a positive and significant effect between body image and self-esteem on students of the Faculty of Social and Political Sciences, University Mulawarman. Third, there is a positive and significant influence between dietary behaviour and self-esteem on students of the Faculty of Social and Political Sciences, Mulawarman University. Finally, there is a positive and significant influence between self-welfare and self-esteem on students of the Faculty of Social Sciences, Mulawarman University.

Suggestions for students are expected to have good self-esteem to improve their quality in lectures by having a good body image, healthy dietary behaviour, and high self-esteem. Suggestions for further researchers interested in researching self-esteem should study more broadly the aspects and factors that can affect self-pride. So that further researchers are expected to find better findings from the research that has been done.

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