The Differences in Body Image in terms of Gender, Cultural Background, and Students Admission Path

Verlana Yuca¹*, Triave Nuzila Zahri², Elrisfa Magistarina³
¹,²,³Universitas Negeri Padang
*Corresponding author, e-mail: verlana@konselor.org

Abstract
As a part of physiological needs, human physical appearance is considered an essential part of people's lives. That integral part determines the formation of body image in the community. Body image is a mental picture of the body state. The development of student body image is not well-formed, so that it affects their life. In the lecture process, students tend to be inactive and have low self-esteem, which impact student life. Some factors that affect the body image are gender, cultural background, and the admission way. This study aims to describe the body image in terms of gender, cultural background, student’s admission way, and the group's interaction. This study used a descriptive comparative method with 600 samples—the data collection using Yuca Puji Body-Image Inventory (YPBI) and ANOVA as an analyzing tool. The result shows significant differences in body image in terms of gender, cultural background, and admission. The results of this research can prove that student can develop body image in a positive direction. This result of the study will be used as a basic concept to determine a body image module.

Keywords: Body Image; Gender; Cultural Background; Student’s admission way


Introduction
A finding initiated from previous research reveals a picture of the body image of students at Padang State University, in which it showed an overall view of the level of body image of students in 2019, which on average was high (78.35%) (Yuca & Handayani, 2019). The body image depicted is an aspect of a person's psychological and interpersonal development that can affect adolescent self-esteem in general (Cash, 2002; Cash & Pruzinsky, 2002; Chaplin & John, 2010; Orth & Robins, 2014).

Body Image is an aspect related of psychological development and interpersonal relationships in adolescents (students) (Denich & Ifdil, 2015). Display orientation, both men and women pay more attention to appearance, especially the physical body, compared to other aspects of human life (Gunarsa, 1991; Winarni, 2015; Perloff, 2014). One of the developments in body image that a person forms is related to gender; There are differences in body image between men and women.

A positive body image will make adolescents feel comfortable with their body condition and have higher self-confidence in social relationships with other people. The development of negative body image result from various factors, including body mass, social comparisons, and conversations about appearance with peers (Fortman, 2006; Perloff, 2014). The development of negative body image results in adolescents’ dissatisfaction with their physical condition and is correlated with low self-esteem, resulting in decreased self-confidence in adolescents. Furthermore, viewed from gender, body image can also be formed from local environmental conditions/traditions, particularly in the local culture and how other people value the body they have (Hurlock, 1978; Hurlock, 2001; Comaroff, 2013). In addition, someone's acceptance of a specific environment also affects body image.

The development of body image that occurs to everyone is usually different (Wertheim & Paxton, 2011; Tylka, 2018). This difference can be seen in the higher education environment, which reveals the difference in
body image between students who enter the SBMPTN, SNMPTN, and Mandiri (Yuca & Handayani, 2019; Paxton & Damiano, 2017). Students who enter the SBMPTN have higher body image than those who take other entry paths. This difference occurred since the SBMPTN entry route is for students who pass written examination passing score which is held simultaneously by all state universities in Indonesia. On the other hand, the selection for admission to the SBMPTN uses students’ high school report cards and the Independent Track students are selected and carried out by having writing tests at college. Based on the background problems above, results of this study will be described in further detail. The research study is related to the description of the student body image and differences in terms of gender, cultural background, and entry paths of students at the State University of Padang.

**Method**

**Participants**

The research population was all Padang State University year 2017 students from all faculties. Samples were taken by considering the science groups of each faculty using Simple Random Sampling. The total sample size was 600 respondents, with 75 respondents in each faculty.

**Measurement**

The stated product characteristics required an assessment instrument to reveal the data in this study. The instrument used was Yuca Puji Body-Image Inventory (YPBI) was made from 2019 with a total of 42 items. Weighing the experts and testing several respondents, the total was 36 items was a Likert scale model questionnaire about body image.

**Data Analysis**

Data analysis used a comparative descriptive statistical approach. It is necessary to do it using a different test analysis using the SPSS data processing program version 20 to find out more about the results of assessment with regard to the research product being developed.

**Results and Discussion**

The body image of UNP students is on average in the high category. This section will describe the differences in body image of UNP students in some perspectives: gender; Men and women, cultural backgrounds; Minang and Non-Minang, and the admission way to enter the university; SBMPTN, SMNPTN, Mandiri.

a. **Body image from Gender Perspective**

   Based on the data collected, there is an overview of the body image of UNP students, both male and female. The percentage description of the number of male and female respondents can be seen in Graph 1 below.

   ![Graph 1. Overview of the Number of Respondents in terms of Gender](image)

   Graph 1 shows the number of male and female respondents, in which more than 60% of the percentage is male students. Furthermore, based on the percentage of the number of students above, the differences in student body image in terms of gender will be examined which can be seen in the following table.
Table 1. Test Results for Body Image Differences in terms of Gender

<table>
<thead>
<tr>
<th></th>
<th>Levene’s Test for Equality of Variances</th>
<th>t-test for Equality of Means</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>F</td>
<td>Sig.</td>
</tr>
<tr>
<td>Body Image</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Equal variances assumed</td>
<td>2.381</td>
<td>.123</td>
</tr>
<tr>
<td>Equal variances not assumed</td>
<td>5.509</td>
<td>.000</td>
</tr>
</tbody>
</table>

Based on Table 1 above, with a significance of 0.000, which means that it is small from the significance level of 0.05, there is a significant difference in student body image between men and women. These results reveal that men have a higher body image than women.

b. Body image from cultural background perspective

Furthermore, the percentage description of the number of respondents in terms of cultural backgrounds; Minang and non-Minang can be seen in Graph 2 below.

Graph 2 shows the number of students between Minang and non-Minang cultural backgrounds, more than 75% of students comes from Minang backgrounds compared to students coming from non-Minang cultural backgrounds. Furthermore, based on the percentage of the number of students above, the differences in student body image will be examined in terms of cultural backgrounds which can be seen in the following table.

Table 2. Testing Results of Body Image Differences in terms of Cultural Background

<table>
<thead>
<tr>
<th></th>
<th>Levene’s Test for Equality of Variances</th>
<th>t-test for Equality of Means</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>F</td>
<td>Sig.</td>
</tr>
<tr>
<td>Body Image</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Equal variances assumed</td>
<td>1.581</td>
<td>.209</td>
</tr>
<tr>
<td>Equal variances not assumed</td>
<td>.340</td>
<td>.735</td>
</tr>
</tbody>
</table>
Based on Table 2 above, with a significance of 0.711, the size of the 0.05 significance level means that there is no significant difference in students’ body image from Minang and non-Minang backgrounds. These results reveal that the student body image is not influenced by cultural backgrounds, either Minang culture or Non-Minang culture.

**c. Body image from Admission way to the university perspective**

Furthermore, the percentage description of the number of respondents in terms of tertiary entry pathways; SBMPTN, SNMPTN, and Mandiri can be seen in Graph 2 below.

Graph 3. Overview of the Number of Respondents in terms of Pathway to College Entry

Graph 3 shows the number of respondents between the SBMPTN, SNMPTN, and Independent pathways, more than 40% of the number of students are who enter the SBMPTN route. Furthermore, based on the percentage above, the differences in student body image will be examined in terms of tertiary entry pathways which can be seen in the following table.

<table>
<thead>
<tr>
<th></th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between Groups</td>
<td>656.715</td>
<td>2</td>
<td>328.357</td>
<td>.787</td>
<td>.456</td>
</tr>
<tr>
<td>Within Groups</td>
<td>210200.611</td>
<td>504</td>
<td>417.065</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>210857.325</td>
<td>506</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Based on Table 3 above, with a significance of 0.456, the size of the 0.05 significance level means that there is no significant difference in student body image in terms of tertiary entry pathways through SBMPTN, SNMPTN, or Mandiri. These results reveal that students who enter the SBMPTN pathway have a higher body image than students who enter the SNMPTN and Independent pathways.

**Discussion**

Based on the findings above, body image in three perspectives, namely gender, cultural background, and pathway to college, have significant differences in gender aspect only. Body image in cultural background and pathways to higher education viewpoint do not have significant differences.

The main aspect of self-concept is body image, which is an individual’s awareness and acceptance. Body image development depends on social relationships and is a long and often unpleasant process because projected body image is not always positive. Many things influence a person’s body image development. The factors that influence the development of body image are gender, age, mass media, family, and interpersonal.

Gender is the most crucial factor in developing a person’s body image (Nourmalita, 2016; MacNeill, Best, & Davis, 2017; Gattario & Frisén, 2019). Some studies done state that women view body image more negatively...
than men (Brown, Cash, & Lewis, 1989; Cash & Brown, 1989; Davison & McCabe, 2006; Demarest & Allen, 2000; Hubley & Quinlan, 2005; Rozin & Fallon, 1988; Cameron, Ward, Mandville-Anstey, & Coombs, 2019). Men want to look masculine because they want to be more confident in front of their friends and follow the current trend. Meanwhile, women want to have an ideal and thin body to attract the attention of their environment. The efforts made by men to make the body more muscular are influenced by images in the mass media showing a male model who is muscular and muscular. Meanwhile, women tend to lose weight due to articles in women’s magazines which often make promotional articles about weight loss (Andersen & DiDomenico, 1992; Bassett-Gunter, McEwan, & Kamarhie, 2017).

The next factor that influences the development of body image is age (Riaz, 2018). At the stage of adolescent development, body image becomes important (Papalia, Olds, & Feldman, 2003). This play role on teenagers’ excessive effort to control weight, which happens a lot in girls than boys. One of the psychological aspects of physical changes at puberty is that adolescents pay great attention to their bodies and build their own image of how their bodies look like (Sanrock, 2007; Ahadzadeh, Sharif, & Ong, 2017). Unstable physical and emotional changes often lead to body image dissatisfaction among young women. According to Erik Erikson’s (1963) theory of developmental phases, adolescence enters the Identity vs Identity Confusion phase which begins at puberty and ends at the age of 18 or 20 years (Nelson, Kling, Wångqvist, Frisen, & Syed, 2018; Crocetti, 2018).

Adolescents experience significant physical changes in their bodies during puberty, so that when their late teens experience different perceptions of their respective body image (Croll, 2005). Body Image itself is a multidimensional construct that reflects how individuals think, feel and behave about individual physical attributes (Cash, 2002; Cash & Pruzinsky, 2002; Irvine, McCarty, McKenzie, Pollet, Cornelissen, Tové, & Cornelissen, 2019).

Furthermore, body image, which is viewed from a cultural background, follow the study results, which did not find a significant difference between students with Minang and non-Minang backgrounds. In theory, sociocultural is also a component in the development of a person’s body image. Factors that influence body image include (1) other people’s reactions, (2) comparison with other people and cultural ideas, (3) identification of other people, and (4) sociocultural factors.

Several theories and research results have revealed that social and cultural factors have a strong influence in shaping, developing, and maintaining body image problems in society. The sociocultural theory states that society determines what is beautiful and attractive according social standard of the society (Thompson & Heinberg, 1999). cultural norms have a role in influencing the development of behavior and attitudes related to body image.

**References**


(The Differences in Body Image in terms of Gender, Cultural Background, and Students Admission Path)
Tylka, T. L. (2018). Body Image: Celebrating the past, appreciating the present, and envisioning the future.