

THE EFFECT OF BODY IMAGE AND PEER SUPPORT WITH SELF- ACCEPTANCE MANAGEMENT STUDENT UNIVERSITY X

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ABSTRACT

This study aims to examine the effect of Body Image and Peer Support on Student Acceptance of Management Study Program, University of Muhammadiyah Gresik. Individuals who have good self-acceptance are individuals who are able to accept their condition as they are. Peer support is a very important thing to help increase one's Self-acceptance. This research uses quantitative. The data obtained using a scale of body image (X1), peer support (X2), self-acceptance (Y) with the number of subjects 101 active female students of Management Study Program, Muhammadiyah University of Gresik. The analysis used is multiple linear regression analysis. The results of the analysis show that H1 is accepted and H0 is rejected, which means that body image as the independent variable have an effect on variable that is self-acceptance with a significance value of $0.002 < 0.05$ and H2 is accepted and H0 is rejected, which means that peer support as the independent variable have an effect on dependent variable that is self-acceptance with a significance value of $0.000 < 0.05$. The linear regression equation used to predict the effect of Body Image and Peer Support on Self-acceptance, $Y = 35.590 + 0.276X1 + 0.443X2$. The regression coefficient test is seen in the sig column or the significance of the independent variables is 0.02 and 0.000 and the constant is 0.000, which means that H3 is accepted and H0 is rejected, which means that there is an influence between body image and peer support on self-acceptance of Female Students in Management Study Program, Muhammadiyah University of Gresik. and value R Square 0,217 meaning body image and peer support influence self acceptance equal to 45,8%, while the rest 54,2% influenced by other variables.

Keywords: Body Image, Peer Support, Self-Acceptance

1. INTRODUCTION

For a woman, especially a student, looking attractive is very important. It is important for women to show an appearance that can attract the attention of others or in other words look perfect. Most people perceive a perfect woman as a woman who has a beautiful face, has a slim body, height and ideal body (Gilbert & Thompson; 2002, Newell; 2000 & Rumsey & Harcourt; 2003). But in fact, the definition of a perfect woman depends on how the individual perceives it. A person's desire to appear perfect in front of many people can cause a concern. This usually causes the individual to be less accepting of himself, he always tries his best to look attractive, various things are done to change his physical condition and appearance. For him, an attractive physical appearance will determine the impression that forms him and determines how he relates to other people. (Willis, 2005).

Based on the results of the above interviews conducted by researchers with five undergraduate students of Management Study Program, it was found that there was a problem with self-acceptance, which according to the interview above, some of the female students found it difficult to accept their own condition. These include students feeling that their body condition is not in accordance with the ideal level in their opinion. Appearance is also an important part for students to be able to accept themselves, when the appearance that appears is not representative of the latest model or follows existing trends in general, some students are less able to accept these conditions. When physical defects are considered less attractive, and beautiful to look at, some other students also still find it difficult to accept when they are criticized by others, some of them say that they can rise up in accepting their condition because they get positive support from her friend.

Research conducted by Hasmalwati (2017) which shows that body image affects self-acceptance. The more positive the individual's body image, the higher the level of self-acceptance. Based on research conducted by Aprilia (2008) there is a significant relationship between adolescent self-acceptance of physical appearance and interpersonal communication skills. In addition to the research conducted by Zulfa (2009), it is known that teenagers who were initially in normal physical condition then suddenly had an accident and were declared to be blind. They experience rejection in their new condition, such as anger, depression, and then can only accept the reality they have. This self-acceptance is volatile and unstable. Especially when there are problems that cannot be resolved and there are negative thoughts about the situation. The influence of peer support on self-acceptance has been strengthened by several previous studies that have been carried out, therefore researchers can describe them to be used as comparisons for research that is being carried out, including research conducted by Widowati (2018) which shows that there is a positive relationship between social support and its effect on self-acceptance. The higher the peer social support an individual has, the higher the level of self-acceptance. Research conducted by Ningsih (2019) that there is a relationship between peer support and self-acceptance. This means that the higher the support given by peers, the higher the level of self-acceptance that the individual has.

Seeing the problems that exist in college students related to the problem of conflict of self-acceptance with body image and peer support. For further discussion on the effect of body image and peer support on self-acceptance, a research is needed, so that it can be known empirically and according to theory, with the hypothesis:

H1: There is an effect of body image on self-acceptance in X University students

H2: There is an effect of peer support on the level of self-acceptance of student University X .

2. RESEARCH METHODS

This research design uses a quantitative approach. According to Sugiyono (2017:35-36) that quantitative research methods are methods used to examine certain populations or samples, data collection uses research instruments, statistical data analysis to test a specified hypothesis. The quantitative approach is carried out through a survey method, namely filling in the scale by research subjects. Variabel dalam penelitian ini adalah penerimaan diri (variabel dependen), body image (variabel independen 1), and dukungan teman sebaya (variabel independen 2).

The research subjects were 101 students of the management study program at University X. The sampling technique in this study was Non-Probability sampling, namely incidental sampling, which means determining the sample based on chance, i.e., who is met by chance by the researcher and is deemed to fit the research criteria, so it can be used as a sample. (Sugiyono, 2011:67). The instrument used is the self-acceptance scale based on Sheeher's theory which has been modified by Berger (1955), the research instrument for the Body Image variable was made by the researcher based on the theory proposed by Cash and Puzinsky (2002) and the peer support scale is a measuring instrument compiled by the researcher based on The following aspects have been proposed by Sarafino (2011). The analysis in this study uses multiple linear regression analysis. The statistical analysis process used in this study uses the IBM Statistical Program for Social Science (SPSS) for windows version 25.0 computer program.

3. RESULT AND DISCUSSION

3.1. Research Data Reliability

The self-acceptance scale shows the Cronbach's Alpha coefficient of 0.897. The Body Image scale shows the Cronbach's Alpha coefficient of 0.876 while the peer support scale shows the Cronbach's Alpha coefficient of 0.929. Based on the results of the reliability coefficient, the reliability of the self-acceptance scale data, body image scale data, and peer support scale can be said to be good (Azwar, 2015:98).

3.2 Description of Research Data

This research was conducted on 101 students with predetermined criteria, namely students of the University X management study program who are married. Research data collection takes place in November 2020

3.3 Hypothesis test

The results of data analysis using simple linear regression analysis and sub-group analysis are as follows:

Table 1. Hasil Uji Regresi Linear Berganda

Model	R	R Square	Sig
1	0.677	0.458	,000

a. Predictors: (Constant), KONFLIK

The results of data analysis from multiple regression analysis techniques obtained R Square of 0.458 or in other words there is a 45.8% influence of Body Image and peer support variables on self-acceptance while 54.2% is influenced by factors not examined.

It is known that the t value of the body image variable $>$ t table ($3.219 > 1.98$) and the significant value of the body image variable $<$ from 0.05 ($0.002 < 0.05$) then H1 there is an influence between peer support on self-acceptance, which means there is a body image variable that influences self-acceptance. So it can be concluded that body image partially affects self-acceptance. This is in line with research conducted by Oktavinandia (2020) proving that body image has a significant positive influence on fashion model self-acceptance, the higher the body image, the higher the level of self-acceptance.

It is known that the t value of the peer support variable > t table (6.317 > 1.98) and the significant value of the peer support variable is (0.000 < 0.05) then H2 is accepted, which means that there is an influence between peer support on self-acceptance. So it can be concluded that the peer support variable partially affects self-acceptance. This is in line with research conducted by Vizza and Ningsih (2019) which showed that peer support contributed to the self-acceptance of orphaned adolescents in orphanages.

Table 2. Simple Regression Linear Regression Coefficient Test Results

Variabel	Unstandardized Coefficients		T	Sig.	
	B	Std. Error			
1	(Constant)	35.592	7.292	4.881	.000
	<i>Body Image</i>	.276	.086	3.219	.002
	Dukungan Teman Sebaya	.443	.070	6.317	.000

In the table, it is known that the significant value of body image is (0.002 < 0.05) and the t value of body image count > t table (3.219 > 1.98) and then H1 is accepted and H0 is rejected. This means that body image partially affects self-acceptance.

Based on the table above, it is known that the significant value of the peer support variable is (0.000 < 0.05) and the t value of the peer support variable > t table (6.317 > 1.98) and the obtained value means that H2 is accepted and H0 is rejected, meaning that support peers partially affect self-acceptance.

An individual who has good self-acceptance will have a positive attitude in dealing with various life problems. Individuals who have good self-acceptance will accept and acknowledge all the shortcomings and strengths that exist in themselves, including good and bad traits and have a positive view of their past and their condition. Support from friends is also very important in self-acceptance of an individual where the above shows the influence between body image and peer support on self-acceptance, this is supported by calculations through SPSS.

The higher the support given by friends, the higher the level of self-acceptance in a person. According to Rook (Smet, 1994) social support is one of the functions of social ties where its functions include emotional support, encouragement to express feelings, providing advice and information and providing material assistance. Support from peers also plays a role in student self-acceptance. The feeling of being accepted by their friends causes students to feel safe because they feel they get support and attention for themselves. A person's ability to get along with the community will be very easy for the individual, so that someone feels satisfied with himself and his environment.

Multiple linear regression equation can be formulated as follows:

$$Y = a + b_1X_1 + b_2X_2$$

Y` : Predictive value of dependent variable (Economic profitability)

a : A constant, i.e. the value of Y` if X1 and X2 = 0

b₁, b₂ : Regression coefficient, namely the value of the increase or decrease in the Y` variable based on the X1 and X2 variables.

X₁ : Independent Variable (*Body Image*)

X₂ : Support Variable (Teman Sebaya)

$$Y = 35,590 + 0,276X_1 + 0,443X_2$$

This multiple linear regression equation is used to predict the effect of Body Image and Peer Support on Self-Acceptance, based on this multiple regression equation it can be stated that for every 1% addition to the Body Image value, the Self-Acceptance value increases by 0.276 and for every 1% addition the value of Peer Support then the value of Self-Acceptance increases 0.443. The regression coefficient test is seen in the sig column or the significant independent variable is 0.002 and 0.000 and the constant is 0.000. Hal ini bertolak belakang dengan penelitian yang dilakukan oleh Amsar (2018) yang menyatakan bahwa terdapat perbedaan yang signifikan mengenai stres kerja antara laki-laki dan perempuan. Jenis kelamin pada penelitian ini bukan sebagai variabel moderat yang berarti tidak memperkuat atau memperlemah pengaruh antar tingkat konflik peran ganda terhadap tingkat stres kerja pada pegawai Universitas X, hal tersebut bisa terjadi karena dapat dipengaruhi oleh beberapa hal, seperti: ideologi gender (Mufidah, 2013), jumlah sample yang tidak seimbang antara perempuan dan laki-laki (Singarimbun & Effendi, 1987:150), karakteristik pekerjaan dosen ataupun tenaga kependidikan (Fiddaraini, dkk., 2016).

4. COCLUSIONS

Based on the discussion above, it can be concluded that H1 and H2 are accepted so that there is a significant positive effect of body image and peer support on self-acceptance. This means, an individual who has good self-acceptance will have a positive attitude in dealing with various life problems. Individuals who have good self-acceptance will accept and acknowledge all the shortcomings and strengths that exist in themselves, including good and bad traits and have a positive view of their past and their condition, and the better the support provided by the surrounding environment will make a person feel better. Individuals can accept their condition as it is.

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