THE EFFECT OF SOCIAL SUPPORT, SELF-ESTEEM AND BIG FIVE FACTORS PERSONALITY TRAITS ON THE BODY IMAGE OF PEOPLE WHO HAVE LARGE BODIES

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Abstract:

Being overweight is a common problem for both men and women. Many factors influence how a person perceives the body image. The purpose of this study is to measure the effects of self-esteem, social support and big five factor personality traits on a person's body image, especially for people who have large bodies. Respondents of this study are people who have large bodies; the selection criteria was based on the calculation of body mass index, which included them in the weight category (overweight or obese) and the age category (late adolescence, early adulthood and middle age) by using the non-probability sampling techniques. The research instruments used in this study were the scale of social support, the scale of self-esteem, the scale of the personality type with the Big Five Inventory (BFI) measurement and the body image scale using the Multidimensional Body-Self Relation Questionnaire (MBSRQ); while the analytical method used is multiple regression analysis. The results showed that there was a positive correlation between self-esteem and body image. Only the conscientiousness domain has a significant influence on one's body image.

Keywords: self-esteem, social support, big five factor, body image

1. Introduction

The results of the study conducted by *Christopher Murray Institute for Health Metrics and Evaluation* (IHME) University of Washington's in 2013, published in the *The Lancet* journal, stated that weight problems were the biggest health epidemic in the world, almost 30 percent of the population are now obese. The Record of the Ministry of Health mentions that Indonesians who are overweight reach 40 million. Based on the main

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results of the Basic Health Research (Riskesdas) of the Ministry of Health of the Republic of Indonesia in 2018, stated that the proportion of overweight and obesity in adults (> 18 years) from 2007-2018 continued to increase, 13.6% for overweight and 21.8% for obesity. According to Atkinson (1999), obesity is usually more common in women than in men. This is shown in accordance with data from the results of the Basic Health Research (Riskesdas) of the Ministry of Health in 2013, which stated that there was an increase in the prevalence of obesity in terms of gender. The prevalence of obesity rates in women is at 32.9%, while the prevalence in men is at 19.7%. The data show that those who are overweight or obese are more common in women than men. Likewise, according to the results of a survey conducted by the Center for Disease Control and Prevention in Thompson (1996), it was found that in adults, 38% of women and 24% of men tried to lose weight.

Having a large body is certainly not someone's desire. Negative views that arise in the community, often makes people with large bodies feel uncomfortable in their environment. It is evident that in a society, having a large body is still associated with incompetence, susceptible to various diseases, ugly, and slow which in turn makes people with large bodies feel less confident so that they cannot maximize their potential. A variety of negative views from the community, regarding this large person who then aroused the attention of a handful of people who also have large body size to change that view. With the holding of a talent search event "Miss Big", where the entire participants are people with large bodies. Various kinds of talents possessed by people with large bodies are displayed in this event. This is intended to change the negative view of the people about people with large bodies. Strengthened by the statement of the founder of the Xtra-L community, Ririe Bogar on the review of "Kick Andy" show (January, 2010) which stated that "*It is a big mistake if today the mindset is still struggling with such problems!*". The statement denies the notion of the public that people with large body shapes are synonymous with not good, not confident, unhealthy or susceptible to various diseases and cannot appear fashionable.

A talent search event for people with large bodies can be expected to provide *social support* to its members in order to build a positive *body image*. With the fulfillment of social support for each individual, indirectly, this also affects the appreciation of oneself or *self-esteem* in that person. Which ultimately, affects a person's *body image*.

Someone who has high *self-esteem* will develop a positive evaluation of his body, but on the contrary, someone who has low *self-esteem* will increase the negative *body image* (Cash & Pruzinsky, 2002). As stated by Thompson and Altabe (1991), who found a significant correlation between *self-esteem* and *body image*.

In addition to the fulfillment of social support and also how *self-esteem* in a person, it also depends on the characteristics of a person's personality or *personality factors*. The *personality factors* referred to in this study are personality traits in the *Big Five Factors* which consist of 5 dimensions, including *Neuroticism, Openness to Experience, Agreeableness, Extraversion*, and *Conscientiousness* (Costa & McCrae, 1997). *Social support* that comes from the surrounding environment has a significant role in terms of *self-esteem*

in a person. Especially for people with a large body. However, this also depends on one's personal characteristics.

2. Literature Review

Body image is a person's perception on his physical appearance. *Body image,* according to Thompson (1990), is an evaluation of body size, weight or other aspects of the body that determine physical appearance. A healthy *body image* occurs when a person feels a positive value about his body condition. A positive *body image* will increase one's *self-worth* (Adams, in Febrinita, 2009), increase *self-confidence*, and emphasize identity in others and themselves (Rodin, 1993).

A positive *body image* is needed by someone to build *self-esteem* and personal confidence and to create a sense of comfort in the state of the body itself. *Self-esteem* is the most valuable point in one's self. The size of one's *self esteem* depends on how the person respects and respects himself. Whereas negative *body image* will make someone feel frustrated and embarrassed (Rodin, in Marina, 1997), reduce *self-esteem* and self-worth (Simmons et al, in Febrinita, 2009), and cause depression and eventually cause disruption on eating (Koenig et al, in Febrinita, 2009).

The instrument used to measure *body image* in this study is the Multidimensional Body Self Relations Questionnaire (MBSRQ) questionnaire which was first developed by Thomas F. Cash in 1989. MBSRQ is one of the most comprehensive instruments for measuring various components of *body image* from elements cognition, affection and behavior (Thompson, 1996).

Social support is operationally defined by Gottlieb (1983) as verbal or non-verbal information, advice, real help or behavior provided by a network that is familiar with the subject in its social environment or in the form of attendance and things that can provide emotional benefits or affect the behavior of the recipient.

According to Morris Rosenberg (2001), *self-esteem* is concerned with an assessment given by an individual to himself, both positive and negative. This assessment is then expressed in the form of attitudes toward him, whether he accepts or rejects himself. In making judgments, one also takes into account how other people value himself. While the *Big Five* personality *trait*s are an approach used in psychology to see the human personality through traits arranged in five personality domains that have been formed using factor analysis. The five personality traits are *extraversion, agreeableness, conscientiousness, neuroticism, and openness to experiences.*

3. Methods of Research

3.1 Research Subject
The population in this study were people who have large bodies with *overweight* and *obese* categories in accordance with the *body mass index*. With other characteristics, namely the

age included in the category of late adolescence, early adulthood and middle adulthood. The number of samples in this study were 140 people.

3.2 Sampling Technique

The technique used in this study is *non probability sampling*. *Non probability sampling* is where each individual does not have the same opportunity to be chosen as a sample because the researcher chooses the sample based on the characteristics that have been previously set.

3.3 Research Instrument

The instruments used in this study consisted of 4 scales, namely *social support, self-esteem, big five inventory* and *body image*. Scale of social support made based on Gottlieb's social support theory (1883). The items on this scale are based on five dimensions namely instrumental support, *emotional support*, appreciation support (*esteem support*), informational support and companionship support. The *Self-esteem* scale in this study uses a Likert scale model. This standard scale consists of 10 items made by Rosenberg (1965). To measure *Body image*, a scale was adopted from the *Multidimensional Body-Self Questionnaire* (MBSRQ) Scale which was first developed by Thomas F. Cash in 1989. MBSRQ measures three somatic domains, namely *appearance, fitness* and health (health/illness) which is divided into seven subscales. In addition to these three domains, there are still special subscales that measure *body areas satisfaction*, scale over anxiety (*overweight preoccupation scale*) and self-classified weight scale.

If we look at the 6th column from the left it is known that ($p < 0.05$), then the null hypothesis which states that there is no significant effect of all independent variables on *body image* is rejected. It means that there is a significant influence from *social support, self-esteem, neuroticism personality trait, extraversion, agreeableness, openness to experience, conscientiousness*, gender and age to *body image*.

4. Discussion

From the results of the study, there is an influence between *self-esteem* on *body image* with the regression coefficient value of 0.351 with a significance of 0.000 ($p < 0.05$) which means that the variable of *self-esteem* positively affects body esteem and is significant. So, the higher the *self- esteem*, the higher the *body image*. The results of this study are in line with those stated by Thompson and Altabe (1991) who found a significant correlation between *self-esteem* and *body image*. It is said that someone who has high *self-esteem* tends to have a positive view of his *body image*. This is also in line with what was obtained by the researcher when interviewing several people with large bodies before, those who have high *self-esteem* tend to have a positive outlook on their bodies. They do not consider that their big body size will be an obstacle in carrying out their daily activities. From the results of this study, it is also found that the score of categorizations of *self-esteem* in people with large bodies is included in the low category which shows that *self-esteem* in

people who are big is low. So, actually in this study most people have low *self-esteem* which influences how they value their *body image*.

In addition, the *conscientiousness* domain also has a significant effect on *body image* based on the regression coefficient of 0.194 with a significance of 0.028 (p < 0.05) which means that the domain of conscientiousness positively affects *body image* and significance. The results of this study are in line with the results of a discussion from the journal entitled "*Relationship Between self-esteem, Personality Characteristics, and Body image*". It was concluded that there was a positive correlation between *Self-esteem* and *Agreeableness*, *Conscientiousness*, and *Neuroticism*. People with conscientiousness personality types have a picture as someone who is organized, planned, ambitious, has control of the environment, always thinks before acting and has a value of cleanliness. These characteristics are related to how one tries to see himself as more positive. It is this characteristic that can be said to be contrary to the "laziness" nature which shows that people with personality traits of *conscientiousness* are better at maintaining their body condition compared to other personality trait characteristics. Based on the score of the *conscientiousness* categorization in this study, it was found that the score of the categorization of *conscientiousness* was included in the low category, which meant that only a few people who were big in this study had a tendency towards *conscientiousness* personality characteristics.

The insignificance of other domains from the other four personality traits shows that there is no relationship between personality traits and *body image*. This is consistent with what is presented in the article "*The Relationship Between Personality Traits, Body image and Eating Behavior in College Females*" which states that there is a negative correlation between several personality traits such as *neuroticism* and *extraversion* with *body image*.

Furthermore, the *social support* variable does not have a significant effect on *body image*. With a regression coefficient of 0.058 with a significance of 0.493 (p > 0.05). The social support referred to in this study is the support of people around in everyday life. According to researcher, this situation is not significant because the change in negative views towards person with a large body is becoming more positive. Most people no longer consider their big body size to be a problem in everyday life. In addition, from the point of view of person with a large body today, they are more appreciative and positive about themselves because they believe they have the same potential as normal body-sized people.

Based on the results of the study, the general picture of the research subjects was at most 22-40 years old which was categorized as early adulthood which was equal to 64.3%. This is in accordance with the theory of Milne Home (1998) which says that in adulthood is also susceptible to the problem of *body image*, this is because in adulthood a person has a higher fat content and causes weight gain.

In addition, the sex that contributed the most in this study was women, which was as much as 60%. This is in line with the research revealed by Thompson (in Thompson,

1996) who found the fact that femininity correlates significantly with perceptions of the importance of appearance, while masculinity and androgyny are not correlated.

The results of this study are also influenced by variables outside of the variables studied. Possible other variables are the influence of mass media, ridicule from peers and genetic factors. Mass media which is one of the factors that influence *body image* has a considerable role in the satisfaction of one's *body image*. Mass media is a tool that can capture various information about knowledge, entertainment socialization, and even give sponsors the opportunity to advertise their products, although ideal body standards are not only promoted by mass media, but the popularity of television, film and magazines has directed the media as communicators influential in that matter. Thus, the results of the presentation of the discussion from this study, of course, this research may still be developed further.

For further research that raises a theme similar to this research, it is expected that the authors include research variables other than the variables contained in the *independent variable* of this study, especially the variables related to social support and *self-esteem*. In addition, further research can also include variables from other factors that influence *body image* such as the influence of mass media, the influence of ridicule and genetic or family factors so that it can enrich the literature review and can see more broadly the variables that can affect *body image*.

5. Conclusion

Based on the results of the R square and ANOVA tables, it can be seen that overall *social support*, *self-esteem* and the *big five factor* (IV) personality *traits* affect *body image* by 50% and its significance is 0,000 ($p < 0.05$). The results of the analysis of research data on minor tests, the conclusions that can be explained from this study are that there are two variables from the overall independent variables from *social support*, *self-esteem* and the *big five factor* personality *trait*s that have a significant influence on *body image* in person with a large body, among others *self-esteem* and one variable from the *big five factor* personality *trait*s, namely conscientiousness.

Thus, there are only two minor hypotheses that are accepted, namely there is a significant influence between *self-esteem* on *body image* in person with a large body and there is a significant influence between *conscientiousness* personality trait on *body image* in a person with large body.

In addition, to find out which variables predominantly affect DV, it can be seen through two things, namely significant and large standardized coefficients (beta). In this study, the IV sequence starts from the biggest influence, they are *self-esteem* and *conscientiousness*.

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