



Celebrity worship and body image satisfaction: An analytical research among adolescents in Tangerang Indonesia

Shieva Nur Azizah Ahmad^{1*}; Apriyati Kristiutami²

^{1,2}University of Muhammadiyah Tangerang

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ABSTRACT

The activities of the Idol are many found in teenagers, as a form of self-seeking. The youth can adore it to emulate his idol, so as to desire like someone in his idol. Research objectives to find out if there is an idol-like behavior relationship with the satisfaction of body image in adolescents. This type of research using a cross-sectional research method with a sample of 126 respondents. Sampling techniques using purposive sampling. The results of this study used the Chi-Square statistical test. The results of this study showed that respondents who experienced the behavior of imitating as much (50.8%) And who experienced the worshipping behavior (49.2%), while respondents who had dissatisfied body image (58.7%) and satisfied body image (49.3%). The results of a statistical test of Chi-Square p Value 0.001 (p less than 0.05) so that there is a behavioral relationship with body image satisfaction in teenager vocational high school in Tangerang. It is hoped that the study of teenagers who have idols can control the behavior of the idol to increase the satisfaction of his body image to be positive.

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Perilaku mengidolakan dan kepuasan citra tubuh: Riset analitik pada remaja di Tangerang

ABSTRAK

Kegiatan pengidolakan banyak ditemukan pada remaja, sebagai bentuk pencarian jati diri. Remaja dapat memuja hingga meniru idolanya, sehingga berkeinginan seperti seseorang diidolanya. Tujuan penelitian untuk mengetahui apakah ada hubungan perilaku seperti idola dengan kepuasan citra tubuh pada remaja. Jenis penelitian ini menggunakan metode penelitian cross sectional dengan sampel 126 responden. Teknik pengambilan sampel menggunakan purposive sampling. Hasil penelitian ini menggunakan uji statistik Chi Square. Hasil penelitian ini menunjukkan bahwa responden yang mengalami perilaku meniru sebanyak (50,8%) dan yang mengalami perilaku memuja (49,2%), sedangkan responden yang memiliki citra tubuh tidak puas (58,7%) dan citra tubuh puas (49,3%) . Hasil uji statistik Chi Square p Value (0,00) < $\alpha = 0,05$ sehingga ada hubungan perilaku dengan kepuasan citra tubuh pada remaja SMK di Tangerang. Diharapkan dengan penelitian ini remaja yang memiliki idola dapat mengontrol perilaku mengidolakan agar meningkatkan kepuasan citra tubuhnya menjadi positif.

Kata kunci:

Perilaku
Citra tubuh
Remaja
Perilaku mengidolakan

**) corresponding author*
Nursing Degree Program
Faculty of Health Science
University of Muhammadiyah Tangerang,
TMP Taruna Street, Sukasari, Tangerang City,
15118

Email: shifa.ahmad14@gmail.com

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Introduction

Teenager is a transition age where a person has not been said to be adult but no longer a child, teenagers are one of the unique stages of development and are characterized by various physical, emotional, and psychic changes that can lead to stressful conditions and Have the behavior in teenagers. Teenager is the age of 10-19 years, is a special and important time because it is a period of maturation of human reproductive organs and often called "puberty". In adolescence there is a rapid physical (biological organ) change that is unbalanced with psychiatric changes (emotional mental). In a certain realist environment adolescence for a boy is the time the freedom gained. As for young women at the beginning of any form of restriction (Bahiyatun,2011).

Based on the projection of the National Development Planning Agency (Bappenas) The number of Indonesian population in 2018 reaches 265 million. According to the group age of population that is still classified as teenagers (15-19 years) reached 11.3 million or about 4.2% for men and 10.8 million or about 4% for women. The characteristics of adolescents according to the development of late adolescence (16-19 years) the disclosure of self-freedom, more selective in seeking peers, have a physical image, able to think abstract.

Teenager is the transition from childhood to adulthood, in this case not only in physical sense as well as psychological. Psychiatric/Emotional change in the youth is divided into two. Teenager emotional changes become sensitive (easy to cry, anxiety, frustration, and laughter), the development of teenager intelligence becomes able to think abstract, happy to criticize, want to know new things, so the behavior arises want to try. In this phase the youth have more attention to each of the changes traveled, such as appearance, as a cause of physical and psychic changes. Some teenagers relate the perceived perception of the body to the figure or someone who is being idol. Idol is a person or figure that is made in English, idol is called Idol which means idols or star of the sponsor. An idol has its own influence on each individual

A lot of idolatry activities are found in teenagers. Teenagers usually will be an idol of a character as a form of identity search. The increasing age, the activity of the idol will diminish by itself. Unlike teenagers who tend to be still labil, individuals at the early adult stage have been more stable in the management of emotions so that they know good things done and prioritize tasks and carry out job guidance Development.

A person's behavior will give a visible impact of the youth's habit in everyday life. Teenagers will experience worshipping behavior and modeling. To worship (Worshipping) refers to the very or extraordinary taste of a person or idol that an individual admired. This can be expressed in such behavior as actively collecting information and matters related to his idol, and trying to meet the idol in person. While imitating (modeling) refers to the desire to become like an idol, by imitating what is found in his idol, for example imitating clothes style, hair, style of speech, as well as activities performed by the Idol). (Baran & Davis, 2015).

An idol has its own influence on each of her fans. According to the psychologist Tika Bisono (in Abdillah: 2013)

"Another reason someone liked his idol because of some reasons, namely: finding the ideal self in idols, an idol of someone is an individual way to seek identity. The idol seen on the glass screen is a perfect figure. In other words, the idol figure will be the ideal self for the individual. Wanting like an idol, an awesome excess of idols makes his fans compare

between themselves with his idol. For example, when the idol is proficient in playing music, individuals want to have similar abilities. Finding a dream figure, an idol is displayed as a handsome figure, beautiful, friendly, and multitalented so that many people admire. The ability makes the individual love his idol figure". (Kompasiana). (Abdillah, 2013).

According to Skirvin (2000) The easiest way to know that fans have been influenced by his idol is through his clothes.If a teenager fails to follow his idol then the teenager will be unconfident. A teenager who is overly concerned about changing the structure, shape, and function of the body will cause disorders of the body image, namely feelings of difference and not able to receive a new appearance. Body image is a collection of conscious and unconscious individual attitudes towards his body including the past and present perceptual, as well as feelings about structure, shape and function of the body. Body image disorder is a feeling of dissatisfaction with the change of structure, shape, and function of the body because it does not correspond to what is desired (Keliat, 2011).

The Manumpil Research (2013) titled "The body image of teenagers who would like idol figures in Depok High school" mentioned that from 224 samples taken with a simple descriptive research method with sampling techniques randomly and using the contour Drawing Rating Scale as a research instrument, the results of 89.3% of teenagers who are idol actors in high school depok have a positive body image. Through television (98.2%) and internet (89.3%) The most widely used high school teenagers in Depok to find out about his idol and influence the body image and the majority of teenagers have worshipping behavior in the idol of the idols of modeling. The mass Media used by adolescent High School in Depok also built a young body image to be positive. The purpose of this research is to find out if there is an idol-like behavior relationship with the level of satisfaction of the body's image in teenagers.

Method

This research is quantitative research using the Analytical Research Method (survey) with Cross sectional). This research site is conducted at Vocational High School Kabupaten Tangerang, because it is the school that has the most students in Tangerang. The research was conducted in June 2019. An independent variable in this study is an idol-like behavior, while the dependent variable is the level of satisfaction of body image in teenagers in vocational high school Kabupaten Tangerang. The advantage of this research design is that in addition to inexpensive costs also facilitate research in linking the situation in a short study. The population amounted to 162 students with a sample of 126 students based on criteria set by researchers. Sampling on this research is Non-Probability Sampling using the purposive Sampling method.. The data collection tools used by researchers are questions in the form of questionnaires derived from previous journals and studies. The instruments used in this study consist of a questionnaire of body image satisfaction and a behavioral questionnaire that will be the idol of the validity and the reliability test.

This research data using the instrument of idolizing behavior used in this study was adopted using a questionnaire that was used and modified from (Maltby, Houran, Lange, Ashe, & McCutcheon, 2002); (Mustikaningrum, 2013) with 20 closed statements. As for the body image satisfaction instrument using a questionnaire that has been conducted research by the instrument in the

form of a questionnaire that was used and modified from (Cooper, Taylor, Cooper, & Fairbum, 1987); (Chairiah, 2012); (Seawell & Danoff-Burg, 2005) with 30 closed statements.

The statistical test used was Chi Square. This Chi Square test is used to analyse categoric relationships with categorics. Researchers conducted validity and reliability tests conducted in May 2019 at The Global Insan Vocational School in Tangerang with a sample of 30 students. The validity test results found that the r table of 0.361 is valid and r count > 0.361 (Sugiyono, 2016). The results for the Idol questionnaire obtained 20 valid questions from 20 questions. As for the body image questionnaire, 23 valid questions were obtained from 30 questions. Invalid questions were modified by the researcher.

The ethical problem in nursing research is a very important issue, considering the nursing research relates to human beings directly. The ethics that must be considered are as follows: Inform consent, autonomy, confidentiality, beneficent, non-malefficient, justice, veracity.

Ethics test has been conducted at the Faculty of Medicine and Health at the University of Muhammadiyah Jakarta.

Results and Discussion

Result should be presented continuously start from main result until supporting results. Unit of measurement used should follow the prevailing international system. It also allowed to present diagram, table, picture, and graphic followed by narration of them.

The research was analyzed by univariate analysis and sufficient analysis using SPSS Statistic program. The results of the data analysis will start from the univariate analysis of knowing the frequency distribution that includes the demographic data of age, gender and the description of behavioral variables to idol and body image satisfaction. The process of collecting data using instruments is a questionnaire given to 126 respondents. Questionnaire used by researchers is an idol questionnaire and body image that has been done test of validity and realibility. In the research

sufficient analysis want to identify if there is an idol behavior relationship with the satisfaction of body image in teenagers in vocational high school Tangerang.

This univariate analysis describes or describes the characteristics of each variable to be researched. In this univariate analysis is presented frequency distribution about the characteristics of respondents, age, gender, the image variable behavior is an idol and satisfaction of the body image.

Table 1
 Frequency distribution of respondents (N= 126)

Variabels	Frequency	(%)
Gender		
Female	96	76,2
Male	30	23,8
Age		
14-15 y.o	43	34,1
16-17 y.o	49	38,9
18-19 y.o	34	27
Behavior		
Worshipping	62	49,2
Modeling	64	50,8
Body image Satisfaction		
Satisfied body image	52	49,3
Unsatisfied body image	74	58,7

Based on table 1 shows that the majority of female type respondents were 96 respondents (76.2%). The majority of respondents were 16-17 years old, 49 people (38.9%). The majority of teenagers who experience modeling behavior with of 64 respondents (50.8%), and who experience a workshipping behavior of as many as 62 respondents (49.2%). The result showed that respondents who had a body image were satisfied 52 respondents (49.3%), while respondents who had an image of the body were unsatisfied 74 respondents (58.7%).

Table 2
 Analysis of Chi Square behavior of Idol idols with satisfaction of body image

Behavior	Body image Satisfaction				Total		OR	p Value
	Satisfied body image		Unsatisfied body image		N	%		
	N	%	N	%				
Worshipping	39	31	23	18,3	62	49,2	6,652	0,001
Modeling	13	10,3	51	40,5	64	50,8		
Total	52	49,3	74	58,7	126	100		

Table 2 analysis shows that teenagers experiencing workshipping behaviour of 62 people (49.2%) With 39 people (31%) Who have a satisfied body image and 23 people (18.3%) have unsatisfied body image. Respondents who experienced modeling behavior of 64 people (50.8%) With 13 people (10.3%) have a satisfied body image and 51 people (40.5%) have unsatisfied body image.

The results of the Chi Square statistical test with the 2x2 distribution table indicate that the result of the P value (0.000) < α (0.05), then the Zero hypothesis (Ho) in the Reject and received an alternate hypothesis (Ha) that there is a link between the idol-seeking behavior With the satisfaction of body image in teenagers in vocational high school Tangerang. In addition, the value of OR (Odd Ratio) of 6.652 means teenagers who experience the behavior of the idol will have an opportunity of 6.652 times have unsatisfaction with the image of the body than adolescents who do not have an idol behavior. It can be concluded that teenagers

who do not have an unidoloural behaviour will have satisfaction in his or her body image, whereas adolescents experiencing an idoloural behaviour will have discontent on their body image.

The results showed that from 126 respondents the majority of female-type respondents were 96 (76.2%). Yuliana and Dieny (2013) stated, the young women were less satisfied with her body shape and had a more negative body image during puberty. The young woman is dissatisfied with her body shape in relation to the increasing amount of fat, thus motivating the young women to have a very lean body.

Body image discontent is not only experienced by subjects with excess weight, but also occurs in subjects with normal nutritional status.

The results of the study differed from the study of Andersen et al (2001) which mentions that both male and female teenagers with normal or ideal body still feel their body is not ideal. Therefore, it can be concluded that gender

is not a factor that determines the satisfaction of body image in teenagers.

The results showed that from the 126 majority respondents were 16-17 years old as many as 49 (38.9%). This is in accordance with the research of Mustikaningrum and Afifah (2013) stating in general, the young women are less satisfied with the shape of his body and have a more negative bodily image during puberty. The young woman is dissatisfied with her body shape in relation to the increasing amount of fat, thus motivating the young women to have a very lean body. Body image discontent is not only experienced by subjects with excess weight, but also occurs in subjects with normal nutritional status.

According to Hasmilah (2011), the 16-year-old young women are more likely to experience dissatisfaction with physical development as the youth will enter a new world of the Youth World's transition to early adulthood. In the middle of adolescence, young women also began to look after the body, and to keep the body shape by exercising. Young women pay more attention to the changes they have.

The results of the research related to the behavior of an idol in 126 respondents were able to get that the majority of respondents experienced a behavior imitating as many as 64 people (50.8%). Soetjningsih (2004) argues that teenagers have people who are the ideal figures because they have the ideal value for teenagers and have considerable influence on the development of their identities, such as friends, teachers, siblings, sports stars, The film. In male informant tends to be more pleased to emulate appearance while female informant tends to mimic the attitude that is displayed in accordance with the opinion (Friedman & Schustack (2008)

The results of the research on the satisfaction of body image in 126 respondents were able to find that the majority of respondents experienced a body image of not satisfied 74 people (58.7%). It is in line with the research of Yuliana & Dieny (2013) Subject with a negative body image of 42 subjects (46.2%). Meanwhile, in research conducted Hasmilah (2011) that 88 people (97.8%) Of 90 students have a perception of body image in good category.

The results showed that from 126 respondents more experienced modeling behavior of 64 people (50.8%), while respondents experienced workshipping behaviour of 62 people (49.2%). As for the satisfaction of the body image more respondents who have a body image is unsatisfied as

much as 74 people (58.7%), while the respondents who have the body image satisfied as much as 52 people (49.3%). The results of the Chi Square statistical test indicate that the result of the P value $(0.000) < \alpha (0.05)$, then can be declared a zero hypothesis (H_0) on the decline and received an alternative hypothesis (H_a) which says that there is a relationship between idol-idolout behavior with satisfaction Body image in teenagers.

Conclusions and Recommendations

Based on the research results on the behavior relationship with the idol to the body image satisfaction in adolescents. This study was conducted to 126 respondents by distributing questionnaire sheets. The majority of respondents in this study were female genders with an age range of 16-17 years. The majority of respondents in this study experienced imitating behaviors. The majority of respondents in this study had unsatisfied body image behaviour. The results of this research have an idol-like behavior relationship with the satisfaction of body image in teenagers in vocational high school Tangerang with the result of P value 0.00 (p value, α 0.05) and obtained the value of Odd Ratio 6.652. It means that teenagers who experience an idol behavior have an opportunity of 6.652 times have dissatisfaction with the body image compared to teenagers who do not have an idol behavior. It can be concluded that teenagers who do not have an unidoloural behaviour will have satisfaction in his or her body image, whereas adolescents experiencing an idoloural behaviour will have discontent on their body image.

The advice given in this study is this research is expected to be a picture of a body image in an individual who is an idol figure, especially in teenagers. Respondents who are experiencing an idoloural behaviour are expected to know themselves more, confident in themselves, and can place idols as a positive example of not being negative in thinking or behave that can later be affect body image satisfaction. For researchers, we can further develop further research to consider some of the factors that can affect the body image, as well as educate on the satisfaction of body image in adolescents with a method different research or development in different places.

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