The Relationship of Self-Acceptance with Dieting Behavior in Women

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ARTICLE INFO

A B S T R A C T

Women who have self-acceptance will encourage individuals to accept their body size, reduce weight by dieting and care about physical health, where diet is a person's conscious effort to limit and control the food to be eaten to reduce and maintain weight. The purpose of this study was to determine the relationship between self-acceptance and dietary behavior in women at the Nadin gym in 2021. This research method used an analytical survey research design using a cross-sectional approach. The sample in this study was 40 respondents with the sampling technique being total sampling. The instrument used was a questionnaire and the data were analyzed by chi-square test. The results of this study obtained self-acceptance in the low category 21 people (52.5%), dietary behavior in the poor category 25 people (62.5%) with the results of the Chi-square statistical test obtained a p-value of 0.001 (p <0.05) indicating that there is a relationship between self-acceptance and dietary behavior in women at Nadin Gym in 2021. It is hoped that Nadin Gym women will continue to pay attention to diet so that they can implement appropriate dietary behavior. good for maintaining health.

A B S T R A K

Wanita yang memiliki penerimaan diri akan mendorong individu untuk menerima ukuran tubuhnya, mengurangi berat badan dengan melakukan perilaku diet serta peduli tentang kesehatan fisik, dimana diet merupakan usaha sadar seseorang dalam membatasi dan mengontrol makanan yang akan dimakan dengan tujuan untuk mengurangi dan mempertahankan berat badan. Tujuan penelitian ini adalah untuk mengetahui hubungan penerimaan diri dengan perilaku diet pada wanita di nadin gym tahun 2021. Metode penelitian ini menggunakan rancangan penelitian survey analitik dengan menggunakan pendekatan *cross-sectional*. Sampel dalam penelitian ini 40 responden dengan teknik pengambilan sampel adalah *total sampling*. Instrumen yang digunakan adalah kuesioner dan data dianalisis dengan uji *chi-square*. Hasil dari penelitian ini diperoleh *body dissatisfaction* pada kategori rendah 21 orang (52.5%), perilaku diet pada kategori tidak baik 25 orang (62,5%) dengan hasil uji statistik *chi-square* diperoleh nilai *p-value* 0.001 (p <0.05) menunjukkan bahwa adanya hubungan penerimaan diri dengan perilaku diet pada wanita di Nadin Gym tahun 2021. Diharapkan kepada wanita Nadin Gym tetap memperhatikan diet, sehingga dapat menerapkan perilaku diet yang baik untuk tetap menjaga kesehatan.

INTRODUCTION

Most women still pay a lot of attention to their physical appearance. Women, both teenagers and adult women, definitely want to look beautiful at every opportunity, many women use various ways to get the body they want, one of which is by dieting. The term diet that is often used by the community is an individual's effort to regulate and reduce food intake to lose and maintain weight using methods that are usually unhealthy and harmful to the body (Meiliana et al., 2018).

Study Pranesya & Nawangsih (2019)argued that dieting is the most common or most popular way to lose weight and improve their appearance. Dietary behavior is part of eating patterns and describes aspects of eating behavior which include eating habits, the amount and type of food consumed, and the feelings that are formed when eating as an act of thinking to consume food according to individual desires. (Meiliana et al., 2018). Diet is a way of combining the food and drinks we consume every day, which is a combination of 60-70% carbohydrates, 10-15% protein, and 20-25% fat (Firi, 2018).

Based on research Hawks (Dephinto, 2017)argues that dietary behavior is a person's conscious effort to limit and control the food to be eaten to reduce and maintain body weight. Based on the above definition, dietary behavior can be interpreted as an activity to limit and control the food or calories that will be eaten to reduce or maintain body weight, this is in line with survey research. (Indryawati, 2019)revealed that 60% of women have irregular eating patterns by avoiding breakfast.

Dieting behavior is an individual effort to lose weight that can be done in various ways but still focuses on regulating diet by dieters. In line with research Setiawan in (Safitri et al., 2020) suggested that the super-strict diet carried out by women would have an impact on the loss of feelings of hunger so that in the end it would lead to eating disorders such as bulimia and anorexia.

Research by Neumark, et al(Agustin et al., 2019)stated that in general, dietary behavior is mostly carried out by women in the United States, in 4746 adolescents in middle and high school in St. Paul and Mineapolis found that the prevalence of dietary behavior in adolescent girls was 56.9%, while male adolescents were 32.7%. In line with the research conductedinner wall (Sulastri, 2016) At Saint Louis University USA to 2409 adolescent girls, it was found that the pattern of unhealthy weight control behavior was 46.6% of female adolescents intentionally skipping meals (breakfast, lunch, or dinner), 16% of female adolescents fasted to manage weight loss, 12.9% of adolescent girls limit or refuse one or more types of food for a strict diet, 8.9% of adolescent girls use body control pills, 6.6% of adolescent girls vomit forcefully.

Based on research Ayuningtyas (Firi, 2018)stated that in Indonesia there are no definite figures regarding dietary behavior in adolescent girls, predictions based on data on the average prevalence in Indonesia found a figure of 42.6% doing diet behavior. Research Seconds in(Agustin et al., 2019)also stated that the military (Indonesian representative for the Asian model) also carried out dietary behavior who experienced kidney failure and ended up dying due to a strict diet and taking weight loss supplements. In line with the research conducted(Meiliana et al., 2018)At the Soegija pranata Catholic University Semarang students, most of the students went on a diet by reducing the frequency of eating (52.51%), reducing carbohydrate consumption (51.72%), while the use of slimming drugs was the least used method (8.18%), and out of 379 students chose reasons for going on a diet to get a healthy body (48.81%), wanting an attractive body shape (66.23%), and preventing weight gain (32.98%).

Based on research results Dephinto (2017)At SMKN 2 Padang, it was found that there were 44 adolescent girls (55). while the behavior of a healthy diet is as many as 36 adolescent girls (45%). The results of the research were also carried out(Sulastri, 2016)suggested that the dietary behavior of midwifery student STIK Immanuel Bandung class of 2015 with good dietary habits was 14 people (40.0%), while bad dieting behavior was 21 people (60.0%) this was due to the desire to lose weight.

Study Prima & Sari (Safitri et al., 2019)also suggested that adolescent girls go on a diet to increase their self-confidence when socializing with their surroundings. Maintaining weight and body shape will affect appearance and can increase the self-confidence of adolescent girls when socializing with the surrounding environment. Bacon (Agustin et al, 2019)acceptance of body shape influences individuals to perform dietary behavior. The existence of acceptance of body shape encourages individuals to accept their body size, reduce weight by dieting and care about physical health. The results of Ayu's research (2018) also reveal that self-acceptance is an important factor in dieting.

Gunarsa Research (Khoiriyah & Rosdiana, 2019)argues that self-acceptance is a benchmark for the extent to which individuals can accept their character and use it to live life. Individuals who can accept themselves will know their potential and are free to use them, and also know their shortcomings without blaming themselves. Meilinda's research in(Khoiriyah & Rosdiana, 2019)also expressed his opinion that self-acceptance is a condition in which a person has a positive attitude towards himself by acknowledging and accepting him self in various aspects of himself including good and bad qualities, feeling positive with the life he is living.

Study (Hasmalawati, 2017)revealed that if a person has low self-acceptance, there is a possibility that he will manage thoughts and feelings about his body such as not attending social events, changing his style, drinking, eating too much, skipping meals even contrary to how he wants to be. live his life. But on the other hand, if a person has high self-acceptance, he will change his mindset and make choices according to his values, because it is important for him to socialize, even when he feels bad about his body around other people.

Women with low self-acceptance will tend to do diet behavior. Meanwhile, women who have high self-acceptance tend not to do diet behavior. This is in line with the research results(Khoiriyah & Rosdiana, 2019). The level of self-acceptance in early adult women (18-25 years) in Malang City is dominant in the moderate category with a percentage of 92%. Study(Agustin et al, 2019) of 55 subjects there were 39 subjects (70.9%) had moderate self-acceptance, 15 subjects (27.3%) had high self-acceptance and 1 subject (1.8%) had low self-acceptance, this is because most women are less able to accept the shortcomings that exist in themselves.

Self-acceptance shows the level of individual ability and desires to live with all of his or her characteristics which includes accepting oneself, both in terms of qualities and talents as well as acknowledging one's limitations, the results of research conducted by Fitriani (Agustin et al, 2019)of 80 women aged 15 to 21 years showed as many as 46 subjects had high self-acceptance so that they did a healthy diet and as many as 34 subjects had low self-acceptance so they did unhealthy diet behavior, this was

because they could not accept themselves so that they had a body Ideally, women tend to lose weight by dieting.

How to overcome one of the dietary behaviors, then everyone needs self-acceptance, acceptance of body shape influences individuals to do diet behavior. The existence of acceptance of body shape encourages individuals to accept their body size, reduce weight by dieting and care about physical health. Women with low self-acceptance will tend to do diet behavior. Meanwhile, women who have high self-acceptance tend not to do diet behavior(Agustin et al., 2019).

Self-acceptance affects a person's diet behavior. Where when women cannot accept them selves, they will do something to achieve self-acceptance. This is proven by research conducted(Agustin et al., 2019)that there is a significant relationship between self-acceptance and dietary behavior that individuals who engage in healthy diet behaviors have high self-acceptance, while individuals who engage in unhealthy diet behaviors have low self-acceptance. The purpose of the study was to determine the relationship between self-acceptance and dietary behavior in women at Nadin Gym Tanjung Balai in 2021".

METHOD

Participant characteristics and research design

The research design is a research strategy in identifying problems before the final planning of data collection. The research design is also used to identify the structure of the research to be carried out (Nursalam, 2020).

The type of research design used in this study is a survey research designanalytics is a study to find out how and why a phenomenon occurs through a statistical analysis such as the correlation between cause and effect or risk factors with effects and then can be continued to find out how much the contribution of the causes or risk factors to the effects or effects (Masturoh, 2018). With the cros-sectional approach method, the cross-sectional approach is a type of research that emphasizes the measurement/observation time of independent and dependent variable data only once at a time (Nursalam, 2020). All procedures completed in parts of the study requiring human participants on the institutional national research committee's ethic.

Sampling procedures

In this study, a data collection method was required by the researcher submitting a permit or application for approval to conduct research to the Head of STIKes Santa Elisabeth Medan and addressed to the head of Gym Nadin Tanjung Balai. After getting a permit application letter from the campus, the researcher handed back the permit at the research location to the owner of the Nadin Tanjung Balai Gym. After receiving an application for a research permit at the location, the researcher went directly to the research site. The researcher explained the aims and objectives of the research and asked the respondents to read and fill out an informed consent. Then explain to prospective respondents how to fill out the questionnaire until the respondent understands and the researcher will distribute the questionnaire to the respondent and be allowed to fill out the questionnaire. After filling out the questionnaire, the researcher saw the results of the questionnaire and checked the completeness of the contents of the questionnaire that had been answered by the respondent. If there are still

unanswered answers, the researcher confirms back to the respondent. Furthermore, the data that has been collected will be analyzed

Sample size, power, and precision

The population in this study were all 40 women who attended the gym at Nadin Gym Tanjung Balai. The sample is the part that consists of an affordable population that can be used as a research subject through sampling. Sampling is the process of selecting a portion of the population that can represent the existing population (Nursalam, 2020). Samplein this study using total sampling with the number of respondents equal to the total population of 40 people. The research was carried out at Nadin Gym Tanjung Balai when the research was carried out in April 2021.

Data Analysis

Before data collection was carried out, we had carried out an ethical review at the institution and it was accepted without risking harm to humans. In analyzing the data, descriptive statistics showing frequency and percentage were calculated. We were conducted to relate the selft-acceptance and diet behavior with the chi-square test and 95% Confidence Interval (CI) to assess the correlations. Statistical analysis was conducted with SPSS 22 for Windows.

RESULT AND DISCUSSION

Table 1.
Frequency Distribution of Respondents Characteristics (N=40)

Characteristics	Frequency (f)	Percentage (%)
Age		
17-25 (late teens)	5	12.5
26-35 (early adult)	9	22.5
36-45(late adulthood)	15	37.5
46-55(early elderly)	11	27.5
Work		
Dentist	1	2.0
Teacher	2	5.0
entrepreneur	12	30.0
Housewife	20	50.0
Student	5	12.5
Self-acceptance		
Low	21	52.5
Tall	19	47.5
Diet Behavior		
Not good	25	62.5
Good	15	37.5

Based on table 1, it is found that the characteristics of respondents based on age are 36-45 years, 15 respondents (37.5%), 46-55 years, 11 respondents (27.5%), 26-35 years, 9 respondents (22.5%), and 17-25 years of 5 respondents (12.5%). Based on the occupations of the respondents, namely housewives with a total of 20 respondents (50.0%), entrepreneurs with 12 respondents (30.0%), female students with 5 respondents (12.5%), teachers with 2 respondents (5.0%) and dentist as many as 1 respondent (2.5%).

Based on the frequency distribution in table 1 above, it was obtained from 40 respondents at Nadin Gym Tanjung

Balai, that it can be concluded that the percentage of self-acceptance in the low category is 21 people (52.5%) and self-acceptance in the high category is 19 people (47.5%).

Based on the frequency distribution table 1, obtained from 40 respondents at Nadin Gym Tanjung Balai, it can be concluded that the percentage of dietary behavior in the bad category is 25 people (62.5%) and diet behavior in the good category is 15 people (37.5%).

Table 2.
Cross-tabulation results between the relationship between self-acceptance and dietary behavior in women at Nadin Gym Tanjung Balai in 2021

Accepting yourself	Diet Behavior						p – value
	Not good		Good		Total		
	f	%	f	%	F	%	
Low	8	38.1	13	61.9	21	100.0	0.001
Tall	17	89.5	2	10.5	19	100.0	

Based on table 2 Relationship Self-Acceptance with Dietary Behavior in Women at Nadin Gym Tanjung Balai in 2021 it was found that there were 8 out of 21 (38.1%) accepting yourself low with poor dietary behavior and there were as many as 2 out of 19 (10.5%) accepting yourself high with good dietary behavior while accepting yourself low with good dietary behavior as many as 13 of 21 (61.9%) and accepting yourself is 7 of 19 (89.5%).

Based on the results of the Chi-square statistical test obtained p-value 0.001 (p <0.05) so it can be concluded that there is a relationship between self-acceptance with diet behavior in women at Nadin Gym Tanjung Balai in 2021.

DISCUSSION

Self-acceptance for women at Nadin Gym Tanjung Balai in 2021

Based on the results of research conducted by researchers at Nadin Gym Tanjung Balai in 2021 regarding self-acceptance in women at Nadin Gym which was carried out using a questionnaire categorized as low and high, it showed that women's self-acceptance who are in the low category as many as 21 people (52.5%). The results obtained by researchers at the Nadin Gym Tanjung Balai 2021, that the highest level of self-acceptance is in a low category.

Research carried out At Nadin Gym, the result of low self-acceptance, the researcher assumes that women are less accepting of their situation, because women have the thought that by making changes to their bodies, they will look more perfect and other people will want to relate to them because of their attractive appearance. Women interpret that physical appearance is an important determinant for someone being accepted in society.

Women at Nadin Gym have the most self-acceptance in late adulthood (36-45 years) this is because age changes are associated with an increase in fat tissue distribution, an increase in body fat has started since a person is 30 years old, at an older age there is an increase in content total body fat, especially central fat distribution. In addition, there is a decrease in muscle mass and changes in several types of hormones that trigger the accumulation of belly fat (Pibriyanti, 2018).

(Noviana, 201) accelerated student self-acceptance can be explained by peer attachment of 13.2% because peer attachment in the aspect of trust best increases self-acceptance, namely adolescents who have trust with attached figures and vice versa it will increase a sense of security and have confidence that others will help and meet the needs of adolescents. Trust can lead to a sense of acceptance by other people or attachment figures from the teenager.

(Piran, 2017)the level of self-acceptance of adolescents with physical disabilities is in the moderate category, which is 56% quite capable of accepting and appreciating their existence and knowing all their limitations. Knowing and understanding yourself will affect self-acceptance so that there is an appreciation for yourself.

(Damayanti, 2018)said that self-acceptance has an effect of 36.8% on self-esteem because positive judgments and comments from others about the individual's body, can make individuals feel their satisfaction about their own body. The existence of satisfaction about the body is formed a positive body image. Feeling proud of yourself, confidently praising yourself, thus leading to the formation of high self-esteem.

One of the prominent changes in body shape is the enlarged breasts and hips, with these changes, not everyone is satisfied with the changes in body shape. This is supported by Santrock's statement in(Putri & Indryawati, 2019)which explains that the factors that cause adolescent, early adult, and late adult women to experience low self-acceptance are the physical changes they experience.

Results of research conducted(Maryam, 2019)of the 242 female students of BK FIP UNP self-acceptance, the subjects were generally in the low category, with a percentage of 93.80%. This means that most of the research subjects do not have self-awareness to be able to accept the situation that occurs to them, this is due to various physical changes which include changes in appearance.

The results of the study were also carried out by Fitriani in(Agustin et al, 2019) of 80 women aged 15 to 21 years showed as many as 34 subjects had low self-acceptance so that to have unhealthy diet behavior, this was because they could not accept themselves so that in order to have ideal body women tended to lose weight by dieting.

Jersild in (Agustin et al., 2019) also stated that self-acceptance is a real individual assessment of continuous abilities with respect for his self-worth, assurance from himself about his standards without feeling humiliated by other people's opinions, and realistic assessment of his limitations without blaming himself irrationally.

Hurlock(Khoiriyah & Rosdiana, 2019) reveals several factors that shape a person's self-acceptance, namely self-understanding, realistic expectations, the absence of external obstacles (absence of environmental obstacles), positive social attitudes, the absence of severe stress, the influence of success, a positive self-concept. stable.

In addition, the results of research conducted by researchers at Nadin Gym Tanjung Balai in 2021 regarding self-acceptance in women at Nadin Gymwho are in the high category as many as 19 people (47.5%) is because women have poor self-acceptance. The author assumes that the self-acceptance of some women at Nadin Gym in the high category is caused because women do not care about the shortcomings that exist in their bodies, where women can accept themselves well, not ashamed of their physical appearance when meeting other people.

The results of research conducted by Fitriani in (Agustin et al, 2019)of 80 women aged 15 to 21 years showed as many as 46 subjects had high self-acceptance so that they did a healthy diet. This is because they already have an attractive physique or it could be because they are not too concerned about the shortcomings that exist in them.

Based on the statement above, the researcher concludes that the high and low self-acceptance of a person is very dependent on the individual who can accept himself well or not well. if a person has low self-acceptance, then there is a possibility that he will manage thoughts and feelings about his body such as not attending social events, changing his style, drinking, eating too much, skipping meals even contrary to how he wants to live. his life. But on the other hand, if a person has high self-acceptance, he will change his mindset and make choices according to his values, because it is important for him to socialize, even when he feels bad about his body around other people.

Dietary behavior in women at Nadin Gym Tanjung Balai in 2021

The results of research conducted by researchers at Nadin Gym Tanjung Balai in 2021 regarding dietary behavior in women conducted using a questionnaire that is categorized as good and not good shows the results that dietary behavior in women who are in the bad categoryas many as 25 people (62.5%).

Based on research obtained by researchers at Nadin Gym in 2021, most of the dietary behavior is in a bad category. This is because the respondent wants to lose weight in a fast way and maintain their weight so that bad dietary behavior arises, most women at Gym Nadin choose to exercise to divert their desire to eat, skip dinner and often avoid eating rice by consuming noodles or bread which is considered to have lower calories.

The women at Nadin Gym who do the most dieting behavior are house wives, this is because housewives are also regulators who take care of consumption needs. Consumption is done by humans to meet needs, both primary and secondary needs, thus making mothers often become less in control of them selves in food. So that when a woman's weight increases, there will be good or bad dietary behavior.

Based on research results Dephinto (2017)At SMKN 2 Padang, it was found that the dietary behavior was not good as many as 44 young women (55%). In line with research (Sulastri, 2016), suggested that the dietary behavior of midwifery students at STIK Immanuel Bandung batch 2015 with bad dietary habits was 21 people (60.0%). This is due to the habit of respondents always using appetite suppressants so that their desire to be thin is achieved. (Agustina, 2007) said that low dietary behavior was 16.4% due to low self-efficacy of female adolescents, resulting in obsession due to poor dietary behavior by women, for example from the diet, food consumed for the diet program.

(Nisah, 2007)unhealthy eating behavior is in the moderate category, which is 62% because teenagers who have high self-esteem can control their own situation, both emotionally and behaviorally, in this case, diet behavior, so that their eating behavior can be controlled. and awake, then these teens can avoid negative dietary behavior. According to the results of research (Yosephin, 2012),there are 46% of unhealthy dietary behavior because students feel dissatisfied with them selves so poor dietary behavior has an impact on a person's eating behavior.

(Irawan, 2014)some teenagers have unhealthy dietary behavior as much as 47% because female students who have an unhealthy diet tend to take unhealthy ways to control their weight by fasting (outside the intention of worship) or spending time intentional eating, use of weight-loss drugs, appetite suppressants, intentional vomiting, and binge eating.

(Lintang, 2015)there are 45.5 inappropriate dietary behaviors because adolescents who have a negative body image perception (experiencing dissatisfaction with body shape) will make a person experience eating disorders and are obsessed with losing weight.

The research was also conducted by Meiliana, et al(2018) From 379 respondents, the results showed that 209 people (55.14%) had a bad diet, fasting, doing more vigorous exercise, using excessive laxatives, and letting the body starve. This is because they want an attractive body shape and prevent weight gain.

Dietary behavior is part of the eating pattern and describes aspects of eating behavior which include eating habits, the amount and type of food consumed, as well as the feelings that are formed when eating as an act of a thought to consume food according to individual desires. Based on Ayu's research in(Agustin et al., 2019)revealed that one of the factors that influence dietary behavior is self-acceptance.

How to overcome one of the dietary behaviors, then everyone needs self-acceptance, acceptance of body shape influences individuals to do diet behavior. The existence of acceptance of body shape encourages individuals to accept their body size, reduce weight by dieting and care about physical health. Women with low self-acceptance will tend to do diet behavior. Meanwhile, women who have high self-acceptance tend not to do diet behavior(Agustin et al, 2019).

Dietary behavior that is not good consists of eliminating the habit of eating breakfast and dinner, avoiding the consumption of rice as a carbohydrate by consuming noodles or bread which are considered to have lower calories, the assumption that small food sizes from light have low calories, throwing up food again immediately after eating. eaten, fasting outside the intention of worship and only consuming water, only eating fruit and vegetables instead of heavy food, using weight loss drugs, appetite suppressants or laxatives(Meiliana et al, 2018).

Good dietary behavior consists of the frequency of eating 3 times a day (the amount of food is not excessive and not lacking) and having dinner at an earlier time at least under 8 pm, replacing white rice with brown rice, reducing snacks that contain more calories, increase physical activity naturally, maintain fluid balance in the body by drinking 6-8 glasses of water a day, consume food following the food guide pyramid concept, consume low-fat foods and consume low-calorie foods (Meiliana et al., 2018)

Based on the results of research conducted by researchers at Nadin Gym Tanjung Balai in 2021 regarding dietary behavior in womenat Nadin Gym who are in the good category as many as15 people (37.5%). The author assumes that this is done by women because they want to

lose and still maintain weight using of a healthy diet without endangering health such asincreasing physical activity naturally, replace white rice with brown rice, eating 3 times a day (the amount of food is not excessive and not lacking).

Research conducted (Meiliana et al, 2018) from 379 respondents, it was found that 127 people (33.50%) had a good diet. This is because respondents go on a diet to get a healthy body. In line with research(Sulastri, 2016)in midwifery student STIK Immanuel Bandung batch 2015 good dietary behavior as many as 14 people (40.0%).

Based on the statement above, the researcher concludes that the good and bad behavior of women's diet is influenced by weight, social values of society on attractiveness and body leanness, namely body dissatisfaction, so it is often found that the diet that is carried out is not by health rules and only prioritizes how to get the ideal body fast. and easy to put aside the risk.

Relationship between self-acceptance and dietary behavior in women at Nadin Gym Tanjung Balai in 2021

The results of the chi-square statistical test on the relationship between self-acceptance and dietary behavior in women at the Nadin Gym Tanjung Balai in 2021 showed that from 40 respondents, a p-value = 0.001 (p value <0.05) was obtained. Thus Ha accepted means that there is a significant relationship between self-acceptance and dietary behavior in women at Nadin Gym Tanjung Balai in 2021. Where the majority of women with low self-acceptance have poor dietary behavior and women with high self-acceptance have good dietary behavior.

This is because women who experience self-acceptance have an attitude that is basically satisfied with themselves, their qualities and talents and recognition of their limitations. Therefore, women who experience low self-acceptance will make various efforts to be able to look attractive. One of the efforts made to lose weight is by dieting so that the body becomes slim. The results of the study can be seen that dietary behavior is influenced by the woman's self-acceptance.

Self-acceptance affects a person's diet behavior. Where when women cannot accept themselves, they will do something to achieve self-acceptance. This is proven by research conducted(Agustin et al., 2019) that there is a significant relationship between self-acceptance and dietary behavior that individuals who engage in healthy diet behaviors have high self-acceptance, while individuals who engage in unhealthy diet behaviors have low self-acceptance.

According to the researcher, women with low self-acceptance with poor dietary behavior at Nadin Gym are caused because women want to have a change in themselves, namely a slim body shape quickly so they do a bad diet, and women with high self-acceptance with good diet behavior This is because women accept themselves well for their appearance and want to lose weight using of a good diet to maintain their health.

(Oktaviani, 2019)there is a relationship between self-acceptance and self-esteem in adolescent Instagram users as much as 3.48%. but if the teenager has good self-acceptance, then negative comments about him from others will not affect the teenager's self-esteem.

(Sari, 2021)high category dietary behavior is 48.4% because body image has a role in a person's dietary behavior. So if someone has a negative body image, the higher the dietary behavior, and vice versa, the more positive the body image, the lower the dietary behavior.

(Ekayamti, 2022)adolescent self-acceptance is mostly in the low category 52% because low self-acceptance can be caused by wrong environmental treatment, where the environment discriminates against adolescents without any clear reason such as verbal bullying.

(Putra, 2021) dietary behavior in the unhealthy diet category was 52.9% due to the indiscretion of this dietary action being an unhealthy diet and an extreme diet, for intentionally not having breakfast, lunch, and dinner. , avoid eating portions that make you full, go on a strict diet, and even take weight loss drugs.

Individuals who can accept themselves will know their potential and are free to use them, and also know their shortcomings without blaming themselves. Women with low self-acceptance will tend to do diet behavior. Meanwhile, women who have high self-acceptance tend not to do diet behavior(Agustin et al., 2019).

The conclusion from the results of research that has been carried out by researchers is that if the level of self-acceptance is low, the dietary behavior will also be worse. This is caused because women are not confident about their physical appearance so they do bad diet behavior to achieve good self-acceptance.

CONCLUSION AND SUGGESTION

The majority of women's self-acceptance at Nadin Gym Tanjung Balai is as low as21 people (52.5%). The majority of women's dietary behavior at Nadin Gym Tanjung Balai is not good as much25 people (62.5%). There is a significant relationship between self-acceptance and dietary behavior in women at Nadin Gym Tanjung Balai obtained p-value = 0.001 (p<0.05). It is hoped that women at Nadin Gym Tanjung Balai do not be motivated only by strenuous physical activity and the diet that was applied but to continue to pay attention to diet so that they can implement good dietary behavior by maintaining a good diet by eating 3 times a day (the amount of food does not change).

Ethical Considerations

Before doing research, the author first submitted the research design to the research ethics committee of STIKes Santa Elisabeth Medan to obtain a certificate of ethical conduct for researchers with letter number No: 0065/KEPK-SE/PE-DT/III/2021.

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