

## Body Image and Depression in Emerging Adulthood Women

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**Abstract.** The emerging adulthood phase is a phase of individual development between the ages of 18 and 25. This period is synonymous with changes that women will experience. Women receive a powerful message about their physical appearance from the environment, which plays a role in shaping their perception of their body image. Body image dissatisfaction arises if their perception does not correspond to the ideal appearance criteria. This study aims to see the relationship between body image and depression. This type of quantitative research uses a descriptive method involving 381 women between the ages of 18 and 25. Based on the results of the analysis of research data, it shows that the body image variable has a very high category and the depression variable is at the depression level. So there is a positive relationship between body image and depression.

**Keywords:** *body image, depression, emerging adulthood*

**Abstrak.** Fase *emerging adulthood* merupakan masa perkembangan individu yang berada pada usia 18 sampai 25 tahun. Masa ini merupakan masa yang identik dengan perubahan-perubahan yang akan dialami oleh perempuan. Perempuan akan mendapatkan pesan yang kuat terkait penampilan fisik mereka dari lingkungan sekitar yang berperan membentuk persepsi mereka mengenai citra tubuhnya. Apabila persepsi mereka tidak sesuai dengan kriteria ideal penampilan, maka timbullah ketidakpuasan akan citra tubuh. Penelitian ini bertujuan untuk melihat hubungan *body image* dengan depresi. Jenis penelitian ini adalah penelitian kuantitatif dengan metode deskriptif. Partisipan dalam penelitian ini sebanyak 381 perempuan yang berusia 18 sampai 25 tahun. Berdasarkan hasil analisis data penelitian menunjukkan bahwa variabel *body image* memiliki kategori sangat tinggi dan variabel depresi berada pada tingkat depresi. Sehingga memiliki hubungan positif antara *body image* dan depresi.

**Kata Kunci:** *citra tubuh, depresi, masa perkembangan individu dewasa*

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### **Introduction**

The phenomenon of depression is one of the biggest health burdens in the world. The World Health Organization (WHO, 2012) estimates that depression will be the second-largest health burden after heart disease and cause disability to spread throughout the world. Depression is a psychological disorder characterized by symptoms of decreased mood, loss of appetite and interest in something, feelings of guilt, and sleep disturbances (World Health Organization, 2010).

A survey conducted by (WHO, 2014) showed that 18% of the total 1.2 billion world population experienced depression. Research conducted by (Mojtabai, R., Olfson, M., & Han, 2016) shows that the prevalence of depression has increased in recent adolescence and early adulthood, from 8.7% to 11.3% in the adolescent age group and in early adulthood from 8.8% to 9.6%.

Research studies on depression in Indonesia according to RISKESDAS RI (2018) show that 6.2% of depressive disorders appear in the age range 15-24 years, ages 44-55 years with a prevalence of 6.5%, ages 66-74 with a prevalence of 8.9% and over the age of 75 years with a prevalence of 8.9. The study of depression research data in East Nusa Tenggara Province according to RISKESDAS NTT (2018) shows the prevalence of depression is 9.65% with a total population of 28,127 people suffering from depression. The age group 15-24 years showed the prevalence of depressive disorders by 8.4%, ages 45-54 years as much as 11.54%, ages 55-64 years as much as 11.56%, and the highest depression prevalence pattern is at age 75+ as many as 16, 15%. The data also shows that for the NTT region the highest prevalence of depressive disorders is in the Kupang City Region, which is 24.81%. When viewed by gender, the prevalence of women is 11.17% and in men is 8.05% of the total prevalence of the population suffering from depression.

Gladstone and Koenig (2002) mention that women have a tendency to depression that is twice as high as men, especially in early adolescence and continues into early adulthood. According to Mojtabai, Olfson, and Han (2016), those with depressive disorder in the last year were occupied by early adulthood (emerging adulthood) with the highest prevalence. Early adulthood or emerging adulthood is a period of individual development from 18 to 25 years of age (Arnet, 2014).

The period of emerging adulthood is identical to changes in women in cognitive, emotional, individual physical, and social contexts (Arnett, 2000 in Wood et al, 2018). Some of the characteristics behind the good or bad life changes in the age period of emerging adulthood are identity exploration, instability, self-focus, transition, and hope or opportunity.

Characteristics of identity exploration is a period of searching for true individual identity in choosing a different life, especially in terms of work and love. Instability is an unstable state between love, work, and residence. Self-focus is time for the individual, but self-focus is also side by side with low social support in accompanying individuals when individuals are at their lowest point in life. The transition period is the individual's feeling to be more mature compared to his age and the period of hope is the individual's belief to have hope and the opportunity to change life (Anett, 2014).

Expectations and opportunities to change their lives make women in emerging adulthood more sensitive to pressures caused by stereotypes regarding ideal body standards. This causes women to tend to have a desire to change their body shape to match the ideal body standard (Eisenberg, Neumark & Story, 2003). Women in emerging adulthood get strong messages regarding their physical appearance from the surrounding environment which plays a role in shaping their perception of their body image (Gillen & Lefkowitz, 2009).

Individuals' physical appearance will make them begin to describe and perceive their body shape and body size, then compare it to the appearance of others according to the physical standards that every woman must-have. Grogan (2008) explains that every individual has the ideal body criteria in mind, but if the individual perceives that his or her body parts do not meet these ideal standards or criteria, body image dissatisfaction will arise which will make the individual experience worry and feel unhappy.

Research conducted by Magallares, Lobera, Jimenez, and Santed (2014) shows that women who are dissatisfied with their bodies have lower positive affect than women who are satisfied with their bodies. Research conducted by Kurnia and Lestari (2020) explains that body dissatisfaction and positive affect have a negative relationship. This correlation shows that body dissatisfaction can trigger depression, social phobia, and social anxiety over their physical condition.

The following are the results of a pre-research conducted on 50 women emerging adulthood in Kupang City, data taken using a google form. The number of emerging adulthood women who experience body image dissatisfaction is 52%, 32% who do not experience it and as many as 16% of emerging adulthood women experience self-acceptance. The results of this pre-research show that negative perceptions related to body image can trigger various dissatisfaction with body image such as social comparisons, decreased positive emotions, social anxiety, experiencing anxiety, feeling unhappy, and will cause psychological illness, namely depression.

With this in mind, the authors are interested in researching "The Relationship between Body Image and Depression in Emerging Adulthood Women in Kupang City".

### **Method**

This research is quantitative. The variables in this study consisted of body image and depression. This research was conducted by addressing the topic of aspiring adult women in the city of Kupang. The total number of women aged 18-25 in the city of Kupang in the period 2010-2020 was 75,495 people. Subjects were taken using cluster sampling. Cluster sampling Random sample by selecting based on the area of study population members. The sampling cluster used are the sub-districts in Kupang City, namely Alak sub-district, Kelapa Lima sub-district, Kota Raja sub-district, Kota Lama sub-district, Maulafa sub-district, and Oebobo sub-district. The data collection instrument in this study used a scale. The scale in this study was of two types, namely the Beck Depression Inventory (BDI-II) scale measuring depression and the Body Appreciation Scale 2 (BAS-2) scale measuring body image. The scaling model used for this research is the Likert scale. The data collection process takes place via social media using Google Forms.

The results of the reliability test revealed that Cronbach's alpha was 0.90 for the total score (21 points) on the Indonesian BDI-II scale, 0.80 for cognitive factors (7 points), 0.81 for somatic factors (9 points), and 0.74 for the affective factor (5 items), this value shows a fairly high internal consistency and The results of the reliability test on the depression scale were obtained as 0.903. As a result, the depression scale has very good reliability. Whereas, The Aiken-V body image scale has a good (substantial) and high content validity score because the Aiken-V score is  $> 0.68$  and The results of the reliability test on the body image scale were obtained as 0.922. As a result, the body image scale has very good reliability.

**Results**

Kupang City is the administrative center of East Nusa Tenggara Province. Astronomically, Kupang City is located between 10°36'14" - 10°39'58" South Latitude and 123°32'23" - 123°37'01" East Longitude. The area of Kupang City is bordered by Kupang Bay to the north, Kupang Regency to the east, west, and south, and the Semau Strait to the west. Kupang city is located at an altitude of 100-350 masl with a slope of 15%. The climatic conditions in Kupang City tend to be erratic. In a year, the dry season is relatively longer than the rainy season. There are 6 sub-districts in Kupang City, namely Alak District, Maulafa District, Oebobo District, Kota Raja District, Kelapa Lima District, and Kota Lama District.

Respondents in this study were Emerging Adulthood Women in Kupang City, which are located in Kupang City District, namely Alak District, Kelapa Lima District, Kota Raja District, Kota Lama District, and Oebobo District. The data obtained from google form are 381 people. Respondents are described as follows:

*Table 1. Description of Research respondents by age*

<b>Age group</b>	<b>Frequency</b>	<b>Percentage</b>
18	49	23,5%
21-22	118	56,5 %
23-25	41	20 %
<b>Total</b>	<b>209</b>	<b>100 %</b>

*Table 2. Description of Research respondents by District*

<b>District</b>	<b>Frequency</b>	<b>Percentage</b>
Oebobo District	41	20%
Kota Lama District	17	8 %
Kota Raja District	36	17 %
Kelapa Lima District	39	19 %
Alak District	29	14 %
Maulafa District	47	22 %
<b>Total</b>	<b>209</b>	<b>100%</b>

*Table 3. Normality Test Result*

<b>Variable</b>	<b>Asymp.Sig. (2tailed)</b>	<b>A</b>	<b>Description</b>
<i>Body image</i>	0,010	0,05	Normal
Depression	0,012	0,05	Normal

Based on Table 3, it is known that the first analysis that received the results of Kolmogorov-Smirnov Z calculates that the normality value of the Body Appreciation Scale is  $p = 0.010$ ;  $p > 0.05$ , which means the data are normally distributed. The normal value of the Beck Depression Inventory scale is  $p=0.012$ ;  $p > 0.005$ , which means the data are normally distributed.

*Table 4. Linearity Test Results*

		Sum of Squares	df	Mean Square	F	Sig.
<i>Body image and depression</i>	Between Groups (Combined)	5045.966	31	162.773	2.241	.00
	Linearity	2069.015	1	2069.015	28.485	.000
	Deviation from Linearity	2967.951	30	99.232	1.366	.111
	Within-group	12856.273	177	72.634		
	Total	17902.239	209			

It is known from Table 4 that the results of the linearity test, namely the significance value of the deviation from linearity, are  $p=0.111$ ;  $p > 0.05$ , meaning that there is a linear relationship between body image and depression among women in emerging adulthood in Kupang City.

*Table 5. Test Results Hypothesis*

		Evaluation <i>Body image</i>	evaluation depression
Pearson Correlation	evaluation <i>Body image</i>	1	-.340''
			.000
		209	209
evaluation depression	evaluation depression	-.340''	1
		.000	
		209	209

Based on Fig. 5, it is known that the correlation coefficient between the variable body image and depression in women reaching adulthood in Kupang city using Pearson correlation obtained  $p\text{-value} = 0.000$ ;  $p < 0.005$  with a value of  $r = -0.340$ . This shows that there is a significant correlation between the body image variable and the depression variable so the research hypothesis is accepted.

### **Discussion**

The hypothesis proposed in this study is "a significant relationship between body image and depression in women reaching adulthood in Kupang City". Research data were analyzed using Pearson correlation. Data analysis shows that the correlation coefficient is  $-0.340$  and a significant value of  $p=0.000$ ;  $p<0.05$ . This means that the hypothesis is accepted in this study, which means that there is an association between body image and depression among emerging adult women in Kupang City.

Based on the research results and the results of data analysis of the above variables, the body image variable is at a very high level, this can be shown from the research results obtained by the researchers, where the average body image level was 275 people (72.2%) and for body image by age in the very high category aged 21-22, as many as 148 people (39%). This is consistent with the study conducted by Alidia (2018) where the results of his research show that body image is in the very high category for women with up to 17 people (30.357%).

This can be caused by good self-acceptance of body image. These findings are supported by research by Sahri (2016) showing that high body image influences high self-acceptance so that depression and anxiety can be avoided. Reinforced by the theory of Utami (2014), which states that when someone who is content with what they have respect themselves more, is more grateful for what someone has and doesn't blame themselves for the situation will give that he has, so someone who is content and respecting what you have means that you will try to take good care of your body with more selective and wise actions and have more respect for others

Based on the results of the study and the results of the data analysis of the above variables, the depression variable was at the normal mean level and moderate depression was 258 people (68%) and the category based on age was in the normal category as even 93

people (24 %). This is consistent with a study conducted by Dastoria (2019), which states that up to 46 survey participants have a score between 0 and 13, meaning they are not depressed. This is obtained from a total of 48 samples, of which 2 samples have a score of 20-28, meaning they are not depressed. This means the sample has a moderate level of depression.

### **Conclusion**

Based on the results of the conducted research, it can be concluded that there is a relationship between the two variables, namely body image and depression in aspiring adult women in Kupang City, it is shown from the results of correlation analysis between body image variables and depression in aspiring adult women in the city of Kupang from -0.340. The above analysis shows that the correlation between the two variables is significant as the significant value is  $0.000 < 0.05$ .

### *Suggestion*

- a. For further researchers, to be able to direct further about the importance of self-acceptance so that respondents can maintain a positive body image to avoid psychological illness.
- b. For participants, to maintain a body image themselves so that they continue to accept their former self and continue to try to think positively about themselves, be able to develop talents and interests so that they become individuals who will increase self-confidence to avoid psychological diseases.
- c. For parents, to be able to maintain and help children to be able to maintain children's confidence such as supporting, giving attention, providing positive information related to body image, and being able to give appreciation for children's self-confidence and self-acceptance.
- d. For society, to be able to give constructive criticism to someone related to the appearance of others, does not create an ideal picture of beauty and does not provide comparisons from one individual to another.



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