

**The relationship of self-confidence and body image with personal fable of students in
FKIP Universitas Muslim Nusantara Al-Washliyah**

**A relação da autoconfiança e da imagem corporal com a fábula pessoal de alunos da
FKIP Universitas Muslim Nusantara Al-Washliyah**

**La relación de la confianza en sí mismo y la imagen corporal con la fábula personal de
los estudiantes de la FKIP Universitas Muslim Nusantara Al-Washliyah**

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Abstract

This study took the relationship of self-confidence and body image to students at FKIP UMN Alwashliyah. In this case, self-confidence and body image as independent variables and personal fable as dependent variables. Adolescence is one of the stages in human life which is a period of transition from childhood to adulthood. At this stage adolescents will experience changes both physically, cognitively and psychosocial. In line with physical changes, young women tend to develop a high level of concern for their physical changes. The way adolescents perceive their physical condition will affect the level of their personal ability. With high trust and a positive body image will increase the personal level of the teenager. The objectives of this study were to determine: (i) the relationship between self-confidence and body image with personal fable in UMN AW students; (ii) The relationship between self-confidence and personal ability in UMN AW students; (iii) The relationship between body image and personal fable in UMN AW students. The research method used in this research is quantitative method with a sample of 2 classes from semester 2, each class totaling 30 people. Thus the data taken is in the form of a questionnaire, using Pearson Correlation analysis. Data analysis was performed using SPSS 23 for windows.

Keywords: Self-confidence; Body image; Personal fable.

Resumo

Este estudo aborda a questão da relação entre autoconfiança e imagem corporal para alunos do FKIP UMN Alwashliyah. Nesse caso, adota-se a autoconfiança e imagem corporal como variáveis independentes e fábula pessoal como dependentes. A adolescência é uma das etapas da vida humana que é um período de transição da infância para a idade adulta. Nesta fase, os adolescentes passam por mudanças tanto físicas, cognitivas e psicossociais. Em linha com as mudanças físicas, as mulheres jovens tendem a desenvolver um alto nível de preocupação com suas mudanças físicas. A forma como os adolescentes percebem sua condição física influencia o nível de suas habilidades pessoais. Com alta confiança e uma imagem corporal positiva é possível elevar o nível pessoal do adolescente. Os objetivos deste estudo foram determinar: (i) a relação entre autoconfiança e imagem corporal com fábula pessoal em alunos da UMN AW; (ii) A relação entre autoconfiança e capacidade pessoal em alunos UMN AW; (iii) A relação entre imagem corporal e fábula pessoal em alunos da UMN AW. O método de pesquisa utilizado nesta pesquisa é o método quantitativo com uma amostra de 2 turmas do 2º semestre, cada turma totalizando 30 pessoas. Dessa forma, os dados coletados estão na forma de questionário, utilizando a análise de correlação de Pearson. A análise dos dados foi realizada usando SPSS 23 para windows.

Palavras-chave: Autoconfiança; Imagem corporal; Fábula pessoal.

Resumen

Este estudio tomó la relación entre la confianza en uno mismo y la imagen corporal de los estudiantes de FKIP UMN Alwashliyah. En este caso, la autoconfianza y la imagen corporal como variables independientes y la fábula personal como variables dependientes. La adolescencia es una de las etapas de la vida humana que es un período de transición de la niñez a la edad adulta. En esta etapa, los adolescentes experimentarán cambios tanto físicos, cognitivos como psicossociales. De acuerdo con los cambios físicos, las mujeres jóvenes tienden a desarrollar un alto nivel de preocupación por sus cambios físicos. La forma en que los adolescentes perciben su condición física afectará el nivel de su capacidad personal. Con mucha confianza y una imagen corporal positiva se aumentará el nivel personal del adolescente. Los objetivos de este estudio fueron determinar: (i) la relación entre la autoconfianza y la imagen corporal con la fábula personal en estudiantes de la UMN AW; (ii) La relación entre la autoconfianza y la capacidad personal en los estudiantes de la UMN AW; (iii) La relación entre imagen corporal y fábula personal en estudiantes de la UMN AW. El método de investigación utilizado en esta investigación es el método cuantitativo con una

muestra de 2 clases del semestre 2, cada clase con un total de 30 personas. Por lo tanto, los datos tomados están en forma de cuestionario, utilizando el análisis de correlación de Pearson. El análisis de los datos se realizó con SPSS 23 para Windows.

Palabras clave: Autoconfianza; Imagen corporal; Fábula personal.

1. Introduction

Every human being is born with self-confidence, but not everyone can have high self-confidence. Likewise with the self-confidence possessed by a teenager, where this self-confidence is actually an indicator of emotional intelligence related to the ability to understand the strengths and weaknesses they have. Nobody argues that self-confidence is a positive attitude. Confidence will bring someone to the optimism of life. He is the initial capital that determines success, in facing every problem at hand (Putri & Hadi, 2007).

However, over confidence will cause someone to act less considerate of the environment and tend to destroy the prevailing norms and ethical standards, as well as look down on others. In addition, individuals who have over confidence often have attitudes and thoughts that overestimate something. (Sarwono, 2003)

Physical appearance is closely related to the image and individual perception of their body shape. This image and perception is called body image. Yuliadi and Karyanta (2004) explain that body image is a picture of the body formed in a person's mind, or in other words, a body image according to himself.

Soetjningsih (2004) states that a person will be confident when that person realizes his ideal body shape and that person feels satisfied seeing his body shape, then the body image that is formed becomes positive. Conversely, if someone views their body as not ideal, such as their face is less attractive, their body is too fat or too thin and so on, then that person becomes busy thinking about their physical condition, so that the body image that is formed becomes negative and it can be said that the person does not have self-confidence.

One of the parts of childhood cognitive development that has not been completely abandoned by adolescents is the tendency to think egocentrism. Egocentrism here is "the inability to see things from another's point of view. Yusuf (2007) argues that adolescent egocentrism describes the increasing self-awareness of adolescents which is manifested in their belief that other people have a great deal of attention, as much as their attention to themselves, and to their feelings of personal uniqueness. One part of egocentrism is personal fable. Personal fable itself is part of the egocentrism of adolescents related to their feelings of

personal uniqueness. It contains the belief that a person is unique and has great special characteristics, which are believed to be true without realizing the other person's point of view and the true facts of (Hurlock, 1999). With this kind of trait in adolescents, is there a relationship with the level of self-confidence and body image that can increase the sense of egocentrism, especially the personal fable in adolescents?

Because on the contrary, adolescents who are less able to feel the self-confidence that is in their minds can affect the behavior of personality development and a sense of uniqueness in these adolescents. They will also tend to maintain their attitude more, feel less unique in themselves, and also be more careful in their behavior. Failure to experience body cortex is one of the causes of poor self-concept and lack of self-esteem and self-confidence during adolescence.

From the background of the problems above, it is deemed necessary to conduct research "The Relationship of Confidence and Body Image on Personal Fables in UMN Students: to be able to see how much the relationship between self-confidence and body image and that in adolescents has a major influence on their personal fable. In this case the students who will be researched are students of the first semester of the Muslim Nusantara University.

The objectives of this study were: to determine the relationship between self-confidence and body image with personal abilities in FKIP UMN AW students. Based on the description of the problems faced above, the problem-solving approach that will be applied is to conduct research by looking for the relationship between self-confidence and body image on personal abilities through a questionnaire to FKIP UMN AW students.

2. Methodology

This research method is quantitative (Sugiono, 2009). This research was conducted at the FKIP UMN AW campus. Research activities are carried out in odd semesters of the 2016/2017 academic year / implementation took place in December 2016. The population of this study were all students at the FKIP UMN AW Medan, while the samples of this study were the first and third semester students of FKIP UMN AW. The research sample is selected based on certain characteristics or considerations or also known as purposive sampling (Priyatno, 2011). The sample chosen was the first and third semester FKIP UMN students who were under 20 years' old, totaling 60 people. In this study, two types of variables are involved, namely: independent variables and dependent variables. The independent variable is

self-confidence and body image and the dependent variable is the personal fable.

As for the framework and descriptive statistics, the statistical hypothesis of this study is:

1. Ho: $\rho = 0$

Ha: $\rho \neq 0$

2. Ho: $X = 0$

Ha: $X \neq 0$

3. Ho: $\rho = X$

Ha: $\rho \neq X$

The instrument used to collect data in this study was the Likert scale method. Based on the research design, the data analysis used in this study was data analysis and Pearson correlation. Data analysis was performed using SPSS 20 for windows.

3. Results and Discussion

From the results of the processing of the instrument questionnaire regarding the student's self-confidence, amounting to 30 statements. Based on the results of the overall analysis that the level of student self-confidence has a mean of 68.15 with a standard deviation of 6.43. Furthermore, the student's confidence level is calculated. It can be concluded that the level of self-confidence of students is mostly in the medium category, which is 50%. When viewed based on indicators, it is clear that the aspects of self-confidence, rationality and reality as well as a sense of responsibility have a pretty good percentage of 70%, 72% and 71% respectively.

From the results of the processing of the questionnaire regarding body image, amounting to 30 items, body image has a mean of 77.16 with a standard deviation of 4.51. Furthermore, the body image level is calculated. The results of the calculation of body image, it can be concluded that the body image is mostly in the moderate category, which is 58%. If you pay attention to the high category body image with a percentage of 33%, it can be concluded that most of the teenage students have satisfaction with the body shape they have at the time. When viewed based on indicators, it is clear that for the aspect of satisfaction with body parts, appearance orientation and performance evaluation have a fairly good percentage of 86%, 82% and 85% respectively.

From the results of the processing of the questionnaire regarding the personal fable, which amounted to 30 items, it is clear that the personal fable has a mean of 88.78 with a

standard deviation of 7.20. Furthermore, the personal fable level is calculated. Most personal fables are in the medium category, namely at 47%. When viewed based on indicators, it is clear that the omnipotence aspect has a pretty good percentage of 76%.

The data that is owned is the results of the distribution of questionnaires about self-confidence, body image, and student personal abilities given to all research samples. It has been calculated previously that the samples are normally distributed. Likewise, the results of the homogeneity calculation using the SPSS 20 program state that the samples have the same variance. Furthermore, hypothesis testing was carried out with the help of the SPSS 20 program. The following are the results of the calculation of the bivariate correlation.

It can be seen that in the second part of the output (column Sig. (2-tailed)) a series of probability numbers is obtained. It seems quite clear that the two variables are significantly correlated. The personal fable level variable has a value of 0.027 (less than 0.05), this means that there is a positive relationship between the personal fable level and student self-confidence.

Then, the variable body image has a value of 0.027 (less than 0.05), this also means that there is a positive relationship between body image and students' personal fable. Furthermore, for the correlation between self-confidence and student body image, there is a positive relationship, because the significance value is 0.081, it can be concluded that there is a positive relationship between self-confidence and student body image.

Based on the results of the research data analysis, there were several research findings that were categorized into 3 parts, namely self-confidence, body image and students' personal abilities. The following are some of the things that were discovered during the research.

1. Self-confidence

Self-confidence is a feeling and a strong belief in a person that he has self-potential, self-strengths. The ability to self-actualize and on the other hand he understands and accepts his own shortcomings. In adolescence, psychosocial development is the ability to achieve identity including roles, personal goals and uniqueness, personal characteristics. If they cannot achieve this ability, the individual will experience role confusion which has an impact on the fragility of the personality, so that there will be self-concept disorders, namely low self-esteem and self-confidence, unrealistic self-idealism such as what happened to helplessness. High self-esteem itself can also cause a person to become ill-advised, in the sense that he likes to make wrong decisions. Teenagers who are overly confident sometimes have an inability to imagine that the self can be the same as other people, and produce feelings of extreme self-reliance (extreme individuation). The unique feeling of a teenager

that no one can understand how they really feel. It even encourages self-destructive behavior by adolescents who think that they are magically protected from harm, for example risky behavior such as brawls, free sex, gang involvement with teenagers, thugs, and so on. Furthermore, body image is a person's mental image of their body shape and size, how a person perceives and gives an assessment of what he thinks and feels about his body size and shape, and on how 'roughly other people's judgments of him.

Various kinds of physical appearance are considered attractive or not are largely determined by culture. Socio-cultural factors play an important role in body image. There are people in a certain social environment regarding the ideal body, such as the expectation of a slim body and attractive face. This kind of image is mostly portrayed in the mass media and the ideal body tends to be liked by girls. Socio-cultural factors play an important role in body image. In every culture there is an ideal standard of physical attractiveness and this standard will influence a person's body image in developing that person's social value. People with a positive body image tend to form high self-confidence in dealing with their social environment. With high self-confidence and high body image will also affect the egocentrism that exists in a teenager

Students at FKIP UMN are included in the medium category, on average having enough satisfaction with their body shape. However, the results of the research prove that the more a person is satisfied with their body shape, the more they are also likely to do things that can harm themselves. Even encourage self-destructive behavior by adolescents who think that they are magically protected from harm, for example risky behavior such as brawls, free sex, gang involvement with teenagers, thugs, and so on.

4. Conclusions

Based on the formulation of the problem, the results of research and discussion as previously stated, it was found that there was a positive relationship between self-confidence and body image on personal abilities in FKIP UMN AW students. It is also suggested for those who are interested in researching further to this topic to expand the issue by possibly employing more data collection in order to see the matter from different perspectives and to fill the gaps in other angles as well as providing different takes on the topic.

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