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Analysis of body esteem and social anxiety in late adolescents

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ABSTRACT

Body esteem is how a person evaluates body parts and body functions. Exploitation of the media makes a person tend to judge negatively on his body which affects the occurrence of social anxiety. This study aims to analyze body esteem and its relationship with social anxiety in late adolescents. This research is a quantitative research with correlational descriptive method. The participants were 232 students majoring in Guidance and Counseling Department at Universitas Negeri Padang. The participants were 42 young male and 190 young female students. Data were collected through the instrument The Body-Esteem Scale and The Social Anxiety Scale. The data is processed by Pearson Correlations. The results showed that there were a relationship between negative body esteem with high social anxiety that occurred in both gender.



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Introduction

Adolescence is a period full of turmoil (Sawyer, Azzopardi, Wickremarathne, & Patton, 2018). Various problems arise during adolescence such as: eating disorders, social physical anxiety, low physical self-esteem (Linders, 2017) (Allami, Vitaro, Brendgen, Carbonneau, & Tremblay, 2018) (Van Heel et al., 2019). It is very important to happen in adolescence is a very rapid physical changes. During this period, two primary and secondary sexual characteristics mature. Like other changes, biological changes often cause problems for adolescents. Rapid physical changes, such as striking height, make adolescents anxious because they are different from other adolescents (Neumark-Sztainer et al., 2018).

As a result, adolescents feel awkward and embarrassed when interacting with other people. Adolescents who are aged begin to notice and be aware of signs of physical maturity that occur such as breast growth. Excessive attention to body parts can lead to anxiety and low self-confidence in adolescents (Hagger & Stevenson, 2010). If these problems are not resolved, it will hinder the fulfillment of adolescent developmental tasks and interfere with their readiness to enter the next stage of development.

Media exploitation related to ideal appearance starting from hair, skin, stomach, teeth, eyes, lips to feet makes teenagers' understanding of ideal appearance in the eyes of their social environment more complete and tends to soar (McCrae, Gettings, & Purssell, 2017) (Rounsefell et al., 2020) (Rodenhizer & Edwards, 2019). While every human being has a unique form of deficiency. Adolescents see that their shortcomings are weak points that demean themselves, not their uniqueness. This can prevent adolescents from developing positive body esteem.

Body esteem is how a person gives an evaluation of the state of his body (Nelson, Kling, Wängqvist, Frisén, & Syed, 2018) (Olenik-Shemesh, Heiman, & Keshet, 2018). The evaluation can be positive, negative, or neutral

(Frost, Franzoi, Oswald, & Shields, 2018). Positive body esteem means assessing the body positively such as: beautiful/handsome face, proportional height, and so on. On the other hand, negative body esteem will judge the body negatively as well, such as a bad face, too high/short height, and so on. While neutral body esteem does not give any evaluation of certain body parts which may be caused by not paying too much attention to it. Two aspects of the body that determine body esteem are body functions and body parts. Body functions consist of: coordination of physical movements, dexterity, reflexes, physical endurance, physical energy levels, muscle strength, sex drive, sexual activity, health, appetite, and body odor. While the body part consists of: the appearance of the eyes, nose, lips, chin, cheeks/cheekbones, ears, face, shoulder width, arms, chest/breasts, appearance of the stomach, waist, hips/groin, buttocks/buttocks, thighs, legs, soles of feet, body shape, body proportions, weight, height, physical condition, skin, head hair, body hair, sex organs, and biceps. Adolescent females and adolescent males have various differences both in terms of physical appearance, sex roles, behavior patterns, personality, and so on. These differences may affect how they evaluate their body (body esteem). Therefore, the researchers wanted to know the difference in the assessment of the body (body esteem) in adolescent females and males.

Social anxiety is an excessive fear and worry if a person is with other people and feels anxious in social situations because he is worried that he will get bad judgment and even evaluation from other people and vice versa will feel safe if he is alone (Leichsenring & Leweke, 2017) (Smith et al., 2020) (Danneel et al., 2019). Social anxiety is a feeling of social anxiety, especially that which can be generalized significantly so that it can cause uncomfortable feelings for the individual because the individual has to deal with unknown people which has an impact on fear of being humiliated. Social anxiety includes three aspects, namely: fear of negative evaluation, namely individuals feel afraid or worried about bad judgments that will be given by others such as making fun and criticizing. Social avoidance and distress in general, which means that individuals will avoid public places that will make themselves feel insecure and feel more calm when alone. Social avoidance specific to new situations, which means that individuals will tend to avoid new situations, especially meeting strangers (Kaepler & Erath, 2017). This study aims to obtain a description of body esteem in both sexes, this study also aims to determine the relationship between body esteem and social anxiety in late adolescents by using an evaluation of 11 body functions and 27 body parts.

Method

The study used a descriptive correlational research design with a sample size of 232 students majoring in Guidance and Counseling Department at Universitas Negeri Padang. The participants were 42 young male and 190 young female students. The mean age is 19.5 years and SD is 1.05 years. The sampling technique used is simple random. Data were collected through the instrument The Body-Esteem Scale which was adapted from Franzoi and Shields which was created in 1984 and The Social Anxiety Scale (Frost et al., 2018). The Body-Esteem Scale instrument contains a list of aspects of the body which are also items, namely: body functions and body parts. The body functions are: 1) coordination of physical movements, 2) dexterity, 3) reflexes, 4) physical endurance, 5) physical energy level, 6) muscle strength, 7) sex drive, 8) sexual activity, 9) health, 10) appetite, and 11) body odor. The body parts are: 1) eye appearance, 2) nose, 3) lips, 4) chin, 5) cheeks/cheekbones, 6) ears, 7) face, 8) shoulder width, 9) arms, 10) chest /breast, 11) abdominal appearance, 12) waist, 13) hips/groin, 14) buttocks/buttocks, 15) thighs, 16) legs, 17) soles of feet, 18) body shape, 19) body proportions, 20) body weight, 21) sex organs, 22) biceps, 23) body hair, and 24) physical condition. Respondents were asked to describe how they felt about their body parts and functions using the following scale: 1) having strongly negative feelings; 2) have negative feelings; 3) not having any feelings; 4) have positive feelings; and 5) have strongly positive feelings. The highest total score is 175, which means that the evaluation of the state of the body (body esteem) is very positive. While the lowest score is 35, which means that the evaluation of the state of the body (body esteem) is very negative. The Social Anxiety Scale consisting of three aspects, fear of negative evaluation, social avoidance and distress in general, and social avoidance specific to new situations consisting of 24 items. Both instruments are valid and reliable. The validity of all items were tests by using product moment by Pearson were above 0.3 and Alpha Cronbach value of 0.87 for body functions and 0.91 for body functions.

The study population was the Guidance and Counseling Department students at Universitas Negeri Padang and with the technique of proportional simple random sampling based on the proportion of sex, the total sample size was 190 female students and 42 male students. Participants were asked to voluntarily complete the two instruments. The researcher explains the purpose of his research and maintains the confidentiality of the participants. To analyze the body esteem description data for both sexes, descriptive statistics were used and to determine the relationship between body esteem and social anxiety variables, the Pearson Product Moment correlation formula was used using SPSS for Windows version 19.

Results and Discussions

The results of the study on the description of body esteem in both aspects: body function and body parts in both sexes will be presented in Tables 1 to 9. Table 1 is an evaluation of body functions in women whose physical coordination and physical endurance are more than 50%. Sex drive and sexual activity more than 50% neutral.

Table 1. Evaluation of Body Functions in Female (N= 190)

No	Body Functions	Strongly Positive	Positive	Neutral	Negative	Strongly Negative					
		F	P	f	P	f	P	f	P	f	P
1	Coordination of physical movements	36	19	100	52,6	52	27,4	2	1	0	0
2	Dexterity	36	19	90	47,4	60	31,5	4	2,1	0	0
3	Reflex	30	15,8	116	61,1	38	20	6	3,1	0	0
4	Physical endurance	38	20	100	52,6	38	20	10	5,3	4	2,1
5	Physical energy level	22	11,6	82	43,2	62	32,6	16	8,4	8	4,2
6	muscle strength	38	20	76	40	60	31,6	16	8,4	0	0
7	Sex drive	10	5,3	32	16,8	126	66,3	12	6,3	10	5,3
8	Sex activity	8	4,2	16	8,4	124	65,3	20	10,5	22	11,6
9	Health	54	28,4	84	44,2	42	22,1	6	3,2	4	2,1
10	Appetite	42	22,1	74	38,9	48	25,3	26	13,7	0	0
11	Body odor	14	7,4	34	17,9	72	37,9	34	17,9	36	18,9

Evaluation of body function in male in Table 2 shows that coordination of physical movements, agility, reflexes and muscle strength of more than 50% is positive. Sexual activity and body odor more than 50% tend to be neutral. coordination of physical movements, agility, reflexes and muscle strength of more than 50% is positive.

Table 2. Evaluation of Body Functions in Male (N= 42)

No	Body Functions	Strongly Positive	Positive	Neutral	Negative	Strongly Negative					
		F	P	f	P	f	P	f	P	F	P
1	Coordination of physical movements	6	14,3	28	66,7	8	19	0	0	0	0
2	Dexterity	10	23,8	26	61,9	6	14,3	0	0	0	0
3	Reflex	10	23,8	28	66,7	4	9,5	0	0	0	0
4	Physical endurance	10	23,8	20	47,6	10	23,8	2	4,8	0	0
5	Physical energy level	8	19	12	28,6	18	42,9	2	4,8	2	4,8
6	Muscle strength	10	23,8	22	52,4	8	19	2	4,8	0	0
7	Sex drive	8	19	8	19	18	42,9	6	14,3	2	4,8
8	Sex activity	6	14,3	10	23,8	22	52,4	2	4,8	2	4,8
9	Health	10	23,8	18	42,9	14	33,3	0	0	0	0
10	Appetite	12	28,6	16	38,1	10	23,8	4	9,5	0	0
11	Body odor	2	4,8	4	9,5	24	57,2	6	14,3	6	14,3

Comparison body function evaluation in female and male in Table 3 shows that positive evaluation in male are coordination of physical movements, agility, reflexes, physical endurance, muscle strength, sex drive, health, appetite and female are more positive in health and appetite.

Table 3. Body Functions Comparison Evaluation

No	Assessment	Body Function	
		Female	Male

1	Tend to be positive	Health, Appetite	Coordination of physical movements, Agility, Reflexes, Physical endurance, Muscle strength, Sex drive, Health, Appetite
2	Tend to be neutral towards positive	Coordination of physical movements, Agility, Reflexes, Physical endurance, Physical energy level, Muscle strength, Sex drive	Physical energy level, Sexual activity
3	Tend to be neutral	Sex activity	Sex drive, Body odor
4	Tend to be neutral towards negative	Body odor	-
5	Tend to be negative	-	-

Table 4 evaluations of body parts in women shows that evaluations tend to be highly positive, positive and neutral. There is more negative evaluation in the evaluation of body parts than body functions. Appearance of stomach, waist, thighs, weight and height 20-30% of respondents have a negative evaluation; nose, cheeks, shoulder width, arms, and chest 10-20% of respondents have a negative evaluation.

Table 4. Evaluation of Body Parts in Female (N= 190)

No	Body Parts	Strongly Positive	Positive	Neutral	Negative	Strongly Negative					
		F	P	f	P	F	P	F	P	f	P
1	Eye appearance	74	38,9	88	46,3	20	10,5	8	4,2	0	0
2	Nose	48	25,5	66	34,7	52	27,4	24	12,6	0	0
3	Lips	56	29,5	78	41,1	48	25,3	8	4,2	0	0
4	Chin	54	28,4	72	37,9	54	28,4	10	5,3	0	0
5	Cheeks/cheekbones	60	31,6	66	34,7	42	22,1	18	9,5	4	2,1
6	Ear	60	31,6	88	46,3	38	20	4	2,1	0	0
7	Face	70	36,8	78	41,1	32	16,8	10	5,3	0	0
8	Shoulder width	36	18,9	78	41,1	42	22,1	28	14,7	6	3,2
9	Arm	38	20	66	34,7	48	20,5	16	8,4	12	6,3
10	chest/breast	34	17,9	62	32,6	74	38,9	16	8,4	4	2,1
11	Belly appearance	20	10,5	46	24,2	50	26,3	62	32,6	12	6,3
12	Waist	38	20	78	41,1	50	26,3	22	11,6	2	1,1
13	Hips/groin	26	13,7	62	32,6	66	34,7	28	14,7	8	4,2
14	Ass/butt	16	8,4	66	34,7	82	43,2	22	11,6	4	2,1
15	Thigh	26	13,7	52	27,4	66	34,7	40	21,1	6	3,2
16	Foot	26	13,7	72	37,9	54	28,4	36	18,9	2	1,1
17	Sole	28	14,7	76	40	70	36,8	12	6,3	4	2,1
18	Body shape	30	15,8	72	37,9	60	31,6	28	14,7	0	0
19	Body proportion	30	15,8	66	34,7	58	30,5	34	17,9	2	1,1
20	Weight	26	13,7	62	32,6	50	26,3	44	23,2	8	4,2
21	Height	26	13,7	68	35,8	48	25,3	44	23,2	4	2,1
22	Physical condition	42	22,1	76	40	48	30,5	10	5,3	4	2,1
23	Skin	36	18,9	70	36,8	60	31,6	22	11,6	2	1,1
24	Hair	60	31,6	80	42,1	40	21,1	10	5,3	0	0
25	Body hair	26	13,7	56	29,5	70	36,8	38	2	0	0
26	Sex organs	24	13,6	50	26,3	104	54,7	12	6,3	0	0
27	Biceps	18	9,5	40	21,1	118	62,1	10	5,2	4	2,1

Table 5 evaluations of body parts in men shows that evaluations tend to be highly positive, positive and neutral. There is more negative evaluation in the evaluation of body parts than body functions. Body weight 20-30% of respondents have a negative evaluation, ears, shoulder width, and arms 10-15% of respondents have a negative evaluation.

The evaluation of the comparison of body parts between women and men is shown in Table 6. Men have a neutral assessment of body shape, body proportions, body weight, height, physical condition, skin, head hair, body hair, genitals, and biceps. Women have a neutral to positive assessment of the chest/breast, appearance of the abdomen, waist, hips/groin, buttocks/buttocks, thighs, legs, soles of the feet, body shape, body proportions, body hair, sex organs, and biceps.

Tabel 5. Evaluation of Body Parts in Male (N= 42)

No	Body Parts	Strongly Positive	Positive	Neutral	Negative	Strongly Negative
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		F	P	f	P	f	P	f	P	f	P
1	Eye appearance	10	23,8	28	66,7	4	9,5	0	0	0	0
2	Nose	8	19	26	61,9	8	19	0	0	0	0
3	Lips	4	9,5	18	42,9	18	42,9	2	4,8	0	0
4	Chin	2	4,8	22	52,4	18	42,9	0	0	0	0
5	Cheeks/cheekbones	2	4,8	18	42,9	18	42,9	4	9,5	0	0
6	Ear	4	9,5	18	42,9	14	33,3	6	14,3	0	0
7	Face	10	23,8	20	47,6	10	23,8	2	4,8	0	0
8	Shoulder width	4	9,5	22	52,4	10	23,8	6	14,3	0	0
9	Arm	4	9,5	20	47,6	12	28,6	6	14,3	0	0
10	chest/breast	6	14,3	14	33,3	18	42,9	4	9,5	0	0
11	Belly appearance	6	14,3	20	47,6	12	28,6	4	9,5	0	0
12	Waist	4	9,5	14	33,3	20	47,6	4	9,5	0	0
13	Hips/groin	2	4,8	16	47,6	20	47,6	4	9,5	0	0
14	Ass/butt	2	4,8	14	33,3	24	57,1	2	4,8	0	0
15	Thigh	2	4,8	12	28,6	24	57,1	4	9,5	0	0
16	Foot	2	4,8	16	38,1	20	47,6	4	9,5	0	0
17	Sole	2	4,8	14	33,3	24	57,1	2	4,8	0	0
18	Body shape	4	9,5	18	42,9	18	42,9	2	4,8	0	0
19	Body proportion	6	14,3	14	33,3	18	42,9	4	9,5	0	0
20	Weight	2	4,8	14	33,3	14	33,3	12	28,6	0	0
21	Height	10	23,8	18	42,9	12	28,6	2	4,8	0	0
22	Physical condition	4	9,5	20	47,6	18	42,9	0	0	0	0
23	Skin	0	0	20	47,6	18	42,9	4	9,5	0	0
24	Hair	4	9,5	18	42,9	18	42,9	2	4,8	0	0
25	Body hair	0	0	16	38,1	26	61,9	0	0	0	0
26	Sex organs	4	9,5	12	28,6	24	57,1	2	4,8	0	0
27	Biceps	2	4,8	10	23,8	28	66,7	2	4,8	0	0

Table 6. Body Parts Comparison Evaluation

No	Evaluation	Body Function	
		Female	Male
1	Tend to be positive	Eye appearance, Nose, Lips, Chin, Cheeks/cheekbones, Ears, Face, Shoulder width, Arms, Weight, Height, Physical condition, Skin, Head hair	Eyes look, Nose, Lips, Chin, Cheeks/cheekbones, Ears, Face, Shoulder width, Arms, Chest/breast look, Belly look,
2	Tend to be neutral towards positive	Chest/breast, Belly appearance, Waist, Hips/groin, Buttocks/buttocks, Thighs, Legs, Soles, Body shape, Body proportions, Body hair, Sex organs, Biceps	Waist, Hips/groin, Buttocks/buttocks, Thighs, Legs, Soles,
3	Tend to be neutral	-	Body shape, Body proportions, Weight, Height, Physical condition, Skin, Head hair, Body hair, Sex organs, Biceps
4	Tend to be neutral towards negative	-	-
5	Tend to be negative	-	-

From the calculation of the total score for the evaluation of body functions, body parts and body values in both groups. The comparative evaluation of body functions in Table 7 shows that there is a negative evaluation of 3.1% and a neutral assessment of 49.4% for female and a neutral evaluation of 47.6% for male.

From the calculation of the total score for the evaluation of body parts, body parts and body values in both groups. The comparative evaluation of body functions in Table 8 shows that there were 3.1% negative evaluations and 47.3% neutral evaluations for women and 4.7 negative evaluations and 38% neutral evaluations for male.

Table 7. Body Functions Comparison Evaluation

Category	Female		Male	
	F	P	F	P

Strongly Negative	0	0	0	0
Negative	6	3,1	0	0
Neutral	94	49,4	20	47,6
Positive	80	42,1	20	47,6
Strongly Positive	10	5,2	2	4,7
	190	100	42	100

Table 8. Body Parts Comparison Evaluation

Category	Female	Male	F	P
	F	P		
Strongly Negative	0	0	0	0
Negative	6	3,1	2	4,7
Neutral	90	47,3	16	38
Positive	76	40	22	52,3
Strongly Positive	18	9,5	2	4,7
	190	100	42	100

The results of the calculation of the total body esteem score in the two groups can be seen in Table 9. Female have a neutral body esteem of 50.5%, positive 43.1% and very positive 6.3. 42.8% neutral 52.3% positive and 4.7 very positive body level in male.

Table 9. Body Esteem Comparison

Category	Female	Male	F	P
	F	P		
Strongly Negative	0	0	0	0
Negative	0	0	0	0
Neutral	96	50,5	18	42,8
Positive	82	43,1	22	52,3
Strongly Positive	12	6,3	2	4,7
	190	100	42	100

Table 10. Height and Weight Comparison

Category	Female	Male	Mean	SD
	Mean	SD		
Weight (kg)	50,0	7,8	56,5	9,2
Height (cm)	153,5	12,2	167,7	4,3

Adolescents female and adolescents male have differences in terms of physical characteristics. Males in general have a taller and larger body frame than female adolescents. While adolescent girls are smaller, less muscular and less powerful. Therefore, young men are better able to do jobs that require more energy. These differences will have an impact on differences in muscle strength, agility, reflexes, physical energy levels, coordination of physical movements, physical endurance in the two groups of adolescents.

In addition, there are differences in the maturity of primary sexual characteristics (Thomas & Fernandes, 2018) (Hibbert, Brett, Porcellato, & Hope, 2019). Menstruation requires young women to make behavioral adjustments such as physical care for a smooth menstrual cycle (Critchley, Babayev, et al., 2020) (Critchley, Maybin, Armstrong, & Williams, 2020). In contrast to young women, for teenage males the first ejaculation is not a very significant event. The ability to ejaculate does not encourage meaningful lifestyle changes in teenage males (Chad, 2020). The above shows that there are differences in sexual experience between the two groups of adolescents.

Evaluation of the state of the body (body esteem) occurs through the process of perception. Perception is the process of interpreting the stimulus. So the difference in the stimulus, namely the characteristics of the body in the form of body functions and the difference in sexual experience in the two adolescents will affect the difference in the meaning of their body functions (Chang, Li, Loh, & Chua, 2019). This difference in meaning then affects the different evaluations of body function in the two groups of adolescents.

Adolescents female and adolescents male have differences in terms of physical characteristics. These include height and weight that shows in Table 10. The average height of male adolescents is 9.1% higher than female adolescents. Likewise, the average weight of male adolescents is 8.8% heavier than female adolescents. This is in accordance with the fact that the average height of the male sample group is 167.7 cm, while the female adolescent sample group is 153.5 cm or 14.2 cm lower than male. Apart from that is body shape. Body shape in adolescent male develops into a masculine character that is shaped like a triangle, while the body shape in

adolescent girls develops into a feminine character that is shaped like an hourglass. Breasts in adolescent girls develop, while in adolescent male do not.

Another difference is the sex role. Sex roles are patterns of behavior based on sex that are approved and accepted by social groups (Reilly, Neumann, & Andrews, 2016). In society in general, there are demands on young women to highlight their femininity. Therefore, a young woman is required to always have an attractive physical appearance. According to gender schema theory, this happens because attractiveness is an important dimension in the feminine schema in women (Starr & Zurbriggen, 2017) (Thomasson, n.d.). A woman who is considered to deviate from feminine stereotypes can be subject to social sanctions for failing to meet her standards of femininity. As a result, the behavior that is often displayed by young women and is approved by their social environment is to pay attention to physical appearance in the form of doing various body treatments such as diet, scrubs, creams, and so on.

On the other hand, young men are required to display masculinity. They are required to have masculine patterns such as dominant, aggressive, and active. Males are encouraged and pressured to choose and prepare for jobs that fit these stereotypes, for example: holding leadership roles in business, industry, and other professions. In connection with these masculine roles, they are considered inappropriate to highlight their feminine side. In general, the social environment will give the nickname "feminine" to young men who display behavior that pays attention to physical appearance that is too excessive.

Evaluation of the state of the body (body esteem) occurs through the process of perception. Perception is the process of interpreting the stimulus. So the difference in the stimulus, namely the character of the body parts and the difference in sex roles in the two groups will affect the different meanings of the body parts. These different meanings then affect the different evaluations of body parts in the two groups of teenagers.

The results showed that male adolescents tend to give a positive evaluation of their body parts compared to female adolescents. Positive evaluation of body parts can be in the form of good, perfect, proportional, and so on. A strong tendency in adolescent males to give these evaluations is influenced by sex role factors. Unlike teenage girls, they are not so required to have an attractive appearance. That's why they don't pay much attention to their body parts and tend to think they are good. This is what influences a strong tendency to give a positive evaluation of body parts in male adolescents compared to female adolescents.

Neutral evaluation is not able to give a positive or negative evaluation. A strong tendency in adolescent males to give a neutral evaluation or not to give a positive or negative evaluation of their body parts is also influenced by a lack of attention. Lack of attention to body parts makes it difficult for young men to make judgments. This is what makes young men tend to give a neutral evaluation. In contrast to adolescent girls, great attention to body parts makes it easier for them to give positive or negative judgments.

The data processing criteria used to describe social anxiety in female and male respondents can be seen in Table 11. Female have 27 % high social anxiety and male 24 % of them have high social anxiety.

Table 11. Social Anxiety

Category	Interval	Female	Male	f	P
		f	P		
Very high	≥100	0	0	0	0
High	81-99	52	27	10	24
Currently	62-80	110	58	24	57
Low	43-61	26	14	8	19
Very low	<43	2	1	0	0
		190	100	42	100

The correlation between social anxiety and body esteem in both sexes can be described in Table 12. There are significant correlation in 0,01 level (2-tailed) between negative body esteem and social anxiety with Pearson Correlation was -0,389 in both sexes, male and female.

The correlation between social anxiety and body esteem in female can be described in Table 13. There are significant correlation in 0,01 level (2-tailed) between negative body esteem and social anxiety with Pearson Correlation was -0,403 in female.

Table 12. Relationship between Social Anxiety and Body Esteem in Both Sexes

Correlations		Social Anxiety	Body Esteem
Social Anxiety	Pearson Correlation		

	Sig. (2-tailed)
	N
Body Esteem	Pearson Correlation
	Sig. (2-tailed)
	N

** . Correlation is significant at the 0.01 level (2-tailed).

Table 13. Relationship between Social Anxiety and Body Esteem in Female

Correlations		Social Anxiety	Body Esteem
Social Anxiety	Pearson Correlation	1	-.403**
	Sig. (2-tailed)		.000
	N	190	190
Body Esteem	Pearson Correlation	-.403**	1
	Sig. (2-tailed)	.000	
	N	190	190

** . Correlation is significant at the 0.01 level (2-tailed).

The correlation between social anxiety and body esteem in male can be described in Table 14. There are significant correlation in 0,01 level (2-tailed) between negative body esteem and social anxiety with Pearson Correlation was -.0319 in male.

Table 14. Relationship between Social Anxiety and Body Esteem in Male

Correlations		Social Anxiety	Body Esteem
Social Anxiety	Pearson Correlation	1	-.319
	Sig. (2-tailed)		.158
	N	42	42
Body Esteem	Pearson Correlation	-.319	1
	Sig. (2-tailed)	.158	
	N	42	42

How we judge ourselves will affect how we are in our social environment. If we judge negatively against ourselves then this will make us think about things that are not logical. The environment is assessed as a threatening environment. When in an environment, individuals will judge that they are being judged and others will immediately realize their shortcomings. The flaws in his mind that are believed will also be noticed by others. This belief actually exists only in his mind. Individuals who are "hedonic" will choose situations that can only make him feel comfortable. So that when he receives an "alarm" of a "threat" from the outside, the body will immediately respond, such as increasing physical metabolism. Increased physical metabolism such as sweating, shortness of breath, chest rumbling, hands shaking, then the individual responds to unpleasant conditions that must be left immediately. Social anxiety is an excessive fear and worry when a person is with other people and feels anxious in social situations because he is worried that he will get bad judgment and even evaluation from others and will feel safe if he is alone. Feelings of social anxiety, especially those that can be generalized significantly so that it can cause uncomfortable feelings for the individual, because the individual has to deal with unknown people which has an impact on fear of being humiliated.

Social anxiety stems from feelings of fear of being judged and evaluated negatively from others. Meanwhile, body esteem is how a person assesses the main part of himself, namely his body. This self-evaluation is what everyone brings when he interacts in his social environment. Individuals who have negative judgments will make it difficult to develop positive thoughts. Individuals will also tend to think negatively, will think more about negative and bad things about what is happening and will happen. So this is the origin of the emergence of anxiety. Anxiety is basically worrying about something that hasn't happened yet. Social anxiety is anxiety when interacting in a social environment. When in a social environment, each individual will feel the feeling of being evaluated or judged by others. Individuals who think negatively and have a negative evaluation of themselves will also form the thought in themselves that others will judge them for their shortcomings.

This thought is then received and responded to by the brain and interpreted as a threat. Then the body then reacts to the situation and gives a physical response. The physical response is in the form of an increase in physical metabolism such as sweating, gasping for breath, flushed face, heartburn, and so on. This physical response makes it increasingly difficult for individuals to place themselves in their social environment and tend to avoid that environment.

Conclusions

The facts of this study provide an overview of the tendency of body esteem in male adolescents compared to female adolescents. Factors of differences in sex roles, differences in sex roles lead to differences in values that are internalized by the two groups of teenagers. Adolescent girls learn that physical appearance is what determines success in playing their social roles, so they become very concerned about their physical appearance. While males are not, they learn that their success is determined by their achievements, not their physical appearance. So that young men tend to care less about their physical appearance as young women care about their physical appearance. This is what affects the tendency of body esteem to be more negative in adolescent girls than adolescent males.

Physical maturity in late adolescence has reached its peak. This is what makes their body esteem be more likely to be positive. Therefore, further research can conduct research on early and middle adolescents and compare these three groups to find out whether there are differences in body esteem at the three stages of adolescent development.

Based on the results of the study, it was found that there was a significant positive correlation between body esteem and social anxiety in both sexes. Positive body esteem is very important to be developed in order to reduce or even eliminate social anxiety. Positive thoughts about one self in individuals will prevent them from having negative thoughts about the social environment. Individuals will view their environment more logically and make sense so it is not easy to have thoughts that shackle themselves. Like the saying "what you think will come true" then think that goes up so that it becomes reality and becomes good.

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