

## The Relationship Between Body Image and Psychological Well-Being Among Female Adolescents

Rahma Rohadatatu Aisy<sup>1</sup>, Destria Efliani<sup>1</sup>, Rifa Yanti<sup>1</sup>, Epu Margias Tuti<sup>1</sup>

<sup>1</sup>Institut Kesehatan dan Teknologi Al Insyirah, Pekanbaru, Indonesia

### Article Info

#### Keywords :

Body Image, Psychological Well-Being, Female Adolescent

#### Corresponding Author :

Rahma Rohadatatu Aisy

E-mail :

[rahmarohadatulaisy@gmail.com](mailto:rahmarohadatulaisy@gmail.com)

Phone Number : 083180538494

### ABSTRACT

**Background & Objective:** Adolescent Female are vulnerable to body image issues due to physical changes and social pressures, which may affect psychological well-being. This study aimed to examine the relationship between body image and psychological well-being among adolescent girls at the Institute of Health and Technology Al Insyirah Pekanbaru. **Method:** A quantitative correlational study with a cross-sectional design was conducted involving 73 adolescent girls selected through purposive sampling. Body image was measured using the Multidimensional Body Self-Relation Questionnaire (MBSRQ), while psychological well-being was assessed using the 18-item Ryff Psychological Well-Being Scale. Data were analyzed using the Spearman rho correlation test. **Result:** The results showed a significant positive relationship between body image and psychological well-being ( $r = 0.410$ ;  $p < 0.05$ ). **Conclusion:** These findings indicate that adolescents with a more positive body image tend to have higher psychological well-being.

DOI: <https://doi.org/10.56359/igj.v5i2.1033>



This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/)

### Introduction

Adolescence is a critical developmental stage in the human life cycle, characterized by rapid biological, cognitive, emotional, and social changes. These transitions place adolescents in a vulnerable phase marked by role confusion and identity crises. During this period, adolescents begin to form self-perceptions, seek independence, and face social pressures that may affect their mental and emotional well-being (Putra et al., 2021; Rusuli, 2022).

One important aspect that develops during adolescence is body image, defined as an individual's perception and evaluation of their body shape and physical appearance. Pubertal changes involving significant physical development make adolescents, particularly female adolescents, more sensitive to evaluations of their

bodies. Body image can be positive, characterized by body acceptance and satisfaction, or negative, reflected in dissatisfaction and difficulty accepting one's physical condition (Abdullah et al., 2022; Ramanda et al., 2019).

According to data from the World Health Organization (WHO) through the Health Behaviour in School-aged Children (HBSC) study in 2022, approximately 29% of adolescents overall perceived their bodies as being too fat, with a higher prevalence among female adolescents (34%) compared to male adolescents (23%). Negative body perceptions were found to increase with age, particularly among female adolescents. For instance, in Poland, 51.6% of female adolescents reported perceiving their bodies as too fat, representing the highest prevalence among the surveyed countries (WHO, 2024).

In the Indonesian context, a U-Report poll involving more than 3,000 adolescents (53% female adolescents) from 34 provinces revealed that 77% of respondents expressed a desire to change their appearance. Nearly half of the respondents (47%) reported that concerns about their appearance hindered their participation in important activities, while 89% indicated a desire to learn strategies to improve their body image (Craddock et al., 2021).

Social pressure and prevailing beauty standards within society increase the vulnerability of female adolescents to body dissatisfaction. This dissatisfaction not only affects self-confidence but may also influence psychological well-being, which refers to an individual's ability to function optimally, maintain positive self-acceptance, and establish healthy social relationships (Fitri & Ibrahim, 2024).

Previous studies have demonstrated a relationship between body image and adolescents' psychological aspects, including self-esteem and psychological well-being (Lestari, 2022). A preliminary study conducted at the Institut Kesehatan dan Teknologi Al Insyirah Pekanbaru found that some female adolescents still exhibited negative body image despite being objectively perceived as attractive by their surroundings. Based on this phenomenon, the present study aims to examine the relationship between body image and psychological well-being among female adolescents at the Institut Kesehatan dan Teknologi Al Insyirah Pekanbaru.

## **Objective**

To determine the relationship between body image and psychological well-being among female adolescents.

## **Method**

This study employed a quantitative correlational design with a cross-sectional approach. The sample consisted of 73 female adolescents who were nursing students, selected using purposive sampling. Body image was measured using the Multidimensional Body-Self Relations Questionnaire (MBSRQ), while psychological well-being was assessed using the 18-item Ryff Psychological Well-Being Scale. Data were analyzed using the Spearman rho correlation test. The study was conducted in October at the Institut Kesehatan dan Teknologi Al Insyirah Pekanbaru.

## **Results**

This section presents the research findings, including respondent characteristics, the distribution of body image, levels of psychological well-being, and the relationship

between body image and psychological well-being among female adolescents at the Institute of Health and Technology Al Insyirah Pekanbaru.

**TABLE 1.** Characteristics of Respondents

Variable	<i>f</i>	%
<b>Age</b>		
18 years	2	2,7 %
19 years	11	15,1%
20 years	23	31,6 %
21 years	21	28,7 %
22 years	16	21,9 %
<b>Gender</b>		
Female	73	100 %
<b>Academic semester</b>		
3	20	27,4 %
5	23	31,5 %
7	30	41,1 %
<b>Body Weight</b>		
<50 kg	34	46,6 %
50-60 kg	28	38,4%
61-70 kg	7	9,6 %
>70 kg	4	5,5 %
<b>Height</b>		
<150 cm	11	15,1 %
150-160 cm	49	67,1 %
161-170 cm	13	17,8 %
>170 cm	0	0 %
<b>Total</b>	<b>73</b>	<b>100 %</b>

Based on Table 1, of the total 73 respondents, the largest age group was 20 years old, consisting of 23 respondents (31.6%). All respondents were female (100%). In terms of academic semester, the majority of respondents were in the seventh semester, with a total of 30 students (41.1%). Regarding body weight characteristics, nearly half of the respondents had a body weight of less than 50 kg (46.6%). Meanwhile, for height characteristics, most respondents had a height ranging from 150 to 160 cm, accounting for 67.1% of all respondents.

**TABLE 2.** Frequency Distribution of Body Image among Female Adolescents at the Institute of Health and Technology Al Insyirah

Body image	Frequency ( <i>f</i> )	Percentage (%)
Positive	73	100 %
Negative	0	0 %
<b>Total</b>	<b>73</b>	<b>100 %</b>

Based on Table 2, the results indicate that all respondents demonstrated a positive level of body image. A total of 73 female adolescents (100%) were categorized as having a positive body image, while no respondents (0%) were classified as having a negative body image. These findings suggest that the female adolescents at the Institute of Health and Technology Al Insyirah generally perceive their body image positively.

**TABLE 3.** Frequency Distribution of Psychological Well-Being among Female Adolescents at the Institute of Health and Technology Al Insyirah

<i>Psychological well-being</i>	Frequency ( <i>f</i> )	Percentage (%)
Low	0	0 %
Moderate	38	52,1%
High	35	47,9 %
<b>Total</b>	<b>73</b>	<b>100%</b>

Based on Table 3, According to Table 3, the majority of respondents were categorized as having a moderate level of psychological well-being. Specifically, 38 respondents (52.1%) fell into the moderate category, followed by 35 respondents (47.9%) who were classified as having a high level of psychological well-being. Notably, no respondents (0%) were identified as having low psychological well-being. These findings indicate that most female adolescents exhibited adequate to high psychological well-being.

**TABLE 4.** Relationship between Body Image and Psychological Well-Being among Female Adolescents at IKTA Pekanbaru

			Body Image	Psychological well-being
Spearman's rho	Body Image	Correlation Coefficient	1.000	.410**
		Sig. (2-tailed)	.	.000
		N	73	73
	psychological well-being	Correlation Coefficient	.410**	1.000
		Sig. (2-tailed)	.000	
		N	73	73

Based on Table 4, the results show that the relationship between body image and psychological well-being among female adolescents at IKTA Pekanbaru indicates that, out of 73 respondents, all female students had a positive body image, with 38 respondents (52.1%) exhibiting a moderate level of psychological well-being.

The Spearman rho correlation test revealed a significant relationship between body image and psychological well-being, with a correlation coefficient of  $r = 0.410$  and a significance value of  $p = 0.000$  ( $p < 0.05$ ). These findings indicate that the more positive the body image of female adolescents, the better their psychological well-being.

## Discussion

The results of this study indicate that all female adolescents at the Institute of Health and Technology Al Insyirah Pekanbaru demonstrated a positive level of body image. This finding suggests that the respondents were generally able to accept and evaluate their physical appearance in a positive manner. A positive body image reflects healthy self-acceptance and adaptive self-evaluation toward the physical changes that typically occur during adolescence.

These findings are consistent with the study conducted by Narotin and Satwika (2024), which reported that the majority of early adult women exhibited moderate to high levels of body image. Their study emphasized that body acceptance is closely related to how individuals interpret physical changes and navigate social interactions. Similarly, Fitri and Ibrahim (2024) found that most respondents reported high levels of satisfaction with their body image. This suggests that a positive body image can be

developed through self-acceptance and a constructive understanding of one's physical condition.

In addition, research conducted by Wijoyo (2024) revealed that body image perception among female adolescents is not solely determined by objective physical conditions, such as obesity status, but is more strongly influenced by how individuals interpret and accept their bodies. This finding reinforces the results of the present study, indicating that a positive body image can be maintained despite variations in physical appearance. The subjective evaluation of the body appears to play a more significant role than objective physical indicators in shaping body image among adolescents.

The results of this study also show that the majority of female adolescents had a moderate level of psychological well-being, followed by a high level. This distribution suggests that respondents generally possess adequate abilities in self-acceptance, maintaining positive social relationships, and developing a positive evaluation of their lives. Psychological well-being at a moderate level reflects a relatively balanced psychological condition, although there remains potential for further development and improvement.

These findings align with the study by Narotin and Satwika (2024), which reported that most female social media users experienced moderate levels of psychological well-being. Their findings indicate that psychological well-being is influenced by social dynamics and the way individuals interpret interactions within their social environment. Similarly, Syabana (2021) found that the majority of female adolescents were categorized as having moderate psychological well-being, suggesting that psychological well-being is a dynamic condition influenced by various internal and external factors.

Furthermore, Lubis and Indrawati (2023) reported that the psychological well-being of adolescent social media users tended to fall within the moderate category, which was associated with tendencies toward social comparison and body dissatisfaction. These findings support the results of the present study, which indicate an association between body image and psychological well-being. Adolescents who frequently engage in social comparison may experience fluctuations in both body image and psychological well-being, highlighting the interconnected nature of these constructs.

The correlation analysis in this study revealed a significant relationship between body image and psychological well-being among female adolescents, with a correlation coefficient of  $r = 0.410$  and  $p < 0.05$ . This result indicates a positive relationship of moderate strength, suggesting that higher levels of positive body image are associated with higher levels of psychological well-being. In other words, female adolescents who perceive their bodies more positively tend to experience better psychological well-being.

This finding is consistent with the study by Siska and Pelangi (2024), which reported a positive relationship between body image and psychological well-being among university students. Similarly, research conducted by Nurkhalishah (2025) demonstrated that body image has a positive and significant relationship with psychological well-being among female adolescents. These findings collectively emphasize that a more positive body image contributes to better psychological functioning and overall well-being.

The relationship between body image and psychological well-being is particularly relevant given that the participants in this study were female adolescents, a group that is especially vulnerable to body image formation. This vulnerability is influenced by rapid physical changes during puberty, social pressures from peers and media, and prevailing beauty standards within society. When adolescents are able to accept these physical changes in a positive manner, they are more likely to develop a positive body image. Conversely, dissatisfaction with one's body may lead to the development of a negative body image, which can adversely affect psychological well-being (Anthony & Viena, 2024).

The findings of this study are also in line with the theory proposed by Matera et al. (2024), which conceptualizes body image not merely as a visual perception of the body but as a comprehensive psychological experience. According to this perspective, body image encompasses body appreciation, body functionality appreciation, and body compassion, all of which are directly related to mental well-being. Matera et al. (2024) found that individuals with higher levels of body appreciation tend to employ more adaptive coping strategies and demonstrate better indicators of psychological well-being, such as more positive self-evaluations and a reduced tendency to avoid negative body-related thoughts.

These findings suggest that positive dimensions of body image play a crucial role in enhancing psychological well-being through healthy coping mechanisms and greater self-acceptance. Adolescents who appreciate their bodies not only in terms of appearance but also in terms of functionality and compassion are more likely to develop resilience and maintain psychological balance in the face of social and developmental challenges.

Despite the significant relationship found between body image and psychological well-being in this study, it is important to note that psychological well-being is not influenced solely by body image. Other factors, such as social support, academic stress, and individuals' abilities to manage stress, also contribute to the formation of psychological well-being among female adolescents. Therefore, future research is encouraged to examine additional variables that may interact with body image in influencing psychological well-being.

## **Conclusion**

Based on the results of the study conducted at the Institute of Health and Technology Al Insyirah Pekanbaru, it can be concluded that the body image of female adolescents was entirely categorized as positive. All respondents, totaling 73 female adolescents (100%), demonstrated a positive perception of their bodies. This finding indicates that the respondents were generally able to accept and evaluate their physical conditions in a positive manner.

Furthermore, the level of psychological well-being among female adolescents was predominantly categorized as moderate, with 38 respondents (52.1%). This result suggests that female adolescents possess adequate levels of self-acceptance, positive social relationships, and positive life evaluations, although there remains potential for further improvement in psychological well-being.

The correlation analysis revealed a significant relationship between body image and psychological well-being among female adolescents at the Institute of Health and Technology Al Insyirah Pekanbaru, with a correlation coefficient of  $r = 0.410$  and a significance value of  $p = 0.000$  ( $p < 0.05$ ). This positive relationship of moderate

strength indicates that the more positive the body image of female adolescents, the better their psychological well-being.

Based on these findings, future research is recommended to examine other factors that may influence the psychological well-being of female adolescents, such as social support, academic stress, social media use, and coping strategies. Additionally, future studies may employ longitudinal designs or qualitative approaches to gain deeper insights into the dynamics of body image and psychological well-being during adolescence. The development of psychosocial interventions focusing on self-acceptance and body appreciation is also recommended to enhance the psychological well-being of female adolescents.

### Acknowledgement

The author would like to express sincere gratitude to the Institute of Health and Technology Al Insyirah Pekanbaru for granting permission and providing facilities for the implementation of this study. Appreciation is also extended to all respondents who voluntarily participated in this research. In addition, the author would like to thank the supervisors for their guidance, valuable input, and support throughout the research process.

### References

- Abdullah, A. D., Sari, D., & Mubarak, M. H. (2022). Gambaran Body Image Remaja Putri pada Usia 13-17 Tahun: Body Image Description in 13-17 years old Female Adolescence. *Svasta Harena: Jurnal Ilmiah Gizi*, 3(1), 14-18.
- Anthony, S. A., & Viena, Y. (2024). Hubungan Antara Body Image Dengan Psychological Well Being Pada Remaja Di Bekasi Timur. *Jurnal Psikologi Dan Bimbingan Konseling*, 4(2), 1-9.
- Craddock, N., Garbet, K. M., Haywood, S., Nasution, K., White, P., Saraswati, L. ay., Rizkiah, C., Medise, B. E., & Diedrichs, P. C. (2021). 'Dove Confident Me Indonesia: Single Session': study protocol for a randomised controlled trial to evaluate a school-based body image intervention among Indonesian adolescents. *BMC Public Health*.
- Fitri, A., & Ibrahim, F. R. I. (2024). Mengukur Psychological Well-Being: Peran Body Image dan Gratitude Pada Wanita Dewasa Awal Anisa. 9(1), 404-415. <https://doi.org/10.31316/gcouns.v9i1.648>
- Fauziah, N., & Rofiqoh, I. (2025). Self-compassion dan psychological well-being pada remaja. *Jurnal Ilmu Psikologi Terapan*, 9(1), 14-24.
- Lestari, P. A. (2022). Hubungan body image dengan kepercayaan diri pada remaja. *Jurnal Psikologi Sosial*, 10(2), 88-97.
- Lubis, R. S. D., & Indrawati, E. (2023). Social Comparison Dan Body Dissatisfaction Dengan Kesejahteraan Psikologis Pada Remaja. *IKRA-ITH HUMANIORA: Jurnal Sosial Dan Humaniora*, 7(3), 134-141. <https://doi.org/10.37817/ikraith-humaniora.v7i3.3367>
- Matera, C., Casati, C., Pradisi, M., Di Gesto, C., & Nerini, A. (2024). Positive Body Image and Psychological Wellbeing among Women and Men: The Mediating Role of Body Image Coping Strategies. *Behavioral Sciences*, 14(5), 378. <https://doi.org/10.3390/bs14050378>
- Narotin, N., & Satwika, Y. W. (2024). Hubungan Body Image dan Psychological Well-Being Pada Perempuan Dewasa Awal Pengguna Instagram. *INCARE*,

- International Journal of Educational Resources, 5(1), 114–129.  
<https://doi.org/10.59689/incare.v5i1.914>
- Ningsih, S., Yanti, R., & Marlina, E. (2017). Gambaran body image pada remaja putri di wilayah kerja Puskesmas Senapelan Kota Pekanbaru. *Jurnal Kesehatan Komunitas*, 3(2), 60–66.
- Nurkhalishah, F. (2025). Pengaruh citra tubuh terhadap kesejahteraan psikologis pada remaja putri di kabupaten gowa.
- Putra, A. R., Sari, M., & Handayani, D. (2021). Perkembangan psikososial remaja dalam perspektif kesehatan mental. *Jurnal Keperawatan Jiwa*, 9(2), 123–131.
- Ramanda, R., Akbar, Z., & Wirasti, R. A. M. K. (2019). Studi Kepustakaan Mengenai Landasan Teori Body Image Bagi Perkembangan Remaja. *JURNAL EDUKASI: Jurnal Bimbingan Konseling*, 5(2), 121. <https://doi.org/10.22373/je.v5i2.5019>
- Rusuli, I. (2022). Psikososial Remaja: Sebuah Sintesa Teori Erick Erikson Dengan Konsep Islam. *Jurnal As-Salam*, 6(1), 75–89.  
<https://doi.org/10.37249/assalam.v6i1.384>
- Wijoyo, A. (2024). Hubungan status obesitas dengan citra tubuh pada remaja putri. *Jurnal Gizi dan Kesehatan Remaja*, 5(1), 20–28.
- WHO. (2024). Body image-Proportion of youngpeoplewho think theyare too fat. World Health Organization (WHO) Regional Office for Europe.  
[https://gateway.euro.who.int/en/indicators/hbsc\\_19-body-image/](https://gateway.euro.who.int/en/indicators/hbsc_19-body-image/)