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Differences in Body Image of Bekasi City Teenagers Who Do Physical Glow Ups Reviewed from Gender

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Abstract: This study aims to determine the differences in *adolescent body image* from the gender who do *physical glow up* with the method of discrimination and confirmatory factor analysis (CFA). A total of 31 items were arranged to measure *body image* in the context of *glow up*. The results of the discrimination power analysis showed that three of the items tested had discrimination power in accordance with the phenomenon studied, so that it could be used to measure *body image* effectively. Furthermore, CFA is used to test the validity and reliability of the construction of the item. The findings of this study are expected to provide deeper insights into the factors that affect the *body image* of adolescent boys or women who do *physical glow ups*.

Keyword: Gender, Physical Glow Up, Body Image

INTRODUCTION

Valensia (2023), states that when individuals enter adolescence they must abandon things related to childhood and learn to adopt new patterns of behavior and attitudes to replace those who have been left behind, adolescents or what we can call the younger generation are the successors of the nation who will shape the future of life and play a role in realizing peace and prosperity of mankind. It must also be admitted that in an era like today, adolescents always keep up with the development of existing information, adolescence also offers many opportunities to grow not only from a complex physical dimension, but also in emotional cognitive competence, autonomy, self-esteem and relationships and warm feelings that individuals have with certain individuals.

Changes that occur rapidly in adolescence are related to physical aspects including rapid growth and increase in height, weight, hormonal changes, sexual function maturity during puberty, as well as changes in sexual organs that are increasingly functioning and beginning to reach sexual maturity, as well as the development of brain structure function, these changes make adolescents pay attention and assess the changes that occur in their physique and also adolescents' interests who want to display their physical changes from before and after. The change was made to meet the social standards formed in society and increase the attractiveness

of other individuals who saw it, besides that it also provided motivation for other individuals to participate in changing their physical appearance (Aisyah, E, 2023).

The emergence of trends that develop from year to year that adjust the conditions and phenomena that occur to the development of technology that can affect the order of individual life, one of which gives rise to the phenomenon of doing physical glow ups that show a person's change for the better from time to time, especially in terms of physical changes by showing changes that occurred in the past with the present time these changes usually include weight, appearance, changes in the face. When viewed from a physical point of view, the physical glow up itself is in the form of a change in the ideal body shape and also a physical change that is as beautiful or charming as it is (Widiarti et al., 2022).

In general, this physical glow up phenomenon is intended for both men and women, due to the individual's desire to be able to appear with a more charming physique. According to Dictio (in Zayyan & Saino, 2021), a website that contains a community that discusses glow up, glow up has 4 categories of achievement ranging from physical health and fitness, physical appearance, mental health and social environment. Glow up is an effort to be different from the present to the future. So that it makes a paradigm of modern change which is also influenced by a tall body, slim, long hair, white and clean skin, a pointed nose and big eyes.

According to Octavia (2020), in terms of body image in adolescents, both boys and girls, if growth, change, and physical development go naturally or are realized as expected, then adolescents will be able to appreciate, respect, and maintain their physical condition well. According to Agustningsih & Rohmi (2020) stated that body image is an individual's attitude and assessment of his body shape, in particular, the function and potential of the body and especially in the appearance of the body. In general, there are two types of body images that are often possessed by adolescents, namely positive body image and negative body image and the phenomenon of physical glow up itself is generally caused by a negative body image in adolescents.

According to Puspasari (2019), states that a positive body image is a positive assessment of the condition of one's own body. Individuals who have a positive body image tend to have satisfaction with their lives, happiness, pride in their bodies and are able to encourage an increase in individual self-esteem. Meanwhile, a negative body image is looking at and assessing physical conditions negatively and not as they expected, such as the condition or color of the skin that is not bright, be it the face or other limbs, the smell of the body that is not fragrant, the condition of the hair that is not good or dry, and many others. The negative body image can have an impact on adolescent psyche such as stress, emotional disturbances, excessive anxiety, depression, eating disorders such as anorexia, bulimia nervosa, binge eating (compulsive overeating), threatened sexual health, social withdrawal or withdrawal from the social environment.

A strong desire, an unceasing effort to realize the ideal physical condition and body shape can provide many benefits for the physical and psychological health of adolescent girls and boys, especially by having a physical condition and appearance that is expected to make adolescents feel superior among other individuals, can be the center of attention among peers, attract the attention of the opposite sex, become confident individuals and get satisfaction and well-being.

METHOD

This research is a research that uses an approach with quantitative methods. Research with an approach using quantitative methods according to Azwar (2017), is a research that emphasizes analysis in the form of numerical data, using measurement procedures processed with statistical analysis methods.

In quantitative research, it is important for researchers to know exactly the variables to be studied. According to Azwar (2017), a variable is an object that is the main reason for conducting an investigation in a study, which has various variations in it. The researcher used one variable in this study, namely the body image variable.

The form of scale that the researcher uses to measure the body image variable, namely the likert scale by using two types of item questions, namely aitem favorable and aitem unfavorable, then the researcher proposes four answer options in the form of Strongly Agree (SS), Agree (S), Disagree (TS) and Strongly Disagree (STS) which will later be chosen by the respondents.

The Likert scale is a scale developed by Likert in Nempung et.al. (2015), according to him, the Likert scale is a scale that has four or more question items that are combined with other words to form a score or value that displays individual characteristics, such as knowledge, attitude and behavior. Meanwhile, in the aitem favorable and unvaforable, according to Sugiyono (2012), it is a form of statement, in favorable statements is a statement that is supportive while in an unfavorable statement is a statement that is not supportive. Meanwhile, favorable and unfavorable are also differentiated based on the assessment system, which are as follows:

RESULTS AND DISCUSSION

In this study, the subject to be studied is the difference *in body image* of teenagers in Bekasi who do *physical glow ups* from a gender perspective. The sample needed in this study is as many as 100 respondents. It can be seen from the following table:

Table 1. Body Image Scale Validity Results

Variabel	Rentang Validitas
Body Image	0,543 – 0,829

Based on the table above, it can be seen that the statement for the variable *body image* has a valid status, because the p-value shows a number <0.001 where the item can be said to be valid if the significance value is <0.05 .

Table 2. Reliability Results

Frequentist Scale Reliability Statistics

Estimate	Cronbach's α	Average interitem correlation
Point estimate	0.964	0.487
95% CI lower bound	0.952	0.374
95% CI upper bound	0.973	0.572

Poin estimasi **Cronbach's** = 0,964

Based on the results of the body image measuring instrument test , an estimated point on *the Cronbach alpha* was obtained of 0.964. If *Cronbach's alpha* is >0.6 , it can be said that the measuring instrument is reliable. Therefore, it can be concluded that *this body image* measuring tool has a good reliability index.

Table 3. Uniqueness Component Loadings
Component Loadings

	RC1	Uniqueness
V21	1.059	0.857
V20	1.048	0.537
V19	1.026	0.460
V6	0.958	0.457
V5	0.956	0.442
V23	0.933	0.508
V22	0.929	0.438
V17	0.924	0.710
V16	0.918	0.743
V8	0.902	0.353
V7	0.895	0.325
V12	0.890	0.406
V26	0.889	0.548
V15	0.887	0.728
V25	0.881	0.617
V27	0.876	0.729
V14	0.867	0.757
V9	0.856	1.051
V4	0.843	0.415
V29	0.843	0.658
V30	0.836	0.404

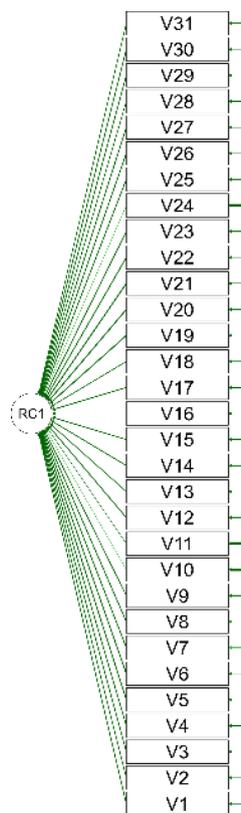
Component Loadings		
	RC1	Uniqueness
V3	0.821	0.428
V1	0.797	0.433
V13	0.784	0.462
V18	0.782	0.656
V2	0.756	0.418
V28	0.691	0.996
V31	0.690	0.669

V11	0.448	2.573
V10		1.943
V24		1.851

Note. Applied rotation method is promax.

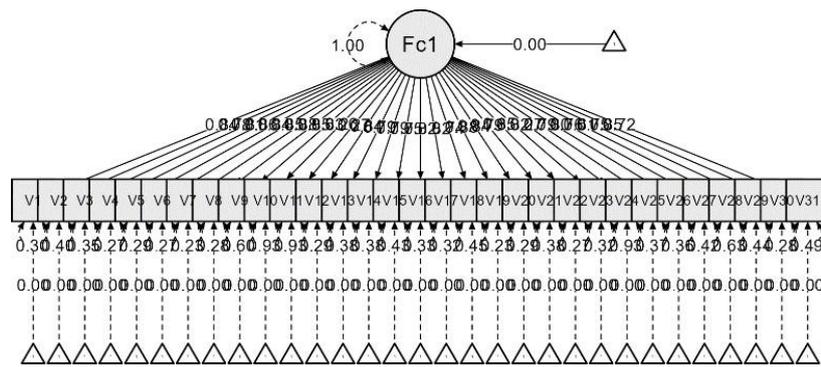
The table above shows the *uniqueness* values for each statement item. Aitem can be said to be *uniqueness* if the value is >0.6 , then it can be said that on the *body image measuring* device 16 aitem is not *uniqueness*, because the value is >0.6 .

Figure 1. Principal Component Analysis (PCA)



Based on the results obtained from the *Principal Component Analysis* (PCA) test, there is a diagram where items and arrows move from items to components which shows that items 10, 11, and 24 are correlated with the *Glow Up phenomenon*.

Figure 2. Confirmatory Factor Analysis



The figure above shows a measurement model using the *Confirmatory Factor Analysis* (CFA) technique. In this model, there is one latent factor (Fc1) that is determined by thirty-one items (V1 to V31). All items have a coefficient factor that is positive with the latent factor Fc1. Because the value of the factor coefficient indicates a positive value.

Table 4. RMSEA

Other fit measures	
Metric	Value
Root mean square error of approximation (RMSEA)	0.092
RMSEA 90% CI lower bound	0.082
RMSEA 90% CI upper bound	0.102
RMSEA p-value	1.313×10-10
Standardized root mean square residual (SRMR)	0.094
Hoelter's critical N (α = .05)	60.827
Hoelter's critical N (α = .01)	63.539
Goodness of fit index (GFI)	0.981
McDonald fit index (MFI)	0.158
Expected cross validation index (ECVI)	

0,05<RMSEA<0,08 (Dapat Diterima), 0,05<SRMR (Fit), 0,95<GFI<1,00 (Fit).

The table above shows that the RMSEA is at a value of 0.082, which indicates that there is a rejection of the parameters of the measurement model made by the researcher, because the RMSEA value should not exceed 0.08. The table above shows that the SRMR value is at 0.094, which shows that this value is higher than the SRMR standard value of 0.05. The table above shows that the GFI value is at 0.981, which indicates that there is a rejection of the minimum and maximum values.

In this study, the researcher explored the results of the evaluation of the body image of adolescents in Bekasi City in the context of physical glow up, with a focus on using the discriminatory power method and confirmatory factor analysis (CFA). The results of the analysis show that the body image measurement tool used has good validity and reliability,

but still needs some significant improvements. All items of the statement were declared valid with a P value of < 0.001 , and a Cronbach alpha value of 0.964 indicating strong internal consistency. However, there are items that do not meet the uniqueness requirement with a value of < 0.6 , which indicates the lack of ability of these items to measure different aspects of the body image specifically. This can be caused by redundancy or overlap between items, so it is necessary to revise several statements to increase the variability and specificity of measurements.

In addition, the Confirmatory Factor Analysis (CFA) analysis showed several problems in the suitability of the measurement model. Although the latent factor coefficient is in a positive range, fit indices such as RMSEA of 0.082 and SRMR of 0.094 exceed the accepted limit. A GFI value of 0.981 also indicates a deviation from the expected maximum value in the measurement model, indicating that the current model is not fully in accordance with the empirical data.

Therefore, it is necessary to review and modify the model structure as well as the development of new items that are more specific and diverse to measure various aspects of consumer satisfaction more accurately. This effort is expected to increase the validity and reliability of the measuring tool so that it is better able to describe consumer satisfaction comprehensively.

CONCLUSION

Based on the analysis, this consumer satisfaction measurement tool shows strong validity with all variable statements valid because the p-value is < 0.001 , and has good reliability with an alpha Cronbach value of 0.964, higher than the minimum threshold of 0.6. However, out of 31 statement items, there are 16 items that do not meet the uniqueness requirement, because all have a value of < 0.6 . Principal Component (PCA) analysis showed that items 10, 11 and 24 correlated with the glow up phenomenon, indicating relevance in the context of the research. In Confirmatory Factor Analysis (CFA), the measurement model shows one latent factor (F₁) measured by ten items with a positive factor coefficient.

However, the results of the analysis also show that the RMSEA value of 0.082 and SRMR of 0.094 indicate that the measurement model is not in accordance with the set standard, because the RMSEA value exceeds the maximal limit of 0.08 and the SRMR value is higher than the standard of 0.05. In addition, a GFI value of 0.964 indicates a rejection of the minimum and maximum values expected in the measurement model. Overall, although this measuring tool has good reliability and some items are relevant to the phenomenon studied, some statement items do not meet the uniqueness requirements, and some model fit indices indicate that the measurement model needs to be improved to achieve a better fit.

This shows the need for further revision and development to ensure that this body image measurement tool is more valid and reliable in measuring consumer satisfaction in the future.

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