




The Relationship Between Body Image and Self-Confidence Among Gym Members

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<p>Submitted: 2024-03-16</p> <p>Revised: 2024-03-27</p> <p>Accepted: 2024-04-28</p> <p>Keywords: body image; gym member; self confidence</p> <p>Copyright holder: © Taniady, V., & Murti, H. A. S. (2024)</p> <p>This article is under:</p> <div></div> <p>How to cite: Taniady, V., & Murti, H. A. S. (2024). The Relationship Between Body Image and Self-Confidence Among Gym Members. <i>Bulletin of Counseling and Psychotherapy</i>, 6(1). https://doi.org/10.51214/00202406855000</p> <p>Published by: Kuras Institute</p> <p>E-ISSN: 2656-1050</p>	<p>ABSTRACT: As a teenager, you often face many changes, especially internal body image and self-confidence. This research aims to understand the relationship between body image and self-confidence in gym members. The research method used is quantitative with a correlational design to statistically measure and statistically analyze the relationship between body image and self-confidence. A total of 117 gym members in Salatiga were research subjects. They were selected using an accidental sampling technique, which means they were chosen by chance from the available population. The data analysis method used for the correlation test uses Spearman's Rho. The research results show a positive relationship between body image and self-confidence. That is when someone has a positive perception of body image and tends to have self-confidence. The Spearman's Rho correlation coefficient value of .617 indicates that this relationship is strong. In addition, a significance value (sig.) of .000 indicates that this relationship does not occur by chance. The results of this study suggest that increasing body image can help improve self-confidence. Thus, this research provides positive insight into the relationship between body image and self-confidence in gym members, which can help them improve their self-perception and self-confidence.</p>
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INTRODUCTION

Humans are social creatures who are adaptive and often conform to each other. As a result, individuals often compare themselves with others. During an individual's life, they experience many changes, whether in development or growth. According to Santrock, adolescence or adolescence is often called the developmental transition period between childhood and adulthood. This period usually begins around 10 to 12 years of age and ends around 18 to 22. Because the transition or transition period often brings problems for teenagers, these problems are called "problem age" (Hurlock, 2014). Hurlock (2014) also explains that due to the changes experienced during puberty, adolescents will experience a loss of self-confidence.

Abdillah & Masykur (2021) Self-confidence is very important for an individual. This is because self-confidence has an impact on an individual's life. Someone confident will be able to enjoy life more and be proud of themselves, and vice versa, someone who lacks self-confidence will feel worthless and insignificant. Apart from that, teenagers who are not self-confident can have consequences, namely depression, anorexia nervosa, suicide, adjustment problems and delinquency (Santrock, 2003). Thursan (2002) said that the impact of self-confidence includes the ability to remain calm when doing something, the ability to adapt, the ability to communicate in various situations, having mental and physical conditions that are sufficient to support one's appearance, and

developing social skills, as well as always facing problems with positive. [Lauster \(2003\)](#) states that self-confidence is an attitude or belief in one's ability to act without undue worry, the freedom to act as one pleases and be responsible for one's actions, and the ability to treat others politely, having and being able to know one's strengths. And shortcomings. Self-confidence is an attitude towards one's ability to accept both positive and negative, formed and studied in the learning process to make oneself happy ([Thursan, 2002](#)). Someone who wants to achieve happiness needs high self-confidence so others don't underestimate them. One aspect that can help is an ideal body shape. [Fatimah \(2010\)](#) explains that individuals who have positive self-confidence can develop good judgment in their environment or situations wherever the individual is. Individuals with a high category must possess ideal self-confidence. Self-confidence or self-confidence can cause several degenerative diseases and social problems indirectly felt by teenagers, such as a lack of self-confidence ([Safitri & R, 2016](#)).

As for aspects of self-confidence, namely, a) Being confident in one's abilities is a positive attitude so that individuals can understand what they are going to do. b) An optimistic person is a person who has a positive attitude towards solving life's problems and a strong belief in his abilities. c) Objective is an attitude that allows individuals to view a problem based on facts rather than their ego or opinion. d) Responsibility is an individual's attitude to be responsible for the actions taken. e) People possess Reasonable and realistic rational skills to solve problems using accepted reasoning that is by reality ([Lauster, 2003](#)). According to [Hurlock \(2014\)](#), factors that influence self-confidence come from a) Parents. Parents have a powerful influence on building self-confidence in children and their development. Parents also influence the development of self-confidence in their children. b) A sense of comfort and security arises from the house and the people around you. When individuals have a sense of security, they will confidently move forward. c) Success: success can be achieved with much effort and will foster higher self-confidence than that achieved with little effort. d) Gender is related to the role to be played. It was recognized from an early age that men's roles provide more honour and dignity than women's roles, so men tend to be more self-confident, and women are considered weak. e) Physical Appearance: attractive individuals often feel a positive impact in favourable social attitudes about things that will influence their self-concept so they will feel more confident.

Everyone generally has views regarding the physical form that is considered ideal. Therefore, if someone's physical form does not match their expectations, this can affect how they assess their physical appearance ([Rahayu, 2019](#)). A person's description of this physical form is usually called body image. According to [Tatangelo et al. \(2015\)](#), body image can be described as an individual's conscious and subconscious awareness of various aspects of their body, including body shape, appearance, height, and body function. Individuals tend to compare themselves with the standards and norms that apply in their social environment, which is reflected in concepts and images. [Hasanah \(2013\)](#) revealed that body image is essential in the social context and the individual's search for self-identity.

The development of body image can have a significant impact on the way individuals see themselves. However, it is essential to note that having a negative body image can have a negative effect on various aspects of an individual's life, including physical, psychological and social factors. When someone feels dissatisfied with their physical form or unable to accept themselves, this can result in body image being low or negative. The impact can include a decrease in an individual's self-confidence. Besides that, negative body image can also affect an individual's physical and psychological health, as well as their social relationships. Therefore, it is important to understand and address the negative body image to maintain individual well-being and self-confidence.

[Hovey et al. \(2016\)](#) argues that body image is a person's attitudes and beliefs about their body. It is usually associated with physical appearance, and each individual sees it as their own. Body image is the subjective conception that a person has about their body, especially when assessing other

people, and the assumption that how good a person's body is must follow the assessment of society (Arthur, 2010). According to Cash & Pruzinsky (2002), body image is an individual's behavioural experiences that lead to their perception of body shape and weight and their physical appearance—adolescents' assessment of body image, related to satisfaction and dissatisfaction with their bodies. Teenagers who are satisfied with their bodies are more likely to have body image; teenagers become positive and negative. Adolescents who are satisfied with their bodies tend to have a body image, while teenagers who are dissatisfied with their bodies tend to have a body image negative. Thompson (2000) level body image Individuals are described by how satisfied they are with their body parts and appearance, overall and the level of acceptance of their body image is greatly influenced by relationships with society as well as cultural influences including four aspects, namely reactions of others, comparison with others, individual roles and identification with others.

According to Cash & Pruzinsky (2002) states that there are 5 aspects of body shape assessment, namely: a) Appearance evaluation (Appearance Evaluation), the assessment of a person's body shape and appearance, attractive or unattractive, satisfactory or dissatisfying with the appearance of his body. b) Appearance Orientation (Appearance Orientation) is an individual's orientation toward his appearance and the efforts he makes to change his appearance. Individuals with low appearance orientation indicate that they do not try to look attractive and that appearance is unimportant. c) Satisfaction with body parts (Body Area Satisfaction), there is satisfaction in certain parts of the body, such as the face, upper body (shoulders, chest and arms), middle body (stomach and hips), and lower body (waist, buttocks, thighs and legs), parts of the body as a whole. d) Anxiety about getting fat (Overweight Preoccupation), learn about weight, go on a diet, and limit eating patterns. e) Categorization of body size (Self Classified Weight), individual assessment of body weight, whether thin or fat.

Thompson (in Campbell & Hausenblas, 2009) emphasizes that body image is an individual's evaluation of aspects such as weight, body size, or other things related to their physical appearance. Physical appearance is an essential factor in an individual's identity, which they communicate in social interactions. Many individuals desire to look attractive and have a physically and mentally healthy body. Physical activities such as fitness in the gym can help individuals maintain physical and mental health and improve their perception of their physical appearance. This view reflects how body image, physical activity, and diet often affect an individual's efforts to achieve a desired appearance and health.

Tony (2014) argues that individuals who follow fitness, are not only aimed at health and wellness, but It is also the main goal to build body muscles to look ideal and even have a proportional body. The results of research conducted by Murni (2018) also showed that dislike of fat or thin body parts is a particular concern for society and tends to receive negative assessments, so every individual struggles to beautify themselves. Papalia (2008) said that following fitness can affect physical and mental health. Following exercise can increase strength and endurance, build healthy bones and muscles, control body weight, reduce anxiety and stress, and increase self-confidence. Self-confidence or self-confidence, according to Goldsmith (2010), is a situation where a person can get out of their comfort zone, believe in their abilities and enjoy life.

Researchers conducted interviews on February 1 and February 6, 2023, with 15 members of the gym. From the results of the interviews, 6 people felt that their bodies were unattractive because their body posture was too thin, 4 people felt that their bodies were too fat, so they did not have the confidence to appear in front of many people, 3 people felt that their body shape was not what they wanted and wanted a body shape that was the same. It's good to look more attractive and healthy, and 2 people answered that they wanted to have a healthy lifestyle, apart from that, they felt that

their body shape was less attractive, lethargic and felt older than their age. The consequence is that members' gym own body image is negative.

Rationale of Study

Research conducted by Putri (2019) regarding the relationship between body image with self-confidence in middle-aged women who take part in gymnastics, from the results of the research conducted it was found that middle-adult women who took part in gymnastics tended to have high self-confidence because they were satisfied with their body shape. Researchers want to discuss these two variables again because there has yet to be a discussion on this topic. Therefore, researchers feel these two variables need to be tested further by member gyms, considering the importance of self-confidence arising from body images. Based on the problems obtained in the field, it was found that there was a discrepancy with the research conducted by Putri regarding relationships and body image to increase self-confidence. So, researchers are interested in conducting relationship research on body image and self-confidence in member gyms.

Study Aim and Hypotheses

This research aims to determine the relationship between body image and with self-confidence of members in gyms. The hypothesis proposed in this research is:

H1: A significant positive relationship exists between self-confidence and body image in gyms.

H2: There is a significant positive relationship between self-confidence and each aspect of body image in member gyms.

METHODS

Design

This research used a quantitative approach with correlational analysis to determine the relationship between body image (X) and self-confidence (AND) in member gyms.

Participants and Procedure

The population in this study was Salatiga gym members. The sample is part of the population, and the sample we took in this study was partly from gym members who would fill out the psychological scale. The sampling technique used is incidental *sampling*, namely a sampling technique based on chance, that is, any subject who meets the researcher by chance can be used as a sample if it is deemed that the person they happen to meet is suitable as a data source (Sugiyono, 2017). The reason for using accidental sampling is that researchers use Google Forms so that anyone who fills out the psychological scale can use it as a sample. From the distribution of the questionnaire, 117 participants met the research criteria. Overall, participant demographics are outlined in Table 1.

The measurements used in this research used two psychological scales, namely the scale of scale *multidimensional body* relations questionnaire-appearance scale *questionnaire* (MBRSQ - US) and the scale of self-confidence. This research was carried out by distributing a link in a Google Form questionnaire to the member gym in Salatiga City, which was shared directly and via social media, such as Instagram, Twitter (X), and WhatsApp.

Table 1. Research Participant Demographics

Participant Classification	Information	Frequency	Percentage
Age	17	4	3.4%
	18	9	7.7%
	19	19	16%
	20	33	28%
	21	29	25%
	22	22	19%
	23	1	0.9%
Gender	Man	85	72.6%
	Woman	32	27.4%
Gym	168 Fit Center	29	24.79%
	Athena Gym	2	1.71%
	Bams Gym	3	2.56%
	Brother Gym	3	2.56%
	D – Gym	2	1.71%
	Golden Gym	1	.85%
	Grand Wahid Hotel	3	2.56%
	Groovy Gym	6	5.13%
	Eternal Son	4	3.42%
	Kamajaya Gym Kayu Arum Resort	1	.85%
	Korem	1	.85%
	Makutarama	1	.85%
	Power Fitness 99	6	5.13%
	Perfect body	4	3.42%
	Young Gym	51	43.59%
	Towards	109	45.9%

Instruments

Scale multidimensional body self-relations questionnaire-appearance scale questionnaire (MBRSQ - AS) based on aspects of body image (Cash & Pruzinsky, 2002), which the researcher translated. This scale consists of 19 statement items. The MBRSQ – AS scale is structured based on two statements, namely favourable and unfavourable, using a Likert scale with five categories of answer choices: strongly agree (SS), agree (S), neutral (N), disagree (TS) and strongly disagree (STS). Based on the results of the discrimination test, the correlation value was obtained ranging from .269 -.611 with $\alpha = .859$

Scaleself-confidence based on aspects of Self-Confidence according to (Lauster, 2003). This scale consists of 44 statement items. Scaleself-confidence questionnaires were prepared based on two statements, namely favorable and unfavourable, using a Likert scale with five categories of answer choices, namely strongly agree (SS), agree (S), neutral (N), disagree (TS) and strongly disagree

Table 2. Descriptive Statistics

	N	Minimum	Maximum	M	SD
Body Image	117	51	133	86.38	13.098
Self Confidence	117	55	140	93.14	19.717

Table 3. Categorization of Body Image and Self-Confidence

	Interval	Category	Frequency	Percentage
Body Image	$X \geq 99,5$	Height	15	13%
	$99,5 \geq X \geq 73,3$	Currently	88	75%
	$73,3 \geq X$	Low	14	12%
Self Confidence	$X \geq 113$	Height	19	17%
	$113 \geq X \geq 73,4$	Currently	80	67%
	$73,4 \geq X$	Low	18	16%

(STS). Based on the results of the discrimination test, correlation values were obtained ranging from .256 – .737 with $r = .929$.

Data Analysis

The technique used to test the relationship between the two research variables is the correlation product moment from Pearson. Data were analyzed using correlation statistical techniques—product Moment from Pearson to prove the hypothesis. Before testing the theory, an assumption test is first carried out, namely the normality test and linearity test. In this research, data analysis will be carried out with the help of software IBM SPSS version 24.0 for Windows.

RESULTS AND DISCUSSION

Results

Descriptive Analysis Test

Based on the descriptive statistical data *image*, Table 2 shows 117 participants, with a minimum score of 51 and a maximum score of 133, with an average of 86.30 and a standard deviation of 13.098. Next comes descriptive statistical data *self-confidence*. Table 4.2 shows that the number of participants was 117, with a minimum score of 55 and a maximum of 140, with an average of 93.14 and a standard deviation of 19.717.

The data results in Table 3 show that the level of body image of the 117 participants was divided into three categories: low, medium, and high. In the high category, it showed 13% with 15 participants, in the medium category, it showed 75% with 88 participants; and in the low category, it showed 12% with 14 participants. With the data above, it is known that the majority of participants in this study were in the medium category, where the medium category had a larger percentage, namely 75%, with 88 participants.

Furthermore, in Table 3 it can also be seen that the level of *self-confidence* of the 117 participants was also divided into 3 categories, namely low, medium and high. In the high category, the percentage showed 17% with 19 participants; in the medium category, it was 67% with 80 participants; in the low category, there was 16% with 18 participants.

Test Assumptions

Based on the results of normality testing, variables Body Image obtained a K-S-Z value of .95 with a sig value. $= .011$ ($p > .05$) indicates that the variable body image is usually distributed. Suppose one of the variables is not normally distributed. In that case, correlation testing is not used Product Moment from Karl Pearson but rather use Spearman's Rho because this technique does not require a normal distribution and is more powerful for use on data that is not normally distributed (Setiawati et al., 2021). Then, based on the results of the linearity test, a value of 125.823 was obtained with sig $= .000$ ($p < .05$), indicating that body image and self-confidence for gym members are linear.

Hypothesis testing

Based on the results of correlation testing in Table 4, the significance of the relationship between variables can be seen in body image with self-confidence, where based on the data, it is known that the significance value or sig. (1-tailed) is .000, where the sig value (1-tailed) is $.000 < .01$ ($p < .01$). This means there is a significant relationship between body image and self-confidence.

Table 4. Correlation Test Results of Body Image and Self-Confidence

			Body Image	Self Confidence
Spearman's rho	Body Image	Correlation Coefficient	1.000	0.617**
		Say. (1-tailed)		0.000
		N	117	117
	Self-Confidence	Correlation Coefficient	0.617**	1.000
		Say. (1-tailed)	0.000	
		N	1117	117

*.Correlation is significant at the 0.01 level (1-tailed)

Furthermore, from the results above, a correlation coefficient of .733 is obtained, which means the strength of the relationship (correlation) between the variables body image and self-confidence is .617 or a strong correlation. The results in the table above also show the direction of the variable relationship between body image and self confidence. Where the coefficient number in the results above is positive, namely .617, the relationship between the two variables is in the same direction, which means the quality is improving. Body image: a person will be taller and more self-confident. From the test results, the effective contribution of the variable was obtained from body image to self-confidence of 10.3% (r^2). This means that body image is one of the factors that have a relationship to increase self-confidence in gym members, and other factors cause the remaining 89.6%.

DISCUSSION

The research results show that this hypothesis is accepted, namely, a significant positive relationship exists between body image and self-confidence among gym members. Based on the results of the correlation analysis, the correlation coefficient was $r = .617$ with a significance level of .000 ($p < .01$). That means it's getting better body image, and a person will be taller and more self-confident. The results of this research are in line with research conducted by Putriana (in [Yolanda, 2017](#)), who said that body image is associated with self-confidence, where someone has a body image will have a low level of self-confidence and vice versa when body image Positive people will have a high level of self-confidence.

Body image is a psychological condition where a person has a perception of their body shape. exercising. Regular exercise can help improve body shape. This can be done by doing cardio or the gym. Becoming a member of a gym is a way for them to be consistent in exercising. This follows the findings in research conducted by [Putra \(2017\)](#), which states that physical activity has the potential to have a positive impact on reducing body image the negative. When they have a perception of body image, the positive thing is that it can improve self-confidence.

The scores obtained by each respondent show that most Salatiga city gym members have a body image in the medium category. With a positive perception of body shape, gym members can face existing problems so that they do not become less confident in their social life or on social media. This statement is supported by research views ([Putra, 2017](#)), which state that the positive impact of exercise is a decrease in body image, which is negative. This also aligns with Tiggemen (in [Cash & Pruzinsky, 2002](#)), who said that social media can influence a person's social culture.

With implementation, body image through the evaluation of appearance by individuals is related to self-confidence. Kurniawan et al. (in [Ammar & Nurmala, 2020](#)) state that social acceptance or recognition from others will influence a person's body perception, leading to appearance evaluation, especially in teenagers. Therefore, individuals with appearance evaluation abilities will be able to assess a person's body shape and appearance, determine whether they are attractive or not and whether they are satisfied or dissatisfied with the appearance of their body. In this way, someone with high appearance evaluation skills can overcome problems with self-confidence.

Furthermore, appearance orientation also shows a relationship to self-confidence; this can be seen in how someone with a good appearance increases their self-confidence in a social environment. This is in line with research conducted by Ridha (in [Hasmalawati, 2017](#)), which revealed that societal culture and social norms, including perceptions of appearance and beauty, cause self-acceptance to be greatly influenced by body image. Thus, in this study, participants could carry out appearance orientation to help themselves overcome self-confidence.

Satisfaction with body parts also shows that there is a relationship with self-confidence. This can be seen in those who want to look good in their physical form, such as the face, upper body (shoulders, chest and arms), middle body (stomach and hips), and lower body (waist, buttocks, thighs and legs), parts of the body as a whole. Most respondents still needed to be satisfied with their body shape and size. This is in line with research conducted by [Taskin Yilmaz et al. \(2019\)](#), which states that an ideal thin body influences self-satisfaction compared to being overweight, which results in them wanting to go on a diet to achieve the body image they want.

Next comes anxiety about becoming fat, which shows a relationship with self-confidence. This is because gym members do exercise to get the body shape they want. People will improve their weight by exercising, dieting, and limiting their eating patterns to gain weight and body image according to their wishes. This research also aligns with research conducted by [Aristantya & Helmi \(2019\)](#), where body dissatisfaction is closely related to the discrepancy between perceived and desired body size.

The categorization of body size also shows that it has a relationship with self-confidence. This can be seen when individuals assess their body weight, whether thin or fat. Adolescents experience repeated physical changes that cause the formation of body image changes. [Pearl & Puhl \(2014\)](#) states that a relevant psychological outcome is where a person's desire to be thin is relevant, where women are more susceptible to stigmatization based on body weight than men.

Body image There are two types, namely positive and negative. Someone with a positive body image tends to be able to manage the input that enters them, generally, having a body image can make someone feel satisfied with their appearance and can accept themselves as they are, this satisfaction can make someone feel more confident. Instead, some body image negative ones will think that they are not valuable and cannot see any value in themselves, so those who have a body image the negative e will have confidence. Those who have a type of body image, Negative ones tend to be anxious and constantly criticize themselves continuously.

The results of this research follow research conducted by [Safitri & R \(2016\)](#) and [Agustin & Rizal \(2022\)](#), where the results of the study show that there is a relationship between body image and self-confidence where it becomes more negative body image then it gets lower self-confidence and vice versa if increasingly positive body image then it gets higher self-confidence owned by teenagers overweight who experienced body shaming. Research has shown that Salatiga city gym members have a negative body image, so they improve it by doing sports such as going to the gym to increase their self-confidence.

The limitation of this research is the process of administering the research questionnaire. When questionnaires are only distributed online via a digital platform, resulting in participants being unable to ask questions directly about the research questionnaire, apart from that, it is hoped that in future research, if you want to use the same variables, namely body image and confidence, you can search for participants onsite so that if there are statements on the questionnaire that are confusing, you can ask them directly. In addition to the need to deepen the reasons regarding body image and self-confidence for gym members, this in-depth study can be carried out using qualitative research later.

Implications

This research was submitted to gym members in Salatiga City. What can help is gym owners. With additional facilities, trainers can help gym members, especially beginners, achieve their fitness goals. Personal trainers can provide guidance tailored to individual needs, helping to resolve body image issues and improve self-confidence. Besides that, personal trainers can help avoid injuries that may occur due to incorrect training.

Limitations and Further Research

Based on the results of the research that has been carried out, researchers realize that this research still has several areas for improvement. Research suggestions for future research are significant in improving the quality and relevance of research. Thus, for better research in the future, the researcher provides several tips that may be useful for future research, including admitting that the limited number of subjects, age range, and domicile of the subjects can affect the generalization of research results. Therefore, it is recommended that more subjects be involved in future research. Additionally, considering variations in subjects' age and demographic background can help produce more representative and generalizable results for a broader population. With qualitative methods, researchers can explore the personal perspectives and experiences of gym members more deeply. This can provide richer insight into how body image and self-confidence develop and can enable researchers to understand the context better.

CONCLUSION

The research results show a positive and significant relationship between body image and self-confidence among gym members in Salatiga. This means that when gym members have a positive perception of their physical appearance (good body image), they tend to have higher levels of self-confidence. The research results indicate that body image has a significant influence on self-confidence. As much as 10.3% (r^2) of variations-self confidence can be explained by variations in body image. This underscores the importance of understanding and caring about body image in improving self-confidence. Gym members tend to fulfill components related to body image, such as accepting and evaluating their physical appearance and feeling satisfied with their body shape. Although body image significantly influences, most of the variation is within self-confidence (89.6%) and was influenced by other factors not examined in this study. This indicates the complexity of the relationship between self-confidence and other factors that may involve psychological, social, and environmental aspects not explained in this study. This research provides valuable insight into the importance of understanding the relationships between body image and self-confidence in the context of gym members.

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AUTHOR CONTRIBUTION STATEMENT

All authors have read and approved the final version of the manuscript.

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