



## Positive Thinking Model for Women Who Have Body Dissatisfaction

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**Abstract:** This study aimed to establish a correlation between positive thinking and body dissatisfaction among women aged 20 to 40 residing in Sampang. With a quantitative approach, the study surveyed 344 individuals through online questionnaires using Google Forms. Nonparametric statistics, specifically Spearman Brown correlation test, was used for data analysis. Results showed a significant negative relationship between positive thinking (independent variable) and body dissatisfaction (dependent variable), with a Spearman Brown Correlation Coefficient of -0.509 at a significance level (p) of 0.000. The findings suggest that positive thinking can have a significant impact on reducing body dissatisfaction in women. In women, a positive outlook corresponds to reduced body dissatisfaction, meaning that as women become more positive in their thinking, their body dissatisfaction tends to decrease. Conversely, a lack of positive thinking in women leads to an increase in body dissatisfaction.

**Keyword:** Positive Thinking, Body Dissatisfaction

### INTRODUCTION

This research took inspiration from Ervia Nabilla Septiana's study titled "The Relationship between Positive Thinking and Body Dissatisfaction among Women in Sampang". The present study heavily relies on her research findings. Man is a creature that can never be fully satisfied. Even if one of their wishes comes true, they will continue to seek out others. Additionally, humans are visual creatures who are always evaluating the appearances of others. In fact, every individual strives to change their appearance to gain positive evaluations from others.

Early adulthood spans from 18 to 40 years (Hurlock, 1986) and is a time of adjustment to new patterns of life and social expectations. During this phase, individuals develop a sense of self and their place in the world, including how they present themselves physically. Appearance is seen as a key factor that can influence one's environment and social interactions. Individuals believe that an attractive physique can be advantageous and profitable, as it is likely to lead to greater acceptance and positive assessment in social circles.

Early adulthood is a crucial time when people all over the world have their own desires. It's a period of shaping one's life and choosing a life partner, as well as developing new attitudes and trying to fit into their environment. One research conducted by Wesleyan University in Connecticut surveyed 1000 women aged between 18-60 years, and found that a staggering 91% of them expressed a desire to alter their body image. These findings indicate that a significant number of individuals are unhappy with their bodies. Another study conducted by Dr. Kearney-Cooke in collaboration with Glamor magazine found that 97% of women reported feeling dissatisfied with their body shape and often indulged in negative thoughts. Body dissatisfaction refers to negative attitudes and emotions individuals harbor about their own bodies, as defined by Grogan (2008). In a study by Japil, Mustapha & Guan (2017), Fortes, Conti, Almeida, and Ferreira (2013) deemed it "normative dissatisfaction." This dissatisfaction is directed towards one's weight, shape, or overall physical appearance.

In today's era of advanced technology, many women seek to enhance their beauty through popular trends like Eyelash Extensions, Eyebrow Embroidery, and Lip Embroidery, as well as cosmetic treatments ranging from simple beauty procedures to plastic surgery, all in the quest for the perfect look. A 22-year-old woman from Sampang, RMT, shared that eyelash extensions are now a staple in her daily routine to maintain her appearance. However, the constant dissatisfaction with one's physical appearance and the need for regular beauty treatments can have negative effects on mental well-being, according to Japil, Mustapha, and Guan (2017), as it can lead to feelings of not fitting in and increase the risk of psychological disorders.

In the year 2022, a young female student hailing from Sampang and identified only by the initials CN, shared her thoughts during an interview.

"While the scale reflects an ideal weight for me, my confidence is still lacking in areas such as my thighs and arms where there is excess fat," said Ms. She shared her difficulties with exercising and the need for patience and dedication. Her goal is to convert the fat into muscle, which would require hitting the gym. She expressed that being either too fat or too thin is undesirable as clothing sizes become an issue. To maintain healthy skin, she uses a lotion infused with collagen and whitening elements." My sister often uses eyelash extensions and defends their regular use by claiming they reduce makeup time and make her eyes more attractive. However, I suggest she at least visit the nearby shop to enhance her look with some lip tint and eyebrow grooming.

In an interview, a young lady aged 23 from Sampang identified as RSS shared her responses.

I've always been self-conscious about my height, and longed to be taller than my current 148 cm frame. In the past, my height of 130 cm made me feel even more insecure. I've even considered taking height-enhancing drugs or undergoing height therapy. I believe that height plays a significant role in one's overall appearance, and being taller can make a person more attractive, like those who are naturally blessed with good height. In this day and age, an attractive appearance holds great significance. Upon first encounters, people typically make judgments based solely on physical appearance.

DA, a 25-year-old working woman from Sampang, shared the following findings during her third interview:

Initially, the appeal of the high-dose handbody was irresistible; it proved highly effective in whitening the skin in no time. I managed to acquire it for a mere 130k from a bargain store on Shopee. However, I made sure to read customer reviews before purchasing. To my delight, the feedback was overwhelmingly positive. The affordability of the product coupled with its effectiveness made it all the more appealing. After two weeks of use, I noticed remarkable changes on my skin- it was brighter, whiter, and softer. It's worth noting that results may vary, and there could be possible side effects on the skin. I find that the only

way to achieve the desired effect is by using exfoliants during my climbs. However, I stumbled upon some alarming news on social media platforms like Instagram and YouTube. Reports of stretch marks and severe blistering, which left lasting wounds on the skin, were attributed to high doses of Hb, which contains mercury. Although I understand the risks involved, I fear my skin might lose its glow if I stop. Thus, I will continue using it only if it's safe for my skin, even though it's somewhat addictive.

Extracted from the fourth interview was feedback from EKP, a young working woman aged 24 from Sampang.

Personally, I tend to gain weight quite rapidly, which compels me to be very mindful of my diet if I aspire to maintain confidence, particularly since I work at a bank and meet a lot of people. I tend to scrutinize myself quite frequently, such as taking a quick look in the mirror before retiring to bed. I am always mindful of my physical appearance, even if there isn't a mirror available. Occasionally, I compare myself with individuals whom I consider to be flawless.

**Table 1. List of Subjects and Their Dissatisfaction With Their Bodies and the Efforts Made**

subject	Dissatisfied With	Attempts made
CN (22 Years)	Weight & Face	Diet, Gym & Eyelash Extension
RSS (23 Years)	Height	Take Height Height Medicine & Height Therapy
DA (25 Years)	Skin color	Using Mercury High Dosage Handbody
EKP (23 Years)	Weight	The Clear Skin Diet Program

Each person has their own unique perception of their body, with some recognizing deficiencies and others acknowledging excess. However, our own response to those perceptions is what matters most. When a person is dissatisfied with their physical appearance, their confidence may plummet and they may feel compelled to make drastic changes. Rice (as cited in Mukhlis, 2013) explains that body image refers to an individual's thoughts, feelings, judgments, sensations, awareness, and behavior related to their body. Negative body image can lead to body dissatisfaction, making it crucial to maintain a healthy perspective of one's physical self.

Shaw (in Arshuha & Amalia, 2019) explains that body dissatisfaction can lead to emotional stress and preoccupation with appearance, which often manifests in cosmetic surgery. Individuals who experience body dissatisfaction tend to feel dissatisfied with their shape and far from the ideal of most people. This attitude is related to a lack of positive perspective towards one's body, leading to a negative body image. It is important for women to understand that they can measure their own advantages and limitations positively and work towards enhancing what they possess. Every individual has inherent advantages and limitations, but it is ultimately up to the individual to react to them in a positive way.

According to Albrecht (in Syaf, Anggraini, & Murni, 2017), the ability to evaluate something from a positive perspective is crucial in cultivating positive thinking. Such a mindset can be developed through consistent practice, which allows for the ability to view all things from a positive side. This approach has been advocated by Peale (in Syaf, Anggraini, & Murni, 2017). Thinking positively has numerous benefits, including better health and a more optimistic outlook on life. Conversely, negative self-image can result in persistent feelings of inadequacy. Mukhlis (2013) conducted a study that demonstrated the effectiveness of positive thinking training in reducing dissatisfaction levels. Therefore, individuals who practice positive thinking can focus on positive outcomes even in difficult situations.

Difficult circumstances are an inescapable part of life, and dealing with them can be challenging. The human mind is often plagued by negative thoughts, making it even harder to

overcome tough situations. Despite our best efforts, pessimism seeps in, leading to depression. Fostering positivity, on the other hand, has many advantages for the body. It helps combat depression and boosts self-confidence. According to Peale (1996), the key to attaining mental tranquility is to replace negative attitudes with positive ones. Body dissatisfaction is often caused by negative thoughts about one's own appearance. When we look in the mirror, we see an image of ourselves and tend to act and behave in accordance with our thoughts about that image. By cultivating positive thoughts and focusing on what we like about ourselves, we can avoid falling into the trap of body dissatisfaction.

The author's primary concern, as evident from the aforementioned description, is to determine the correlation between Thinking Positive and Body Dissatisfaction in women aged 20-40 years in Sampang. The study will exclusively focus on mature women residing in Sampang.

## LITERATURE REVIEW

Body dissatisfaction, as defined by Cash & Szymanski (in Grogan 2008; Arshuha & Amalia 2019), refers to the negative appraisal of one's size, form, muscle, and weight. This often stems from a perceived difference between one's current body and the desired ideal. Such incongruence can lead individuals to feel dissatisfied with their shape. Meanwhile, Sumali, Sukanto, and Mulya (in Kusumaningtyas 2019) suggest that body dissatisfaction arises from personal experiences and perception of the environment. Thus, environmental factors can contribute to an individual's dissatisfaction with their physical appearance.

Drawing from these expert opinions, it can be inferred that body dissatisfaction stems from a negative self-evaluation of one's body shape, triggered by the discrepancy between one's perception of an ideal body and their actual physical appearance. This may lead to a sense of insecurity, especially in social situations, due to dissatisfaction with one's body.

Body dissatisfaction, as per Rosen & Riter (in Safarina, 2015), manifests in negative body assessment, shame towards body shape in social settings, body checking, camouflage, and avoidance of social activities and physical contact with others. Brehm (Iswari & Hartini, 2005; Kartikasari, 2013) identifies beauty standards, the belief that self-control results in a perfect body, deep dissatisfaction with oneself and life, and the need to control uncontrollable aspects of life, as factors leading to body dissatisfaction. These factors significantly impact the emergence of body dissatisfaction in individuals.

In Pangsatuti's (2014) interpretation of Goodhart's work, individuals who adopt a positive thinking approach when faced with problems exhibit optimistic tendencies, feel accomplished for overcoming obstacles, and view the world as a rational and predictable place. Conversely, those who resort to negative thinking when faced with difficulties tend to be pessimistic, easily surrender to challenges, and harbor negative outlooks on their lives and past experiences. Positive thinking is characterized by the ability to view situations from a positive perspective, and developing a habit of positive thinking can fortify one's inner strength and encourage proactive problem-solving.

Positive thinking, as per Albercht (in Putri, 2016), encompasses positive expectations, self-affirmation, nonjudgmental statements and adjustments to reality. It comes with a host of benefits, according to Cahyati (in Hakiki, 2018), including boosting mental and physical health, reducing the likelihood of developing disease-causing genes, fostering self-confidence and resilience, building empathy and tolerance, nurturing an optimistic outlook, and encouraging a lighthearted approach to life.

## METHOD

This study focused on women aged 20 to 40 years residing in Regency Lacquer, with 154,336 individuals in the population, allowing for a 5% margin of error. Applying the Slovin

formula, the researchers determined a sample size of 399 respondents from Sampang Regency. Amidst the Covid-19 pandemic, the team employed a Google form to distribute the questionnaire and leveraged online media to reach participants. The survey was available for five days, from July 13th to July 17th, 2022. A total of 391 responses were received, but after accounting for 47 deceased respondents and 30 incomplete responses, only 344 subjects remained for analysis.

According to Azwar's (2007) research, the quantitative approach is employed in the analysis of numerical data, which is processed using statistical methods. A type of study that uses this approach is correlational research, which involves collecting data to determine whether there is a connection between two variables and to what extent this relationship exists.

## RESULTS AND DISCUSSION

The validity of the Body Dissatisfaction scale was evaluated using 36 items, and the results were analyzed using SPSS 20.0 for Windows. Two rounds of analysis were conducted, with only 0.350 items meeting the criteria of a Correlated Item-Correlation  $< 0.30$ . One item was dropped, leaving a total of 35 valid items. During the final round of analysis, the Index Correlation Item-Total Correlation increased from 0.303 to 0.750. Detailed results are available in Table 1.

**Table 2. Results Test validity Scale Body Dissatisfaction**

Number of Initial Items	Analysis Round	Item Number Fall	Number of Items remaining	Index Corrected Items Total Correlation
36	I	8	35	0.240 to 0.752
35	II	There isn't any	35	0.303 to 0.750

The validity of the Positive Thinking scale's 30 items was assessed using SPSS 20.0 for Windows. Two rounds of analysis were conducted, which revealed that 29 out of the 30 items were valid, while one item fell short due to limitations. At the final round of analysis, the Index Correlation Item-Total Correlation increased from 0.316 to 0.724. Comprehensive results are available on Table 3.

**Table 3. Positive Thinking Validity Test Results**

Number of Initial Items	Analysis Round	Number Aitem Fall	Amount Aitem remaining	Index Corrected Items Total Correlation
30	I	12	29	0.272 to 0.716
29	II	There isn't any	29	0.316 to 0.724

Testing reliability use Alpha Cronbach Which used For which instrument own answer more of 1 (Adamson & Prion, 2013). So when coefficient more reliability of 0.70 ( $r_i > 0.70$ ) then instrument the said reliable.

**Table 4. Category Coefficient Reliability**

Reliability Coefficient Intervals	Category
0.88 - 1.00	Very high



0.600 - 0.800	Tall
0.400 - 0.600	Currently
0.200 - 0.400	Low
-1,2	Very low

Results reliability test to scale *Body Dissatisfaction* on round 2 with SPSS Version 20.0 for windows get that result shows alpha Cronbach of 0.938 which shows that scale it is reliable with very high category.

Results test reliability to scale Think Positive on round 2 with SPSS Version 20.0 for windows get that result showing alpha Cronbach of 0.925 which shows that scale the reliable by category very high

Test the normality used is the Shapiro-Wilk test. Test distribution normality is carried out to find normality distribution of the two variables namely Body Dissatisfaction and Positive Thinking as a condition to determine the correlation test will be done. Normality test results can be said to be normal if the curve normal or grade the significance obtained smaller from  $p > 0.05$  (Hadi, 2009). Data analysis in this test was processed with using programs SPSS 20.0.

**Table 5. Body Dissatisfaction Scale Normality Test Results**

Variable	Shapiro-Wilk			
	Statistics	df.	Sig.	Information
<i>Body Dissatisfaction</i>	0.98	344	0.000	Abnormal

From the results of the linearity test of the relationship between Positive Thinking and Body Dissatisfaction, a significant score was obtained *Deviation from Linearity* as big F value = 0.881 at  $p = 0.692$  ( $p > 0.05$ ) then there is a relationship linear one between the two variable.

**Table 6. Results Test Relationship Linearity**

Variable			F	Sig.	Information
<i>Body Dissatisfaction- Positive</i>	<i>Think</i>		0.881	0.692	linear

This analysis used to test the relationship between Positive Thinking and Body Dissatisfaction. Technique data analysis used in research this is using Statistics Non Parametric, that is correlation test *spearmanbrown*.

## Discussion

The analysis conducted on the described data leads to the conclusion that there is a significant relationship between the two variables. The study results specifically reveal that positive thinking has an impact on reducing body dissatisfaction in women from Sampang. Through the Spearman Brown calculation in SPSS, it was found that negative correlation exists between positive thinking and body dissatisfaction. This suggests that individuals with higher levels of positive thinking tend to have lower levels of body dissatisfaction, while those with lower levels of positive thinking tend to have higher levels of body dissatisfaction.

Looking attractive is a common desire for women, yet not all feel that way. Body dissatisfaction can lead to negative self-evaluation of body shape, shame in social situations, constant body checking, camouflaging, and avoiding physical contact and social activities.

Unfortunately, this negative self-evaluation is a prevalent issue among women, even in Sampang. To keep up with current beauty trends, more women opt for salon treatments, such as eyebrow and lip embroidery, and eyelash extensions, resulting in an increase in the number of beauty salons available in Sampang.

Each person has their own unique definition of beauty, and while many women may possess physical beauty, they often feel discontent with their body shape. This leads them to undergo various treatments and procedures to enhance their appearance, even when they are already considered beautiful by some. However, having a good appearance does not necessarily equate to gratitude for one's body shape. Consequently, many women harbor negative feelings towards their body shape, leading to dissatisfaction and self-criticism.

Research has established a connection between body dissatisfaction and positive thinking. The tendency to judge oneself negatively based on body shape stems from a negative mindset towards it. Conversely, cultivating positivity can ward off distressing situations and negative body image (Brissette et al., in Kivimaki et al., 2005; Mukhlis, 2013). Positive thinking entails a focus on uplifting perspectives and emotions towards oneself, others, and the environment. Negative self-evaluations in women translate to negative assessments of their body shape, fueling body dissatisfaction. In contrast, greater positivity in women leads to positive expectations and body image. To cultivate a positive self-image, women should focus on their unique strengths and value themselves just as highly as anyone else. Rather than making self-deprecating comments about their body shape, women should embrace a more affirmative outlook. Moreover, women are encouraged to approach life with an adaptable mindset, distancing themselves from negative emotions like regret, frustration, self-pity, and self-blame. Accepting problems and proactively seeking solutions is a hallmark of those who possess a positive outlook on life.

Perpetual negative perceptions of one's body stem from a lack of appreciation for one's existing physique. Such negative body image can be debilitating, especially in distressing situations, while positive thinking enables individuals to thrive (Brissette et al. in Kivimaki et al., 2005; Mukhlis, 2013). Positive thinking is fostered through emphasizing positive perspectives, emotions, and attitudes towards oneself, others, and the context at hand. Women who harbor unfavorable self-evaluations or negative thought patterns are likely to develop an unfavorable perception of their physique, and thus anticipate body dissatisfaction.

## CONCLUSION

After analyzing the research findings and conducting discussions, it can be concluded that there is a significant negative correlation between positive thinking and body dissatisfaction. This means that individuals who think positively tend to experience lower levels of body dissatisfaction, while those who have a negative mindset are more likely to experience high levels of body dissatisfaction.

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