

The Relationship between Body Image and Peer Social Support with Self-Confidence among Female Adolescents at Kendari State High School 2

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ARTICLE INFO

Keywords:

body image;
peer support;
self-confidence;
female adolescents;
high school students

Article history:

Received 2025-11-24

Revised 2025-12-22

Accepted 2026-01-30

ABSTRACT

Self-confidence is one of the important factors in adolescent psychological development, especially in adolescent girls. Positive body image and peer social support play a significant role in shaping adolescent girls' self-confidence. This study aims to analyze the relationship between body image and peer social support with adolescent girls' self-confidence at Kendari 2 Public High School in 2025. The study employed a quantitative design using the person correlation method and a cross-sectional approach. The sample consisted of 58 adolescent girls selected using total sampling technique. Data analysis was performed using chi square test to determine the relationship between these variables. The results showed a relationship between body image and self-confidence ($p\text{-value} = 0.000 < 0.05$) and peer social support and self-confidence ($p\text{-value} = 0.001 < 0.05$), thus accepting H_a . Body image and peer social support have a significant influence on the self-confidence of adolescent girls. This study implies the importance of improving positive body image and strong social support in supporting the development of self-confidence in adolescent girls in the school environment.

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1. INTRODUCTION

The development of self-confidence in adolescents, especially adolescent girls, is an important aspect in the formation of their identity and psychological well-being. During adolescence, individuals experience various physical, psychological, and social changes that can affect their self-perception. Adolescence is a transitional phase between childhood and adulthood, covering the age range of 10–19 years (WHO). Changes that occur during this period include physical development, such as weight gain, body shape changes, and sexual organ development, as well as psychological changes such as anxiety, emotional instability, and identity exploration. One of the impacts of these changes is fluctuations in adolescents' self-confidence levels. Self-confidence is a very important component of personality, as it helps individuals believe in their abilities, overcome problems, and find solutions. However, data shows that 56% of Indonesian adolescents have low self-confidence. (KPPPA, 2018).

One of the main factors that can affect self-confidence is body image, which is how a person views and judges their own body. Teenage girls often face high social pressure related to prevailing beauty standards, which can affect their level of self-confidence. Teenagers' self-confidence is often influenced by two main factors, namely body image and peer support. Body image is a person's perception of their own body, including satisfaction with their physical appearance. A positive body image contributes to self-satisfaction and high self-esteem, while a negative body image is often associated with low self-confidence, anxiety, depression, and even the risk of suicide, according to Grogan (2017). Teenage girls tend to experience dissatisfaction with their body image more often than boys. This is influenced by physical changes during puberty, such as weight gain, which makes them feel they do not fit social beauty standards (Anisykurli et al., 2022)

In addition, social support from peers also plays an important role in shaping adolescents' self-confidence. Peers are often the main source of emotional support that helps adolescents cope with social and psychological challenges. Positive social support can increase feelings of acceptance, reduce stress, and strengthen self-confidence. Conversely, a lack of social support can increase feelings of loneliness and vulnerability to emotional problems. This support not only helps adolescents feel accepted, but also encourages them to accept their body image more positively (Rahman & Nirwana, 2023)

Research on the relationship between body image and self-confidence was conducted by (Ressy Mardiyanti & Aisyah, 2022) with the title "Body Image and Self-Confidence of Female Adolescents in PAC IPPNU Ngusikan". This study used Pearson's correlation technique, which showed an r value of 0.701 with $p = 0.000$ ($p < 0.05$), so it can be concluded that there is a significant positive relationship between body image and self-confidence. The results of this study indicate that adolescent girls with a positive body image tend to have high self-confidence. A positive body image helps adolescents feel more comfortable with their bodies, making them more confident in social interactions.

Other relevant research was conducted by (Zuvita et al., 2022) with the title "The Relationship Between Peer Social Support and Body Image in Adolescents." Statistical test results show a p -value of 0.000 (< 0.05), which means there is a significant relationship between peer social support and adolescent body image. This study highlights the important role of peers in helping adolescents develop a positive body image. Emotional support and acceptance from peers help adolescents feel comfortable with their bodies and reduce the negative impact of poor body image.

Another study by (Purnanto et al., 2018) revealed that 45.2% of adolescent girls had a negative body image, while this figure was lower among adolescent boys, at 35%. In addition, this study showed that 37.6% of adolescent girls and 37% of adolescent boys wanted to lose weight. These results indicate that adolescent girls are more vulnerable to body dissatisfaction, which impacts their self-confidence and quality of life.

The above research results emphasize the importance of strengthening body image and peer social support in building self-confidence among adolescents, especially adolescent girls. Therefore, this study aims to determine the relationship between body image and peer social support on the self-confidence of adolescent girls, particularly at SMAN 2 Kendari. This is expected to contribute to helping adolescent girls develop better self-confidence through appropriate interventions.

2. METHODS

Research Type

This research design uses a quantitative method with a correlational analytical research type and a cross-sectional design. This research method is a correlational study. This design was chosen to analyze the extent to which these two variables affect the self-confidence of adolescent girls.

Research Location and Time

This research was conducted at Kendari 2 Public High School, located in Kendari City, Southeast Sulawesi Province. The research was carried out from January to March 2025, taking into account the appropriate time in the academic curriculum to collect data efficiently.

Population and Sample

The population in this study was all female adolescents enrolled in Kendari State Senior High School 2 in Grade 11 in the 2024/2025 academic year, totaling approximately 87 students. The research sample consisted of 58 female adolescents selected at random using simple random sampling. The inclusion criteria for research participants were female adolescents aged between 15 and 17 years old who were actively enrolled as students at the school.

Data Collection

Data were collected using three questionnaires that had been validated and tested for reliability.

1. Body Image Questionnaire: To measure perceptions and satisfaction with the body, consisting of 15 items with a 1–5 Likert scale.
2. Peer Social Support Questionnaire: Measures the level of social support received from peers through 12 questions, using a 1–5 Likert scale.
3. Self-Confidence Questionnaire: Assesses the level of self-confidence of adolescent girls in various aspects of life (academic, social, physical), consisting of 20 questions with a 1–5 Likert scale.

Before data collection was carried out, the instruments were first tested on a small sample to ensure their validity and reliability.

Data Analysis

The data obtained were analyzed using SPSS (Statistical Package for the Social Sciences) version 26. Normality was tested using the Kolmogorov-Smirnov test to ensure that the data were normally distributed. To test the relationship between body image and peer social support variables with self-confidence, Pearson's correlation test was used.

3. FINDINGS AND DISCUSSION

Univariate Analysis

Body Image

Table 1. Frequency Distribution of Body Image among Female Adolescents at Kendari State High School 2 in 2024

<i>Body Image</i>	Frekuensi (n)	Percentage (%)
Negative	37	63,8%
Positive	27	36,2%
Total	58	100

Table 1 shows that most respondents had a negative body image, with 37 people (63.8%) reporting this. This is in line with research (Salamah et al., 2022) which found that the majority of students had a moderate body image (64.25%) with body image affecting self-confidence by 35.8%. The more positive the body image, the higher the students' self-confidence, and vice versa.

According to (Maemunah, 2020), environmental factors such as family, peers, socialization, and social values influence a person's body image. Individuals with a negative body image tend to feel ashamed, worried, and lack confidence in their bodies, while a positive body image can encourage pride, self-acceptance, and comfort with one's body shape. Rapid physical changes and the use of social media also influence the body image of adolescent girls. A negative body image can lead to eating disorders, low self-confidence, compulsive behavior, and low self-acceptance.

Peer Social Support

Table 2. Frequency Distribution of Peer Social Support Among Female Adolescents at Kendari State High School 2 in 2024

Peer Social Support	Frekuensi (n)	Percentage(%)
Tinggi	15	25,9%
Sedang	26	44,8%
Rendah	17	29,3%
Total	58	100

Table 2 shows that most respondents had moderate peer social support, with 26 respondents (44.8%). This is in line with the study (Wahyuni & Costadinov, 2020) which shows a correlation of $r_{xy} = 0.817$ and a coefficient of determination of $R^2 = 0.667$ with $p = 0.000$ ($p < 0.05$), which means that there is a positive and significant relationship between peer support and self-confidence. This study involved 70 respondents.

According to (Faqih, 2020), peer support can reduce the pressure or stress experienced by individuals, alleviate difficulties, and provide a sense of security and comfort. Teenagers often compare themselves to others due to a lack of interpersonal relationships, and the feedback they receive can affect their stress levels and self-concept. Peer social support helps individuals feel valued, cared for, and loved, and provides a sense of calm because they have friends who can help them get through difficult times together. Peers are also considered to have a strong influence on individuals' lives because adolescents tend to spend more time with them than with their families.

Self-confidence

Table 3. Frequency Distribution of Self-Confidence among Female Adolescents at Kendari State High School 2 in 2025

Self-confidence	Frekuensi (n)	Percentage (%)
Tinggi	25	43,1%
Rendah	33	56,9%
Total	58	100

Table 3 shows that most respondents had low self-confidence, with 33 people (56.9%). This is in line with research (Wardhana et al., 2024) which, through Pearson's correlation test, showed a significance value of 0.002 ($p < 0.05$), thus concluding that there is a significant relationship between the two variables. This study involved 213 respondents.

According to (Ammar et al., 2017), self-confidence is the ability to believe in oneself and be optimistic about one's abilities without worrying about what cannot be achieved. The level of self-confidence affects social interactions, the ability to face challenges, and daily pressures. High self-confidence tends to result in a positive attitude towards situations and better acceptance of reality.

Self-confidence affects well-being and academic achievement, how individuals interact with others, and their ability to face daily challenges. Healthy self-confidence should not depend entirely on physical appearance, but rather on recognition and appreciation of an individual's qualities, values, and achievements beyond physical aspects.

The Relationship Between Body Image and Self-Confidence

Table 4. Relationship between Body Image and Self-Confidence among Female Adolescents at Kendari State High School 2 in 2025

Body Image	Self-Confidence				Total		P-Value
	Low		High				
	N	%	N	%	n	%	
Negative	12	32,4	25	67,6	37	100	0,000
Positive	21	100,0	0	0,0	21	100	
Total	33	56,9	25	43,1	58	100	

The results of the statistical test using the chi-square method showed a p-value of 0.000. Because the p-value was < 0.05 , there was a significant relationship between body image and self-confidence among female adolescents at Kendari 2 Public High School in 2025..

This study is in line with research (Panda et al., 2023) that found a significant relationship between body image and self-confidence in adolescents with a p-value of 0.000 (< 0.05). The results indicate that students with high self-confidence tend to be able to accept themselves, including feeling satisfied with their bodies. Conversely, low self-confidence is often associated with poor body image. This study involved 169 respondents.

This study is also in line with the research (Rahmiyati & Miranda, 2023) with the analysis results showing a significant correlation ($r_{xy} 0.403$, $q < 0.05$), which confirms that there is a relationship between body image and self-confidence in peer relationships. This study involved 263 students from SMP Negeri 6 Banda Aceh.

Physical appearance, such as body shape, is one of the factors that influence self-confidence. Teenage girls who feel that their bodies are imperfect, such as thinking that their faces are unattractive or feeling that they are too fat or too thin, tend to have a negative body image that can lower their self-confidence (Ifdil et al., 2024). Other factors, such as weight gain, can also affect self-confidence. A person will feel more confident if they have something attractive, such as talent, appearance, or special skills, which can improve other people's perception of them (Pramesti et al., 2022)

According to theory (Febriani & Diana Rahmasari, 2022), a positive body image is associated with satisfaction with body shape, high self-esteem, strong self-acceptance, and confidence in appearance. Conversely, a negative body image can lead to behaviors such as avoiding social interaction, loss of self-confidence, and becoming more withdrawn. Adolescents with a positive body image are more confident in interacting with their peers, while adolescents with a negative body image tend to be less confident and avoid social interaction.

The Relationship Between Peer Social Support and Self-Confidence

Table 5. Relationship between Peer Social Support and Self-Confidence among Female Adolescents at Kendari State High School 2 in 2025

Peer Social Support	Self-Confidence				Total	P-Value	
	Low		High				
	N	%	N	%	n		%
Low	10	58,8%	7	41,2%	17	100	0,001
Medium	9	34,6%	17	65,4%	26	100	
High	14	93,3%	1	6,7%	15	100	
Total	33	56,9%	25	43,1%	58	100	

The results of the statistical test using the chi-square method showed a p-value of 0.001. Because the p-value was < 0.05 , there was a significant relationship between peer social support and self-confidence among female adolescents at Kendari 2 Public High School in 2025.

This study is in line with research (Maldini, 2024) which found a relationship between peer social support and self-confidence with a correlation value of 0.253 ($p\text{-value } 0.02 < 0.05$), which means there is a significant relationship. This study involved 146 respondents. Similar findings were also found in a study (Daneswari, 2023) which showed a positive relationship between peer social support and self-confidence, with an r value of 0.425 and $p = 0.000$ ($p < 0.01$). This study involved 75 respondents.

Social support plays an important role in boosting self-confidence. Individuals with high levels of social support feel cared for, loved, and appreciated, which can foster self-confidence and a sense of worth. Social support helps individuals become more active in developing ideas, offering advice, and helping them accept and understand their circumstances (Sestiani & Muhid, 2021).

Peer social support is assistance from peers in the form of emotional support, appreciation, instrumental support, information, social networks, prayers, support, and advice to improve physical comfort and mental health so that a person feels loved, appreciated, cared for, and accepted in their social environment (Inayah, 2021).

According to (Ningsih & Awalya, 2020), social support contributes significantly to self-confidence. The higher the level of social support received, the higher the individual's level of self-confidence. Social support from those closest to them, such as parents, friends, and teachers, includes several indicators, namely emotional support, appreciation, instrumental support, and informational support, which encourage adolescents to become more confident, independent, objective, and courageous. Adolescents with high social support tend to have better self-confidence because they feel cared for, loved, and appreciated by those around them.

4. CONCLUSION

Based on the author's research, namely The Relationship Between Body Image and Peer Social Support with Self-Confidence in Female Adolescents at SMK Puspita Medika Depok in 2024, it can be concluded that the majority of respondents had a negative body image (63.8%), low self-confidence (56.9%), and moderate peer social support (44.8%). The results of the chi-square statistical test analysis show a significant relationship between body image and self-confidence ($p\text{-value } 0.000 < 0.05$) and between peer social support and self-confidence ($p\text{-value } 0.001 < 0.05$).

Further research is expected to complement these limitations by conducting direct observations to supplement information that cannot be obtained through questionnaires. In addition, it is recommended that experimental designs be used to explore the deeper influences between body image, peer social support, and self-confidence.

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