Personality and Body Image of Late Adolescence

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Abstract: Adolescence is known by their concern towards physical appearance, and late adolescence is no exception. Body image is defined as an individual's perception about their body condition. One of the internal factors that can build body image is personality. This study aims to determine the relationship between the big five personality with body image in late adolescence. The research subjects in this study were 172 late adolescents aged 18-21 years who did not have physical disabilities. The data collection method used body image scale and IPIP-BFM 50 scale. The data analysis technique used was product moment correlation. Based on the results of data analysis, the correlation coefficient was $r_{xy} = 0.238$ with $p = 0.002$ ($p < 0.05$) for extraversion personality, $r_{xy} = 0.284$ with $p = 0.000$ ($p < 0.05$) for agreeableness personality, $r_{xy} = 0.335$ with $p = 0.000$ ($p < 0.05$) for conscientiousness personality, $r_{xy} = -0.339$ with $p = 0.000$ ($p < 0.05$) for neuroticism personality, and $r_{xy} = 0.166$ with $p = 0.029$ ($p < 0.05$) for intellect personality. These results indicate that there is a positive relationship between the personality of extraversion, agreeableness, conscientiousness, and intellect with body image, while the neuroticism has a negative relationship with body image.

1 INTRODUCTION

Late adolescence is the last stage of adolescence. Late adolescence aged 18-21 years have gone through many periods of change, one of them is physical changes in adolescence (Steinberg, 2017).

Physical changes occur because the sex hormones in the adolescent body have already started to work. Another impact of this sex hormone is adolescences begin to pay attention to their appearance. Interest in body image is quite strong at this time (Diananda, 2019).

According to Markey and Gillen (2011), body image is a perception, belief, feeling, and behavior related to one's body. According to Cash (2004), body image refers to a multidimensional experience of physical appearance that includes self-perception and self-attitude, such as thoughts, beliefs, feelings, and behaviors related to the individual body.

According to Cash & Pruzinsky (2002), there are five facets of body image in an individual, there are the evaluation of appearance, appearance orientation, satisfaction with body parts, anxiety of being fat, and categorization of body size. These five aspects will assess whether the individual has a positive or negative body image.

Positive body image makes an individual accept the body, likes the body, feels comfortable with the body, does not use a lot of time to focus on weight, does not use a lot of time to focus too much on the appearance, the individual perceives his own body positively, and they're appreciate their body. Negative body image makes individuals worry about excess body weight gain, compare themselves with others, believe that all problems can go away if they change their appearance, even feel dissatisfied with the body that can develop negative symptoms such as binge eating, and other eating disorder (Taylor, 2014).

Adolescences are expected to be able to perform their duties effectively, accept the reality of physical changes, and be satisfied with the condition (Putro, 2017). Late adolescence need to accept the physical state and be comfortable with their body image, because in this time the late adolescence have matured physically. Another reason the late adolescence need to accept the state of their bodies is to develop a strong self-identity. If in this late adolescence is still not satisfied with their body image, then the late adolescence is considered not to pass the final task of adolescence properly and correctly. This can interfere with other developmental tasks or future developmental tasks.

Late adolescence is a transition to early adulthood. Research conducted by Bucchianeri, Arikian, Hannan, Eisenberg, and Neumark-Sztainer (2013) revealed that body image dissatisfaction increased

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during the transition to early adulthood. Many teenage boys and girls are dissatisfied with the body because BMI rates continue to increase from adolescence in high school to early adulthood.

Overseas research conducted by Calzo, et al (2015), found that teenage boys aged 17-20 years have low body image attention, over-pay attention to body muscles, use various products to build muscles, have a high weight, do diet, and binge eating. A total of 86% of teenage girls aged 16-21 also hope to have a slim body (Latha, Supriya, Bhat, Sharma, & Pooja, 2006). In Indonesia, 50.6% of respondents from research conducted by Oktrisia, Prabamurti, and Shaluhiyah (2021) were dissatisfied with their size and body shape. Muhsin's research subject (2014) also claimed to be dissatisfied with the state of their body, such as acne face, dry hair, and having a short body.

According to Cash & Smolak (2011), factors of body image include gender, culture, interpersonal experience, physical characteristics and changing physical circumstances, and individual personality. These factors can affect an individual in shaping their body image.

Personality is a relatively stable and durable aspect, able to distinguish individuals from each other, making individual unique, and at the same time it defined comparisons between individual with each other (Gross, 2015). According to Uher (2017), personality is a pattern of characteristic behavior of a person in a broad sense (including thoughts, feelings, and motivations).

One of the approaches to describe an individual's personality is through a trait consisting of five dimensions of personality. The five personality traits include extraversion (surgency), agreeableness, conscientiousness (dependability), neuroticism (vs emotional stability), and openness (culture/intellect). These five traits are called Big Five Personality.

Goldberg identifies five personality traits that often and consistently appear in most attempts to define basic human factors, the five traits being the big five personalities (Cordón, 2005). Each personality has its own characteristics, high extraversion defined as talkactive, and assertive, low extraversion has quiet and passive characteristics. High agreeableness personality has trustworthy, kind, and warm traits, the opposite of agreeableness is selfishness, hostility, and distrust. High conscientiousness personality has conscientious, reliable, and organized characteristics, in contrast low conscientiousness makes individuals careless, negligent, and unreliable. High neuroticism personality brings out nervousness, moody, and temperamental. A high openness to experience (intellect) personality is characterized by imaginative,

curiosity, and creative, if low openness to experience (intellect) is characterized by ignorance (Goldberg, 1993).

Body image can be formed due to biological, environmental, and psychological influences. One of the psychological factors that can affect body image is personality. Some findings suggest that body image concerns are related to disorders, such as social anxiety, obsessive compulsive disorder (Aderka, Gurtner, Lazarov, Hermesh, Hoffman, & Marom, 2014), and depression (Blashill, & Wilhelm, 2014). Rymarczyk (2021) study shown that body dissatisfaction is significant predictor of anorexia readiness syndrome.

Anorexia readiness syndrome is associated with neuroticism (Rymarczyk, 2021). In addition, previous study in India has been shown negative body image associated with high neuroticism and high conscientiousness (Soohinda, Mishra, Sampath, & Dutta, 2019). To understand better the personality factor and body image in specific population such as late adolescence, is it important to study the correlation of these variable.

This research aims to determine the correlation of the big five personality dimensions and body image of late adolescence. Mayor hypothesis : There is a relationship between intellect (opennes to experience), conscientiousness, extraversion, agreeableness, neuroticism with body image of late adolescents. Minor hypothesis: 1) There is a relationship between extraversion and body image of late adolescence by controlling intellect (openness to experience), conscientiousness, agreeableness, and neuroticism. 2) There is a relationship between agreeableness and body image of late adolescence by controlling intellect (openness to experience), conscientiousness, extraversion, and neuroticism. 3)There is a relationship between conscientiousness and body image of late adolescence by controlling intellect (openness to experience), extraversion, agreeableness, and neuroticism. 4) There is a relationship between neuroticism and body image of late adolescence by controlling intellect (openness to experience), conscientiousness, extraversion, agreeableness. 5) There is a relationship between intellect (opennes to experience) and body image of late adolescents by controlling conscientiousness, extraversion, agreeableness and neuroticism.

2 METHOD

This study used descriptive and quantitative approach with correlational design. The purpose of the

correlational research was to look at the relationship between big five personalities and body image in late adolescents aged 18-21 years with the condition that they have no body defects. The total participants in this study were 172 respondents.

The instrument used in this study is (International Personality Item Pool-Big Five Factor Marker) IPIP-BFM 50 Indonesian adaptation by Akhtar & Azwar (2019), to measure 5 dimensions of personality which is extraversion, agreeableness, conscientiousness, neuroticism, and intellect. This measuring instrument has reliability of extraversion $\alpha = 0.836$, agreeableness $\alpha = 0.762$, conscientiousness $\alpha = 0.811$, emotional stability $\alpha = 0.862$, and intellect $\alpha = 0.768$, and test the difference in aitem power moving between 0.71 - 0.98. Another instrument used is the body image scale by Desi (2018), to measure the positive or negative of body image in late adolescents. The coefficient alpha is 0.945.

Data retrieval using online questionnaires with google forms. In the questionnaire there is an informed consent page that must be filled in, so only participants who approve informed consent fill out the questionnaire.

Questionnaire links are sent through messaging and social media apps, which are WhatsApp and Twitter. Participants who have filled out questionnaires also help to share link with others that fit the criterias, so that link can be spread to many people. When participants open the link, participants will be directed to a page containing research information, then the participant will be asked to fill in their identity and agree the informed consent page. If the participant has agreed, the participant proceeds to the next page to fill out the research scale.

This research is an online study. Participants who qualify with the criterias, understand Bahasa Indonesia, and agree the informed consent page can participate in this study. Data collection was conducted on May 27, 2021 – May 30, 2021 and June 12, 2021 - June 14, 2021. Data collection is done twice with the aim of adding participants. After the data is collected, then the data completeness check is carried out. If there is incomplete and unclear data, it will be eliminated.

3 RESULT

3.1 Descriptive Analysis

Descriptive analysis results are used to describe the data of big five personality and body image research. The results of descriptive data analysis are shown in the following table:

Table 1: Descriptive Data of Big Five Personality.

Classification	Percentage				
	Extra	Agree	Cons	Neuro	Intel
Very High	4%	17%	25%	22%	10%
High	19%	55%	46%	34%	47%
Moderate	30%	23%	22%	26%	34%
Low	30%	5%	7%	15%	8%
Very Low	17%	0%	0%	3%	1%

Based on the results of table 1 analysis, it can be concluded that most of the late adolescents personality in the extraversion dimension are in the low and moderate category. That most of the late adolescents personality in the dimension of agreeableness, conscientiousness, neuroticism and intellect are in the high category.

Table 2: Descriptive Data on Body Image in Late Adolescents (N = 172).

Classification	Total	Percentage
Very Good	4	2%
Good	72	42%
Moderate	76	44%
Bad	20	12%
Very Bad	0	0%

Based on the results of table 2 analysis, it can be concluded that most body image in late adolescents is in the category of moderate.

3.2 Analysis Result: Assumption Test

Before data analysis is performed, it is necessary to conduct a prerequisite test first which includes normality test and data linearity test. The normality test used in this study was *Kolmogorov-Smirnov*. In table 3 the following is the result of an analysis of the normality of data distribution.

Table 3: Data Normality Assumption Test Results.

Kolmogorov-Smirnov		
Variable	Sig.	Explanation
Body Image	0.093	Normal
Extraversion	0.200	Normal
Agreeableness	0.002	Not Normal
Conscientiousness	0.023	Not Normal
Neuroticism	0.200	Normal
Intellect	0.49	Not Normal

Based on the analysis test normality, body image, extraversion, and neuroticism have a normal data distribution, while agreeableness, conscientiousness, and intellect have abnormal data distribution.

Agreeableness, conscientiousness, and intellect have not normal data distribution. According to Hadi

(2015), if the number of subjects is above 30, then the data is still considered normal distribution. In this study the subjects used were 172 people, therefore the data is normal, because the number of subjects is more than 30 people.

The guidelines used to conduct linearity tests are that if the significance value < 0.050 then the relationship between big five personality and body image is linear, and if the significance value ≥ 0.050 then the relationship between big five personality and body image is not a linear. In table 8 the following is the result of linearity test analysis.

Table 4: Linearity Test Results.

Variable	Sig.	Explanation
Extraversion – Body Image	0.002	Linear
Agreeableness – Body Image	0.000	Linear
Conscientiousness – Body Image	0.000	Linear
Neuroticism – Body Image	0.000	Linear
Intellect – Body Image	0.029	Linear

3.3 Hypothesis Test Results

To determine the relationship between variables, the hypothesis test in this study used product moment correlation analysis. The result of correlation analysis presented in table 5.

Table 5: Results of Correlation Analysis Between Variables.

	X1	X2	X3	X4	X5
Pearson Correlation	.238	.284	.335	-.339	.166
Sig.	.002	.000	.000	.000	.029

Based on the results of correlation analysis between variables in table 9, it can be concluded that:

(1) There is a positive and significant correlation between big five personality dimension of extraversion with body image (r = 0.238; p = 0.002), meaning the higher extraversion dimension, then body image become more positive.

(2) There is a positive and significant correlation between big five personality dimension of agreeableness with body image (r = 0.284; p = 0.000), meaning the higher agreeableness dimension, then body image become more positive.

(3) There is a positive and significant correlation between big five personality conscientiousness dimension with body image (r = 0.335; p = 0.000), meaning the higher the conscientiousness dimension, then body image become more positive.

(4) There is a negative and significant correlation between the big five personality dimension of neuroticism with body image (r = -0.339; p = 0.000), meaning the higher the neuroticism, then body image become negative.

(5) There is a positive and significant correlation between big five personality intellect dimension with body image (r = 0.166; p = 0.029), meaning the higher the intellect dimension, then body image become more positive.

To find out the measure of the effective contribution of big five personality to body image in late adolescence, the data was analyzed using multiple linear regression analysis with SPSS. The result of multiple linear regression test analysis is presented in table 6.

Table 6: Model Summary Correlation.

Type	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.500a	.250	.228	18.314

Table 7: ANOVA Result.

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Reg	18605.099	5	3721.020	11.094	.000b
	Res	55679.616	166	335.419		
	Total	74284.715	171			

a. Dependent Variable: Body Image
b. Predictors: (Constant), Intellect, Neuroticism, Conscientiousness, Agreeableness, Extraversion

Based on the results of the analysis of summary correlation model data, shows that the dimensions of big five personality are extraversion dimension, agreeableness, conscientiousness, neuroticism, and intellect with body image obtained F= 11.094, p 0,000, R = 0.500, R^2 = 0,228. This means that the big five personality can contribute 22.8% to body image, while the remaining 77.2% is explained by other variables that are the forming factors of body image.

4 DISCUSSION

The results showed that there is a significant correlation between big five personality and body image. This indicates that four big five personality dimensions has a positive relationship with body image i.e, extraversion, agreeableness, conscientiousness, and intellect, while neuroticism has a negative relationship with body image. The results prove that there is a positive relationship between the dimensions of extraversion, agreeableness, conscientiousness, and intellect in big five personality with body image.

Extraversion personality is a personality trait derived from Carl Jung and is the core of the Eysenck model. Extraversion loves to having fun, friendly, and affectionate (Cordón, 2005). Individu with extraversion personality having more positive evaluation in appearance and more appearance-oriented than introversion (Kvalem, Soest, Roald, & Skolleborg, 2006).

Agreeableness is characterized by individual who are helpful and soft hearted (Cordón, 2005). Low agreeableness is characterized by individual who have selfishness, hostility, and distrust. These negative emotions can arise due to improper coping strategies. Research conducted by Koff and Sangani (1997) gave the results that individuals who perform coping strategies with emotional focus have a more negative body image.

High conscientiousness personality has conscientious, organized, careful, disciplined and reliable traits. High conscientiousness personality will also establish for discipline in living a healthy lifestyle, such as exercising, getting enough sleep, and eating various types of fruits and vegetables (Schultz & Schultz, 2017). Positive body image will form good health behaviors (Becker, Verzijl, Kilpela, Wilfred, & Stewart, 2017) and negative body image associated with low personality conscientiousness (Allen & Walter, 2016).

Intellect personality or commonly referred to as openness to experience is characterized by independent and imaginative people. low openness to experience (intellect) is characterized by ignorance (Goldberg, 1993). Ignorance to the body can lead to a negative evaluation of the body. Impulsive attitudes that make indivdual difficult to control their desire will arise due to the individual's ignorance of their body image.

Extraversion, agreeableness, conscientiousness, and intellect have a positive relationship with self-esteem. This means that the higher the personalities, the higher the self-esteem (Amirazodi & Amirazodi,

2011). High self-esteem is closely related to self-acceptance. Individuals who are able to accept, respect, and protect their body can be considered to have good appreciation through their body. This indicates that the individual has a positive body image due to the high ability of self-acceptance (Maryam & Ifdil, 2019)

Neuroticism has a negative relationship with body image. These results are supported by Narula & Varma (2018), which revealed that there is a significant negative influence of personality neurotism on body image in adolescent girls in Thailand. Body appreciation in men in the UK also correlated negatively with neuroticism personality and BMI figures (Benford & Swami, 2014). High neuroticism personality is associated with negative appearance evaluation and high appearance orientation (Kvalem, Soest, Roald, & Skolleborg, 2006).

5 CONCLUSION

The results showed that most of the late adolescents have a high dimension of big five personality, while body image in late adolescents is quite enough. There is a relationship between the dimensions of big five personality and body image. The dimensions of big five personality, which is extraversion, agreeableness, conscientiousness, neuroticism, and intellect contribute effectively 22,8% to body image in late adolescence.

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