The Effect of Group Counseling Guidance on Body Image in Adolescent Girls

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ABSTRACT (10 PT)

Body image is the person’s perceptions, thoughts, and feelings toward his body. Related studies indicate that among the populace, it is often the teenage girls who express feelings of dissatisfaction toward their bodies and are therefore more inclined to have negative body image as is shown in the initial survey result at 61.5%. Group guidance and counseling are viewed as appropriate interventions to help in this specific problem. This study then aims to determine the effects of group guidance and counseling on the body image of the adolescent girls at SMA Negeri 1 Bandar Trade Simalungun Regency during the Covid-19 Pandemic Period in 2021. One group Pre-test and Post-test design was the experimental method used in the study. From the population of 757 female adolescents, 85 were taken as respondents through the purposive sampling technique. The respondent's data collection was taken through a questionnaire accessible through a google link. The inclusion criteria in this study are as follows: female students aged 15-18 years, female respondents who are respondents. The instrument used in this study was a body image questionnaire. In this study, the questionnaire used had a Cronbach's Alpha value greater than 0.70 so that this questionnaire was declared reliable. The pre-test body image mean score was 25.56 while the post-test body image mean score was 29.75 with each standard deviation score of 4.552 and 4.843 respectively. It can be seen that the difference between the mean score of the first and second measurement is 4.188 and the difference between the standard deviation score is 2.970. Based on the statistical results of the paired samples test, the value p = 0.001 (p < 0.05) signifies that there is a significant effect of group guidance and counseling as treatment on the negative body image of adolescent girls. It is therefore highly recommended that the school conducts regular group guidance and counseling to students on regular basis.

Keywords: Body Image; Group Counseling Guidance; Female Adolescents

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1. INTRODUCTION

Body image comprises the person's perceptions, thoughts, and feelings toward his body (Grogan, 2017), which includes his perception toward his physical appearance (Ribeiro-Silva et al., 2018). It is intrinsically part of one's self-concept and is therefore affecting one's self-esteem. This follows that any dissatisfaction with one's own body can have an untoward impact to his self-esteem and consequently on one's mental health. Body image can be either positive or negative. It can be measured by investigating accurately the estimated ideal body size relative to actual size. Measurement of body image includes one or more variables. It measures the person's degree of satisfaction or dissatisfaction (Grogan, 2017) towards his body size or the degree of likeability that one has towards his specific body part (Breda-Vicentini et al., 2020).

Negative body image is pervasive among teenagers, specifically among adolescent girls, as it is evident from the research done in various countries which shows prevailing dissatisfaction of the adolescent girls toward their bodies. Najwa, in his research in Malaysia, found female adolescent dissatisfaction with her body at 54.8% (HANAPIAH & SIDEK, 2016), Federal De Moto Grosso Brazil at 66.5% (Santana et al., 2019), Israel at 22.5% (Latzer et al., 2019), West Africa at 16% (Terhoeven et al., 2020), and Tafila Jordan at 70% (Qaisy, 2016). Tanta Egypt University stated that the negative body image of female students in the first year was 66%, while that of female students in the fourth year was 71% (Elsherif & Abdelraof, 2018). The University of Isra’ Jordan showed that women have more negative body images than men (Qaisy, 2016), The same finding is true in Iran where research found that female students are more likely to have a negative body image than men (Alvani et al., 2016).

Similar results were found in Indonesia where negative body image in female adolescents was still high. This was found by (Wati & Sumarmi, 2017) in their research on adolescents in the city of Surabaya whose female negative body image was at 55.6%, while the research of (Maryam, 2019) at Padang State University also found a negative body image at 87.60%. Lupitasari, (2019) in his research, found negative body image in young girls at 6%, average body image at 78%, and positive body image at 16%. In the research of Ifdil et al., (2017) in Padang, he found negative body image results at 16%, while very negative body image at 8%. Based on an initial survey conducted by researchers on 27 students of SMA Negeri 1 Bandar Trade via a google form, the measure of negative body image was at 61.5%.

A negative body image can harm teenagers, especially young women (Anindita, 2021). There are various models which influence the perspectives of youngsters on what is or what is not attractive. According to the sociocultural model, modern lifestyle push adolescents to be willing to be slim and muscular through heavy diet and exercises, even pushing themselves to their limits and even if such criteria of attractiveness remain unrealistic. On the other hand, according to the cognitive-behavioral perspective model, body image is determined by the environmental assessment, cognitive processes, and physical and individual behaviors. In the objectification model, the cultural impact of objectifying women's bodies (Grogan, 2017), can indeed affect how these young girls look and judge themselves.

In the developmental stages, Indonesian youngsters aged 11 to 20 years old belong to the adolescent stage, commonly called teenagers. In this stage, adolescents, especially girls, experience biological and physiological changes in their bodies (Ramanda et al., 2019) dan (Marjo et al., 2017). Negative body image interferes in this process of puberty since there is an increased concern for the teenager to change her or his body shape or form (Virgandiri et al., 2020) according to the standard of beauty that influences her or him. Thelikeability of the particular development of her body is likely to be dependent on such criteria.

Indeed, women experience a serious problem due to their negative body image. Hence, the importance of prevention so that this problem will not worsen. As a concrete effort of the school to solve this problem, the service of guidance and counseling can be utilized (Ifdil et al., 2017), It also suggests that the school will make use of happy positive psychiatric management, as well as group guidance and counseling and fun game techniques. It is further affirmed that it is very helpful for young female students to find their identity in positive valuing of self (Marjo et al., 2017). This study aims to find out the effectiveness of group guidance and counseling on body image enhancement of adolescent girls in SMA Negeri 1 Bandar Trade District.

2. RESEARCH METHOD

This study used an experimental method with one group subjected to guidance and counseling intervention and surveyed by Pre-test and Post-test Design. The 757 students who were studying in SMA Negeri 1 Bandar Trade Simalungun Regency served as a population in this study. The sampling technique used in this research is Non-Probability Sampling, specifically Purposive Sampling. The Body Image Questionnaire was standardized before it was used in the study. It contains 11 questions with answer choices in each item consisting of Strongly Disagree, Disagree, Agree, and Strongly Agree. After having filled up the informed consent letter, the respondents...
took part in all group counseling sessions provided by the school counselor, always observing the health protocol throughout the sessions during this time of the pandemic.

Data collection techniques were taken using the standardized questionnaire sent via google. The collection of data from the respondents are divided into three phases: pre-test – intervention – post-test. During the pre-test phase, the respondents were divided into three groups of 28 respondents for each of the first two groups and 29 respondents for the third one. Each group was given an orientation through online zoom about what will be done during the intervention sessions. Respondents’ consent has been secured by filling up the informed consent form. After having understood the flow of the intervention phase, the respondents’ body image was surveyed by answering the standardized body image questionnaire sent through google with the link: https://docs.google.com/forms/d/e/1FAIpQLSlid0OqZUA0PluGF.

In the intervention phase, group guidance and counseling session were conducted by the counselor to the respondents for 3 consecutive days. The duration of such sessions is 30-60 minutes. Finally, in the post-test phase, the body image of the same respondents was measured using the standardized body image questionnaire accessible through google link https://forms.gle/Hnfxue9PrfmeJ2oA7.

The data that has been collected was then checked for correctness, variously classified by codes, and tabulated to prevent errors in data input. To see if there is an effect of the treatment on the body image of young women, an analysis was carried out using the Paired Samples T-Test. The method of analysis is to ensure that the data is normally distributed is the Kolmogorov-Smirnov test. This research also deserves ethics from the Health Research Ethics Commission of STIKes Santa Elisabeth Medan with letter number No.: 0070/KEPK-SE/PE-DT/III/2021.

3. RESULTS
Table 1 shows that there are 44 respondents aged 15 years old (51.8%), 13 respondents aged 16 years old (38.8%), and 8 respondents aged 17 years old (9.4%).

<table>
<thead>
<tr>
<th>Variable</th>
<th>(n=85)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 years</td>
<td>44</td>
<td>51.8</td>
</tr>
<tr>
<td>16 years</td>
<td>33</td>
<td>38.8</td>
</tr>
<tr>
<td>17 years</td>
<td>8</td>
<td>9.4</td>
</tr>
</tbody>
</table>

Based on table 2 the average body image value in the first measurement is 25.56, with a standard deviation of 4.552. In the second measurement, the average body image value is 29.75, with a standard deviation score of 4.843. The difference in body image results before and after treatment is 4.188 with a standard deviation of 2.970.

Based on the results of the Paired Samples Statistical Test, the obtained p-value is 0.001 (p < 0.05). It can therefore be concluded that there exists a significant difference between the body image of the pre-test measurement and the post-test measurement of the adolescent girls at SMA Negeri 1 Bandar Trading, Simalungun Regency who received the treatment of group guidance and counseling for three consecutive days

<table>
<thead>
<tr>
<th>Variable</th>
<th>N</th>
<th>Mean</th>
<th>Std. deviation</th>
<th>95% CI</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Image Pre Test</td>
<td>85</td>
<td>25.56</td>
<td>4.552</td>
<td>3.548-4.829</td>
<td>0.001</td>
</tr>
<tr>
<td>Body Image Post Test</td>
<td>85</td>
<td>29.75</td>
<td>4.843</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. DISCUSSIONS
4.1. Group Counseling and Guidance for Adolescent Girls
Based on the results of the research, group guidance and counseling are proven to be effective treatments to improve and enhance the body image of the students of SMA Negeri 1 Bandar Trading, Simalungun Regency. The students showed significant progress in changing their negative perceptions and feelings of dissatisfaction toward their bodies into positive ones as were evident by the increased results of their post-test scores. In addition to this, it also helped them acquire specific life skills to counter the low self-esteem affected by their negative body image.

This is in line with the research of (Sulistya et al., 2017) who says that guidance and counseling treatment can truly improve the body image of female students and can help them overcome their negative thoughts and
feelings of dissatisfaction toward their bodies consequently helping them to grow in self-confidence. Likewise, according to the research of (Fitri et al., 2017) implementation of group counseling helped students of SMK Negeri 1 Babelan to explore feelings that were never expressed, to know their weaknesses, and to accept their current physical endowment leading to more confident self-expression. Indeed, group guidance and counseling can help acquire a positive body image, improve self-confidence and build self-esteem as a result of discussion and feedback from group members during the group counseling sessions.

In a conclusion, the results obtained in this study confirmed the findings of previous researches which ascertained that group guidance and counseling can improve body image in adolescent girls whose experience of negative body image may harm their self-esteem if not treated seriously. The intervention of group guidance and counseling help students of SMA Negeri 1 Bandar Simalungun Regency to explore negative feelings about their bodies and consequently be able to change them with positive ones.

4.2 Body Image in Teenage Girls

The result of the pre-test body image mean was 25.69 while the post-test body image mean was 29.75. The increase between the pre-test and post-test mean value then is 4.06. Based on these results, it can be deduced that the difference in body image measurements between the pre-test and post-test scores signified that there was an improvement in the body image perception of teenage girls.

This research is supported by the results of the study of (Sulistiya et al., 2017), who found that the body image of students before receiving treatment was all at low and moderate levels. However, after getting the intervention, the level of female student body image changed, and all of them were at a moderate level. Based on the results of the pre-test, post-test and follow-up sessions it showed that CBT group counseling with cognitive restructuring techniques had an impact on increasing body image. This can be proven in the group of students where the treatment group experienced a change of body image, that is, from the negative category to the positive category (Fitri et al., 2017) The same thing was also found in the research of (Marjo et al., 2017), There was an increase the mean score of the students in the treated group.

The increase in body image scores indicated that there was a significant improvement in body image among SMA Negeri 1 Bandar Trade students, Simalungun Regency. Guidance and counseling then helped students to acquire a positive view of themselves, others, and life in general aside from developing a more objective, and broad understanding of various matters as can be observed during group discussions.

4.3 The Effect of Group Counseling Guidance on Body Image

Results showed further that the respondents’ average score of body image before treatment was at 25.56, while the respondents’ average score of body image after treatment was at 29.75 resulting in a difference of 4.188 between the two means and a difference of 2.970 between the two standard deviations. The results of the paired samples test obtained a p-value of 0.001. It can be concluded that statistically such difference in scores was significant and can therefore be confirmed that there was a significant change in the body image of the adolescent girls at SMA Negeri 1 Bandar Trading, Simalungun Regency before and after treatment.

This finding was similar to the research of (Fazriah et al., 2017), which found that group guidance services improved the body image of students in Jakarta. Group counseling using the Body Image Cognitive Behavioral Therapy (BI-CBT) had a strong influence on the body image of class XI students at SMK Negeri 1 Babelan. On the research of (Sulistiya et al., 2017) a pretest and multiple post-test research design was applied with 6 out of 30 female students who were selected purposively. The results of the Repeated Measure ANOVA test showed that the cognitive restructuring technique was proven to be effective in enhancing the body image of female students in Mataram.

In this study, it was found that many adolescent females have negative body images because of the way they assessed themselves against the social standard of beauty which is oftentimes promoted through social media. Under this standard, women who are tall and slim and with white complexion are considered beautiful. With this mind set many teenagers feel unsatisfied with themselves and in the end, increasing in them the sense of insecurity. Such insecurity is visible in the various ways they force themselves to fulfill the dictates of this standard, including doing uncontrolled diets and taking drugs. In addition, it was also found that many teenagers are using facial creams to boost their self-confidence rather than for true self-care. It was also observed that there were still many teenagers who were not confident of their public appearance, especially if they are overweight and have some forms of body deficiency.

Based on the results of this study, it is highly recommended that regular supervision be done to adolescent students through counseling in order to enable them to overcome their negative body image. Present researcher believes that students who have attended group counseling can better understand and accept themselves. With these, they can better direct the thoughts about themselves and others into positive ones, be more self-confident, and adapt a healthier approach to life.
The effect of group guidance and counseling on body image was also found by (Marjo et al., 2017) in his research. The results of his study confirmed the findings of other researches which claimed that female teenagers have negative body image correlated to the high dissatisfaction they have toward their bodies. For this reason, he recommended that counselor can help to enhance the body image of adolescent girls through group guidance and counseling. Many research confirmed that group counseling is an effective treatment in acquiring a positive body image among teenage girls. It is also useful in encouraging students to brainstorm with friends in a way that it is influential in enhancing their body image.

5. CONCLUSION

The increase in body image scores between pre-test and post-test results and it's p-value of 0.001 (p < 0.05) indicated a significant change in the body image of the adolescent females in SMA Negeri 1 Bandar Trade Simalungun Regency. Indeed, this result confirmed the effectiveness of guidance and counseling as treatment of negative body image among adolescent females. Besides, it also helped the teenagers develop a more positive attitude not only towards themselves but also towards their environment. It is recommended that the school conducts group guidance and counseling on a regular basis on a regular basis.

REFERENCES


