

## Body Image Among Junior High School Students in a Coastal Tourism Area

Pika Nurafipah<sup>1</sup>, Taty Hernawaty<sup>2</sup>, Siti Ulfah Rifa'atul Fitri<sup>2</sup>

<sup>1,2</sup>*Faculty of Nursing, Universitas Padjadjaran*

Corresponding author: [ty20hernawaty@gmail.com](mailto:ty20hernawaty@gmail.com)

### ABSTRACT

**Background:** Body image is a key aspect of adolescents' self-concept that can influence their psychological well-being and social behavior. Adolescence is marked by various physical, psychological, and social changes. Body image issues generally arise alongside these changes and, in some cases, can become obstacles, such as decreased self-confidence and self-dissatisfaction. The phenomenon of negative body image among adolescents is a significant concern, particularly among adolescents living in coastal tourism areas with unique social and cultural characteristics.

**Purpose:** This study aims to examine the body image of students at Pangandaran State Junior High School 1 who live in a coastal tourism area.

**Methods:** This study is a quantitative descriptive study with a population of 1,023 individuals. The sample consisted of 288 participants, selected using proportionate stratified random sampling. The instrument used was the Multidimensional Body-Self Relations Questionnaire-Appearance Scale (MBSRQ-AS), and data analysis employed univariate techniques, with results presented as percentages.

**Results:** the results showed that 163 respondents (56.6%) fell into the positive category and 125 respondents (43.4%) fell into the negative category. When viewed by dimension, respondents had positive perceptions in the dimensions of appearance evaluation (53.1%), body area satisfaction (55.2%), and self-classified weight (61.8%), and negative perceptions in the dimensions of appearance orientation (50.3%) and overweight preoccupation (53.1%).

**Conclusion:** Positive body image among the majority of respondents has not been accompanied by good self-care behaviors; therefore, it is recommended that institutions enhance health promotion education and interventions and foster a supportive social environment, given that environmental factors play a significant role in shaping adolescents' body perceptions.

**Keywords:** Adolescence; Body Image; Body Perception; Coastal Areas

## BACKGROUND

Negative body image is not a new problem for adolescents; many adolescents often experience negative body image because it relates to how individuals assess and view themselves. Body image issues generally arise alongside the changes that occur during adolescence and, in some ways, can become obstacles in daily life, such as decreased selfconfidence and dissatisfaction with oneself. Body image is a complex psychological construct that encompasses how individuals perceive, think about, and act toward their bodies. Evaluations of body image can be positive or negative. Smolak and Thompson state that ideally, an individual's body image should be positive so that they have the ability to accept themselves and not be concerned with others' standards of physical perfection (Ifdil et al., 2017). A positive body image has beneficial effects, enabling individuals to better appreciate the uniqueness and functions of their bodies, thereby allowing them to feel comfortable, confident, and happy with their bodies.

The formation of body image is influenced by various factors, including media (media influence), family influence, and interpersonal influence (Cash et al., 2002). Selfperception or body image in adolescents is also influenced by physical changes occurring during puberty and other factors such as gender, personality traits, social norms, and cultural expectations. Bębenek et al. (2025) found that the majority of adolescents experience body dissatisfaction and a self-perception that does not align with their physical condition, and hold the perception that the ideal body is a thin one. Negative body image can have detrimental effects on adolescent development. Negative body image contributes to increased symptoms of psychological distress in adolescents, such as depression and anxiety (Duchesne et al., 2016). Additionally, body image dissatisfaction during adolescence influences adolescents' social behavior. Peng's (2022) research found that puberty is a highly vulnerable period for internal and external conflicts that can impact adolescents' social relationships and psychological well-being.

Body image in adolescents is also influenced by the cultural context and social environment in which individuals grow and develop. The surrounding culture can influence how individuals perceive body shape through the presence of standards for attractive body size (Danich & Ifdil, 2015). Studies have found that the experience of puberty and the formation of body image are significantly influenced by cultural norms as well as social interactions surrounding adolescents (Mahama et al., 2024). Coastal regions face risks regarding adolescents' emotional states and self-perception due to cultural shifts and diverse norms and values. Studies indicate that adolescents in coastal areas face higher risks of social pressure compared to those in non-coastal areas (Maharani et al., 2025). These conditions can influence the formation of adolescents' body image in coastal tourism areas due to increasing exposure to ideal body standards from external cultures, driven by the presence of tourist destinations. Coastal areas also possess social characteristics that influence adolescents' self-perception. Coastal communities tend to exhibit more assertive and temperamental individual traits, such as speaking openly, using coarse language, and being more dominant (Ariadi, 2023). This highlights the importance of addressing the psychological well-being of adolescents in coastal regions.

Nevertheless, the coastal geographical location is one aspect that has a positive impact on adolescents' psychological well-being. Studies have found that adolescents living in coastal areas tend to have high levels of mental well-being due to increased physical activity related to the natural environment and the beauty of the beach (Lun et al., 2024). Ren et al. (2023) emphasize that adolescents' body image perceptions can vary based on environmental characteristics, such as urban, rural, or coastal areas closer to tourism (Ren et al., 2023). Research by Abdillah (2023), conducted on adolescents with heterogeneous and diverse characteristics, indicates that the majority of adolescents residing in rural areas have a higher percentage of positive body image compared to those living in urban areas. Thus, cultural and residential environmental factors serve as key determinants in shaping adolescents' body image perceptions.

Pangandaran Regency is one of the coastal areas with high tourism potential. With its status as an international tourist destination, this region attracts tourists from various regions, including international tourists. The presence of tourists with diverse cultural backgrounds facilitates interaction between tourists and the local community. This interaction can influence community behavior patterns, particularly among adolescents, with both positive and negative impacts. One potential negative influence is an increased tendency among adolescents to adopt modern lifestyles and beauty standards introduced by foreign tourists, as adolescents are more open to modern values and possess a more global perspective (Dewi et al., 2025). Adolescents in coastal areas, particularly in tourist destinations like the Pangandaran coast, are in a unique social environment where they are significantly exposed to external cultural values. In these areas, interactions with tourists, exposure to social media, and the influence of the tourism industry often make physical appearance a central focus of attention. Sociocultural factors are pressures stemming from the surrounding culture and social environment regarding standards of the ideal body among adolescents (Ammar & Nurmala, 2020). Social pressures related to physical appearance originating from the surrounding environment can trigger body dissatisfaction and impact adolescents' psychological well-being.

SMPN 1 Pangandaran is a junior high school located in the coastal area of Pangandaran, very close to beach tourism sites. As a school situated near a coastal tourism hub and with school programs and activities in beach areas that require students to interact directly with foreign tourists, adolescents at this school are not only exposed to local cultural values but also interact directly with foreign tourists, which can influence their standards of physical appearance. Additionally, the majority of students reside in areas surrounding the coastal tourism zone. These conditions can give rise to certain standards regarding physical appearance and body shape that influence adolescents' perceptions of their own bodies.

Preliminary study results on 12 students at SMPN 1 Pangandaran showed that 8 out of 12 students reported feeling insecure about physical changes resulting from puberty. One student mentioned that puberty caused discomfort due to the appearance of acne and feeling their body becoming more rounded. Others initially felt strange and confused because their physical growth and changes occurred faster than those of their peers. Two students were happy with their physical changes and stated they felt they were maturing quickly. One student said they were not affected at all. Furthermore, nearly all the

interviewed students said they often felt envious when seeing foreign tourists around the beach because of their fair skin and tall, slender body shapes, which are considered attractive. According to information from one of the Guidance and Counseling (BK) teachers at the school, it is known that some students occasionally tease their peers about their body shapes and engage in body shaming due to physical changes during puberty.

Such behavior is typically addressed by the BK teacher if it leads to further conflict. There are some students who appear to lack confidence in their physical appearance. Education regarding puberty and physical changes has been provided, but its implementation is infrequent and not routine. This phenomenon indicates the potential for body imagerelated issues at the school that need attention.

## OBJECTIVE

The general objective of this study is to determine the body image of students at SMP Negeri 1 Pangandaran who live in a coastal tourism area, both in general and based on each dimension.

## METHODS

The method used in this study was quantitative with a descriptive approach. The study was conducted at Pangandaran 1 Public Junior High School, Pangandaran Regency, during January–February 2026. The sampling technique was proportionate stratified random sampling, with 288 respondents selected from a total population of 1,023 students. The instrument used for data collection was the Multidimensional Body SelfRelations Questionnaire Appearance Scales (MBSRQ-AS), developed by Thomas F. Cash & Pruzinsky (2002) and translated by Kurniawan (2015). The MBSRQ-AS is a selfreport inventory designed to measure body image and consists of 34 items across 5 subdimensions: Appearance Evaluation, Appearance Orientation, Overweight Preoccupation, Self-Classified Weight, and Body Area Satisfaction. The total score indicates a person's level of self-satisfaction. A score < 105 indicates dissatisfaction with body shape or a negative body image. A score > 104 indicates satisfaction with body shape or a positive body image. The translated questionnaire possesses content validity and construct validity. The results of the validity and reliability tests for the MBSRQ-AS indicate that all 34 items are valid, with a Cronbach's alpha of 0.819. Data collection was conducted offline in the classroom using a Google Form link. The analysis used was univariate analysis, which describes the distribution and frequency of data groups. This study has received approval from the FITKES UNJANI Ethics Committee with number: 022/KEPK/FITKes-Unjani/I/2026.

## RESULTS

**Table1 .** Frequency Distribution of Demographic Characteristics of Students at SMP Negeri 1 Pangandaran (n=288)

| Characteristic                                      | Frequency (f) | Percentage (%) |
|-----------------------------------------------------|---------------|----------------|
| <b>Grade</b>                                        |               |                |
| VII                                                 | 94            | 32,6           |
| VIII                                                | 100           | 34,8           |
| IX                                                  | 94            | 32,6           |
| <b>Age</b>                                          |               |                |
| 12 years                                            | 28            | 9,7            |
| 13 years                                            | 82            | 28,5           |
| 14 years                                            | 76            | 26,4           |
| 15 years                                            | 102           | 35,4           |
| <b>Gender</b>                                       |               |                |
| Male                                                | 144           | 50             |
| Female                                              | 144           | 50             |
| <b>Ethnic group</b>                                 |               |                |
| Sundanese                                           | 167           | 58             |
| Javanese                                            | 102           | 35,4           |
| Others                                              | 19            | 6,6            |
| <b>Interpersonal Relationships in the Family</b>    |               |                |
| Good                                                | 252           | 87,5           |
| Poor                                                | 36            | 12,5           |
| <b>Interpersonal Relationships in the Community</b> |               |                |
| Good                                                | 236           | 81,9           |
| Poor                                                | 52            | 18,1           |
| <b>Interpersonal Relationships in the School</b>    |               |                |
| Good                                                | 231           | 80,2           |
| Poor                                                | 57            | 19,8           |

Table 1 shows the distribution of respondent characteristics. A total of 288 respondents participated in the study; they were distributed almost evenly across each grade level, with the largest proportion—nearly half—being 100 eighth-grade students (34.7%). The largest age group was 15 years old, with 102 students (35.4%), and the percentage of male and female students was equal, with 144 of each (50%). The majority of respondents were of Sundanese ethnicity, totaling 167 students (58%), and nearly all students reported having good interpersonal relationships with their families, amounting to 252 students (87.5%). Nearly all respondents also had good interpersonal relationships within the community, totaling 236 people (81.9%), and regarding students' interpersonal relationships within the school environment, the majority of respondents fell into the “good” category, totaling 231 people (57%).

**Table2 .** Frequency Distribution of *Body Image* Among Students at Pangandaran 1 Public Junior High School (n = 288; *Mean* = 105.63; SD = 15.029)

| Category | Frequency | Percentage (%) |
|----------|-----------|----------------|
| Negative | 125       | 43,4           |
| Positive | 163       | 56,6           |

Based on the data in Table 2, it can be seen that out of 288 respondents, the majority of students fall into the positive *body image* category, namely 163 students (56.6%).

**Table3 .** Frequency Distribution of *Body Image* Among Students at Pangandaran 1 Public Junior High School Based on *Body Image* Dimensions (n=288)

| Category                     | Frequency | Percentage (%) |
|------------------------------|-----------|----------------|
| <b>Appearance evaluation</b> |           |                |

|                                 |     |      |
|---------------------------------|-----|------|
| Negative                        | 135 | 46,9 |
| Positive                        | 153 | 53,1 |
| <b>Appearance orientation</b>   |     |      |
| Negative                        | 145 | 50,3 |
| Positive                        | 143 | 49,7 |
| <b>Body Area Satisfaction</b>   |     |      |
| Negative                        | 129 | 44,8 |
| Positive                        | 159 | 55,2 |
| <b>Overweight Preoccupation</b> |     |      |
| Negative                        | 153 | 53,1 |
| Positive                        | 135 | 46,9 |
| <b>Self-Classified Weight</b>   |     |      |
| Negative                        | 110 | 38,2 |
| Positive                        | 178 | 61,8 |

Based on the data in Table 3, it is known that the majority of respondents have a positive perception of the *appearance evaluation* dimension, namely 153 people (53.1%), and of the *body area satisfaction* dimension, namely 159 people (55.2%). In the *Self-Classified Weight* dimension, the majority of respondents also had a positive perception, namely 178 people (61.8%). Meanwhile, half of the respondents had a negative perception regarding the *appearance orientation* dimension, namely 145 people (50.3%), and in the *overweight preoccupation* dimension, the majority of respondents also had a negative perception, namely 153 people (53.1%).

**Table4.** Distribution of Mean Body Image Dimensions: Appearance Evaluation among Students at SMPN 1 Pangandaran

| <b>Appearance evaluation</b>                         | <b>Mean</b> | <b>SD</b> | <b>Min</b> | <b>Max</b> |
|------------------------------------------------------|-------------|-----------|------------|------------|
| In my opinion, my body shape is sexually attractive  | 2,70        | 1,097     | 1          | 5          |
| I like my appearance just the way it is              | 3,55        | 1,216     | 1          | 5          |
| Most people think I look good                        | 2,98        | 1,077     | 1          | 5          |
| I like my appearance without wearing clothes         | 1,80        | 1,063     | 1          | 5          |
| I like clothes that fit my body                      | 3,41        | 1,195     | 1          | 5          |
| I feel insecure about my current physical appearance | 2,75        | 1,335     | 1          | 5          |
| I am not physically attractive                       | 2,88        | 1,280     | 1          | 5          |

SD = Standar Deviasi

Table 4 shows the *mean* values for the *appearance evaluation* dimension. Based on the table, among students at SMPN 1 Pangandaran, the lowest *mean* value was found in the statement “I like my appearance without wearing clothes,” with a *mean* of 1.80. This section indicates that respondents have not yet achieved personal satisfaction with their body condition. The low score on this item indicates a lack of self-confidence regarding their natural body shape without additional attributes such as clothing and a sense of discomfort with their actual body shape.

**Table1.** Distribution of Mean Body Image Dimensions and Appearance Orientation Among Students at SMPN 1 Pangandaran

| <b>Appearance orientation</b>                                     | <b>Mean</b> | <b>SD</b> | <b>Min</b> | <b>Max</b> |
|-------------------------------------------------------------------|-------------|-----------|------------|------------|
| Before leaving the house, I always pay attention to my appearance | 3,66        | 1,180     | 1          | 5          |
| I carefully choose the clothes that will affect my appearance.    | 3,57        | 1,212     | 1          | 5          |

|                                                                                      |      |       |   |   |
|--------------------------------------------------------------------------------------|------|-------|---|---|
| I always check myself in the mirror before every appearance.                         | 3,55 | 1,106 | 1 | 5 |
| Before going out, I spend a lot of time getting ready/putting on makeup.             | 2,80 | 1,231 | 1 | 5 |
| It's very important that I look good.                                                | 3,71 | 1,073 | 1 | 5 |
| I use several body care products.                                                    | 3,00 | 1,235 | 1 | 5 |
| I realize on my own that my body care routine isn't right.                           | 2,65 | 1,102 | 1 | 5 |
| I use any body care products that are useful without considering their form or type. | 3,96 | 1,045 | 1 | 5 |
| I don't care what others say about my appearance.                                    | 2,63 | 1,239 | 1 | 5 |
| I use special hair care products.                                                    | 2,93 | 1,086 | 1 | 5 |
| I never think about my appearance.                                                   | 3,75 | 1,086 | 1 | 5 |
| I always try to improve my physical appearance.                                      | 3,77 | 1,128 | 1 | 5 |

SD = Standard Deviation

Table 5 shows the *mean* values for the *appearance orientation* dimension. Based on the table, the lowest *mean* value is found in the statement "I don't care what others say about my appearance" with a *mean* of 2.63. This indicates that students at SMPN 1 Pangandaran still pay attention to others' judgments of their appearance. This suggests that appearance orientation is influenced by both personal and social factors.

**Table2.** Distribution of Mean Values for the Body Image Dimension: Body Area Satisfaction Among Students at SMPN 1 Pangandaran

| Body Area Satisfaction                      | Mean | SD    | Min | Max |
|---------------------------------------------|------|-------|-----|-----|
| Face                                        | 3,34 | 1,124 | 1   | 5   |
| Hair                                        | 3,47 | 1,183 | 1   | 5   |
| Lower body (from the hips to the feet)      | 3,16 | 1,067 | 1   | 5   |
| Mid-body (from the waist to the abdomen)    | 3,12 | 1,117 | 1   | 5   |
| Upper body (from the arms to the shoulders) | 3,25 | 1,024 | 1   | 5   |
| Muscle Display                              | 3,00 | 1,055 | 1   | 5   |
| Body Weight                                 | 2,91 | 1,070 | 1   | 5   |
| Height                                      | 3,26 | 1,240 | 1   | 5   |
| Overall Appearance                          | 3,43 | 1,169 | 1   | 5   |

Table 6 shows the *mean* values for the *Body Area Satisfaction* dimension. Based on the table, among students at SMPN 1 Pangandaran, the lowest *mean* value was found for body weight, with a score of 2.91. This indicates that students at SMPN 1 Pangandaran are dissatisfied with their body weight.

**Table3.** Distribution of Mean Values for the Overweight Preoccupation Dimension of Body Image Among Students at SMPN 1 Pangandaran

| Overweight Preoccupation                                             | Mean | SD    | Min | Max |
|----------------------------------------------------------------------|------|-------|-----|-----|
| I am afraid of gaining weight or becoming overweight                 | 3,00 | 1,293 | 1   | 5   |
| I am very aware of changes in my weight, even if they are very small | 3,15 | 1,171 | 1   | 5   |
| I am in the process of losing weight                                 | 2,45 | 1,311 | 1   | 5   |
| I am trying to lose weight by fasting or following a strict diet     | 1,97 | 1,071 | 1   | 5   |

SD = Standard Deviation

Table 7 shows the *mean* values for the *overweight preoccupation* dimension. Based on the table, the lowest *mean* value is found in the statement “I am trying to lose weight by fasting or following a strict diet” with a *mean* value of 1.97. This indicates that students at SMPN 1 Pangandaran are not currently engaging in extreme weight-loss efforts, such as strict dieting or fasting.

**Table4.** Distribution of Mean Values for the Self-Classified Weight Body Image Dimension Among Students at SMPN 1 Pangandaran

| <i>Self-Classified Weight</i>             | <i>Mean</i> | <i>SD</i> | <i>Min</i> | <i>Max</i> |
|-------------------------------------------|-------------|-----------|------------|------------|
| Perception of one's own body weight       | 2,93        | 1,048     | 1          | 5          |
| Other people's perceptions of body weight | 2,97        | 0,906     | 1          | 5          |

SD = Standard Deviation

Table 8 shows the *mean* values for the *self-classified weight* dimension. Based on the table, the lowest *mean* value is found in self-perception of body weight, with a *mean* of 2.93. This indicates that students at SMPN 1 Pangandaran assess their body weight as being in the moderate or normal category, but this assessment is not accompanied by strong confidence. When compared to the perception of others, which has a slightly higher value (*mean* = 2.97), it can be indicated that the respondents' assessment of their body weight does not entirely originate from themselves but is also influenced by the views of others.

## DISCUSSION

### Demographic Characteristics of Adolescents Related to Body Image

Based on the research findings regarding student demographic data presented in Table 4.1, it is evident that the distribution of study respondents by grade is relatively even. This indicates that the research sample has proportionally covered all grade levels at each stage, thereby providing a representative picture of the students' conditions at the school. By age, the majority of students were 15 years old (35.4%), placing them in the midadolescent stage. Age is one of the factors influencing body image. During adolescence, individuals become more sensitive to others' opinions and tend to compare themselves with their peers due to the rapid physical and psychological changes occurring during puberty (Papalia & Martorell, 2020).

Based on gender, the number of males and females is balanced. This indicates that the study is not gender-biased and allows for an objective comparison between the two groups. Theoretically, gender is a key factor influencing body image, with females typically paying more attention to appearance than males. This aligns with Al-Maida's (2024) study, which revealed significant differences in body image between male and female adolescents, with females tending to have a more negative body image due to the changes experienced during puberty. However, some studies show differing results. Abdillah's (2023) study found that females actually have a more positive body image compared to males.

In terms of ethnicity, the majority are from the Sundanese ethnic group. This indicates that local cultural characteristics play a significant role in this study. Cultural factors are known to influence beauty standards or perceptions of the body, thereby contributing to the formation of body image among adolescents. Furthermore, regarding interpersonal

relationships within the family environment, the majority of respondents fall into the “good” category. This suggests that most students have harmonious family relationships. Good family relationships play a crucial role in shaping adolescents’ self-confidence and self-acceptance, including regarding body image.

Regarding interpersonal relationships within the community, the majority also fall into the “good” category. This suggests that social interactions within the community are quite supportive of adolescents’ social development. A positive social environment can help adolescents build a healthier self-perception. The majority of students’ interpersonal relationships in the school environment fall into the “good” category. Interactions at school, particularly with peers, are a key factor influencing the formation of body image, as adolescents tend to engage in social comparison (Herlina et al., 2023). Overall, the characteristics of the respondents in this study are dominated by adolescents in the middle age range, with a balanced gender distribution, and supported by interpersonal relationships that are mostly in the “good” category within family, community, and school environments. These conditions indicate that the majority of respondents are in a conducive social environment that can support the formation of a positive body image, although it may still be influenced by other individual and social factors.

### **Body Image Profile of Students at SMP Negeri 1 Pangandaran**

Based on the results of the descriptive analysis conducted in this study, the findings indicate that the majority of students at SMPN 1 Pangandaran residing in the coastal tourism area possess a positive body image, meaning that most adolescents in the Pangandaran coastal region are able to accept their physical condition, have a positive self-perception of their appearance, and do not experience excessive dissatisfaction with their body shape or size. In line with this, Lun et al. (2024) stated in their study that adolescents living in coastal areas tend to have better mental well-being due to increased physical activity related to the natural environment and the beauty of the beach (Lun et al., 2024). Research by Abdillah (2023) indicates that adolescents in the middle stage have a fairly positive body image. This suggests that adolescents in this phase begin to develop better self-acceptance regarding their physical condition, although they remain influenced by various developmental and environmental factors.

### **Description of the Body Image of Students at Pangandaran 1 Public Junior High School Based on Dimensions**

#### **Appearance Evaluation**

The appearance evaluation dimension is closely related to an individual’s subjective perception in assessing their physical condition. In this dimension, the majority of respondents held positive perceptions. This indicates that most students at SMPN 1 Pangandaran have positive evaluations and feel satisfied with their physical appearance, as well as consider themselves generally attractive. In line with this, research by Ammar and Nurmala (2020) states that sociocultural factors, including a dynamic social environment, play a role in shaping adolescents’ positive perceptions. In the context of a coastal tourism area, interactions with tourists and exposure to diverse appearance standards can provide broader social experiences, thereby enabling adolescents to develop more positive assessments of their own appearance. However, based on Table

4.4, it was found that respondents still harbored dissatisfaction with their bodies on a more personal level and felt discomfort regarding their actual body shape.

#### **Appearance Orientation**

The results indicate that 50.3% of respondents hold negative perceptions, meaning that some students at SMPN 1 Pangandaran still do not pay sufficient attention to, make efforts regarding, or care for their bodies. These findings align with Alidia's (2018) research, which revealed that not all adolescents exhibit high levels of appearance orientation, as attention to physical appearance is also influenced by personal values and the social environment. Thus, even though they are in a tourism environment rich in social interaction, the level of appearance orientation among adolescents is still influenced by individual factors, so not all adolescents show a high level of attention to their physical appearance. This finding is reinforced by the results of the analysis in Table 4.5, which shows that some students still pay attention to others' judgments of their appearance. However, in this study, concern regarding others' judgments is not always accompanied by optimal self-care behavior. In some cases, sensitivity to such social judgments can actually lead to a lack of self-confidence or body dissatisfaction, causing adolescents to tend not to engage in self-care to the fullest extent. Thus, appearance orientation is influenced by both social factors and the individual's psychological state in responding to such judgments.

#### **Body Area Satisfaction**

A total of 55.2% of respondents held positive perceptions regarding specific body areas. This indicates that the majority of respondents felt satisfied with certain specific body areas or parts. Upon deeper analysis, respondents exhibited negative perceptions regarding their body, specifically feeling dissatisfied with their body weight ( $M = 2.91$ ). This finding aligns with Marika Tiggemann's research, which revealed that adolescents tend to have higher levels of dissatisfaction with certain body parts, particularly those frequently targeted by beauty standards such as the face, body weight, and body shape. This is influenced by the strong internalization of ideal body standards derived from social environments, such as coastal tourism settings.

#### **Overweight Preoccupation**

A total of 53.1% of respondents scored low or held negative perceptions. This indicates that the level of concern among adolescents regarding overweight issues at SMPN 1 Pangandaran is low. This is supported by further analysis in Table 4.7, which shows that students at SMPN 1 Pangandaran are not currently engaging in extreme weight-loss efforts, such as strict dieting or fasting. The researcher suggests that the characteristics of adolescents in coastal tourist areas like Pangandaran may influence these results, where higher levels of physical activity and a more relaxed lifestyle may lead adolescents to focus less on concerns about body weight and more on bodily functions in daily activities. This view aligns with Thomas F. Cash's theory, which states that overweight preoccupation is related to an individual's level of attention and anxiety regarding the possibility of becoming overweight, influenced by self-perception and social pressure. If such pressure is low, the tendency to worry about weight will also decrease.

#### **Self-Classified Weight**

Self-Classified Weight describes how individuals subjectively assess their body condition, which does not always align with their actual condition. The majority of respondents—61.8%—exhibited a positive perception on this dimension. These results indicate that respondents have a positive perception of their body weight, meaning they

do not feel they are too thin or too overweight. Furthermore, based on further analysis, it was found that the perceptions of students at SMPN 1 Pangandaran regarding their body weight are still influenced by others. This finding supports Martorell's (2020) research, which states that adolescents are more sensitive and highly attentive to the opinions and judgments of others.

## CONCLUSION

This study aimed to examine body image among students at SMPN 1 Pangandaran residing in a coastal tourism area. It can be concluded that, overall, the majority of students at SMPN 1 Pangandaran—163 respondents (56.6%)—possess a positive body image. This indicates that most adolescents have a favorable perception of their bodies, although variations exist across each dimension. When examined by dimension—specifically the appearance evaluation dimension (153 respondents, 53.1%), body area satisfaction (159 respondents, 55.2%), and self-classified weight (169 respondents, 70.1%)—the majority fall into the positive category. Meanwhile, in the appearance orientation dimension (145 respondents, 50.3%) and the overweight preoccupation dimension (153 respondents, 53.1%), the majority fell into the negative category. These results indicate that, in general, adolescents have fairly positive evaluations and acceptance of their body condition, whether in terms of overall appearance, satisfaction with specific body parts, or perceptions of body weight. However, adolescents still do not pay enough attention to or make sufficient effort in maintaining their appearance, and they have a low level of concern regarding the possibility of being overweight. This indicates that although adolescents' body perceptions tend to be positive, this is not fully accompanied by supportive behaviors; thus, body image in adolescents is influenced not only by how they assess their bodies but also by the extent to which they pay attention to and manage their physical condition.

## ACKNOWLEDGMENTS

All authorssay thanks to Universitas Padjadjaran who has support us in this study

## REFERENCES

- Abdillah, I. Y., Ningrum, D., Rosyda, R., & Dolifah, D. (2023). Gambaran Tingkat Citra Tubuh Remaja Pertengahan ( Middle Adolescent ) Pada Usia 16-18 Tahun Siswa. 7, 1693–1699.
- Agustiani, H. (2014). Psikologi Perkembangan (Pendekatan ekologi Kaitannya dengan Konsep Diri dan Penyesuaian Diri pada Remaja). Reflika Aditama.
- Alharballeh, S., & Dodeen, H. (2023). Prevalence of Body image dissatisfaction among youth in the United Arab Emirates: gender, age, and body mass index differences. *Current Psychology*, 42(2), 1317–1326. <https://doi.org/10.1007/s12144-021-01551-8>
- Ammar, E. N., & Nurmala, I. (2020). Analisis Faktor Sosio-Kultural terhadap Dimensi Body image pada Remaja. *Journal of Health Science and Prevention*, 4(1), 23–31. <https://doi.org/10.29080/jhsp.v4i1.255>
- Ariadi, H. (2023). *Dinamika wilayah pesisir*. Universitas Brawijaya Press.
- Barkhordari-Sharifabad, M., Vaziri-Yazdi, S., & Barkhordari-Sharifabad, M. (2020). The effect of teaching puberty health concepts on the basis of a health belief model for

- improving perceived Body image of female adolescents: A quasi-experimental study. *BMC Public Health*, 20(1), 1–7. <https://doi.org/10.1186/s12889-020-08482-2>
- Berman, A. T., Snyder, S., & Frandsen, G. (2015). *Kozier & Erb's Fundamentals of Nursing: Concepts, Process, and Practice* (10th Edition): .
- BPS. (2025). Catalog: 1101001. *Statistik Indonesia 2020*, 53,2025, 790. <https://www.bps.go.id/publication/2020/04/29/e9011b3155d45d70823c141f/statistik-indonesia-2020.html>
- Cash, T. F., & Smolak, L. (2011). *Body image: A Handbook of Science, Practice, and Prevention*. <https://api.semanticscholar.org/CorpusID:141601287>
- Cash, T., Pruzinsky, & (Eds, T. (2002). Cash, T.F., & Pruzinsky, T. (Eds.). *Body image: A Handbook of Theory, Research, and Clinical Practice*.
- Chaku, N., & Barry, K. (2024). Exploring profiles of hormone exposure: Associations with cognition in a population-based cohort of early adolescents. *Infant and Child Development*, 33(2), e2415. <https://doi.org/https://doi.org/10.1002/icd.2415>
- Cosma, A., Molcho, M., & Pickett, W. (2024). *A focus on adolescent peer violence and bullying in Europe, central Asia and Canada survey Volume 2 (Vol. 2)*. <http://apps.who.int/bookorders>.
- Cossu, G., Riefler, A., & Hartmann, A. S. (2025). Food and mood: how clean eating content on social media influences affect and body satisfaction in women. *Frontiers in Psychology*, 16(September), 1–9. <https://doi.org/10.3389/fpsyg.2025.1531142>
- Creswell, J. W., & Creswell, J. D. (2022). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. SAGE Publications.
- De Valle, M. K., Gallego-García, M., Williamson, P., & Wade, T. D. (2021). Social media, Body image, and the question of causation: Meta-analyses of experimental and longitudinal evidence. *Body image*, 39, 276–292.
- Denich, A. U., & Ifdil, I. (2015). Konsep Body image Remaja Putri. *Jurnal Konseling Dan Pendidikan*, 3(2), 55–61. <https://doi.org/10.29210/116500>
- Deshmukh, V. R., & Oka, G. A. (2024). How do adolescents perceive Body image and respond to body diSatisfaction? 36(5), 483–489. <https://doi.org/doi:10.1515/ijamh-2024-0112>
- Dewi, E. K., Karim, Y. A., Suhendar, R. S., & Wiryawan, E. A. (2025). *Arus Jurnal Sosial dan Humaniora ( AJSH ) Dampak Pariwisata terhadap Konsep Diri Remaja di Desa Warnasari*. 5(1).
- Duchesne, Annie-Pier, Dion, Jacinthe, Lalande, Daniel, Bégin, Catherine, Émond, Claudie, Lalande, Gilles, & McDuff, Pierre. (2016). Body diSatisfaction and psychological distress in adolescents: Is self-esteem a mediator? *Journal of Health Psychology*, 22(12), 1563–1569. <https://doi.org/10.1177/1359105316631196>
- Eryilmaz, A., Kara, A., & Uzun, A. E. (2024). The mediating role of positive Body imagebetween friendship qualities, well-being strategies and identity development amongadolescents. *Current Psychology*, 43(28), 1–18. <https://doi.org/10.1007/s12144-024-06092-4>
- Faridi, A., Susilawaty, A., Rahmiati, B. F., Sianturi, E., Adiputra, I. M. S., Budiastutik, I., Oktaviani, N. P. W., Trisnadewi, N. W., Tania, P. O. A., & Ramdany, R. (2021). *Metodologi penelitian kesehatan*.

- Flanagan, J., Polit, D. F., & Beck, C. T. T. A.-T. T.-. (2024). Polit and Beck's Nursing Research : generating and assessing evidence for nursing practice (Twelfth ed). Lippincott Williams and Wilkins. <https://doi.org/LK> - <https://worldcat.org/title/1456092174>
- Glombitza, E., Cornelissen, P. L., Tovée, M. J., & Legenbauer, T. (2025). Effect of cognitive bias modification training on Body image dissatisfaction in adolescents with anorexia nervosa or depression—a pilot feasibility randomized controlled crossover study. *Frontiers in Psychology*, Volume 16. <https://doi.org/10.3389/fpsyg.2025.1655064>
- Grogan, S. (2021). Body image: Understanding Body DiSatisfaction in Men, Women and Children (4th Edition). <https://doi.org/10.4324/9781003100041>
- Grove, S., Gray, J., & Nancy, B. (2015). Understanding Nursing Research Buliding an Evidence-Based Practice. In *American Speech* (Vol. 15, Issue 3). <http://evolve.elsevier.com/Grove/understanding/>
- Ifdil, I., Denich, A. U., & Ilyas, A. (2017). Hubungan Body image dengan Kepercayaan Diri Remaja Putri. *Jurnal Kajian Bimbingan Dan Konseling*, 2(3), 107–113. <https://doi.org/10.17977/um001v2i32017p107>
- Kini, S. B., Huchchannavar, R., Doddamani, A., Manjula, A., Alok, Y., Kini, S. B., Bhat, A. N., & Krishnan, A. (2025). Mirror, mirror on the coast: Exploring Body image perception and its nexus with self-esteem, mental well-being among student population at an education hub in South-India. *Plos One*, 20(6 June), 1–13. <https://doi.org/10.1371/journal.pone.0326171>
- Kurniawan, M. Y., Briawan, D., & Caraka, R. E. (2015). Persepsi tubuh dan gangguan makan pada remaja Body image perception and eating disorders in adolescents. *Jurnal Gizi Klinik Indonesia*, 11(3), 105–114.
- Laursen, B., & Veenstra, R. (2021). Toward understanding the functions of peer influence: A summary and synthesis of recent empirical research. *Journal of Research on Adolescence*, 31(4), 889–907. <https://doi.org/https://doi.org/10.1111/jora.12606>
- Lun, Y., Wang, H., Liu, Y., Wang, Q., Liu, T., & Han, Z. (2024). Comparison of the impact of school environment on body mass index, physical fitness, and mental health among Chinese adolescents: Correlations, risk factors, intermediary effects. *Landscape and Urban Planning*, 251, 105151. <https://doi.org/https://doi.org/10.1016/j.landurbplan.2024.105151>
- Mahama, S., Weichold, K., Fehmer, N., Mvungu, E. N., & Natsuaki, M. N. (2024). Pubertal status and Body image: An inquiry into experiences of adolescents in Ghana and Kenya. *Journal of Research on Adolescence*, 34(2), 257–271. <https://doi.org/https://doi.org/10.1111/jora.12953>
- Maharani, A., Sujarwoto, S., Susanti, H., Brooks, H., & Bee, P. (2025). Association between climate related hazards and depression among coastal communities in Indonesia. *Scientific Reports*, 15(1), 6998. <https://doi.org/10.1038/s41598-025-89298-1>
- Nomura, K., Itakura, Y., Minamizono, S., Okayama, K., Suzuki, Y., Takemi, Y., Nakanishi, A., Eto, K., Takahashi, H., Kawata, Y., Asakura, H., Matsuda, Y., Kaibara, N., Hamanaka, S., & Kodama, H. (2021). The Association of Body image Self-Discrepancy With Female Gender, Calorie-Restricted Diet, and

- Psychological Symptoms Among Healthy Junior High School Students in Japan. *Frontiers in Psychology*, 12(October). <https://doi.org/10.3389/fpsyg.2021.576089>
- Papalia, D. E., & Martorell, G. (2020). *Experience Human Development*. McGraw-Hill Education.
- Peng, X., Cao, R., Wang, Y., Yao, R., Han, H., Han, M., & Fu, L. (2022). Body image dissatisfaction and Aggressive Behavior Among Chinese Children at Different Pubertal Stages: A Path Analysis. *Psychology Research and Behavior Management*, 15(September), 2573–2586. <https://doi.org/10.2147/PRBM.S382999>
- Ren, Y., Barnhart, W. R., Cui, T., Song, J., Tang, C., Cui, S., & He, J. (2023). Exploring the longitudinal association between body dissatisfaction and body appreciation in Chinese adolescents: A four-wave, random intercept cross-lagged panel model. *Body image*, 46, 32–40. <https://doi.org/https://doi.org/10.1016/j.bodyim.2023.04.011>
- Sadık, R., & Yılmaz, G. N. (2025). Female body perception: social norms, criticism, and the impact of weight perception. *International Journal of Qualitative Studies on Health and Well-Being*, 20(1), 2564088. <https://doi.org/10.1080/17482631.2025.2564088>
- Santrock, J. W. (2018). *Adolescence* (17th ed.) (17th ed NV). McGraw-Hill. <https://doi.org/LK> - <https://worldcat.org/title/1110486905>
- Sawyer, S. M., Azzopardi, P. S., Wickremarathne, D., & Patton, G. C. (2018). The age of adolescence. *The Lancet Child & Adolescent Health*, 2(3), 223–228. [https://doi.org/10.1016/S2352-4642\(18\)30022-1](https://doi.org/10.1016/S2352-4642(18)30022-1)
- Stuart, G. W., Keliat, B., & Pasaribu, J. (2022). *Prinsip dan Praktik Keperawatan Kesehatan Jiwa Stuart, edisi Indonesia 11: Prinsip dan Praktik Keperawatan Kesehatan Jiwa Stuart, edisi Indonesia 11*. Elsevier (Singapore) Pte Limited.
- Stuart, G. W., & Sundeen, S. J. (1991). *Principles and Practice of Psychiatric Nursing*. Mosby Year Book.
- Sugiyono. (2016). Pdf-Buku-Metode-Penelitian-Sugiyono\_Compress.Pdf (p. 62).
- Sunarto, & Hartono, B. A. (2002). *Perkembangan Peserta Didik / Sunarto, B. Agung Hartono*. Rineka Cipta,. <https://pustaka.lan.go.id/opac/detail/21044>
- Syahza, A. (2021). *Metodologi Penelitian*. In Rake Sarasin (2nd ed., Issue Agustus). UR Pres.
- Tanguay, C., Lavoie, C., Lavigne, G., & Carbonneau, N. (2025). Adolescents' reports of parental objectification of others' bodies are associated with their Body image and eating behaviors. *BMC Psychology*, 13(1), 827. <https://doi.org/10.1186/s40359-025-03126-9>
- Tarif, D., Heron, J., Fraser, A., & Joinson, C. (2025). Pubertal timing, body dissatisfaction and self-image: A prospective cohort study. *BMJ Open*, 15(8), 1–7. <https://doi.org/10.1136/bmjopen-2024-092212>
- Tiggemann, M., Slater, A., Bury, B., Hawkins, K., & Firth, B. (2013). Disclaimer labels on fashion magazine advertisements: Effects on social comparison and body dissatisfaction. *Body image*, 10(1), 45–53. <https://doi.org/10.1016/j.bodyim.2012.08.001>
- Tylka, T. L., & Wood-Barcalow, N. L. (2015). What is and what is not positive Body image? Conceptual foundations and construct definition. *Body image*, 14, 118–129. <https://doi.org/https://doi.org/10.1016/j.bodyim.2015.04.001>

- Vidiana, S., & Sudarmiati, S. (2021). GAMBARAN BODY IMAGE REMAJA PUTRI SAAT PUBERTAS. *Avicenna: Journal of Health Research*, 4(2). <https://doi.org/10.36419/avicenna.v4i2.527>
- WHO. (2024). The Adolescent Health Indicators Recommended by The Global Action for Measurement of Adolescent Health: Guidance for Monitoring Adolescent Health at Country, Regional and Global Levels. [who.int/publications/i/item/9789240092198](https://www.who.int/publications/i/item/9789240092198)
- Wong, D. (2008). *Buku Ajar Keperawatan Pediatrik Vol 1 Wong (6th ed.)*. Egco.