

The Relationship between Self-Concept and Acceptance of Young Women's Physical Changes during Puberty at SMP 103 Jakarta in 2022

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ABSTRACT

Puberty and adolescence are closely related to physical changes. The results of a preliminary survey conducted on 10 female students at SMP 103 Jakarta showed that some female students were not confident about the physical changes they were experiencing. The purpose of this study was to determine the relationship between self-concept and acceptance of physical changes in young girls during puberty at SMP 103 Jakarta in 2022. This research is a quantitative analytic study with a cross-sectional design. The sample in this study were young women at class VIII Jakarta 103 Middle School, totaling 78 respondents using the quota sampling technique. The research instrument used a questionnaire. The data is primary data analyzed using the chi square test. The results of the univariate analysis revealed that most of the positive self-concepts of young women were 52.6% and that acceptance of physical changes in young women was high as much as 55.1%. The results of bivariate analysis show that there is a relationship between self-concept and acceptance of physical changes in female adolescents during puberty with a p-value = 0.000.

INTRODUCTION

Adolescence is a stage of life that is transitional and unstable. Adolescence is also called the transition period from childhood to adulthood, this period is often referred to as puberty where at this time secondary characteristic changes occur in young women including growth of pubic hair, growth of hair in the armpits, and menarche or first menstruation. . During puberty there are changes in body shape in young girls such as enlarged hips and breasts and nipples that become more prominent. At this time, young women begin to experience important changes in themselves, one of which is a physical change (Pieter & Lubis, 2019). According to WHO data in research Joseph (2020), self-acceptance in female adolescents is less than self-acceptance in male adolescents, which is equal to 46%. Meanwhile, self-acceptance in male adolescents is 54%. Although there is no significant difference, it can be said that young women experience difficulties in accepting changes in themselves when compared to young men. The same conditions occurred in the UK in the study Mendle et al. (2019) The results showed that female adolescents were considered to be more difficult to accept themselves due to the physical changes that occurred, while male adolescents were considered to be more focused on their psychological changes, regarding the responsibilities that would be borne when they grew up.

Meanwhile in Indonesia in research Joseph (2020) The results found that female adolescents had difficulty adjusting to themselves when experiencing menstruation so that adolescents often did not attend school and asked permission to go home before learning was finished when experiencing menstruation. Teenagers are embarrassed by pimples on their faces, which makes them feel insecure. It was revealed that young girls are dissatisfied with their physical appearance because their hips are widening, they sweat a lot, their breasts are starting to enlarge which make them feel embarrassed and the clothes they often wear become tight. As for DKI Jakarta Province in research Fitri et al., (2017) the results found that some respondents were in the medium category with a percentage of 54.45%. This shows that the psychological well-being of adolescents in public high schools in DKI Jakarta is quite good, whereas if viewed per class the level of psychological well-being in male adolescents in class XII has the highest percentage.

The physical changes experienced by young women make them pay more attention to themselves and make judgments about their physical appearance. Adolescents who are dissatisfied with their physical changes indicate individuals who are less able to accept themselves. According to the branch of psychology, self-acceptance is an individual attitude that is basically satisfied with one's own condition, qualities and talents in oneself and is willing to admit the limitations that he has. Based on another opinion, self-acceptance as an attitude of an individual in viewing himself (Calhoun, 2020). Not all young women at this stage of development experience physical changes in themselves and are able to accept themselves well. Among the factors that can affect individual self-acceptance is the existence of the individual's self-concept. Self-concept in the form of beliefs, views and one's assessment of himself. Not

forming a positive self-concept which in the end is able to hinder the development process towards the next stage of development is one of the impacts of the individual's lack of self-acceptance of the changes that occur (Santrock, 2019).

Self-concept has a strong influence on the occurrence of a person's behavior, but self-concept is also influenced by changes in the physical and psychological. By knowing the existence of a self-concept that is believed by individuals, it will make it easier in the process of understanding the individual's own behavior. Self-concept is part of all ideas, the fruit of the thoughts, beliefs and beliefs that a person knows about himself that can have an impact on relationships with other people (Saepullah, 2019). Self-concept is not something that an individual brings from birth, but self-concept is formed through a learning process that has been going on since entering the growth period to adulthood, the surrounding environment, individual experience, and parenting style applied by parents contribute to a more significant influence on the concept formation process. individual self. Attitudes and responses given by parents and the environment will be material for information for individuals in assessing who they are (Rochmania, 2017).

Young women, who have a positive self-concept, will be more optimistic, have self-confidence, be able to accept with a happy feeling the physical changes that occur, act based on an assessment of good things, have confidence and the ability to overcome various problems. problem experienced. Conversely, for young women who have a negative self-concept, they will not be able and able to accept physical changes themselves, adolescents will have a character that does not believe in their own abilities, tends to be pessimistic about life and the opportunities they will face in the future, they will feel Strangers will even feel foreign to themselves, causing individuals to find it difficult to get along with the environment and with their peers (Jahja, 2020).

Research result Yunalia (2019) regarding the relationship between self-concept and reception physical changes in young women during puberty indicate that the majority of respondents who have a positive self-concept have good acceptance of physical changes (60%). Based on the results of the Spearman Rank analysis test, the P-value was $0.000 < 0.05$ with a correlation coefficient of 0.585 so that H_0 was rejected and H_1 was accepted. This indicates that there is a relationship between self-concept and acceptance of the physical changes of adolescents during puberty. Octarina (2022) in his research obtained a significance value of 0.000. This means that there is a positive relationship between self-concept and self-acceptance in young women in Pongkai Istiqomah Village. The higher the self-concept, the better self-acceptance in young women.

The results of a preliminary survey conducted on 10 female students at SMP 103 Jakarta on July 30 2022 found that there were some female students who were not confident about the physical changes they were experiencing, such as weight gain, acne breakouts, and enlarged breasts. Some of the students still feel confident even though there are changes in their physique and are happy to accept these changes. Changes in roles, physical and psychological can

affect a person's self-concept. Based on the background above, it is necessary to carry out more in-depth research, so the authors took a thesis entitled "Self-concept Relationship with acceptance of the physical changes of young women during puberty at SMP 103 Jakarta in 2022".

IMPLEMENTATION AND METHODS

The method in this study used quantitative, namely with a cross-sectional approach where this research was by means of observation and data collection on the independent and dependent variables which were collected simultaneously and during the time this research was taking place. The population in this study were 78 grade 2 female students at SMP 103 Jakarta. The sample in this study used total sampling, namely class VIII daughters of SMP 103 Jakarta as many as 78 respondents. Then accompanied by inclusion criteria, namely willing to become respondents, in puberty, namely 13-15 years, and have experienced menstruation. While the exclusion criteria were having reproductive health disorders, not willing to be a respondent, and unable to attend the study.

This study used primary data collected by the researchers themselves directly from the first source, namely the results of questionnaires with respondents about self-concept and physical changes in female adolescents during puberty. After obtaining consent from the respondents to become research respondents. After obtaining the results of the respondents in filling out the questionnaire, the researcher conducted data processing and data analysis. Frequency data about self-concept and physical changes in female adolescents during puberty were processed using univariate analysis. Bivariate analysis in this study was carried out by statistical testing with Chi Square.

RESULTS AND DISCUSSIONS

Univariate Analysis

Frequency Distribution of Self-Concept and Acceptance of Physical Changes in Young Girls during Puberty at SMP 103 Jakarta, 2022 2022.

Table 1. Frequency Distribution of Self-Concept and Acceptance of Physical Changes in Young Women during Puberty at SMP 103 Jakarta in 2022

Variable	F	%
Self concept		
Positive	41	52,6
Negative	37	47,4
Acceptance of Physical Changes		
Tall	43	55,1
Low	35	44,9
Amount	78	100

Based on the results of the research in table 1, it is known that most of the positive self-concept of young women is 41 people (52.6%), and the acceptance of physical changes in young women is high as many as 43 people (55.1%)

Analysis Bivariate

Relationship between self-concept and acceptance of physical changes in young women during puberty at SMP 103 Jakarta in 2022

Table 2. The Relationship between Self-Concept and Acceptance of Young Women's Physical Changes during Puberty at SMP 103 Jakarta in 2022

Self concept	Acceptance of Physical Changes				Amount		P- value	OR CI (95%)
	Tall		Low					
	f	%	f	%	f	%		
Positive	31	75,6	10	24,4	41	100	0.000	6,458 (2,398-17,396)
Negative	12	32,4	25	67,6	37	100		
Total	43	55,1	35	44,9	78	100		

The results of the Chi-Square test obtained a value of $p = 0.000 < 0.05$, which means that there is a significant relationship between self-concept and acceptance of physical changes in female adolescents during puberty at SMP 103 Jakarta in 2022. The OR value is 6.458, so that it can be stated that female adolescents with Positive self-concept has the opportunity 6.458 times with acceptance of physical changes in the high category compared to young women with negative self-concept.

Frequency Distribution of Self-Concept of Young Girls at Puberty at SMP 103 Jakarta in 2022

Based on the results of the research in table 5.1, it is known that of the 78 respondents, the majority of positive self-concepts of young women were 41 people (52.6%). It can be seen that most of the young women have a positive self-concept. Stuart and Sundeen (2018) explain that self-concept defined as all thoughts, beliefs, and beliefs that constitute the individual's knowledge of himself and affect his relationships with others. Sobur in Suliswati (2019) states two things that underlie the development of individual self-concept, namely situational experiences and interactions with other people. The factors that influence self-concept according to Burns in Nirvana (2019) including other people and groups, according to Hurlock (2020) Factors that influence self-concept are age, self-appearance, family relationships, peers.

In accordance with the results of Novitasari and Kusmiyanti's research (2021) results were obtained with students' self-concepts in the positive category both academically, socially, emotionally, family, and physically. Amalia (2019) in her research obtained results with self-concept in the positive category of 55.3%. The results of further research conducted by Tunnisa (2019) found that the majority of orphanages had a moderate level of self-concept, namely 33 (68.7%). Likewise with research results Yunalia (2019) it can be

interpreted that almost all respondents have a positive self-concept, namely as many as 39 respondents (86.7%). Octarina (2022) in her research the self-concept of young women felt by teenagers in the village of Pongkai Istiqomah, District XIII Koto Kampar, Kampar Regency, which they experienced were generally in the moderate category.

The researcher assumes that the self-concept of young women is in the positive category, this is because they have an optimistic attitude, have self-confidence, are able to accept with pleasure the physical changes that occur, act based on judgments about good things, have confidence and ability to overcome various problems experienced. This can be seen from the results of the research that they strongly agree if they are able to overcome all the problems they face, like to help others, feel lucky like everyone else, and have the same advantages as other people. This condition occurs because while at school they have a group of friends who agree in their thoughts so they feel they need each other and care for each other..

Frequency Distribution of Acceptance of Physical Changes in Young Girls during Puberty at SMP 103 Jakarta in 2022

Based on the results of the study in table 5.1, it is known that of the 78 respondents, the majority of young women's self-concept was positive, as many as 41 people (52.6%), and acceptance of physical changes for young women was high, as many as 43 people (55.1%). According to Santrock (2019) During the rapid growth of puberty, four important physical changes occur where the child's body changes body size, changes in body proportions, development of primary and secondary sex characteristics. Acceptance of physical changes is an individual's attitude in accepting physical changes in himself and feeling satisfied with what he has, not rejecting his own condition and believing in his appearance without anxiety. (Hurlock, 2020). Sheerer uses aspects of self-acceptance that have been modified by Berger in Fitri et al., (2017) including having beliefs according to one's capacity to deal with one's life, being responsible and accepting the consequences of one's behavior, receiving praise or criticism from others objectively, does not try to deny or deceive his own feelings, motives, limitations, abilities or qualifications, but he accepts himself without self-condemnation, assuming that he is also in the same position as others. According to Hurlock (2020) the factors that influence self-acceptance are family and peer relationships.

In accordance with the results of Amalia's research (2019) the results of good self-acceptance were 54.3%. Tunnisa (2019) in his research, the majority of Bukesra orphanage youth have a moderate level of self-acceptance, namely 30 (62.5%). Likewise with research results Yunalia (2019) almost all respondents had a good acceptance of physical changes, namely as many as 38 respondents (84.4%). The same conditions are carried out by Octarina (2022) in his research the self-acceptance of young women felt by adolescents in the village of Pongkai Istiqomah, District XIII Koto Kampar, Kampar Regency, which they experienced were generally in the good category.

Researcher assumes that the acceptance of physical changes in young women is in the good category, this is due to the support from various parties

both from family, peers and from teachers as educators and mentors for their students while at school. this can be seen from the results of the questionnaire, almost all of them agreed that they felt their friends enjoyed playing with them even though there was a physical change in him, seeing all his friends were kind to him, teachers at school did not compare one student to another, his family was happy to her, and happy to be home. It can be seen that the presence of solid peers, a supportive family and good and fair teachers are able to increase one's self-confidence and are able to influence individual behavior patterns in everyday life.

Relationship between Self-Concept and Acceptance of Physical Changes in Young Women during Puberty at SMP 103 Jakarta in 2022

The results of the Chi-Square test obtained a value of $p = 0.000 < 0.05$, which means that there is a significant relationship between self-concept and acceptance of physical changes in female adolescents during puberty in JUNIOR HIGH SCHOOL 103 Jakarta in 2022. The OR value is 6.458, so that it can be stated that young women with a positive self-concept have 6.458 times the chance to accept physical changes in the high category compared to young women with a negative self-concept. Anderson deep Hernianingsih & Astutik (2019) states that self-acceptance of physical changes means that individuals have succeeded in accepting their strengths and weaknesses as they are. One of the factors related to self-acceptance is self-concept obtained from experience and the learning process. Changes in physical condition affect self-concept as the main cause low self-esteem and self-confidence (Niven, 2019). Self-acceptance is the basis for a person in setting goals that are considered important as a way of obtaining happiness in the short and long term (Laura, 2020).

In accordance with the results of Novitasari and Kusmiyanti's research (2021), it was found that there is a relationship between self-concept and self-acceptance with a p value of 0.000. If the correlation is positive, then the explanation is that the higher a person's value in self-conceptualization, the higher the value in one's self-acceptance, this applies to the opposite. Amalia (2019) found that there is a relationship between concept self with self-acceptance with a p value of 0.000. The correlation is positive, so the explanation is that the higher a person's value in self-conceptualization, the higher the value in one's self-acceptance, this applies to the opposite. Tunnisa (2019) the results of the analysis of this study also show a significance value of $p = 0.000$ ($p < 0.05$). This shows that the hypothesis put forward in this study is accepted, namely that there is a significant relationship between self-concept and self-acceptance in adolescents with disabilities at Bukesra Ulee Kareng in Banda Aceh City.

This positive relationship indicates that high self-concept in adolescents with disabilities will increase self-acceptance. Conversely, low self-concept in adolescents with disabilities will reduce self-acceptance. Yunalia (2019) regarding the relationship between self-concept and acceptance of physical changes in young women during puberty shows that the majority of

respondents who have a positive self-concept have good acceptance of physical changes (60%). Based on the results of the Spearman Rank analysis test, the P-value was $0.000 < 0.05$ with a correlation coefficient of 0.585 so that H_0 was rejected and H_1 was accepted. This indicates that there is a relationship between self-concept and acceptance of the physical changes of adolescents during puberty. Octarina (2022) In her research, the self-concept and self-acceptance of young women felt by adolescents in Pongkai Istiqomah Village, XIII Koto Kampar District, Kampar Regency, were generally experienced in the moderate category. Obtained a significance value of 0.000. This means that there is a positive relationship between self-concept and self-acceptance in young women in Pongkai Istiqomah Village. The higher the self-concept, the better self-acceptance in young women.

Researchers assume that there is a relationship between self-concept and self-acceptance in young women in physical changes, this is caused by teenagers with good self-acceptance they will feel happy wherever they are, able to develop themselves even though there are limitations in living their life. They will see themselves from a positive perspective without looking at negative things because of acceptance from outsiders towards themselves without feeling inferior. Young women also will not see themselves as individuals who are different from other people because they feel that they are the same as other people. Conditions like this can increase the self-esteem of young women and can reduce feelings of inadequacy in them.

CONCLUSIONS AND RECOMMENDATIONS

Based on the results of the study entitled "Relationship between Self-Concept and Acceptance of Physical Changes in Young Girls during Puberty at SMP 103 Jakarta in 2022" it can be concluded as follows:

1. Part the self-concept of positive young women is 52.6%, and high acceptance of physical changes for young women is 55.1% at SMP 103 Jakarta in 2022.
2. There is a relationship between self-concept and acceptance of physical changes in young women during puberty at SMP 103 Jakarta in 2022 with a p value = 0.000.

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