

# The Correlation between Self-efficacy and Motivation on Elderly's Daily Independence

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## ABSTRACT

*Background: Changes in body composition during adolescence can affect the self-concept of teenagers, including self-esteem and body image. Physical changes often drive teenagers to strive for an ideal appearance through various means, including make-up. Adolescents preoccupied with physical appearance tend to develop opinions and feelings about their bodies' size, shape, appearance, and abilities. This study aimed to determine the correlations between make-up dependency to self-esteem and body image among female students in the Faculty of Health Sciences at Universitas Muhammadiyah Purwokerto. Method: This study utilized a quantitative descriptive approach involving 180 female students aged 18-22, selected through random sampling. Data was collected using DeFleur's makeup dependency questionnaire, the Rosenberg Self-Esteem Scale (RSES), and the Multidimensional Body-Self Relations Questionnaire-Appearance Scale (MBSRQ-AS). Statistical data analysis was performed using the Chi-square test ( $X^2$ ). Results: The results revealed that the majority of the female students; obtained a moderate level of makeup dependency, had high self-esteem, showed a positive body image, there was no significant correlation between makeup dependency and self-esteem, with a p-value of  $0.764 > 0.05$ , and there was no significant correlation between makeup dependency and body image, with a p-value of  $0.063 > 0.05$ . Conclusion: Both self-esteem and body image are high and positive among female students.*

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## 1. INTRODUCTION

The World Health Organization reveals that people between the ages of 10 and 24 are considered teenagers. Adolescents must face various changes from childhood to adulthood, one of which is physical changes [1]. Physical changes in adolescents will affect self-concept, especially self-esteem and body image [2]. Adolescents who tend to pay attention to their physical appearance will make them develop opinions and feel sentiments about the size, shape, appearance and abilities of their bodies [3]. Physical changes make teenagers compete in terms of appearance to be ideal in any way, one way is by using make-up [4].

Not only to beautify the appearance, make-up can also change the appearance of female students who are less beautiful, have difficulty concentrating, lack enthusiasm in carrying out all their assignments, feel inferior in social situations, and are also embarrassed to interact with other people [5]. A total of 167 female students aged 17-21 years revealed that make-up is seen as a primary need and is very dependent on make-up [6].

Addiction is a behavioral hypothesis which states that the more someone depends on something to solve their problems and the more something someone needs, then someone will always depend on it [7]. According to research by Kumalasari [5] in his research with 5 female students in Surakarta who used make-up to cover all facial flaws, such as disguising scars from skin inflammation, covering less radiant skin, controlling excess sebum and coloring the face so it doesn't look pale. Not only to beautify your appearance, make-up can also change the appearance of students who are less beautiful, have difficulty concentrating, are less enthusiastic about carrying out all the paintings, feel inferior in social situations, and are also embarrassed to interact with other people. It's like a young woman who looks in the mirror every time she wants to leave the house and uses some make-up such as lipstick, eyeliner, eyeshadow, and so on with high intensity every day. Make-up dependence can have negative effects, including allergies, acne, irritation, and consumptive behaviour [5]. In this regard, researchers are motivated to conduct research to find out whether there is a relationship between make-up dependency on self-esteem and body image.

## 2. RESEARCH METHOD

The type of research used in this research is a quantitative descriptive research with a cross-sectional research design. Quantitative descriptive involves describing the research variables using appropriate data and methods collected from the population. This research was conducted at Muhammadiyah University Purwokerto FIKES in March 2023.

The population in this study were female students totaling 180 people. The sample size in this study was determined based on the Slovin formula with 124 people. The sample selection technique used is simple random sampling using a lottery method, to determine the number of samples for each unit using the proportional allocation formula. The inclusion criteria in this study were active FIKES students at the University of Muhammadiyah Purwokerto in the age range of 18-22 years who were dependent on make-up and willing to be research subjects. While the exclusion criteria are female students who are not willing to be respondents and female students who do not rely on make-up.

In this study, univariate analysis was carried out to identify the characteristics of the respondents, such as the level of dependency on make-up, the level of self-esteem, and the level of body image. The Chi-Square test ( $X^2$ ) was used in bivariate analysis to examine the relationship between make-up dependent variables and self-esteem and body image variables. The analysis program uses software with an error rate of  $\alpha = 0.05$  and the desired error rate is 5%. Code of ethics in this research KEPK/UMP/90/II/2023.

In the make-up dependency questionnaire, a validity test was carried out by previous researchers, namely Safitri & Rini [6], the 30-item make-up dependency scale was recognized as valid when the calculated  $r$  was  $> 0.25$ . Based on the RSES questionnaire with the Confirmatory Factor Analysis (CFA) method, the Pearson-product-moment correlation validity has passed between  $0.463-0.660 > r$ -table  $0.396$  [15]. While the validity value is  $(0.361)$ , the MBSRQ-AS questionnaire has gone through validity tests and is reliable and was used in the research of Al Vianita [11].

## 3. RESULT AND DISCUSSIONS

The research results can be seen in the tables below. Table 1 shows the results of the distribution of respondents' characteristics which include age, study program, level of make-up dependence, level of self-esteem, and level of body image.

### 3.1. Univariate

Table 1. Respondent Characteristics (n=124)

Variable	n	%
<b>Age</b>		
18 years old	3	2.4
19 years old	17	13.7
20 years old	21	16.9
21 years old	48	38.7
22 years old	35	28.2
<b>Study Program</b>		
Nursing	108	87.1
TLM	2	1.6
MIK	5	4.0
Midwifery	6	4.8
Anesthesia Nursing	2	1.6

Variable	n	%
<b>Level Make-up dependency</b>		
Low	25	12
Medium	139	79
High	16	9
<b>Level of Self-esteem</b>		
Low	41	33
High	83	67
<b>Level of Body Image</b>		
Negative	21	17
Normal	89	72
Positive	14	11

The following are the characteristics of respondents, most of whom were 21 years old with 48 respondents (38.7%). The undergraduate nursing study program was the most popular study program with 108 respondents (87.1%). Many people prioritize appearance, even female students in their teenage years. The results of this study contradict with research by Stascia [8], which used subjects in emerging adulthood, namely in the age range of 18-25 years, the results of make-up use were in the rare category (68.3%).

There are three scale score groupings, namely low, medium and high make-up dependence. This study showed that the majority of subjects were in the medium category with 98 respondents (79%). The results of this study show that the results of the make-up dependency questionnaire are on the motive aspect with indicators to make it look attractive to the general public. In accordance with research by Sabila the meaning of make-up for late adolescents in West Cikarang is to support their appearance to make them look more attractive, make them confident, look beautiful, and fresh [9].

From the research results found on the self-esteem variable, it showed that most were in the high self-esteem category with 83 respondents (67%). In accordance with research by Amalia which used the RSES instrument with 165 respondents aged 18-25 years who had high self-esteem [10]. This shows that the level of self-esteem during emerging adulthood is at a high level, which indicates that most of the subjects have positive views of themselves and feel that they are capable, competent and courageous in carrying out all the activities they want to achieve.

Body image is grouped into three categories, namely: positive, neutral and negative body image. The results of the analysis of respondent data shown in table 4 show that the majority of subjects were at a normal body image level with 89 respondents (72%). In this case, it does not agree with the research of Al Vianita in their research using the MBSRQ-AS instrument, 68 respondents (81.9%) produced positive body image [11]. Body image is self-perception and attitudes regarding a person's physical appearance [12].

### 3.2. Bivariat

Table 2. Crosstabulation of Make-up Addiction with Self-Esteem

		Self- Esteem						p value
		Low		High		Totals		
		F	%	F	%	F	%	
Make-up Addiction	Low	4	28.6%	10	71.4%	14	100%	0.764
	Moderate	33	34.7%	62	65.3%	95	100%	
	High	4	26.7%	11	73.3%	15	100%	
Totals		<b>41</b>	<b>33.1%</b>	<b>83</b>	<b>66.9%</b>	<b>124</b>	<b>100%</b>	

This study showed a p-value of 0.764, which means that  $p > 0.05$ , that make-up dependence is not significantly related to self-esteem. In the RSES questionnaire question number 1 "overall I am satisfied with myself" and the majority of respondents answered with SS (Strongly Agree). So in this study it is not related because the majority of respondents already have high self-esteem without using make-up. In accordance with the results of Stascia's research, in her research self-concept and the psychological function of make-up are not related to each other, this is because a person's positive or negative self-concept is not only measured by the appearance of wearing make-up, but by the level of self-confidence someone has. It is known that the majority of respondents who have low make-up dependency, 10 people (71.4%), have high self-esteem. Meanwhile, the majority of participants who were moderately dependent on make-up, 62 people (65.3%), had high self-esteem. In addition,

it is known that the majority of participants who have high make-up dependence as many as 11 people (73.3%) have high self-esteem.

Table 3. Crosstabulation of Make-up Addiction with Body Image

		Body Image								<i>p value</i>
		Negative		Normal		Positive		Totals		
		F	%	F	%	F	%	F	%	
Make-up Addiction	Low	3	21.4%	9	64.3%	2	14.3%	14	100%	0.069
	Moderate	9	9.5%	71	74.7%	15	15.8%	95	100%	
	High	2	13.3%	9	60.0%	4	26.7%	15	100%	
Totals		<b>14</b>	<b>11.3%</b>	<b>89</b>	<b>71.8%</b>	<b>21</b>	<b>16.9%</b>	<b>124</b>	<b>100%</b>	

Analysis of this research data shows that the  $p$  value is 0.603, which means  $p > 0.05$ , so it can be concluded that make-up dependence is not significantly related to body image. Meanwhile, it is known that the majority of participants have low make-up dependence, 9 respondents (64.3%) have a normal body image. Meanwhile, the majority of participants who were moderately dependent on make-up, 71 respondents (74.7%) had a normal body image. Apart from that, it is known that the majority of participants who have high make-up dependency are 9 people or 60% who have a normal body image. In this study, make-up dependence is not related to body image because the results of the MBSRQ-AS questionnaire score number 2 "I choose the clothes I will wear" respondents tend to answer SS (Strongly Agree), so respondents are more concerned with wearing clothes without using make-up. Supported by Kodzoman's research, a person's body image plays an important role in clothing preferences and attitudes, body image can also influence clothing behavior and feelings of self [13]. So, the way an individual views their own body can influence how they dress. In line with research by Girindra, with research results there is a significant correlation between body image and self-confidence in 70 female students who use cosmetics. Respondents aged 18, 20, 21 and 22 years had high body image, while those aged 19 years were in the medium category [14]. The results of this research are also in accordance with the research of Stascia [8], in her research it shows that there is no relationship between self-concept and the psychological function of make-up, because respondents are accepted in their social environment positively, which makes respondents remain positive and confident even though they do not use make-up.

#### 4. CONCLUSION AND RECOMMENDATION

Based on the results of the research and discussion that have been presented and explained, the following conclusions that can be drawn in this study are the results of the Chi-Square test ( $X^2$ ) showing no significant relationship between make-up dependence and self-esteem with the result value ( $p = 0.764$ ) and there is no significant relationship between make-up dependence and body image with the result value ( $p = 0.063$ ). For future researchers, it is recommended to could be used as an idea for researchers to create educational media for teenagers regarding self-esteem and body image which influence physical problems in teenagers.

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