

USE OF PHOTO EDIT APPLICATION WITH STUDENTS 'BODY IMAGE

Eka Malfasari¹, Heny Aprilyanti², Yeni Devita⁴, Rina Herniyanti⁵, Ifon Driposwana Putra⁵

¹Undergraduate Nursing Study Program, STIKes Payung Negeri Pekanbaru
Email: mizzekal8@gmail.com

ABSTRACT

Body image is an attitude or the conscious and unconscious way a person perceives his body. *Editing* is the process of organizing, *reviewing*, selecting, and arranging images and sound from a production recording. This study aims to determine the relationship between the use of photo editing applications and body image among students at STIKes Payung Negeri Pekanbaru. This research method is a quantitative study using a correlation study design and approach *Cross Sectional Study*. This research was conducted at STIKes Payung Negeri Pekanbaru. The sample of this study was 352 respondents using *stratified random sampling technique*. The instrument used for the variable use of photo editing applications was a guttman scale and for body image variables a Likert scale. The results showed that 65.9% of respondents used photo editing applications and 53.4% of respondents with negative body image. The results of the analysis on 352 respondents obtained a *p value* of $0.01 < \alpha$, namely 0.05 and an OR value of 1.851. It can be concluded that there is a relationship between the use of photo editing applications and body image in students at STIKes Payung Negeri Pekanbaru. Researchers recommend for future researchers to identify what are the bad effects of using photo editing applications on psychological reactions.

Keywords: Body Image, Photo Editing Application.

INTRODUCTION

Body image is the conscious and unconscious attitude or perspective of a person towards his body. This attitude includes perceptions and feelings about the size, shape, function, appearance and potential of the body at present and in the past which are continuously modified with new experiences of each individual. Body image shapes one's perception of the body, both internally and externally. These perceptions include feelings and attitudes aimed at the body. Body image is influenced by personal views about physical characteristics and abilities by the perceptions and views of others (Ratnasari, Greece, & Wasthu Prasida, 2010).

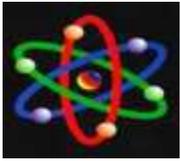
In Pekanbaru, body image figures based on the results of research conducted by Hidayat on students at STIKes Payung Negeri Pekanbaru in 2019 found that most respondents had a negative self-image. Of the 103 respondents, there were 60 respondents (58.3%) who had a negative self-image and

there were 43 respondents (41.7%) who had a positive self-image (Hidayat, Malfasari, & Herniyanti, 2019).

One of the efforts to overcome negative body images is by editing photos. *Editing* is the process of organizing, *reviewing*, selecting, and arranging images and sound from a production recording. *Editing* must produce a coherent picture display and a meaningful story according to what was planned beforehand, namely to entertain, inform, inspire and more. (Soepomo, 2013)

When researchers made observations about the download data of photo editor applications on *smartphones* through the application *Playstore*, most of these applications have been downloaded in the thousands or even hundreds of millions of downloads.

The results of interviews involving 10 respondents at Stikes Payung Negeri Pekanbaru found that 3 respondents claimed not to use photo editing applications because



they preferred original or *natural photos*, while 7 respondents claimed to use photo editing applications and were happy with the edited photos. before uploading it to social media, to make it look better and the photos taken are more beautiful. They use this application for their needs so that their faces or self-images when taking *selfies* look more beautiful, attract people's attention and many will be amazed when they see these pictures of themselves. Using these applications is also easy and practical on the *smartphones* they have. So they can edit and then upload it on social networks anywhere and anytime. Based on the above phenomena, the authors are interested in knowing "The Relationship between Using Photo Editing Applications and Body Image in Students at STIKes Payung Negeri Pekanbaru".

RESEARCH METHOD

This research is a quantitative study using a correlation study design and approach *cross sectional study*. The location of this research was conducted at STIKes Payung Negeri Pekanbaru. This research was started from June-July 2020. The population in this study was 815 respondents with a sample of 352 respondents. This study uses a measuring tool questionnaire for the independent variable (body image), the scale used by researchers is an instrument taken from research (Rahmadani, 2017). The questions consist of 15 questions in the form of *favorable* and *unfavorable*. The scale used is the Likert scale, statements are prepared based on factors that affect body image, including: Assessment of overall appearance, Comparison with other people, reactions of others, and components of attitude towards body image. This scale consists of 4 answer choices, namely: Strongly Disagree (STS), Disagree (TS), Agree (S), and Strongly Agree (SS). The questionnaire for the independent variable (use of photo editing applications)

the scale used by the researcher was an instrument made by the researcher himself. Consists of 1 question using the Guttman scale, each item consists of 2 answer choices, namely "YES" and "NO"

RESEARCH RESULTS

The following are the results of research consisting of univariate and bivariate. Table 1 can be seen that the average age of late adolescence is 20.10 years with a median age of 20 and a standard deviation of 1.30 years. The youngest age is 18 years and the oldest is 24 years old

Table 1
Distribution of Respondents by Age at STIKes Payung Negeri Pekanbaru

Variabl e	Mea n	Media n	SD	Minimum -Maximal
Age	20.10	20	1.30	18-24

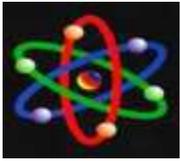
Source: Primary Data Analysis, 2020

Table 2
Distribution of Respondents by Gender at STIKes Umbrella Negeri Pekanbaru

No	Type Gender	Frequency	Percentage
1.	L	51	14.5%
2.	P	301	85.5%
Total		352	100%

Source: Primary Data Analysis, 2020.

Bivariate analysis was conducted to determine the relationship between the use of photo editing applications with body image in students. The research result is said to have a relationship if the *p value* < α (0.05). The statistical test used to see the relationship between the use of photo editing applications and body image in students is the Test *Chi*



Square. The results of data processing using statistical tests are obtained in Table 3

Table 3
Distribution of Respondents based on the relationship between the use of photo editing applications and body dissatisfaction among students at STIKes Umbrella Negeri Pekanbaru.

Use of Applications Edit Photos	Body Image		Total	P Value	OR
	Positive	Negative			
Using	120 51,7%	112 48.3%	232	0.007	1,851
No Using	44 36.7%	76 63.3%	120		
Total	164	188		352	

Source: Primary Data Analysis, 2020

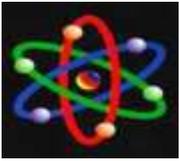
From table 3 shows the relationship between the use of photo editing applications and body image among students at STIKes Payung Negeri Pekanbaru . The results of the analysis on 352 respondents obtained a *p value* of $0.01 < \alpha$, namely 0.05 and an OR value of 1.851. It can be concluded that "There is a relationship between the use of photo editing applications and body image in students at STIKes Payung Negeri Pekanbaru".

DISCUSSION

Based on the results of research conducted on 352 respondents to students at STIKes Payung Negeri Pekanbaru, it was found that the average age of respondents in this study was 20.10 years old, which was included in the late adolescent category. Late adolescence is the age when a person becomes more focused on the physical self. unfamiliar body changes and new physicality must be integrated into the self-concept. Adolescents face conflicts about what they see and what they view as ideal body structures. The formation of self-image during

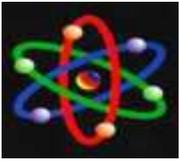
adolescence is an important element in the formation of identity, a psychological crisis during adolescence (Siregar, 2016).

The majority of the sexes of respondents in this study were women, namely as many as 301 people or 85.5%. According to Cash in (Rahmadani, 2017), gender is a factor that affects the development of a person's body image. The results of this study are in line with research conducted by (Rahmadani, 2017) young women in Mlirip Mojokerto Village. According to the researchers' assumptions, this occurs because the dissatisfaction with the body is more common in young women than boys. In general, young girls are more or less satisfied with their bodies and have a negative body image than boys during puberty. Young women tend to pay attention to physical appearance. Physical appearance that is not in accordance with what is expected can cause dissatisfaction with his body shape. Dissatisfaction with her body shape can cause young women to have a distorted self-perception. Based on the results of the study, it was found that most of the respondents used photo editing applications, namely 232 people or 65.9%. The results of this study are in line with research conducted by (Natari, 2016) in Bandung. According to the researcher's assumption, someone to get an interesting photo is not easy, you have to take photos more than 3 times to get the photo you want, then you will use a photo editing application such as Instagram editor or camera 360 or other applications. While Based on the results of this study, it was found that more than half of the respondents had a negative body image, namely 188 people or 53.4%. Body image or body image is a person's perception of body weight and body shape. *body image* Positive is the perception of someone who is satisfied with their body shape, while *body image* negative is the perception of someone who is dissatisfied



with their body shape. The results of this study are in line with research conducted by (Ningsih, 2017). According to the researchers' assumptions, this happens because young women compare their more often *body images* so they feel embarrassed and anxious. They become difficult to accept themselves, responsive to praise, sensitive to criticism and pessimists do excessive diets in order to get the desired body shape. A person with a positive body image will feel satisfied with his body, be it body size, and body shape in a particular or whole part, while a person with a negative body image is dissatisfied with his body. The results of this study using the chi square statistical test obtained p value = 0.01 more than 0.05. Thus H₀ is rejected, which means that there is a relationship between the use of photo editing applications and body image in students at STIKes Payung Negeri Pekanbaru. This study is in line with previous research by (Lonergan et al., 2019) in Australia with the title *Me, my selfie, and I: The relationship between editing and posting selfies and body image in men and women*. From the results of statistical analysis using the Anova test, the results obtained $f(1,170.12) = 20.44$, $p < .001$ is more than the value $\alpha = 0.05$, thus H₀ is rejected, meaning that there is a relationship between photo editing, posting *selfie* and *body image* in men and woman. Based on the research results, it was found that 63.3% of respondents did not use photo editing applications with negative body images. This shows that negative body image is influenced by other factors in line with the theory of (Potter & Perry, 2010) which states that body image is generally formed from comparisons made by someone with others on their own physique with standards known to their environment. This sometimes becomes a fear that ultimately affects her body image and feels less than other people. According to (Kawuwung.dkk, 2015) Self-image is one of the important

categories in adolescent growth, because during adolescence there are many changes that will occur in adolescents themselves so that they start thinking about how to have a good body appearance. Body image has a considerable influence on individual behavior, that is, individuals will behave in accordance with their body image. Individuals who have a positive body image will develop positive behavior in accordance with the way they perceive themselves in the environment. On the other hand, individuals who have a negative body image will develop negative behavior in accordance with the way they see themselves in the environment. According to Cash (2015), someone who is not satisfied with their body and appearance will often process their images in an environment *online*, such as digitally editing, and choosing the *selfie* best to be presented on social media. so that the impact felt is that adolescents usually compare their *body image* so they feel embarrassed and anxious. They become difficult to accept themselves, responsive to praise, sensitive to criticism and pessimists do excessive diets in order to get the desired body shape. The results of this study are supported by research conducted by (Natari, 2016) which found that to get attractive photos, it is not easy for someone to take photos more than 3 times to get the photo according to their wishes, then they will use a photo editing application. Because according to him, using photo editing applications such as Instagram editor or camera 360 or other applications. They will get a much more interesting photo so that it shows a gap between their true self image and the ideal image they desire. This makes them feel insecure about showing their true self in front of the public so that they often display shy, passive, insecure, or hesitant behavior to establish a relationship with the opposite sex which is important at their current age



because it is a Developmental tasks that must be fulfilled.

CONCLUSION

Based on the results of statistical tests using the test *chi square*, the *p value* (0.01) < α (0.05) is obtained so that the conclusion is that there is a relationship between the use of photo editing applications and body image in students at STIKes Payung Negeri Pekanbaru".

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