



Correlation Between Gratitude and Social Comparison with Body Image in Vocational High School (SMK) Students

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Abstract

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This study aimed to determine the correlation between gratitude and social comparison with body image in adolescents. This research used a quantitative approach with the correlation study involving 136 students of the Online Marketing and Business Expertise Program at SMK Negeri 3 Surakarta, female students aged 15-18 years. Data were collected using a measuring instrument for gratitude using the concept of Al Ghazali, a measuring instrument for social comparison using the theory of Jones (2011), and a measuring instrument for body image using the theory of Cash & Pruzinsky. This study used content validity by involving seven experts or raters. The results showed that gratitude had a reliability coefficient of 0.917, the social comparison had a reliability coefficient of 0.913, and body image had a reliability coefficient of 0.883. Based on hypothesis testing using multiple regression analysis, the results showed that gratitude and social comparison simultaneously had a significant correlation with body image, with a correlation coefficient of 0.192 and a significance value of 0.000 ($p < 0.05$). Then partially, gratitude had a positive correlation with body image, with a correlation coefficient of 0.425 with a significance value of 0.001 ($p < 0.05$). Meanwhile, the social comparison had no correlation with body image because it had a correlation coefficient of -0.342 with a significance value of 0.178 ($p > 0.05$).

INTRODUCTION

Adolescence is one of the crucial developmental phases in the journey of human life. This is because the adolescent phase is the phase of individual movement from childhood to adulthood. In this phase, adolescents must make many adjustments so that they often experience pressure. Therefore, Hurlock (1973) and Santrock (2011) explain the adolescent phase as a period of stress and storm. There are differences of opinion about the age limit of adolescence. Kinghorn et al. (2018) argue that adolescence is between 10 years and 19 or 24 years. Meanwhile, Jaworska & MacQueen (2015) argue that adolescence starts at 12 years old and until 18 years old. However, adolescence begins from the time a person turns 12 years old until 21 years (Papalia, Olds, & Feldman, 2013).

Some of the problems that often arise in adolescents are about body image

((Benowitz-Fredericks, Garcia, Massey, Vasagar, & Borzekowski, 2012; Borzekowski & Bayer, 2005; Hidayati, Nurhalimah, Suhendar, & Nurhidayah, 2021; Lee & Jo, 2021; Murray, Byrne, & Rieger, 2011). Body image is concerned with an individual's feelings, views, and assumptions about his or her body (e.g., the structure and condition of the face, body shape, body size, chest size, thigh size, height, skin color, and so on), both positively and negatively, and is usually realized as an amalgamation of estimated evaluations of body attractiveness and emotions related to body shape and size (Grogan, 2006; Ratri, Susilo, & Setyorini, 2019).

According to Cash & Pruzinsky (2002), a body image is formed over five aspects. First is appearance evaluation, which concerns the individual's assessment of the overall appearance of the body. The measurements in this aspect revolve around the topic of attractive-unattractive or satisfied-dissatisfied a person on her body. The second is appearance orientation, which includes a person's attention and efforts to cover up the factors that cause dissatisfaction with her body by beautifying, caring for, and improving the quality of her appearance. Third is body area satisfaction which is the individual's satisfaction with every inch of physical attributes, from head to toe. Fourth is overweight preoccupation which means the condition of a person who will experience anxiety if she finds her weight increases, thus encouraging herself to undergo a diet program and food consumption restrictions. Fifth is the self-classified weight which is the behavior of classifying oneself into a high-short or fat-thin group.

When a person images her body positively, it will bring calmness and comfort. This is because the person is fully aware of the condition of her body and then accepts what it is. However, if individuals image their bodies negatively, they are susceptible to anxiety and other psychological problems, such as eating and dietary disorders (Amisah, Nyarko, Gyasi-Gyamerah, & Anto-Winne, 2015; Benowitz-Fredericks et al., 2012). Besides, a person who portrays her body negatively will experience embarrassment, worry, awkwardness, restlessness, difficulty in accepting, sensitivity to criticism, and pessimistic with the state of her body, which can increase the chances of emotional distress, thus inhibit one's positive interpersonal relationships (Alidia, 2018; Sumanty, Sudirman, & Puspasari, 2018). Negative body image is more prone to be experienced by women than men (Alidia, 2018; Avci & Keven Akliman, 2018; Brennan, Lalonde, & Bain, 2010; Fischetti, Latino, Cataldi, & Greco, 2020).

Negative body image is experienced by many people. For example, the results of the study of Alidia (2018) showed that students at SMA N 1 Tanjung Mutiara have a negative view of their bodies, for example, too big pelvis, a lot of sweat, and enlarged breasts. Sarwer (Curtis & Loomans, 2014) states that a study by Psychology Today magazine involving 4000 samples found that as many as 56% of women were dissatisfied with their body appearance. These dissatisfactions included dissatisfaction with the abdominal area (71% of subjects), weight (66% of subjects), and the waist (60% of subjects). Meanwhile, Sumanty et al. (2018) found that of the 70 students of

UIN Sunan Gunung Djati Bandung, 48 of them viewed their bodies negatively. Negative body image problems were also experienced by students at SMK Negeri 3 Surakarta.

Based on preliminary data obtained from questionnaires deepened with interviews, seven of the eleven students of the Marketing Expertise Program at SMK Negeri 3 Surakarta felt less confident in their physical appearance. Physical attributes that often affect these feelings include the face (63.6%), body weight (54.5%), chest size (18.2%), and thigh size (9.1%). The lack of self-confidence is related to body image because the feeling arises due to the students' perception of the physical condition of their bodies.

Body image is influenced by several factors, one of which is gratitude (Dunaeva, Markeyb, & Brochu, 2018; Homan, Sedlak, & Boyd, 2014). Gratitude is a behavior that recognizes that the individual has obtained something positive or good and recognizes there is an outside source of herself that can be used to achieve something positive (Emmons & McCullough, 2003). According to McCullough, Emmons, & Tsang (2002), gratitude is formed from four aspects. First is the intensity, which is the experience of feeling gratitude that significantly affects the emergence of individual behavior. The second is frequency, which indicates the level of frequency of the individual in expressing a sense of gratitude for all the favors bestowed. The third is span which means that the individuals are more sensitive to every event that occurs in their life to easily arouse a sense of gratitude. Fourth is the density which is a sincere expression of gratitude towards other individuals who have contributed to their lives, such as parents, family, friends, teachers, etc.

According to Watkins, Woodward, Stone, & Kolts (2003), there are three components in the variable of gratitude. First is a sense of abundance, a feeling of adequacy, and no sense of loss in life. The second is the appreciation of simple pleasures, which is a feeling of appreciation for various things and events that occur in everyday life. The third is appreciating the contribution of others, which is the feeling of appreciating others who give or need help.

Meanwhile, according to Al-Ghazali (2013), gratitude consists of three aspects: science, spiritual condition, and deeds. Science is the knowledge of something as it is. The attitude of gratitude requires knowledge, namely the behavior of knowing and being aware of the condition of the self and the surrounding environment. Besides, the spiritual condition is the fruit of knowledge and belief that leads one to peace in the form of pleasure, submission, and obedience to God over all the given favors. Moreover, deeds are the embodiment of knowledge possessed in behaviors related to the heart, oral, and limbs.

Grateful individuals will tend to be aware of the condition of their bodies. This is because the attitude of gratitude can appear when accompanied by the awareness of the condition of the body. If the individual is aware of her body condition and grateful,

then the attitude indicates that the individual has a positive body image. However, if the individual is not grateful, it will cause a negative body image, and then she will do various ways to make the desired body (Dwinanda, 2016; Dunaeva et al., 2018).

Another factor affecting body image is social comparison (Alifa & Rizal, 2020; Fisher, Dunn, & Thompson, 2002; Kraye, Ingledew, & Iphofen, 2008; Lewallen & Behm-Morawitz, 2016; Septianningsih & Sakti, 2021; Wahyuni & Wilani, 2019). Social comparison is a behavior of social interaction that involves the cognitive components of the individual resulting in evaluation and opinion of the abilities of oneself and others (Festinger, 1954). When individuals make a social comparison, they have linked their characteristics and condition to others. This means that the individual compares her own condition with the condition of others (Buunk & Gibbons, 2007). There are two aspects of social comparison, according to Jones (2001), including physical attributes and personal or social attributes. Physical attributes are the comparison of the individual's self with other individuals, which includes aspects of height, body weight, face, and body shape. Then, personal or social attributes are aspects of social comparison that include the attitudes of individuals who compare themselves with others in the dimensions of personality, intelligence, style, and popularity.

When individuals have low social comparisons, then the individual will have a positive body image. This is because the individual does not compare her condition with other individuals considered better. Instead, the individual is aware of her condition and body shape. Thus, her image became positive (Fisher et al., 2002).

Preliminary data obtained from the questionnaire deepened with interviews showed that seven of the eleven students of the Marketing Expertise Program at SMK Negeri 3 Surakarta who had a negative self-image carried out the behavior of gratitude. Besides, the seven students have also tried not to make social comparisons. However, they still considered that their body shape was far from ideal. This condition is certainly contrary to various studies showing that the behavior of gratitude is positively correlated with a positive self-image (Dunaeva et al., 2018; Homan et al., 2014). Moreover, this condition is also different from the results of other studies that if the level of social comparison of individuals is low, it will have an impact on positive self-image (Alifa & Rizal, 2020; Fisher et al., 2002; Kraye et al., 2008; Lewallen & Behm-Morawitz, 2016; Septianningsih & Sakti, 2021; Wahyuni & Wilani, 2019).

Based on this gap, research on the correlation between gratitude and social comparison with body image is essential. This research aims to determine the correlation between gratitude and social comparison with body image in female students of SMK Negeri 3 Surakarta. Research on these three variables has been conducted. However, this study is different from some previous studies in some parts. First, this study consists of three research variables: gratitude, social comparison, and body image. These three variables have never been correlated simultaneously in previous studies.

Second, the difference is the subject and research location. Previous research subjects were adolescents in early to late adolescence and adulthood, both women and men. While the subjects of this study are the students of the Marketing Expertise Program at SMK Negeri 3 Surakarta who have never been studied related to the three variables. Third, another difference is the research measuring instrument. Although the measuring instruments used in this study took aspects from the experts, the measuring instruments used in this study are not the result of adaptation or modification.

The major hypothesis of this study is that gratitude and social comparison have a significant correlation to the body image of female students of Marketing Expertise Programs at SMK Negeri 3 Surakarta. Meanwhile, there are two minor hypotheses. First, gratitude has a positive correlation with the body image of female students of Marketing Expertise Programs at SMK Negeri 3 Surakarta. Second, the social comparison has a negative correlation with the body image of female students of Marketing Expertise Programs at SMK Negeri 3 Surakarta. In addition to enriching the research results related to gratitude, social comparison, and body image, this study is expected to be a modality to compile grateful psychotherapy and cognitive psychotherapy to improve body image.

METHOD

This study used a quantitative approach with the correlation study to examine the correlation between two independent variables (gratitude and social comparison) and one dependent variable (body image) in adolescents. Gratitude is any form of positive emotion formed in an individual caused by awareness and acceptance of the abundance of gifts from God. The gratitude variable in the study was measured using a Likert-scale measuring instrument based on aspects of gratitude by Al-Ghazali (2013), involving aspects including science, spiritual state, and deeds. The higher the score obtained by the participants indicates the higher the sense of gratitude they have. Conversely, if the participants' score is low, then the level of gratitude is also low.

Social comparison is the behavior of individuals, both intentional and unintentional, that compares their condition with the condition of others. This variable was measured using a Likert scale measuring instrument of social comparison based on the theory of Jones (2001), including physical attributes and personal or social attributes. If the score obtained is high, it indicates that the participant's level of social comparison is also high, and vice versa.

Body image can be interpreted as a form of a person's positive or negative assessment of various physical aspects inherent in him or herself. The body image variable was measured using Likert scale measuring instruments based on the theory of Cash & Pruzinsky (2002), which includes aspects of appearance evaluation, appearance orientation, body area satisfaction, overweight preoccupation, and self-classified weight. Respondents with a high score indicate that their body image is positive. Meanwhile, if

the score obtained by the participants is low, it indicates a negative body image.

This research population included female students of the Marketing Expertise Program at SMK Negeri 3 Surakarta involving 208 students with 104 students in classes XI and XII. This was because there were two characteristics of the population. The first were students aged 15 to 18 years old. At that age, the individual will enter adolescence and show great interest and attention to appearance and physical condition (Hurlock, 1973; Papalia et al., 2013). Second, the participants are female. Body image problems are more susceptible to women than men (Alidia, 2018; Avci & Keven Akliman, 2018; Brennan et al., 2010; Fischetti et al., 2020).

This study used the proportionate stratified random sampling technique. The technique was chosen because this study involved populations that had strata or stratified arrangements (Cozby & Bates, 2011; Hadi, 2016; Iliyasu & Etikan, 2021; Saifuddin, 2019). Then, the sample size determination used the table of Krejcie & Morgan (1970). Based on these calculations, the research sample was 136 female students of the Online Marketing and Business Expertise Program at SMK Negeri 3 Surakarta.

The study involved three Likert-scale measuring instruments made by the researchers, including a measuring instrument for gratitude based on the theory of Al-Ghazali (2013), a social comparison measuring instrument based on the theory of Jones (2001), and a body image measuring instrument of Cash & Pruzinsky (2002). The Likert measuring instruments provide five choices of answers, including absolutely appropriate, appropriate, neutral, inappropriate, and absolutely inappropriate. Besides, each measuring instrument contains two properties of the item: favorable (items that support the presence of variables within the individual) and unfavorable (items that do not support the presence of variables within the individual).

The study also used the validity of content using professional judgment. The three measuring instruments were validated by experts as many as seven raters qualitatively and quantitatively. The raters have a background in psychological education and master knowledge of the three variables. The quantitative validation was then calculated by the formula of Aiken (1985). Because it involved seven raters and five range of assessment options for raters, the minimum validity coefficient is 0.75 – 0.82. At first, some items did not meet the minimum validity limit, so the items were invalid. Then, the invalid items were revised and reassessed to the same seven raters so that the entire items were valid.

Furthermore, the three measuring instruments were tested on 153 female students at SMK in Surakarta, Sukoharjo, and Karanganyar. The results of the trial were then calculated to know item discrimination and reliability coefficient using Corrected Item Total Correlation (Saifuddin, 2020, 2021) with the help of SPSS software. On the body image scale, of the 40 items tested, 27 items were found to have good item discrimination, with a total item coefficient moving from 0.253 to 0.600. On the gratitude scale, of the 42 items tested, 33 items were found to have good item discrimination, with a total item coefficient moving from 0.336 to 0.719. On the social comparison scale, of the 36 items

tested, 28 items were found to have good item discrimination, with a total item coefficient moving from 0.253 to 0.695.

The reliability approach used in this study was an internal consistency using Cronbach's alpha formula. The minimum limit of the reliability coefficient is 0.700 (Saifuddin, 2020, 2021). So, if the result of the reliability coefficient is greater than 0.700, then the measuring instrument is declared reliable.

Table 1. Calculation Results of Cronbach Alpha Reliability Coefficient

No	Measuring Instrument	Round I	Round I	Description
1	Body Image	0.864	0.883	Reliable
2	Gratitude	0.901	0.917	Reliable
3	Social Comparison	0.906	0.913	Reliable

There are several data analysis techniques used in this study. The first is the normality test. The normality test is a data analysis technique to know whether the data distribution is normal or not. The normality test was carried out using the Kolmogorov-Smirnov Z formula. Data distribution is normal if the p-value is greater than 0.05.

The second is the linearity test. The linearity test is a technique for knowing whether there is a linear relationship between several research variables. The data of the variables are considered to have a linear relationship if the score of the Levene Statistic is less than 0.05 and the Deviation from Linearity is greater than 0.05.

The third is the heteroskedasticity test. The heteroskedasticity test is a technique for testing whether there is inequality of variant from residual observations to other observations or not. The absence of heteroskedasticity or the occurrence of homoskedasticity is a prerequisite that must be met in a regression model. The heteroskedasticity is not present when data points spread above and below the number 0, in which points do not only collect in line 0, and the spread does not create a pattern.

The fourth is the multicollinearity test. The multicollinearity test is used to test the correlation between independent variables in a regression model. Good regression occurs when one independent variable and another independent variable have no relationship. The benchmarks of the multicollinearity test in this study were seen through Variance Inflation Factors (VIF). If the VIF value <10.00 , then there is no multicollinearity in this study.

The fifth is the regression analysis test. This regression analysis test is a hypothesis test to determine whether there is a correlation between the three research variables. The three variables are considered to have a correlation when the p-value is smaller than 0.05. The calculation of each analysis also used SPSS software.

RESULTS

Before calculating the hypothesis test, the first step was to calculate the normality test. Based on the calculation of the normality test, it was obtained that the data distribution of the three variables followed a normal curve, so the research data was

normal.

Table 2. Normality Test Result

Variable	K-S	Sig.	Description
Gratitude	0.912	0.376 (p>0.05)	Normal
Social Comparison	1.053	0.218 (p>0.05)	Normal
Body Image	0.806	0.534 (p>0.05)	Normal

The second data analysis was the linearity test. Based on the results of the linearity test, data between body image and gratitude, as well as data between body image and social comparison, showed linear.

Table 3. Linearity Test Result

Variable	Deviation from Linearity	Sig.	Description
Gratitude and Body Image	1.263	0.171 (p>0.05)	Linear
Social Comparison and Body Image	1.423	0.079 (p>0.05)	Linear

The third assumption test data analysis was a multicollinearity test. Based on the results of the multicollinearity test, it was obtained that there was no multicollinearity in this study. It means that the two independent variables have no relationship.

Table 4. Multicollinearity Test Result

Independent Variables	VIF	Description
Gratitude	1.583 (p<10.00)	no multicollinearity
Social Comparison	1.583 (p<10.00)	no multicollinearity

The next was the heteroskedasticity test. Based on the calculation of heteroskedasticity tests using Scatterplot, it was obtained that there was no heteroskedasticity so that the prerequisites of regression models could be met. This was because the points of the calculation result spread below and above the number of 0.

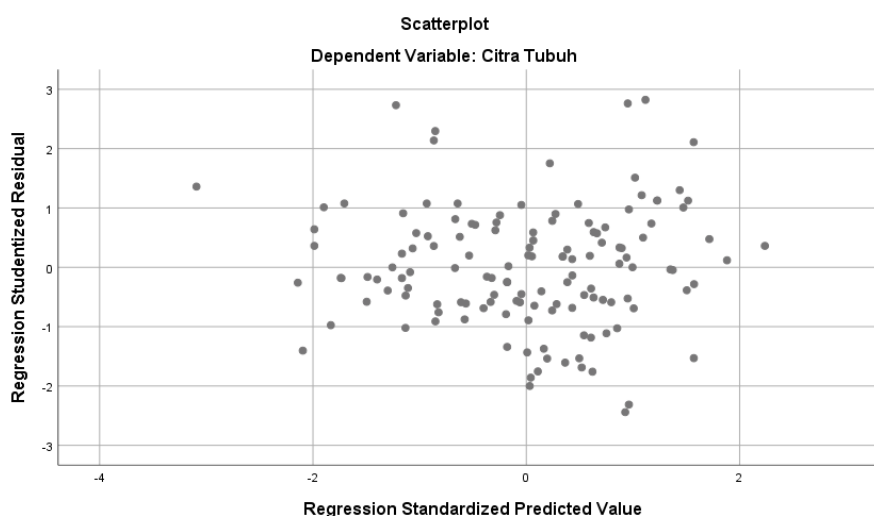


Figure 1. Heteroskedasticity Test Results

All assumption tests were met, so the next data analysis was hypothesis testing using regression analysis. Based on the regression analysis calculation results, it was obtained that there was a correlation between gratitude and social comparison simultaneously towards the body image of female students in SMK Negeri 3 Surakarta. As a result, the major hypothesis was accepted. The two independent variables influenced body image by 19.2%. Thus, there are 80.8% of other factors that affect body image.

Table 5. Mayor Hypothesis Test Results

Dependent Variable	Predictor	F	Sig.	R ²	Percentage
Body Image	Gratitude	15.754	0.000 (p>0.05)	0.192	19.2%
	Social Comparison				

The calculation results of the minor hypothesis test showed that gratitude was positively correlated to body image. This means that the higher the behavior of the gratitude of female students of SMK Negeri 3 Surakarta, the better their body image. Thus, the first minor hypothesis was accepted. However, subsequent calculations showed that social comparisons did not correlate with body image. This means that the second minor hypothesis was rejected.

Table 6. Hypothesis Test Results

Variable	t	Sig.	Ket.
Gratitude and Body Image	3.506	0.001 (p<0.05)	Positive Correlation
Social Comparison and Body Image	-1.355	0.178 (p>0.05)	No correlation

DISCUSSION

Relationship Between Gratitude and Body Image

Based on the calculation results, it was found that the gratitude variable was positively correlated to body image. This means that if the sense of gratitude possessed by the female students of SMK Negeri 3 Surakarta is high, then their body image will be positive. Conversely, if the female students of SMK Negeri 3 Surakarta are less grateful, it will have an impact on negative body image. The results reinforce research on the correlation between gratitude and body image that researchers have done before. For example, the study conducted by Homan et al. (2014) resulted that grateful behavior carried out by individuals can reduce dissatisfaction with body shape. Besides, Dwinanda (2016) also states that gratitude is positively correlated to body image in adolescents. The research of Widawati, Saputra, Fauziah, & Susanti (2018) also showed that there is a significant positive relationship between gratitude towards body image in female students of SMA X Bandung City.

Gratitude is the attitude of realizing that God gives many gifts in life. Such awareness will cause the individual to feel willing and accept the gift of God and then express it with kindness (Rusdi, 2016). Therefore, gratitude will have an impact on the emergence of individual attitudes in recognizing and handling emotions positively (Wicaksono & Susilawati, 2016). In the context of this study, the gratitude carried out

by the participants caused them to be able to recognize the emotions that arise due to their perception of body conditions that have not been in accordance with their wishes. The behavior of recognizing these emotions was then followed by managing emotions due to the realization that the condition of their body is a gift from God. Thus, initially, negative emotions can turn into positive ones due to gratitude.

Gratitude means that the individual realizes and accepts everything not only that is pleasant and desirable but also unpleasant. The awareness is then followed up with the behavior of utilizing something that she received for good. Such a concept of gratitude is a concept of gratitude in a modern and broader perspective by realizing every gift of God in life and then expressing its gratitude in the form of utilizing the gift (Rachmadi, Safitri, & Aini, 2019; Setyawan & Riyadi, 2020).

The concept of such gratitude is also in line with the concept of gratitude presented by Al-Ghazali (2013), that gratitude is formed by three aspects, namely science, spiritual state, and deeds. The grateful individual knows about God-given to her, including her condition and body shape. The condition encourages the individual to accept every form or type of deficiency or limitation, or advantage with sincerity. Furthermore, the individual interprets her gratitude as a form of charity carried out through the heart, oral, and all limbs. A grateful heart strengthens the individual's satisfaction with all forms of Allah-given gifts to her (Destiny, 2017). Then gratitude towards her body can be expressed with daily behavior.

Body image is a response to the condition of the body, both positive and negative responses. A positive response to the condition of the body can give rise to a positive body image as well. However, if the individual responds to the condition of her body with a negative perception, it will create a negative body image. Gratitude encourages individuals to realize something positively, even if it is less desirable. This kind of attitude is the implementation of the scientific aspect of gratitude. A grateful individual sees something, in this case, the condition of the body, from another point of view. Suppose the individual assumes that the condition of the body is a gift from God. This kind of attitude is the implementation of the spiritual and gratitude aspect. Besides, gratitude was also done by individuals when they considered that the current condition of the body was not too bad even though there were still shortcomings, considering that the current condition of the body can still be used properly to carry out activities. Also, there were still others with disadvantaged body shapes and conditions.

The grateful attitude that looks at something, both positive and negative, from a more positive point of view is a form of positive coping strategy (Listiyandini, Nathani, Syahniar, Sonia, & Nadya, 2015). The attitude of gratitude done by the individual can also be a predictor of psychological well-being (McCullough et al., 2002). When the individual makes gratitude as a coping strategy and solution to the problems she experiences, one of which is about body image, then the individual will be able to achieve psychological well-being with gratitude.

Research conducted by Dunaev et al. (2018) revealed that gratitude can reduce the bias of an individual's perception of her body condition, one of which is weight. Others often

influence an individual's perception of the shape and condition of the body. Thus, there will be a perception bias. For example, the condition of the individual's body is not fat. However, because it is influenced by the perception of others, the individual considers that her body is fat. This attitude will affect the body image to be negative. Gratitude will encourage individuals to realize that each individual has different limits. These limits cannot then be imposed on other individuals. Thus, the individual will accept her condition and body shape as it is.

When the individual is grateful, then the individual will have positive emotions and self-management ability from impulses that can be detrimental (Destiny, 2017). In the context of body image, a grateful attitude causes the individuals to be fully aware of their condition and accept their condition and body shape. This attitude will dampen various desires and ambitions to change the condition and shape of her body. Conversely, a grateful attitude will then bring out positive emotions and energy so that the individual will not be susceptible to anxiety about the condition and shape of the body.

Relationship Between Social Comparison and Body Image

The study revealed that there was no correlation between social comparisons and body image. This means that even if the individual makes social comparisons, it will not have an impact on her body image. Social comparison is a behavior that compares oneself with others in various aspects of life, one of which is the physical aspect. The comparing behavior arises in an individual due to the self-urge to evaluate herself (Putra, 2018). Besides, social comparisons can occur due to the inability of individuals to objectively judge themselves (Festinger, 1954). Thus, individuals use the boundaries of others to judge themselves.

Previous studies have proven that social comparison correlates with body image (Alifa & Rizal, 2020; Emmons & McCullough, 2003; Fisher et al., 2002; D.C. Jones, 2001; Krayner et al., 2008; Lewallen & Behm-Morawitz, 2016; Septianningsih & Sakti, 2021; Wahyuni & Wilani, 2019). However, the results of this study are contrary to the results of previous studies.

There are several factors that cause the condition. For example, another variable can potentially be a moderator between social comparison and body image, such as the variable of self-esteem. According to Jones & Buckingham (2005), self-esteem can be a variable that moderates the influence of social comparison on an individual's body image. This means that when the social comparisons made by individuals do not change the individual's self-esteem, then the social comparison also has no impact on negative body image. Self-esteem is concerned with an individual's positive or negative judgments and beliefs towards herself (Rosenberg, 1979). When an individual's self-esteem is positive, then the social comparisons made by the individual will not cause a negative body image.

Research conducted by Leahey & Crowther (2008) using ecological momentary assessment revealed that social comparison targets could influence the effect on the perception of body condition and appearance. For example, when an individual makes an upward social comparison with their target friends, it will motivate the individual to improve themselves. It

also has no impact on the decline of individual body image. However, suppose individuals make social comparisons to public figures or images spread on social media. In this case, it will have the potential for a negative body image because there is a sense of distrust to match the target of social comparison.

The study conducted by Ridolfi, Myers, Crowther, & Ciesla (2011) mentions that another variable that plays an important role in social comparison is cognitive distortion. A cognitive distortion is an incorrect belief regarding the shape and condition of the body. When an individual experiences cognitive distortion and then makes a social comparison, the social comparison will focus heavily on physical appearance so that it will have an impact on the negative body image. However, suppose the social comparison is not accompanied by false beliefs and thoughts about the shape and condition of the body. In that case, it will not have the potential for a negative body image. In this study, none of the participants had wrong thoughts and beliefs regarding the shape and condition of the body. Thus, even if the participants made social comparisons but were not accompanied by cognitive distortions, it would not have an impact on body image.

Relationship Between Gratitude and Social Comparison with Body Image

Based on the results of the data calculation, it was obtained that the two independent variables, including gratitude and social comparison, correlated with body image. When individuals are grateful and make social comparisons down or do not make social comparisons, it will have an impact on improving body image. However, if the individual is not grateful and makes social comparisons upward, it will potentially cause a negative body image. The correlation between gratitude and social comparison with body image can be due to the perception and attitude of the individual in evaluating her physical appearance (Cash, 2008). Gratitude also leads the individual to make social comparisons or to people who are no better than her to increase satisfaction with her condition and body shape (Putra, 2018).

The results also showed that there was a contribution of 80.8% of other factors outside the regression model that affected the dependent variable, namely body image. Other factors found to influence body image in participants in this study were self-esteem, self-concept and self-confidence, and positive thinking. These three variables were found based on data collection using interview techniques.

According to the research of Shahyad, Pakdaman, & Shokri (2015), self-esteem becomes an important variable in addition to social comparisons that affect body image. Self-esteem is an individual's evaluation of herself. When the individual makes social comparisons and realizes that her abilities cannot achieve such a target of social comparison, the individual will not expect too much and be realistic about her condition and body shape. The individual then accepts her condition and body shape, so, even if the individual makes social comparisons, but her self-esteem is positive, it will not adversely affect her body image (A.M. Jones & Buckingham, 2005; Solistiawati & Novendawati, 2015)

Then the other variables found are self-concept and self-confidence. Self-concept is

the perception and image believed by the individual related to the individual, both about physical and nonphysical matters (Bharathi & Sreedevi, 2016; Gecas, 2011; Gore & Cross, 2011; Oyserman, Elmore, & Smith, 2012; Wehrle & Fasbender, 2019). When the individual believes that her body's shape and condition are appropriate, which means she has a positive self-concept, it will be able to create a positive body image. According to the research of Novianti & Merida (2021), positive self-concept can form positive beliefs, knowledge, and evaluations of body image. Conversely, a negative self-concept will form a negative evaluation of body image.

Another variable that plays a role in body image is confidence. Self-confidence is the confidence and attitude of the individual toward her ability in the form of accepting her strength and weaknesses, which result in the emergence of a positive attitude (Bénabou & Tirole, 2002; Malureanu, Panisoara, & Lazar, 2021; Ramadhani & Putrianti, 2017). Research conducted by Handayani, 2020; Ramadhani & Putrianti (2017) states that self-confidence is positively correlated to body image. The more confident the individual is with her condition and body shape, the more positive her body image will be.

Another variable also found in interviews with participants is positive thinking. Positive thinking can bring a person to survive in stressful situations such as experiencing negative body image. This is because positive thinking emphasizes positive points of view and emotions, both towards their selves, others, and the situation they face. Besides, positive thinking can train a person to change or remove beliefs that damage her body image (Mukhlis, 2013).

The limitation in this study is the implementation of research conducted online due to the pandemic, so the researchers cannot know the seriousness of research samples in filling out the disseminated psychological measuring instruments.

CONCLUSION

Based on the results of the study, several conclusions can be formulated. First is that gratitude and social comparison have a significant correlation to the body image of female students of Marketing Expertise Programs at SMK Negeri 3 Surakarta. Second, gratitude has a significant correlation positively to the body image of female students of the Marketing Expertise Program at SMK Negeri 3 Surakarta. When individuals or female students have a high sense of gratitude, it will have an impact on the formation of a positive body image. Vice versa, the low level of gratitude in the female students impacts a negative body image. Third, the social comparison has no correlation with the body image of female students of Marketing Expertise Programs at SMK Negeri 3 Surakarta. This can be due to the presence of other variables that play a role in the relationship between social comparison and body image, thus weakening the relationship between the two variables.

SUGGESTIONS AND RECOMMENDATIONS

This study suggests female students accept the condition of physical attributes by increasing their sense of gratitude in life. Besides, they can also reduce social comparison behavior to prevent or minimize dissatisfaction with their bodies. Moreover, they can make the social comparison as a motivation to develop self-potential. For parents, it is necessary to develop closeness between themselves and children who are starting to grow up so that children understand and feel well received even though they feel that their physical condition is not perfect. Further researchers can make this study as a reference material to be developed in new research with other variables that affect body image. The selection of other variables can be made by paying attention to the initial survey in sampling that represents the entire population and considering the criteria of participants in the dissemination of data.

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