



The Relationship Between Body Image and Self-Esteem and Self-Confidence in Adolescents at SMPN 3 Tapung Hulu in 2026

Revi Amelya R¹, Nur Afrinis², Alini³

^{1,3}) Bachelor of Nursing, Pahlawan Tuanku Tambusai University

²) Bachelor of Nutrition, Pahlawan Tuanku Tambusai University

✉ Corresponding
reviamelyar07@gmail.com

Abstract

Self-confidence is a crucial aspect of adolescent development that can be influenced by Body Image and self-esteem. This study aimed to analyze the relationship between Body Image, self-esteem, and self-confidence among adolescents at SMPN 3 Tapung Hulu in 2026. A quantitative, cross-sectional study design was employed. The research was conducted in 4-15 February 2026 with a sample of 60 adolescents selected using total sampling. Data were collected via questionnaires and analyzed using univariate and bivariate methods (specifically the Chi-square test). Univariate analysis revealed that 41 respondents (68.3%) had a negative body image, 36 (60%) had low self-esteem, and 34 (56.7%) had low self-confidence. Chi-square test results indicated a significant relationship between Body Image (p -value = 0.003) and self-esteem (p -value = 0.000) with self-confidence among the adolescents. In conclusion, there is a significant relationship between Body Image, self-esteem, and self-confidence among adolescents at SMPN 3 Tapung Hulu in 2026. Adolescents are encouraged to actively participate in counseling, educational, and personal development activities to foster a positive Body Image and enhance self-esteem and self-confidence. Schools, parents, and healthcare professionals are expected to actively provide support and education to help adolescents optimally improve their self-confidence.

Keywords: Body image, Teenager, Self confidence, Self esteem

INTRODUCTION

Adolescence is a transition phase from childhood to adulthood, usually between the ages of 10 and 19 years (Afrinis & Tri, 2025). During this period, individuals experience significant changes, not only physically but also cognitively, socially, and emotionally (Isroani et al., 2023). Adolescence is a period in which individuals experience an identity crisis or search for identity. During this period, individuals face the crucial process of identifying themselves, envisioning their future, and determining their life's direction. This period is a phase in which adolescents explore various aspects of themselves and their lives to find a suitable and stable identity. This search process is a natural part of development toward adulthood, as adolescents try to understand and affirm their existence in social and personal life (Sholiha & Lailatuzzahro Al-Akhda Aulia, 2020).

Adolescence is often referred to as a period of "storm and stress," a period of heightened temperament due to physical changes and environmental factors that are less conducive to emotional development. To manage these challenges, adolescents need strong self-confidence, a form of belief in their own abilities (Frisca Jenny, 2023).

Self-confidence Self-confidence is a crucial component of personality development during adolescence. Self-confidence is a person's attitude and belief in their abilities, stemming from a positive view of those abilities. With self-confidence, a person will not hesitate or feel inferior when making decisions and will not be easily influenced by the opinions of others. This reflects a sense of self-assurance, enabling them to act independently and confidently in various situations (Rais, 2022).

Self-confidence Adolescents with high self-esteem tend to have strong beliefs and actively pursue



optimal development of their potential. Conversely, adolescents with low self-confidence often fail to develop their talents, interests, and potential, thus preventing them from fully realizing themselves in their daily lives (Rais, 2022).

Self-confidence Low self-esteem in adolescents usually shows behavior such as feeling unable to do many things, hesitating in carrying out tasks, being afraid to speak without support, tending to be withdrawn, withdrawing from the surrounding environment, rarely participating in activities or groups, and avoiding communication interactions with others (Kusyati et al., 2021).

The impact of a lack of self-confidence in adolescents can lead to frequent negative thoughts, fear of failure, pessimism, and difficulty socializing. This lack of self-confidence also has serious health consequences, even leading to death. Furthermore, they often underestimate themselves and compare themselves to others, thus limiting their freedom of expression. This condition has the potential to trigger serious mental disorders and even lead to suicide (Subagja et al., 2025).

Based on data from the Ministry of Women's Empowerment and Child Protection (KPPPA) of the Republic of Indonesia, in 2018 as many as 56% of adolescents in Indonesia had low levels of self-confidence Mihrawaty S. Antu et al., (2023). Farida's research in Ifdil et al., (2024) showed that 25% of adolescents had a moderate level of self-confidence, while 75% were classified as low and Research (Jazilatur Rohmah et al., 2023) showed that 35.6% of adolescents at SMPN 29 Bandung City had a low level of self-confidence and 43.7% were in the moderate category and 20.7% were in the high category. Meanwhile, research conducted by Syahada et al., (2024) showed that 37% of adolescents at XYZ Middle School in Bekasi had low levels of self-confidence, while 36% were in the moderate category and 27% were in the high category. From these two studies, it can be concluded that adolescent self-confidence is generally at a low to moderate level.

The causes of low self-confidence are divided into four factors: self-concept, including body image, self-esteem, education, and experience (Buleuen & Amalia, 2023). Body image is defined as a person's subjective imagination of their body, encompassing their views and feelings about their physical appearance (Trinita, 2024).

Body image is an individual's attitude of satisfaction or dissatisfaction with their physical appearance, which ultimately can form a positive or negative self-assessment (Agustin & Rizal, 2022). This attitude significantly influences how a person assesses and perceives their overall self-worth. Positive body image assessments include attitudes of acceptance, appreciation, feeling special, comfortable, confident, and admiring one's body for who it is. Conversely, negative body image is characterized by a tendency to judge one's own body negatively, perceive many flaws, and feel unattractive to others, which can ultimately lower one's self-confidence (Agustin & Rizal, 2022).

This is in line with research conducted by Rahayu et al., (2024) which stated a significant relationship between body image and self-confidence in adolescents in Palangka Raya, with a p-value of 0.001. This indicates that the two variables are strongly related to each other. Besides body image, another factor is self-esteem, which also plays a very important role because it is an individual's evaluation of their own values, abilities, and self-acceptance. Self-esteem is an assessment made by individuals of themselves, which includes attitudes of acceptance or rejection as well as confidence in their abilities (Nabilla et al., 2024).

This reflects how a person views, feels, and perceives their overall self-worth. Self-esteem is a person's assessment of themselves, and individuals with low self-esteem tend to have low self-confidence (Rahmah & Purwoko, 2024). Poor physical condition also affects an individual's ability to develop self-confidence.

Based on a preliminary study conducted by researchers at SMP 1, SMP 2, and SMP 3 Tapung Hulu through interviews and observations of 10 students each, significant variations in the levels of self-confidence, body image, and self-esteem were revealed between the three schools. At SMP 1 Tapung Hulu, six students or 60% showed fairly good self-confidence, as conveyed by RS (Grade VII) who stated, "I feel comfortable speaking in front of the class because my posture is balanced and supports sports activities," and RA (Grade VIII) who emphasized, "I am proud of my own abilities so I dare to lead group discussions," although AI (Grade VII) from the other four students admitted, "Sometimes I hesitate when discussing physical appearance even though I am generally confident." Meanwhile, at SMP 2 Tapung Hulu, only 4 students or 40% achieved adequate levels, such as DS (Grade VIII) who said, "I can chat with friends fluently but feel awkward on stage because my height



is not ideal," and FS (Grade IX) who added, "My self-assessment is average, although my body perception is often affected by my weight," with the remaining six students such as MS (Grade VII) complaining, "I avoid competitions because I feel unattractive." The most worrying condition occurred in SMPN 3 Tapung Hulu, where only two students or 20% showed good self-confidence, for example RD (Grade VIII) who said, "I accept this body condition and am confident when speaking in class," but eight other students such as AG (Grade VII) reported, "I am embarrassed to appear because my stomach is bloated and I am worried about being teased by my friends," and AN (Grade IX) who stated, "I feel worthless so I rarely participate or socialize," reflecting a negative body image and low self-esteem that trigger discomfort in communication, class participation, and social interaction, this finding emphasizes the urgency of further research at the school.

From the phenomena found above, researchers are interested in conducting quantitative research with the title **"The Relationship between Body Image and Self Esteem with Self Confidence in Adolescents at SMPN 3 Tapung Hulu"**.

RESEARCH METHODS

This research is analytical using a cross-sectional research approach, namely the independent variables (body image and self-esteem) and the dependent variable (self-confidence) are studied simultaneously. This study aims to determine the relationship between body image and self-esteem (independent variables) with self-confidence (dependent variable) in adolescents at SMPN 3 Tapung Hulu. The population in this study were all students of grades VII, VIII, and IX at SMPN 3 Tapung Hulu with a sample size of 60 respondents. The sampling technique used was total sampling. Data collection was carried out using a questionnaire and data analysis was carried out univariately and bivariately using the Chi-Square test to determine the relationship between body image and self-esteem with self-confidence in adolescents.

RESULTS

This study was conducted from February 4 to 15, 2026, and involved 60 adolescents at SMPN 3 Tapung Hulu. Data collected included independent variables (body image and self-esteem) and dependent variables (self-confidence), measured using a questionnaire. The data obtained during the study were subjected to univariate and bivariate analyses.

Respondent Characteristics

Table 4.1 Frequency Distribution of Characteristics of Class, Age, Gender, Nutritional Status, Most Important Body Parts, Use of Care Products and Appearance Reference Sources at SMPN 3 Tapung Hulu.

Class	N	%
VII	22	31.4
VIII	16	22.9
IX	22	31.4
Age (Years)		
13	22	36.7
14	14	23.3
15	24	40.0
Gender		
Man	19	31.7
Woman	41	68.3
Nutritional status		
Not enough	4	6.7
Normal	42	70.0
More	14	23.3
Parts of body		
Weight	5	8.3
Face	43	71.7
Height	7	11.7



Skin color	5	8.3
Use of Care Products		
Do not use	28	46.7
Basic Skincare	21	35.0
Complete Skincare	3	5.0
Complete Skincare and Makeup	8	13.3
Appearance Reference Source		
Family	20	33.3
Friend	9	15.0
Celebrities/ Influencers	4	6.7
Social media	27	45.0
Total	60	100.0

Based on table 4.1, it can be seen that out of 60 respondents, 22 respondents (31.4%) were from grades VII and IX, 41 respondents (68.3%) were female, 42 respondents (70.0%) had normal nutritional status, 43 (71.7%) chose the face as an important body part, 28 respondents (46.7%) did not use skin care products and 27 respondents (45.0%) chose social media as a source of appearance reference.

Univariate Analysis

Univariate analysis was carried out to analyze the frequency distribution of each category in the independent variables (anxiety and sleep patterns) and the dependent variable (blood pressure).

Table 4.1 Frequency Distribution of Body Image and Self Esteem with Self Confidence in Adolescents at SMPN 3 Tapung Hulu.

<i>Body Image</i>	N	%
Negative	41	68.3
Positive	19	31.7
Self Esteem		
Low	36	60.0
Tall	24	40.0
Self-Confidence		
Low	34	56.7
Tall	26	43.3
Total	60	100

Based on Table 4.2 It can be seen that of the 60 respondents, 41 respondents (68.3%) had a negative body image, 36 respondents (60.0%) had low self-esteem and 34 respondents (56.7%) had low self-confidence.

Bivariate Analysis

Bivariate analysis is a method used to test the relationship between two variables, to determine whether there is a correlation between the independent variables (body image and self-esteem) and the dependent variable (self-confidence). This analysis is processed through a computer program using the chi-square test. A relationship exists between the two variables if the p-value is ≤ 0.05 , as shown in the table below:

Table 4.3 Relationship between *Body Image* with Self-Confidence in Adolescents at SMPN 3 Tapung Hulu



Body Image	Self-Confidence				Total		P Value	POR (95%CI)
	Low		Tall					
	N	%	N	%	N	%		
Negative	29	48.3	12	20.0	41	68.3	0.003	6,767 (1,992 – 22,984
Positive	5	8.3	14	23.3	19	31.7		
Total	34	56.7	26	43.3	60	100		

Based on Table 4.3, it can be seen that of the 41 respondents who have a negative body image, 12 respondents (20.0%) have high self-confidence, while of the 19 respondents who have a positive body image, 5 respondents (8.3%) have low self-confidence.

Based on statistical testing with the chi-square test, the p value obtained was 0.003 ($p \leq 0.05$), so it can be concluded that there is a significant relationship between body image and self-confidence in adolescents at SMPN 3 Tapung Hulu. The Prevalence Odds Ratio (POR) result = 6.767, which means that negative body image has a 6.7 greater risk of having low self-confidence compared to positive body image.

Table 4.4 Relationship between Self Esteem with Self-Confidence in Adolescents at SMPN 3 Tapung Hulu

Taping Rule								
Self Esteem	Self-Confidence				Total		P Value	POR (95%CI)
	Low		Tall					
	N	%	N	%	N	%		
Low	33	55.0	3	5.0	36	60.0	.000	253,000 (24,741- 2587,210)
Tall	1	1.7	23	38.3	24	40.0		
Total	34	56.7	26	43.3	60	100		

Based on Table 4.4, it can be seen that of the 36 respondents who had low self-esteem, 3 respondents (5.0%) had high self-confidence, while of the 24 respondents who had high self-esteem, 1 respondent (1.7%) had low self-confidence.

Based on statistical tests with the chi-square test, the p value obtained was 0.000 ($p \leq 0.05$), so it can be concluded that there is a significant relationship between self-esteem and self-confidence in adolescents at SMPN 3 Tapung Hulu. The results of the Prevalence Odds Ratio (POR) = 253,000, which means that low self-esteem has a 253 greater risk of having low self-confidence compared to high self-esteem.

The results of a study conducted on 60 adolescents at SMPN 3 Tapung Hulu on "The Relationship between Body Image and Self Esteem with Self Confidence in Adolescents at SMPN 3 Tapung Hulu in 2026". Based on the results of statistical tests, it was found that there was a relationship between Body Image and Self Esteem with Self Confidence in adolescents at SMPN 3 Tapung Hulu. The study was conducted by coming directly to Bangkinang Regional Hospital, where researchers conducted research on 60 respondents for 9 days. When meeting respondents, the initial step the researcher took was to explain the purpose of the researcher conducting the research and not to harm respondents if they became research respondents. Respondents who agreed to become respondents signed the respondent consent form, answered the questionnaire. The data obtained were then processed and presented in tabular form.

DISCUSSION

The Relationship Between Body Image and Self-Confidence in Adolescents at SMPN 3 Tapung Hulu



The results of the study showed that of the 41 respondents who had a negative body image, 12 respondents (20.0%) had high self-confidence, while of the 19 respondents with a positive body image, 5 respondents (8.3%) had low self-confidence. Based on the chi-square statistical test, a p value of 0.003 ($p \leq 0.05$) was obtained, so there was a significant relationship between body image and self-confidence in adolescents at SMPN 3 Tapung Hulu. The Prevalence Odds Ratio (POR) value of 6.767 showed that negative body image had a 6.7 times greater risk of having low self-confidence compared to positive body image.

One factor influencing self-confidence is body image. Body image is a mental picture of body shape and size, including how an individual views, evaluates, and feels about their body, as well as how they imagine others will perceive them. Body image disturbances can manifest as negative views of the body due to changes in size, shape, structure, function, or other body-related factors (Sutini et al., 2022).

Adolescents who perceive their physical condition as less than ideal tend to be dissatisfied with their body shape and appearance, which can lead to a negative body image. Conversely, adolescents who perceive their bodies positively tend to be more adaptable, comfortable, and confident. Individuals who accept their body shape and are aware of their shortcomings are said to have a positive body image, while dissatisfaction with their appearance and the gap between their actual and desired body indicate a negative body image. Body perception begins to form during adolescence due to various significant physical changes (Dianningrum & Satwika, 2021).

Body image Positive body image tends to boost self-confidence, while negative body image can suppress it. Self-confidence is an individual's belief in their abilities and plays a role in their courage to interact socially. Adolescents who lack self-confidence tend to feel worthless, afraid of failure, being underestimated, or criticized, while adolescents who are confident find it easier to interact and control their behavior (Dianningrum & Satwika, 2021).

This research aligns with research by Syaiful Bahrie Abdillah (2021), which showed a positive relationship between body image and self-confidence in eleventh-grade students. The more satisfied a person is with their physical appearance, the higher their self-confidence, and vice versa. This demonstrates the importance of body perception in shaping adolescent self-confidence.

The research results show that perceptions of body condition and appearance play a role in developing self-confidence. Adolescents with a positive body image tend to accept their physical condition, feel comfortable, and are more confident in interactions. Conversely, adolescents with a negative body image tend to be dissatisfied with their body shape, face, skin color, or appearance, making them more likely to feel inferior, embarrassed, and lack self-confidence. Several respondents also expressed embarrassment when hanging out with friends due to issues with acne, body shape, and skin color. This suggests that negative assessments of physical condition can influence how adolescents perceive themselves and lead to low self-confidence.

When related to the respondent characteristics in Table 4.1, the majority of respondents were 15 years old (24 respondents (40.0%)), and 41 respondents (68.3%) were female. Adolescence is a phase of complex physical, psychological, emotional, and social changes, resulting in increased attention to appearance and social acceptance. Female adolescents tend to experience more dissatisfaction with their physical condition than male adolescents because changes in body weight and shape can be considered not in accordance with expected standards. This is in line with research by Annisa et al. (2023).

Forty-three respondents (71.7%) chose the face as the most important body part. This indicates that the face is a highly considered aspect in forming self-assessments. Dissatisfaction with one's face can impact self-confidence, while satisfaction with one's appearance makes adolescents more comfortable in interactions. This aligns with Rahmadi & Anjani (2024), who stated that the face is a prominent aspect in shaping body image because it is almost always visible and the center of attention.



Furthermore, 27 respondents (45.0%) chose social media as a source of reference for their appearance. Exposure to beauty standards, ideal body shapes, lifestyles, and appearance on social media can encourage adolescents to compare themselves to others, thus affecting their body image. Some respondents felt less confident after seeing other people's appearances on social media, although others felt motivated to take care of themselves. This suggests that social media can have both positive and negative impacts depending on how adolescents respond to it (Rahmadi & Anjani, 2024).

An interesting phenomenon was found in 12 respondents (20.0%) who had negative body image but high self-confidence. This condition indicates a discrepancy between negative perceptions of their bodies and persistently high self-confidence. According to the respondents' answers, despite being dissatisfied with their physical condition, they remained confident due to their abilities and the support they received from their environment.

Several respondents stated that they remained confident because they were active in organizations, had many friends, received peer support, and were confident in their learning and speaking abilities. This suggests that self-confidence is influenced not only by physical appearance but also by individual abilities, successful experiences, social relationships, and environmental support. Support from peers, family, and teachers, as well as successful experiences in academics, sports, organizations, and communication, can help boost self-confidence even if body image remains negative.

This phenomenon also indicates that some adolescents have developed a broader self-concept, so that self-confidence depends not only on physical appearance but also on abilities, achievements, and social relationships. This demonstrates that a person's self-worth is not solely determined by physical appearance.

Conversely, 5 respondents (8.3%) had a positive body image but low self-confidence. This indicates that satisfaction with one's body and appearance does not necessarily translate into high self-confidence. Respondents' responses indicated that they felt comfortable with their appearance but remained fearful, shy, and nervous in certain social situations. Several respondents expressed a fear of speaking in front of a class, shyness when meeting a large group of people, and a fear of making mistakes. This suggests that self-confidence is influenced not only by perceptions of one's body but also by psychological factors such as social anxiety, unpleasant experiences, fear of negative judgment, and lack of experience in expressing oneself.

In relation to the respondents' characteristics, this condition may be influenced by the adolescents' age, which is still at an unstable stage of emotional development. Adolescents tend to be more sensitive to social judgment, making them more prone to fear and anxiety in certain situations. The predominance of female respondents may also influence this condition, as female adolescents tend to be more sensitive to the judgments of others.

The results of the study showed that most respondents with positive body image had high self-confidence. However, the relationship between body image and self-confidence is not always absolute, as other factors influence the formation of adolescent self-confidence. These results align with previous research showing a significant relationship between body image and self-confidence in adolescents. Adolescents with positive perceptions of their bodies tend to be more confident because they feel comfortable with themselves. However, the findings in Cells B and C indicate that adolescent psychological conditions are complex and cannot be explained by a single factor.

Thus, body image is closely related to self-confidence in adolescents, but the formation of self-confidence is also influenced by various internal and external factors. Positive body acceptance tends to increase self-confidence, while dissatisfaction with one's physique and the habit of comparing oneself to others can create a negative body image that ultimately lowers self-confidence.

The Relationship between Self-Esteem and Self-Confidence in Adolescents at SMPN 3 Tapunng Hulu



Based on the research, it can be seen that from 36 respondents who have low self-esteem, as many as 3 respondents (5.0%) have high self-confidence, while from 24 respondents who have high self-esteem, as many as 1 respondent (1.7%) has low self-confidence. Based on the chi-square statistical test, the p value = 0.000 ($p \leq 0.05$) is obtained, so there is a significant relationship between self-esteem and self-confidence in adolescents at SMPN 3 Tapung Hulu. The results of the Prevalence Odds Ratio (POR) = 253,000 indicate that low self-esteem is 253 times more at risk of having low self-confidence than high self-esteem.

From the statement above, one factor influencing self-confidence is self-esteem. Self-esteem refers to a person's view or assessment of themselves, while the ideal self reflects the standards of behavior or qualities an individual desires. A mismatch between actual self-concept and ideal self-concept can lead to low self-esteem. Conversely, high self-esteem encourages optimal performance in social roles and facilitates daily interactions (Sumiyati & Rianti, 2021). Self-esteem is the assessment and appreciation of one's own worth and abilities. Positive self-esteem is characterized by self-confidence and acceptance of one's strengths and weaknesses, while negative self-esteem can lead to doubts about one's abilities and a decreased sense of self-worth (Nabilla et al., 2024).

Self-esteem Those with low self-esteem are more likely to have low self-confidence than those with high self-esteem. Adolescents who evaluate themselves positively will have stronger self-confidence, while those with negative self-esteem tend to experience self-doubt, which can hinder personal development, social relationships, and the achievement of potential (Al Husna, 2022). This research aligns with research by Hafizhah Al Husna, Ardimen, Sisrazeni, and Sri Putri Rahayu Z (2022), which showed a positive and significant relationship between self-esteem and self-confidence. These results indicate that strengthening self-esteem has the potential to increase self-confidence, thus fostering self-esteem can support the development of adolescent self-confidence.

Research results show that self-esteem influences the development of self-confidence in adolescents. Adolescents who accept and value themselves tend to be more confident in their abilities, adapt easily, express their opinions confidently, and are less prone to feelings of inferiority. Conversely, adolescents with low self-esteem tend to feel less valuable and capable than their peers, which results in low self-confidence. This is evident in respondents' responses, which include feeling embarrassed to speak in front of the class, fearing making mistakes, and feeling inferior compared to their peers.

When related to the respondent characteristics in Table 4.1, the majority of respondents (24 respondents) were 15 years old. At this age, adolescents are in the phase of developing self-identity and are becoming more sensitive to social acceptance. Adolescents begin to compare themselves to their peers in terms of appearance, academic ability, and social relationships. The gap between the actual self and the ideal self can affect self-esteem (Nabilla et al., 2024). Furthermore, the majority of respondents (41 respondents) were female. Adolescent girls generally pay more attention to physical appearance and are sensitive to social judgment. This is reinforced by 43 respondents (71.7%) who chose the face as the most important body part. When adolescents feel satisfied with their appearance, they tend to be more confident in interactions. Conversely, an appearance deemed unattractive can lead to feelings of shame, inferiority, and a lack of self-confidence. This is also influenced by social media. 27 respondents (45.0%) chose social media as a source of reference for appearance. Social media makes it easier for adolescents to see other people's standards of beauty, lifestyle, and appearance, which can lead to self-comparative behavior. Some respondents felt less confident after seeing other people's appearances on social media. One respondent said, "When I see people on social media, I sometimes feel less beautiful." However, others said that social media made them more motivated to take care of themselves and look better. This aligns with research by Leony Simpa et al. (2025) that found that social media can have both positive and negative impacts on the development of self-esteem and self-confidence in adolescents. Using social media as a source of appearance can lead to dissatisfaction with oneself and decreased self-esteem.



An interesting phenomenon in this study was the discovery of three respondents (5%) who had low self-esteem but high self-confidence. This condition indicates a discrepancy between their general self-assessment and their belief in their abilities in certain situations. Based on the respondents' answers, although they still felt dissatisfied with themselves, they still had confidence in certain abilities. One respondent said, "I actually feel insecure about my appearance, but when it comes to sports, I'm confident and not afraid." Another respondent said, "In class I'm shy, but when I'm with close friends, I become more courageous." Another respondent stated, "I still try to be confident so that my friends don't underestimate me." These statements indicate that self-confidence is not only influenced by general self-esteem, but also by positive experiences, specific abilities, social support, and environmental acceptance. When linked to the characteristics of the respondents, this condition is likely influenced by a supportive social environment. Support from peers, family, and teachers can help adolescents feel more valued, thus increasing their self-confidence even if they still have a low internal self-assessment. Furthermore, experiences of success in certain areas such as sports, organizations, or school activities can also shape adolescents' self-confidence.

On the other hand, 1 respondent (1.7%) had high self-esteem but low self-confidence. Based on the respondent's answer, the individual was able to accept himself and felt he had good abilities, but still felt nervous and afraid when he had to appear in public. The respondent said, "I am actually confident in myself, but when I speak in front of the class I am afraid of making mistakes and I tremble." Another respondent also said, "I feel fine, but I am afraid that others will judge me badly." This condition shows that even though an individual has good self-esteem, self-confidence can be influenced by other factors such as social anxiety, fear of being judged negatively, unpleasant experiences, and lack of experience performing in public.

When linked to the characteristics of the respondents, this condition may be influenced by the age of adolescents who are still at an unstable stage of emotional development. During adolescence, individuals often experience self-doubt, especially when in certain social situations. Furthermore, the majority of respondents were female, which may also influence this condition because female adolescents tend to be more sensitive to social judgment. The results of this study are also in line with previous research that stated there is a significant relationship between self-esteem and self-confidence in adolescents. Adolescents who have good self-esteem tend to have high self-confidence because they are able to accept themselves positively.

However, this study found a phenomenon in B cells and C cells that shows that the relationship between self-esteem and self-confidence is not always absolute. Other factors influence the development of self-confidence in adolescents, such as social support, successful experiences, social anxiety, friendships, physical appearance, and the influence of social media. Thus, this study demonstrates that adolescents' psychological well-being is complex and influenced by both internal and external factors. Self-esteem has a strong relationship with self-confidence. However, the development of self-confidence is also influenced by the social environment, life experiences, peer acceptance, family, and social media. Therefore, support from family, teachers, and the school environment is needed to help adolescents build positive self-esteem, provide positive social acceptance, and create a supportive environment so that adolescents can develop optimal self-confidence.

CONCLUSION

Based on the results of research on adolescents at SMPN 3 Tapung Hulu, it can be concluded that the majority of respondents have a negative body image (68.3%), low self-esteem (60.0%), and low self-confidence (56.7%). There is a significant relationship between body image and self-confidence with a p value of 0.003, and there is a significant relationship between self-esteem and self-confidence with a p value of 0.000.



SUGGESTION

Adolescents are expected to increase self-acceptance, recognize their potential, and reduce the habit of comparing themselves to others so that body image, self-esteem, and self-confidence can develop positively. Schools are expected to provide education and self-development activities that support the formation of positive body image, self-esteem, and self-confidence in students. For the nursing profession, the results of this study are expected to provide input in improving promotive and preventive efforts related to adolescent mental health, particularly in strengthening self-confidence. Future researchers are expected to examine other factors related to self-confidence in adolescents with a larger sample size and different research methods.

THANK-YOU NOTE

The researcher would like to thank the supervisor, examiner, all respondents who have taken the time and helped with this research, lecturers at Pahlawan Tuanku Tambusai University, parents and fellow researchers.

BIBLIOGRAPHY

- Afrinis, N., & Tri, A. (2025). The Relationship between Eating Habits and Stress Levels with the Incidence of Overnutrition in Adolescents at SMA Negeri 1 Bangkinang City in 2025. 4(23), 298–302.
- Agustin, S., & Rizal, GL (2022). Body image and self-confidence in married adolescent girls. *Cognicia*, 10(1), 13–18. <https://doi.org/10.22219/cognicia.v10i1.17605>
- Al Husna, H. (2022). The Relationship between Self-Esteem and Self-Confidence in Adolescents at the Lima Kaum District Orphanage. *Consulenza Journal: Journal of Counseling and Psychology*, 5(1), 12–22.
- Annisa, C., Sutja, A., & Amanah, S. (2023). The Relationship Between Body Image and Self-Confidence of Female Adolescents in Grade X of SMAN 11 Jambi City. *Innovative: Journal of Social Science Research*, 3, 7812–7824.
- Buleuen, C., & Amalia, I. (2023). Exploring Self-Confidence in Students from Poor Families in Continuing Education. *Insight: Journal of Psychological Research*, 1(4), 675–685. <https://ojs.unimal.ac.id/index.php/jpt/index>
- Dianningrum, SW, & Satwika, YW (2021). The Relationship Between Body Image and Self-Confidence in Adolescent Girls. *Journal of Psychological Research*.
- Frisca Jenny, TUK (2023). The Relationship Between Body Image and Self-Confidence in Grade IX Students of SMP Negeri 25 Pekanbaru City. 5, 1202–1207.
- Ifdil, I., Denich, AU, & Asmidir, I. (2024). Journal of Guidance and Counseling Studies: The Relationship between Body Image and Self-Confidence of Adolescent Girls. *Journal of Guidance and Counseling Studies*, 2(3), 107–113.
- Jazilatur Rohmah, A., Suheti, T., Nursing, J., & Kemenkes Bandung, P. (2023). Parenting Patterns on Teenagers Self-Confidence in SMPN 29 Bandung City. *Jkifn*, 3(1), 2023–2809.
- Kusyati, E., Prihatin, TW, & Rosviaziani. (2021). Self-Confidence Level Through Interpersonal Communication Training Using the Rope Play Method. *Journal of Mental Health Nursing*, 4(2), 297–304. <https://journal.ppnijateng.org/index.php/jikj>
- Mihrawaty S. Antu, Rini F. Zees, & Ramlia A. Nusi. (2023). The Relationship Between Parental Verbal Abuse and Adolescent Self-Confidence. *Jurnal Ners*, 7, 425–433. <http://journal.universitaspahlawan.ac.id/index.php/ners>
- Nabilla, S., Fitri, NH, Psychology, PS, & Batam, U. (2024). Self-Esteem Levels in High School/Vocational High School Adolescents. *Scientific Journal of the Psychology Zone, Batam University*, 124–132.
- Rahayu, Wiyono, H., & Pebrianti, R. (2024). The Relationship between Body Image and Self-Confidence in Adolescents in Palangka Raya. 7(1), 104–109.



<https://doi.org/10.32524/jksp.v7i1.1124>

Rahmadi, D., & Anjani, KT (2024). Women's Empowerment Through Beauty Makeup Training. Nusantara Hasana Journal, 3(7), 193–198.

Rahmah, K., & Purwoko, B. (2024). The Impact of Verbal Bullying on Decreased Self-Confidence. Edukasia: Journal of Education and Learning, 5(1), 745–750. <https://doi.org/10.62775/edukasia.v5i1.845>

Rais, MR (2022). Self-Confidence and Its Development in Adolescents. Journal of Education and Counseling, 12(1), 40–47. <https://doi.org/10.30829/alirsyad.v12i1>.

Sholiha, & Lailatuzzahro Al-Akhda Aulia. (2020). The Relationship between Self-Concept and Self-Confidence. Journal of Psychology: Scientific Journal of the Faculty of Psychology, Yudharta University, Pasuruan, 7(1), 41–55. <https://doi.org/10.35891/jip.v7i1.1954>

Subagja, R., Kamila, A.H., Zalianty, R., & Anindia, S. (2025). Coping Strategies for Low Self-Esteem Problems from an Islamic and Medical Perspective. 5, 575–589.

Sumiyati, & Rianti, D. (2021). Obesity on Adolescent Self-Esteem Sumiyati1,. Journal of Midwifery Science, 3(2), 80–85.

Sutini, T., Emaliyawati, E., Sukaesih, NS, Dewi, ER, Alawiyah, M., & Faridah, Z. (2022). The Influence of Social Media on Body Image in Adolescents and Early Adults. Muhammadiyah Nursing Journal, 7(4), 2022.

Syahada, S., Muzzamil, F., & Mangundjaya, WL (2024). Adolescent Self-Esteem Profile: A Study of XYZ Junior High School Students in Bekasi. Ezra Science Bulletin, 2(2), 546–552. <https://www.researchgate.net/publication/382446622>

Trinita, TT (2024). Analysis of Factors Influencing Body Image Based on Ethnicity and Culture of High School Adolescents at Ahmad Yani School, Binjai. <https://repositori.uma.ac.id/handle/123456789/23986>