

# Description of Self Confidence in Adolescent Teens which has Obesity

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**Abstract:** *In the present, obesity is a troubling issue among young women. Appearances are interesting and ideal is very important to improve self-confidence in adolescents. The purpose of this study to determine the description of the cause, classification, obesity problems and self-confidence as a teenager in determining the results achieved in the face of everyday life. Self-confidence is an individual's self-belief with the characteristics of an individual who thinks positively, optimistically, courageously, independently, joyfully and responsibly. The research used qualitative research method of case study type with the data collection using interview and observation methods. The three subjects have an equation that has a self confidence and locus of control is good enough. Despite having different obstacles and problems on each subject, it does not really affect the daily life of a teenager. The conclusion of this study is self-confidence owned by obese girls are needed to develop self-actualization of a teenager in improving the quality of a life. It is advisable for obese teenagers not to get caught up in the problems that arise from obesity, such as jeers, sarcasm and cynical gazes from others, but can highlight other more positive advantages, but do not forget to maintain a healthy body to avoid the risk of disease caused by the problem obesity.*

**Keywords:** Young women, Self Confidence, Obesity

## 1. Preliminary

### A. Background

Today, obesity is a matter of great concern. Because not a few people who have problems of obesity, whether it is from among children, adolescents, adults, even elderly though. And this is because obesity can disrupt some aspects such as the aspects of health, appearance and confidence. In addition, obesity can affect social interaction in the socialization process for the sufferers. Especially especially for teenagers who are obese.

Body image, physical appearance is one facet of self-image. Therefore, body image has an effect on self-esteem. Individual who are satisfied with their state and physical appearance, generally have higher confidence than those who do not (Paul J. Centi, 1993: 36).

Teenagers with physical appearance and changes cannot be separated from each other, so if there is a less than an ideal physical change, it will greatly affect the appearance. Appearance in teenagers is very important, if attractive appearance can help improve one's confidence. Good self-confidence can motivate someone to socialize well also in the environment. While teenagers who are obese and lack self confidence will feel ostracized. It is also supported by the surrounding environment that gives negative stigma to the individual. Above that many things that cannot be met in adolescence, whereas at this time teenagers are at the stage of identity searching related to the development of a teenager.

Already adolescents who are obese have self-confidence so as to reduce the negative effects derived from themselves and the environment on obesity itself. Judging from the existing behaviour should individuals maintain and control the diet or do other business such as sports regularly in order to avoid the various diseases caused by the impact of obesity.

### B. Problem Formulation

In this study, researchers limit the problems of self-confidence experienced by adolescent girls who have obesity problems. The other questions are closely related and used as a reference in exploring research problems. Some of these questions are as follows:

- 1) How is the cause of obesity experienced?
- 2) How is the classification of obesity experienced?
- 3) What are the problems faced by obese girls?
- 4) How self-confidence and efforts made by adolescent girls who are obese in experiencing obesity problem?
- 5) How are the results achieved by obese teenagers in their efforts to overcome obesity?

### C. Research Objectives

The research was conducted with the aim of:

- 1) To find out the causes of obesity experienced by young women.
- 2) To know the classification of obesity experienced by young women.
- 3) To find out the problems that arise related to obesity problems experienced by young women.
- 4) To find out the self-confidence that appears in adolescents who are obese and the effort made to overcome the problem of obesity.
- 5) To know the results achieved by adolescent girls who have obesity problems in overcoming obesity problems.

## 2. Literature Review

### A. Self confidence

#### 1) Understanding Self Confidence

Lauster (1992) defines self-confidence derived from life experiences. Confidence is one aspect of personality in the form of a belief in the ability of the individual self so as not affected by other individuals and can act according to the will, optimistic, tolerant, and responsible. Lauster (Nur Ghufuron, 2010: 34) adds that confidence is related to the

ability to do something good. This assumption makes the individual never become a person who has true self-confidence. However human capabilities are limited to a number of things that can be done well and a number of capabilities are mastered.

Confidence means feeling positive about what the individual can do and not worrying about what the individual cannot do, but having the will to learn. Confidence is a lubricant that facilitates the wheel of the relationship between the individual, the ability of talent, expertise and potential and the way the individual uses it (Martin Perry, 2005: 9).

## 2) Aspects of Self Confidence

According to Lauster (M.Nur Ghufroon and Rini Risnawita, 2010: 36), individuals who have positive self-esteem are those mentioned below:

- a) Self-confidence  
Self-esteem is a person's positive attitude about himself.
- b) Optimistic  
Optimism is a positive attitude that someone who always has a good view in facing all things about himself and his ability.
- c) Objective  
Individual who see the problem or something in accordance with the correct truth, are not according to personal truth or according to himself.
- d) To be responsible  
Responsible is the individual's willingness to bear everything that has become its consequence.
- e) Rational and realistic  
Rational and realistic is the analysis of a problem, a thing, and an event by using a thought that is acceptable to reason and in accordance with reality.  
Based on the description above, it can be said that aspects that give rise to individual confidence derived from within the individual by understanding and assessing himself with all the abilities, experiences and mind-set of the individual.

## 3) Type of Self Confidence

According to Lindenfield (1994: 4) confidence is divided into 2 types, namely:

- a) Inner confidence is the kind of self-confidence that gives the individual feelings and assumptions that the individual is in good shape. Such self-confidence has the main characteristics: self-love, self-understanding, clear goals and positive thinking.
- b) Confidence is born self-confidence that is learned through the individual's daily environment, to give the impression of confidence in the outside world of the individual, then the individual needs to develop skills in the field: communication, assertiveness, self-appearance and control of feelings.
- c) Super confidence is a term used to describe the kind of self-confidence that is formed of all the elements above, and that has a special quality. The superhuman strength and power of super confidence comes from continuous inner and inner interactions.

## B. Teenagers

### 1) Understanding Youth

Adolescence, according to Mappiare (1982), takes place between the ages of 12 - 21 years for women and 13-22 years for men. This teen age range can be divided into 2 parts, ie age 12/13 - 17/18 years are early teenagers, and the age of 17 / 18-21 / 22 years is the final teenager. According to the laws of the United States today, individuals are deemed to have grown up if they have reached the age of 18 years, and not 21 years as previously stipulated. The adolescence, originally called adolescence, is derived from the Latin adolescence meaning "to grow / grow to reach maturity". Further development of the term adolescence actually has a broad meaning, including mental, emotional, social, and physical maturity. This view is supported by Piaget who says that psychologically, adolescence is an age in which individuals become integrated into adult society, an age where children do not feel that they are below the level of the older individual but feel the same, or at least parallel.

Adolescence is a period of transition that is the transition from childhood to adulthood. This adolescence is an important period in the life span. This period is known as a transitional period, a period of growth, an age of trouble, a time when individuals seek identity, age that is frightening, unrealistic and adult threshold time (Mohammad Ali, 2010: 9-10).

### 2) Youth Development Task

According to Havighurst (in Mohammad Ali, 2008: 165), there are a number of developments to be solved well by adolescents, as follows:

- a) Achieve new, more mature relationships with male and female peers.
- b) Achieve the social role of men and women.
- c) Accept the physical state and use effectively.
- d) Seek emotional independence from parents and other adults.
- e) Achieve guarantee of economic freedom.
- f) Choosing and setting up a job.
- g) Preparing to enter family life.
- h) Developing intellectual skills and concepts essential to citizenship competence.
- i) Achieve and expect responsible social behaviour.
- j) Obtain a set of ethical values and systems as a code of conduct.

These tasks of teenage phase development are closely related to their cognitive development. Maturity of cognitive phase achievement will greatly assist the ability to carry out its developmental tasks well. In order to fulfil and carry out developmental tasks, creative and innovative ability of the adolescent is required. This creative ability is characterized by cognitive development.

### 3) General Characteristics of Youth Development

Adolescence is often known as self-identity, by Erickson called the identity of the ego. Therefore, there are a number of attitudes that are often shown by teenagers are:

- a) Anxiety  
The intriguing attraction between the high fantasy and its inadequate ability resulted in them being overwhelmed by anxiety.

- b) Contradiction  
In general, adolescents often experience confusion because of frequent disagreements with parents. The frequent clashes cause confusion in the teenagers themselves and in other individuals.
- c) Fantasy  
The desire to explore and adventure all channelled. Exploring the vast surrounding environment will cost a lot, whereas most teenagers only earn money from the giving of their parents. As a result, they fantasize, seek satisfaction, even channel their fantasies through the world of fantasy.
- d) Group activity  
Various desires of teenagers often cannot be fulfilled due to various obstacles, and often happens is the unavailability of costs. Most teenagers find a way out of their difficulty after hanging out with peers to do a joint activity.
- e) The desire to try everything  
In general, teens have a high curiosity. Encouraged by high curiosity, teens tend to be adventurous, exploring everything and trying everything that has never happened before (Mohammad Ali, 2008: 17-18).

#### 4) The Physical Development of Youth

There are 4 changes that are universal during adolescence, namely:

- a) Increased emotion, this depends on the intensity of the level of physical and psychological changes that occur; these emotional changes occur much in early adolescence
- b) The body changes, interests and roles expected by social groups to play, create new problems, so during this time teenagers feel overwhelmed by problems.
- c) With the changing interest and behaviour, the values also change. What is considered important / valuable in childhood is now no longer. If in childhood the quantity of importance is now the preferred quality aspect.

Most teenagers are ambivalent towards any change. They want and demand freedom, but they are often afraid of being responsible for the consequences and doubting their ability to carry out these responsibilities. (AlisufSabri, 1993: 160-161).

#### C. Obesity

- a) Understanding Obesity  
Obesity is a condition where the individual has a heavier weight than the ideal body weight caused by the build-up of fat in his body. While excess weight (overweight) is overweight including muscle, bone, fat and water. Obesity or overweight occurs when the body gets fat (obese) caused by excessive adipose tissue build-up (Atikah Proverawati, 2010: 71-72).
- b) Factors Cause Obesity  
Here are the factors that contribute to obesity; genetic factors (heredity), environmental factors (behaviour or lifestyle patterns), psychosocial factors (emotional disturbances, discomfort in association), health factors (thyroid gland and nerve abnormalities), developmental factors (fat cell count), and physical activity Atikah Proverawati 2010: 72-75).
- c) Obesity Classification

The degree of obesity can be classified as follows (Misnadiarly, 2007: 37); Mild Obesity, i.e. when an individual's weight is between 20-30% above the ideal weight. At this level, in addition to conservative treatment, it is necessary to monitor the consequences that obesity can cause. Moderate obesity, is when individual weight between 30-60% above the ideal weight. At this level individuals have entered a high risk to get diseases that have to do with obesity. Morbid, is when the weight is 60% or more above the ideal weight.

In addition to the four-degree Krai (in Misnadiarly, 2007: 38) it still poses another degree called malignant obesity, which is overweight at 45.5 kg above its normal weight. In Malignant obesity this risk of sudden death is very high.

### 3. Methodology

#### a) Methods and Research Type

The research method used is qualitative and descriptive case study research in the form of written words from people and behaviour that can be observed (Bogdan and Taylor in Lexy J. Moleong, 2004: 3). Case study is one of the important and distinctive methods in psychology to examine the complete, unique and profound variety of variables that affect the social life and situational subjects of the study. Triangulation is a technique of checking the validity of data that utilizes something other than that for checking purposes or as a comparison against the data. The most widely used triangulation technique is checking through other sources. Denzin (in Lexy J. Moleong, 2001: 178) distinguishes four kinds of triangulation as a technique that utilizes the use of sources, methods, investigators and theories. In this study used triangulation with source utilization which means comparing by checking back the degree of confidence of information obtained through different times and tools in qualitative methods (Patton, in Lexy J. Moleong, 2001: 178).

Operational definition of independent variable (self-confidence); self-confidence is the individual's positive belief in his ability to do things, act, think according to his wishes and desires without comparing himself with other individuals to fulfil his purpose in life, with individual characteristics optimistic, objective, responsible, rational and realistic. Meanwhile, dependent variable (adolescent obesity); adolescent obesity is a state where teenagers have a heavier weight than ideal body weight caused by the build-up of fat in the body.

The case study is a comprehensive description and explanation of various aspects of an individual, a group, and an organization, a program or social situation. The case study researcher attempted to examine as much data as possible about the subject under study by studying as closely as possible an individual, a group or an event, aiming to provide a complete and insightful view of the subject (Deddy Mulyana 2002: 201).

Data collection methods used was observation method and interview method. The term observation is defined as the activity of paying attention accurately, noting the emerging phenomenon and considering the relationship between aspects in the phenomenon. Patton (in Kristi Poerwandari,

2001: 70) confirmed that observation is an essential data collection method in research, especially qualitative research. While Deddy Mulyana (2003: 180) interview is a form of communication between two people, involving someone who to obtain information from others by asking questions based on certain goals.

In the interview, researchers used tools such as structured interview guidelines that have been made before the interview took place, as well as a voice recorder to record all the results of the interview for more accurate results obtained.

In the observation, the researchers used blank paper and stationery, to record the important things seen during the interview process took place.

Characteristics of the subjects in this study were girls who experienced obesity problems aged about 16-20 years.

#### 4. Data Analysis and Discussion

In preparation of this study, the first thing to do is to find a subject that matches the characteristics of the research sample. Researchers make a first meeting on the subject. Researchers conducted an observation of the obese girls. Finally, researchers found three people who fit the phenomenon to be studied. The researcher then approached the three select researchers.

In June 2012, researchers conducted a survey to the subject. Researchers then inform the intent and purpose of the researcher. Furthermore, the researcher describes the research process using observation and interview method. The researcher then requested permission to record all the talks that the researcher and the subject would run, and to observe during the interview process. The three subjects did not object to the methods presented by the researcher.

All interviews are conducted in three different places, in restaurants, at home and on campus; this is done on each subject's different willingness. Overall the subjects under study are undergoing a learning process at school and at university.

To know more clearly about the confidence of adolescent girls who have obesity problems experienced by the three subjects, researchers have the opportunity to know more background and personal life of the subject. After doing the research, the researcher recorded the points that were previously made and then added them with the behaviours of the subjects that the researcher remembered and sequenced so that it became an overview of observation.

The first 17-year-old was obese since he was 15 with mild obesity, a 16-year-old second subject of obesity since childhood with moderate obesity, and a third subject aged over 20 had obesity since the age of 14 with mild obesity.

These three subjects have a pretty good self-confidence was seen from the ability of the subject to overcome various problems in everyday life although also every subject has different ways and angles in facing it. Obviously with the

various activities of the three subjects as a young woman, they do not feel slumped and remain in their respective duties. The three subjects have an attitude of responsibility in each performing each task. Coupled with the support of family, friends, supportive environment and the people around who always support, and increase their spirit and motivation in life.

#### 5. Conclusion

The cause of obesity experienced by young women is due to many things. In general, usually, adolescents who are obese due to genetic factors or descent from parents who are both experiencing obesity problems. Such as eating habits are wrong, irregular, excessive eating patterns and fond of eating fatty foods, and lack of physical activity that causes lack of calorie burning compared with calorie intake received by the body.

The problems encountered were satire and taunts and cynical gazes. Not to mention difficult to find the right size of clothes and body quickly feel tired and lazy. And many teens are also experiencing discrimination.

Self confidence that grows in teenage girls who are obese is usually due to the support of people around, like from family and friends who always accept what it is as well as other positive activities, which can provide new experiences. So that makes teenagers can develop self-ability again and try to actualize themselves to get existence. The desire to change for the better is an internal factor that comes from within the adolescent, because adolescents also need the support and motivation of others as external factors to increase confidence. And awareness of teenagers to be able to work with things that are positive and not drooping only with the problem of body shape. The results of adolescent obesity in overcoming the problem can be seen from how far effort has been done. How teenagers attempt to control and think positively and not feel intimidated from the situation and response by others as well as teenagers can motivate themselves so that with the existing problems can be more positive mind-set, not cornered by the problem of body shape. Weight loss is usually done by adolescents who are experiencing obesity problems such as diet, diet and exercise or work hard can successfully lose weight, although not getting the desired results, but there has been a change. But what matters is the support of the people around and always be grateful for life and positive thinking is a major factor for young women to live.

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