

THE ROLE OF BODY IMAGE AND SOCIAL SUPPORT ON SELF-CONFIDENCE OF COVER DANCER K-POP IN JAKARTA

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Abstract: This study aims to determine there is a role of body image and social support on self-confidence of cover dancer K-pop in Jakarta. The samples were taken by purposive sampling technique with total of subject is 219 people. The measuring instruments of this study is self-confidence scale that proposed by Guilford (1959), Multidimensional Body-Self Relations Questionnaire-Apperance Scales (MBSRQ-AS) by Cash & Pruzinsky, and Multidimensional Scale of Perceived Social Support (MSPSS) by Zimet et al. Each measuring instrument has a reliable. Most of the respondents has a moderate level of body image and there are still some respondents who have a low body image. It is means there are still many cover dancers who view and evaluate their body image as negative. Likewise, for social support and self-confidence, most respondents are in the moderate category. This show that there are still respondents who have low social support and self-confidence. The result of study showed that body image and social support have a role on cover dancer K-pop's self-confidence either partially or together.

Keywords: body image, social support, self-confidence, cover dance

INTRODUCTION

The rapid development of the times makes various cultures easily enter Indonesia, such as Hollywood, Bollywood, and South Korean culture. Among the cultures that entered Indonesia, South Korean or we called it Hallyu (Hangeul: 한류) is the most influential these days in Indonesia and even throughout the world (Arisandi, 2019). Based on survey in twitter, there were 7.5 billion tweets as of June 30, 2021, which made Indonesia ranked first as the country with the most K-Pop fans on Twitter (tempo.com, 2021). Jakarta is being one of city that is heavily influenced

with Hallyu. This is because Jakarta is the capital city which is a strategic location for art industry people from various countries, one of which is South Korea who does business and introduces their culture at the same time (Riauzie, dalam Sugiarti, dkk. 2019).

One of K-pop culture that growing rapidly in Indonesia is cover dance, is a term that refers to individual activities that imitate the choreography of a particular group or artist along with costumes, hairstyles, and accessories. The main point in cover dance is not on creativity but on the resemblance to the idol, starting from the choreography, costumes, body postures and expressions when performing in front of many people or in front of the camera the same as the original (Milania & Muktiono, 2015). When a cover dancer performs, they must show an appearance as close as possible to their idol so that the role that the individual wants to show can be conveyed to the audience. As stated by Goffman (in Putri & Malau, 2020) that someone who playing their role on the stage already has the appropriate role he wants so the individual tries to control the impression he wants to convey to the audience during the performance. Cover dance has become the most popular among K-pop fans and even many K-pop fans have joined the cover dance community (Setyani & Muktiono, 2017) as well as in Indonesia. This is proven by the existence of the Indonesian K-Pop Dance Cover Community that was formed on Facebook which currently has 31,200 members as of September 2021 (facebook.com), where the activities in this community are exchanging information and promoting their cover dance videos (Effendi, 2011).

The activities carried out by the cover dancers themselves are participating in various national and international competitions, workshops, dance classes organized by certain communities, appearing on TV shows and even from this activity become an income for several individual cover dancers (Kumparan, 2018), fundraising by creating an event, the proceeds of which are then donated to several foundations in need (Hapsari, 2021). Not only among the general public, cover dance is also used as one of the school's extracurricular options, such as SMA Negeri 1 Bojonegoro. The existence of this K-pop cover dance extracurricular is a place for students to develop their potential (Widakdo, 2019).

From the various activities carried out, the cover dancers are required to always perform confidently on the stage, in front of many people and in

front of the camera. Self-confidence is one aspect of personality that is important for every individual to have. Guilford (in Prayoga, 2015) state that self-confidence is one of factor of personality that can analysis person temperament to find out the level of their abilities. Self-confidence is also an indicator of intelligence related to the ability to understand the strengths and weaknesses that individuals have (Handayani, 2020). The level of one's self-confidence, high or low, very important in terms of determining their appearance in an activity or in performing a task (Meric & Ilham, 2016). If the individual wants to develop the aspects that inside of them optimally, the individual needs high self-confidence. However, there are still many people who have low self-confidence (Ifdil., et al, 2017).

Mangunhardjana (in Handayani, 2018) state that one of factor that influencing to one's self-confidence is physic, which is people will feel more confident when their have a perfect physique. Some people assume that they need to change themselves to be like or approach the idol or symbol of beauty that is believed to be to feel better and be more accepting of his physical condition (Suryanie, in Karima 2013). Body image is a perception of individual's body built on their mind, considering its constituent parts and the feelings associated with them (Cardoso., et al, 2017). Whereas Cash and Pruzinsky (in Maryam & Ifdil, 2019), body image is one's perception and feeling that associated to their body in the form of positive and negative assessment. A positive view of body shape has an important role in building psychological health and individual physical development. While a negative view of the body will lead to various problems with the body, such as eating disorders, strict diets, depression, and others (Maryam & Ifdil, 2019). Concern with body image also associated with characteristic, such as face, skin colour, hair, fitness, and strength (Weirthem & Paxton, 2012; Wahyuni & Aurellia, 2021).

People should have a positive body image so that they can accept themselves without having to care about other people's body standards (Ifdil., Denich., & Ilyas, 2017). Negative body image can refer to body dissatisfaction and excessive cognitive and behavioral investment in one's physical appearance in defining oneself (Pollatou, Bakali, Theodorakis, & Goudas, 2010; Albano, 2014). Negative body image can lead to low self-esteem, depression, withdraw from society, and sexual dysfunction (Cash & Grant, in Setyani & Annatagia 2018). When individuals perceive their bodies positively, it will increase their self-confidence. However, if they

perceive their bodies negatively, their self-confidence tends to be low (Handayani, 2018).

In addition to body image as an internal factor, external factors also have a role in the level of self-confidence, one of which is social support (Fleming & Jenaabadi, Evitasari 2016). Zimet et al (in Louw & Viviers, 2010) defines social support as one's perception about how resources can act as buffers between stressful events and symptoms. However, social support can provide benefits to avoid vulnerabilities through strong coaching and alliances as relevant assistance related to problem solving (Wardani, Jeanne, Mardhiyah, Komarudin, Istiqomah, & Rozi, 2021). Social support can be in the form of financial support, service support, or counseling guidance (Kitson, Moir, & Mason, 1982; Jackson & Fife, 2018). Anchok (in Siregar, 2020) said that support and good interaction from the family will provide a sense of comfort and high self-confidence, as well as support from the community received will increase self-esteem and individual self-confidence. In research conducted by Freeman & Rees (2007), the results show that in an athlete, self-confidence will be high when the athlete is in a supportive environment. Therefore, it can be said that when individuals get high social support from their environment, the individual's self-confidence will increase.

Based on the description above, the researcher is interested in knowing the role of internal factors and external factors on self-confidence together, which is also the novelty of this research. In this case, the researcher wants to explore the role of body image and social support on self-confidence in K-pop cover dancers in Jakarta, either partially or simultaneously.

METHOD

Research Design

This study uses a quantitative correlation method with simple regression linear analysis for hypothesis 1 (There is a role of body image on self-confidence of cover dancer K-pop in Jakarta) and hypothesis 2 (There is a role of social support on self-confidence of cover dancer K-pop in Jakarta), and multiple regression linear analysis to examine hypothesis 3 (There is a role of body image and social support on self-confidence of cover dancer K-pop in Jakarta).

Respondents

A total respondent of this study is 213 respondents consisting of 67 males and 146 females with the characteristics of male/female cover dancers K-pop who live in Jakarta obtained by using purposive sampling technique. The detail concerning participant’s sex, age, and how long being a cover dancer.

Table 1: Demographic Characteristic of Participants

Characteristics	n	Percentage
Sex		
Male	67	31,5%
Female	146	68,5%
Age		
15 – 18years old	41	19,2%
18 – 25years old	163	76,6%
> 25years old	9	4,2%
How long being a cover dancer		
<1 year	16	7,5%
1 – 5 years	134	62,9%
>5 years	63	29,6%

Instrument

This study used three scales to collect data. The first scale is Multidimensional Body-Self Relations Questionnaire-Appearance Scales (MBSRQ-AS) based on theory of Cash & Pruzinky (2002), that consist of 4 dimensions that is appearance evaluation, appearance orientation, body area satisfaction, and overweight preoccupation with total 23 items. This scale has reliability of Cronbach Alpha of 0.875 and uses 5 Likert scale (strongly suitable – strongly unsuitable). The second scale is Multidimensional Scale of Perceived Social Support (MSPSS) based on theory of Zimet et al (1988), that consist of 3 aspects that is family support, peer support, and significant other support with total 12 items. This scale has reliability of Cronbach Alpha od 0.788 and uses 7 Likert scales (strongly agree – strongly disagree). The third scale is Self-Confidence Scale based on theory of Guilford (1959). This scale uses 4 Likert scale (strongly suitable – strongly unsuitable) and consist of 3 aspects that is confidence in self-ability, sociability, and calmness of attitude with total 21 items. As for the reliability, it was obtained Cronbach Alpha of 0.785.

RESULTS

Table 2: Descriptive Analysis

Variable	N	Minimum	Maximum	Mean	Std.Deviation
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Body Image	213	71	126	99,96	10,700
Social Support	213	25	84	56,92	12,524
Self-Confidence	213	46	81	63,00	7,083

Based on the results of the descriptive analysis, it can be seen that on the body image scale, the lowest score is 71 and the highest score is 126, with an average of 99.96 and a standard deviation of 10.700. Whereas, on the social support scale, the result shows minimum score of social support is 25 and maximum score is 84 with an average of 56.92 and standar deviation of 12.524. Then the self-confidence scale has a minimum value of 46 and a maximum value of 81 with an average of 63.00 and a standard deviation of 7.083. To find out the details of the study results, the researcher conducted an analysis based on the level category of each variable ranging from low, moderate, to high

Table 3: Category Level of Research Respondents

<i>Body Image</i>	Low	27	12,7%
	Moderate	151	70,9%
	High	35	16,4%
Social Support	Low	34	16%
	Moderate	141	66,1%
	High	38	17,9%
Self-Confidence	Low	32	15,1%
	Moderate	135	63,3%
	High	46	21,6%

The table above shows the result that most of respondent in this study have body image in moderate category with percentage of 70.9% or the total respondent of 151 respondents. Then, the social support shows that 66.1% of respondents are in the moderate category, which means that the majority of respondents' social support in this study is in the moderate category. Furthermore, the self-confidence shows that the respondents' self-confidence in this study is in the moderate category, namely the acquisition of a percentage of 63.3%.

Before conducting hypothesis test, the researcher tested the classical assumptions, which consisted of normality test, linearity test, heteroscedasticity test, and multicollinearity test.

Table 4: Normality Test

Variable	Asymp. Sig. (2-tailed)	Jumlah Data
Body Image	.200	213

Social Support	.056	213
Self-Confidence	.200	213

Based on the result of statistic analysis, it can be conclude that significance score of body image is $0.200 > 0.05$ was normally distributed, the significance score of social support is $0.056 > 0.05$ was normally distributed, and the significance score of self-confidence is $0.200 > 0.05$ was normally distributed. Thus, it can be concluded that the data from the three variables are normally distributed.

Table 5: Linearity Test

Variable	<i>Deviation from linearity (.Sig)</i>	<i>N of Items</i>
Body Image	0,976	213
Social Support	0,655	213

Based on the results of the linearity test that has been carried out, it shows that the significance value of deviation from linearity of the body image variable on self-confidence is $0.976 > 0.05$ and the significance value of the deviation from linearity of the social support variable on self-confidence is $0.655 > 0.05$, which means the relationship between the two variables independent with the dependent variable is linear.

Table 6: Heteroscedasticity Test

Variable	<i>Nilai Korelasi (.Sig)</i>
Body Image	0,905
Social Support	0,218
Self-Confidence	0,737

The table above shows the results of body image with a significance score of $0.905 > 0.05$, social support with a significance score of $0.218 > 0.05$, and self-confidence with a significance score of $0.737 > 0.05$ meaning that there are no symptoms of heteroscedasticity.

Table 7: Multicollinearity Test

Variable	<i>Tolerance</i>	<i>VIF</i>
Body Image	0,943	1,060
Social Support	0,943	1,060

The table above shows the results that the VIF score for body image and social support variables is below 10, that is 1.060 with tolerance > 0.1 , that

is 0.943. Therefore, it can be interpreted that there is no multicollinearity problem between the independent variables.

After fulfilling the requirements of the classical assumption test, the researcher tested the hypothesis with simple linear regression analysis to analyze the hypothesis 1 and 2, multiple linear regression analysis to analyze the hypothesis 3. After the analysis was conducted the result shows the following:

Table 8: Body Image on Self-Confidence Hypothesis Test

Variable	R	R square	T	Sig
Body Image	0,515	0,265	8,724	0,000

The table above shows the result that T count greater than T table (8.724 > 1.960) which means H_0 is rejected and H_{a1} is accepted. So it can be concluded that there is a significant role of body image on the self-confidence of K-pop cover dancers. Furthermore, the table shows the value of $r = 0.515$, which means that the relationship between body image and self-confidence is positive in the strong category. This table also shows the results of R Square = 0.265, which means that the body image variable has a contribution of 26.5% on individual K-pop cover dancer self-confidence.

Table 9: Correlation Between Body Image and Self Confidence

Dimension X/Aspect of Y	Confidence in Self-Ability	Sociability	Calmness of Attitude
<i>Appearance Evaluation</i>	0,478**	0,318**	0,001
<i>Appearance Orientation</i>	0,279**	0,288**	-0,078
<i>Body Area Satisfaction</i>	0,493**	0,222**	-0,056
<i>Overweight</i>	0,005	0,056	0,014
<i>Preoccupation</i>			

** . Correlation is significant at the 0.01 level (2-tailed)

The table above shows the result of correlation each of body image dimension on each of self-confidence aspects that analyze used pearson correlation. Among the body image dimension, appearance evaluation and body area satisfaction dimension have a stronger correlation score with confidence in self-ability that is 0.478 and 0.493. thus, appearance orientation shows the stronger correlation score with sociability aspect that is 0.288. All dimensions of body image have no correlation with calmness of attitude and all aspects of self-confidence have no correlation with dimensions of overweight preoccupation.

Table 10: Social Support on Self-Confidence Hypothesis Test

Variable	R	R square	T	Sig
Social Support	0,318	0,101	4,880	0,000

The table above represent the results of T count greater than T table (4.880 > 1.960) with a significance value of 0.000 < 0.05, which means H₀ is rejected and H_{a2} is accepted. Therefore, it can be concluded that there is a significant role of social support on the self-confidence of cover dancer K-Pop. Furthermore, the table shows the value of r = 0.318, which means that the relationship between social support and self-confidence is positive in the weak category. This table also shows the results of R Square = 0.101 which means that the social support variable has a contribution of 10.1% on the self-confidence of cover dancer K-Pop.

Table 11: Correlation Between Social Support and Self-Confidence

Dimension	Confidence in Self-Ability	Sociability	Calmness of Attitude
Family Support	0,112	0,149*	-0,043
Peer Support	0,189**	0,336**	0,042
Significant Other Support	0,124	0,286**	0,086

***. Correlation is significant at the 0.01 level (2-tailed)*

**. Correlation is significant at the 0.05 level (2-tailed)*

The table above represent the results of the correlation test between the dimensions of social support and aspects of the self-confidence variable. The dimension of peer support has the highest correlation value in the aspect of confidence in self-ability, that is 0.189 and with the aspect of sociability with a correlation score of 0.336. Meanwhile, the support dimension of significant others has the highest correlation score on the aspect of sociability, that is 0.286. Furthermore, the dimension of family support correlated with sociability but in a weak category with a score of 0.149.

Table 12: Body Image and Social Support on Self-Confidence Hypothesis Test

Variable	R	R square	F	Sig
Body Image and Social Support	0,553	0,306	46,252	0,000

The table above shows that the F count score is greater than F table ($46.252 > 3.039$) with a significance value of $0.000 < 0.05$, which means H_0 is rejected and H_a is accepted. Thus, it can be concluded that body image and social support have a significant role in the self-confidence of cover dancer K-Pop simultaneously. Furthermore, the table shows the score of $r = 0.553$, which means that the relationship between body image and social support on self-confidence is positive in the strong category. This table also shows the results of $R^2 = 0.306$, which means that the body image and social support variables have an influence of 30.6% on the self-confidence of cover dancer K-Pop simultaneously.

DISCUSSION

This study aims to determine there is a role of body image and social support on self-confidence of cover dancer K-Pop, either partially or simultaneously. A total subject of this study is 213 respondents that most of them are female with total 146 respondents whilst a total of male respondents are 67 respondents. The result shows most of respondents have body image in moderate category which means there is respondents who have body image in low category. This shows that there are still many cover dancers who view and evaluate their body image as negative. Likewise, for social support and self-confidence, most respondents are in the moderate category. This means that there are still respondents who have low social support and self-confidence.

The analysis of variables based on demographic data shows that there is no significant difference in the respondent's body image in terms of gender, age, and length of time being a cover dancer. However, the result in social support variable shows that there is significant difference in the respondent's aged 18-25 years with respondents over 25 years old. This refers that social support received by respondents aged 18-25 years with respondents aged over 25 years is different. Besides that, the self-confidence variable also shows a difference which is shown in the length of time being a cover dancer. This shows that the length of time being a cover dancer affects the level of individual confidence both on stage and in front of the camera which the longer a cover dancer becomes, the more confident they will be, and this is due to the many experiences their faced.

According to Mildawani (2014) there are two factors that influence self-confidence, that is internal factors and external factors. One of the internal factors that can affect individual self-confidence is body image. Based on T analysis test conducted, the result shows body image has a role on self-confidence which means body image can explain the self-confidence by 26.5%, while 73.5% is influenced by other factors such as parenting patterns, age maturity, and so on. As said by Mangunhardjana (in Handayani, 2018) individuals will feel more confident if they have a perfect body. When individuals can perceive their bodies positively, it will foster high self-confidence so that individuals can feel more comfortable with themselves. This is in line with the opinion expressed by Centi (in Wiranatha & Supriyadi, 2015), that in general, individuals who can accept and are satisfied with their body condition and appearance have higher self-confidence compared to those who cannot accept and are not satisfied with their behavior and their body. The influence of body image on self-confidence is in line with research conducted by Safitri & Rizal (2020) with 125 respondents and shows the results that the contribution of the body image variable to the self-confidence variable is 0.51%.

Besides that, the result of correlation analysis between body image dimension on self-confidence aspects shows appearance evaluation and body area satisfaction have the strongest correlation with self-confidence aspects which means when individuals have a good evaluation of their body appearance and satisfied with every part of their body, their confidence in their abilities also increases. On the other hand, appearance evaluation also has the higher correlation on sociability aspects. Evaluation of one's appearance can be done either by oneself or other people so that it is related to the ability to socialize. Furthermore, from the three aspects of self-confidence, the appearance orientation dimension has the strongest correlation with sociability, meaning that when individuals have an appearance orientation such as trying to improve their appearance for the better version of themselves, then the individual's belief in social relations also increases. Among the four dimensions of body image there is no correlation with the aspect of calmness of attitude, which means that however the individual's perception of his body has no connection with how the individual behaves. Likewise, none of the three aspects of self-confidence correlated with the overweight preoccupation dimension, which means that individual self-confidence has no relationship with changes in individual weight and body shape.

In addition to internal factors, external factors from individuals have also been shown to affect the level of self-confidence, one of which is social support (Fleming & Jenaabadi, Evitasari 2016). This is shown in the results of the T test which means there is a role of social support on individual self-confidence, means that the social support variable can explain the self-confidence variable of 10.1%, while 89.9% is influenced by other factors such as the ability to deal with problems, be responsible, the ability to get along, and the ability to accept criticism. Sarason (in Jarmitia, et al 2016) states that social support can be in the form of giving attention, care, appreciation, and affection from people around the individual so that it can increase their confidence. Siregar, et al (2019) stated that good support from the individual's environment, such as family, can provide a high sense of comfort and confidence for individuals.

Researchers conducted an analysis of the correlation of each dimension of social support to each aspect of the self-confidence variable. The results of the analysis show the three dimensions of social support have a correlation with aspects of social skills, which means when individuals get a good social support, they have high beliefs in sociability. Furthermore, of the three dimensions of social support, peer support has the highest correlation value with sociability. This means that when individuals are in a friendly environment that supports each other, the individual's confidence in social relations is also high. This is because, people in their late teens to early adulthood consider that the most important thing in their life is friends. As stated by Sullivan (in Santrock, 2011) at this stage of development, friends become increasingly important in meeting social needs compared to parents. In addition, it is also important for the K-Pop cover dancer community to build a supportive environment, not a competitive environment between members, to increase the members' confidence. Based on the results of the correlation analysis also shows the three dimensions of social support, family support has a low correlation in every aspect of self-confidence which means family support does not have much effect in the self-confidence of a K-Pop cover dancer.

Furthermore, this study conducted multiple regression analysis to determine whether there was a role of body image and social support simultaneously on the self-confidence of K-pop cover dancer. The results show that body image and social support have a significant role in the self-

confidence of K-pop cover dancer as indicated by the results in the F test. The coefficient of determination obtained is 0.306, which means that the body image and social support variables are simultaneously able to explain self-confidence of 30.6% and 69.4% influenced by other factors. As stated by Wiranatha & Supriyadi (2015), these other factors are self-esteem, family, parenting, authority figures, gender, education, and physical roles. Risnawati, Nuraqmarina, & Wardani (2021) said a positive perception that is built by a person through interaction in the form of social support especially from parents, can meet the need for affection and attention so that it has an impact on self-assessment, self-esteem, and self-efficacy of the individual. The influence of other variables is shown from one of the studies conducted by Wahyuni & Aurellia (2021) which shows the results that self-esteem is formed by body image by 18.7%. Self-esteem is considered very important in life because it is part of an individual's life and an evaluative indicator that represents a person's cognitive, affective, and behavior (Wardani & Anisa, 2021; Sherly & Wardani, 2021). Likewise, self-efficacy is considered as a person's belief about the abilities needed to drive motivation to complete tasks well (Wardani & Noviyani, 2020; Wardani & Amalia, 2021; Wardani & Pitensah, 2021; wardani & Amaliah, 2020).

Based on the coefficient of determination obtained, body image and social support have a bigger role when compared separately. This means that to have high confidence in K-pop cover dancer requires both internal and external factors that support it. The first thing that attracts a lot of attention from other people is physical appearance, so many people are the concern this problem when they are in society. This also causes people to always want to improve their physical appearance to the ideal level that they believe in. As stated by Hurlock (in Amalia, 2020), that individuals who have attractiveness will feel greatest social attitudes which affect their self-concept so that individuals will be more confident. In addition, Lawrence, Fauerbach, Heinberg, and Doctor (in Hodder, Anna, & Parker, 2013) found that social support and anxiety about appearance were significant factors on body satisfaction. In research conducted by Hodder, Anna & Parker (2013) shows that negative feedback from social support received by individuals has an impact on negative body image. Ata et al (in Roeza et al, 2021) state that social support received by individuals can increase satisfaction with body shape to foster a positive body image, especially in adolescents. In general, individuals who are happy and satisfied with their

lives are individuals who can understand their own situation (Wardani & Astuti, 2019).

The interactions that occur between individuals make it an experience in behaving, when they have a lot of experience it will increase his confidence. This is also expressed by Rohayati (in Jarmitia et al., 2016), when individuals have various experiences from the results of interactions with other people and the wider environment, it will lead to positive behavioral changes that will also increase the individual's self-confidence. As stated by Lautser (2002) that self-confidence is an encouragement from life experience and is related to the ability to do the right thing.

Furthermore, the correlation score shows the result that the more positive body image and the higher social support obtained, the individual's self-confidence will increase. Conversely, the more negative body image and the lower individual's social support, the individual's self-confidence will decrease. High self-confidence is something that every individual needs to have because with high self-confidence, people can optimize their potential. Fereira (Wati, et al 2019) consultant from Deloitte and Touche Consulting stated that if a person has self-confidence, then in addition to being able to control and maintain his confidence, the individual can also bring about changes in his environment, which means that self-confidence can affect self-recognition, self-control, motivation, and empathy to social skills.

CONCLUSION

The results of the research and discussion of data analysis regarding the role of body image and social support on the confidence of cover dancer K-Pop in Jakarta, it can be concluded that there is a role for body image and social support for self-confidence, both separately and simultaneously. The coefficient of determination shows that body image has a higher role percentage than social support. However, body image and social support have a greater role in the level of self-confidence if done simultaneously. This means that to have high self-confidence, individuals need internal and external factors.

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Author's Contribution

Qurrotu A'yun, S.Psi has contributed substantially to the conception and design, data acquisition, data analysis and interpretation. Dr. Dearly, M.Psi has been involved in drafting or critically revising for important intellectual content, data acquisition, data analysis, interpretation and also given final approval of the version to be published.

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