

Body Image and Social Anxiety in Late Adolescent Girls of Toraja Ethnicity

Marjori Joy Palpagan, Christiana Hari Soetjningsih, Enjang Wahyuningrum

Universitas Kristen Satya Wacana, Indonesia

Email: marjoripalpagan@gmail.com, soetji_25@yahoo.co.id,
enjang.wahyuningrum@uksw.edu

ABSTRACT

Body image concerns and social anxiety represent significant mental health challenges among adolescent populations worldwide, with emerging evidence suggesting that these phenomena may be particularly pronounced in specific cultural contexts. Understanding the relationship between body perception and social anxiety in culturally distinct populations is crucial for developing culturally sensitive interventions. This study aims to examine the relationship between body image and social anxiety among late adolescent girls of Toraja ethnicity. A quantitative approach with a correlational design was employed. The participants consisted of 122 female adolescents aged 18–22 years, selected using accidental sampling. The instruments used were the Multidimensional Body Self Relations Questionnaire-Appearance Scales (MBSRQ-AS) and the Social Anxiety Scale for Adolescents (SAS-A). Data were analyzed using the Pearson Product Moment correlation. The results showed a significant negative correlation between body image and social anxiety, with a correlation coefficient of -0.617 and a significance value of 0.000 ($p < 0.05$). This indicates that the more positive the body image, the lower the level of social anxiety experienced by adolescents. Body image contributed 38.06% to the variance in social anxiety. These findings suggest that perceptions of physical appearance play an important role in influencing social anxiety among late adolescent girls. The results further imply that psychological interventions should emphasize self-acceptance and the development of a positive body image to help reduce social anxiety, especially among young females from specific cultural backgrounds.

KEYWORDS *body image; social anxiety; late adolescence; Toraja ethnicity*



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INTRODUCTION

Adolescence is a developmental transition period between childhood and adulthood, beginning at around the age of 10–12 years and ending at around 18–22 years (Santrock, 2012). At this stage, adolescence has a broad meaning that includes mental, emotional, social, and physical maturity (Hurlock, 1989). Late adolescence is a very short period (Hurlock, 1999). Several developmental tasks must be completed by adolescents, especially in late adolescence, namely establishing more mature relationships with both same-sex and opposite-sex peers and preparing themselves to enter the adult phase, including seeking a life partner (Hurlock, 1999). However, adolescents who fail to build relationships with peers or the opposite sex and experience rejection are at higher risk of social anxiety. This is reinforced by findings that adolescents who experience difficulties in forming friendships with peers have greater risk of social anxiety (La Greca & Lopez, 1998). Similarly, Witten et al. (1999) stated that adolescence is the stage of life with the highest risk for the onset of social anxiety.

La Greca and Lopez (1998) revealed that social anxiety is a psychological condition characterized by excessive fear or worry in social situations, linked to negative evaluation and judgment from others, as well as avoidance and discomfort in both new and familiar settings. Social anxiety causes individuals to feel observed, judged, and evaluated negatively for their actions (Kholifah, 2016). Although often considered detrimental, individuals with social

anxiety also display some positive traits. Hunter et al. (2009), in their study *Interpreting Facial Expressions: The Influence of Social Anxiety, Emotional Valence, and Race*, reported that individuals with high social anxiety were more accurate in identifying facial expressions—happy, sad, or fearful—compared to those with low social anxiety. Nevertheless, social anxiety has largely detrimental impacts. Primadiana et al. (2019) found that social anxiety can severely disrupt daily life, triggering unnatural behaviors such as tenseness, rigidity, avoidance of social situations, and difficulty expressing competence due to fear and lack of confidence.

According to the Social Anxiety Institute (2024), social anxiety is ranked third among the most common psychological problems in the United States. It is estimated that about 7% of the population suffers from some form of social anxiety, with a lifetime prevalence of 13–14%. Data from the National Institute of Mental Health (2024) indicate that 9.1% of adolescents experience social anxiety disorder, while 1.3% experience severe forms of the disorder. Prevalence is higher among females (11.2%) than males (7.0%). Similarly, a study by Aminah et al. (2023) in Ragajaya Village involving 85 respondents found that 45.9% reported high social anxiety and 30.6% reported moderate social anxiety. Women experienced social anxiety more frequently than men, and the largest source of anxiety (56.5%) stemmed from incompatibility with friends and negative interpersonal behavior.

Social anxiety is also found among late adolescents of *Toraja* ethnicity, particularly among girls, who tend to be more concerned about their physical appearance. Many young women expressed worries about being perceived as overweight or underweight. This lack of confidence in their appearance made them more vulnerable to nervousness and discomfort in social situations. Interviews conducted by researchers via WhatsApp on April 12, 2024, with 10 *Toraja* late adolescent girls revealed various experiences of social anxiety. Seven respondents admitted feeling anxious or worried when appearing in front of the public or being the center of attention. They shared fears of being noticed, ridiculed, criticized, or receiving negative comments regarding their appearance. Six respondents revealed that they had felt embarrassed or unconfident about their physical appearance in social settings such as on campus or at gatherings. These insecurities included concerns about weight, acne, and skin color. Three respondents stated that they felt uncomfortable interacting with peers because they often compared themselves to others. However, some respondents did report feeling more comfortable socially because their peers accepted them as they were. To cope with anxiety or lack of confidence, most respondents avoided interaction, stayed silent, or isolated themselves, although some attempted to adapt by accepting themselves, imitating social media styles, or using makeup and beauty products.

From these interviews, it can be concluded that most young women experienced varying degrees of social anxiety. This aligns with the aspects of social anxiety identified by La Greca and Lopez (1998). The first aspect—fear of negative evaluation—was evident, as most respondents reported anxiety about public attention due to insecurities about their appearance. The second aspect—social avoidance and distress in new situations—was reflected in feelings of embarrassment or insecurity during campus or social events, often heightened by constant comparison with peers. The third aspect—social avoidance and generalized discomfort—appeared in responses showing tendencies to avoid interaction, remain silent, or hide themselves. Multiple factors contribute to social anxiety, including dissatisfaction with *body image*, influence of mass media, interpersonal relationships, and lack of social support

(Rizqiyah & Maryam, 2023; Ardida & Rahayu, 2024; Van Schalkwyk et al., 2018). Thus, *body image* represents an important factor influencing social anxiety in late adolescence.

Findings from previous studies build on this perspective. Rizqiyah and Maryam (2023) showed a negative relationship between *body image* and social anxiety in adolescent girls. Conversely, Ardida and Rahayu (2024) found no significant relationship between *body image* and social anxiety. Prastia et al. (2023) reported a significant negative relationship between *body image* and social anxiety in adolescent social media users in Surabaya. Ratnasari et al. (2021) also found a negative relationship, noting that *body image* contributed 2.7% to the emergence of social anxiety in adolescent girls. Similarly, Anisykurli et al. (2022) demonstrated a highly significant negative relationship between *body image* and social anxiety in late adolescents in Surabaya.

Based on these descriptions, this study examines the relationship between *body image* and social anxiety. The underlying phenomenon is the high prevalence of social anxiety among adolescent girls, suspected to be linked to their perception of their own *body image*. This research is important, as previous studies exploring these constructs have produced inconclusive or contradictory findings—some found negative associations, while others found no significant relationships. The urgency of this study is highlighted by the long-term risks of untreated social anxiety, such as major depressive disorder, substance abuse, and academic difficulties in adulthood (Beesdo et al., 2007). Persistent social anxiety has also been associated with impaired relationships, reduced career success, and decreased life satisfaction (Stein & Stein, 2008). In relation to *body image*, negative perceptions during adolescence have been shown to predict eating disorders, low self-esteem, and enduring mental health issues (Stice & Shaw, 2002). Consequently, this research contributes to adolescent psychology by examining *body image* and social anxiety within the cultural framework of *Toraja* ethnicity, where traditional values around appearance and social harmony may uniquely shape these dynamics. Furthermore, the study provides a basis for culturally relevant clinical interventions that support both *body image* improvement and social anxiety reduction among Indonesian adolescents. Accordingly, the title of this study is *The Relationship Between Body Image and Social Anxiety in Late Adolescents of Toraja Ethnic Girls*.

The research problem is as follows: Is there a relationship between *body image* and social anxiety in late adolescents of *Toraja* ethnic girls?

The purpose of this study is to determine the relationship between *body image* and social anxiety in late adolescent *Toraja* girls. It is expected that this study will add to theoretical understandings in adolescent developmental and clinical psychology regarding *body image* and social anxiety. The findings aim to enrich understanding of psychological dynamics among adolescent girls, particularly how *body image* relates to social anxiety in *Toraja* adolescents. The study may also provide young women with insights into the importance of self-acceptance and strategies for avoiding social communication patterns that reinforce negative *body image* and social anxiety. Finally, the findings of this study can serve as a foundation for future research exploring other contributing factors.

METHOD

This study used a quantitative method with a correlational design to examine the relationship between body image and social anxiety in adolescent girls. The study involved two variables: body image (Variable X) and social anxiety (Variable Y).

The participants of this study consisted of 122 *Toraja* ethnic women aged 18–22 years. They were obtained through accidental sampling, based on individuals who completed the Google Form between February 5 and April 28, 2025.

Body image was measured using the Multidimensional Body Self Relations Questionnaire-Appearance Scales (MBSRQ-AS) developed by Cash (2000), which consists of 34 items. This scale uses a 4-point Likert scale, with higher scores indicating a more positive body image.

Social anxiety was measured using the Social Anxiety Scale for Adolescents (SAS-A) developed by La Greca and Lopez (1998), which consists of 18 items. This scale also uses a 4-point Likert scale, with higher scores indicating higher levels of social anxiety.

Validity, Item Analysis, and Instrument Reality

1. Validity

The validity test used is the validity of the content. The approval of the feasibility and relevance of the content of the item in this study was carried out by expert judgement, namely lecturers from the Faculty of Psychology who have expertise in the field of developmental psychology.

2. Item analysis

Analyze the item by conducting a test of the differentiation/difference of the item using corrected item-total correlation. An item is stated to have good discriminating power if it meets the item-total correlation coefficient ($r_{it} \geq 0.30$) (Azwar, 2021).

The results of the validity test conducted by the researcher using the help of the IBM SPSS Statistics 24 for Windows program showed that all items in both research instruments were declared valid. In the variable body image instrument, all items have significant correlation values and meet the validity criteria, so there are no items that are dropped. Similarly, in the social anxiety variable instrument, all items showed valid correlation values that were suitable for use in this study. Thus, all items on both instruments can be used in further analysis.

3. Reliability

The results of the research questionnaire on the body image and social anxiety scale measurement tools were carried out using the used trial method. One of the aspects tested in this questionnaire is reliability.

The reliability test uses Alpha Cronbach and the reliability is declared good if the reliability coefficient is closer to 1 (Azwar, 2021). Reliability testing was performed with the help of the IBM SPSS Statistics 24 for Windows program.

a. Reliability of Body Image Questionnaire

The results of the body image variable reliability test showed that Cronbach's Alpha value was as low as 0.911. This value is close to 1, thus showing that the questionnaire used has high reliability and is suitable for measuring body image variables in this study.

Table 1. Body Image Reliability Statistics Reliability Test Results

<i>Cronbach's Alpha</i>	<i>N of Items</i>
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.911	34
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b. The Reliability of Social Anxiety Questionnaires

The results of the reliability test of the social anxiety variable showed that Cronbach's Alpha value was 0.904. This value is close to 1, thus showing that the questionnaire used has high reliability and is suitable for measuring social anxiety variables in this study.

Table 2. Social Anxiety Reliability Statistics Reliability Test Results

<i>Cronbach's Alpha</i>	<i>N of Items</i>
.904	18

4. Data Analysis Methods

Hypothesis test data analysis using Pearson's Product Moment correlation technique. The two variables are declared to have a relationship if the significance value is less than 0.05 ($p < 0.05$). Before the correlation test, an assumption test is carried out, namely,

- 1) The normality test uses the Kolmogorov-Smirnov test. The distribution of data in the study is said to be normally distributed if the significance value is greater than 0.05 ($p > 0.05$).
- 2) The linearity test uses the Anava test. The two variables are said to have a linear relationship when the significance value of F is greater than 0.05 ($p > 0.05$).

RESULT AND DISCUSSION

Research Orientation and Research Data Collection

This study uses adolescent girls from the Toraja ethnic group as the subject of the study. The data used included variable scores of body image (X) and social anxiety (Y), which were compiled into research instruments in the form of questionnaires. Before use, the instrument is submitted to the supervisor of the Final Project for an expert judgment on the feasibility of the instrument's content. After receiving approval, the research instrument was distributed online using Google Form to facilitate data collection. The questionnaire link was then distributed through social media platforms such as Instagram and WhatsApp to respondents who met the research criteria, with the questionnaire distribution period from February 5 to April 28, 2025.

Table 3. Participants by Age

No.	Age Range	Sum	Percentage
1.	18 Years	13	10,7%
2.	19 Years	19	15,6%
3.	20 Years	20	16,4%
4.	21 Years	35	28,7%
5.	22 Years	35	28,7%
	Total	122	100%

Source: Primary research data (2025)

Based on table 3. show the characteristics of the study based on age range. The majority of participants were at the ages of 21 and 22 years (28.7%, respectively), followed by 20 years (16.4%), 19 years (15.6%), and 18 years (10.7%). The total number of participants was 122 people.

Table 4. Participants by Education Level

No.	Graduate Final Education	Sum	Percentage
1.	Junior High School Graduation	10	8,2%
2.	Graduated from high school/vocational school or equivalent	95	77,9%
3.	Graduated from Diploma Program (D1, D2, D3, D4)	14	11,5%
4.	Postgraduate Graduation (S2/S3)	3	2,5%
	Total	122	100%

Source: Primary research data (2025)

Based on table 4. show the characteristics of the research participants based on the level of education. The majority of participants had a final high school/vocational education or equivalent (77.9%), followed by Diploma graduates (11.5%), junior high school graduates (8.2%), and Postgraduate graduates (2.5%). The total number of participants was 122 people.

Table 5. Participants by Employment Status

Status	Sum	Percentage
Work	26	21,3%
Students or Students	96	78,7%
Total	122	100%

Source: Primary research data (2025)

Based on table 5. Showing the characteristics of the research participants based on employment status. The majority of participants were students or students as many as 96 people (78.7%), while the participants who worked amounted to 26 people (21.3%). The total number of participants was 122 people.

Table 6. Participants by Residence Location

Residence Location	Sum	Percentage
North Toraja Regency Area	84	68,9%
Tana Toraja Region	38	31,1%
Total	122	100%

Source: Primary research data (2025)

Based on table 6. show the characteristics of the research participants based on the location of residence. The majority of participants came from the North Toraja district area as many as 84 people (68.9%), while the participants from the Tana Toraja area amounted to 38 people (31.1%). The total number of participants was 122 people.

Descriptive Statistical Results

Based on table 7, descriptive statistical data were obtained from 122 participants. The body image variable has a minimum value = 69 and a maximum value = 133, with an average (Mean) = 103.75 and a standard deviation (SD) = 17.097. Meanwhile the social anxiety variable had a minimum value = 21 and a maximum value = 69, with a mean = 45.92 and a standard deviation = 12,847.

Table 7. Descriptive Results of Body Image and Social Anxiety

	<i>N</i>	<i>Min.</i>	<i>Max.</i>	<i>Mean</i>	<i>Hours of deviation</i>
<i>Body image</i>	122	69	133	103.75	17.097
<i>Social Anxiety</i>	122	21	69	45.92	12.847

Source: Primary research data (2025)

Based on table 4.6, most of the participants were in the low category (38.52%). Followed by the medium (28.69%), high (19.67%), very high (10.66%), and very low (2.46%) categories of a total of 122 participants.

Table 8. Category Body image

Category	Interval	N	Percentage
Very High	$X > 129,40$	13	10,66%
Tall	$112,30 < X \leq 129,40$	24	19,67%
Keep	$95,20 < X \leq 112,300$	35	28,69%
Low	$78,10 < X \leq 95,20$	47	38,52%
Very Low	$X \leq 78,10$	3	2,46%
	Total	122	100%

Source: Primary research data (2025)

Categories Social Anxiety

Based on table 9, most of the participants were in the high category (37.70%). Followed by the medium (29.51%), low (20.49%), very low (10.66%), and very high (1.64%) categories of the total 122 participants.

Table 9. Categories Social Anxiety

Category	Interval	N	Percentage
Very High	$X > 65,19$	2	1,64%
Tall	$52,34 < X \leq 65,19$	46	37,70%
Keep	$39,50 < X \leq 52,34$	36	29,51%
Low	$26,65 < X \leq 39,500$	25	20,49%
Very Low	$X \leq 26,65$	13	10,66%
	Total	122	100%

Source: Primary research data (2025)

Normality Test

The normality test is carried out to find out whether the data on a sample is normally distributed or not. This study uses the IBM SPSS Statistics 24 for Windows program with the One Sample Kolmogorov-Smirnov Test method, with the method of decision-making, namely:

- 1) The Sig. value or significance or probability value < 0.05 , then the distribution is abnormal.
- 2) The Sig. value or significance or probability value > 0.05 then the distribution is normal.

Tabel 10. One Sample Kolmogorov-Smirnov Test

	<i>Unstandardized Residual</i>
<i>N</i>	122
<i>Normal Parameters^{a,b}</i>	<i>Mean</i> .0000000
	<i>Hours of deviation</i> 10.11151530
<i>Most Extreme Differences</i>	<i>Absolute</i> .073
	<i>Positive</i> .073
	<i>Negative</i> -.037
<i>Test Statistic</i>	.073
<i>Asymp. Sig. (2-tailed)</i>	.179c

Source: Primary research data (2025)

Based on table 10 of the normality test, the Asymp value was obtained. Sig. (2-tailed) is 0.179. This value is greater than the significance level of 0.05 ($0.179 > 0.05$). So it can be concluded that the research data is distributed normally.

a. Linearity Test

The linearity test is a test used to see if the data is compatible with linear equations. This test aims to conclude whether the existing data shows similarities or matches that can be represented in the form of linear equations, i.e. forming a straight line. Here are the steps in the linearity test:

- 1) If the significance value (linearity) < 0.05 , then the data is linear, while if > 0.05 , then the data is not linear.
- 2) If the significance value (deviation from linearity) > 0.05 , then the data is linear, while if < 0.05 , then the data is non-linear.

Tabel 11. Anova Table

			<i>Sum of Squares</i>	<i>df</i>	<i>Mean Square</i>	<i>F</i>	<i>Sig.</i>
Social Anxiety Body Image	<i>Between Groups</i>	<i>(Combined)</i>	13525.314	47	287.773	3.304	.000
		<i>Linearity</i>	7599.809	1	7599.809	87.248	.000
		<i>Deviation from Linearity</i>	5925.505	46	128.815	1.479	.066
<i>Within Groups</i>			6445.867	74	87.106		
<i>Total</i>			19971.180	121			

Source: Primary research data (2025)

Based on table 11 of the linearity test results, the significance value of linearity was 0.000 ($p < 0.05$) and the significance value of deviation from linearity was 0.066 ($p > 0.05$). These two significance values show that there is a linear relationship between the variables of social anxiety and body image.

b. Hypothesis Test Results

After the normality and linearity test, the researcher conducts a hypothesis test to determine the correlation in the study. This study analyzed a significant negative relationship between body image and social anxiety in late adolescence using Pearson product moment correlation through the IBM SPSS Statistics 24 for Windows program.

Table 12. Interpretation of Correlation coefficients

Interval Cowphysin	Influence Level
0,00-0,199	Very weak
0,20-0,399	Weak
0,40-0,599	Keep
0,60-0,799	Strong
0,80-1,00	Very Powerful

Table 13. Hypothesis Test Results

		<i>Body Image</i>	<i>Social Anxiety</i>
<i>Body Image</i>	<i>Pearson Correlation</i>	1	-.617
	<i>Sig. (1-tailed)</i>		.000
	<i>N</i>	122	122
<i>Social Anxiety</i>	<i>Pearson Correlation</i>	-.617	1
	<i>Sig. (1-tailed)</i>	.000	
	<i>N</i>	122	122

Source: Primary research data (2025)

Based on Table 13, the results of the Pearson Product Moment correlation analysis showed that the value of the correlation coefficient between body image and social anxiety was -0.617 with a significance level of 0.000. This significance value was obtained through a one-tailed test, and because it was smaller than the set significance level ($p < 0.05$), the results were statistically significant.

These results indicate that there is a significant negative relationship between body image and social anxiety in late adolescent girls. Referring to Table 4.10 regarding the interpretation of correlation coefficients, the value of -0.617 belongs to the category of strong relationships. The direction of negative relationships shows that the more positive an individual's perception of body image, the lower the level of social anxiety experienced. On the other hand, the lower the body image, the higher the level of social anxiety felt. In other words, the relationship that is formed is in the opposite direction.

To find out how much the body image variable contributes to social anxiety, the determination coefficient is calculated with the following formula:

$$\begin{aligned}
 \text{KD} &= r^2 \times 100\% * \\
 &= (-0,617)^2 \times 100\% \\
 &= 38,06\%
 \end{aligned}$$

Thus, body image contributed 38.06% to social anxiety in late adolescents. The rest, which is 61.94%, is likely influenced by other factors not studied in this study. Based on the results of the analysis, it can be concluded that the research hypothesis is statistically proven. These results support the researchers' initial assumption that there is a significant negative relationship between body image and social anxiety, in accordance with the direction expected in the one-way hypothesis test. The strength of the relationship is relatively strong and the contribution is considerable showing the importance of the role of body image in influencing the level of social anxiety in late adolescent girls.

This study aims to determine the relationship between body image and social anxiety in late adolescent Toraja ethnic girls. Based on the results of data analysis, it was found that there was a significant negative relationship between body image and social anxiety, with a correlation coefficient of -0.617 and a significance value of 0.000 ($p < 0.05$). Based on the interpretation of the correlation value, this number is in the strong category (0.60–0.799), which means that the more positive the body image that adolescent girls have, the lower the social anxiety felt. On the other hand, the more negative the body image, the higher the social anxiety experienced. The hypothesis test was carried out one-tailed because the researcher had determined a specific direction of the relationship from the beginning, which was negative.

Therefore, the significance value obtained supports the hypothesis that the more positive the body image, the lower the level of social anxiety experienced by late adolescent girls.

These results are not only statistically significant, but also theoretically explainable. One of them is through the view of La Greca and Lopez (1998) who stated that fear of negative evaluation is the main aspect of social anxiety. Adolescents with negative body image tend to be more sensitive to the judgments of others, so they are more susceptible to experiencing fear of negative evaluations in social situations. Furthermore, from the point of view of body image theory by Cash and Pruzinsky (2002), negative judgments of one's own body (e.g. feeling too fat, unattractive, or not meeting ideal standards) can form maladaptive body schemas. This scheme influences the way an individual perceives himself or herself and assesses how others might perceive him, which in turn reinforces anxiety when it comes to interacting in a social context. Anthony and Swinson (2008) state that social anxiety refers to feelings of nervousness or discomfort in social situations, usually caused by the fear of doing embarrassing or stupid actions, which causes negative impressions or bad judgments from others. This explains why adolescents with negative body image tend to feel socially insecure, especially in environments that put pressure on appearance.

The descriptive results also showed that the majority of participants had a body image in the low category, which was 38.52%. Meanwhile, as many as 37.70% of participants had a high level of social anxiety. These findings show that most of the late adolescents of Toraja ethnic women in this study felt dissatisfied with their bodies and this is related to the emergence of anxiety when interacting with others. In this context, dissatisfaction with appearance can cause a sense of inferiority, fear of being judged, and avoiding social situations that are considered to trigger attention to their physical appearance.

This study is in line with previous research conducted by Iksan et al. (2022), which showed a negative relationship between body image and social anxiety in adolescent girls. Research by Azzahra et al. (2024) also revealed that negative body image can increase the risk of mental disorders such as anxiety. In addition, research by Dumar et al. (2024) found that adolescent girls who experience stress in various aspects of life have a higher risk of experiencing dissatisfaction with their bodies. Research by Anisykurli et al. (2022) also shows that adolescents who feel uncomfortable with their appearance tend to withdraw from the social environment for fear of being judged negatively. Theoretically, this reinforces the understanding that body image is not only physical perception, but is also closely related to psychosocial and emotional aspects, as explained by Grogan (2017) that body image includes perceptions, thoughts, and feelings about the body, as well as how it shapes an individual's experience in daily social life.

Considering that the test used is one-tailed, this result is more focused on confirming the predetermined direction of the relationship. This makes the results of the analysis more sensitive in detecting the presence of meaningful negative correlations, and is in line with the main goal of the study which tests whether a more positive body image is associated with lower social anxiety. In addition, the results of the determination coefficient calculation showed that body image contributed 38.06% to the variation in social anxiety. This means that almost one-third of the changes in social anxiety levels in late adolescent girls can be explained by their perception of their own bodies. Meanwhile, the remaining 61.94% were likely to be influenced by other factors not studied in this study.

These findings suggest that although body image contributes significantly, there are still a variety of other factors that influence social anxiety. Family environment, personal experience, self-confidence, and social acceptance also play an important role. Research by Lim et al. (2024) shows that body image only contributes 11.5% to social anxiety, while the rest is influenced by other factors such as social relationships, childhood experiences, and environmental context.

In general, the late adolescents of Toraja ethnic women in this study tend to have low body image. Dissatisfaction with the body is still a common problem in this age group, and it can have an impact on the quality of their social interactions, especially in the late adolescence phase which according to Hurlock (1980) is a period of search for identity and self-acceptance. Dissatisfaction with oneself can be an obstacle in the process of forming a healthy identity and social relationships.

However, this research also has limitations. The limited number of participants and covering only one ethnic group makes it not necessarily possible to generalize to the entire population of adolescent girls. In addition, data collection techniques using the self-report method through questionnaires can cause answer bias, as participants may not be completely honest or feel uncomfortable answering questions related to personal feelings. Therefore, further research with a wider scope and more varied methods is needed to gain a more comprehensive understanding of the relationship between body image and social anxiety.

CONCLUSION

This study found a significant negative relationship between body image and social anxiety among late adolescent *Toraja* ethnic girls, with a Pearson correlation coefficient of -0.617 ($p < 0.05$), indicating that more positive body image was associated with lower levels of social anxiety. Most participants reported low body image (38.52%) and high social anxiety (37.70%), suggesting that dissatisfaction with aspects such as weight, facial appearance, or body shape increases concerns about negative evaluation in social situations. The coefficient of determination showed that body image accounted for 38.06% of the variation in social anxiety, making it a key factor in this psychological experience. Future research could expand by exploring additional contributing variables such as cultural pressures, family dynamics, or social media influence to obtain a more comprehensive understanding of the factors affecting social anxiety in adolescents.

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