



## Body Image in the Dynamics of Psychological Well-being among Hijab-Wearing Adolescent Girls

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**Abstract.** Perceptions of body image is an important aspect that influences psychological well-being, particularly among hijab-wearing adolescents who often encounter social pressures and contemporary beauty standards. This context underscores the relevance of investigating the association between body image and psychological well-being. This study applied a quantitative through a correlational design. A sample of 103 hijab-wearing female adolescents aged 18 to 21 years was selected through purposive sampling and analyzed using Pearson's correlation test. The analysis showed a positive and significant relationship between body image and psychological well-being among hijab-wearing adolescents ( $r = 0.571$ ;  $p < 0.001$ ). These results indicated that a more positive body image is associated with higher psychological well-being in this population. This study emphasizes the importance of developing a positive body perception among hijab-wearing adolescent girls in order to achieve optimal psychological well-being.

**Keywords:** *body image; psychological well-being; hijab-wearing; adolescent girls*

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## Introduction

Recent trends in Muslim women's fashion demonstrate that the hijab has become a significant aspect of identity among Indonesian women, including adolescents. According to data from the GoodStats data analysis platform, by 2024, Indonesia's Muslim population is projected to reach approximately 245.7 million, representing about 87.2% of the total national population (Sholeh, [2025](#)). While these figures do not directly reflect hijab usage rates, the large Muslim population suggests substantial potential for hijab adoption within society. Human Rights Watch reports that the proportion of Muslim women wearing the hijab has increased by 75% compared to the late 1990s, when it was approximately 5% (Nugroho, [2022](#)). This trend suggests that the hijab is increasingly regarded not only as a religious obligation but also as a form of personal identity expression among Muslim women (Nadhila et al, [2022](#)).

The increasing prevalence of hijab-wearing among teenagers has coincided with the emergence of body image concerns. According to a survey by the Ministry of Women's Empowerment and Child Protection ([2022](#)), approximately 60% of teenage girls in Indonesia report dissatisfaction with their body shape. Such dissatisfaction influences how individuals evaluate and accept their bodies, a phenomenon referred to as body image, and often leads to frequent social comparisons and heightened anxiety about appearance (Narotin & Satwika, [2024](#)). This issue extends beyond physical perceptions and significantly affects adolescents' psychological well-being. Supporting this, Escoto et al. ([2024](#)) found that negative body perception correlates with reduced psychological well-being and the development of risky eating behaviors. These findings underscore the importance of examining body image issues among adolescent girls, including those who wear the hijab.

Adolescence represents a developmental stage characterized by the need for adaptation to increasingly complex physical and social changes. During this period, physical appearance undergoes the most significant transformations, often prompting adolescents to conform to perceived ideals of body shape (Islami et al., [2022](#)). According to Cash and Smolak ([2011](#)), body image consists of several key dimensions: the evaluative dimension, which concerns an individual's assessment of their body; the affective dimension, which pertains to feelings of satisfaction or dissatisfaction with one's appearance; and the behavioral dimension, which involves actions taken in response to body perception. These dimensions collectively influence how individuals accept and treat their bodies in daily life. As a result, the quality of adolescents' body image significantly affects their psychological well-being. Thus, perceptions of body image constitute a critical factor influencing adolescents' psychological condition (Escoto et al., [2024](#)).

Several studies indicate that the hijab serves a dual function in the psychological experiences of individuals. The hijab can provide a sense of security by covering specific parts of the body, thereby reducing pressure related to physical appearance (Nadhila et al., [2022](#)). However, wearing the hijab does not fully eliminate social pressure associated with prevailing beauty standards in society and on social media (Canonigo et al., [2024](#)). These persistent social pressures can continue to influence the body image of hijab-wearing adolescents, subsequently affecting their psychological well-being. As a result, hijab-wearing adolescents remain at risk of body dissatisfaction, particularly when comparing themselves to idealized appearance standards depicted in digital media. Thus, a comprehensive understanding of body image among hijab-wearing adolescents is necessary to contextualize its relationship with psychological well-being (Belangi, [2024](#)).

Psychological well-being, a significant aspect of mental health, can be influenced by body image. According to Ryff ([1989](#)), psychological well-being is an optimal state characterized by six dimensions: self-acceptance, positive relationships with others, autonomy, environmental mastery, purpose in life, and personal growth. Individuals exhibiting high psychological well-being typically demonstrate self-acceptance, maintain healthy social relationships, and possess a clear sense of purpose. Within this framework, body evaluation is integral to the self-acceptance process that supports psychological well-being. Multiple studies have shown that negative body perceptions can reduce psychological well-being (Escoto et al., [2024](#)). Furthermore, exposure to beauty standards on social media increases adolescents' propensity for social comparison, which may further diminish psychological well-being (Canonigo et al., [2024](#)).

Several previous studies have demonstrated a link between body image and psychological well-being. Nurohmah et al. ([2024](#)) found that body image significantly impacts psychological well-being, accounting for 40.8% of the variance among young people. This finding suggests that body perception substantially influences psychological well-being in this population. Additional research indicates that individuals with a positive body image generally exhibit higher levels of psychological well-being (Putri & Basaria, [2023](#)). However, most prior studies have focused on adolescent girls or young adult women. There is a relative scarcity of research specifically investigating the relationship between body image and psychological well-being among hijab-wearing adolescents (Belangi, [2024](#)). This gap underscores the importance of examining these variables within the context of hijab-wearing adolescents.

Based on this research gap, the present study examines the relationship between body image and psychological well-being among hijab-wearing adolescents. Adolescent girls with a

positive body image tend to demonstrate higher levels of psychological well-being compared to those with a negative body image (Nurkhalishah et al., [2025](#)). Additionally, social pressures related to beauty standards and cultural expectations can influence adolescents' perceptions of their bodies (Narotin & Satwika, [2024](#)). Although previous studies have highlighted the importance of body image for psychological well-being, research specifically addressing hijab-wearing adolescents remains limited. These limitations highlight the need for further investigation into how body image shapes psychological well-being in this population, thereby contributing to a deeper understanding of their psychological dynamics. Accordingly, the present study seeks to expand knowledge of the relationship between body image and psychological well-being among hijab-wearing adolescents. It is hypothesized that body image is positively associated with psychological well-being in this group.

### Methods

A quantitative, cross-sectional correlational design was employed to examine the relationship between body image and psychological well-being among hijab-wearing adolescents. The cross-sectional design was selected because data collected at a single point in time allows relationships between variables without manipulation. In this study, body image is the independent variable (X), and psychological well-being is the dependent variable (Y). This methodological approach facilitates empirical identification of the relationship between the two variables through statistical analysis (Jannah, [2018](#)).

The study sample consisted of 103 young women aged 18 to 21 years who wear the hijab and reside in Surabaya and its surrounding areas. This age group is classified as late adolescence (Hurlock, [2003](#)). Participants were selected through purposive sampling, a method that identifies individuals based on characteristics pertinent to the research objectives (Jannah, 2018). Inclusion criteria were: (1) female, aged 18 to 21 years; (2) consistent hijab use in daily activities for at least one year; (3) current enrollment as a school or university student; and (4) provision of voluntary consent. Exclusion criteria comprised incomplete questionnaire responses or inconsistent answers.

The sample size for this study was established based on statistical power considerations relevant to correlational research. Methodological literature indicates that a minimum of 100 respondents is necessary to obtain stable estimates in correlation analyses (Sugiyono, [2023](#)). Accordingly, a sample size of 103 respondents was selected to satisfy these criteria. Data were collected online using a questionnaire distributed via Google Forms to maximize accessibility and respondent reach.

The research instruments included two psychological scales: a body image scale and a psychological well-being scale. The body image scale was adapted from the conceptual framework developed by Cash and Pruzinsky (2002) and modified for adolescent girls who wear the hijab. This scale assesses five primary dimensions: appearance evaluation, appearance orientation, body area satisfaction, preoccupation with being overweight, and self-classified weight. It comprises 23 items rated on a five-point Likert scale, ranging from 1 (strongly disagree) to 5 (strongly agree), to evaluate body image among participants. For example, one item states: "I feel my appearance is good enough whilst wearing a hijab."

The psychological well-being scale was adapted from the framework proposed by Ryff and Kayes (1995), which includes self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. This scale consists of 28 items evaluated using a five-point Likert scale, with responses ranging from 1 (strongly disagree) to 5 (strongly agree). For example, one item states: "I feel proud of myself as a woman who wears a hijab."

Instrument quality testing demonstrated that both scales exhibit strong validity and reliability. Reliability was assessed using Cronbach's Alpha coefficient, and item validity was evaluated through item-total correlation. Items with a correlation coefficient greater than 0.30 were considered valid (Jannah, 2018).

The reliability analysis of the body image scale yielded a Cronbach's alpha value of 0.873 and a confidence interval of 0.834 to 0.913. This result exceeds the minimum reliability threshold of 0.7, indicating that the body image scale demonstrates strong internal consistency. Item-total correlation values for all items ranged from 0.311 to 0.675, suggesting that each item exhibits satisfactory discriminant power and contributes meaningfully to the overall scale score. Therefore, all items on the body image scale are considered measurable and suitable for assessing the construct.

The reliability test for the psychological well-being scale produced a Cronbach's Alpha value of 0.939, with a confidence interval of 0.911 to 0.966. This result exceeds the minimum standard of 0.7, demonstrating that the psychological well-being scale has very high reliability. Item-total correlation values for each item ranged from 0.348 to 0.739, indicating that all items exhibit good discriminant power and contribute effectively to the total scale score. Therefore, both the body image scale and the psychological well-being scale demonstrate excellent reliability and are appropriate for use in this study.

Following data collection, JASP was used to conduct a multistage statistical analysis. Initially, a descriptive analysis summarized respondent characteristics and research variables. Subsequently, the data were assessed for normality to confirm suitability for parametric analysis. As all assumptions were satisfied and linearity was established, Pearson's correlation was applied to examine relationships between the independent and dependent variables (Sugiyono, [2023](#)).

## Results

### Characteristics of Respondents

The demographic characteristics of the respondents, specifically gender and age, were recorded during data collection. A summary of these characteristics is provided in the following table.

Table 1.  
Characteristics of Respondents

Criteria	Frequency	Percentage
<b>Gender</b>		
Female	103	100%
<b>Age</b>		
18 Years Old	3	2.9%
19 Years Old	30	29.1%
20 Years Old	38	36.9%
21 Years Old	32	31.1%
<b>Total</b>	<b>103</b>	<b>100%</b>

The data indicate that the study included 103 respondents, all of whom were adolescent girls who wear the hijab. The age distribution shows that 38 participants (36.9%) were 20 years old, 32 (31.1%) were 21 years old, 30 (29.1%) were 19 years old, and 3 (2.9%) were 18 years old. Thus, the majority of respondents were between 19 and 21 years of age, corresponding to the late adolescence category.

### Descriptive Statistical

Table 2 shows the results of the descriptive data analysis, including the mean, standard deviation, minimum, and maximum scores for each research variable.

Table 2.  
Results of Descriptive Statistical Analysis

Variable	N	Min	Max	Mean	SD
Body Image (X)	103	37	113	86.16	13.87
Psychological Well-Being (Y)	103	34	140	116	17.89

Source: Data of this study, JASP. 2025

Descriptive statistics indicated that the body image variable had a mean of 86.16, a standard deviation of 13.87, and a score range from 34 to 140. The psychological well-being variable demonstrated a mean of 116, a standard deviation of 17.89, and scores ranging from 34 to 140.

Additionally, the study categorizes each variable to classify respondents according to their individual scores.

Table 3.  
Categorization of Body Image Scores

Category	Score	Frequency	Percentage
Low	$X < 72,29$	17	16,5%
Moderate	$72,29 \leq X < 100,03$	72	69,9%
High	$100,03 \leq X$	14	13,6%
		103	100%

Categorization of the body image variable indicated that 17 respondents (16.5%) had low body image scores below 72.29. Seventy-two respondents (69.9%) were classified as moderate, with scores between 72.29 and 100.03. Fourteen respondents (13.6%) were categorized as high, with scores above 100.03.

Table 4.  
Categorization of Psychological Well-being Scores

Category	Score	Frequency	Percentage
Low	$X < 98,11$	18	17,5%
Moderate	$98,11 \leq X < 133,89$	68	66%
High	$133,89 \leq X$	17	16,5%
		103	100%

The categorization of psychological well-being indicated that 18 respondents (17.5%) were classified as low with scores below 98.11, 68 respondents (66%) were classified as moderate with scores between 98.11 and 133.89, and 17 respondents (16.5%) were classified as high with scores above 133.89.

### Normality Test

A normality test was performed to assess whether the data in this study follow a normal distribution. The table below displays the results of the normality test for the body image and psychological well-being variables, which were analyzed using the Kolmogorov-Smirnov test.

Table 5.  
Normality Test Results

Variable	Test	P-Value	Description
Body Image	Kolmogorov-Smirnov Test	0.396	Normal
Psychological Well-Being	Kolmogorov-Smirnov Test	0.391	Normal

Source: Data of this study, JASP. 2025

The Kolmogorov-Smirnov normality test showed that the body image variable has a p-value of 0.396 ( $p > 0.05$ ), indicating normality. Similarly, the psychological well-being variable has a significance value of 0.391 ( $p > 0.05$ ), also indicating normal distribution. Both variables thus met the normality assumption test.

### Correlation Test

The following table displays the results of hypothesis testing using the Pearson Product-Moment correlation method. The analysis aims to identify the direction and strength of the relationship between body image and psychological well-being among hijab-wearing adolescents.

Table 7.  
Correlation Test Results

Correlation Variable	Pearson's r	p-value	Description
Body Image - Psychological Well-Being	0.571	< 0.001	Accepted

Source: Data of this study, JASP. 2025

Pearson's correlation analysis was conducted to examine the relationship between body image and psychological well-being among hijab-wearing adolescents. The analysis yielded a correlation coefficient ( $r$ ) of 0.571 with a significance level of  $p < 0.001$ . This result demonstrates a moderately strong relationship, indicating that body image is positively associated with psychological well-being. Given that the p-value is below 0.05, the hypothesis (H1) is supported, confirming a positive and significant correlation between body image and psychological well-being in this population.

### Discussion

This study investigated the correlation between body image and psychological well-being among hijab-wearing adolescents in Surabaya. The hypothesis was tested using Pearson's correlation analysis with JASP. The analysis revealed a positive and significant relationship between body image and psychological well-being in this population. These results indicate that a more positive body image is associated with higher psychological well-being; however, causality cannot be inferred from a correlational study design.

The results indicated that the relationship between the two variables is moderate to strong and positive. These findings suggest that body image is a significant factor associated with the psychological well-being of hijab-wearing adolescents, although it is not the only influencing factor. Additional variables, including social support, environmental conditions, and individual psychological characteristics, may also contribute to psychological well-being. These results align with the findings of Lestari et al. (2022), who demonstrated that adolescents' self-acceptance is largely determined by their perceptions of their own bodies.

The evidence indicates that body image significantly influences the psychological well-being of hijab-wearing adolescents. A positive body image enables these adolescents to accept themselves, regulate their emotions, and establish healthy social relationships, which collectively enhance psychological well-being. In contrast, hijab-wearing adolescents with a negative body image often experience dissatisfaction with their appearance, increased anxiety, and a heightened risk of diminished psychological well-being. Furthermore, body image affects psychological constructs such as self-confidence and self-evaluation among adolescent girls (Annisa et al., 2023; Apriliana & Kurniati, 2025).

The results of this study supported Nurohmah et al. (2024), who found that body image significantly influences psychological well-being, as individuals with a positive body image are more likely to experience self-satisfaction. Similarly, Fitri and Ibrahim (2024) demonstrate that body image positively affects psychological well-being among young adult women. The consistency of these findings indicates that body perception is a relevant psychological factor in understanding well-being across different age groups. Additionally, Nurkhalishah et al. (2025) find that adolescent girls with strong body acceptance are more likely to achieve psychological well-being in later life, as they tend to view themselves both positively and realistically.

The results of this study aligned with previous research demonstrating a positive relationship between body image and psychological well-being, although both constructs are also shaped by factors such as social support, environmental context, and spirituality (Belangi, 2024; Marsh et al., 2021). Body image is further associated with self-esteem, which constitutes a central aspect of psychological well-being (Indriasari, 2023; Malasari & Mukhlis, 2022). Continuous exposure to unrealistic body image ideals often leads individuals to engage in social comparison, thereby influencing self-evaluation (Canonigo et al., 2024). Nevertheless, when hijab-wearing adolescents cultivate a positive body image and value their appearance, their psychological well-being tends to remain more stable.

A positive body image is defined by an individual's acceptance of their body shape, satisfaction with their appearance, and the ability to avoid basing self-worth solely on physical attributes (Cash & Pruzinsky, [2002](#)). In contrast, a negative body image is marked by dissatisfaction with one's body and a tendency to evaluate oneself against prevailing social standards. Negative body image can adversely affect multiple dimensions of psychological well-being, including self-acceptance, the quality of interpersonal relationships, and the pursuit of meaning and purpose in life. These effects are consistent with Ryff's ([1989](#)) model of psychological well-being, which highlights self-acceptance, positive social relationships, and personal growth as central components.

This study highlighted that the hijab functions not only as a religious symbol but also as a significant predictor of self-acceptance (Fitriyah & Laily, [2025](#)). The association between body image and well-being is influenced by individuals' evaluations of their own appearance and identity (Canonigo et al., [2024](#); Purbaningtyas & Satwika, [2021](#)). Nevertheless, some adolescents face social pressures stemming from prevailing beauty standards, which may lead to dissatisfaction with their appearance. Consequently, it is important for hijab-wearing adolescents to cultivate a positive and realistic body image to support their psychological well-being.

This study found that most respondents were categorized as 'moderate' in both body image and psychological well-being. These findings imply that hijab-wearing adolescents generally demonstrate a satisfactory level of self-acceptance, though they have not yet achieved optimal self-acceptance. Multiple factors, including family support, social environment, and the ability to manage emotional stress, contribute to variations in psychological well-being (Narotin & Satwika, [2024](#)). Sufficient social support fosters a sense of acceptance, which in turn enhances confidence regarding appearance and physical condition. In contrast, adolescents who lack social support or are frequently exposed to idealized physical standards in the media are more likely to experience body dissatisfaction and reduced psychological well-being. Body image affects not only psychological well-being but also creativity, self-esteem, and other health-related behaviors (Shang et al. [2021](#); Wang et al. [2025](#)).

The findings support the theory proposed by Ryff and Keyes ([1995](#)), which posits that individuals with a positive body image exhibit higher levels of self-acceptance, facilitating the development of healthy social relationships and enabling greater autonomy and achievement of life goals. In contrast, individuals with a negative body image often experience lower self-esteem, greater life dissatisfaction, and increased difficulty adapting to their environment. Accordingly,

hijab-wearing adolescents who possess a positive body image demonstrate enhanced psychological well-being (Fajrianti et al., [2024](#)).

In summary, the objective of identifying the relationship between body image and psychological well-being among hijab-wearing adolescents has been met. Nevertheless, this study is subject to several limitations. The cross-sectional design precludes the establishment of causal relationships between the variables. Additionally, the sample is limited to hijab-wearing adolescents in the Surabaya area, which restricts the generalisability of the findings to other populations with different socio-cultural backgrounds. The reliance on self-report questionnaires introduces the potential for respondent subjectivity bias. Furthermore, the scarcity of previous studies focusing specifically on hijab-wearing adolescents limited the depth of comparative analysis in the discussion.

### Conclusion

This study found a significant correlation between body image and psychological well-being among hijab-wearing adolescents. Adolescents with a more positive body image tend to exhibit higher levels of psychological well-being. Most respondents were categorized as 'moderate' for both variables. This indicates a generally adequate level of self-acceptance and body perception among hijab-wearing adolescents. The results suggest that body image is a contributing factor to adolescents' psychological well-being. Future research should include participants from a broader geographical area. It should also incorporate additional relevant variables to provide a more comprehensive understanding of the relationship between body image and psychological well-being in this population.

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