



The Role of Self-Concept and Self-Compassion on the Body Image Adolescent Fans of K-Pop Idols

*Anak Agung Istri Miranda Parasari*¹, Luh Made Karisma Sukmayanti Suarya¹*

¹Faculty of Medical, Universitas Udayana, Bali - Indonesia

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Abstract. Adolescent of K-Pop fans tend to set the appearance of K-Pop idols as the ideal body standard, thus potentially causing body dissatisfaction and forming a negative body image. The aim of this research is to be able to find out the role of self-concept and self-compassion with the body image adolescent fans of Korean Pop (K-Pop) idols through a quantitative approach with multiple linear regression analysis. The research respondents were 131 adolescent K-Pop fans aged 15-22 years in the city of Denpasar. The research results show that self-concept and self-compassion together contribute to five dimensions of body image (appearance evaluation (R²=49,1%), appearance orientation (R²=18,7%), body area satisfaction (R²=32,1%), overweight occupation (R²=8,9%), and self-classified weight (R²=40,5%)). Self-concept partially contributes in appearance evaluation, appearance orientation, body area satisfaction, and self-classified weight, while self-compassion contributes to overweight occupation ($p < 0,05$). This study underscores the significance of cultivating a positive self-concept and self-compassion as an effort for adolescent of K-Pop fans to be aware, accept their body condition, and start taking care of themselves to get a healthy body.

Keywords: *adolescent; body image; K-Pop; self-compassion; self-concept*

***Corresponding Author:** Anak Agung Istri Miranda Parasari (aai.miranda@student.unud.ac.id), Faculty of Medical, Universitas Udayana, Bali - Indonesia



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Introduction

The K-Pop phenomenon has spread worldwide and its fan base has increased seventeen-fold in the last two decades (Rafdinal et al., [2023](#)). Based on the results of the IDN Times ([2019](#)) electronic survey show that the majority of K-Pop fans are in the adolescent age range, namely 20-25 years old (40.7%) and 15-20 years old (38.1%). The main attraction of K-pop's popularity in Indonesia is based on the results of a survey conducted on 400 K-pop fans are their physical appearance and attractive fashion trends (Javier, [2021](#)). Exposure to the physical appearance of K-pop idols can affect adolescent fans' perceptions of their bodies, lead to self-comparison behavior, and judge that K-pop idols' bodies are ideal body standards. This is in line with Santika and Bawono ([2022](#)) statement that the appearance of K-pop idols can influence the perception of an ideal body shape. Research conducted by Pratiwi and Iriani ([2023](#)) shows that the intensity of adolescent fans' enjoying K-pop content makes adolescents tend to feel dissatisfied with their body image, where adolescents begin to evaluate and assess their own appearance. How adolescents perceptions and assess their bodies will shape their body image in a negative or positive direction. The results of research by Utami ([2019](#)) show that adolescent fans who intensely feel proud of the ideal standards that other people like are characteristic of forming a negative body image direction.

Self-comparison and internalization of idealized standards of idol appearance can potentially cause adolescent fans to experience body dissatisfaction (Levine, [2012](#)). Supported by the results of research by Santika and Bawono ([2022](#)) shows that 20% of adolescent fans have a high level of body dissatisfaction, which indicates that adolescent fans persistently think about the concept of an ideal body and have negative feelings if their body do not match the ideal standards in their social environment. Making comparisons and feeling dissatisfied with their bodies will encourage adolescents to achieve a certain ideal standard, which Taylor ([2014](#)) emphasized is a characteristic of a negative body image. According to Cash ([2012](#)) body image is an individual's perception and judgment of their physical appearance. The dimensions of body image include appearance evaluation, appearance orientation, body area satisfaction, overweight occupation, and self-classified weight.

Wardhani ([2022](#)) stated that one of the actions of K-pop idols that often inspire adolescent fans is to imitate the idols' strict diet patterns which tend to be unhealthy to get the ideal body shape in a short time. In line with the research of Dwiputeri and Maulina ([2015](#)) on five adolescent female K-pop fans in Indonesia who compared body parts with female K-pop artists. Through interviews, it was found that the five adolescent females want to have a body like K-Pop idols, so the respondents try to lose weight in various ways, such as consuming only half a portion of rice, eating once a day, and even not eating for a day. The efforts that respondents made have negative

impacts, such as fatigue, frequent dizziness, and gastric acid disorder. In addition, body dissatisfaction can trigger negative thoughts, such as feeling fearful when receiving bad judgment, always feeling inadequate, and being disappointed when not achieving the ideal standard. The long-term effects of adolescents' dissatisfaction with their bodies can even lead to serious psychological problems, such as the tendency of *body dysmorphic disorder*, depression, anxiety, eating disorders, and death (Amrizon et al., [2022](#); Putri & Subroto, [2023](#)). Not only psychologically threatening, social life is also affected, where body dissatisfaction experienced by adolescents tends to make adolescents feel insecure, hence adolescents find it difficult to interact with their surroundings. Therefore, the appearance of K-pop idols, who are seen as an ideal standard, can play a role in changing individuals' body image. Meanwhile, according to Healey ([2020](#)) individuals with a positive body image tend to have better physical and psychological health, and also personal development, so having a positive body image is important for every individual.

One of the factors that can affect body image is self-concept (Cash & Smolak, [2011](#)). Self-concept is an individual's self-image as a whole that is formed through various individual experiences while interacting with their environment (Agustiani, [2009](#)). Aspects of self-concept consist of internal aspects (identity self, behavioral self, judging self), and external aspects (physical self, moral-ethical self, personal self, the family self, and the social self). The results of Novianti and Merida ([2021](#)) research show that self-concept has a significant positive relationship with body image, meaning that if the self-concept is positive, body image will tend to be positive. This contradicts research conducted by Novida ([2021](#)) shows that self-concept has a negative correlation with body image, indicated that individuals with a positive self-concept tend to have a negative body image, and the same applies in reverse. Additionally, there is a limited understanding of the influence of self-concept on body image among adolescents, especially those who are fans of Korean Pop (K-Pop). Based on these observations, this study aims to further explore the relationship between self-concept as an independent variable and body image as a dependent variable.

A positive self-concept serves as a protective factor, facilitating the development of positive self-evaluations in the presence of events that challenge body image (Cash & Pruzinsky, [2002](#)). This notion is supported by Ghufroon and Risnawati ([2016](#)) who posit that self-concept plays a crucial role in shaping and directing individual behavior. This aligns with Azhar ([2021](#)) research among high school students in Surabaya, a positive self-concept fosters self-acceptance and motivates adolescents to seek solutions to their problems. In addition to self-concept, self-compassion can also influence body image formation. Self-compassion can be employed as an intervention to reduce body dissatisfaction or increase positive body image direction (Slater et al., [2017](#)). Self-compassion is an individual's willingness to be open to oneself, to embrace rather than

avoid suffering or judgment, and to cultivate a desire to understand, alleviate, and heal oneself as part of personal growth and transformation (Neff & Lamb, 2009; Neff, 2003). The aspects of self-compassion consist of self-kindness, common humanity, and mindfulness. Individuals with higher levels of self-compassion exhibit fewer negative emotions, be receptive to their thoughts, and tend to be able to think more logically when faced with a problem (Neff & Germer, 2017).

Based outlined above, K-pop fans tend engage in social comparison with their idols, which can result in body dissatisfaction and a tendency toward negative body image formation, this can have detrimental effects on the physical and psychological well-being of K-pop fans adolescents. This study aims to find out the role of self-concept and self-compassion with the body image adolescent fans of K-Pop Idols who live in Bali. The study focuses on K-Pop fans in Bali as previous research has primarily examined body image among K-Pop fans in Java, so this study wants to see how this phenomenon among K-Pop fans in Bali. The findings of this research are expected to provide new contributions and become considerations in the development of interventions designed to foster positive body image among K-Pop fans. This can also be an effort for adolescent K-Pop fans to start valuing their bodies and engage in self-care practices that are not solely dictated by idealized standards. Additionally, the adolescent can also become wiser fans in responding to the appearance of their idols and encourage a more positive self-perception regarding body image and physical appearance.

Methods

This study utilized a quantitative research approach, using multiple linear regression analysis to examine the role of self-concept and self-compassion in the body image of adolescent fans of K-Pop idols. Body image as the dependent variable is a subjective assessment that involves an individual's perception of their physical appearance, which affects their thoughts and feelings. Body image is a multidimensional construct involving components of attitudes, affective, and individual perceptions of appearance, where each dimension will produce its score. This study includes two independent variables, there are self-concept and self-compassion. The population of this study was adolescent fans of K-Pop idols. The sample criteria in this study include: 1) adolescent of K-Pop fans; 2) aged 15-22 years; 3) both male or female; 4) domiciled in Denpasar city.

This study used three scales for data collection: the body image scale, the self-concept scale, and the self-compassion scale. The validity test with content validity was established through rational analysis by two experts in the field of psychology (a psychology lecturer and a psychologist) and one representative of adolescence of K-Pop fans. The reliability testing of measuring instruments in this study using *Cronbach's Alpha* technique with *SPSS 26.0 for*

Windows. The measuring instrument can be said to be reliable if it has a reliability coefficient >0.60 (Siregar, [2015](#)). The body image scale is arranged based on the dimensions of Cash and Pruzinsky ([2002](#)), there are appearance evaluation, appearance orientation, body area satisfaction, overweight occupation, and self-classified weight, with a total of 40 that are valid and reliable items. Reliability testing on the body image scale was carried out on each dimension because it is multi-dimensional. The results of the body image scale reliability test showed an *Alpha* (α) coefficient value of 0.857 for the appearance evaluation dimension, 0.815 for the appearance orientation dimension, 0.856 for the body area satisfaction dimension, 0.738 for the overweight occupation dimension, and 0.781 for the self-classified weight dimension.

The self-concept scale was modified from Saputra's ([2020](#)) scale based on Fitts' aspects (in Agustiani, [2009](#)) consisting of internal aspects (identity self, behavioral self, judging self) and external aspects (the physical self, moral-ethical self, personal self, the family self, and the social self) which totals 40 valid and reliable items. The reliability test of the self-concept scale was carried out as a whole, the results of the reliability test on the self-concept scale were 0.914. The self-compassion scale is compiled based on aspects of Neff ([2011](#)) consisting of aspects of self-kindness, common humanity, and mindfulness, totaling 31 valid and reliable items, the reliability test result of the self-compassion scale was 0.897. This shows that the three scales are declared suitable for measuring the attributes of body image, self-concept, and self-compassion of adolescent K-pop idol fans. The three scales use data collection techniques in the form of a questionnaire presented in a *Google Form* link with a *Likert* scale that has four answer options for each statement with response options: Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS).

This study uses cluster sampling with the one-stage cluster sampling method, so it is necessary to determine the research location first. The determination of the area was carried out by randomly selecting eight regencies and one city in Bali Province using the Spin the Wheel website, and the results showed that the location of the study was Denpasar City. The data collection process was carried out online by distributing research questionnaires through various social media, such as WhatsApp, Line, and Instagram, which were distributed to adolescent K-Pop fans in Denpasar city. Participants were eligible to complete the questionnaire if the individual had the criteria that matched this study. The number of samples was determined using Roscoe's sampling guidelines (Azwar, [2022](#)). Based on the Roscoe guidelines (in Azwar, [2022](#)), in general, a fairly appropriate sample size in research is more than 30 and less than 500. In addition, for multivariate analyses such as correlation or multiple regression, the sample size should be at least 10 times the number of variables involved. Therefore, the sample size in this study:

$$[1] \text{ Sample Size} = 10 \times (\text{dependent variable} + \text{independent variable}) = 10 \times (1 + 2) = 30$$

Based on the calculation results and guidelines of the Roscoe formula, the minimum sample size is 30 respondents and the maximum is 500 research respondents.

The research data that has been collected will be tested descriptively and needs to go through an assumption test before entering the hypothesis testing stage, the assumption test consists of a normality test, a linearity test, and a multicollinearity test. The normality test uses the Kolmogorov-Smirnov statistical test, the linearity test with the Compare Means technique, and the multicollinearity test looks at the Tolerance and VIP values, where all assumption tests are carried out using the SPSS 26.0 for Windows software. After the assumption test is fulfilled, the next step is to conduct a hypothesis test using multiple linear regression analysis to determine whether or not there is an influence of one or more independent variables on one dependent variable (Siregar, 2015). The hypothesis test on the body image scale is multidimensional by using the total score of each dimension, while the self-concept and self-compassion scale uses the overall total score.

Results

The research was conducted from October 29th to November 25th, 2023. The number of participants obtained in this study was 131 participants who fit the criteria for research subjects, adolescent K-Pop fans in Denpasar City aged 15-22 years, which exceeded the minimum number of participants according to Roscoe's guidelines.

Demographic Data of Research Participants

The demographic characteristics of the research participants are presented in Table 1. These characteristics include gender, age, and routine activities of K-Pop fans adolescents.

Table 1.
Gender and Age of Participants

Category	Frequency	Percentage
Gender		
Male	7	5,3%
Female	124	94,7%
Age (Years)		
15	3	2,3%
16	0	0%
17	7	5,3%
18	10	7,6%
19	16	12,2%
20	13	9,9%
21	18	13,7%
22	64	48,9%

Table 1 presents the demographic characteristics of the study participants. The descriptive analysis of gender reveals that the majority of participants 94.7% were female. The descriptive analysis of age indicates that the majority of participants 48.9% were 22 years old.

Table 2.
Subject Description Based on Routine Activities Performed

Category	Frequency	Percentage
Dance Cover	3	2,3%
Buy Merchandise	2	1,5%
Searching of information	3	2,3%
Listening to Kpop Music	27	20,6%
Attending Fan Activities	3	2,3%
Watching Idol Content	93	71,0%
Total	131	100%

The descriptive analysis of routine activities presented in Table 2 shows that the most common activity among the research subjects as K-Pop fans is watching idol content, with 93 subjects or 71% engaging in this activity.

Descriptive Analysis Test

Table 3 displays the categorization of five body image dimensions, self-concept, and self-compassion of adolescent K-Pop idol fans.

Table 3.
Categorization of Five Dimensional Body Image, Categorization of Self-Concept and Self-Compassion

	Category	Interval	Frequency	Percentage	Mean	Standar Deviation
Appearance Evaluation	Low	$X < 17$	10	7,6%	22,38	3,888
	Medium	$17 \leq X < 23$	59	45,0%		
	Height	$X \geq 23$	62	47,3%		
appearance orientation	Low	$X < 14$	0	0%	23,51	2,618
	Medium	$14 \leq X < 21$	11	8,4%		
	Height	$X \geq 21$	120	91,6%		
body area satisfaction	Low	$X < 17$	20	15,3%	20,36	3,823
	Medium	$17 \leq X < 23$	71	54,2%		
	Height	$X \geq 23$	40	30,5%		
Overweight Occupation	Low	$X < 10$	4	3,1%	13,27	2,249
	Medium	$10 \leq X < 13$	49	37,4%		
	Height	$X \geq 13$	78	59,5%		
self-classified weight	Low	$X < 24$	1	8%	34,69	4,095
	Medium	$24 \leq X < 36$	80	61,1%		
	Height	$X \geq 36$	50	38,2%		
Self-Concept	Low	$X < 80$	0	0%	114,38	14,001
	Medium	$120 \leq X < 80$	93	71%		
	Height	$X \geq 120$	38	29%		
Self-Compassion	Low	$X < 62$	2	1,5%	87,24	10,521
	Medium	$93 \leq X < 62$	94	71,8%		
	Height	$X \geq 93$	35	26,7%		

Source: Research Results, processed with IBM SPSS, 2024.

The categorization of the five body image dimensions revealed that the majority of participants exhibited high levels of appearance evaluation, appearance orientation, and overweight occupation, while body area satisfaction and self-classified weight were categorized as moderate. Additionally, the majority of participants exhibited moderate levels of self-concept and self-compassion.

Assumptions Test

Researchers conducted an assumption test as a requirement before conducting hypothesis testing with multiple linear regression analysis. The assumption tests conducted include normality test, linearity test, and multicollinearity test. The results of these assumption tests are presented in Tables 4, 5, and 6 below.

1. Normality Test

Normality testing was conducted to determine if the collected data followed a normal distribution. This involved examining the unstandardized residuals of self-concept (X1) and self-compassion (X2) on each body image dimension. A significance value greater than 0.05 ($p > 0.05$) indicates a normal distribution. The results of the normality test are presented in Table 4.

Table 4.
One Sample KolmogorovSmirnov Test

	N	Kolmogorov-Smirnov	Asymp. Sig. (2-tailed)	Conclusion
X1,X2*Appearance Evaluation	131	0,070	0,200	Normal
X1,X2*Appearance Orientation	131	0,044	0,200	Normal
X1,X2*Body Area Satisfaction	131	0,057	0,200	Normal
X1,X2*Overweight Occupation	131	0,070	0,200	Normal
X1,X2*Self-Classified Weight	131	0,055	0,200	Normal

Source: Research Results, processed with IBM SPSS, 2024.

As shown in Table 4, the significance values for self-concept and self-compassion on each body image dimension are 0.200 ($p > 0.05$), indicating that the data distribution is normal.

2. Linearity Test

The linearity test is used to determine the existence of a linear relationship between independent variables and dependent variables. This study uses the Compare Means test. A significance value less than 0.05 ($p < 0.05$), indicates a linear relationship. The results of the linearity test are presented in Table 5.

Table 5.
Linearity Test

	N	Linearity	Deviation from Linearity	Conclusion
X1*Appearance Evaluation	131	0,000	0,214	Linear
X1*Appearance Orientation	131	0,000	0,150	Linear
X1*Body Area Satisfaction	131	0,000	0,509	Linear
X1*Overweight Occupation	131	0,007	0,115	Linear
X1*Self-Classified Weight	131	0,000	0,098	Linear
X2*Appearance Evaluation	131	0,000	0,773	Linear
X2*Appearance Orientation	131	0,001	0,305	Linear
X2*Body Area Satisfaction	131	0,000	0,331	Linear
X2*Overweight Occupation	131	0,001	0,507	Linear
X2*Self-Classified Weight	131	0,000	0,583	Linear

Source: Research Results, processed with IBM SPSS, 2024.

Table 5, it shows that the self-concept variable has a linear relationship with each dimension of body image and the self-compassion variable also has a linear relationship with each dimension of body image.

3. Multicollinearity Test

Multicollinearity testing was conducted to examine the presence of correlation between the independent variables in the regression model. The criteria for determining multicollinearity are a tolerance value greater than 0.10 and a VIF value less than 10, then it can be stated that there is no multicollinearity.

Table 6.
Multicollinearity Test

Variabel	Tolerance	VIP	Information
Self-Concept	0,285	3,506	No Multicollinearity
Self-Compassion	0,285	3,506	No Multicollinearity

Source: Research Results, processed with IBM SPSS, 2024.

As shown in Table 6, there is no evidence of multicollinearity between the independent variables, self-concept, and self-compassion. This is confirmed by tolerance values greater than 0.10 and VIF values less than 10.

Hypothesis Test

Hypothesis testing is conducted to answer the truth of the hypothesis through statistical testing using the collected data. This study employed multiple linear regression analysis to assess the influence of one or more independent variables, self-concept, and self-compassion on body image as the dependent variable. The results of the major hypothesis, examining the simultaneous influence of self-concept and self-compassion on body image, are presented in Table 7.

Table 7.
Multiple Linear Regression Analysis

	R²	df	F	Sig
Self-Concept and Self-Compassion towards Appearance Evaluation	0,491	(2, 128)	61,805	0,000
Self-Concept and Self-Compassion towards Appearance Orientation	0,187	(2, 128)	14,703	0,000
Self-Concept and Self-Compassion towards Body Area Satisfaction	0,321	(2, 128)	30,263	0,000
Self-Concept and Self-Compassion towards Overweight Occupation	0,089	(2, 128)	6,255	0,003
Self-Concept and Self-Compassion towards Self-Classified Weight	0,405	(2, 128)	43,555	0,000

Source: Research Results, processed with IBM SPSS, 2024.

As shown in Table 7, self-concept and self-compassion simultaneously influence all body image dimensions, including appearance evaluation, appearance orientation, body area satisfaction, overweight occupation, and self-classified weight ($p < 0.05$). The R-squared values demonstrate the extent to which self-concept and self-compassion contribute to the variance in each body image dimension.

The results of the minor hypothesis test to determine the partial role of self-concept (X1) on body image (Y) and self-compassion (X2) on body image (Y) can be seen in Table 8.

Table 8.
Minor Hypothesis and Multiple Linear Regression Line

Body Image Dimensions	Variabel	B	beta (b)	t	Sig
Appearance Evaluation	<i>(Constant)</i>	0,415		0,196	0,845
	Self-Concept	0,207	0,744	6,303	0,000
	Self-Compassion	-0,019	-0,052	-0,437	0,663
Appearance Orientation	<i>(Constant)</i>	15,654		8,695	0,000
	Self-Concept	0,117	0,625	4,188	0,000
	Self-Compassion	-0,063	-0,254	-1,700	0,092
Body Area Satisfaction	<i>(Constant)</i>	3,941		1,640	0,103
	Self-Concept	0,196	0,717	5,257	0,000
	Self-Compassion	-0,068	-0,188	-1,382	0,169
Overweight Occupation	<i>(Constant)</i>	7,997		4,884	0,000
	Self-Concept	-0,014	-0,087	-0,550	0,583
	Self-Compassion	0,079	0,368	2,331	0,021
Self-Classified Weight	<i>(Constant)</i>	12,544		5,207	0,000
	Self-Concept	0,131	0,447	3,503	0,001
	Self-Compassion	0,082	0,212	1,659	0,100

Source: Research Results, processed with IBM SPSS, 2024.

The results of the minor hypothesis testing presented in Table 8 indicate that self-concept has significantly role in predicts an increase in the dimension of appearance evaluation, appearance orientation, body area satisfaction, and self-classified weight, as evidenced by the

significance values. Self-compassion significantly predicts increase in overweight occupation dimension.

Discussion

This study aims to determine the role of self-concept and self-compassion on the body image of adolescent K-Pop idol fans. Multiple linear regression analysis revealed that self-concept and self-compassion simultaneously play a role in each dimension of body image, so the alternative hypothesis (H_a) in the major hypothesis in this study is accepted. This is evidenced by a significance value below 0.05 and the coefficient of determination (R^2) presented in Table 13. A combination of positive self-concept and self-compassion is needed to improve the level of body image dimensions. This finding aligns with Repi (2019) assertion that adolescents with positive self-concept and self-compassion are capable of developing into well-rounded individuals who value themselves

The results of the study showed that self-concept and self-compassion simultaneously play a role in the dimensions of appearance evaluation and dimensions of satisfaction with body parts. Calhoun and Acocella (1990) posit that individuals with positive self-concept gain a deeper understanding of themselves, enabling them to recognize their strengths and weaknesses. Conversely, Vartanian and Hayward (2018) found that negative self-concept is associated with greater self-dissatisfaction, suggesting that individuals may not fully understand themselves. Additionally, the combination of self-concept and self-compassion strengthens an individual's self-understanding. This is because self-compassion involves practical actions such as care, peace of mind, and awareness of one's emotions and thoughts (Neff & Germer, 2018). This is supported by the results of research by Albertson et al., (2015) showing that a three-week self-compassion *podcast* listening intervention significantly reduced body dissatisfaction and increased compassion. These results suggest that the three aspects of self-compassion are able to help individuals be gentle and attentive to their bodies, help see a bigger and clearer picture of their bodies, and not exaggerate their shortcomings.

Based on the results of the study, it show that self-concept and self-compassion play a role in the appearance orientation dimension. Appearance orientation is an individual's evaluation and efforts to enhance or improve their appearance. Brooks and Emmert (in Rakhmat, 2007) suggest that positive self-concept is characterized by the ability to develop oneself and self-confidence, including in enhancing one's appearance. In addition, self-compassion helps improve healthy behavior and individual motivation to achieve their goals through mental resilience and the courage to take action (Neff, 2011; Neff & Germer, 2018). These findings confirm that the results of the study showing the role of self-concept and self-compassion on body image are in

line with theory, so integrating self-concept and self-compassion can help individuals develop a more positive attitude and reduce pressure regarding their appearance.

The study results indicate that self-concept and self-compassion significantly play a role in the dimension of overweight occupation, which refers to an individual's level of anxiety associated with weight gain, body size, and dietary behaviors. Self-concept can help individuals understand their needs and engage in self-reflection regarding their strengths and weaknesses (Hartanti, 2018). Research by Thøgersen-Ntoumani et al., (2021) found that participants who made dietary mistakes and subsequently practiced self-compassion exhibited a greater desire to diet, consume healthy foods, and experience fewer negative responses to dietary errors. Individuals with positive self-concept and self-compassion can reduce anxiety related to weight gain, body size, and unhealthy dietary behaviors, decrease negative emotions, enhance feelings of happiness and calmness, and promote healthier eating habits with more realistic timelines (Neff & McGehee, 2010; Neff, 2003). These findings confirm that the study results align with existing literature and expand the scope of research by demonstrating that a combination of positive self-concept and self-compassion accounts for 8.9% on the dimension of overweight occupation, with a positive relationship.

The results of the study indicate that self-concept and self-compassion play a role in the self-classified weight dimension with a positive relationship direction. How individuals perceive their weight is an explanation of the self-classified weight dimension. Positive self-concept can contribute to a healthier body image, as research suggests that adolescents with high self-concept are more likely to be emotionally stable (Palenzuela-Luis, 2022). In addition, Neff (2011) posits that self-compassion is a key to emotional well-being, as it involves self-kindness, which can shape a more positive perception of weight through managing thought patterns and acceptance. Individuals with positive self-concept and self-compassion are better equipped to develop a healthier self-perception, confirming the alignment of the study results with existing literature.

The study also examined the minor hypotheses to determine how the variables self-concept and self-compassion partially affect on each body image dimension. Self-concept plays a role in the evaluation of appearance with a positive relationship indicating that higher levels of self-concept are associated with higher levels of appearance evaluation. Appearance evaluation refers to an individual's overall satisfaction or dissatisfaction with their appearance. Adolescent satisfaction or dissatisfaction with their appearance is linked to their self-concept. Consistent with previous research, 54.7% of adolescents with negative self-concept reported dissatisfaction and a lack of self-understanding (Samudra, 2022). Santika (2022) research found that adolescents with positive self-image report greater body satisfaction. These findings align with Cash (2002), assertion that individuals with positive self-concept are better able to provide positive self-

evaluations, characterized by acceptance of their strengths and weaknesses. Conversely, negative self-concept can lead to dissatisfaction and feel that there is something wrong with them (Pervin, [1996](#)). These findings support the conclusion that the current study results align with previous literature.

The study results demonstrate that self-concept positively influences appearance orientation, meaning that the higher or more positive the level of an individual's self-concept, the higher the level of appearance orientation. This aligns with Arsy ([2023](#)) research which found that a majority of K-pop fan participants exhibited positive self-concept, characterized by their efforts to overcome various difficulties. This proves that the positive self-concept among adolescent K-pop fans can contribute to efforts to enhance or improve their appearance. In line with the characteristics of a positive self-concept as described by Brooks and Emmert (in Rakhmat, [2007](#)), namely the ability to solve problems and confidence in one's ability to develop oneself.

In this study, based on the answers of the subjects in the research questionnaire, it was shown that a majority of adolescents reported satisfaction with their stomach size, height, weight, facial appearance, and were happy with their body shape, with the majority of participants falling into the moderate (54.2%) to high (30.5%) satisfaction categories. In line with the results of Tamalawe ([2019](#)) which found that 97.2% of X-grade students exhibited positive self-concept, as evidence that the subjects accepted and liked their body parts and pride in their body size. This confirms that the research findings are in line with the existing literature, where a positive self-concept helps individuals feel satisfied with their bodies.

Self-concept plays a role in self-classified weight with a positive relationship, which reflects an individual's perception of their weight (Cash & Pruzinsky, [2002](#)). Sari et al. ([2021](#)) stated that how adolescents perceive and see themselves is influenced by their self-concept. Consistent with Fadilah (2022) research on adolescent males with obesity, two participants exhibited a positive self-concept, while one displayed a negative self-concept. Fadilah ([2022](#)) noted that the difference between participants with positive and negative self-concepts lies in their self-acceptance and behavior displays. Subjects with negative self-concepts struggle to understand themselves and their physical condition, leading to sensitivity and hurt feelings when criticized. Meanwhile, subjects who have positive self-concepts have a better understanding of their physical condition and are less affected by criticism. This shows that the self-concept shapes an individual's perception of their current weight so that individuals can understand how their body condition is and can respond to bad comments said by others.

Self-compassion plays a significant role with a positive relationship to the overweight occupation dimension. This is not in line with the established literature, individuals who practice self-compassion tend to experience greater happiness, life satisfaction, improved physical health,

and reduced anxiety, stress, and even depression (Neff & Germer, [2018](#); Neff & Knox, [2017](#); Neff, [2011](#)). Tiara and Qodariah ([2022](#)) study stated that a lack of self-compassion can cause stress and anxiety. Based on this explanation, it is known that there are differences in the results between this study and previous studies. The findings of this study are proven to contradict the existing literature and the results of this study provide a new contribution that higher levels of self-compassion among adolescent K-Pop fans are associated with increased overweight occupation. It is assumed that it can be influenced by several factors, one of which is the characteristics of K-Pop fan participants. K-Pop fans tend to perceive their bodies as less attractive than their idols, leading to discomfort if they feel their physical appearance is lacking, as physical appearance is closely linked to emotional well-being (Santika & Bawono, [2022](#)).

The results of the descriptive analysis of the self-concept of adolescent K-Pop fans are classified as moderate, indicating a generally positive view of their circumstances and identity. They are able to interact with the surrounding environment, evaluate themselves, and have values that are believed in, but still need to be developed further (Fitri, [2021](#)). The majority of adolescent K-Pop fans exhibit moderate levels of self-compassion, indicating that adolescent K-Pop fans feel that what they have is enough. They are somewhat capable of accepting their shortcomings but not fully, can manage difficult situations without overreacting, but are prone to feeling isolated and self-critical, so efforts are needed to increase the self-compassion of adolescent fans (Azizah & Nugraha, [2021](#); Erismadewi et al., [2022](#)).

The results of the descriptive analysis show that the majority of adolescent K-pop fans have high appearance evaluations, indicating that adolescents feel that their overall appearance is attractive and satisfying (Cash, [2012](#)). Individuals who receive positive feedback or assessments from others, such as family or friends, tend to develop a more positive self-image and experience reduced body dissatisfaction (Dwiputeri & Maulina, [2015](#); Istikomah, [2022](#)). Adolescent K-Pop fans demonstrate high levels of appearance orientation, indicating a positive self-perception and a greater investment of time in improving and enhancing their appearance. As for what fans adolescents can do, such as use beauty and cosmetic products, adopt the fashion styles of their idols, and emulate their idols' clothing choices, such as fashion models and color coordination (Kartika & Darminto, [2020](#); Niswah & Zahro, [2021](#); Makiko, [2022](#)).

Body part satisfaction in adolescent K-pop fans is moderate, indicating that adolescent K-pop fans are not yet satisfied with every part of their body. Common areas of dissatisfaction include the stomach, legs, and arms (Dwiputeri & Maulina, [2015](#)). Overweight occupation in adolescent K-Pop fans is classified as high, indicating that adolescents are aware of their ideal image and weight changes and a desire to modify their weight through dieting. A majority of participants in this study are aware of and can perceive when their clothing becomes tighter,

signifying weight gain. This shows that the subjects are aware of their weight and body size, the majority of subjects also regulate their diet to lose weight and limit the food they consume daily.

The self-classified weight of K-Pop fans is classified as moderate, indicating that the fans are quite capable of perceiving and categorizing their weight (Dinata & Pratama, 2022). The majority of participants are able to classify weight from very underweight to obese and recognize that ideal weight involves a balance between weight and height. The majority of participants were able to classify their weight from very underweight to obese and recognized that ideal weight involves a balance between weight and height. Utami (2022) stated that K-pop fans with a positive body image have a good perception of their body, marked by the ability to appreciate and view their bodies realistically.

Adolescent fans cannot be separated from parental guidance, through the results of this study it is hoped that there is a need for parental guidance for adolescent K-Pop fans. Parents should strive to educate their children about body composition and the importance of maintaining physical health, open and interactive communication is crucial to ensure adolescents feel comfortable seeking support when needed. The role of educators is also to remind, direct, and if necessary accompany their students who have a passion for K-Pop if they show behavior that leads to negative body image such as comparing their appearance, body dissatisfaction, and even implementing extreme diet patterns. For those working in the entertainment industry, the results of this study are also expected to be a consideration for the entertainment industry in choosing public figures so that they can reflect the diversity of appearance and inspire fans to prioritize healthy bodies rather than fixate on certain ideal standards.

This study acknowledges certain limitations, some of which are items on the body image scale of the self-classified weight dimension that do not represent the characteristics of the research subjects. Another limitation is the imbalance in the number of research subjects in terms of female and male gender is thought to be able to influence the results of the study, where the results of the analysis of body image research in female fan adolescents are more dominant than male fan teenagers. Regarding the characteristics of fans, such as their routine activities, age, and gender, only demographic data was collected. Further research is recommended to explore the relationship between these factors and body image.

Conclusion

Based on the results of the research data analysis, it can be concluded that self-concept and self-compassion together play a role in the five dimensions of body image, while partially self-concept only plays a role in four dimensions and self-compassion plays a role in one dimension of body image. This indicates that adolescent kpop fans who practice self-concept and self-

compassion together can help increase the level of appearance evaluation, appearance orientation, body area dissatisfaction, self-classified weight, and reduce the level of overweight occupation. It is hoped that adolescent of K-Pop fans will be able to realize and accept the uniqueness of their appearance and body image, and to prioritize self-care practices to get a healthy body.

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