

TEST THE VALIDITY OF THE BODY DISSATISFACTION CONSTRUCT USING THE CONFIRMATORY FACTOR ANALYSIS (CFA) METHOD

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ABSTRACT

This study aims to test the construct validity of the body dissatisfaction measuring instrument using the Body Dissatisfaction Scale (BDS) measuring instrument from Tariq and Ijaz (2015) which consists of 24 items. There are three dimensions to this construct, namely body shape and weight, skeletal structure, facial features. In this study, the respondents were young adult women aged 18-25 years who were not married with a total of 270 respondents. Validity test using Confirmatory Factor Analysis (CFA) which can be tested using LISREL 8.80 software. The results of the validity test show that 23 items are valid and there is 1 item that must be aborted.

Keywords: Body Dissatisfaction, Young Adult Women, Construct Validity, CFA.

INTRODUCTION

Body dissatisfaction or dissatisfaction with the body is the result of a gap between an individual's perception of ideal body size and actual body size (Ogden, 2010). Therefore, when women do not have an ideal body, it can make women tend to experience body dissatisfaction problems. Problems that can arise from body dissatisfaction include anxiety, disruption of interpersonal relationships and in extreme cases can cause substance abuse and various health problems (Pakki & Sathiyaseelan, 2018). Apart from that, body dissatisfaction can also cause psychological impacts such as lowered self-esteem, feeling embarrassed about the body you have, stress and some people follow unhealthy diets, take laxatives or slimming drugs and even experience eating disorders so the study of body dissatisfaction is important to research.

According to Grogan (2008), body dissatisfaction is defined as an individual's bad thoughts and feelings about themselves. Meanwhile, according to Ogden (2010), body dissatisfaction is the result of a gap between an individual's perception of ideal body size and actual body size. Meanwhile, according to Tariq & Ijaz, (2015) say that body dissatisfaction is a person's experience of being dissatisfied with their body image.

According to Wade et. al., (2009) body dissatisfaction occurs when perceptions about body weight and shape do not actually meet desires or expectations. Meanwhile, according to Bearman et. al., (2006) body dissatisfaction is a feeling of dissatisfaction with body weight and body shape.

There are several measuring instruments that measure body dissatisfaction, one of which is the Body Dissatisfaction Scale (BDS) measuring instrument created by Tariq and Ijaz (2015). This measuring tool measures the construct of body dissatisfaction which consists of three aspects, body shape and weight, skeletal structure, and facial features. These aspects are as follows:

1. Shape and weight

Body shape and weight here is the overall shape and weight of the body, such as being overweight and having a waist that is not slim.

2. Frame Structure

The skeletal structure here is related to body parts that can be clearly observed, such as very tall or very short.

3. Facial Features

Facial features include features that are easily visible to other individuals, such as dark circles around the eyes and unhealthy skin.

In this study, the researcher used the theory from Tariq & Ijaz (2015) which explains that body dissatisfaction is a person's experience of dissatisfaction with their body image. The researcher chose to use the theory from Tariq & Ijaz (2015) because it is the latest concept for the body dissatisfaction variable and this scale measures the body in more detail than other theories.

DESCRIPTION AND INSTRUMENT

The body dissatisfaction scale used in this research is a body dissatisfaction measuring tool developed by Tariq & Ijaz (2015). This measuring instrument consists of 3 dimensions with 24 items. Items are arranged using a Likert scale model with options 1-4, starting from strongly disagree (STS), disagree (TS), agree (S) and strongly agree (SS).

No.	Dimensions	Indicator	No. Items	Example Items
1.	Body Shape and Weight	• Having a body that is not ideal	14, 26	"I feel dissatisfied because I am fat".
		• Have some bodies that are not ideal	15, 17, 18, 19, 20, 22	"I feel dissatisfied because I don't have a slim waist".
2.	Frame Structure	• Dislikes some parts of the face	5, 6, 7, 8	"I don't like the shape or size my eyes".
		• Dislikes some structures of the body frame	12, 13, 16, 21, 23	"I feel dissatisfied because I don't have the desired hand shape/size".
3.	Facial Features	• Not having good skin	1, 9, 11, 10	"I don't have fair skin".
		• Have problems with scalp hair	2, 3, 4	"I feel dissatisfied because I have little hair".

METHOD

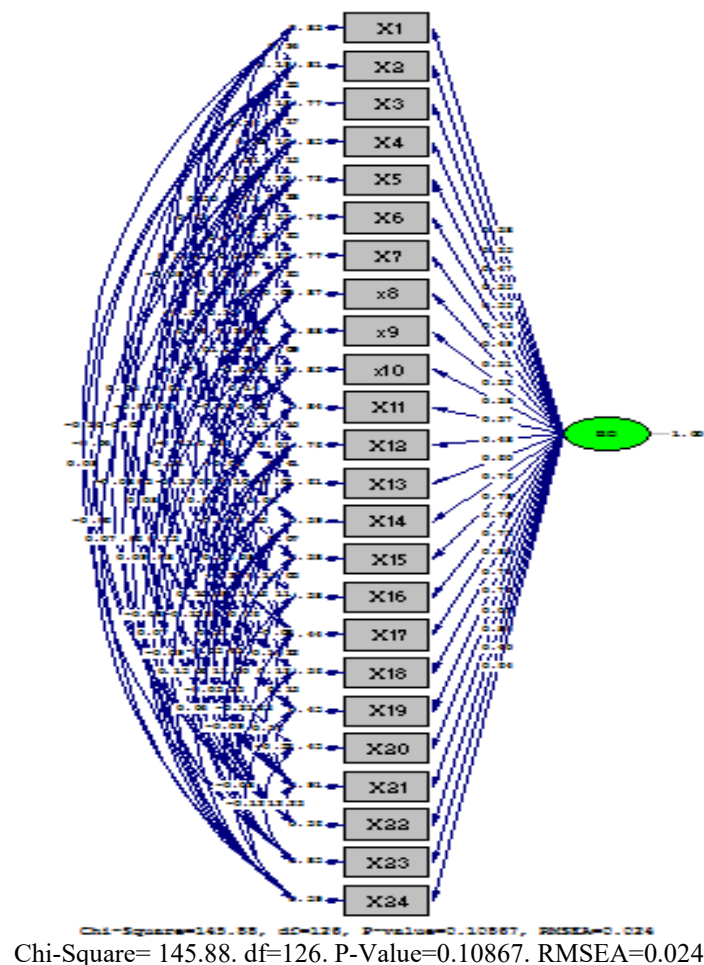
To test the validity of the measuring instruments used in this research, researchers used the Confirmatory Factor Analysis (CFA) technique with the help of Lisrel 8.80 software. This is done to see whether the items used truly represent or measure the construct to be measured. The steps taken are as follows (Mubarok & Miftahuddin, 2019):

1. Carry out a CFA test on the one factor model and then look at the resulting chi-square value. If the resulting chi-square (χ^2) value is <0.05 (significant), then it can be stated that the model is not fit and does not measure one factor. Meanwhile, if the resulting chi-square

- value is > 0.05 (not significant) then it can be stated that the model is fit and measures only one factor.
- For model results that do not fit the initial CFA test results, modifications to the model can be made so that the model becomes fit. Modification of the model is carried out by freeing items that are correlated with each other in the model. These items are assumed to have measurement errors so modifications need to be made to these items. If a measurement error is found, the item is considered to measure something other than what the model being tested is intended to measure.
 - If a fit model has been obtained, the next step is to look at the factor loadings of the items in the model. The item must have a significant t-value (> 1.96), which means that the item really measures what it is intended to measure according to the measurement model. Items that are not significant (t-value < 1.96) will be eliminated.
 - The next step is to look at the existing coefficient loading values (factor loading). If the coefficient value on the item is positive, then the item will not be eliminated, and conversely if the coefficient value on the item is negative then the item will be eliminated.
 - And finally, if there are items that have a correlation of more than four times, then these items will also be eliminated because it is assumed that these items are not unidimensional according to the existing measurement model.

RESULTS

When processing the data in this study, the researcher used a unidimensional model which aims to see whether it is true that the scale measures body dissatisfaction. The following are the results of testing the validity of the body dissatisfaction construct using a unidimensional model.



When processing data on the body dissatisfaction scale, fit data was produced by modifying it 124 times and obtained a Chi-Square value = 145.88, df = 126, P-Value = 0.10867, RMSEA = 0.024. Qualification for the model was accepted with P-value >0.05 and RMSEA <0.05. This means that the model that the researcher uses is accepted or the model fits.

Furthermore, in this research the researcher looked at whether the significance of all the items measuring the factors to be measured and determined whether all existing items needed to be dropped or not was done by testing the null hypothesis about the factor loading coefficients of the items. This test is carried out by looking at the t-value for each factor loading coefficient which will be explained in the following table:

Note:	No.	Coefficient	Standard Error	T-Value	Significant	sign
√ =	1.	0.38	0.06	6.50	√	
	2.	0.35	0.06	5.96	√	
	3.	0.47	0.06	8.20	√	
	4.	0.35	0.06	5.72	√	
	5.	0.53	0.06	9.32	√	
	6.	0.43	0.06	7.49	√	
	7.	0.49	0.06	8.50	√	
	8.	0.31	0.06	5.02	√	
	9.	0.32	0.06	5.34	√	
	10.	0.38	0.06	6.49	√	
	11.	0.37	0.06	6.13	√	
	12.	0.48	0.06	7.91	√	
	13.	0.60	0.06	10.75	√	
	14.	0.76	0.05	14.64	√	
	15.	0.79	0.05	15.09	√	
	16.	0.78	0.05	14.83	√	
	17.	0.75	0.05	14.34	√	
	18.	0.80	0.05	15.61	√	
	19.	0.74	0.05	13.72	√	
	20.	0.74	0.05	14.27	√	
	21.	0.09	0.06	1.42	×	
	22.	0.80	0.05	15.28	√	
	23.	0.40	0.06	6.71	√	
	24.	0.64	0.06	11.49	√	

significant (t > 1.96); × = not significant

Based on the table above, it is known that of the 24 items used to measure body dissatisfaction, there are 23 items that are significant ($t > 1.96$) and 1 item that is not significant ($t < 1.96$), so 1 item will be dropped, while 23 items others are significant.

CONCLUSION

The conclusion of testing the construct validity of the body dissatisfaction scale (BDS) developed by Tariq and Ijaz (2015) can be concluded that there are only 23 valid items and 1 item is invalid.

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