

Analysis of Food Choices Based on Health Factors, Comparison of Physical Appearance and Life Satisfaction in Adolescents

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How to Cite: Rachmayani, D., & Kurniawati, Y. Analysis of Food Choices Based on Health Factors, Comparison of Physical Appearance and Life Satisfaction in Adolescents. *Jurnal Kesehatan*, 17(1), 50-56.
<https://doi.org/10.23917/jk.v17i1.3081>

Article Information

Article history:

Submission: 31 October 2023

Acceptance: 16 December 2023

Keywords: *Life Satisfaction, Health, Food Choice, Physical Appearance, Adolescent*

ABSTRAK

Introduction: Food is a basic human need. Eating healthy food can positively affect health, and Healthy individuals can feel life satisfaction. Unfortunately, adolescents now tend to eat unhealthy foods. This study examines the relationship between food choice motives based on health factors, physical appearance comparison, and adolescent life satisfaction. **Method:** This research uses a quantitative research method with a correlational research design. There are three scales used in this study: The Physical Appearance Comparison Scale-Revised (PACS-R), the Food Choice Questionnaire (FCQ), and the Satisfaction with Life Scale (SWLS). Five hundred seventy-nine adolescents aged 17-22 participated as research participants, conducting data analysis through product-moment correlation using SPSS 25.0. **Result:** The results of this study indicate that food choice based on health factors is not related to physical appearance comparison ($r = -0.068$; $p > 0.05$) but is positively related to life satisfaction in adolescents ($r = 0.191$; $p < 0.05$), which means that the higher adolescents choose food with health considerations, the higher their life satisfaction, and tend not to compare their physical appearance with other people. In addition, this study also found a negative relationship between physical appearance comparison and life satisfaction ($r = -0.358$; $p < 0.05$), which means that the higher the adolescent compares his physical appearance with others, the lower his life satisfaction, and vice versa.

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INTRODUCTION

In line with the healthy living motto "good food, good health, good life," consuming healthy food can positively affect physical health and the absence of disease problems so that a person can enjoy his life well. On the other hand, consuming unhealthy food can hurt physical health, marked by the emergence of various diseases such as diabetes, heart disease, or cancer, and of course, a person finds it difficult to prosper in living his life.

Holder (2019) explains that it takes a long time to consistently implement a healthy diet to achieve good health in old age. This statement means that getting used to adopting a healthy diet as early as possible will prevent the emergence of disease in the future. Unfortunately, this is not true for today's teenagers, who like fast processes. Data from the Global School-Based Student Health Survey in 2015 shows that 54.4% of Indonesian teenagers consume fast food, and 36.1% consume less fruit. This data is also supported by UNICEF research in 2017. Around half of Indonesian teenagers do not eat breakfast at home and consume food in the canteen, so nutritional adequacy is given less attention (Watson, 2019). This unhealthy behavior can influence the emergence of various diseases in teenagers. One of them is that the Ministry of the Republic of Indonesia noted that in 2014, 13.8% of those aged 18 years and over were obese.

The threat of disease is one of the problems teenagers can experience, and it causes them to feel less prosperous. Subjective well-being is an individual's assessment and perception of life satisfaction, positive affection, and not feeling negative affection (Diener, 1984). Prosperous individuals can enjoy their lives, live longer, increase immune function, and so on (Holder, 2019). On the other hand, teenagers who are not prosperous are characterized by problems and worries in everyday life, such as problems with parents, friends, finances, health, frequent experiences of dizziness, pain, sleep disorders, or appetite-related problems (Joronen, 2003).

Holder (2019) states that several studies show that individuals who consume a lot of fruit and vegetables tend to have high subjective well-being. Individuals who consume low amounts of fruit and vegetables experience health problems. In the long term, it can reflect successful aging and increased bone density. This condition is also supported by Ares, Saldamando, Gimenez, & Deliza (2014) that prosperous individuals tend to be healthy as indicated by the absence of disease problems such as cholesterol levels, hypertension, and heart disease. So, food choice is related to subjective well-being.

Pollard, & Wardle (1995) explained that there are several motives for choosing food, including health, mood, convenience, sensory appeal, natural ingredients, price, weight control, familiarity, and ethical issues. Research by Kurniawati & Rachmayani (2021) found that health factors were significantly related to physical appearance in adolescents. For teenagers, physical appearance is significant because it relates to the formation of self-concept and acceptance with peers. Poor physical appearance can cause teenagers to have a negative self-concept and be less accepted by peers. In the end, this affects life satisfaction in teenagers. Research by Alwis & Kurniawan (2018) proves that teenagers with a good body image feel more satisfied with their lives. This proof is supported by research by Kurnia & Lestari (2020), which found that individuals who do not feel confident with their bodies increase negative affection and decrease negative affection and life satisfaction.

Based on the results of this research, it can be understood that there has been no research showing a clear link between unhealthy food consumption and subjective well-being. However, it is known that consuming fast food can cause physical illness in the future. Therefore, this study examines the relationship between food choice motives based on health factors, physical appearance, and adolescent life satisfaction.

LITERATURE REVIEW

Adolescence is a period of puberty, the search for self-identity. As a transition period from childhood to adulthood, many changes must be faced. Peer acceptance is considered necessary for teenagers, so assessing physical appearance and satisfaction with the body are also essential to being accepted by peers. Steinmayr, Wirthwein, Modler, and Barry (2019) explained that teenagers experiencing puberty tend to have low self-esteem, affecting their life satisfaction. As puberty wears off, teenagers become increasingly

satisfied with their lives. Adolescents who are not prosperous are characterized by problems and worries in daily life, such as problems with parents, friends, finances, health, frequent experiences of dizziness, pain, sleep disturbances, or decreased appetite (Joronen, 2003).

Each individual's appetite is different and influences food choice behavior. According to Steptoe, Pollard, & Wardle (1995), there are eight factors in choosing food: health, mood, convenience, sensory appeal, natural ingredients, natural ingredients, weight control, price, familiarity, and ethical issues. Previous research (Kurniawati & Rachmayani, 2021) on more than 500 teenagers, both men, and women, found that of the eight factors in food selection, health factors, and weight control were correlated with physical appearance. The influence of food choices on body health has been discussed in research by Da Silva et al. (2014), explaining that teenagers realize the importance of consuming healthy food to prevent health problems in the future. This research also explains that body weight correlates with the type of food teenagers consume. Adolescents who pay attention to their weight will choose healthy foods, such as low fat, to maintain an ideal body shape, so in this context, food choices are generally related to elements of health and well-being. Research by Ares, Saldamando, Gimenez, and Deliza (2014) shows that individuals who consume healthy food tend to feel well-being. Because by consuming healthy food, individuals are less likely to experience health problems such as diabetes, heart disease, and cancer. Based on several results of this research, it can be understood that food choice patterns still focus on body weight, which can influence the health and well-being of adolescents. Meanwhile, this research focuses on food selection patterns based on health factors associated with comparing adolescents' physical appearance and life satisfaction.

METHOD

This research uses quantitative research methods with a correlational approach to determine the relationship between variables, namely motives for choosing food based on health factors and adolescents' physical appearance and life satisfaction. A total of 579 teenagers aged 18-22 years participated as research participants. The data collection method used is accidental sampling, which is distributed via social media so that it can be easily spread throughout Indonesia.

The method of collecting data in this research uses research instruments or scales. The scale is prepared using the Likert model scaling technique; the variables to be measured are translated into variable indicators, which then become the basis for compiling scale items in the form of statements (Sugiyono, 2013). There are two types of statements used in research scale items: statements that support the attitude to be measured (favorable) and those that are the opposite of the attitude to be measured (unfavorable). The distribution of research instruments was carried out online using Google Forms. This process aims to obtain representative subjects according to predetermined subject criteria.

The research instruments used in this research are:

1. Food Choice Questionnaire (FCQ)

In order to measure motives for food choices, this research used the Food Choice Questionnaire (FCQ). The FCQ compiled by Steptoe, Pollard, & Wardle (1995) consists of 9 individual motives for choosing food: health, mood, convenience, sensory appeal, natural ingredients, price, weight control, familiarity, and ethical issues. In this study, researchers only used one subscale, namely health, and it had a reliability that tended to be high, namely 0.81. This subscale consists of six favorable items (for example, high fiber and nutritious) with four response responses, namely 1 (very unimportant) to 4 (essential).

2. The Physical Appearance Comparison Scale-Revised (PACS-R)

To measure the comparison of physical appearance, this research used The Physical Appearance Comparison Scale-Revised (PACS-R), which was compiled by Schaefer & Thompson (2014) and was revised four years later (Schaefer & Thompson, 2018). This scale consists of 9 items of main statements (example: When I am at a party or social gathering, I compare my overall appearance with the appearance of other people) to measure the comparison of physical appearance with other people in social situations, while there are 18 items (example: When I When making these comparisons, I usually believe that I look better/worse/the same than the person I am comparing to) to measure self-esteem and satisfaction with their body if the teenager tends to compare their physical appearance to others. The nine main statements have responses ranging from "never" to "always." If the teenager answers "never," they must move on to another main statement item. Meanwhile, if teenagers choose other responses (rarely, sometimes, often, and always), they must choose 18 supporting items related to satisfaction with their body and self-esteem. The scoring method is by adding the scores of 27 items to measure the tendency to compare physically with others. However, scores can be calculated according to the researcher's needs, for example, only focusing on body satisfaction and self-esteem. The reliability of the PACS-3 scale is 0.85 for women and 0.76 for men. Meanwhile, based on the test results, the PACS-R scale has a reliability of 0.874.

3. The Satisfaction with Life Scale (SWLS)

This study measured life satisfaction using The Satisfaction with Life Scale (SWLS). This scale measures cognitive aspects of subjective well-being. This scale consists of 5 items with five responses, namely from very suitable (score 5) to very inappropriate (score 1). To measure life satisfaction, add up all the scores. Chang, Yang, and Yu (2017) found that the reliability of this measuring instrument was 0.88 in American samples and 0.85 in Asian samples. This is also supported by other research that explains the good psychometric properties of the scale, with high internal consistency and reliability. Based on the test results, the SWLS scale has a reliability of 0.771.

Meanwhile, the researcher used Product-moment correlation analysis with the help of SPSS 25.0 to answer the research hypothesis regarding the relationship between variables.

RESULT AND DISCUSSION

A total of 579 teenagers with an age range of 17-22 years participated in this study, with details of 16.1% male teenagers (N=93) and 83.9% female teenagers (N=486), mean age 19.37 (SD=1,287), mean body weight 54.18 (SD=11,762) and mean height 159.05 cm (SD=9,291). Data analysis by correlation and moderation on food selection variables was carried out per dimension: health and weight control. The following are the results of the correlation analysis between variables.

Tabel 1. Correlation Test Result

Variable X	Variable Y	Correlation Coef. (r)	Status
Food selection based on health factors	Physical appearance	-0.068 (p>0.05)	Not related
Food selection based on health factors	Life satisfaction	0.191 (p<0.05)	Positive relationship
Comparison of physical appearance	Life satisfaction	-0.038 (p<0,05)	Negative relationship

Based on Table 1, three research results were obtained: First, there is no relationship between food choices based on health factors and physical appearance in adolescents. This research shows that teenagers who choose food based on health factors do not compare their physical appearance with other people. Research by Tavares, Espanha & Miranda (2021) proves that health factors and physical appearance can motivate individuals to engage in eating activities. The results of this study are research by Heiman & Olenik-Shemesh (2019), which found that although teenagers felt dissatisfied with their appearance, they also failed to carry out dietary behavior (such as eating fruit and vegetables, limiting fatty foods) and exercising consistently.

Second, there is a positive relationship between food choices based on health factors and life satisfaction in adolescents. This condition means that teenagers who choose food based on health factors will have high life satisfaction and vice versa. According to Steptoe, Pollard, & Wardle (1995), the motive for choosing food based on health factors is based on efforts to prevent chronic disease, efforts to fulfill nutrition, and consideration of appearance. Thus, teenagers who choose these foods tend not to experience complaints of physical pain, so they can carry out daily activities without obstacles, leading to perceived life satisfaction. Choosing food based on health considerations tends to consume green food (identical to healthy food, environmentally friendly, focuses on food safety) and tends to feel well-being (Lidew, Jusoh, & Sulaiman, 2015). The results of this study are also by research by Blanchflower, Oswald, Stewart-Brown (2003), and Mujcic & Oswald (2016), which found that teenagers who consume fruit and vegetables tend to be prosperous and feel life satisfaction.

Third, a negative relationship exists between physical appearance and the life satisfaction teenagers feel. This result means that teenagers who compare their physical appearance with other people result in low life satisfaction. Likewise, teenagers who do not compare their physical appearance with others will have high life satisfaction. Entering adolescence, many changes are experienced, including physical changes. In teenage girls, physical changes include enlarged breasts, widened hips, and fat in several body parts, such as the arms, stomach, and thighs.

Meanwhile, physical changes in teenage boys tend to be in height, voice, and body muscles. On the other hand, teenagers need to be accepted by peers or the opposite sex. Thus, an attractive physical appearance indicates being readily accepted by other people. An attractive physical appearance for women is that they tend to have a slim and thin body shape, while men tend to be muscular (Schaefer, 2017). Therefore, physical appearance that is accepted by others can increase life satisfaction in adolescents (Lu et al., 2015). Conversely, the more individuals compare their appearance with others, the lower their life satisfaction will be.

The results of this study can be generalized to the adolescent population. However, this research has a limitation: it has yet to compare adolescent boys and girls because the number of participants is very different between teenage girls and boys. Meanwhile, research by Heiman & Olenik-Shemesh (2019) shows that female teenagers are more dissatisfied with their physical appearance than male teenagers, which can influence eating habits.

CONCLUSION

Based on the results of the analysis, it can be concluded that teenagers who choose food based on health factors will feel life satisfaction and will not compare their physical appearance with other people. Future research can focus on other food choice motives such as body weight and interests or examine more deeply the comparison of physical appearance and life satisfaction based on gender.

ACKNOWLEDGEMENT

The researcher would like to thank the Research and Community Service Agency, FISIP, Brawijaya University, which has provided an internal research grant, and all participants willing to complete the questionnaire.

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