



UNIVERSITI PUTRA MALAYSIA

***SELF-COMPASSION, PERFECTIONISM, AND BODY IMAGE
SATISFACTION AMONG UNDERGRADUATE STUDENTS IN
UNIVERSITI PUTRA MALAYSIA***

NUR IZZANA BINTI ZUHAIMI

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**BACHELOR OF NURSING
UNIVERSITI PUTRA MALAYSIA**

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BACHELOR OF NURSING

2022



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**Thesis submitted to the Faculty of Medicine and Health Sciences, Universiti Putra
Malaysia, In Fulfilment of the Requirement for the Degree of Bachelor in Nursing**

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ABSTRACT

SELF-COMPASSION, PERFECTIONISM, AND BODY IMAGE SATISFACTION AMONG UNDERGRADUATE STUDENTS IN UNIVERSITI PUTRA MALAYSIA

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Background: Self-compassion and perfectionism are few factors that have been linked to body image satisfaction. University students are at high risk to have low levels of body image satisfaction and thus having a high level of self-compassion and adaptive perfectionism are very crucial for them to have a positive body image. **Objective:** The main objective was to identify the relationship between self-compassion, perfectionism, and body image satisfaction among undergraduate students in Universiti Putra Malaysia. **Method:** A cross-sectional study with a convenient sampling method was used in this study. The data were collected in August 2022 and 65 undergraduate students participated in this study by answering a set of questionnaires via Google Form. Data was analysed by Statistical Analysis Package for Social Sciences (SPSS) version 28.0. **Results:** Out of 65 participants, 43 (66.2%) of them were female and 22 (33.8%) of them were male. The age of the participants ranged from 20 to 25 years old. 26 (40%) of the participants were overweight, 24 (36.9%) of the participants were normal weight, and 15 (23.1%) were underweight. The data showed that 43.1% (n=28) of the participants were satisfied with their body image while 56.9% (n=37) were dissatisfied with their body image. The study results showed that there was no significant relationship between self-compassion, perfectionism, and body image satisfaction among undergraduate students. **Conclusion:** There is no association between self-compassion, perfectionism, and body image satisfaction among undergraduate students in UPM. The findings of this study could provide information about the level of self-compassion, types of perfectionism, and level of body image satisfaction among Malaysian undergraduate students for future researchers.

Keywords: self-compassion, perfectionism, body image satisfaction, undergraduate students, university.

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LIST OF ABBREVIATION

UPM	Universiti Putra Malaysia
SCS	Self-Compassion Scale
SAPS	Short Almost Perfect Scale
MBSRQ	Multidimensional Body-Self Relations Questionnaire
BMI	Body Mass Index
SPSS	Statistical Analysis Package for Social Sciences
JKEUPM	<i>Jawatankuasa Etika Universiti Untuk Penyelidikan Melibatkan Manusia</i>
PIS	Participant Information Sheet

CHAPTER 1: INTRODUCTION

1.1 Background of Study

Body image refers to a person's self-perception of their own body as well as their attitudes toward, thoughts about, and emotions about their own bodies as well as how those bodies are portrayed to others (Kamaria, Vikram, & Ayiesah, 2016). A person's self-perception of one's body may be positive or negative, depending on a number of circumstances, including one's upbringing, social media, and even cultural differences. Physical attractiveness and body image have always been important to humans. This has led to a shift in how we present ourselves to others.

Malaysians, especially younger people, pay more attention to how they think their bodies look and how they eat, which can affect their health (Kamaria et al., 2016). One of the most important things about a person's appearance is that it is the first thing that other people notice when they meet them in everyday situations (Pop, 2016). While attempting to achieve a favourable body image in order to fit into the "ideal" depicted in popular culture and the media, adolescents are exposed to a significant lot of stress and awareness (Chang, 2019). As a consequence, it's probable that people will feel less satisfied with their body image.

In a competitive environment, students are expected to juggle a significant number of academic tasks as well as social demands. Students in university are sure to have ups and downs throughout their time there (Duarte, Ferreira, Trindade, & Pinto-Gouveia, 2015). According to a study done by Abbasi and Zubair (2015) involving 300 university

students, they are more conscious of their bodies and obsessed with social comparison, self-assessment, negative thoughts, and life desperation. Students' issues are connected to poor academic performance in school, and as a consequence, their daily functioning will be impacted. For university students, body image is important since keeping a healthy body weight and physical look has grown increasingly popular among peers (Kamaria et al., 2016). As a result, in order to be accepted by society, individuals become intensely focused on achieving a desired and culturally acceptable body image.

Neff (2009) characterised self-compassion as being open to and touched by own pain, feeling caring and generosity toward oneself. Self-compassion has been shown to be a key predictor of body image evaluations and satisfaction (Chang, 2019). When it comes to personal shortcomings and failures, stressful occurrences, and tough life experiences, self-compassion is defined as an attitude of loving, unconditional kindness, and nonjudgmental understanding (Neff, 2003, 2009; Chang, 2019). Self-compassionate individuals have a better body image and eat more adaptively and intuitively (Kelly & Stephen, 2016). As a result of not showing compassion for oneself, the individual will develop negative body image views and dissatisfaction.

Perfectionism is another factor that has been linked to establishing body image. Perfectionism is a complicated personality characteristic in which a person strives for perfection in all aspects of their existence. They often set impossible objectives, strive for perfection, and demand high performance (Smith et al., 2019). Perfectionism is a common issue among undergraduate students and it causes them substantial discomfort (Hiçdurmaz & Aydın, 2017; Chang, 2019; Smith et al., 2019). When these aims and criteria are not met, the individual feels dissatisfied, inadequate, and self-critical (Mehr & Adams, 2016).

Hence, perfectionists are more prone to body image dissatisfaction than non-perfectionists.

1.2 Problem Statement

Due to our society's attention and appreciation for those who have a flawless body image, majority people regardless of gender are always criticising themselves and others because they are too worried with their appearance in life. Individuals who do not fit the range of ideal body standards are ridiculed, abused, and tend to isolate themselves from others (Holubcikova et al., 2015). Anxious and insecure people would overspend on their looks to achieve the ideal body image (Mills et al., 2017). This is a critical concern since body image issues may emerge early in life and worsen with age. A study has shown that the percentage of people who are dissatisfied with their bodies has increased, which could be due to societal pressures and media comparisons to models (Chang, 2019). According to Pengpid and Peltzer (2018), 11.5% in South-East Asian nations were found to be at risk of developing eating disorders, ranging from less than 10% in Indonesia, Vietnam, and Thailand to 13.8% in Malaysia and 20.6 % in Myanmar due to body image dissatisfaction.

A person's physical and mental health might be in danger if their body image dissatisfaction rises to moderate levels after a failure to achieve unreasonable expectations (Manaf, Saravanan, & Zuhrah, 2016). Those who think that meeting ideal standards is an important part of being perfect work extra hard to achieve them. Stress, poor self-esteem, anxiety, sadness, and having a negative self-image are all connected to a person's general health and psychological well-being (Duchesne et al., 2016). Perfectionism has been identified as one of the risk variables for body image dissatisfaction in previous research

(Chang, 2019). Self-destructive behaviours may be used by persons who are unhappy with their body. They may, for example, over-exercise to unhealthy degrees or use weight-loss medicines. Plastic surgery, on the other hand, is growing in popularity among those who are dissatisfied with their looks (Lee & Lee, 2016). People who are less self-compassionate have a more unrealistic opinion of their body and are more self-conscious about the way they look (Homan & Tylka, 2015).

Previous studies on self-compassion have been limited in scope and mostly focused on Western culture (Ying & Tang, 2015; Chang, 2019). Most Malaysian researchers looked at self-esteem as a factor in body image satisfaction, but only a few looked at self-compassion as a factor in body image satisfaction among Malaysian university students (Khodabakhsh & Leng, 2020; Zainal et al., 2021; Tung, 2021). Having greater freedom and responsibility throughout college may have an adverse influence on a student's health and well-being (Mofatteh, 2020). In addition, because university students have a lot more people and a lot more to look at, they have a lot more problems like body obsession and social comparison (Duarte et al., 2015).

More than half of Malaysian undergraduate students (54.8%) felt self-conscious about their looks and want to lose weight (Sidek & Ali Hanapiah, 2018). This implies that the majority of university students have unfavourable views about their bodies, which puts them at a higher risk of developing body image disorders. There is fear that inappropriate role models would be used as standards by university students in their quest of a flawless body image. Thus, the goal of this research is to identify the relationship between self-compassion and perfectionism as a factor of body image satisfaction among undergraduate students in Universiti Putra Malaysia.

1.3 Research Question

What is the relationship between self-compassion, perfectionism, and body image satisfaction among undergraduate students in Universiti Putra Malaysia?

1.4 Research Objectives

1.4.1 General Objective

To identify the relationship between self-compassion, perfectionism, and body image satisfaction among undergraduate students in Universiti Putra Malaysia.

1.4.2 Specific Objectives

- i. To determine the level of self-compassion among undergraduate students in Universiti Putra Malaysia.
- ii. To determine the type of perfectionism among undergraduate students in Universiti Putra Malaysia.
- iii. To determine the level of body image satisfaction among undergraduate students in Universiti Putra Malaysia.
- iv. To determine the relationship between socio-demographic characteristics and body image satisfaction among undergraduate students in Universiti Putra Malaysia.
- v. To identify the relationship between self-compassion, perfectionism, and body image satisfaction among undergraduate students in Universiti Putra Malaysia.

1.5 Significance of Study

This study could provide information about the level of self-compassion, types of perfectionism, and level of body image satisfaction among Malaysian undergraduate students from different faculties in UPM. Hence, the researcher could identify the relationship between self-compassion, perfectionism, and body image satisfaction among undergraduate students in Universiti Putra Malaysia by using the information.

The findings of this study also could help professionals such as counsellors, psychologists, therapists, professors, and student affairs departments to plan and conduct programmes, seminars, or discussions with knowledge on the impact of self-compassion and perfectionism in predicting body image satisfaction among Malaysian university students that enable the students to appreciate how their conceptual ideas affect their own body image. These initiatives attempt to enlighten university students and develop positive perceptions and viewpoints.

1.6 Hypothesis

1.6.1 Alternative Hypothesis

H_{a1}: There is a significant relationship between socio-demographic characteristics and body image satisfaction among undergraduate students in Universiti Putra Malaysia at $p < 0.05$.

H_{a2}: There is a significant relationship between self-compassion, perfectionism, and body image satisfaction among undergraduate students in Universiti Putra Malaysia at $p < 0.05$.

1.6.2 Null Hypothesis

H₀₁: There is no significant relationship between socio-demographic characteristics and body image satisfaction among undergraduate students in Universiti Putra Malaysia at $p > 0.05$.

H₀₂: There is no significant relationship between self-compassion, perfectionism, and body image satisfaction among undergraduate students in Universiti Putra Malaysia at $p > 0.05$.

1.7 Definition

1.7.1 Conceptual definition

Self-compassion

Self-compassion, according to Neff (2009), is characterised as being open to and touched by own pain, feeling caring and generosity toward oneself, gain a better understanding, nonjudgmental mindset toward one's flaws and mistakes, and knowing that one's experience is part of the common human experience. Self-kindness, common humanity, and mindfulness are the three main components of self-compassion.

Perfectionism

Flett and Hewitt (2002) define perfectionism as a personality trait characterised by the desire of perfection, high standards of achievement, and self-criticism. Khani, Abdi, and Norhbezare (2013) states that "Adaptive perfectionism" and "maladaptive perfectionism" are the two types of perfectionism. Maladaptive perfectionism describes individuals who have high expectations for themselves but can also accept their imperfections, while adaptive perfectionism describes the opposite (Rice & Stuart, 2010).

Body Image Satisfaction

Body image satisfaction is the feeling and thinking about one's own body in terms of form, proportion, and look. These components are influenced by cultural, socioeconomic, personal, and biological aspects. People who are satisfied with their physique have a more positive attitude about themselves (Grogan, 2006).

1.7.2 Operational definition

Self-compassion

Self-compassion is assessed using the Self-Compassion Scale (SCS). SCS is a 14-item scale with six subscales that assess self-kindness, self-judgement, common humanity, isolation, mindfulness, and over-identification. The higher the score, the more self-compassion there is.

Perfectionism

Perfectionism is assessed using the Short Almost Perfect Scale (SAPS). SAPS is an eight-item scale that examines two subscales of perfectionism which are Standards and Discrepancy. Adaptive perfectionism has higher Standards but lower Discrepancy scores, whereas maladaptive perfectionism has high in both Standards and Discrepancy scores.

Body image satisfaction

Body image satisfaction is assessed using a shortened version of Multidimensional Body–Self Relations Questionnaire (MBSRQ). MBSRQ is a 34-item scale with five subscales that assess different aspects of appearance-related body image. The stronger an individual's body image satisfaction, the higher their MBSRQ scores.

CHAPTER 2: LITERATURE REVIEW

2.1 Introduction

This chapter includes a review of the literature with an emphasis on the current research that is relevant to the intended investigation. To understand and analyse the problem, the review relates to other researchers' studies.

2.2 Self-compassion

Self-compassion is defined by Neff (2015) as being open to and affected by one's own pain, caring and kind toward oneself, and learning to understand oneself. Self-compassion is based on three elements: self-kindness and self-judgement, common humanity and isolation, and mindfulness and over-identification (Neff & Dahm, 2015). In times of hardship, self-kindness refers to having a considerate attitude toward oneself, while self-judgement refers to responding in a hostile, devastating, and critical manner against oneself (Neff, 2003; Neff, 2009; Neff & Dahm, 2015). Common humanity is used to describe how much people understand that being human means that you will have to go through pain, and that pain is part of your life (Neff, 2003; Neff & Dahm, 2015). Isolation is the belief that one's emotional distress, shortcomings, or mistakes are particular to oneself and a peril to one's feeling of comfort. Fear of rejection and greater isolation may drive people to suppress their genuine personalities and feelings (Neff, 2003; Barnard & Curry, 2011). Mindfulness alludes to a non-judgmental and loving attitude toward one's self during a hard time whereas over-identification describes those who concentrate only

on their own sorrow, leading to contemplation (Neff, 2003; Barnard & Curry, 2011). Previous studies show that people who are more self-compassionate are happier with their lives and have more positive feelings and emotional intelligence whereas people who are less self-compassionate are more likely to be stressed out, angry, ruminate about things, have eating disorders, and have symptoms of anxiety and depression (MacBeth & Gumley, 2012; Zessin et al., 2015).

2.3 Perfectionism

Perfectionism is defined as people who are perfectionists strive for perfection and judge their own actions critically (Stoeber, Haskew, & Scott, 2015; Stoeber, 2018). There are two sorts of perfectionism: normal or adapted and neurotic or maladaptive (Mehr and Adams, 2016; Lo & Abbott, 2019). Mehr and Adams (2016) found that adaptive and maladaptive perfectionism cause varying levels of psychological discomfort among undergraduate students. Adaptive perfectionism was shown to have a negative or no connection with psychological suffering (Lo & Abbott, 2019; Sederlund, 2020). Maladaptive perfectionists, on the other hand, are responsible for the influence on psychological issues (Lo & Abbott, 2019; Dorevitch et al., 2020). Studies found that maladaptive perfectionist students are more likely to experience depressive symptoms than non-perfectionist students (Levine et al., 2019; Richards, 2019; Nelsen et al., 2021).

2.4 Body image satisfaction

Body image satisfaction is defined as liking and respecting one's own body (Grogan, 2016; Quittkat et al., 2019). Strict dieting has been used by students at universities in order to lose weight so that they could have and keep an ideal body image (Ridder et al., 2017). Students would end up making the situation worse if they kept trying to portray an ideal body type. Unhealthy eating habits and lifestyle choices lead to fatigue, weakness, and depression. Some students use unsafe weight-control methods including fasting and diet items (Kamaria et al., 2016).

2.5 Relationship between Socio-demographic Characteristics and Body Image Satisfaction

2.5.1 Age

In one study by Ping and Intan (2020), it was found that Malaysian young adults aged 19 to 28 years old have a moderate level of body image satisfaction, with room of improvement in the future. In another study that compares body image satisfaction between young adults and older adults, it was found that young adults had lower body image satisfaction compared to older adults (Barnett, Moore & Edzards, 2020).

2.5.2 Gender

The majority of previous study on body image satisfaction has been on women, whereas body image satisfaction in males has been largely neglected (Pakki & Sathiyaseelan, 2018; Pearce et al., 2020; McComb & Mills, 2021). In addition, a very limited number of studies have attempted to compare the levels of satisfaction experienced by men and women with their bodies (Quittkat et al., 2019; Voges et al., 2019). Past studies had recorded that women had lower body image satisfaction compared to men (Ridder et al., 2017; Quittkat et al., 2019; McComb & Mills, 2021). Women had the goal of reducing their weight and ranked dieting as their top priority, while men had the opposite goal and ranked exercise higher on their list of priorities (Radwan et al., 2019).

2.5.3 Body Mass Index (BMI)

The relationship between BMI and body image satisfaction was found to be very significant (Ahadzadeh et al., 2018; Radwan et al., 2019). Despite having normal BMI, men and women have said that they would be willing to devote a greater number of hours throughout their life in order to acquire their ideal physical appearance (Shaheen et al., 2016; MacNeill et al., 2017; McComb & Mills, 2021). A study by Pop (2017), around 55% of people with normal BMI see their own bodies as being an obese and sometimes too thin, which is a sign of a body image dissatisfaction.

2.6 Relationship between Self-compassion and Body Image Satisfaction

Self-compassion is a factor that, for a number of reasons, helps people, particularly young adults, enhance their body image satisfaction and promote a healthy body image. Self-compassion is made up of three parts: self-kindness, shared humanity, and awareness, each of which is connected to one's body image (Rodgers et al., 2017). Self-kindness and self-compassion are synonyms for treating oneself with greater love and warmth when enduring hardship and discontent by abstaining from harsh self-criticism. Self-compassionate people understand that failure is a regular occurrence and do not over identify with the problems that come with being human. Based on mindfulness, people who are self-compassionate will always be aware of their thoughts and feelings and will never exaggerate or disregard them (Neff, 2003, 2009; Chang, 2019).

Self-compassion may aid persons in preventing the development of risk factor-induced maladaptive effects. Self-compassionate persons, for example, would accept and enjoy their bodies despite defects rather than always feeling bad about one's body image and seeking to fulfil personal or societal standards since they recognise that no one is perfect. This is in accordance with a study by Gouveia, Canavarro, and Moreira (2018), which indicated that self-compassion may help people feel less self-conscious about their bodies.

Due to media and cultural pressures, body image dissatisfaction has been increasingly frequent in recent years. As a result of the increased levels of social comparison, people will have more negative thoughts and evaluations of their bodies (Yee et al., 2020). Individuals who do not meet the ideal criteria may feel ashamed, leading to

body image dissatisfaction. Individuals who can compassionately care for themselves, on the other hand, are less impacted by society and media pressures (Eow & Gan, 2018).

Less body obsession, better appreciation of one's body, acceptance in one's physical self and reducing the idea that being skinny is the ideal body image are all associated with self compassion. Overall, some research suggests that greater levels of self-compassion are linked to improved body image satisfaction (Rodgers et al., 2017; Schmidt et al., 2018; Ping & Hashim, 2020).

2.7 Relationship between Perfectionism and Body Image Satisfaction

Fitzgerald, Wick, and Keel (2020) found that high levels of perfectionism contributed to later development of eating disorders pathology. It has been well established that perfectionism and eating disorders are linked. The actual-ideal difference may lead to body image dissatisfaction, which might encourage unhealthy eating habits (Aparicio-Martinez et al., 2019). Hence, it is critical to investigate whether perfectionism has an impact on body image satisfaction.

Perfectionism is a well-studied phrase that has been understood as a multifaceted construct. A distinction must be drawn between two types of perfectionism: normal or adapted perfectionism and neurotic or maladaptive perfectionism (Mehr and Adams, 2016; Lo & Abbott, 2019). Adaptive perfectionists, according to Lo and Abbott (2019), are individuals who set high criteria but are content with their performance when those goals are reached. Maladaptive or neurotic perfectionism, on the other hand, include chasing unattainable objectives, aiming for perfection, and establishing high performance standards (Lo and Abbott, 2019). Negative self-perception and lack of satisfaction are

related with a lack of success in achieving one's intended objectives (Jiang & Ngien, 2020).

Perfectionism is a personality trait that individuals display differently, according to research, since not everyone needs to be flawless all of the time. Aside from social media and popular culture, personality traits have been shown to be a crucial essential component in both genders' body image satisfaction (MacNeill, Best, & Davis, 2017). Perfectionists are known for possessing high personal standards and acting in ways that meet their expectations (Chang, 2019). Perfectionists are obsessive in striving for “perfection” in terms of body weight and form.

Perfectionists desire an ideal physical form and seek to look flawless to others (Arji, Borjali, Sohrabi, & Farrokhi, 2016). Individuals with maladaptive perfectionism tendencies, on the other hand, will notice a discrepancy between their ideal body image and their real body form. As a consequence of this, they frequently devalue their bodies in order to meet unrealistic media ideals of physical appearance (MacNeill, Best, & Davis, 2017). Individuals tend to think themselves less beautiful than others when compared to ideal or undesired body image.

2.8 Conceptual Framework

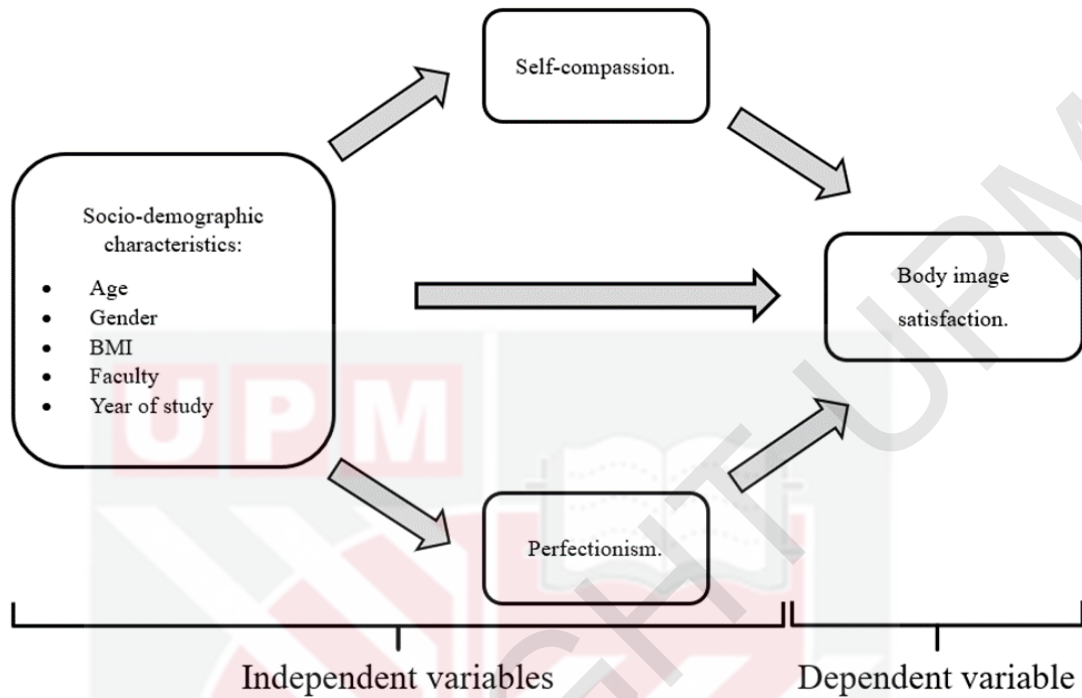


Figure 2.8: Conceptual framework

The diagram above shows the relationship between socio-demographic characteristics, self-compassion, perfectionism, and body image satisfaction. Self-compassion, perfectionism, and socio-demographic characteristics are the independent variables (IV) and body image satisfaction is the dependent variable (DV). Self-compassion and perfectionism are the primary independent variable while socio-demographic characteristics that include age, gender, BMI, faculty and year of study are the secondary independent variable. In the diagram, three arrows are pointing towards body image satisfaction in which the three variables could influence body image satisfaction among undergraduate students in UPM.

CHAPTER 3: METHODOLOGY

3.1 Introduction

This chapter described the methods used in this study of self-compassion, perfectionism, and body image satisfaction among undergraduate students in Universiti Putra Malaysia (UPM), Serdang. It included study design, study location, study population, study duration, sample size, sampling method, study instruments, pre-test, validity and reliability, data collection, data analysis, expected outcome, ethical consideration, declaration of conflict of interest, and honorarium and incentives to respondents.

3.2 Study Design

This study was conducted by using a quantitative research method in which the undergraduate students were given a set of questionnaires via Google Form to answer during data collection.

A cross-sectional study was carried out to investigate the relationship between self-compassion, perfectionism, and body image satisfaction among undergraduate students in UPM, Serdang.

3.3 Study Location

The study was conducted at Universiti Putra Malaysia (UPM), Serdang. According to Prospectus Universiti Putra Malaysia (2020), UPM is a multidisciplinary institution that was formed in 1931 and has an 89-year history. It is just 22 kilometres from Malaysia's capital city, Kuala Lumpur, and has a total of 15 faculties. It has over 27561 students enrolled in 82 bachelor's degrees, 7 diplomas, 62 coursework programmes, and 5 research programmes at the master's and doctoral levels, covering over 289 disciplines of study. Furthermore, UPM is one of Malaysia's five designated Research Universities, which is committed to the discovery and distribution of knowledge.

This study was carried out at 4 out of 15 faculties in UPM. The faculties were selected by using a coin tossing method and all the faculties had an equal probability to be selected in this study. Hence, the 4 selected faculties were Faculty of Engineering, Faculty of Forestry and Environmental Studies, Faculty of Modern Languages and Communication, and Faculty of Economic and Management. However, the researcher could not obtain the approval to collect data from the Faculty of Engineering's and Faculty of Economic and Management's dean. Hence, the Faculty of Engineering and Faculty of Economic and Management were automatically removed from the 4 selected faculties.

3.4 Study Population

3.4.1 Target population

The target population for this study was Year 1 to Year 4 undergraduate students from the Faculty of Forestry and Environmental Studies and Faculty of Modern Languages and Communication in UPM.

3.4.2 Inclusion Criteria

- i) Malaysian.
- ii) Year 1 to Year 4 undergraduate students from selected faculties.

3.4.3 Exclusion Criteria

- i) Undergraduate students with BMI of 27.5 kg/m² and above.

3.5 Study Duration

This study was carried out from October 2021 to September 2022 and the data was collected from 16th August 2022 to 23rd August 2022.

3.6 Sample Size

The sample size calculation was determined according to the objectives of the study. The sample size was calculated within 5% of the true prevalence with 95% confidence. The estimated total number of students in the selected faculties was 2693, 920 students from Faculty of Forestry and Environmental Studies and 1773 students from Faculty of Modern Languages and Communication. The estimated total number of students in the selected faculties, 2693 was considered as the population size, N .

Thus, the sample size for this study was calculated using the Raosoft sample size calculator. The formula used to determine the sample size was derived from the following format (www.raosoft.com).

$$n = \frac{N \times x}{(x + N - 1)}$$

where

$$x = \frac{z^2 p (1 - p)}{d^2}$$

Where,

n = sample size

N = population size which is 2693

z = value corresponding to a 95% level of significance = 1.96

p = proportion of students 50%

$q = (1 - p) = (1 - 0.5) = 0.5$

d = margin of error, 9% based on a clinical research study by Suresh &

Chandrashekara (2012)

Based on the formula above, the calculation of the sample size was calculated as,

$$x = \frac{(1.96)^2(0.5)(1 - 0.5)}{(0.09)^2}$$

$$x = 118.6$$

$$x \approx 119$$

$$n = \frac{N \times x}{(x + N - 1)}$$

$$n = \frac{2693 \times 119}{(119 + 2693 - 1)}$$

$$n = 114$$

Therefore, the number of participants needed for this study was 114 students from the Faculty of Forestry and Environmental Studies and Faculty of Modern Languages and Communication, UPM who met the eligibility criteria.

By considering of 10% for non-response, missing data, unavailability of subjects or refusal to participate, the sample size of this study was calculated as below:

$$n = 114 + (114 \times \frac{10}{100})$$

$$n = 125.4$$

$$n \approx 125$$

In conclusion, after considering 10% of dropouts, the sample size of the participants needed in this study was 125 subjects.

Next, stratified random sampling was used to split the population into smaller homogeneous strata or subgroups. Elfil and Negida (2017) states that researchers might realise that the population size is too large to analyse while researching or analysing a set of things with comparable attributes. In order to save time and budget, the researcher utilised a better method by picking a small group from the population. To get the sample size for each stratum, first, the population size for each stratum was divided by the size of the entire population then multiplied by the size of the entire sample (Neyman, 1934). Thus, to calculate the number of students in each faculty that should involve in this study, the formula as shown below was used:

$$n_h = \left(\frac{N_h}{N}\right) \times n$$

Where,

n_h = sample size for h^{th} stratum

N_h = population size for h^{th} stratum

N = size of entire population

n = size of entire sample

The calculation was as shown in the table below:

Faculties	Stratification of population	Total sample needed
Faculty of Forestry and Environmental Studies	$\left(\frac{920}{2693}\right) \times 125 = 42.7$	43
Faculty of Modern Languages and Communication	$\left(\frac{1773}{2693}\right) \times 125 = 82.3$	82
Total		125

Table 3.6: Total sample needed from each selected faculty

Therefore, the number of participants needed for this study was 43 undergraduate students from the Faculty of Forestry and Environmental Studies and 82 undergraduate students from the Faculty of Modern Languages and Communication in UPM who met the eligibility criteria.

3.7 Sampling Method

The researcher listed out all the 15 faculties in UPM, Serdang. Simple random sampling was used to select the faculty to be included in this study. It is a type of probability sampling method in which each member of the population has an equal chance to be selected as the sample population for this study (Hayes, 2020). The faculties were selected by using the coin tossing method in order to save time. Head indicated that the faculty was included in this study while tail indicated that the faculty was rejected. The list of faculties

was obtained from Universiti Putra Malaysia (UPM) Facts & Figures (2020). The selection of faculties was shown in the table below:

No.	Faculty	Coin Tossing Results
1.	Faculty of Agriculture	Tail
2.	Faculty of Science	Tail
3.	Faculty of Engineering	Head
4.	Faculty of Educational Studies	Tail
5.	Faculty of Food Science and Technology	Tail
6.	Faculty of Forestry and Environmental Studies	Head
7.	Faculty of Veterinary Medicine	Tail
8.	Faculty of Human Ecology	Tail
9.	Faculty of Modern Languages and Communication	Head
10.	Faculty of Design and Architecture	Tail
11.	Faculty of Medicine and Health Sciences	Tail
12.	Faculty of Computer Science and Information Technologies	Tail

13.	Faculty of Biotechnology and Biomolecular Sciences	Tail
14.	Faculty of Agriculture Science and Forestry	Tail
15.	Faculty of Economic and Management	Head

Table 3.7: Results of selected faculties by using coin tossing method

The faculties that obtained head were Faculty of Engineering, Faculty of Forestry and Environmental Studies, Faculty of Modern Languages and Communication, and Faculty of Economic and Management. Since the researcher was unable to obtain permission to collect data from the Faculty of Engineering's and Faculty of Economic and Management's dean, hence these faculties were removed from the selected faculties list. Therefore, the final selected faculties were the Faculty of Forestry and Environmental Studies and Faculty of Modern Languages and Communication.

After permission to collect data from the selected faculties was obtained, the researcher had requested the undergraduate students' names and contact details. Unfortunately, due to privacy issues, all the selected faculties did not allow the researcher to get the information. Therefore, the researcher sent the questionnaire Google Form link to all the faculty deans and asked their help to share it with their students. When the respective faculties did not have enough participants, the researcher approached several undergraduate students from the selected faculties and asked their help to share the Google Form link with their friends.

3.8 Study Instrument

The questionnaires that were used in this research consists of four parts. The first part was related to participants' socio-demographic characteristics such as age, gender, Body Mass Index (BMI), faculty, and year of study.

The second part of the questionnaire assessed the participants' level of self-compassion. Self-Compassion Scale (SCS) developed by Neff (2003) was adopted and modified. SCS consists of a 26-items with six subscales that assess Self-kindness, Self-judgement, Common Humanity, Isolation, Mindfulness, and Over-identified. The researcher modified the questionnaire to 14-items to ensure that the questionnaire suited the context of the study. SCS was scored on a 5-point Likert scale from 1 = 'Not at all like me' to 5 = 'Very much like me'. The mean of subscale item answers was used to calculate subscale scores. First, the score of the negative subscale items which are self-judgement, isolation, and over-identification was reversed (1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1), then the total mean was calculated to get the total self-compassion score. Greater self-judgement, isolation, and over-identification scale scores suggest lower self-compassion before reverse coding and higher self-compassion after reverse coding (Neff et al., 2019). A mean score of 1-2.5 indicates low in self-compassion, 2.5-3.5 indicates moderate, and 3.5-5.0 means high in self-compassion (Neff, 2003a). Undergraduate students at a big Southwestern university had an internal reliability of $\alpha = .94$ (Neff, Kirkpatrick, & Rude, 2007).

The third part of the questionnaire assessed the participants' type of perfectionism. It was assessed by using the Short Almost Perfect Scale (SAPS). Rice, Richardson, and Tueller (2014) shortened and improved the Almost Perfect Scale-Revised item set which was originally created by Slaney, Mobley, Trippi, Ashby, and Johnson (1996). The SAPS is a 23-item scale that analyses two subscales of perfectionism, Standards and Discrepancy. It is a measure of perfectionist tendencies. Standard measures how high people's expectations of themselves are, whereas Discrepancy reveals the gap between those expectations and their actual accomplishments (Slaney et al., 1996). The researcher modified the questionnaire to eight items to ensure that the questionnaire suited the context of the study. SAPS was scored on a 7-point Likert scale from 1 = 'strongly disagree' to 7 = 'strongly agree'. Each subscale's overall score was calculated. High scores on Standards indicated adaptive perfectionism while high scores on Discrepancy indicated maladaptive perfectionism (Rice et al., 2014). In a sample of 749 undergraduate students from a south-eastern university in the United States, this scale had a reliability of $\alpha = .87$ for Standards and $\alpha = .84$ for Discrepancy (Rice et al., 2014).

The fourth part of the questionnaire assessed the participants' level of body image satisfaction by using a shortened version of Multidimensional Body–Self Relations Questionnaire (MBSRQ) developed by Cash, Morrow, Hrabosky, and Perry (2004). MBSRQ is a 34-item scale with five subscales that assess different aspects of appearance-related body image which includes Appearance Evaluation, Appearance Orientation, Body Area Satisfaction, Overweight Preoccupation, and Self-Classified Weight. MBSRQ was scored on a 5-point Likert scale from 1 = 'strongly disagree' to 5 = 'strongly agree'. Scores on the entire scale varied from 34 to 170. The stronger an individual's body image

satisfaction, the higher their MBSRQ scores (Cash et al., 2004). When given to college students in United States, this scale has a reliability of $\alpha = .88$ for Appearance Evaluation, $\alpha = .88$ for Appearance Orientation, $\alpha = .73$ for Body Area Satisfaction, $\alpha = .76$ for Overweight Preoccupation, and $\alpha = .89$ for Self-Classified Weight (Cash et al., 2004).

3.9 Pre-test

The questionnaire was adopted and modified by the researcher. This was to ensure that the questionnaire suited the context of the study related to the relationship between self-compassion, perfectionism, and body image satisfaction among undergraduate students in Universiti Putra Malaysia.

A pre-test of the modified questionnaire was conducted among the undergraduate students in the Faculty of Medicine and Health Sciences, UPM, Serdang to determine its validity and reliability. 10% of the actual estimated sample size was chosen to answer the questionnaire. Hence, 13 undergraduate students had participated in the pre-test. The findings from the pre-test were reviewed by the supervisor and co-supervisor. The 10% of participants were removed automatically from the actual data collection.

3.10 Validity and Reliability

First, the researcher used face validity whereby the supervisor checked and revised the questionnaires.

Next, Cronbach's alpha (α) test was used to measure the reliability of the questionnaire. 10% of the actual estimated sample size was selected to participate in this pre-test. The results from the pre-test was analysed by using the Statistical Packages for Social Sciences (SPSS) version 28.0 to get Cronbach's alpha (α) value. The result showed that all three scales in the questionnaire were good and acceptable with $\alpha = .886$ for Self-Compassion Scale (SCS), $\alpha = .897$ for Short Almost Perfect Scale (SAPS) and $\alpha = .692$ for Multidimensional Body Self Relation Questionnaire Appearance Scale (MBSRQ-AS)

3.11 Data Collection

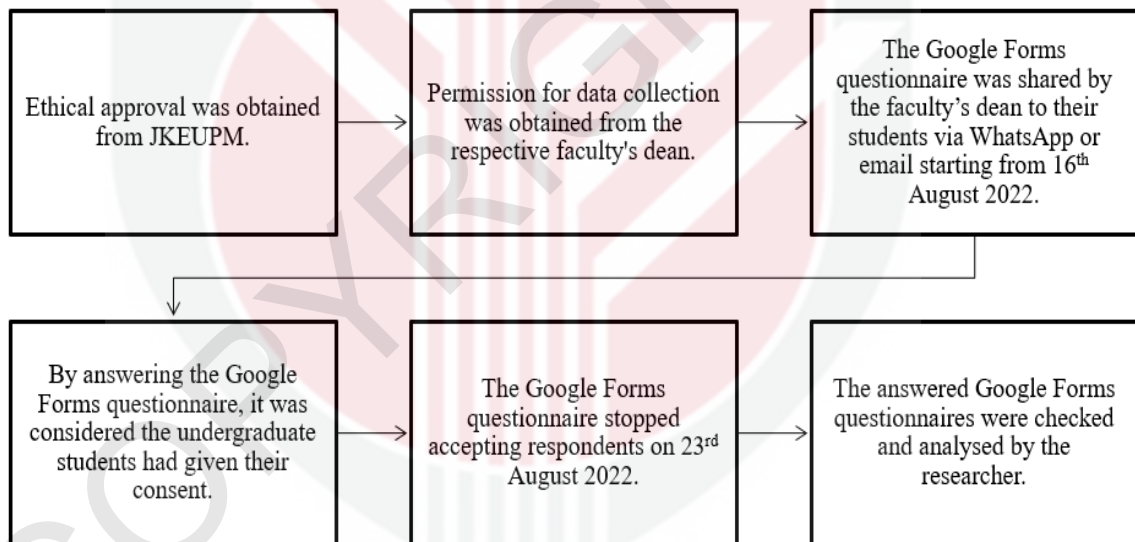


Figure 3.11: Data collection flowchart

Once the ethical approval from *Jawatankuasa Etika Universiti Untuk Penyelidikan Melibatkan Manusia* (JKEUPM) was obtained, the researcher gained permission for data collection among undergraduate students in the Faculty of Forestry and Environmental Studies and Faculty of Modern Languages and Communication in UPM.

Then, the researcher shared the Google Form with the respective faculty dean, and the faculty dean shared it with their students via WhatsApp or email starting from 16th August 2022. The researcher also approached several undergraduate students from the selected faculties and asked their help to fill in the Google Form and share the Google Form link with their friends as the selected faculties did not have enough participants.

There was an instruction regarding the participant's consent for data collection in the first page of the questionnaire. Thus, by continuing to answer the Google Forms questionnaire, it was considered that the participant had given their consent to participate in this study. The Google Forms questionnaire stopped accepting respondents on 23rd August 2022. The answered Google Forms questionnaire were checked and analysed by the researcher to ensure that the participants answered completely before data analysis. However, if the participant did not answer it completely, the incomplete Google Forms will not be included in the data analysis.

3.12 Data Analysis

Data analysis was done by using the Statistical Analysis Package for Social Sciences (SPSS for Windows version 28.0). The suitable statistical procedures that were used depended on the study objectives. It was analysed by using descriptive statistics and inferential analysis.

Socio-demographic Data			
Objectives	Variables	Type of Data	Presentation of Data
To determine the socio-demographic characteristics among undergraduate students in Universiti Putra Malaysia.	Age (Independent variable)	Numerical	Mean and standard deviation
	Gender (Independent variable)	Categorical	Frequency and percentage
	BMI (Independent variable)	Categorical	Frequency and percentage
	Faculty (Independent variable)	Categorical	Frequency and percentage
	Year of study (Independent variable)	Categorical	Frequency and percentage

Descriptive Data			
Objectives	Variables	Type of Data	Presentation of Data
To determine the level of self-compassion among undergraduate students in Universiti Putra Malaysia.	Level of self-compassion (Independent variable)	Categorical	Frequency and percentage
To determine the type of perfectionism among undergraduate students in Universiti Putra Malaysia.	Type of perfectionism (Independent variable)	Categorical	Frequency and percentage
To determine the level of body image satisfaction	Level of body image satisfaction (Dependent variable)	Categorical	Frequency and percentage

among undergraduate students in Universiti Putra Malaysia.			
Inferential Data			
Objectives	Independent Variable	Dependent Variable	Presentation of Data
To determine the relationship between socio-demographic characteristics and body image satisfaction among undergraduate students in Universiti Putra Malaysia.	Socio-demographic data (Categorical): <ul style="list-style-type: none"> ● Gender 	Level of body image satisfaction (Categorical)	Independent t-test
	Socio-demographic data (Categorical): <ul style="list-style-type: none"> ● BMI 		Pearson Correlation
	Socio-demographic data (Categorical): <ul style="list-style-type: none"> ● Faculty 		Independent t-test
	Socio-demographic data (Categorical): <ul style="list-style-type: none"> ● Year of study 		Pearson Correlation

	Socio-demographic characteristics (Continuous): <ul style="list-style-type: none"> • Age 		Pearson Correlation
To identify the relationship between self-compassion, perfectionism, and body image satisfaction among undergraduate students in Universiti Putra Malaysia.	Level of self-compassion (Categorical)	Level of body image satisfaction (Categorical)	Pearson Chi-square
	Type of perfectionism (Categorical)		Pearson Chi-square

Table 3.12: Types of descriptive and inferential analysis

3.13 Expected Outcome

The researcher expected that there was an association between self-compassion, perfectionism, and body image satisfaction among undergraduate students in UPM. Also, this study allowed the researcher to determine the self-compassion level, the perfectionism type, and the body image satisfaction level among undergraduate students in UPM. Undergraduate students with a high level of self-compassion and adaptive perfectionism were expected to have a better body image satisfaction.

3.14 Ethical Consideration

The ethical approval for this study was obtained from *Jawatankuasa Etika Universiti Untuk Penyelidikan Melibatkan Manusia* (JKEUPM). A permission letter for data collection among undergraduate students was submitted to the dean of Faculty of Forestry and Environmental Studies and Faculty of Modern Languages and Communication, UPM. The participants participated in this study by clicking the Google Form link that was shared by the respective faculties dean via WhatsApp or email. The Participant Information Sheet (PIS) was included in the Google Form. All the participants were given adequate information about the study and their participation was voluntary. After reading the PIS, participants gave their consent by answering the Google Form. Participants had the right to withdraw from the study at any time by not completing or submitting the questionnaire. There was no identifying information such as name or identification card number obtained from this study. This was to ensure that the participant's identity remained anonymous and confidential. The collected data was stored in a secure facility

that can only be viewed by researcher and supervisor. The researcher will keep the data for at least five years and permanently delete or destroy it after that period.

3.15 Declaration of conflict of interest

There was no conflict of interest anticipated in this study.

3.16 Honorarium and incentives to respondents

Participation was voluntary and participants were allowed to withdraw anytime without penalty or loss of benefit to which the participant was entitled. There was no token of appreciation given since this study was conducted via an online platform.

CHAPTER 4: RESULTS

4.1 Introduction

The questionnaire used in this research consisted of four parts (Part A, Part B, Part C, and Part D). Part A was related to participants' socio-demographic information. Part B was the questions about level of self-compassion, Part C was the questions about type of perfectionism, and Part D was the questions about level of body image satisfaction. This chapter consisted of the descriptive data for these four parts and it was presented in table form.

4.2 Socio-demographic Characteristics of Participants

A total of 65 undergraduate students were included in this study. Majority of the participants were female (66.2%). The mean age of the participants was 22.72 with a standard deviation of 1.352. In addition, the number of participants attaining Year 1, Year 2, Year 3, and Year 4 were 15.4%, 26.2%, 16.9%, and 41.5% respectively. For faculty, 35.4% of the participants studied at the Faculty of Forestry and Environmental Studies and 64.6% studied at the Faculty of Modern Languages and Communication. Moreover, 40% of the participants were overweight, 36.9% were normal weight, and 23.1% were underweight. Details of the data as described in Table 4.2.

Table 4.2 Descriptive analysis of participant's socio-demographic characteristics (n = 65)

Socio-demographic Characteristics	Frequency (n)	Percentage (%)	Mean	Standard Deviation
Gender				
Male	22	33.8		
Female	43	66.2		
Age			22.72	1.352
Year of Study				
Year 1	10	15.4		
Year 2	17	26.2		
Year 3	11	16.9		
Year 4	27	41.5		
Faculty				
Faculty of Forestry and Environmental Studies	23	35.4		
Faculty of Modern Languages and Communication	42	64.6		
BMI				
Overweight	26	40.0		
Normal weight	24	36.9		
Underweight	15	23.1		

4.3 Level of Self-Compassion

Table 4.3 shows the frequency and percentage for level of self-compassion among undergraduate students in the Faculty of Forestry and Environmental Studies and Faculty of Modern Languages and Communication. The level of self-compassion had been divided into three which are low self-compassion, moderate self-compassion, and high self-compassion. Majority of the respondents, which was 35 (53.8%) respondents had moderate self-compassion, followed by 24 (36.9%) respondents had high self-compassion, and 6 (9.2%) respondents were recorded with low self-compassion.

Table 4.3 Level of Self-Compassion

Variable	Frequency (n)	Percentage (%)
Level of self-compassion		
Low self-compassion	6	9.2
Moderate self-compassion	35	53.8
High self-compassion	24	36.9

4.4 Type of Perfectionism

Table 4.4 shows the frequency and percentage for type of perfectionism among undergraduate students in the Faculty of Forestry and Environmental Studies and Faculty of Modern Languages and Communication. The type of perfectionism has been divided into two which are adaptive perfectionism and maladaptive perfectionism. Majority of the respondents, 40 (61.5%) respondents had adaptive perfectionism while 25 (38.5%) respondents were recorded with maladaptive perfectionism.

Table 4.4 Type of Perfectionism

Variable	Frequency (n)	Percentage (%)
Type of perfectionism		
Adaptive perfectionism	40	61.5
Maladaptive perfectionism	25	38.5

4.5 Level of Body Image Satisfaction

Table 4.4 shows the frequency and percentage for level of body image satisfaction among undergraduate students in the Faculty of Forestry and Environmental Studies and Faculty of Modern Languages and Communication. The level of body image satisfaction had been divided into two which are satisfied and dissatisfied. Majority of the respondents, 37 (56.9%) respondents were dissatisfied with their body image while 28 (43.1%) respondents were recorded satisfied with their body image.

Table 4.5 Level of Body Image Satisfaction

Variable	Frequency (n)	Percentage (%)
Level of body image satisfaction		
Satisfied	28	43.1
Dissatisfied	37	56.9

4.6 Relationship between Socio-Demographic Characteristics and Body Image Satisfaction

Based on the result, there was no significant relationship between socio-demographic characteristics such as age ($p=0.552$), gender ($p=0.306$), BMI ($p=0.115$), faculty ($p=0.925$), and year of study ($p=0.304$) with body image satisfaction. Details of the data as described in Table 4.6.

Table 4.6 Distribution of relationship between socio-demographic characteristics and body image satisfaction (n=65)

Socio-demographic Characteristics	Body Image Satisfaction				
	Mean	SD	95% Confidence Interval	p-value	t-value
Age ^b	22.72	1.352		0.552	
Gender ^a			(-0.8647 – 0.43319)	0.306	1.333
Male	1.5455	0.50965			
Female	1.3721	0.48908			
BMI ^b	21.643	3.0139		0.115	
Overweight					
Normal weight					
Underweight					
Faculty ^a			(-0.25451 – 0.26694)	0.925	0.048
Faculty of Forestry and Environmental Studies	1.4348	0.50687			
Faculty of Modern Languages and Communication	1.4286	0.50087			
Year of Study ^b	2.85	1.135		0.304	
Year 1					
Year 2					
Year 3					
Year 4					

Note: ^a analyse using Independent t-test

^b analyse using Pearson Correlation

4.7 Relationship between Self-Compassion, Perfectionism, and Body Image Satisfaction

Based on the results analysed using Pearson Chi-Square, there was no significant relationship between self-compassion and body image satisfaction among undergraduate students with $p = 0.839$. Details of the data as described in Table 4.7. However, there was a significant relationship between perfectionism and body image satisfaction with $p = 0.014$. Details of the data as described in Table 4.7.

Table 4.7 Distribution of relationship between self-compassion, perfectionism, and body image satisfaction (n=65)

Variables	Body Image Satisfaction		p-value
	Satisfied	Dissatisfied	
Self-compassion			0.839
Low self-compassion	2	4	
Moderate self-compassion	16	19	
High self-compassion	10	14	
Perfectionism			0.014
Adaptive perfectionism	22	18	
Maladaptive perfectionism	6	19	

CHAPTER 5: DISCUSSION

5.1 Introduction

In this chapter, the results of this study were further discussed according to the study objectives to determine the relationship between self-compassion, perfectionism, and body image satisfaction among undergraduate students in UPM.

5.2 Level of Self-Compassion

According to the results, from the total of 65 respondents, 36.9% (n=24) of the respondents have high levels of self-compassion while 53.8% (n=35) have moderate self-compassion and 40% (n=26) have low levels of self-compassion. The respondents of this study were displaying an adequate level of self-compassion. A study done by Ying (2015) on Malaysian undergraduate students showed that the majority of the respondents (58%) have a moderate level of self-compassion. Similar results were found in a study of college students in Taiwan (M=2.92, SD=.48), United States (M=3.14, SD=.68), and Thailand (M=3.41, SD=.48) who all reported majority respondents are having a moderate level of self-compassion (Neff et al., 2008). Undergraduate students are the focus of these researches, which demonstrate that young adults in both the East and the West practise moderate levels of self-compassion.

5.3 Type of Perfectionism

The results showed that the majority of the respondents have adaptive perfectionism which is 61.5% (n=40) and only 38.5% (n=25) have maladaptive perfectionism. Similar findings by Enns, Cox, Sareen, and Freeman (2008) also found higher levels of adaptive perfectionism (60%) and lower levels of maladaptive perfectionism (40%) among their respondents. Those who have adaptive perfectionism are able to establish reasonable criteria for themselves and are able to accept when they fall short of these goals (Bieling et al., 2004). However, a study done by Filipkowski et al., (2021) recorded higher maladaptive perfectionism (56.5%) and lower adaptive perfectionism (43.5%) among university students from a small northeastern university in the United States. Setting unreasonable expectations, overreacting when falling short of those goals, and a drive to maintain complete mastery are all symptoms of maladaptive perfectionism, which hinders one's progress (Bieling et al. 2004).

5.4 Level of Body Image Satisfaction

According to the results, from the total of 65 respondents, 43.1% (n=28) of the respondents were satisfied with their body image while 56.9% (n=37) were dissatisfied with their body image. The respondents of this study were mostly dissatisfied with their body image. A study done by Lôbo et al., (2020) showed that 85% undergraduate students were dissatisfied with their body image while only 15% undergraduate students were satisfied with their body image. The respondents of both studies were displaying body image dissatisfaction among undergraduate students.

The results may be construed to suggest that the students in the present sample cared more about how their body image was seen by others than by themselves. Researchers have found that undergraduate students worry more about how others see and judge their bodies (El Ansari et al., 2010) and they often compare themselves to the ideal body image displayed on social media (Latiff, Muhamad, & Rahman, 2017).

5.5 Relationship between Socio-Demographic Characteristics and Body Image Satisfaction

According to the study results, the socio-demographic characteristics such as gender, age, faculty, and year of study were not significantly associated with body image satisfaction. This indicated that there is no significant relationship between socio-demographic characteristics and body image satisfaction among the undergraduate students in the selected faculties in UPM.

Studies reveal that women have sought to alter their bodies to conform to the ideals of female beauty, even if these ideals have changed throughout time as a result of shifting aesthetic standards (Shaheen et al., 2016; MacNeill et al., 2017; McComb & Mills, 2021). A study by Kamaria, Vikram, and Ayiesah (2016) showed there was an association between gender and body image satisfaction where Malaysian undergraduate students between the ages of 18 and 25 reported being dissatisfied with their bodies at a rate of 48.1% for women and 44.1% for men.

However, a study carried out by Erdoğan and Tütüncü (2015) with university students in Malaysia revealed high body image satisfaction with 82.7% of female students and 79.4% of male students said that their physique looked excellent.

Contrary to the researcher's finding, a study by Goswami, Sachdeva, and Sachdeva (2012) found that there was an association between BMI and body image satisfaction. Students who were underweight ($BMI < 18.5 \text{ kg/m}^2$) reported being satisfied with their body image (85.71%), whereas students who were overweight ($BMI \leq 23 \text{ kg/m}^2$) reported being dissatisfied with their body image (54.54%, $p < 0.001$). In today's culture, society values skinny individuals since they were seen as more attractive, whereas those who are overweight are seen negatively. These students express a desire to have a body form that is slimmer and more muscular than their existing body shape and size (Radwan et al., 2019).

5.6 Relationship between Self-Compassion, Perfectionism, and Body Image Satisfaction

According to the study results, self-compassion was not significantly associated with body image satisfaction. This indicated that self-compassion did not affect the body image satisfaction among the undergraduate students in the selected faculties in UPM. However, there is a significant association between perfectionism and body image satisfaction. This indicated that self-compassion did affect the body image satisfaction among the undergraduate students in the selected faculties in UPM.

This finding contradicts previous international studies that found self-compassion was significantly associated with body image satisfaction (Ferreira et al., 2013; Albertson et al., 2014; To, 2016). Ferreira et al. (2013) discovered that higher self-compassion will result in higher body satisfaction. High self-compassion allows people to put less emphasis on maintaining a certain ideal body image and more on developing their own unique sense of beauty (To, 2016). Despite the fact that there have only been a limited number of studies conducted on the topic of the association between self-compassion and body image satisfaction in Malaysia, Ping and Intan (2020) found that there is an association between self-compassion and body image satisfaction among Malaysian undergraduate students ($p < 0.001$).

The finding of this study was in line with previous studies that found perfectionism was significantly associated with body image satisfaction (Wade & Tiggemann, 2004; Rasooli & Lavasani, 2011; Shofiyah & Sovitrina, 2021). The results may be construed to suggest that the students in the present sample constantly be unsatisfied with their bodies since they value ideal and organisation above everything else when it comes to their physical looks. Those who strive for perfection in their looks may go to great lengths to maintain their ideal image (Shofiyah & Sovitrina, 2021).

5.7 Summary

In conclusion, this study found that there was no association between socio-demographic characteristics and body image satisfaction among undergraduate students in UPM. Socio-demographic characteristics such as age ($p=0.552$), gender ($p=0.306$), BMI ($p=0.115$), faculty ($p=0.925$), and year of study ($p=0.304$) were not significantly associated with body image satisfaction. Thus, null hypothesis H_{01} was accepted. Furthermore, there was no significant relationship between self-compassion, perfectionism, and body image satisfaction. The findings showed that self-compassion was not significantly associated with body image satisfaction ($p=0.839$). However, perfectionism had a significant relationship with body image satisfaction ($p=0.014$). Hence, null hypothesis H_{02} was accepted.

CHAPTER 6: LIMITATION AND RECOMMENDATIONS

6.1 Introduction

This study was a cross-sectional study with a convenience sampling method that had been conducted in a short time. During the study period, there were several limitations identified and discussed in this chapter.

6.2 Limitation

Firstly, due to the restriction to access undergraduate students' details from each faculty's dean due to privacy issues, the researcher could not obtain the undergraduate students' name list and contact details to choose the participants randomly. As well as that, the researcher was unable to reach the respondents as the need to take their anthropometry measurements. The BMI of the respondents were gained based on the online questionnaire where some of the data might not be accurate.

Furthermore, the majority of the participants in the research were female also represented a limitation of the investigation. There was an imbalance in the number of men and women that participated. Nonetheless, women made up the majority of the group (66.2%). Because gender has been shown to influence how satisfied one feels with their body image, it is a crucial issue to consider. According to the findings of several studies, women report being somewhat less satisfied with their bodies than men do (Ridder et al., 2017; Quittkat et al., 2019; McComb & Mills, 2021).

As a result, interventions that attempt to improve participants' levels of satisfaction with their body images may have greater potential with female participants, as was the case in this research. In addition, the fact that the majority of participants were women might influence the relationship between self-compassion, perfectionism, and body image satisfaction.

Lastly, there was a time constraint during data collection due to the long waiting time in getting the ethical approval from JKEUPM and the permission to collect data from each selected faculties' dean. Hence, the researcher managed to get only 52% of the participants from the total sample size.

6.3 Recommendation

The data collection period should have been extended in order to get more participants to have accurate results. Furthermore, in order to get more participants, the researcher could use hardcopy questionnaires instead of online surveys only. The study could have been conducted in two ways: either by having the respondents complete the questionnaire in Google Form, or by having the researcher go to the selected faculties and hand out the hardcopy questionnaires to the students there to answer.

These results may be utilised to develop a programme targeted towards undergraduates with the goal of enhancing their level of body image satisfaction. Universities can also educate students how to adjust to university life by stressing the importance of adaptive perfectionism and body image satisfaction during university programmes.

It is the hope of the researchers that if students are educated on the significance of maintaining an adaptive perfectionism and overall satisfaction with their body image throughout their time in university, they will feel more content with their decision to attend university and will have greater academic and social success as a result.

Future studies are recommended to study the variables in a clinical sample of individuals with eating disorders to see whether the effects would be the same. In addition, future researchers should use random sampling and a larger number of participants per sample to make the results more meaningful. Furthermore, upcoming researchers are strongly urged to make use of a more diverse sample of university students that includes people of a variety of racial and religious backgrounds to broaden the scope of their studies. Lastly, future studies may also want to study psychological and biological risk factors that impact body image satisfaction among Malaysian university students.

6.4 Conclusion

In conclusion, 36.9% of the total participants had high self-compassion, 53.8% of the participants had moderate self-compassion and 9.2% of the participants had low self-compassion. Apart from this, more than half of the participants (61.5%) had adaptive perfectionism. Moreover, the study results showed that there was no significant relationship between self-compassion, perfectionism, and body image satisfaction among undergraduate students in UPM, Selangor. The findings of this study could provide information about the level of self-compassion, types of perfectionism, and level of body image satisfaction among Malaysian undergraduate students for future researchers.

The findings of this study also could help professionals such as counsellors, psychologists, therapists, professors, and student affairs departments to plan and conduct programmes, seminars, or discussions with knowledge on the impact of self-compassion and perfectionism in predicting body image satisfaction among Malaysian university students that enable the students to appreciate how their conceptual ideas affect their own body image. These initiatives attempt to enlighten university students and develop positive perceptions and viewpoints.



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APPENDICES

APPENDIX 1: Permission for a study instrument



1912 Speedway, STE 504, Austin, Texas, 78712-1289 • Mail Code: D5800 • (512) 471-4155 • Fax (512) 471-1288

To Whom It May Concern:

Dr. Kristin Neff grants permission to use the Self-Compassion Scale (Neff, 2003) for any purpose whatsoever, including research, clinical work, teaching, etc. Please cite:

Neff, K. D. (2003). Development and validation of a scale to measure self-compassion. *Self and Identity*, 2, 223-250.

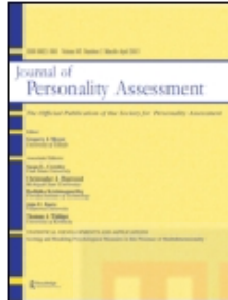
Permission is also given to translate the Self-Compassion Scale using the analytic approach to validate the factor structure that was established in:

Neff, K. D., Tóth-Király, I., Yarnell, L., Arimitsu, K., Castilho, P., Ghorbani, N.,... Mantios, M. (2019). Examining the Factor Structure of the Self-Compassion Scale using exploratory SEM bifactor analysis in 20 diverse samples: Support for use of a total score and six subscale scores. *Psychological Assessment*, 31 (1), 27-45.

Best wishes,

Kristin Neff, PhD

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The Short Form of the Revised Almost Perfect Scale

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APPENDIX 2: Participant's Information Sheet and Informed Consent

RESPONDENT'S INFORMATION SHEET AND INFORMED CONSENT FORM

INTRODUCTION

This study intends to determine the level of self-compassion, type of perfectionism, and level of body image satisfaction. The level of self-compassion will be determined using Self-Compassion Scale (SCS), type of perfectionism will be using Short Almost Perfect Scale (SAPS), while level of body image satisfaction will be determined using Multidimensional Body–Self Relations Questionnaire (MBSRQ).

WHAT WILL YOU HAVE TO DO?

This study is completely voluntary where respondents can withdraw at any point of time. A set of questionnaire will be given to you and the questionnaire consists of 4 parts which are PART A, PART B, PART C, and PART D. The questionnaire is estimated to take about 10 to 15 minutes. It is also important for you to follow the instruction given in the questionnaire to ensure that the process is going well. Your willingness to answer all the questions is highly appreciated.

WHO SHOULD PARTICIPATE IN THIS STUDY?

You are invited to participate in this study if the following criteria are applicable to you:

- a) Malaysian.
- b) Undergraduate students from:
 - Faculty of Forestry and Environmental Studies, UPM
 - Faculty of Modern Languages and Communication, UPM

WHO SHOULD NOT PARTICIPATE IN THIS STUDY?

You should NOT participate in this study if the following criteria are applicable to you:

- a) Undergraduate students with BMI of 27.5 kg/m² and above.

WHAT WILL BE THE BENEFITS OF THE STUDY?

(a) TO YOU AS SUBJECT?

The respondent could benefit from gaining indirect information or understanding on their individual self-compassion, perfectionism, and body image satisfaction once the questionnaire has been completed. If there are any health concern, the respondent can reach out to the researcher or medical practitioners for more information or resources. Unfortunately, this study may not provide significant benefit to an individual specifically as there are no clinical trials or interventional involved in this study.

(b) TO THE RESEARCHER?

The researcher will be able to analyze data which can be used to determine the level of self-compassion, type of perfectionism, and level of body image satisfaction, as well as to identify the relationship between self-compassion and perfectionism, and body image satisfaction among undergraduate students in a public university in Malaysia. The result from this study can fill in the research gap and offer professionals with knowledge on the impact of self-compassion and perfectionism in predicting body image satisfaction among Malaysian undergraduate students. The data from this study can be used to establish reference for future researcher who is interested to conduct this study.

WHAT ARE THE POSSIBLE RISK?

There are no risk and side effects when you participate in this study.

WILL THE INFORMATION THAT YOU PROVIDE AND YOUR IDENTITY REMAIN CONFIDENTIAL?

Yes. All of your information obtained from this study will be kept and handled in a confidential manner in accordance with applicable laws and/or regulations. Your identity will not be revealed without your permission when presenting or publishing the study results. The principal researchers and the supervisory committee will have full access to the findings of this research.

WHO SHOULD YOU CONTACT IF YOU HAVE ADDITIONAL QUESTIONS DURING THE COURSE OF THE RESEARCH?

If you have any questions regarding to this study, please contact one of the person listed below:

(a) Researcher

Nur Izzana binti Zuhaimi
Bachelor of Nursing
Department of Nursing
Faculty of Medicine and Health Sciences
Universiti Putra Malaysia
Contact number: 010-4248344
Email: 197625@student.upm.edu.my

(b) Supervisor

Prof. Madya Dr. Lee Khuan
Lecturer
Department of Nursing
Faculty of Medicine and Health Sciences
Universiti Putra Malaysia
Contact number: 016-2040157
Email: leekhuan@upm.edu.my

(c) Co-supervisor

Puan Rosna binti Abdul Rahman
Lecturer
Department of Nursing
Faculty of Medicine and Health Sciences
Universiti Putra Malaysia
Contact number: 019-3883844
Email: rosnaar@upm.edu.my

If you have any questions about your rights as a participant in this study, please contact Office of The Deputy Vice Chancellor (Research & Innovation), Jawatankuasa Etika Universiti Untuk Penyelidikan Melibatkan Manusia (JKEUPM), Universiti Putra Malaysia at 03-9769 1002.

1. I hereby voluntarily agree to take part in the research stated above. I understand that I have the right to withdraw from this survey at any time without giving any reason. I also understand that this study is confidential and all information provided with regard to my identity will remain private and confidential. *

Mark only one oval.

- Agree
 Disagree



APPENDIX 3: Questionnaire (Google Form)

QUESTIONNAIRE ON SELF-COMPASSION, PERFECTIONISM, AND BODY IMAGE SATISFACTION AMONG UNDERGRADUATE STUDENTS IN A PUBLIC UNIVERSITY IN MALAYSIA

INSTRUCTION: This questionnaire contains 4 parts only. Please answer all questions.

1. PART A: Socio-demographic background
2. PART B: Self-Compassion Scale (SCS)
3. PART C: Short Almost Perfect Scale (SAPS)
4. PART D: Multidimensional Body-Self Relations Questionnaire (MBSRQ)

PART A: Socio-demographic background

INSTRUCTION: Please tick your answer and fill in the blanks for the questions below.

2. Age *

3. Gender *

Mark only one oval.

Male

Female

4. BMI (kg/m²) *

Example: (50kg/152m²)

5. Faculty *

Mark only one oval.

Faculty of Forestry and Environmental Studies

Faculty of Modern Languages and Communication

6. Year of study *

Mark only one oval.

- Year 1
 Year 2
 Year 3
 Year 4

PART B:
Self-
Compassion
Scale (SCS)

INSTRUCTION: The following questions relate to your usual behavior during the past month only. There are no right or wrong answers. Your answers should indicate the most accurate reply for the majority behavior in the past month. Please answer all questions.



7. *

Mark only one oval per row.

	Not at all like me	Not much like me	Neutral	Somewhat like me	Very much like me
1. I'm disapproving and judgmental about my own flaws and inadequacies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. When I'm feeling down I tend to obsess and fixate on everything that's wrong.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. When things are going badly for me, I see the difficulties as part of life that everyone goes through.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. When I'm down and out, I remind myself that there are lots of other people in the world feeling like I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. When times are really difficult, I tend to be tough on myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. When something upsets me I try to keep my emotions in balance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. When I'm going through a very hard time, I give myself the caring and tenderness I need.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. When I see aspects of myself that I don't like, I get down on myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. When I fail at something important to me I try to keep things in perspective.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. When I'm really struggling, I tend to feel like other people must be having an easier time of it.

12. When something upsets me I get carried away with my feelings.

13. I'm tolerant of my own flaws and inadequacies.

14. I try to be understanding and patient towards those aspects of my personality I don't like.

PART C:
Short
Almost
Perfect
Scale
(SAPS)

INSTRUCTION: The following questions relate to certain attitudes people have toward themselves, their performance, and toward others. There are no right or wrong answers. Your answers should indicate the most accurate answers for you. Please answer all questions.

8. *

Mark only one oval per row.

	Strongly disagree	Disagree	Slightly disagree	Neutral	Slightly agree	Agree	Strongly agree
1. I have high expectations for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Doing my best never seems to be enough.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I set very high standards for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I often feel disappointment after completing a task because I know I could have done better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I have a strong need to strive for excellence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. My performance rarely measures up to my standards.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I expect the best from myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I am hardly ever satisfied with my performance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PART D:
Multidimensional
Body–Self
Relations
Questionnaire
(MBSRQ)

INSTRUCTION: The following questions relate to how people might think, feel, or behave. You are asked to indicate the extent to which each statement pertains to you personally. There are no right or wrong answers. Your answers should indicate the most accurate answers for you. Please answer all questions.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1. Before going out in public, I always notice how I look.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I am careful to buy clothes that will make me look my best.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. My body is sexually appealing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I constantly worrying worry about being or becoming fat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I like my looks just the way they are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I check my appearance in a mirror whenever I can.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Before going out, I usually spend a lot of time getting ready.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I am very conscious of even small changes in my weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Most people would consider me good-looking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. It is important that I always look good.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I use few grooming products.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I like the way I look without clothes on.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I am self-conscious if my grooming isn't right.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I usually whatever is handy without caring how it looks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. I like the way my clothes fit me.

16. I don't care what people think about my appearance.

17. I take special care with my hair grooming.

18. I dislike my physique.

19. I am physically unattractive.

20. I never think about my appearance.

21. I am always trying to improve my physical appearance.

22. I am on a weight-loss diet.

11. For questions 23–31, indicate how dissatisfied or satisfied you are with each of the following areas or aspects of your body: *

Mark only one oval per row.

	Very dissatisfied	Dissatisfied	Neutral	Satisfied	Very satisfied
23. Face (facial features, complexion).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Hair (color, thickness, texture).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Lower torso (buttocks, hips, thighs, legs).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. Mid torso (waist, stomach).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. Upper torso (chest or breasts, shoulders, arms).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. Muscle tone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. Weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. Height.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. Overall appearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

For questions 32–34, use the response scale given with the item and choose the answer that most described you.

12. 32. I have tried to lose weight by fasting or going on crash diets. *

Mark only one oval.

- Never
- Rarely
- Sometimes
- Often
- Always

13. 33. I think I am... *

Mark only one oval.

- Very underweight
- Somewhat underweight
- Normal weight
- Somewhat overweight
- Very overweight

14. 34. From looking at me, most people would think I am... *

Mark only one oval.

- Very underweight
- Somewhat underweight
- Normal weight
- Somewhat overweight
- Very overweight

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Google Forms

APPENDIX 4: Gantt chart

PROJECT	2021			2022								
	OCT	NOV	DEC	JAN	FEB	MAC	APRIL	MAY	JUNE	JULY	AUG	SEPT
Identify the research problem												
Discussion with supervisor regarding the research title												
Review of the article for literature review												
Select an appropriate questionnaire												
Proposal presentation												
Submit proposal												
Ethical approval												
Obtain permission from the relevant party												
Conduct a pilot study												
Conduct the research and data collection												
Data analysis and discussion												
Thesis presentation												
Submit the research report												

APPENDIX 5: Budget

No.	Items	Quantity × RM/Unit	Total Cost (RM)
1.	Printing	208 × 0.07	14.56
2.	Binding	2 × 18	36
3.	Internet data	1 × 100	100
Total (RM)			150.56

APPENDIX 6: Approval from JKEUPM

Ref. no: UPM/TNCPI/RMC/JKEUPM/1.4.18.2 (JKEUPM)

Date: 14 August 2022

Dear Prof./Dr./Mr./Ms.,

APPLICATION FOR JKEUPM ETHICAL CLEARANCE: APPROVED

With reference to the above, I am pleased to inform you that your application for ethical clearance for the research project entitled '**Self-Compassion, Perfectionism, And Body Image Satisfaction Among Undergraduate Students in a Public University in Malaysia**' has been approved.

The approval is **valid from 14 AUGUST 2022 until 14 AUGUST 2023**.

Please note that the official letter of approval will be issued as soon as possible. However, the ethical clearance is considered effective from the date of this email, and you may now proceed with your research.

Kindly remind the ethical approval is required in the case of amendments/ changes to the study documents/ study sites/ study team.

Researchers should also complete a Study Final Report upon study completion. The form can be obtained from the Ethics Committee for Research Involving Human Subjects (JKEUPM) website (<http://www.tncpi.upm.edu.my/faildokumen>).

If you have any enquiries, please contact at number 03-97691244/1602.

Note: Please use this reference number for any transaction:- **JKEUPM-2022-351**

Thank you.

Yours faithfully,

Prof. Dr. Zamberi Sekawi

Chair

Ethics Committee for Research Involving Human Subjects

Universiti Putra Malaysia



NUR IZZANA BINTI ZUHAIMI / UPM <197625@student.upm.edu.my>

Surat Permohonan Menjalankan Projek Penyelidikan Tahun Akhir NUR4999 di FAKULTI PERHUTANAN DAN ALAM SEKITAR

2 messages

NUR IZZANA BINTI ZUHAIMI / UPM <197625@student.upm.edu.my>
To: dean.forenv@upm.edu.my

Tue, Aug 16, 2022 at 8:00 AM

Assalamualaikum YBhg. Prof.

Saya, Nur Izzana binti Zuhaimi (197625), pelajar tahun 4 Bachelor Kejururawatan Universiti Putra Malaysia (UPM) dan sedang menjalankan Projek Penyelidikan Tahun Akhir NUR4999. Tajuk kajian saya adalah 'Self-Compassion, Perfectionism, and Body Image Satisfaction among Undergraduate Students in a Public University in Malaysia'.


Oleh itu, saya ingin memohon untuk mendapatkan senarai nama dan nombor matrik pelajar di Fakulti Perhutanan dan Alam Sekitar sebagai sampel kajian. Berikut saya sertakan surat permohonan yang telah ditandatangani oleh penyelia saya, Prof. Madya Dr. Lee Khuan.

Saya berharap agar permohonan saya diluluskan oleh pihak YBhg. Prof. Segala kerjasama amat saya hargai.

Sekian, terima kasih.

2 attachments

 Surat Permohonan Menjalankan Kajian di FAKULTI PERHUTANAN DAN ALAM SEKITAR.pdf
75K

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To: 197625@student.upm.edu.my

Tue, Aug 16, 2022 at 12:38 PM

As Salam dan Salam Sejahtera

Saudari,

Bersama-sama ini dilampirkan maklumat yang diperlukan oleh pihak saudara.

Sekian, terima kasih.


—
"WAWASAN KEMAKMURAN BERSAMA 2030"
"BERILMU BERBAKTI"
"With Knowledge We Serve"

Saya yang menjalankan amanah,

Nurul Ashikin Roslan
Setiausaha, Pejabat TD(AHEPA)
Fakulti Perhutanan dan Alam Sekitar, UPM, Serdang.

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APPENDIX 8: Turnitin Summary

SELF-COMPASSION, PERFECTIONISM, AND BODY IMAGE SATISFACTION AMONG UNDERGRADUATE STUDENTS IN UNIVERSITI PUTRA MALAYSIA

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