

Body Image Dissatisfaction In Body Shaming Victims

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Body Image Dissatisfaction In Body Shaming Victims

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Abstract

Introduction: The existence of body shaming indicates a lack of acceptance of the appearance of different body shapes. This problem is especially prevalent among teenagers, who often ridicule their peers. Body shaming has serious consequences, including body image dissatisfaction, eating disorders and depression. **Objective:** to examine body image dissatisfaction in adolescents who have been subjected to body shaming. A total of 120 participants were involved in this study, and they were selected based on their willingness to complete the body image dissatisfaction scale questionnaire. **Methods:** This study used a quantitative approach and used correlation to analyze the body image dissatisfaction scale, the Multidimensional Body-Self Relations Questionnaire-Apperance Scales (MBSRQ-AS). **Results and discussion:** the study showed that individuals who experienced body image dissatisfaction due to body shaming also experienced decreased self-esteem. **Conclusion:** body shaming can significantly contribute to body image dissatisfaction and low self-esteem.

Keywords: Body Image Dissatisfaction; Adolescents; Body Shaming;

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Introduction

Everyone has a distinctive and varied body shape. It is unjust to ridicule or disparage others because they don't conform to a particular beauty standard. Body shaming is a type of conduct that critiques an individual's silhouette, magnitude, and appearance, resulting in the target feeling insecure about their looks (Nasution & Simanjuntak, 2020). Body shaming is the act of making negative comments or criticisms about someone's physical appearance or insulting them by mocking their physique, body organs, or appearance (Siregar, 2023). Adolescents are frequently subjected to body shaming disguised as humor. Examples might include being made fun of for being short, overweight, or having dark skin, or making comments like "if you fall, you'll blow up like a balloon."

At this stage, adolescents are searching for their place in the social hierarchy, and they can be influenced by media and societal beauty standards. Santrock (in Kurniawan et al., 2023) describes this phase as a vulnerable period characterized by significant mental changes. Body shaming often occurs during adolescence, a transitional period between childhood and adulthood that can take place progressively from the ages of 10 to 13 and can extend to between 18 and 22.

Adolescents experience body shaming because they experience visible physical (puberty) and psychological changes so that adolescence becomes quite a difficult period with physical, psychological changes, and maturation of reproductive organs (Angelina et al., 2021). In Gani & Jalal (2021) resulted in adolescents experiencing body shaming from their peers. The existence of social pressure from peers regarding ideal body shape raises the risk of physical problems such as strict dieting to have a psychological impact in the form of depression (Kurniawati & Lestari, 2021).

Body shaming is more likely to happen to teenage girls because they are more likely to take care of their appearance. Based on the results of the Body Peace Resolution Survey conducted by Yahoo! Health, a study of 2,000 people aged between 13 - 64 years showed that adolescent girls experience body shaming more often than men with a total percentage that 94% of adolescent girls have experienced body shaming, while men only 64% (Hestianingsih, 2018). In Gross's research (in Rosita et al., 2019) that in adolescence who often feel dissatisfied with the state of their body, namely adolescent girls because of the increasing fat in their bodies, while adolescent boys become more satisfied because their muscle mass increases.

Adolescents who experience body shaming continuously will experience body image dissatisfaction. Adolescents who have body image dissatisfaction will bring up feelings of insecurity, low self-esteem, worry about their appearance, and withdraw from the environment (Ramahardhila & Supriyono, 2022). Adolescents with high body image dissatisfaction cannot evaluate themselves positively. Body image dissatisfaction is an individual's negative thoughts, feelings, and judgments about their body shape (Amarina & Laksmiwati, 2021). The condition of body image dissatisfaction in adolescents can affect their mental health, such as the development of depression and anxiety, especially in relation to social relationships. In addition, it is not uncommon for this problem to lead

to more serious body distortions such as body dysmorphic disorder or eating disorders such as bulimia nervosa and anorexia nervosa (Puspasari, 2019).

Body image dissatisfaction in body shaming victims can affect self-esteem. In research by Malasari & Mukhlis (2022) that adolescents who have high body image dissatisfaction will reduce self-esteem. Victims of body shaming may feel dissatisfied with their physical appearance because they are forced to compare themselves with unrealistic beauty standards or judged by narrow social norms. Judging from the above phenomenon, the purpose of the problem of interest of this article is to analyze body image dissatisfaction in victims of body shaming.

Method

The study utilized a quantitative, correlational method to investigate body shaming experiences among adolescents aged 13-21 years. The sample population comprised 120 adolescent victims of body shaming who completed the questionnaire. The study employed a nonprobability sampling technique with purposive sampling.

The Multidimensional Body-Self Relations Questionnaire-Apperance Scales (MBSRQ-AS), a Likert scale model, was utilized as the measuring instrument in this study to determine body image dissatisfaction in adolescent victims of body shaming. MBSRQ-AS is based on aspects proposed by Cash (2012), which include appearance evaluation, appearance orientation, body area satisfaction, overweight preoccupation, and self-classified weight.

Jeffreys's Amazing Statistics Program (JASP) is a computer application used to analyze the data in this study. The validity results for the self-esteem scale range from 0.535 to 0.800, and for the body image dissatisfaction scale from 0.289 to 0.781. The study exhibited good reliability, with a coefficient of 0.834 for the self-esteem scale and 0.878 for the body image dissatisfaction scale. Hypothesis testing was performed using Pearson's product-moment correlation analysis method and simple regression test.

Result and Discussion

Result

This study obtained several results related to self-esteem and body image dissatisfaction in the form of demographic data, respondent data, and categorization data. Based on the results, there are several levels that represent the category of body image dissatisfaction. The first level is the low category, the second level is the medium category, and the top level is the high category.

Table 1
Categorization of *Body Image Dissatisfaction*

Categorization	Value Limit	Respondent	Precentage
Low	49.117 < 32.602	4	3%
Medium	32.602 < 49.117 < 51.398	69	58%
High	49.117 > 51.398	47	39%
Total		120	100%

Based on the categorization table calculations, 39% of respondents fell into the high category, 58% were in the medium category, and only 3% were in the low category. Thus, the majority of respondents with body image dissatisfaction belong to the moderate category.

The characteristics of participants who experienced body shaming were analyzed via descriptive methods, including age, gender, height, and weight.

Table 2
 Research Respondent Profile

Profile	Level	N	Mean Body Image Dissatisfaction
Age	13 Year	11	Low 43.364
	14 Year	35	Low 49.057
	15 Year	6	Low 47.167
	16 Year	10	High 52.700
	17 Year	8	Low 47.875
	18 Year	6	Low 43.667
	>19 Year	44	sedang 51.023
Gender	Man	30	Low 43.500
	Woman	90	sedang 50.989
Height	150-160 cm	53	sedang 49.340
	160-170 cm	26	Low 45.885
	<150 cm	29	High 53.000
	> 170 cm	12	45.750
Weight	40-60 kg	58	47.121
	< 40 kg	21	48.143
	> 70 kg	41	High 52.439
Total		120	100%

The analysis of the respondent profile data table reveals that there were 11 respondents aged 13, 35 respondents aged 14, 6 respondents aged 15, 10 respondents aged 16, 8 respondents aged 17, 6 respondents aged 18, and 44 respondents over the age of 19. This demonstrates that the majority of teenage participants who experienced body shaming were older than 19 years of age. The analysis of adolescents who underwent body shaming included 30 male participants and 90 female participants, indicating that females primarily experience body shaming during the teenage years. Analysis based on height revealed that among the respondents, 29 had a height of less than 150 cm, 53 had a height between 150-160 cm, 26 had a height between 160-170 cm, and 12 had a height greater than 170 cm. Therefore, the majority of adolescent victims of body shaming have a height between 150-160 cm, as reported by 53 respondents. And data analysis revealed 21 respondents with a body weight less than 40 kg, 58 respondents with a body weight ranging from 40-60 kg, and 41 respondents with a body weight exceeding 70 kg. Therefore, the analysis indicated that 58 adolescents were victims of body shaming within the 40-60 kg weight range.

The overall analysis of the respondent's profile indicates moderate tendencies in the low category. However, the respondent's profile falls within the high category regarding age (16 years) and height (<150cm), while weight (>70kg) is also included in

the high category. Several factors can influence low levels of body image dissatisfaction, among which is self-esteem.

Furthermore, the researcher analyzed the hypothesis test to determine that there is a relationship between body image dissatisfaction and the self-esteem variable, as demonstrated by the results of Pearson's product moment technique:

Table 3
 Correlation Test Results

Variable		Self-esteem	Body Image Dissatisfaction
Self-esteem	Pearson's r	-	
	p-value	-	
Body Image Dissatisfaction	Pearson's r	-0.757***	-
	p-value	< .001	-

The data analysis results indicate a significant negative relationship between self-esteem and body image dissatisfaction, with a coefficient value of -0.757*** at a significance level (p) of <.001. These findings show that self-esteem has a considerable impact on body image dissatisfaction, with low self-esteem correlating with a high level of body image dissatisfaction.

Then, this study examines the level of self-esteem among teenagers who have experienced body shaming. The categories include low, moderate, and high levels.

Table 4
 Categorization of Self-esteem

Categorization	Value Limit	Respondent	Percentage
Low	17.150 < 10.307	4	3%
Medium	10.307 < 17.150 < 17.693	78	65%
High	17.150 > 17.693	38	32%
Total		120	100%

Based on the calculation results from the self-esteem categorization table, 32% of respondents fell into the high category, while 65% were categorized as medium and 3% as low. Therefore, the majority of respondents had moderate self-esteem.

Discussion

Based on research results, a significant relationship exists between body image dissatisfaction and self-esteem in adolescent victims of body shaming. Nurvita (2015) supports this finding, noting adolescent girls with obese body shapes feel dissatisfied and ashamed of their body shape due to experiencing body shaming by their peers, resulting in decreased self-esteem. In accordance with the study conducted by Wati & Sumarmi (2017), which categorizes overweight and non-overweight adolescents, the findings reveal that overweight adolescent girls are prone to experiencing negative body image four times more than their non-overweight counterparts.

According to Willemse et al (2023) study, the fear of negative judgments on burn survivors leads to dissatisfaction with body image and lowers their self-esteem. Restiana

& Dwiastuti (2021) research aligns with this, indicating that negative evaluations of one's appearance complicate positive self-evaluation for victims of body shaming. As a result, they experience body image dissatisfaction and reduced self-esteem.

In Yulianti & Dwi Ningsih's (2022) study, almost all adolescent girls experience *body shaming* because it is considered different or not ideal so that it can have a negative effect on people who experience it, ranging from mild to severe. *Body shaming* can also have an effect on a teen's self-image. High *body image dissatisfaction* can lead to psychosocial distress and anxiety, lower self-esteem, and even depression (Novitasari & Hamid, 2021). *Body image dissatisfaction* can also decrease the general well-being of adolescents.

Regarding this analysis, it can be concluded that adolescent victims of body shaming often occur in adolescent girls. This can lead to increased body image dissatisfaction and reduced self-esteem. These findings align with the research of Fitra et al (2021), which suggests that adolescent girls with lower self-esteem tend to have more negative body images. Adolescents experiencing dissatisfaction with their physical appearance can become trapped in a negative self-talk cycle and attempt to achieve unrealistic beauty standards, ultimately harming their physical and mental well-being. It is important to avoid subjective evaluations to make this objective.

Conclusion

The impact of body image dissatisfaction on self-esteem is significant and mutually interdependent. The negative effect of body shaming on adolescents' self-perception and satisfaction with physical appearance can lead to feelings of inferiority, worthlessness, or inadequacy. Additionally, low self-esteem can similarly affect their perception of body image. If adolescents who experience body shaming have low self-esteem, they may perceive themselves and their physical appearance negatively. Future research should concentrate on more in-depth theoretical investigations to reinforce the research findings. The significance of social support, building mental resilience, and recognizing the importance of self-acceptance and self-love cannot be overstated for victims of body shaming. Professional help from an experienced psychologist or counselor can provide the support and tools necessary to overcome this pressure and build positive self-esteem.

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