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The Relationship between Body Shaming Treatment and Body Image in Adolescents in Depok

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Abstract

Since March 2015 at the Asian level, the number of cases of bullying that has happened to students in schools has reached 70%. The impact of body shaming will lead to poor self-assessment. This study aims to determine whether there is a relationship between body shaming treatment on body image among adolescents in Depok. The design of this research is quantitative with cross sectional approach. The sample in this study is 81 students in Depok. The sampling technique used is cluster random sampling. Data are analyzed using Chi-Square test. The results showed that there is a relationship between body shaming treatment on body image among adolescents in the Depok area, aimed at p values of 0.017 (p <0.05). Teenagers who get a low body shaming treatment will have a positive body image and vice versa. Intervention needs to be done to reduce body shaming treatment in adolescents in improving body image.

Keywords:

Preliminary

Adolescence is a period in which a person's life is full of dynamics, where in adolescence the development changes occur very rapidly. During adolescence, there are also very high risks for delinquency and violence against adolescents, both as victims and perpetrators. psychosocial The development of adolescents is very interesting to be studied today (Djuwita, 2006) of the trends around lifestyle that are widely developing among adolescents today, not a few have led to bullying for those who do not follow or are considered someone who does not follow trends (Fauzia et al, 2019).

A teenage girl in Texas, was determined to shoot a gun into her chest

to death because she felt completely blasphemed in cyberspace (Zain et al, 2017). Bullying that occurs in this case is related to a person's physical appearance or better known as Body Shaming.

The term body shaming is shown to attack or mock those who have a physical appearance that is considered adequate by society in general. An example of body shaming is to say fat, snub, black, cungkring, tonggos, and many others related to a person's physical appearance (Fauzia et al, 2019)

Body Shaming or other people's negative physical comments are often unconsciously done by people. Body shaming behavior can make a person more insecure and insecure and uncomfortable with his physical

appearance and begin to close himself to both the environment and interactions with other people. Body shaming afflicts a lot among teenagers to early adulthood. Where the bullying of body shaming comes from the surrounding environment, such as friends and family (Fauzia et al, 2019).

The NGO Plan International and the International Center for Research on Women (ICRW), which were uploaded in early March 2015, show astonishing facts related to child abuse in schools. At the Asian level, cases of bullying that occur in school students reach 70% (Qodar, 2015).

The Student Reports of Bullying issued by the United States Department of Education in 2016 indicated that 20.8% of students in the United States have been victims of bullying (Borualogo et al, 2019).

Report from KPAI (2016), there were around 253 cases of bullying, from 2011 to 2016, consisting of 122 children who were victims and 131 children who were perpetrators. In 2017, 967 cases were reported; 177 of them were cases of bullying. In 2018, KPAI data stated that out of a total of 455 cases in one education sector, there were 161 cases of bullying and of which 41 cases were cases of children perpetrators of violence and bullying, about 228 cases of violence and the rest were cases of student brawl and cases of children victims of policies.

According to research conducted by the Children's Worlds Survey in West Java in the context of cooperation between the Islamic University of Bandung (UNISBA)-UNICEF Indonesia, it shows the percentage of bullying in 27 cities / districts in West Java, one of which is being called a bad name by other children at school, is 20, 9% (Borualogo et al, 2019).

According to KPAI case data (2016), based on the location of complaints and media monitoring in

Indonesia from 2011 to 2016, it was found that around 106 bullying cases occurred in the Depok area, consisting of 44 victims of bullying and 62 being bullying perpetrators (KPAI, 2016).

According to Eva (2016), the effects of body shaming treatment are very negative. One study shows that body shaming treatment can have an impact on negative thinking patterns in a person. The results show that body shaming treatment can lead to poor self-assessment.

Body image is also called selfimage, body image is a person's conscious and unconscious attitude towards his body. This attitude includes perceptions and feelings about the size, shape, function, appearance and potential of the body at this time and in the past which are continuously modified with new experiences of each individual (Yusuf, 2015).

A number of studies argue that physical appearance greatly affects a person's self-confidence, physical appearance has the strongest correlation with self-confidence (Marasmutia, 2012).

A preliminary study conducted by researchers high on 10 adolescents in the Depok area found that 85% of them had experienced body shaming at school. Due to the body shaming actions that he received, some teenagers feel insecure and continue to think about what other people say about their body shape so that these teenagers try to cover up the shortcomings of their body shape in the wrong way, they are willing to do various ways to make themselves look perfect and acceptable. in the school environment.

Method

This type of research is a quantitative study with a cross sectional approach. The sample in this study amounted to 81 high school adolescents in the Depok area. The sampling technique used is cluster random

sampling, which is used when the population consists of groups of individuals or clusters and the object to be studied is very broad, for example the population of a country, province or district.

When the research is conducted on a population of high school students in a city, random is not carried out directly on all students, but at school / class as a group or cluster (Margono, 2004).

Result

Table 1. Gender Characteristics of

	Respondents				
Gender	f Percentage				
Man	35	43.2			
Woman	46	56.8			
Total	81	100			

Table 1 shows that the majority of adolescents are female.

Table 2. Body shaming treatment received by adolescent

Body shaming level	F	Percentage
Light	14	17.3
Moderate	53	65.4
High	14	17.3
Total	81	100

Table 2 shows that there are more adolescents with moderate body shaming behavior than adolescents who have light and high body shaming treatment.

Tabel 3. Teen Body Image

Body Image	f	Percentage
Negative	28	34.1
Positive	53	65.9
Total	81	100

Tabel 3 menunjukkan bahwa remaja dengan hasil citra tubuh positif lebih banyak dibandingkan dengan remaja yang memperoleh hasil negatif untuk citra tubuhnya.

Tabel 4. Hubungan perlakuan body shaming terhadap citra tubuh remaja

Body	Body Image			Total			
shaming	Pos	itive	Negative		Total		p Value
level	N	f	N	F	N	f	
Low	12	85.7	2	14.3	14	100	0.017
Moderate	36	67.9	17	32.1	53	100	
Weight	5	35.7	9	64.3	14	100	
Total	53	65.4	28	34.6	81	100	

Table 4 shows that based on the results of the chi-square test that has been carried out, the p value is 0.027 based on this value because the p value <0.05 can be concluded that there is a relationship between body shaming treatment on body image in adolescents in the Depok area.

Pembahasan Gender

The description of the characteristics of respondents based on gender in this study shows that most of the respondents were female as many as 46 (56.8%) and the rest were male as many as 35 (43.2%). Gender is very important for individuals as an "identity". Bullying behavior can be found in both boys and girls, but its intensity is influenced by the socialization process they receive, not because of differences

in the level of courage and physical size (Nanda et al. 2015).

According to research conducted by Hidayat et al (2019), women get more body shaming treatment (64.1%) than men (35.9%). This treatment develops and functions not only as an emotion but in the form of self-assessment that can arise due to individual dissatisfaction. Women experience more frequent body shaming because it is easier for women

to appreciate subjective judgments than men.

This is not in line with research conducted by Margaretta and Rozali which said that there were 25 (55.6%) male subjects who had a negative body image and 24 (53.3%) female subjects who had a negative body image. While 20 (44.4%) male subjects had a positive body image and 21 (46.7%) female subjects had a positive body image. Which means that there is no relationship between gender and one's body image

According to researchers, women are more vulnerable to treatment? body shaming because they are more sensitive in judging someone, especially with the problem of physical form, this is what underlies them to do various ways to look perfect.

Body Shaming

Based on the results of the research on the level of body shaming treatment received by adolescents, most of them got a moderate level of body shaming treatment as much as 53 or (65.4%), some others received high body shaming treatment by 14 respondents (17.3%) and light body shaming treatment as many as 14 respondents (17.3%).

Bullying is very influential on one's social life, one of which is inhibiting the process of child development and causing children not to interact well with their friends (Endang et al, 2017).

This is in line with previous research conducted by Kundre & Rompas (2018), which showed that 23 respondents (42.6%) had mild bullying who had high self-confidence while 22 respondents (40.7%) had severe bullying with low self-confidence.

However, this study is not in line with research conducted by Endang et al (2017) which showed that victims of moderate bullying were 39 respondents (67.2%). So there is a difference between this study where people who experience moderate bullying but the interactions are sufficient

According to the assumptions of researchers, the form of bullying that commenting occurs is someone's body that is lacking is also called body shaming. This is very influential in the development adolescents, one of which is social development, where they feel they are not accepted by their peers because of their physical form. However, in reality not all victims of bullying have selfconfidence and negative body image, while the factors that influence this are personality factors.

Body Image

Based on the results of the research on the level of body image that students have on the body shaming treatment they receive, most of the students with a positive body image are 53 respondents (65.4%) compared to students who get a negative body image, which is 28 respondents (34.6%).

Self-image comes from the subjective evaluation of the individual in assessing himself as a whole and completely physically, psychologically, socially and spiritually. That no matter how high other people's assessments of him are, whether positive or negative, if their self-confidence is low, it will form a negative body image (Nurul & Grace, 2014).

This is in line with previous research conducted by Hidayat et al. (2019) entitled the relationship of body shaming to self-image that those who experience body shaming will pay more attention to their bodies and make their bodies an object that causes anxiety and increases self-shame, alone.

So, the higher a person's self-confidence, the higher his body image, and vice versa if a person's level of self-confidence is low, the lower his body image is indicated by a p value of 0.036 <0.05 with an OR value of 0.343 that respondents who receive poor body shaming treatment have negative self-image compared to respondents who

experienced good body shaming treatment

According to the researchers' assumptions, although commenting on or even insulting the physical form of other people is often considered a joke, the various studies that have been conducted have shown that the act of body shaming can be bad for those who experience it, one of which they become insecure, this is what affects their judgment himself against his body.

Bivariate Analysis

Based on the results of the research that has been done, it is known that adolescents with light body shaming levels and having a positive body image are 12 people (85.7%), teenagers who have moderate body shaming levels have positive body images as many as 36 people (67.9%), and body image 17 people (32.1%), while adolescents with heavy body shaming levels have negative body image as many as 9 people (64.3%).

Based on the results of the chisquare test conducted to determine whether or not there is a relationship between body shaming treatment on body image in adolescents in the Depok area, the p value is 0.017. Based on this value, because the p value <0.05, it can be concluded that there is a relationship between body shaming treatment and body image among adolescents in the Depok area.

Body image is related to body shaming. The Damanik study (2018) which focuses on the psychological dynamics of women who experience body shaming in early adulthood and shows that those who experience body shaming will pay more attention to their bodies and make their bodies as objects (self-objectification), this causes anxiety and increases shame towards oneself (Sakinah, 2018).

The results of the findings of previous research conducted by Marela et al (2017) with the title of research on

verbal bullying cause depression in high school adolescents. Based on the results of statistical tests conducted, it shows that there is a relationship between bullying and depression in adolescents by obtaining an OR value of 1.57 and a p value of 0.009.

Researchers assume the impact of body shaming, one of which is self-esteem, is directly proportional to individual satisfaction with their bodies. The ideal body is one of the main assessments of every individual. The ideal body in question is the physical standard value that must be possessed.

For women, for example, having a slim body, white skin, black hair and straight, while having an athletic, masculine, and muscular body is the physical standard that must be owned for men.

According to the researcher's observations of the three schools, there are almost the same rules, such as not allowing female students to dress up and male students not allowed to have long hair and tufts. And the characteristics of the students also differ in each school, some of them claim to have experienced body shaming actions committed by their peers and seniors. They claim to have been called and nicknamed by calls they don't like, such as black, fat, lass, undead and so on.

Due to the body shaming action he received, some teenagers felt insecure so they kept thinking about what other people said about their body shape, and in the end they tried to cover up the shortcomings of their body shape in the wrong way, they were willing to do various ways to make themselves look perfect and can be accepted in the school environment.

Some other teenagers say they don't care about what other people say, they are grateful for what God has destined for him, everyone has their own strengths and weaknesses, and body shape is not something that is important to assess in a

school environment but achievement and attitude are important. to be judged. In this case, a person's personality is very influential on his self-assessment.

Conclusion

High school adolescents in the Depok area who were respondents indicated that some adolescents who received light body shaming treatment had a positive self image while adolescents who received heavy body shaming treatment had a negative body image.

Suggestion

For research subjects

It is hoped that adolescents can respect each other especially about other people's body shape by not commenting negatively, and fostering more positive and logical thinking and not being influenced by other people's judgments so that they have a positive body image.

For Teachers

It is hoped that teachers will help improve adolescent body image by inserting self-concept materials and positive values during class hours

Next Researcher

It is expected to provide health education for students to increase selfconfidence and self-image, and it is expected to add other variables with different methods.

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