



Body Image and Self-Confidence in Young Women Who are Victims of Body Shaming

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Abstract. The act of body shaming makes young women feel sad and insecure. Young women need high self-confidence to be able to support their developmental tasks. One of the factors that supports increasing self-confidence is an assessment of physical appearance or body image. This research aims to explore the correlation between body image and self-confidence among young women who have been victims of body shaming, utilizing a correlational quantitative approach. The respondents in this study were 170 teenage girls aged 12 to 15 who were victims of body shaming in Denpasar City. Data collection involved administering validated and reliable self-confidence and body image scales. The findings revealed a significant relationship between aspects of body image (appearance evaluation, appearance orientation, body area satisfaction, overweight occupation, and self-classified weight) and self-confidence among young women who were victims of body shaming ($p=0.000 < .05$). This study underscores the critical need for interventions and support systems to address body shaming among young women, emphasizing the importance of fostering positive body image to enhance self-confidence and well-being.

Keywords: *body image; self-confidence; body shaming*

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Introduction

Body shaming has become a common social phenomenon where people insult or criticize someone's physical appearance that does not meet certain standards. This issue affects individuals and reflects society's norms and perceptions of physical appearance (Sakinah, 2018). It has profound psychological consequences for individuals, especially young women who are still in their developmental phase. Between 2011 and 2016, the Indonesian Ministry of Social Affairs recorded 253 cases of bullying reported by by KPAI (2017). In 2018, the police handled 966 cases of body shaming, which is a significant number (Detiknews, 2018). This alarming data shows the severity of the issue and its impact on society.

The number of cases of body shaming has significantly increased in recent years, which highlights the need for serious attention to this issue. As people become more aware of the negative impacts of body shaming, it is essential to pay special attention to this growing trend. Data documenting this increase will provide deeper insight into the severity of the problem. To develop more effective solutions to address the problem of body shaming, it is essential to have a better understanding of the underlying factors that drive this trend. Further research is necessary to explore the root of the problem and identify appropriate intervention strategies. This effort must involve various parties, including government institutions, educational institutions, communities, and families. It is worth noting that body shaming is not only limited to general physical insults but is also linked to specific skin problems and facial shapes.

The act of body shaming includes the category of verbal bullying. It can result in severe psychological impacts for the victim, such as feelings of anxiety, shame, inferiority, loss of self-confidence, anger, social isolation, and high levels of stress (Lestari, 2019). Young women also feel this impact in their early years, making them less confident in their abilities. This results from a preliminary study conducted by researchers on 3 - 5 April 2023 on five young women in their early teens aged 12 - 15 years who were victims of body shaming in Denpasar City. The results of the preliminary study revealed that the five young women felt less confident after receiving body shaming treatment, which resulted in the subjects becoming more silent, indifferent, and less confident when talking to other people, giving rise to feelings of being 'different' from people in general. The results of a similar study conducted by Fauzia & Rahmiaji (2019) on teenage girls who were victims of body shaming stated that the subjects became increasingly less confident, blamed themselves, felt insecure, and increasingly limited themselves and experienced difficulties in adapting to their social environment after receiving body shaming treatment from other people.

Self-confidence refers to the belief in one's abilities and is an essential aspect of one's personality. It enables individuals to act according to their wishes without being easily influenced by others and helps them remain happy, optimistic, tolerant, and responsible (Lauster as cited in

Ghufron & Risnawita, 2010). People with high self-confidence can accept physical changes, use their bodies efficiently, know what they need, and have a positive self-image and concept (Kardjaka, 2021).

The decline in young women's self-confidence, caused by body shaming, requires efforts to increase self-confidence. Therefore, it is essential to understand the factors that can influence self-confidence. According to Widjaja (2016), such factors can be categorized into two types: internal factors, which include self-concept, self-esteem, physical condition/appearance, and life experiences, and external factors, which include education, work, and environment. As per Widjaja (2016), physical appearance is the primary cause of low self-esteem and self-confidence. Therefore, this research will explore the relationship between self-confidence and physical appearance, described as body image. Body image will be used as a variable that will be examined concerning self-confidence.

Body image is a description of an individual's physical appearance. Therefore, this research uses body image as a variable to examine self-confidence. Body image is an individual's attitude towards their physical appearance (Cash & Pruzinsky, 2002). It is a multidimensional concept comprising perceptual, attitudinal, and affective components related to an individual's satisfaction with their body (Cash & Pruzinsky, 2002). Body image influences how individuals perceive themselves and how they appear to others. This self-perception either leads to a positive or negative body image. Ideally, an individual's body image should be positive so that they can accept themselves without conforming to societal body standards (Ifdil et al., 2017).

High self-confidence is crucial for young women as it can help them accept their situations, develop self-awareness, think positively, increase independence, and achieve their goals (Anthony in Ghufron & Risnawita, 2010). When young women have a positive body image, they are more likely to have high self-confidence, even when they have experienced body shaming. This means that a positive body image can help young women perceive their bodies positively and accept all flaws and changes in their physical appearance, even when they face criticism from others.

However, it is still a significant issue in Denpasar City that young women who are in their early teens and have been victims of body shaming suffer from decreased self-confidence. This condition can harm their overall psychological and emotional development. Therefore, it is crucial to research this topic. The research aims to explore the relationship between body image and self-confidence in young women who are victims of body shaming in Denpasar City, especially those in their early teenage years. By understanding this relationship, we hope to gain a deeper understanding of how body shaming affects young women's self-perception and its impact on their self-confidence.

The findings from this research will likely provide a stronger foundation for developing interventions and support programs to improve adolescent girls' self-confidence and psychological well-being in Denpasar City and other areas. These efforts can help protect young women from the negative impacts of body shaming and provide them with the support they need to grow and develop positively in their teenage years.

Methods

This research employs a rigorous quantitative correlational method to meticulously examine the relationship between body image and self-confidence among young women who are victims of body shaming. Body image, a crucial aspect of self-perception, can result in a positive or negative assessment of oneself. On the other hand, self-confidence, a key determinant of personal growth, is an individual's belief in their abilities, which allows them to develop a positive assessment of themselves and their environment or situation.

The study population, a diverse group of young women aged 12-15 years in Denpasar City, represents a wide range of experiences. These young women have experienced body shaming at least once during their early teenage years, a common issue that affects many adolescents. The sample selection criteria were as follows: female teenagers aged 12-15 years, domiciled in Denpasar, and had experienced physical insults from others at least once during their teenage years. This research employed purposive sampling, a selection method based on specific criteria. (Sugiyono, 2013). This technique was necessary because not all populations have criteria that match this research. Therefore, to obtain results that align with the research objectives, only respondents who match the criteria can be included in the sample. Based on the calculation results, the result was 96.04, rounded to 96. So, the minimum number of samples in this study was 96 respondents, calculated using the Cochran formula as follows (Sugiyono, 2019).

The data collection technique in this research uses two scales, namely the Body Image Scale and the Self-Confidence Scale. The Body Image Scale consists of 30 valid and reliable items compiled by researchers based on Cash & Pruzinsky (2002): appearance evaluation, appearance orientation, body area satisfaction, overweight occupation, and self-classified weight. Meanwhile, the Self-Confidence Scale was modified from Andiyati (2016) research, with 33 valid and reliable items using the aspects of self-confidence proposed by Lauster (as cited in Ghufroon & Risnawita, 2010), namely: belief in one's abilities (*keyakinan akan kemampuan diri*), optimistic (*optimis*), objectively (*objektif*), responsible (*bertanggung jawab*), rational and realistic (*rasional dan realistis*). Both scales are in the form of questionnaires using a modified Likert scale, which has four answer choices for each statement, namely: Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS). The questionnaire is divided into five parts using the Google form link.

The first part briefly describes the contents of the questionnaire and informed consent. The second part contains the identity of the subject. The third part contains questions related to the subject's body shaming to obtain information about the body shaming experience. The fourth part contains instructions for filling in the Self-Confidence Scale. The fifth part contains instructions for filling out the Body Image Scale.

The reliability coefficient of measuring instruments uses Cronbach's Alpha technique with the help of SPSS 20.0 for Windows. Multi-dimensional scale reliability testing is carried out on each dimension/aspect to produce a reliability coefficient for each aspect (Azwar, 2023). Therefore, the reliability test on the Body Image Scale was carried out per aspect because it is multi-dimensional. In contrast, the reliability test on the Self-Confidence Scale as a whole. A measuring instrument is reliable if it has a reliability coefficient of more than .600 (Siregar, 2013). The results of the reliability testing of the Body Image Scale show that the Alpha coefficient (α) value for the appearance evaluation aspect is .780, the appearance orientation aspect is 0.71, the body area satisfaction aspect is 0.77, the overweight occupation is .730, and the self-classified weight is .690. Based on the results of this reliability test, the Body Image Scale was declared reliable and suitable for measuring body image attributes in young women who are victims of body shaming. Meanwhile, the reliability testing results on the Self-Confidence Scale show an Alpha coefficient (α) value of .907. This figure shows that this scale can reflect 90.7% of the pure score value of research respondents. This Self-Confidence Scale is declared suitable for use in measuring the attributes of self-confidence in young women who are victims of body shaming.

The research data will be analyzed descriptively. Research data analysis begins with an assumption test in the form of a normality test using the Kolmogorov-Smirnov statistical test and a linearity test using the Test for Linearity technique using the SPSS 20.0 for Windows tool. The hypothesis test uses Pearson Product Moment correlation to test the hypothesis of the relationship between one independent variable and one dependent variable on interval or ratio data (Sugiyono, 2013). Hypothesis testing on the Body Image Scale uses the total score for each aspect because it is multi-dimensional. In contrast, correlation testing on the Self-Confidence Scale uses the total score of all aspects. Hence, the correlation test in this study produces a correlation coefficient between the self-confidence variable and each aspect of body image. Moreover, data analysis uses SPSS 20.0 for Windows tools.

Results

The research was conducted from October 7th to October 15th, 2023. A total of 174 people met the study's criteria, but only 170 were analyzed after four outliers were removed. The outliers were identified through statistical analysis on the SPSS 20.0 for Windows boxplot, revealing that

four respondents had scores far from the average and needed to be eliminated. The data collection process was stopped because the number of samples exceeded the minimum requirement calculated using the Cochran formula of 96 people.

Demographic Data of Research Participants

The self-confidence variable and five aspects of the body image variable were analyzed descriptively. For demographic data of research participants, see Table 1.

Table 1.
Gender and Age of Participants

Category	Frequency	Percentage
Gender		
Male	0	0%
Female	170	100%
Age		
12	31	18.2%
13	65	38.2%
14	63	37.2%
15	11	6.5%
Total	170	100%

The table 1 demonstrates that the research has focused on specific characteristics. The gender-based analysis reveals that all study participants were females, constituting 100% of the sample size. Furthermore, the age-based analysis indicates that the majority of the participants, 65 individuals, were 13 years old, accounting for 38.2% of the total sample size.

Table 2.
Describing the Reasons Behind Body Shaming Treatment Received by an Individual

Category	Frequency	Percentage
Body posture	33	13.1%
Short posture	14	5.6%
Overweight	46	18%
Underweight	28	11.1%
Stomach	4	1.6%
Thigh	2	0.8%
Small breasts	5	2.0%
Facial structure	34	13.5%
Facial rashes/pimples	39	15.5%
Hair	8	3.2%
Skin color	38	15.1%
Total	251	100%

According to the results of the reasons behind body shaming treatment received by an individual, Table 2 indicates that the majority of participants, 18% subjects were body-shamed due to being overweight.

Table 3.

Analysis of the Participants' Traits depending on the Body Shaming Treatment Received in the Last Month

Category	Frequency	Percentage
Rare (receiving treatment infrequently)	149	87.6%
Frequent (receiving treatment nearly every day)	19	11.2%
Always/Every Day.	2	1.2%
Total	170	100%

According to the results of the study on body shaming treatment received in the last month, most participants reported that they rarely experienced or only occasionally experienced body shaming. This accounted for 149 people, which is equivalent to 87.6% of the total number of participants.

Descriptive Analysis Test

This section displays the categorization of the self-confidence variable and the categorization of five aspects in the body image variable of young women who are victims of body shaming as follows:

Table 4.

Categorization of Self-Confidence Variables

Category	Interval	Frequency	Percentage	Mean	SD
Low	$X < 66$	5	2.9%	88.36	12.003
Medium	$66 \leq X < 99$	136	80.0%		
Height	$99 \leq X$	29	17.1%		
Total		170	100%		

According to the self-confidence categorization results presented in Table 4, it can be observed that most of the subjects participating in this study fell under the medium self-confidence category. This was indicated by the number of subjects with moderate self-confidence, which was 136 people, accounting for 80.0% of the total sample. These findings suggest that most young women who have been victims of body shaming struggle to achieve high self-confidence. The average self-confidence score obtained was 88.36, with a standard deviation 12.003.

Table 5.

Categorization of Body Image Variables in Appearance Evaluation Aspects

Category	Interval	Frequency	Percentage	Mean	SD
Low	$X < 16$	24	14.1%	19.52	3.770
Medium	$16 \leq X < 24$	122	71.8%		
Height	$24 \leq X$	24	14.1%		
Total		170	100%		

The results of the body image categorization of appearance evaluation aspects in Table 5 indicate that most of the participants in this study had a moderate level of appearance evaluation.

Specifically, 122 individuals (71.8%) had a medium appearance evaluation level. The mean score was 19.52, with a standard deviation 3.770.

Table 6.

Categorization of Body Image Variables in Appearance Orientation Aspects

Category	Interval	Frequency	Percentage	Mean	SD
Medium	$16 \leq X < 24$	60	35.3%	24.29	2.871
Height	$24 \leq X$	110	64.7%		
Total		170	100%		

According to Table 6, which categorization of body image in appearance orientation aspects, the majority of participants in this study had a high level of appearance orientation. Specifically, 110 participants, accounting for 64.7% of the total, had a high level of appearance orientation. The mean or average score obtained was 24.29, with a standard deviation 2.871.

Table 7.

Categorization Body Image Variables in Body Area Satisfaction Aspects

Category	Interval	Frequency	Percentage	Mean	SD
Low	$X < 12$	18	10.6%	15.52	3.224
Medium	$12 \leq X < 18$	109	64.1%		
Height	$18 \leq X$	43	25.3%		
Total		170	100%		

Based on the results of the categorization of body image in body area satisfaction aspects, Table 7 shows that the majority of participants in this study reported moderate satisfaction levels. Specifically, 109 participants, accounting for 64.1% of the sample, reported moderate satisfaction levels. The mean (average) score was 15.52 with a standard deviation 3.224.

Table 8.

Categorization of Body Image Variables in Overweight Occupation Aspects

Category	Interval	Frequency	Percentage	Mean	SD
Low	$X < 12$	14	8.2%	15.78	3.179
Medium	$12 \leq X < 18$	107	62.9%		
Height	$18 \leq X$	49	28.8%		
Total		170	100%		

Based on the results of the categorization of body image in overweight occupation aspects, Table 8 shows that the majority of subjects in this study had a moderate level of overweight occupation. This can be seen from the number of subjects with a moderate level of overweight occupation, totaling 107 people with a percentage of 62.9%. The mean (average) obtained was 15.78 with a standard deviation 3.179.

Table 9.
Categorization of Body Image Variables in Self-Classified Weight Aspects

Category	Interval	Frequency	Percentage	Mean	SD
Low	$X < 4$	33	19.4%	4.77	1.496
Medium	$4 \leq X < 6$	78	45.9%		
Height	$6 \leq X$	59	34.7%		
Total		170	100%		

Based on the results of body image categorization in self-classified weight aspect, Table 9 shows that the majority of subjects in this study had a medium level of self-classified weight. This can be seen from the number of subjects with a medium self-classified weight level of 78 people with a percentage of 45.9%. The mean (average) obtained was 4.77 with a standard deviation 1.496.

Assumptions Test

Researchers need to test their assumptions before proceeding to the hypothesis-testing stage. They need to conduct normality and linearity tests for correlational hypothesis testing (Hulu & Sinaga, 2019). The results of the analysis of these tests are crucial to proceed with the hypothesis testing stage.

The normality test is carried out to determine the normality of the score distribution. The normality test was carried out using Kolmogorov-Smirnov. If the probability is more significant than 0.05, then the data is usually distributed, whereas if the probability is smaller than 5%, then the data is not normally distributed. Test normality using the SPSS 20.0 for Windows program. The test results can be seen in Table 10.

Table 10.
One Sample Kolmogorov-Smirnov Test

Variables	p-value	<i>One Sample Kolmogorov-Smirnov</i>	Information
Self-Confidence	0.444	0.864	Normal
Body Image	0.726	0.691	Normal

Table 10 shows that the self-confidence variable has a significance value (p) of 0.444, and the body image variable has a significance value (p) of 0.726, so both variables are normally distributed with a significance value (p) greater than 5%.

A linearity test is conducted to determine if there is a linear relationship between the independent and dependent variables. The Test for Linearity technique is used, and the significance value of Deviation from Linearity is examined. If the Deviation from the Linearity value is more significant than 5% ($p > .05$), then it can be concluded that the variables have a linear relationship. The linearity test in this particular study was conducted using SPSS 20.0 for Windows, and the results are presented in Table 11.

Table 11.
Linearity Test

Variables	Sig. Deviation from Linearity	Sig. Linearity	Information
Body Image * Self-Confidence	0.076	0.000	Linear

Table 11 shows that the body image variable has a significant linear relationship with the self-confidence variable with a Linearity significance value of 0.000 and a Deviation from Linearity significance value of 0.076.

A hypothesis test was conducted to determine whether there was a relationship between aspects of body image and self-confidence variables. The research used Pearson Product Moment correlation analysis as the hypothesis testing technique. Pearson Product Moment Correlation tests the relationship hypothesis between one independent and dependent variable on interval or ratio data (Sugiyono, 2013). The correlation coefficient interpretation to determine the level of relationship is as follows: 0.00 – 0.199 is considered very low, 0.20 – 0.399 is low, 0.40 – 0.599 is medium, 0.60 – 0.799 is strong, and 0.80 – 1.000 is very strong (Sugiyono, 2019). The results of the hypothesis test analysis for the variables self-confidence and five aspects of body image are presented below:

Table 12.
Pearson Product Moment Test

	Self-Confidence	
	Pearson Product Moment Correlation	Sig. (2-tailed)
Appearance Evaluation	0.351	0.000 (p < .05)
Appearance Orientation	0.268	0.000 (p < .05)
Body Area Satisfaction	0.396	0.000 (p < .05)
Overweight Occupation	0.211	0.006 (p < .05)
Self-Classified Weight	0.291	0.000 (p < .05)

Table 12 shows that there is a significant relationship between aspects of appearance evaluation, appearance orientation, body area satisfaction, overweight occupation, and self-classified weight on the self-confidence variable with a correlation value of 0.351; 0.268; 0.396; 0.211; and 0.291 (p < .05). The correlation coefficient figures show that the five aspects of the body image variable and the self-confidence variable have a low level of relationship.

Discussion

This research aims to investigate the connection between body image and self-confidence in young women who are victims of body shaming in Denpasar City during their early teenage years. The study reveals a significant positive correlation between these young women's five aspects of body image and self-confidence. The results are consistent with a previous study by Putri (2019) that examined middle-aged women and found that those with a positive body image had high self-confidence. In contrast, those with a negative body image had low self-confidence.

According to the research results, a positive correlation exists between the appearance evaluation aspect of body image and the self-confidence variable. This means that young women who are highly evaluated for their appearance tend to have higher self-confidence. The findings of this research align with Ferron (as cited in Safitri et al., 2022) statement that self-confidence is strongly linked to physical attractiveness. Therefore, individuals make various efforts to make themselves look attractive, fit, and healthy, creating self-confidence when interacting with others. Appearance evaluation refers to an individual's physical appearance assessment, including feelings of attraction, satisfaction, and disappointment (Cash & Pruzinsky 2002). Individuals with a positive body image tend to feel satisfied with their bodies and view themselves as attractive, contributing to their high self-confidence.

According to research, young women who are more focused on their appearance tend to have higher levels of self-confidence. Appearance orientation refers to an individual's overall appearance assessment, which can lead to thoughts and behaviors to improve their appearance (Cash and Pruzinsky 2002). This finding is supported by a study by Girindra et al. (2018), which found a significant correlation between body image and self-confidence in female students who use cosmetics. The study suggests that cosmetics can create a positive body image perception and behavior, increasing self-confidence in young women.

The research findings indicate a positive correlation between body image and self-confidence, particularly in body area satisfaction. This implies that the more satisfied a young woman is with her body, the more self-confident she will be. Body area satisfaction refers to an individual's evaluation of their satisfaction or dissatisfaction with specific physical features such as body weight, face, stomach, waist, or height (Cash and Pruzinsky, 2002). According to this definition, physical satisfaction leads to a positive attitude, which manifests as self-confidence, a healthy self-concept, and self-assurance (Hurlock, 1980). When individuals are satisfied with their body, especially with specific parts such as the stomach, thighs, arms, or hair, they tend to have a favorable perception of their appearance, boosting their confidence.

The research findings indicate that the aspect of occupation with being overweight is positively associated with self-confidence in young women's body image. This suggests that the more concerned an individual has about being overweight, the more self-assured they tend to be. Overweight occupation refers to an individual's anxiety about being overweight and their tendency to diet (Cash & Pruzinsky, 2002). When perceived correctly, this fear of becoming overweight can lead to efforts to control weight or maintain a healthy diet. The results of this study are consistent with those of Husna (2013), who found that women in gymnastics studios experienced negative emotions such as disappointment and anxiety, leading to increased dieting behavior. The study also suggests that changes in the bodies of gymnastics women lead to a desire

to achieve the best possible body image, which boosts their confidence and readiness to engage in social relationships. People with a positive body image tend to have overweight occupations, which motivates them to diet or control their weight to feel more self-assured.

The study results reveal a significant positive correlation between the self-classified body image weight and self-confidence. This indicates that young women who can accurately categorize their body size tend to have higher levels of self-confidence. Self-classified weight refers to how individuals perceive and categorize their body weight (Cash & Pruzinsky, 2002). According to Eating Disorder Awareness and Prevention (EDAP), a positive body image refers to a clear and accurate perception of one's body shape with an appreciation for it (as cited in Small, 2001). This is supported by the fact that an accurate perception of one's body can make a person feel comfortable and confident, leading them to view themselves as having a healthy weight (Wirmadani & Putra, 2019). A positive body image can help individuals accurately determine their body size and feel more satisfied with their body, thereby increasing their self-confidence.

Self-confidence refers to a personality trait where one believes in their abilities and is not easily influenced by others so that they can act according to their wishes happily, optimistically, tolerably, and responsibly (Lauster in Ghufron & Risnawita, 2010). High self-confidence is necessary for young women to support their abilities. However, not all young women who are victims of body shaming can achieve high self-confidence. This descriptive analysis differs from previous research by Farida et.al. (2014), Wiranatha & Supriyadi (2015), and Mawaddah (2020), which stated that the subjects had low self-confidence. The majority of subjects in this research were in the moderate self-confidence category, which reveals that there are still young women who are victims of body shaming who cannot have high self-confidence. The level of self-confidence in the medium category shows that most young women cannot have a positive attitude towards themselves and feel confident in their abilities (Dianningrum & Satwika, 2021).

Individuals' self-confidence levels can be affected by various factors, including the experience of body shaming. According to Anthony, experiences can either boost or diminish self-confidence (as cited in Ghufron & Risnawita, 2010). Insults and negative remarks can make individuals feel inferior and different from others, resulting in decreased self-confidence (Sakinah, 2018). Apart from negative experiences, developmental factors can also affect an individual's self-confidence, especially during early adolescence. At this stage, individuals go through significant changes, such as an increase in sexual hormones and the development of reproductive organs. If they are not prepared or comfortable with these changes, they may feel embarrassed and experience a lack of self-confidence (Sarwono, 2012). For young women who are victims of body shaming, self-confidence plays a crucial role in their development. A positive assessment of their physical appearance can help boost their self-confidence and enable them to carry out their

developmental tasks successfully. Accepting their physical condition is one of the critical tasks that adolescents need to accomplish (Hurlock, 1980).

The level of body image among young women who are victims of body shaming can be assessed from five different perspectives: appearance evaluation, appearance orientation, body area satisfaction, overweight occupation, and self-classified weight. According to the results of the descriptive analysis, most subjects in this study had a medium level of body image based on appearance evaluation. This suggests that young women who experience body shaming are not yet able to feel fully attractive in terms of their overall physical appearance. Adolescent girls' dissatisfaction with their body shape may be influenced by body fat, which increases during puberty. The subjects in this study were between 12 and 15, the initial puberty stage. This is consistent with the opinion of Gunn and Paikoff, who suggest that young women's dissatisfaction with their bodies may be due to increased body fat during puberty (as cited in Santrock, 2007).

According to the results of the descriptive analysis, most of the subjects in this study had a body image focusing on appearance orientation that fell in the high category. These findings suggest that young women who have faced body shaming are highly attentive to their appearance and strive to improve and enhance it (Husna, 2013). To maintain and improve their appearance, some subjects exercised, cared for themselves, and used makeup. This aligns with the results of Kumalasari & Raihana (2019) research, which indicates that female students use makeup to add color to their faces, conceal flaws, avoid looking pale, and cover oil stains. The individual attention and assessment of their appearance lead to efforts to improve and enhance it.

Based on the results of the descriptive analysis, it was found that most of the subjects in this study had a medium level of satisfaction with their body image. However, despite this, young women who are victims of body shaming continue to struggle with feeling satisfied with some aspects of their bodies, such as their face, waist, stomach, thighs, or hair. This dissatisfaction can be attributed to the body shaming they have experienced, as revealed in Delfiyana (2021) research. For instance, one of her respondents expressed feeling unhappy with her acne-prone face after being subjected to body-shaming comments.

The descriptive analysis results reveal that most participants in this study have a body image that falls in the medium category based on the overweight occupation. These findings suggest that young women who are victims of body shaming tend to have a lower overweight occupation. This could be because they might be anxious about gaining weight but unable to regulate their food intake, leading to weight gain. The study also points out that young women tend to have an overweight occupation but struggle to control the amount of food they consume and avoid fast food.

The descriptive analysis results indicate that most participants in this study have a moderate body image based on their self-classified weight. This suggests that young women who experience body shaming may need to categorize their body size accurately. Those who correctly identify their weight tend to have a positive body image. However, those who struggle to categorize their weight may feel that they are overweight or may have body parts that appear disproportionate, leading them to choose a weight category that does not match their actual weight. This is supported by previous research by Widianti (2012), which found that even when participants had an ideal body, they still perceived themselves to be larger than their actual size.

After analyzing the body image variables, it was found that most subjects did not have a high level of appearance evaluation, body area satisfaction, overweight occupation, and self-classified weight. However, the subjects showed a significant effort in improving their appearance, as seen in the high category of appearance orientation. It is crucial for adolescent girls, especially those who have experienced body shaming and are at the early stage of development, to have a high level of evaluation of appearance, orientation towards appearance, body area satisfaction, overweight occupation, and the ability to categorize body size. Young women who have accepted the changes in their physical condition will take care of their bodies and have high self-esteem through evaluating their appearance, orientation towards their appearance, body area satisfaction, overweight occupation, and the ability to categorize their body size, even if they have experienced body shaming from others.

This study has some limitations that need to be acknowledged. Firstly, the Body Image Scale items were not adapted to the definition of each aspect used. When modifying the Self-Confidence Scale, some indicators were ambiguous and could be broken down into two indicators. Secondly, distributing the questionnaire online via Google Form was a limitation due to the need for more ability to monitor and provide direct instructions to respondents when completing the questionnaire, which allowed for subjectivity in the respondents' answers. Moreover, an online survey requires a longer estimated data retrieval duration than offline work. Thirdly, the correlation coefficient figures for the five aspects of body image with the self-confidence variable show a low level of relationship, indicating that there might be other factors that can be related to self-confidence. Other factors that play a role in self-confidence but were not examined in this research are self-concept, self-esteem, experience, and education.

Conclusions

After conducting research and analyzing the results, it can be concluded that there is a significant correlation between the five aspects of body image and self-confidence. This indicates that young women who are victims of body shaming tend to have higher levels of self-confidence

when they have a positive appearance evaluation, appearance orientation, body area satisfaction, overweight occupation, and self-classified weight.

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