

## **BODY IMAGE OF YOUNG ADULT WOMEN WITH BODY SHAMING EXPERIENCE IN THE FITNESS CENTER OF MALANG CITY**

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### ***ABSTRACT***

Young adult women are victims of body shaming or critics regarding skins color, and body size. A person who have negative image because she only focused on self - image, not recognizing his own strength and potential. A negative self - image refers too much to other people's assessment of themselves, hows judge their body image or their physical condition

The design of this study used descriptive study with cross - sectional approaches . The population of study are women of early adulthood . The sampling technique used consequence sampling with 60 samples size . Variables of this study was body image of young adult women . Instruments of this study using questionnaire . Analysis of this study used univariate analyzed.

The results of this study shows that of body image disturbance 90% and less body image disturbance 10%. These results are influenced by several factors , age , gender , marital status, community and experience of body shaming . Based on this research, it can motivate that early adult women can develop a positive self - concept so that they will create satisfaction with their positive body image and positive coping mechanisms .

***Keywords : Body shaming, body-image, young adults***

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## **INTRODUCTION**

### **Backgrounds**

Body shaming is behavior in demand somebody make fun of, comment on, insult even do oppression to image someone else's body as humiliating and hurtful actions feeling the victim. Body shaming is a

crime, and include form verbal and non-verbal bullying. Body shaming behavior itself more Lots done by those closest to you like friends We myself often scoffed form a body that doesn't perfect and this make the victim and believe yourself, feel humbled by people and trying form a more

ideal body (Samosi & Sawitri, 2015). Meanwhile, body image is evaluation or behavior you have somebody to his body. Evaluation or behavior the Can form feeling like, satisfied, or shown positive with reception to form owned body or you can form feeling no like it, no satisfied, or negative to form physique like size body, weight, as well form body others (Sari & Suarya, 2018). Self- image is also normal called with description self or view self to self alone. The act of criticizing other people's physical appearance or body shaming give quite an impact big to the victim, from disappearance image self or even bring up image negative. Negative image somebody grow Because only focused on his mistakes and shortcomings, no recognize advantages and potential self Alone. A negative self - image also appears Because too refers to other people's assessments of himself, how other people judge him image body or condition his physique. In life everyday, fine scope campus nor friendship with Friend peer frequent body shaming activities happen Good verbally and non-verbally (Ayun, 2015)

In survey involving 2,000 adults , about 56 percent say Once become victims of internal body shaming a year final . Then, there is One of the 10 participants who have become a victim of body shaming in One Sunday final. More from half of adults

Once become a victim of body shaming or ridicule/ criticism about color skin, body size, even foot shape.

From the survey conducted company health known that frequent weight gain So targeted when somebody do body shaming. At least There is six out of 10 people who have get comment bad about his body . Who knows That too fat or skinny. Besides that's color hair, skin as well as height so Other frequent objects So target banter nor criticism. In fact, some have get comment bad question foot size up to eyebrows.

Body shaming has characteristic features main that is criticize and compare appearance self Alone with others and criticize other people's appearance with or without to the person's knowledge (Rachmah & Baharuddin, 2019). If only body shaming addressed to shape and size body, bullying is circle size, where bullying This can defined as form aggression Where one person or a group of people repeatedly verbally abuse the victim or physique without provocation (Ma, 2001).

Body shaming which is form bullying this verbally own Lots impact serious to the victim . One of the impact caused by this body shaming behavior is disturbance to eat (Chairani, 2018). Body shaming behavior itself more Lots done by those closest to you like friends We myself often scoffed form a body that doesn't

perfect and p This make the victim not believe self, feeling humbled by people and trying For form a more ideal body (Samosi & Sawitri, 2015)

If the condition of body shaming Still Keep going sustainable in term a long time, then will influence price self or self-esteem someone, the will increasing casualties will interesting self, make somebody prone to against stress and depression and don't think so believe self so that influence on behavior negative someone (Rachmah & Baharuddin, 2019).

Efforts to facing body shaming, there are those who try repair style his life, for example, after having a hard time Because his body is too thin, he try For raise heavy the entity, the business done besides For avoid body shaming, also above his determination For become more Good. This is very influential in his life Because He No only stop become “object joked” his friend and looked proportional, but also make it feel more healthy and fit (Santoso, 2018).

## **METHOD**

Community based case-control study was conducted among mothers who have stunted under-five children in Public Health Center Malang Regency, East Java, Indonesia. The population of study are women who have stunted children in Public Health Center Malang Regency. The sample of this study was 60 respondents

and used consistent sampling. Instrument of this variable used questionnaire. An overview of the degree of body image is the variable under study. The variable in this study was body image with body image experience.

This study used a questionnaire as its data research instrument, which was examined for validity and reliability with Concrobach Alpha's 0.888 and used data analysis methods spearman rank using SPSS 16.0 statistical software. Instrument data used a questionnaire taken from the instruments Internalized Shame Scale (Cook, 1998) and Objectified Body Consciousness Scales (Mc Kinley and Hide, 1996). Respondents were given informed consent by signing a consent letter as research subject for interviews and filling out the questionnaires, discussions and observations. Researchers delivered informed consent and explained the research objectives, volunteers and the ability to understand information. Analysis of this study used spearman rank.

The research implemented in June 29<sup>th</sup> until July 10 2024 in Malang Regency, East Java, Indonesia. This study was approved by the Health Research Ethics Committee, Health Polytechnic of Malang with number 2574/KEPK/2024.

## **RESULT**

This research was carried out in fitness centers in Malang Regency, East Java, Indonesia

**Table 1. Characteristics of Respondents**

Indicators	f	%
<b>Age</b>		
17- 25 years old	52	87
26- 35 years old	8	13
<b>Gender</b>		
Women	60	100
<b>Educational Level</b>		
Elementary school	32	55.2
Junior high school	18	31
High school seniors	8	13.8
<b>Occupation</b>		
Farmer	26	43.0
Factory workers	8	13.8
None	26	43.0
<b>Income</b>		
Under 3 million IDR	30	50
Over 3 million IDR	30	50
<b>Marital Status</b>		
Single	42	
Married	18	
<b>Have community</b>		
Yes	20	69
No	40	31
<b>Have body shaming experiences</b>		
Yes	60	100
No	0	0
<b>Body Mass Index</b>		
Yes	38	65.5
No	20	34.5

Based on table 1 above, the results of research on age data showed that almost half of the respondents aged 66-74 years, 31% were at moderate risk of falling. In the type of data, almost half of the female gender is 41% who are at moderate risk of falling. In educational data, a small number of people with at least elementary school education 24%, are at moderate risk of falling. Based on data almost half of them don't work, 31% are at moderate risk of falling. In smoking data, almost half do not

smoke, 11 people (38%) are at moderate risk of falling. In the data on excessive salt consumption, the majority of respondents consumed excess salt, 15 people (52%) were at moderate risk of falling.

**Table 2. Correlation between body image and body mass index**

Variables	R	p-value
Body image and body mass index	0.67	0.02

Based on table above correlation between risk fall and hypertension have positive correlation with r 0.67 and p-value 0.02

## DISCUSS

From the results study on show that image body at the center fitness ladys gym almost entirely There is indication disturbance image body as many as 27 people 90%, some small No There is indication disturbance image body as many as 10%. This matter relate with age, type gender, occupation, ever get body shaming and following community. On the self-image there is a number of influencing category How a teenager looking image himself such as appearance evaluation (evaluation appearance) and how individual evaluate appearance himself whether interesting or no, orientation appearance orientation, attention individual to himself and his efforts For improve, body area satisfaction (satisfaction to part body) example How individual measure

satisfaction to part body in a way specific, overweight preoccupation (anxiety become fat) ie measure anxiety individual to obesity, and self- classified weight (categorization size body) example how individual perceive mark heavy body (Cash, 2016).

From the results research on BMI data is almost half respondents in category excess weight as many as 40% have indication disturbance image body. Based on previous research by Lestari (2016) in Tidore, where obtained in study the level obesity that is as many as 50 respondents experience obesity I and 20 respondents experience obesity II. Five studies previously which is summarized in journal published by Griffith (2010) shows that after carry out a reduction program weight loss for 4 to 6 weeks increase connection social from individual the so trust self-increase. Study about connection between decline body weight or decrease in BMI with level trust self , as conducted by Nowicka and Brehm (2018) shows significant relationship between obesity and level trust self . In other words, changes in BMI can occur influence trust self-somebody. In adults who experience Obesity is shunned by his friends own trend For experience trust low self-esteem and a sense of disconnection great hope. Feeling feel himself different or differentiated from his group will make individual with obesity

prone to to various problem psychological (Alsa, 2010).

From the results study show that the data is in the center fitness ladys gym on age data obtained results almost all over respondents aged 17-25 years as many as 24 people (80%) have indication disturbance image body. According to Ningsih & Bawono (2016) aged 18-25 years found significant relationship between image self and age matter This caused age the will often notice appearance so that comment whatever will influence image self. Age mature young somebody will tend think about appearance, with often get body shaming someone will feel No interesting, the consequences will influence image self-somebody.

From the results research on data types sex entirely manifold woman as many as 90% have indication disturbance image body. According to Rubin & Steinberg (2011) there is changes and roles physical appearance in women mature beginning make Woman mature beginning own negative expectations and knowledge make Woman mature beginning looking weak himself, as well feel No succeed reach form desired body or own image negative body. Women feel No succeed reach form body Because Woman often notice appearance physique so that if they fail will be very influential image self-Woman.

On marital status data part big respondents no married 63% have indication disturbance image body. According to Mehdinezhad (2012) from results his research that there is difference draft teacher self among those with status married and those who are single. This matter caused because the teacher who has have a family get mark more happiness tall. Respondents who have single own indication disturbance image body. This caused respondents who have not Marry will more pay attention his body For interesting against type.

From the results research on the data follows gathering community all over respondents follow gathering community as many as 90% have indication disturbance image body . According to Hamidah & Burhani (2019), that someone in the group homogeneous will more believe self-compared to with someone in the group heterogeneous. They more Can express self in a heterogeneous environment compared to with heterogeneous environment. Besides that, pattern think maturity age, pattern foster, friend peers, relationships family, as well technology also influences trust self-somebody. Most of the time gather with community somebody will own coping positive individual, this because they will capable adapt with environment and have lots of experience.

From the results research on data ever got body shaming all over respondents 90% received body shaming indication disturbance image body. According to Eva (2016) treatment can give rise to evaluation self-bad itself . Study Does body shaming affect health bad physique and whether There is gender differences . The result Woman more often get body shaming and women's treatment get This body shaming treatment also has an influence health his physical . Effect from There is a lot of body shaming the negative that body shaming can impact on the pattern think negatively about someone so that effect on health his physical . Deep body shaming treatment study This can influence image negative body from embarrassment the .

## **SUMMARY**

Based on the results of research that has been carried out regarding the level of risk of falls in the elderly, it was found that the self-concept of families who had experienced loss was that the majority of 52% were at moderate risk of falling, almost half were 34%, and a small number were 14% are not at risk of falling. These results are influenced by several factors, namely age, gender, education, employment, income, suffering from illness, smoking, excessive salt consumption.

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