Examining the Effect of Body Shaming on Adolescent Health

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ABSTRACT

This research was conducted at Jayakarta Junior High School. In the case of Jayakarta Junior High School, mental health issues arise due to lifestyle trends that are prevalent among adolescents, leading to bullying behavior towards those who do not conform to these trends. This bullying is known as body shaming. It is possible that this bullying can lead to damage to students' mental health. The purpose of this study is to analyze the relationship between body shaming and mental health. The research method used is regression analysis with a sample of 120 students selected based on certain criteria. The results show that Body shaming has an impact on the mental health of students. The results (Asymp. Sig. (2-tailed) show that Body shaming (> 0.495; sig = 0.000) and Mental health (> 0.852; sig = 0.000). This research also found that students of SMP Jayakarta who experienced body shaming had lower mental health scores compared to students who did not experience body shaming. The results of this study indicate that body shaming can be a risk factor for the mental health of students.

1. INTRODUCTION

Body shaming, or body humiliation, is a phenomenon that is increasingly common in modern society. With the presence of social media, individuals can easily be subject to criticism and mockery regarding their physical appearance. However, the impact of body shaming is not only temporary but can also have long-term effects on an individual's mental health. Research has shown that body shaming can lead to low self-esteem, anxiety, depression, and even eating disorders. Therefore, it is important to understand the impact of body shaming on mental health and how we can prevent and address its negative effects. This article will discuss the influence of body shaming on mental health and provide an overview of the research that has been conducted on this topic.

Globally, it is estimated that mental health issues in children will be one of the five problems leading to disability, morbidity, or even mortality in the next 20 years. Mental disorders can present with various symptoms, including anxiety, depression characterized by a loss of spirit, and suicidal thoughts. According to Merikangas (2020), the most prevalent mental disorders in children are anxiety (31.9%), behavioral disorders (20%), and depression (14.3%).

The World Health Organization (WHO) also noted that 16% of global health issues are related to mental health conditions in adolescents aged 10-19 years. In addition, some mental health problems begin to emerge at the age of 14, but most cases go undetected and untreated (WHO, 2020). This is also supported by the statement of the National Alliance on Mental Health, which states that 50% of permanent mental health disorders begin when

a person is 14 years old (Ali & Karyani, 2015). Globally, the most common mental health issue experienced by adolescents is depression (Juliawan et al., 2020; WHO, 2020). In Indonesia, the results of the Basic Health Research (Riskesdas) conducted by the Ministry of Health of the Republic of Indonesia in 2015 showed a 6% prevalence of emotional disorders experienced by adolescents aged 15 and over (Ali & Karyani, 2015). Other research results showed that 60.17% of junior and senior high school students experienced emotional mental disorders, such as loneliness (44.54%), anxiety (40.75%), and suicidal intentions (7.33%) (Mubasyiroh et al., 2017). Then, in 2018, the results of Riskesdas showed the prevalence of depression and emotional disorders and emotional issues among the age group of 15-24 years reached 157,695 people (Ministry of Health of the Republic of Indonesia, 2018).

The data above shows that the issue of mental health among students will affect their character and personality. In addition to the above research findings, the presence of technology as a support for human survival in the present day also impacts every aspect of life including the psychological state of students. Initially, technology created by humans was still simple technology. However, as civilization advanced, technology also penetrated all aspects of human life, one of the most rapidly developing areas being communication. Communication itself is defined as the primary form of interaction where through communication, humans can fulfill their needs to get to know many people, and so on (Haniza, 2019).

Actually, the use of social media has positive and negative impacts. Positively, the presence of social media has an impact on the ease of information, communication, development of interests and talents, sharing perspectives and thoughts, and entertainment. Negatively, it triggers addiction to social media, which can lead to psychological risks affecting mental health (Septiana, 2021). For example, the number of individuals aged 18-23 who reported experiencing major depressive episodes (Braghieri et al., 2022). Mental health is a serious phenomenon that needs attention; WHO predicts that mental health, neurological issues, and substance use account for 10% of the global disease burden. It generally occurs in individuals of productive age, namely 15-29 years (Organization, 2018). As noted by (Adikusuma, 2020), a major issue of adolescent depression is mental health.

Social media can influence the perspectives of teenagers, including self-image and interpersonal relationships, through the metrics of social comparison or negative interactions, including cyberbullying (Septiana, 2021). Indriani et al. (2022) social media also involves normalization and has the potential to harm individuals and lead to suicide among teenagers. The World Bank report, 2020, predicts mental health, neurological issues, and substance use to cause global economic costs between $2.5 – $8.5 trillion. Most mental disorders are understood to have an onset during adolescence to the transition to adulthood (Ross et al., 2017). Adolescents are an important target for prevention (Wasserman et al., 2015). Social media needs to be used wisely (Indriani et al., 2022; Kaur et al., 2022).

Yuda Syahputra (2018) explained individuals who frequently communicate through social media heavily rely on the internet, leading them to experience addiction. Social media provides a means for quick communication without time and space limitations. Internet addiction is also or the fear of missing information or news in the online world, causing individuals to often check their smartphones without paying attention to those around them. This phenomenon occurs when they open a social networking account and then see that their friends in the online world seem to be engaged in discussions, making them feel sad or left out because they cannot participate in the conversation, not even knowing what it is about. In fact, social media increases psychological dependence, when they show ambition and success to gain respect and recognition on social media (Choi, 2018). Another study (Singhwee, 2017) found sensation seeking, narcissism, and social comparison were positively related to the behavior of active use of online social networks (Syahputra et al., 2020).

At Jayakarta Junior High School, students are not allowed to bring mobile phones. This rule is implemented to minimize the mental problems of students. However, when the researcher conducted observations in October 2024, several pieces of information were discovered. The researcher observed in the eighth grade, asking about what social media they own and frequently use. Most students replied that they have Instagram and Tiktok accounts, and then the students talked about the differences between the two social media platforms. In this school mental health disturbances that occur due to the trends surrounding lifestyles that are widely developed in the teenage environment ultimately lead to bullying behavior towards those who do not follow the development or trends accordingly. Bullying actions can take the form of taunts, insults, or negative remarks about someone's physical appearance, commonly known as body shaming.

This research is very important to conduct as it relates to body shaming, which can have negative effects on mental health, such as low self-esteem, anxiety, depression, and eating disorders. Body shaming is a common issue in society, especially among teenagers and young adults. Body shaming can impact someone's quality of life, including social relationships, academic performance, and the ability to achieve life goals. Many people are unaware of the negative impact of body shaming on mental health; thus, research can help raise awareness and understanding of this issue. Research can aid in the development of effective interventions to prevent and address body shaming, as well as improve the mental health of affected individuals.

It is important for adults to be aware of the dangers of body shaming and take action to prevent it. If body shaming behavior is not prevented on social media or in person, it will increasingly rise, even approaching normalization, and this needs to be addressed. In fact, a significant portion of young generations spend their time on social media, which ultimately leads to mental health issues such as anxiety, stress, depression, and loneliness (Bashir & Bhat 2027; Indriani et al., 2022; Septiana, 2021). Many previous studies had limited samples, so the results may not be generalizable to a larger population. Some previous studies used inaccurate or unreliable data collection methods, such as unvalidated questionnaires. Cultural and social factors that influence body shaming and mental health have still been insufficiently addressed in previous research.

Considering the high prevalence of mental health issues caused by body shaming behavior, there is a need to conduct research to establish good mental health for students and to reduce the incidence of body shaming behavior in schools. The role of school counselors is certainly very important in addressing this issue; several measures need to be taken to put an end to body shaming behavior. Those who engage in body shaming need to be given a firm understanding and should pay more attention to their words and actions. Efforts in Guidance and Counseling at schools related to this also need to consider the victims of body shaming and the potential impacts on them.

2. METHOD

This study uses a quantitative approach to investigate the impact of body shaming on mental health. The research design employed is correlational, which allows for revealing the influence between two variables. The research sample consists of 120 students selected using purposive sampling technique. Respondents were recruited from Jayakarta High School by filling out a self-report questionnaire that assesses their experiences of body shaming and mental health. The collected data were analyzed using SPSS 20 version.

2.1. Participants

Population is a generalization area consisting of objects or subjects that have certain qualities and characteristics determined by the researcher to be studied and then conclusions drawn (Nursilawati, 2013). Students of SMP Bina Dharma Jakarta were chosen by the researcher as the population in this study. The population referred to by the researcher is all students in Grades VIIA, VIII B, VIII C, VIII D of in the 2024/2025 academic year totaling 120 students.

2.2. Sampling Procedures

In this study, the author employs purposive sampling technique. Purposive sampling is a sampling technique carried out with certain considerations. This technique involves selecting samples that are deemed appropriate and suitable for the research needs. The purpose of this definition is to facilitate the research; in this sampling technique, the researcher needs to establish the properties and characteristics used in this research. The samples to be used must meet certain criteria. According to Sugiyono (2018:138), purposive sampling is the sampling method that uses certain considerations based on desired criteria to determine the number of samples to be studied. According to Arikunto (2016), it is stated that "if the subjects are less than one hundred, it is better to take all of them so that the research constitutes a population". Based on the criteria required in the study, the sample taken in this research is 120 students, as it is assessed to best meet the necessary criteria.

2.3. Materials and Apparatus

Data were collected through two questionnaires, namely the Body shaming instrument using the theory (Gilbert and Miles, 2002) as many as 33 items and the mathematics anxiety instrument developed from the theory (Sigmund Freud, 2010) as many as 34 items. The questionnaire uses 5 points with a Likert scale model including the following answer choices: strongly agree, agree, neutral, disagree and strongly disagree. The instrument has been tested for validity with SPSS software version 20. The results of the SPSS analysis on the body shaming instrument showed item reliability of 0.832 from 40 items to 33 valid items, so that the items on the tested instrument were declared reliable because they met the prerequisite criteria for the normality test, namely > 0.852 with, meaning that the instrument has good quality for measuring mathematics anxiety. The results of the SPSS analysis on the mathematical mental health instrument showed item reliability of 0.928 from 40 items against 34 valid items, so that the items on the tested instrument were declared reliable because they met the prerequisite criteria for the normality test, namely > 0.495 with the category of enlargement of the body shaming behavior variable with the mental health variable being normally distributed.

2.4. Procedures

This research was conducted with the following procedures, the research proposal was submitted to the school and education office to obtain permission to conduct the research, data was collected through a questionnaire distributed to the research sample, questionnaire filling: The research sample filled out the questionnaire that had been provided, the completed questionnaires were collected and checked to ensure completeness of the data, the collected data were analysed using statistical software to obtain research results. By following a systematic procedure, this research can increase the validity and reliability of the research results.

2.5. Data Analysis

The method used in this research uses a quantitative approach with a correlational research type, so it uses a simple linear regression statistical method to see the influence between body shaming and mental health. In this study, data is analyzed using the SPSS version 20 application.

3.   RESULTS AND DISCUSSION

To determine the results of data processing through the body shaming instrument from a total of 120 respondents, testing was conducted using SPSS version 20, which is presented table 1.

Table 1. Body shaming in category

Interval Score	Category	F	Precent
> 163	Very High	2	2
112 -137	High	4	3
86 – 111	Currently	90	75
60 – 85	Low	24	20
< 59	Very Low	0	0
Total		120	100

Based on the results of the table above, it can be seen that out of all respondents tested totalling 120 students, the number of students experiencing Body Shaming is very low, amounting to 0 students or 0%, at a low level there are 24 students or about 20%, at a moderate level there are 90 students or approximately 75%, at a high level there are 4 students or around 3%, and at a very high level there are 2 students or about 2%. The table above shows that the level of body shaming among students in general is in the moderate category.

Table 2. Mental health student in category

Interval Score	Category	F	Precent
> 142	Very High	0	2
116 -142	High	4	3
89 – 115	Currently	60	50
62 – 88	Low	54	45
< 61	Very Low	2	2
Total		120	100

Based on the results of the table 2, it can be seen that out of a total of 120 students tested, the number of students experiencing very low mental health is 2 students or 2%, low level is 54 students or about 45%, moderate level is 60 students or about 50%, high level is 4 people or about 3%, and very high level is 0 people or about 0%. The table above shows that the overall mental health level of students is in the moderate category.

Table 3. Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.557[a]	.310	.298	9.495

From the output above, it is known that the R Square value is 0.310. This value means that the influence of Body Shaming (X) on Mental Health (Y) is 31%, while 69% of Mental Health is influenced by other variables that were not studied. Meanwhile, the R value of 0.557 indicates that both variables have a moderate influence.

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Table 4. Anova

	Model	Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2353.586	1	2353.586	26.104	.000[b]
	Residual	5229.397	58	90.162		
	Total	7582.983	119			

The significance test table above is used to determine the significance level or linearity of the regression. Criteria can be determined based on the significance value test (sig), with the provision that if the sig value < 0.05. Based on the table above, the obtained sig value of .000 means sig < the significance criteria (0.05), thus the regression equation model of the research data is significant, or the regression equation model meets the criteria. Therefore, it can be concluded that variable X (Body Shaming) has an effect on variable Y (Mental Health). This result shows that H0 is rejected and Ha is accepted.

Tabel 5. Coefficients

	Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	40.991	10.094		4.061	.000
	Body Shaming	-.459	.090	-.557	-5.109	.000

On the table above, the constant value is 40.991. Systematically, this constant value states that when Mental Health <.000, the value of body shaming has a value of 40.991. Meanwhile, the regression coefficient is 0.459, which means that every 1% increase in the level of Body Shaming (X) will increase Mental Health by 0.459. Because the regression coefficient is negative (-), it can be concluded that Body Shaming (X) has a negative effect on Mental Health, amounting to 0.459. From the output above, it can be seen that the t-count value is 5.109 with a significance value of .000 < 0.05, so it can be concluded that the X variable, Body Shaming, has an effect on the Y variable, Mental Health. This result shows that H0 is rejected and Ha is accepted.
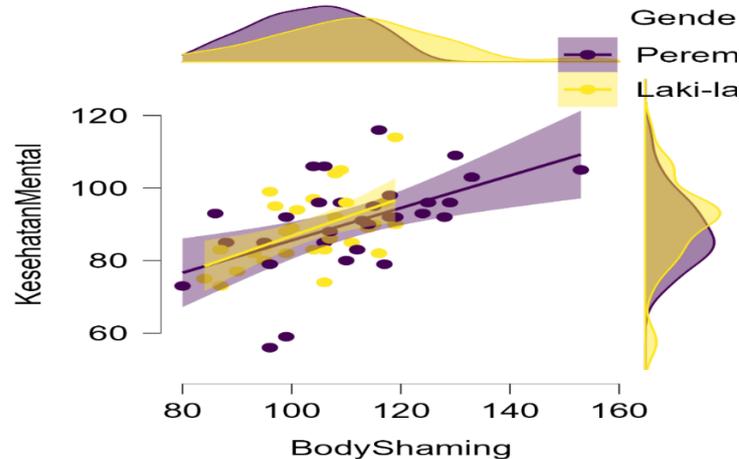

Figure 1. Scatter plot with regression lines and data distribution showing
the relationship between Body Shaming and Mental Health by gender.

In the image, if based on gender, women are more likely to experience a decline in mental health compared to men, this does not rule out the possibility that women can also more easily experience body shaming behavior or act as perpetrators of body shaming. Yuda Syahputra (2020) expresses that individuals who are female tend to have greater access to the internet and social media, which increases the propensity of individuals to engage in body shaming.

From the results of distributing questionnaires to 120 students who were the research samples at SMP Jayakarta, data was obtained and then validity tests, reliability tests, linear regression tests, normality tests, linearity tests, and statistical hypothesis tests were conducted. According to the validity test conducted by the researcher, the calculation results from each item statement were declared valid for 33 items. The reliability test results in this study showed that the reliability of the influence of Body Shaming behavior on the health of SMP Jayakarta

students was declared reliable. Then, the normality test results showed that the data were normally distributed, with values (sig 2-tailed) on the X variable (body shaming) of 0.495 and the Y variable (Mental Health) of 0.852, which were greater than 0.05. In the linearity test, the Deviation from Linearity value was 0.259, which was greater than 0.05, indicating a significant influence between the independent variable and the dependent variable.

The results of the data analysis showed that body shaming had an influence on mental health in SMP Jayakarta students. The significance value was < 0.000, and the linear regression equation was Y = 40.991 + 0.459 X. Based on the table, the significance value was 0.000 < 0.05, which means Ha was accepted. This shows that body shaming has a simultaneous and significant influence on mental health in SMP Jayakarta students. This study also obtained an Adjusted R Square of 0.310, which means that the variable of body shaming has an influence of 31% on mental health.

Discussion

This shows that someone who is less able to adjust to socializing, whether at a young age, childhood, or adulthood, is likely to experience unwanted things. Even someone will tend to close themselves off from their environment rather than enjoy interacting with others. This shows that body shaming behavior can disrupt students' mental health. This is related to the theory of Gilbert and Miles (2002), which reveals that aspects of body shaming can affect various components, including cognitive, social, or external components that refer to individual thoughts and judgments of others.

In relation to the theory from Gilbert and Miles (2002), it reveals that aspects of body shaming can affect various components, including the social or external cognitive component which refers to individual thoughts and others' judgments, leading someone to be viewed as inferior or to perceive themselves as inferior. The self-evaluation component refers to a negative view of oneself arising from negative thoughts about oneself. The emotional component includes feelings of anxiety, anger, and disgust towards oneself, caused by negative thoughts about oneself and the inability to meet external standards. The behavioral component encompasses feelings of shame due to a tendency to avoid social environments, alongside psychological elements that make someone feel pressured to conform to societal standards.

Strengthened by Yuda Syahputra, (2024) Expressing the importance of addressing the high risk of mental health issues and low life satisfaction regardless of whether individuals are victims, perpetrators, or both, which are also influenced by cultural values and the quality of life experienced, so prevention and intervention programs must pay more attention to handling body shaming.

According to research conducted by Yahoo This is in line with the research conducted by Nurul Chidiryah (2022) titled "The Impact of Body Shaming on Adolescent Mental Health." Less than half of the adolescents who experience body shaming will suffer from mental and psychological health disorders, amounting to 40%. Body shaming significantly affects the mental and psychological health of adolescents aged 17-18 years who find it difficult to adapt to their environment and choose to withdraw. The research results from Fitra Nazila Ulfa titled "The Influence of Body Shaming on the Mental Health of Adolescents at MTSN 1 Banda Aceh." The results of the Body Shaming test show .000 < 0.5 and the Mental Health test shows .000 < 0.5. The rate of data damage is only 0.01, proving that the data can be trusted 99 percent. Therefore, the presence of Body Shaming in schools will affect the mental health of the students of MTSN 1 Banda Aceh.

Health with 2000 participants aged 13-64 years, 94% of teenage girls and 64% of teenage boys have experienced online body shaming (Miller, 2016). According to (Gam et al., 2020), the prevalence of body shaming over 1 year among school-going adolescents (n- 359) is 44.9%. Other studies discuss the consequences of body shaming on a person's health and behavior. For example, body shaming has been found to reduce self-esteem (Fauzia & Rahmiaji, 2019), may affect eating behavior (Flak, 2021), lead to absenteeism at school (Gam et al., 2020), and increase levels of distress and insecurity (Sugiati, 2019).

In previous research examining the phenomenon of body shaming behavior conducted by Fauzia & Rahmiaji (2019), it is explained that the role of body shaming in vulnerability, emergence, and persistence of eating disorders is stronger compared to the concept of shame in general. Additionally, research conducted by Lestari et al. (2019) on adolescents in Malang city explains that the prevalence of body shaming is 79%, which includes facial features at 47%, body posture at 27%, nose at 16%, skin at 15%, and weight at 12%. This indicates that body shaming is quite prevalent among adolescents.

Furthermore, the research conducted by Putu Yuda Mahesa with the title "The Relationship between Body Shaming and Mental and Emotional Health of Adolescents at SMA 1 Kuta Selatan." The results of the study show that the body shaming experienced by adolescents is mostly low, with 99 respondents (50%), while the mental and emotional health of adolescents is mostly healthy, with 130 respondents (65.7%). The results of the Spearman Rank test obtained a p value = 0.000 < 0.05, indicating a relationship between body shaming and the mental and emotional health of adolescents. The correlation coefficient value is 0.819, which means that the higher the body shaming, the greater the mental and emotional disturbances experienced by adolescents. The research results from

Firda Sukma Asmara Ningsih, titled "The Effect of Body Shaming on the Mental Health of Adolescent Girls." Body Shaming can have an impact on body image with a significant value of F $0.00 < 0.05$, with an F value of 30.801. The data produced in this study involved 49 respondents. Furthermore, the research conducted by Putu Yuda Mahesa with the title "The Relationship between Body Shaming and Mental and Emotional Health of Adolescents at SMA 1 Kuta Selatan." The results of the study show that the body shaming experienced by adolescents is mostly low, with 99 respondents (50%), while the mental and emotional health of adolescents is mostly healthy, with 130 respondents (65.7%).

This aligns with a study conducted by Gam et al. (2020) which found that 44.9% of 200 respondents experienced body shaming, with more victims from co-educational (general) schools compared to single-gender schools. The research conducted by Azizah Febriani Azmatun titled "The Impact of Body Shaming on the Mental Health of Adolescents at SMPN 11 Semarang." The statistical test results based on Spearman's rank indicate that the p value for the impact of body shaming on adolescent mental health is 0.019 ($p < 0.05$), meaning there is an influence of body shaming on adolescent mental health. It can be concluded from this study that body shaming affects the mental health of adolescents at SMPN 11 Semarang. Furthermore, the research conducted by Eurelia Advensia Algy (2021) titled "The Relationship between Body Shaming and Body Image in Young Adults." This study used correlation analysis to find the relationship between body shaming and body image in young adults. The results showed that body shaming has a significant negative correlation with body image ($r = -0.42$, $p < 0.001$).

Then research by Fabian Rizkiandri, this study used logistic regression analysis to find the relationship between body shaming and eating disorders in adolescents. The results showed that adolescents who experienced body shaming had a 2.5 times higher risk of developing eating disorders (OR = 2.53, 95% CI = 1.53-4.19). It can be concluded that body shaming behavior significantly affects students from various aspects and components, especially in mental health, which certainly impacts psychological elements, emotional feelings, and the scope of students in socializing. This indicates that body shaming behavior greatly disrupts students in the learning process both in school and outside of school.
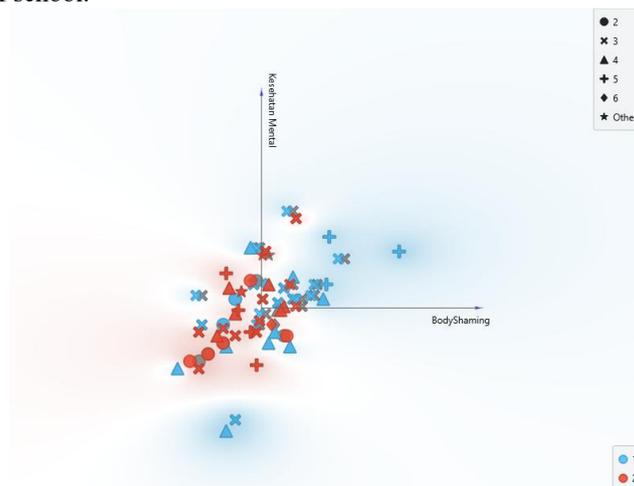

Figure 2. bivariate scatter plot with density contours

The figure shows a scatter plot with the x-axis representing "Body Shaming" and the y-axis representing "Mental Health." There are different colored and shaped data points, which may represent different groups or categories. The data points are spread across different positions on the graph, indicating variations in the levels of body shaming and mental health among the groups. Some data points are collected in areas with low levels of body shaming and mental health, while others are in areas with higher levels. Without additional information about the data presented by the points, it is difficult to provide a more specific interpretation. However, in general, this graph can be used to analyze the relationship between body shaming and mental health across different groups or categories.

4.   CONCLUSION

Based on the research conducted by researchers at Jayakarta Middle School, the influence of Body Shaming behavior on Mental Health is that a person experiences a personality that suffers from anxiety disorders, depression disorders, and antisocial personality disorders towards the surrounding environment. Meanwhile, a person who engages in Body Shaming behavior, who finds pleasure in the suffering of others, feels satisfied and is easily carried away by emotions if their desires are not fulfilled or met. This research provides results in accordance with

the hypothesis that has been previously proposed, where there is an influence between Body Shaming behavior and the Mental Health of students at Jayakarta Middle School.

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