

The Relationship Between Body Shaming and Anxiety in Adolescents at Alhusna High School In 2024

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Abstract. Body shaming, defined as the act of criticizing or mocking an individual's physical appearance, remains a prevalent issue among adolescents and is associated with various psychological consequences, including anxiety. This study aims to determine the relationship between body shaming and anxiety levels in adolescents at Alhusna High School in 2024. A correlational study with a cross-sectional approach was conducted. The total population sampling technique was used, involving all 52 tenth- and eleventh-grade students as respondents. Data were collected using validated questionnaires on body shaming and anxiety, then analyzed using the Chi-Square test. The results revealed a significant relationship between body shaming and adolescent anxiety (p -value = $0.014 < \alpha 0.05$). It was found that 38.5% of students experienced moderate body shaming and 38.5% experienced severe anxiety. These findings indicate that body shaming is a significant stressor contributing to anxiety among students. It is recommended that the school collaborate with health institutions to implement regular health education programs. Such initiatives should focus on increasing adolescents' knowledge about the negative impacts of body shaming and promoting positive self-body image to prevent anxiety and support mental well-being.

Keywords: Body shaming, Anxiety, Teen

INTRODUCTION

Adolescence is a transitional stage from childhood to adulthood, characterized by significant changes in various aspects such as physical, cognitive, and socio-emotional development. These changes begin with the development of sexual functions, the ability to think abstractly, and ultimately achieving independence (Papalia & Feldman, 2014). Developmental experts (Santrock, 2016) divide adolescence into two stages: early adolescence, marked by puberty, and late adolescence, marked by interest in careers, dating, and identity exploration (Pitayanti & Hartono, 2021).

According to Papalia and Feldman (2014), puberty typically begins at the age of eight for girls and nine for boys, bringing physical changes such as the development of primary and secondary sexual characteristics. These physical changes also contribute to increases in height, weight, muscle mass, and bone growth during adolescence (Kelly, Zilanawala, Booker, & Sacker, 2018). As a result, adolescents often place greater importance on physical appearance compared to other aspects, leading some to feel dissatisfied or uncomfortable with their reflection in the mirror (Kurniawati & Lestari, 2021).

Zinner-Gembeck and Mastro (2016) argue that adolescents spend most of their leisure time with peers, making peer influence particularly significant in their lives. In the socio-emotional domain, adolescents have a strong need to be liked and accepted by their peers. This acceptance can lead to positive feelings, while peer influence may have both beneficial and harmful effects. As shown in previous research (Kurniawati & Lestari, 2021), peer influence can sometimes trigger negative experiences such as body shaming.

Physical changes during adolescence can become a source of personal struggle, with

many feeling embarrassed or dissatisfied with their body shape (Sherman, Hernandez, Greenfield, & Dapretto, 2018). Social pressure, especially from peers, regarding the "ideal body image," combined with immature brain development, often results in impulsive behavior such as body shaming. Body shaming refers to negative behavior expressed by criticizing someone's appearance or body shape (Lestari & Kurniawati, 2020). It can make individuals feel insecure, uncomfortable, socially withdrawn, and less confident. According to Haryati *et al.* (2021), body shaming involves attitudes or behaviors related to weight, body size, or physical appearance, and its manifestations include direct criticism, comparisons with others, or indirect negative remarks (Chairani, 2018). Body shaming can occur among both male and female adolescents, either face-to-face or through social media platforms (Kurniawati & Lestari, 2021).

The ZAP Beauty Index (2020) reported that 62.2% of Indonesian women have experienced body shaming in their lifetime. Among them, 47% admitted to feeling embarrassed about being overweight, 36.4% reported experiencing body shaming due to acne-prone skin, 28.1% because of chubby cheeks, 23.3% due to darker skin tones, and 19.6% because they were considered too thin (Nurlela, 2021).

The effects of body shaming in adolescence can significantly impact mental health, increasing the risk of unhealthy dieting behaviors, low self-esteem, eating disorders, gelotophobia, and other psychological issues (Garofano, Marin, & Dios, 2019). A preliminary study conducted by the researcher at *SMA Al-Husna* through interviews with 11 students revealed that 7 participants had experienced body shaming in the form of verbal insults such as "fat," "dark-skinned," "acne-prone," "thin," or "walks like a duck," which affected their anxiety levels. Meanwhile, 4 participants acknowledged experiencing body shaming but perceived it merely as a joke and did not take it seriously.

Based on this background, the researcher intends to conduct a study entitled: "The Relationship Between Body Shaming and Anxiety Among Adolescents at *SMA Al-Husna* in 2024."

Body shaming is an unpleasant experience that occurs when an individual's body shape is perceived negatively by others. A preliminary study at *SMA Al-Husna* in March 2024 with 52 respondents indicated that this issue is prevalent among students.

The general purpose of this study is to determine the relationship between body shaming and anxiety in adolescents at *Al-Husna* High School in 2024. The specific objectives of the study include: (a) describing the prevalence of body shaming experiences among adolescents at *Al-Husna* High School in 2024; (b) describing the level of anxiety experienced by adolescents at *Al-Husna* High School in 2024; and (c) analyzing the relationship between body shaming and anxiety in adolescents at *Al-Husna* High School in 2024. This research is expected to provide benefits, both theoretically and practically. Theoretically, the results of the research can enrich the body of knowledge in psychology, especially related to the impact of body shaming on adolescent mental health. Practically, this research can serve as reference material for schools in designing educational programs and interventions to prevent body shaming and reduce anxiety levels in students, for example through collaboration with health centers or health education institutions in organizing counseling on the negative impacts of body shaming.

MATERIALS AND METHODS

This research employed an analytical design with a cross-sectional approach, which aims to explore why and how health-related phenomena occur at a single point in time. According to Notoatmodjo (2018), a cross-sectional study examines the dynamics of the relationship between risk factors and their effects through observation or data collection at one specific moment (point time approach) (Abdul *et al.*, 2021). This method was chosen because the data collection sought to determine the relationship between body shaming and anxiety among adolescents at *SMA Al-Husna* in 2024.

The research was conducted at *SMA Al-Husna* in 2024. The study took place from March to June 2024, while the data collection process was carried out between May and June 2024. The location and timing were selected to ensure accessibility of the respondents and adequate data gathering during the academic year.

The population in this study consisted of all tenth- and eleventh-grade students at *SMA Al-Husna* in 2024, totaling 52 individuals. As defined by Amin *et al.* (2023), a population includes all subjects or objects with specific characteristics relevant to the study. From this population, the entire group was included as the research sample, using a total population sampling technique. Thus, the study involved 52 students who were deemed representative of the adolescent population in this school (Notoatmodjo, 2018).

The data collection used two instruments: a body shaming questionnaire and an anxiety questionnaire. The body shaming questionnaire consisted of 26 Likert-scale items adapted from Masrifah (2020), while the anxiety questionnaire contained 14 items. The instruments included demographic data, negative statements measuring dissatisfaction with one's body, and positive statements reflecting acceptance and appreciation of one's physical appearance (Zakiyah *et al.*, 2021). Validity testing was conducted using Pearson correlation, where all 26 items in the body shaming questionnaire were found valid ($r > 0.176$), and reliability testing using Cronbach's Alpha showed high internal consistency ($\alpha = 0.918 > r\text{-table} = 0.176$), indicating that the instruments were reliable. The data collection procedure was carried out in two stages: preparation and implementation. The preparation stage included identifying the research problem, drafting the proposal, conducting preliminary studies, and securing ethical clearance (No. 396/KEPK.UF/VII/2024) and research permits. The implementation stage involved coordinating with the school, obtaining informed consent from respondents, distributing questionnaires, and collecting responses. After completion, the researcher thanked the participants for their cooperation and proceeded to data processing and analysis.

Data processing followed several steps: editing to check completeness, coding for systematic classification, scoring responses, and processing data using SPSS software, followed by cleaning to verify accuracy. The analysis consisted of univariate and bivariate methods. Univariate analysis described frequency distributions and proportions of both dependent (anxiety) and independent (body shaming) variables, presented in frequency tables. This systematic approach ensured that the data obtained were accurate, reliable, and suitable for further analysis to achieve the study's objectives.

RESULTS AND DISCUSSION

A. Univariate Analysis

Univariate analysis will explain in general variable independent to adhere to the characteristics based on existing variables descriptively by using frequency and proportion

distribution, among others. Body Shaming, and Anxiety for Teenagers of AL-Husna High School in 2024.

Table 1. Overview of Body Shaming Treatment at Al-Husna High School

No	Body Shaming Treatment	F	%
1	Light	32	61,5
2	Keep	20	38,5
Total		52	100,0

Table 2. A Picture of Teenage Anxiety at Al-Husna High School

N	Anxiety Level	F	%
o Adolescent			
1	Moderate anxiety	32	61,5
2	Severe anxiety	20	38,5
Total		50	100,0

Based on table 2, it was found that almost a small percentage of 20 students (38%) experienced anxiety.

Bivariate Analysis

The Relationship between Body Shaming Treatment and Adolescent Anxiety at Al-Husna High School in 2024

Table 3. The Relationship of Body Shaming Treatment with Adolescent Anxiety at Al-Husna High School

Level	Body Behavior				Sum	P-	OR
	Shamming						
	95%						
	Low						
Anxiety	S				Value	CI	
	edang						
	F	%	f	%	F	%	
Disco	1	4	1	5	3	1	
mfort	5	6	7	3	2	0	
		9		1		0	
		%		%		%	
keep					0,014		
Discomfort					56		
heavy	17	85,0%	3	15,0%	20	100%	
Total	32	61,5%	20	38,5%	52	100%	

Based on table 3, it was found that out of 52 respondents, most students experienced moderate levels of anxiety as many as 32 students. A total of 15 students (46.9%) had low body shaming treatment and as many as 17 students (53.1%) had moderate body shaming treatment.

From the chi square statistical test, $p\text{-value } (0.014) < \alpha (0.05)$ was obtained, then H_0 was rejected and H_1 was accepted. It can be said that there is a significant relationship between the treatment of body shaming and adolescent anxiety at Al-Husna High School in 2024 (Ramos, Moreno-Maldonado, Moreno, & Rivera, 2019).

Univariate Analysis

1. Overview of Body Shaming Treatment at Al-Husna High School in 2024

Based on the results of the study, it was found that a small percentage of 20 students (38.5%) experienced moderate body shaming treatment, this can be due to the lack of understanding of adolescents about body shaming. There are still many teenagers who are perpetrators of body shaming but he does not realize that it is a body shaming behavior. There are still many teenagers at the high school level who experience body shaming based on this research in line with research (Astriyani, 2023)

Body shaming behavior is a term that is shown to mock those who have a physical appearance that is considered quite different from someone in general. Such as body shaming is a reference to fat, *pesek*, *cungkring*, and so on that are related to a person's body shape (Rohmawatin, 2022).

Body shaming behavior or commenting on other people's physical shortcomings without realizing it is often done by a person. Although it is not harmful physical contact, body shaming behavior has been listed as verbal or verbal types. Even when communication is daily often tucked away in jokes that lead to behavior, they continue to feel insecure and lack confidence in their physical appearance and begin to close themselves off both to the environment and the people around them (Fauzia & Rahmijati, 2019).

Based on the theory above, the author concludes that currently there is still body shaming treatment that occurs in the school environment experienced by several students, especially students in grades X and XI at Al-Husna High School in 2024.

2. Overview of Adolescent Anxiety at Al-Husna High School in 2024

Based on the results of the study, it was found that almost a small percentage of 20 students (38%) experienced anxiety. It is said that some students in grades X and XI of Al-Husna High School in 2024 experience anxiety, it is concluded that teenagers experience anxiety due to stress factors, academic factors, environmental factors and family factors. Body shaming treatment Many teenagers experience severe anxiety because many teenagers are not confident in their physical shape, teenagers become worried because they will continue to experience body shaming treatment not only at school but also outside of school.

Anxiety is a state when negative emotions arise due to fear of unexpected dangers that may occur in the future (Annisa & Imdul, 2017). The anxiety experienced by the adolescent is social anxiety, namely as a disorder of the mind and feeling of being ostracized, looking meaningless, helpless abandoned by friends threatened with danger whose origin is unclear, humiliating himself and betraying him. So that adolescents who experience dissatisfaction with their body shape show several characteristics, such as hating themselves, feeling ugly, always feeling jealous of other people's body shapes, feeling anxious about getting negative views from others about themselves (Diwanda & Wakhid, 2022)

Based on the above theory, the author can conclude that students in grades X and XI experience fairly high and moderate anxiety caused by several factors, where anxiety arises

when students experience worry. The effect of anxiety on the attainment of maturity is an important problem in personality development. Anxiety is a great force in moving, both normal behavior and deviant behavior, the defense against anxiety, it is clear that in emotional disorders and behavior anxiety is a complicated problem.

Bivariate Analysis

1. The Relationship between Body Shaming and Adolescent Anxiety at Al-Husna High School in 2024

Respondents experience moderate and severe anxiety, this is due to many factors that cause a person to be anxious. The results of this study were obtained that there were mostly 32 (61.5%) students who experienced moderate anxiety and a small percentage of 20 (38.5%) students experienced severe anxiety. On average, students experience moderate and severe anxiety, this is because respondents feel uncomfortable when someone experiences comments about their physique, several factors that cause adolescents to experience anxiety include body shaming behavior in adolescents who easily experience anxiety because psychologically adolescents are not stable, their emotions are easily provoked so that adolescents easily experience anxiety, this study is in line with research (Astriani, 2023)

The results of the chi square statistical test obtained $p\text{-value } (0.014) < \alpha (0.05)$, then H_0 was rejected and H_1 was accepted. It can be said that there is a significant relationship between the treatment of body shaming and adolescent anxiety at Al-Husna High School in 2024. This researcher is in line with the research of Pitayanti & Hartono, (2021) found that most adolescents experiencing moderate levels of anxiety experience body shaming treatment, this can be because adolescents feel uncomfortable with the body shaming treatment they get, besides that adolescents also feel anxious if they want to travel to public places, because they are worried about getting body shaming treatment. In addition, the results of research conducted by Rohmawatin, (2022) found that there is a significant negative relationship between body shaming behavior and student confidence, where students become unconfident when at school or outside of school, which ultimately adolescents have a negative view of themselves, such as fat, acne, black or not beautiful.

According to Oxford University Press, 2019, body shaming behavior is a form of action that makes negative comments on a person's physical appearance by humiliating and mocking a person's body shape or size, it also aims to belittle someone who has a person's physical appearance. Overall, body shaming is a form of social aggression that has a negative impact on individuals, therefore it can be concluded that body shaming is a type of interaction that can cause negative words that mock and insult a person's body shape and size (Pudianingsi et al., 2022).

Adolescents who often experience criticism and harsh opinions that degrade themselves and instill thoughts of shame from within themselves so that they have a desire to isolate themselves, feelings of anxiety, shame and disgust with themselves due to being often humiliated and criticized by their peers cause poor judgment and imperfection in the eyes of their surroundings (Nasrul & Rinaldi, 2020). The negative impact of body shaming behavior is very much shown in the way a person views his physical appearance that is not good. This behavior will result in anxiety in the body he has and lack of confidence according to Eva, 2016 in (R. Hidayat et al., 2019) Based on the description above, according to this case the solution

in dealing with body shaming requires the support and role of the school to be more educated and make some kind of information about the dangers of body shaming treatment or providing a threat of punishment for the perpetrator, In addition, it would also be good for the school to be able to create supportive conditions and atmosphere, loving each other, between schools and students. It is also necessary to cultivate the attitudes and behaviors of adolescents to be willing to accept ourselves as we are by loving ourselves with all the shortcomings we have, and having a positive perspective that is outside of the standard of appearance, so that later we will be able to accept any condition, both ourselves and others as they are.

CONCLUSIONS

Based on the results of data analysis and research discussion on "The Relationship Between Body Shaming and Anxiety in Adolescents at *Al-Husna* High School in 2024," the following conclusions can be drawn: 1) It was found that 20 students (38.5%) experienced moderate levels of body shaming among adolescents at *Al-Husna* High School. 2) It was found that 20 students (38.5%) experienced severe anxiety levels among the study participants. 3) There was a significant relationship between body shaming and adolescent anxiety at *Al-Husna* High School in 2024.

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