

## The effect of body shaming on students who blame themselves

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**Abstract:** Teenagers often become victims and perpetrators of body shaming carried out by those closest to them, such as family, community, and friends, by joking. Ignorant adolescents will not respond to these comments, but adolescents who cannot accept comments from their environment tend to blame themselves. This study aims to determine the effect of body shaming on self-blaming in students of SMP Negeri 27 Banjarmasin. This study used an observational method with a cross-sectional design and random sampling and obtained 239 samples. The analysis technique uses simple linear regression. The instruments used in this study were the body shaming scale by Vargas and the self-blaming scale by Coleman. The independent variable in this study is body shaming, and the dependent variable is self-blame. The results showed that there was an effect of body shaming on self-blaming in students of SMP Negeri 27 Banjarmasin. This study concluded that body shaming by students of SMP Negeri 27 Banjarmasin was classified as very high and resulted in students who were victims of body shaming experiencing moderate self-blaming. There is a significant influence between body shaming and self-blaming on students.

**Keywords:** Body shaming; self-blaming; students

### Introduction

Education is an effort and plans to provide guidance or help to develop the potential both physically and spiritually given by adults to students to achieve maturity so that they can carry out their life duties independently. The achievement before heading to adulthood is known as adolescence. Sit (2012) defines adolescence as the transition period from childhood to adulthood. Adolescence is a period not only marked by exploration and experimentation but also marked by vulnerability to risky behaviors, which can lead to many negative actions. Adolescence is often classified as a problematic age related to adolescents trying to find their true selves (Nasution & Simanjuntak, 2020). Adolescents usually try to find something new that they have never done; it can lead to conflict and self-contradiction, which we can find in the form of physical form; this can be seen by weight gain and limb size (Jebeile et al., 2021; Panuju & Umami, 2019). Weight gain is not only due to the appearance of fat but because bone and muscle tissue enlarges. Weight gain in girls occurs before and after menstruation, after which it slows down. For boys, weight gain occurs a year or two after girls and peaks at sixteen, after which weight gain slows down (Hohenadel et al., 2019).

When adolescents experience changes in physical form, they are required to accept and appreciate themselves, including advantages and disadvantages in physical aspects, even though changes in body shape do not match the ideal criteria expected by their environment. The demands that individuals get from the environment make them often blame themselves. Self-blaming is a form of emotional self-abuse. It reinforces our shortcomings and paralyzes us before we even start moving forward; guilt is an emotional state that results when individuals evaluate their behavior as a failure but only focus on the specific behavior that led to failure (Dousti & Hosseininia, 2021; Istyqomah, 2020).

When the adolescent growth and development period is experiencing a transition such as puberty which affects body shape, weight, and appearance, obesity and obesity become a health problem. However, on the other hand, it is also a social psychological problem (Fauzia & Rahmiaji, 2019). Body shaming behavior is common among teenagers. This condition occurs when some people comment on the body shape of teenagers who are considered not

following the standards (especially those related to weight). Most cases of body shaming often occur in adolescent environments that are immature in thinking and behavior. According to Taylor (2021), body shaming makes a person view the body in narrow terms such as "good," "bad," "better," or "worse" than their own body.

According to Nechita, et al (2021), some factors cause body shaming, namely negative views and thoughts about negative evaluations from other people and oneself, which cause shame about the state of their bodies. Sakinah (2018) states that evaluating a person about himself creates a feeling that his body is embarrassing due to individual and other people's assessment of body shape that does not match his body.

In previous research by Laily & Khairi (2020), there was an influence between body shaming and self-blaming in adolescents at Perumnas Ngembat Asri Gemolong. When adolescents are victims of body shaming, these individuals tend to feel ashamed of their bodies, causing self-blaming. Based on preliminary studies at 27 Banjarmasin Junior High School, through interviews with counselors, it was found that there were problems related to body shaming towards self-blaming in the school. The counselor revealed that some students always seem to be alone and have minimal social interaction. The student had experienced a fight with his friend due to the student's body odor. The fight occurred because one of the students pushed his body; after all, he had body odor.

The researcher also interviewed the homeroom teacher and found problems involving body shaming against self-blaming. These namely students like to be alone because no one wants to be friends with these students. Because he has short body and dark skin, these students often come home late. A student feels that he does not fit in because he has a short body and dark skin, so he chooses to be alone and not mingle with his peers. According to Northrop (Cahyani, 2018), some factors cause body shaming, namely negative views. Thoughts about the negative evaluation of others cause feelings of shame about the state of his body. A person's negative views on appearance are caused by the assumption that a person's physical appearance is observed, evaluated, and judged by others and himself.

The impact of body shaming on victims causes eating disorders because victims tend to change their bodies with strict diets to lose weight or gain weight; other things have an impact on physical health and depression (Burney & Irwin, 2000; Goss & Gilbert, 2014; Laily & Khairi, 2020). Therefore, implementing guidance and counseling in schools helps students achieve maturity and independence in life and carry out developmental tasks that include personal, social, learning, and career aspects (Kemdikbud, 2016). From this study, the developmental tasks that include students include the personal-social aspects. Based on the explanation above, this study aims to determine the effect of body shaming on self-blaming in students at SMP Negeri 27 Banjarmasin.

## **Method**

This study used an observational method with a cross-sectional design. The instrument used is the body shaming scale from Vargas, which has eight indicators: receiving criticism about how to dress; accepting criticism about speech style; accepting criticism about behavior; receiving gossip; comparing a person's physique with other people; comparing a person's physique with other people; called physical mock name consists of 32 statement items. Coleman's self-blame scale has 14 indicators: insecurity, shame, self-pity, trauma, fear, confusion, failure, sadness, chest pain, fatigue, body aches, indigestion, palpitations, and heartburn of 56 items statements. The population of this study was 592 students, with a simple linear regression analysis technique applied.

## Results and Discussion

### The Effect of Body Shaming on Self Blaming

This study was conducted to determine the level of body shaming in students at SMP Negeri 27 Banjarmasin, the level of self-blaming in students at SMP Negeri 27 Banjarmasin, and the effect of body shaming on self-blaming in students at SMP Negeri 27 Banjarmasin. After a series of statistical tests,  $H_a$  accepted, namely that there is an influence of body shaming on self-blaming in students at SMP Negeri 27 Banjarmasin.

Of the eight indicators on the body shaming scale, "accepting criticism of behavior and comparing one's own physique with others" is an indicator that tends to contribute more to the gain from the results of an average high indicator score on the body shaming variable. The following is the average indicator score which can be seen in table 1.

**Table 1. Body Shaming Indicator Score**

Aspect	Indicator	Score
Commenting on Appearance	Receiving criticism on how to dress	83 %
	Receiving criticism of speaking style	84 %
	Accepting behavioral criticism	89 %
	Gossiped	88 %
Physical comparison	Comparing one's physique with others	89 %
	Physical comparisons by other people	88 %
Physical comments	Called bad names	82 %
	Being ridiculed for being physical	58 %

Based on the results of research conducted through the calculation of statistical descriptions of data, it can be seen that the description of body shaming in students at SMP Negeri 27 Banjarmasin is classified in the very high category. In this very high category, students who are victims will feel pressured by the surrounding environment, which is considered not to accept their existence because of their less-than-ideal physical condition. Feelings of depression, low self-esteem, disappointment, and lack of confidence follow negative thoughts and self-blame. Negative thoughts make victims avoid the environment and become depressed because they cannot achieve the appearance expected by their environment, so they behave destructively towards themselves. Individuals' thoughts and feelings of shame towards their bodies will make individuals internalize themselves; conversely, the words of others can make individuals feel threatened. Body shaming that occurs continuously toward others will result in the victim experiencing depression due to stress and pressure from the environment. The victim believes he is not accepted because his physical condition does not match the ideal body image formed in society (Almas et al., 2021; Aparna, 2021; Khan et al., 2022; Orgad & Gill, 2021).

The aspect of "commenting on appearance" has the highest score; the victim feels upset when criticized with ridicule. Adolescence is characterized by a period of exploration and experimentation and vulnerability to risky behavior that can lead to many negative actions (Banstola et al., 2020; Ciranka & van den Bos, 2021; El Kazdough et al., 2019). Victims of body shaming, especially female teenagers, are considered easily carried away and emotional (Carter et al., 2021; Willson & Kerr, 2022). Individuals become sensitive and easily offended, starting with shame, annoyance, and anger, then hurt (Almas et al., 2021; Sood et al., 2020; Veit & Spiekermann, 2019).

The aspect of comparing physique, seen from the highest indicator score, namely comparing one's physique with others, is an instrument statement in the form of I compare my black skin with a friend who has white skin. Victims of body shaming often compare their dark skin with friends who have light skin (Khanna, 2020; Reece, 2019); this behavior results in low self-esteem. Physical appearance is socially regulated, but this depends on how

individuals accept themselves (Sakinah, 2018). A negative view of an individual's physical condition, influenced by negative words from others and comparing their physical condition with others, makes the individual vulnerable to body shaming (Schettino et al., 2022; Tylka, 2018; Yao et al., 2021).

The aspect of "making physical comments" scored the highest; victims of body shaming often get teased, not only about receiving insults related to their body shape but they are often called nasty names. Adolescents understand others as unique regarding personal traits, values, interests, and feelings (Iftitania, 2021; Schlüter et al., 2021). This understanding encourages adolescents to establish more intimate social relationships that lead to unfavorable names in the scope of friendship (Pyżalski et al., 2022; Wagner, 2019). When called a bad name, it causes negative thoughts and encourages the victim to reply to the perpetrator with a bad call (Fauzia & Rahmijati, 2019; Strelan et al., 2020). Some victims do not fall into self-blame, but most victims get the feeling in their hearts to do self-blaming. Self-blaming behavior occurs when there is guilt and shame so that negative thoughts and feelings are lodged in him. Self-blaming is a reaction to stressful events and affects how individuals adapt (Bujek-Kubas et al., 2020; Chudzicka-Czupała & Zalewska-Łunkiewicz, 2020; Jannati et al., 2020). These problems depend on the feelings experienced by students at that time.

Of the fourteen indicators on the self-blame scale, low self-esteem; victims feel depressed when ridiculed about their height or body posture that does not match their peers. The following is the average indicator score which can be seen in table 2.

**Table 2. Self Blaming Indicator Score**

Aspect	Indicator	Score
Inferiority	Insecure feeling	51%
	Feel shyness	54%
	Self pity	53%
	Traumatized	108%
	Afraid	54%
	Feeling messed up	44%
	Feeling like a failure	46%
	Sad	53%
Physical Impairment	Chest pain	85%
	Fatigue	93%
	Sick	85%
	Digestion is disturbed	88%
	Unsteady heart palpitations	69%
	Gastric ulcer	89%

Feelings of discomfort with the appearance or speech of other people are caused by traumatic events when individuals feel they are victims (Constantian, 2019; Dorresteijn et al., 2019; Strauss Swanson & Szymanski, 2020). Adolescents have different levels of self-blaming, meaning they respond to body shaming or can be indifferent to unflattering words (Landers et al., 2021). A person assumes personal responsibility for the occurrence of a traumatic event, often when it is clear that the individual is a victim. Self-blame is often linked to emotions, individual behavior, and following stressful situations.

Aspects of physical disorders with indicators of fatigue have the highest scores; victims of body shaming feel tired when changing their body shape so that it becomes ideal. Guilt about physical conditions causes negative emotions and feelings of failure (Frevert et al., 2016). Reactions to imperfect appearance and character suppress individuals (Blum et al., 2021; Stoeber & Rennert, 2008). Teenagers have idealistic standards that they create, leading

to demands for themselves and the environment for what ideal standards should be. Victims experience unpleasant treatment, such as being compared to others, resulting in individuals feeling tired after trying to improve their body shape, so they are not compared to others.

Self-blaming is an emotional process that strengthens self-deficiency beliefs so that individuals feel down about their negative thoughts and have no desire to move forward. (Graham, 2020; Nielsen et al., 2021; Pinder et al., 2018). The effect of body shaming on self-blaming causes trauma.

Based on the calculation of the F table, the following results are obtained:

**Table 3. F-Test**

Model	sum of Squares	Df	Means Square	F	Sig.
Regression	10038.348	1	10038.348	74,376	0.000b -
residual	31987.409	237	134,968		
Total	42025.757	238			

From the F test, a value with a significance level of  $0.000 < 0.05$  is obtained. Based on the calculation of the  $F_{table}$ , namely 5%, df 1 ( $2-1 = 1$ ), and df 2 ( $nk-1, 239-1-1 = 237$ ), an  $F_{table}$  of 3.89 is obtained. The results of data analysis in the table show that  $F_{count} > F_{table}$  ( $74.367 > 3.89$ ), then  $H_a$  is accepted and  $H_o$  is rejected, meaning that there is an effect of body shaming on self-blaming in students at SMP Negeri 27 Banjarmasin. Related to previous research from Laily & Khairi (2020), other findings state the influence of body shaming on self-blaming in adolescents at Perumnas Ngembat Asri Gemolong. There is an influence between body shaming and self-blaming in adolescents at Perumnas Ngembat Asri Gemolong. From this research, it can be concluded that the influence of body shaming on self-blaming is influential. When adolescents are victims of body shaming, these individuals tend to feel ashamed of their bodies, causing self-blaming.

The effect of body shaming experienced by victims on self-blame is carried out through linear regression analysis as follows:

**Table 4. Body Shaming against Self Blaming**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.489 <sup>a</sup>	.239	.236	11.618

From the results of the analysis above, it is known that the R square value is 0.239. This value means that the effect of body shaming on self-blame is 23.9%, while 76.1% of self-blame is influenced by other variables not examined.

The limitation of this study is the lack of material about self-blaming, so researchers find it difficult to find factors in self-blaming. The research location is at SMP Negeri 27 Banjarmasin, a strategic environment. The chosen environment will affect the data obtained; similar research has been conducted in a housing complex, where researchers find it challenging to obtain data due to the lack of adolescents who experience body shaming. The body shaming category in this study is classified as very high, while the previous study was in the moderate category, so it can be concluded that the influence of body shaming on self-blaming is more substantial for adolescents in schools than in housing complexes.

## Conclusions and Suggestions

Individuals often blame themselves for their inability to change their physical shape; they begin to hate themselves and generate negative thoughts and feelings that haunt them. There is an influence between body shaming and self-blaming on students of SMP Negeri 27 Banjarmasin.

Counselors must be able to identify students who have the potential to become perpetrators of bullying and body shaming. Future researchers should be able to add other variables that affect body shaming on self-blaming, such as adding self-confidence and self-esteem variables, to their research.

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