

The Influence of Psychoeducation about Body Shaming on Youth Attitudes

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Abstract. The purpose of this study was to determine how the subjects responded to the body shaming treatment they experienced. The research method used is descriptive quantitative. The data was collected by means of a survey in the form of a questionnaire about adolescent attitudes towards body shaming treatment which was analyzed quantitatively with the percentage technique. The research subjects were 28 students who were willing to take part in the research. The results showed that the subject's attitude towards body shaming included components of cognition, affection, and conation. In the Cognition component, 75% realized that sometimes they received body shaming treatment. 57.1% of subjects knew that the type of body shaming they experienced tended to be body weight. Furthermore, in the affection component it is known that 64% of the subjects felt afraid, 21% felt insecure, and 15% rejected feelings of being threatened by accepting casually. Then the behavioral tendency (the conation component) shows that 57% of the subjects tend to choose to remain silent when receiving body shaming treatment. Thus, it can be concluded that psychoeducation can increase the subject's knowledge regarding body shaming, but is less able to form assertive behavior on the subject in protecting themselves from body shaming.

Keywords: Psychoeducation, Attitude, Youth, Body Shaming

BACKGROUND

Some cases that often occur among adolescents during this technological era are the occurrence of violence (bullying) which causes victims, both psychological and physical. Bullying or violence is divided into two, namely physical violence and psychological (verbal) violence. The current phenomenon is the emergence of body shaming, namely the act of commenting on a person's physical appearance, or self-image (Chaplin, 2005). This is due to adolescence as a period of searching for self-identity, so that values or standards from the outside, namely society are easily internalized in adolescents. The taunts that are made due to the mismatch of the ideal body standards applied by the community with the self-appearance of adolescents are common behavior without having a negative impact on the victim and the perpetrator does not know the impact of body shaming (Lestari, 2018)

Based on data from complaints regarding cases of body shaming handled by police throughout Indonesia throughout 2018, it is known that there were 966 cases of body shaming. This study not only focuses on ideal body size because body shaming is not only related to fat shaming (large body shape) or skinny shaming (body shape too thin), but body shaming also includes all physical aspects of a

person that can be seen by others. such as skin color, height, which is done to women.

In psychological studies, victims of body shaming experience feelings of shame about a form of body part when other people's judgments and self-assessments are not in accordance with the ideal self expected by the individual (Damanik 2018). In addition, Lamont (2015) also stated in his research that behavior Body shaming can have a significant positive correlation with the victim's physical deterioration due to unhealthy dietary behavior to get the desired body. Psychological symptoms experienced by victims according to psychological research are depression, anxiety, eating disorders, subclinical sociopathy, and low self-esteem (APA dictionary in Chairani 2018). In some cases, not a few adolescents also lose self-confidence due to changes in body shape.

However, not all teenagers who are victims of body shaming will have mental health problems. There are teenagers who have internal aspects that are able to respond well to any information or evaluation they receive about themselves. Saraswatia, Zulpahiyana, & Arifah (2015) state teenagers' self-concept as a self-scheme, namely self-knowledge that affects how adolescents process information and take action. Teens who have a positive self-concept will remain optimistic, confident, and able to be positive about everything, including failures they experience.

Therefore, in an era that is currently booming with cases of body shaming, teenagers really need to train and maintain their self-concept in order to maintain a positive attitude. Adolescents will have a positive attitude towards ridicule or comments from their environment towards their bodies due to their ability to respond positively to themselves and love their body shape positively.

Teens can be given assistance in the form of psychoeducas assistance related to body shaming. Morgan and Vera (2011) state that psychoeducation is a form of psychological intervention by individuals, groups and communities that aims to provide knowledge as a form of prevention and treatment to reduce maladaptive behavior to adaptive behavior as a form of preventive behavior against mental disorders so as not to cause problematic behavior. In addition, Brown (2003) also states that the purpose of providing psychoeducation is for empowerment and individual development which is packaged in the form of education related to certain information used to improve welfare.

Therefore, researchers are interested in knowing how is the influence of psychoeducation on Body Shaming on Youth Attitudes?

METHOD

This study used a research design namely One Shoot Case Study Design (Shadish, Cook, & Campbell, 2002), where in this model there is one group, namely the experimental group (KE). This research is a technique to determine the after effects of treatment (Sugiyono, 2012).

The method of data collection was carried out through descriptive survey methods. The survey method is a research whose main source of data and information is obtained from respondents as research samples by using a questionnaire as a data collection instrument. The data collection technique used a questionnaire consisting of closed and open questions.

The sample in this study were 28 students of the Faculty of Psychology, University of X in Makassar. The sampling technique used in this study was to use a random sampling technique, namely students who wanted to participate in this survey. Data analysis in this study is to organize, sort, classify, code, and categorize. The activities of grouping, making a sequence, manipulating and abbreviating data are so that the data is easy to read.

THEORITICAL REVIEW

a. Attitude

Tjipto, S and Mohammad (2014) define attitudes more towards the human tendency to act. Attitudes will then affect behavior if the individual has the belief that the individual is capable of doing this then he will know the results.

Ajzen, I. (2005) states that individual attitudes can be seen from the impact of this behavior, it can be a positive impact or a negative impact. Furthermore, Sri Ganesh Rajaratenam, Rose Dinda Martini, Nur Indrawati Lipoeto (2014) stated that an attitude is an evaluation or reaction of feelings of support or favorable or unfavorable feelings on certain objects.

Judging from the structure, attitudes consist of three components, namely the cognitive component, the affective component, and the conative component (Azwar, 1988).

- 1) The cognitive component in the form of a person's beliefs,
- 2) The affective component concerns the emotional aspect. The affective component or the emotional aspect is usually most deeply rooted as the attitude component, which is the most resilient to the impact that may change attitudes and
- 3) The conative component is an aspect of the tendency to act in accordance with his attitude.

b. Physical Bullying (Body Shaming)

1) Definition

Evan stated that body shaming is a criticism of yourself or others. Furthermore, it is said that body shaming that occurs continuously on other people will have an impact on depression on the victim because of feelings of stress and pressure on the surrounding environment which is considered unable to accept its existence because the physical condition they have is not in accordance with the ideal body image formed in society (Mawaddah, N, 2020).

2) Types of Body Shaming

Damanik (2018) in his research explained that there are 2 types of body shaming, namely: a. Acute Body Shame Relating to aspects of body behavior, such as the movement or behavior of a person, or often called embarrassment. Examples include appearance or performance, behavior violations, or loss of self-control. b. Chronic Body Shame Caused by a permanent form of appearance or body. Examples are body weight, skin color, height or width, scars and so on. Besides that, it is also related to the anxiety experienced, such as acne, aging, fine lines, disease, and so on.

3) Body Shaming Impact

Body shaming is an act of verbal (physical) violence or bullying. all forms of insults committed on social media are considered criminal acts (Geofani, 2019). In addition, Chairani (2018) states that body shaming can lead to psychological disorders in victims, including eating disorders. Furthermore, Samosir, Putri Triana, Devi and Sawitri, Ratna Dian (2015) also describe some of the effects of body shaming, namely depression and shame so that raises self-distrust in the victim.

RESULTS

Data was collected by means of a survey related to perceptions, then analyzed quantitatively by the percentage technique. The research subjects were 28 students who were willing to take part in the research. The results of the study are as follows:

Table 1 Intensity of Body Shaming Experience by Subject

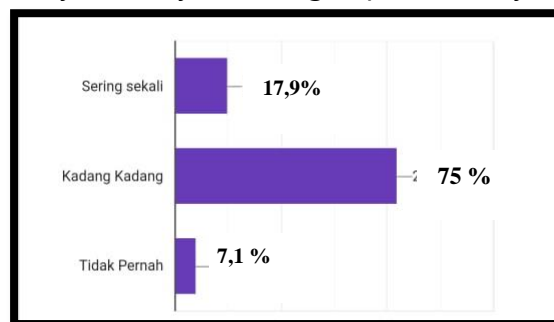


Table 2. Believed body parts (cognition components) are subject to body shaming treatment

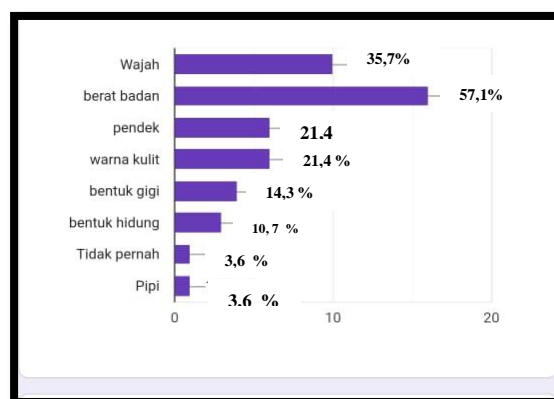


Table 3. Feelings (Affection Components) of the subject when receiving Body Shaming treatment

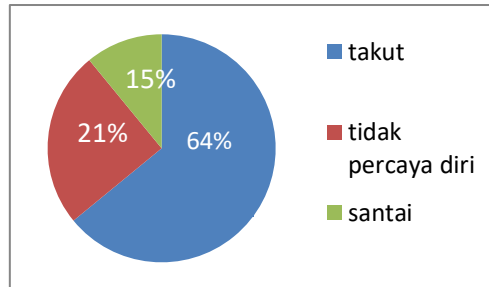
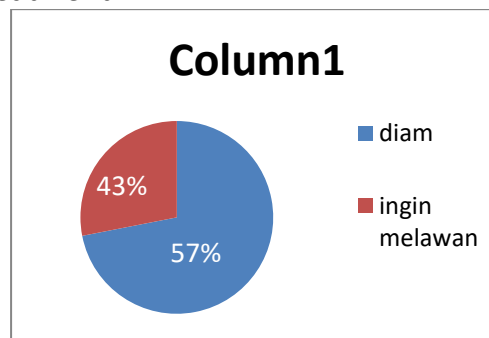


Table 4. The tendency of the subject's behavior (Konasi Component) when receiving Body Shaming treatment



DISCUSSION

Youth is one of the times of the development of human life. At this time, humans search for self-identity, so that values or standards from outside, namely society, are easily internalized in adolescents. The ridicule caused by the mismatch of the ideal body standards applied by the community with the appearance of a teenager becomes normal behavior without having a negative impact on the victim and the perpetrator does not know the impact of body shaming (Lestari, 2018). This is in line with the results of research which shows that as many as 17.9% of subjects considered themselves often received body shaming treatment from other people, 75% stated that sometimes they received body shaming treatment, and only 7.1% stated that they had never received other people's body shaming treatment.

Ajzen, I. (2005) states that individual attitudes can be seen from the impact of this behavior, it can be a positive impact or a negative impact. Based on the results of the study, it is known that the subject after receiving psychoeducation related to body shaming then obtained knowledge about the definitions, types of body shaming. Notoadmodjo (Sri Ganesh Rajaratenam, Rose Dinda Martini, Nur Indrawati Lipoeto, 2014) stated that the knowledge obtained by the subject will then lead to an inner response in the form of attitudes towards objects that he already knows. Based on the results of the study, it is known that 57.1% of adolescents consider that adolescent body weight is the physical part that most often gets body shaming from other people. This experience made adolescents judge their physical condition to be bad so that they formed negative perceptions of themselves regarding their weight.

Sri Ganesh Rajaratenam, Rose Dinda Martini, Nur Indrawati Lipoeto (2014) stated that an attitude is an evaluation or reaction of feelings of support or favor or feelings of impartiality (unfavorable) on certain objects. Based on the results of the study, it is known that 64% of the subjects feel afraid, 21% feel insecure, and 15% reject feelings of being threatened by accepting casually. This means that the subject's knowledge regarding the impact of body shaming then shapes adolescent thoughts related to these problems, where there are teenagers who think of self-protection by fighting, but most of them think of giving in by silent.

Morgan and Vera (2011) state that psychoeducation is a form of psychological intervention by individuals, groups and communities that aims to provide knowledge as a form of prevention and treatment to reduce maladaptive behavior to adaptive behavior as a form of preventive behavior against mental disorders so as not to cause problematic behavior. The knowledge that a person has affects their behavior, the better a person's knowledge, the better the behavior (Sri Ganesh Rajaratenam, Rose Dinda Martini, Nur Indrawati Lipoeto, 2014).

CONCLUSION

Based on the research results, it is known that the provision of psychoeducation can provide knowledge regarding the definition, types, impacts, and handling of body shaming. This knowledge affects the subject's attitude including cognition, affection, and subject conation. The results showed that in the Cognition component, 75% realized that sometimes they received body shaming treatment. 57.1% of subjects knew that the type of body shaming they experienced tended to be body weight. Furthermore, in the affection component it is known that 64% of the subjects felt afraid, 21% felt insecure, and 15% rejected feelings of being threatened by accepting casually. Then the behavioral tendency (the conation component) shows that 57% of the subjects tend to choose to remain silent when receiving body shaming treatment. Thus, it can be concluded that psychoeducation can increase the subject's knowledge regarding body shaming, but is less able to form assertive behavior on the subject in protecting themselves from body shaming.

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