



The Phenomenon of Body Shaming: A Psychological Perspective and Violation of Human Values

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ARTICLE INFO	ABSTRACT
<p>Article History: Submitted/Received March 03, 2024 First Revised April 12, 2024 Accepted May 20, 2024 First Available online June 01, 2024 Publication Date June 05, 2024</p> <p>Keyword: Adolescents, Appearance, Body Shaming, Discrimination, Human Dignity, Self Esteem</p>	<p>This study aims to analyze the understanding, psychological perspectives, and dimensions of the human rights violations of the body shaming phenomenon based on the perceptions of undergraduate Psychology students from the Class of 2025 at the Indonesian University of Education. Involving 33 respondents, the majority of whom were female (78.8%) and in the adolescent age range (17-19 years), it was found that 63.3% of respondents had experienced body shaming. The results indicate that respondents perceive body shaming as a behavior that is prevalent in social and digital environments, often in the form of open criticism of physical appearance. From a psychological perspective, adolescents are a vulnerable group because this practice can disrupt the development of self-identity, trigger anxiety, lower self-esteem, and lead to social withdrawal. Furthermore, this study confirms that body shaming is fundamentally a form of lookism (appearance-based discrimination) that violates individual rights and dignity. Respondents' awareness is supported by legal and philosophical foundations in Indonesia, where this action contradicts the Second Principle of Pancasila and has the potential to be a criminal offense under the ITE Law. This study concludes that body shaming is a serious psychosocial issue that demands changes in social norms, educational interventions, and stronger legal protection.</p>

1. INTRODUCTION

In today's modern era, many terms and phrases have emerged, one of which is body shaming. The word "body shaming" comes from the English word "body," meaning "body," and "shaming," meaning "to shame." Body shaming is criticism directed at someone regarding their physical appearance, often through ridicule or negative comments. Body shaming is self-criticism or self-criticism of others. Body shaming often occurs during adolescence (Lestari, 2019). According to Jahja (2011), "adolescence" comes from the Latin word "adolescence," meaning "to grow" or "to grow to maturity."

Adolescence is a transitional period from childhood to adulthood, during which many changes occur, one of which is physical changes. These physical changes, to some extent, are not what adolescents expect.

The phenomenon of body shaming in Indonesia is increasingly common, particularly in the form of verbal abuse such as teasing about body shape, skin color, or weight. These demeaning comments often appear in everyday life and on social media. Research by Annisa Fikria Hasibuan, et al. in the counseling study journal "Analysis of Body Shaming Behavior on the Psychological Development of Adolescents at SMP Negeri 6 Percut Sei Tuan" found that adolescents who received these comments experienced psychological stress such as feeling inferior, embarrassed, and decreased self-confidence. This finding is reinforced by research by Ningsih, Hudaniah, and Rokhmah, "The Effect of Body Shaming on the Body Image of Female Adolescents" (2023) which explains that body shaming has a significant impact on negative body image and can develop into more serious psychological problems. This condition shows that body shaming is not just a joke, but a form of verbal violence that affects the mental condition and emotional well-being of the victim.

The phenomenon of body shaming in Indonesia shows a high prevalence and is trending upward, especially among young women. Data from the 2020 ZAP Beauty Index shows that 67.8% of Indonesian women have experienced body shaming, with the highest percentage occurring among millennials and Gen Z (ZAP Beauty Index, 2020). The most dominant reason is the stigma surrounding a curvy figure, with 47% of victims reporting being criticized for being too fat (Databoks, 2023). This phenomenon impacts not only self-image but also mental and physical health. PR2Media noted that 59% of female journalists experienced body shaming in person, and 45% in the digital realm, thus categorizing body shaming as a form of gender-based violence (Wendratama et al., 2021). These findings demonstrate that body shaming is not simply an interpersonal behavior but a social issue that requires educational intervention and digital protection policies.

From a psychological perspective, body shaming is verbal aggression that attacks a person's personal identity and dignity. When comments about the body are used to demean, it erodes psychological safety and leads to victims experiencing a disturbed self-concept. This is the reason why body shaming can be categorized as a violation of humanity. (Sangalang, 2023) explains that insulting someone's body is considered an act that attacks personal honor and can therefore be processed as a criminal offense. Furthermore, (Siregar, 2023) also emphasizes that this form of insult is a violation of humanitarian values because it demeans the dignity and right to individual honor. When linked to citizenship values, body shaming behavior directly contradicts the second principle of Pancasila, namely "Just and Civilized Humanity," which requires every citizen to respect one another, uphold human dignity, and avoid all forms of degrading treatment. Thus, discussing the phenomenon of body shaming is important to raise so that public understanding of its impact can be increased.

The novelty of this research lies in its perspective, which combines psychological aspects and humanitarian values in interpreting the phenomenon of body shaming in Indonesia. Unlike previous studies that tended to discuss the psychological impacts or social aspects separately, this study views body shaming as an act of verbal aggression

that not only affects mental well-being but also touches on the realm of individual dignity and honor. Through the use of questionnaires, this study presents the latest empirical data on how individuals interpret the phenomenon of body shaming, its impact, and the extent to which this behavior is viewed as a violation of humanitarian values. This comprehensive approach is the novelty of this research.

2. METHODS

This study used a quantitative survey approach, focusing on describing the body shaming phenomenon experienced by Psychology students in the class of 2025 and its relationship to their psychological well-being and understanding of human values. This approach was chosen so that the data obtained could be objectively explained through numbers and percentages.

Data were collected using a questionnaire distributed online via Google Forms. The questionnaire consisted of three main sections: (1) opinions regarding the body shaming phenomenon, (2) the body shaming phenomenon from a psychological perspective, and (3) understanding of human values. Each statement was measured using a Likert scale of 1–5, ranging from "strongly disagree" to "strongly agree."

The population in this study was active students in the Psychology Study Program, class of 2025, at the University of Education Indonesia, and a sample size of 33 respondents was used. This number was chosen because it was considered representative of the small population in the preliminary study and was appropriate for the time and scope limitations of the study.

The collected data was then processed using a spreadsheet to calculate percentages, averages, and frequency distributions for each indicator. The results of the analysis are presented in the form of tables and diagrams to facilitate the process of interpreting data and drawing conclusions.

3. RESULTS AND DISCUSSION

3.1 Research Results

The results of the study "The Phenomenon of Body Shaming: Psychological Perspectives and Violations of Human Values" are described below. Respondents in this study were 244 undergraduate students in the Psychology program, class of 2025, from the Indonesian University of Education, representing a sample of just over 10% of the total number of undergraduate students in the Psychology program, class of 2025, at the Indonesian University of Education. The study took place from November 18 to 20, 2025, and was distributed via Google Form.

3.1.1 Respondent Characteristics

Based on the research results, the frequency distribution of demographic data for the 33 undergraduate students in the Psychology program, class of 2025, at the Indonesian University of Education, is described in the following table:

Table 1: Frequency Distribution and Percentage of Respondents Based on Demographic Data for Undergraduate Students in the Psychology program, class of 2025, at the Indonesian University of Education (n=33)

Characteristics	f	%
Gender		
Male	7	21,2%
Female	26	78,8%
Total	33	100%
Age		
<17 Years	0	0%
17-19 Years	33	100%
20-22 Years	0	0%
23-25 Years	0	0%
>25 Years	0	0%
Total	33	100%

Table 1 shows that the majority of respondents were female (26 students) (78.8%), while the minority were male (7 students) (21.2%). Based on the age characteristics of the respondents, 33 (100%) were aged 17-19 years.

Table 2: Frequency Distribution and Percentage of Respondents Based on the Question "Have you ever experienced body shaming?" for Undergraduate Psychology Students, Class of 2025, Universitas Pendidikan Indonesia (n=33)

Gender	Yes (f)	Yes (%)	No (f)	No (%)	Total (f)	Total (%)
Male	4	57,1%	3	42,9%	7	100%
Female	17	65,4%	9	34,6%	26	100%
Total	21	63,6%	12	36,4%	33	100%

Based on the data in Table 2, female reported more experiences of body shaming than male. Of the 26 female respondents, 17 (65.4%) stated they had experienced body shaming, while 9 (34.6%) had not. Among male, 4 out of 7 respondents (57.1%) had experienced body shaming, while 3 (42.9%) had not.

Overall, 21 respondents (63.6%) of the 33 respondents reported experiencing body shaming, while 12 respondents (36.4%) had not. These results indicate that body shaming is a fairly common phenomenon, with a slightly higher prevalence among female than male.

3.1.2 Distribution of Responses per Item

Research data was taken from each Likert scale statement in Google Forms (1-5)

A. Body Shaming Phenomenon

1) Body shaming is a common phenomenon.

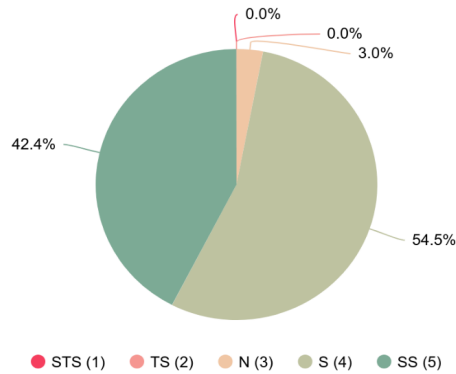


Diagram 1

18 respondents agreed with the statement "Body shaming is a common phenomenon." Judging from the percentage (54.5%), 14 respondents strongly agreed (42.4%), while 1 respondent was neutral (3%) regarding the statement.

2) I often see comments about other people's body shape.

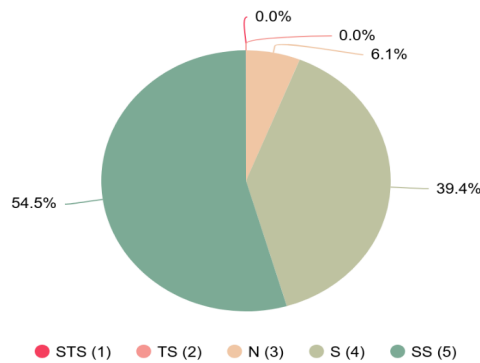


Diagram 2

18 respondents stated that they strongly agreed with the statement "I often see comments about other people's body shape." Judging from the percentage (54.5%), 13 respondents stated that they agreed (39.4%), while 2 respondents stated that they were neutral (6.1%) regarding the statement.

3) I understand that body shaming is an act of demeaning people.

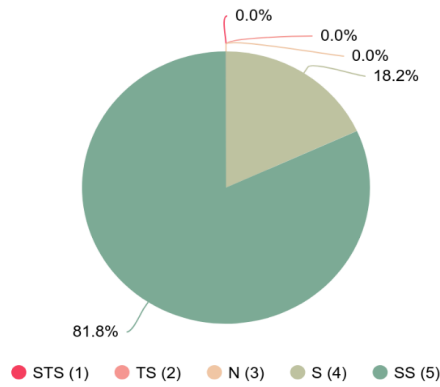


Diagram 3

27 respondents stated that they strongly agreed with the statement "I understand that body shaming is an act of belittling people." seen from the percentage (81.8%), and 6 respondents stated that they agreed (18.2%) with the statement.

4) I feel that body shaming is a serious problem in society.

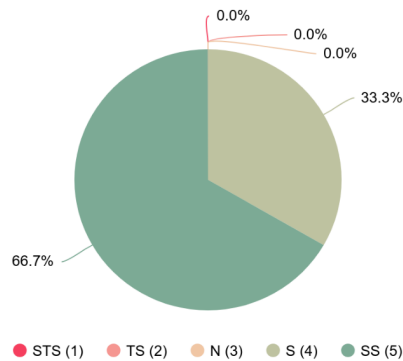


Diagram 4

22 respondents stated that they strongly agreed with the statement "I feel that body shaming is a serious problem in society." seen from the percentage (66.7%), and 11 respondents stated that they agreed (33.3%) with the statement.

5) I see body shaming happening more and more on social media.

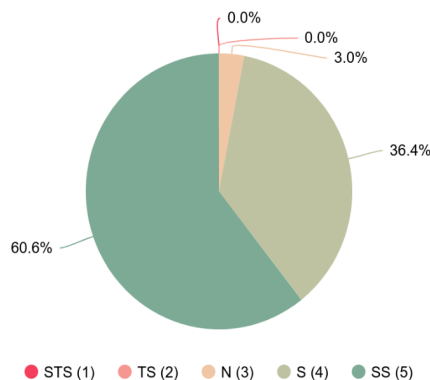


Diagram 5

20 respondents stated that they strongly agreed with the statement "I see body shaming happening more and more frequently on social media."

Judging from the percentage (54.5%), 12 respondents stated that they agreed (39.4%), while 1 respondent stated that they were neutral (6.1%) regarding the statement.

B. Psychological Perspective

6) Body shaming can reduce a person's self-confidence.

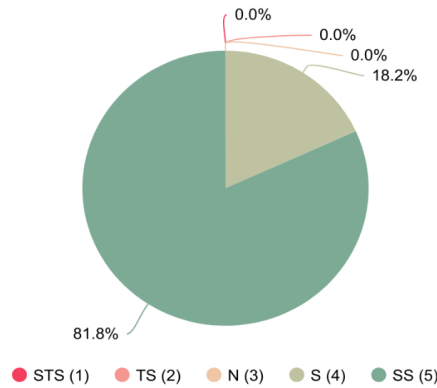


Diagram 6

27 respondents stated that they agreed with the statement "Body shaming can reduce a person's self-confidence," as seen from the percentage (81.8%), and 6 respondents stated that they strongly agreed (18.2%) with the statement.

7) Body shaming can cause stress or anxiety.

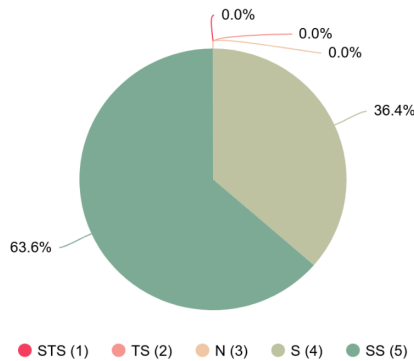


Diagram 7

21 respondents stated that they strongly agreed with the statement "Body shaming can cause stress or anxiety." As seen from the percentage (63.6%), and 12 respondents stated that they agreed (36.4%) with the statement.

8) The impact of body shaming can last in the long term.

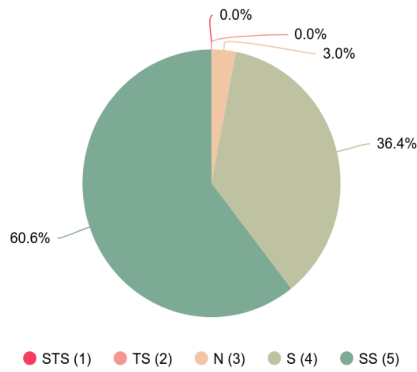


Diagram 8

20 respondents stated that they strongly agreed with the statement "The impact of body shaming can last in the long term." Judging from the percentage (60.6%), 12 respondents stated that they agreed (36.4%), while 1 respondent (3%) stated that they were neutral towards the statement.

9) Social media plays a big role in the emergence of body shaming.

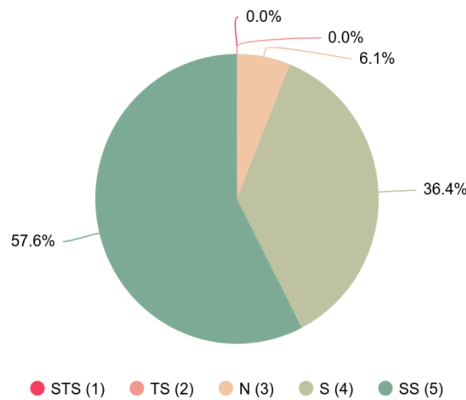


Diagram 9

19 respondents stated that they strongly agreed with the statement "Social media plays a big role in the emergence of body shaming" as seen from the percentage (57.6%), 12 respondents stated that they agreed (36.4%), while 2 respondents (6.1%) stated that they were neutral towards the statement.

10) Physical appearance is often the basis for other people's judgments.

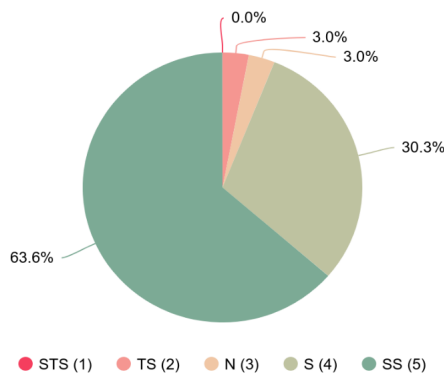


Diagram 10

21 respondents stated that they strongly agreed with the statement "Physical appearance is often the basis for other people's judgments." Judging from the percentage (63.6%), 10 respondents stated that they agreed (30.3%), while 1 respondent stated that they were neutral (3%) and 1 respondent (3%) stated that they did not agree with the statement.

C. Violation of Human Values

11) Body shaming violates human values.

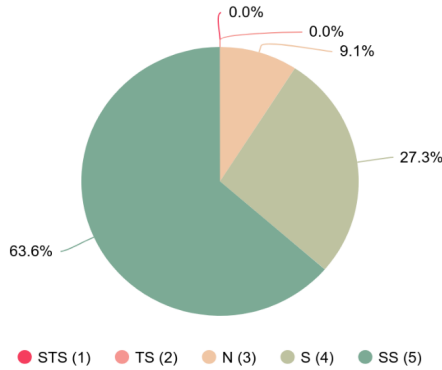


Diagram 11

21 respondents stated that they agreed with the statement "Body shaming violates human values." As seen from the percentage (63.6%), 9 respondents stated that they strongly agreed (27.3%), and 3 respondents stated that they were neutral (9.1%) regarding the statement.

12) Body shaming is a form of discrimination.

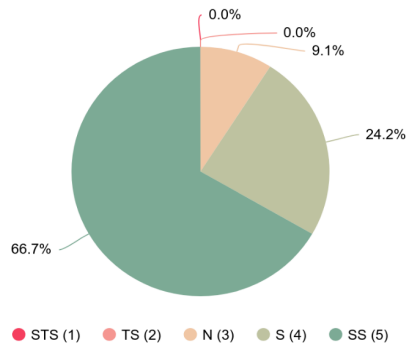


Diagram 12

22 respondents stated that they agreed with the statement "Body shaming is a form of discrimination." As seen from the percentage (66.7%), 8 respondents stated that they strongly agreed (24.2%), and 3 respondents stated that they were neutral (9.1%) regarding the statement.

13) I consider body shaming as a form of violation of human dignity.

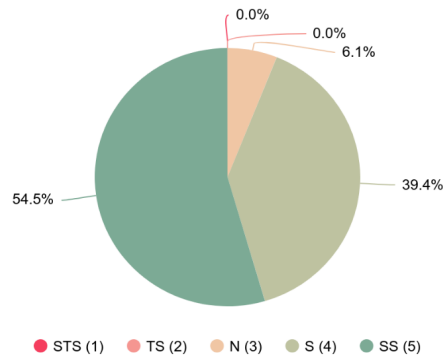


Diagram 13

18 respondents stated that they strongly agreed with the statement "I consider body shaming as a form of violation of human dignity." Judging from the percentage (54.5%), 13 respondents stated that they agreed (39.4%), while 2 respondents (6.1%) stated that they were neutral towards the statement.

14) Body shaming should be treated as seriously as any other form of discrimination.

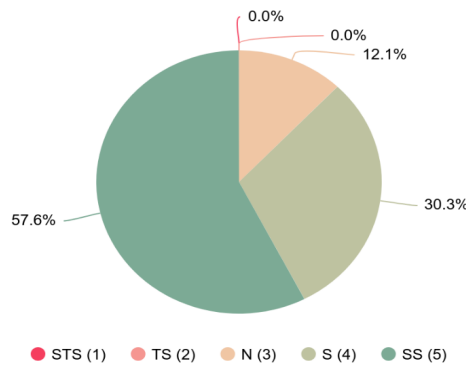


Diagram 14

19 respondents stated that they strongly agreed with the statement "Body shaming should be treated as seriously as other forms of discrimination." Judging from the percentage (57.6%), 10 respondents stated that they agreed (30.3%), while 4 respondents (12.1%) stated that they were neutral towards the statement.

15) I believe that everyone deserves to be treated with dignity without body shaming.

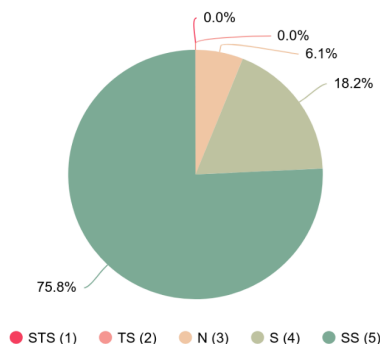


Diagram 15

25 respondents stated that they strongly agreed with the statement “I believe that everyone has the right to be treated with dignity without body shaming.” Judging from the percentage (75.8%), 6 respondents stated that they agreed (18.2%), while 2 respondents (6.1%) stated that they were neutral towards the statement.

3.2 DISCUSSION

Based on research results obtained from 33 undergraduate Psychology students from the Class of 2025 at the Indonesian University of Education, 26 (78.8%) were female and 7 (21.2%) were male. The results indicated that 21 of the 33 respondents (63.3%) had experienced body shaming, which would influence the results of this study. Seventeen female respondents (65.4%) reported experiencing body shaming. This is because women believe that others will be more accepted if they meet ideal standards. Women are also more easily affected by feelings of shame, irritation, anger, and hurt, leading to feelings of sensitivity and irritability. This occurs because women are more susceptible to subjective judgments than men. A woman will increasingly dislike her own body size the further it deviates from the ideal (Hidayat et al., 2019).

The majority of respondents, based on age, were 17-19 years old, or teenagers (33 people, 100%). This is because adolescents' emotions are still unstable. Social changes that occur include adolescents becoming closer to their peers and separating themselves from their parents in order to discover their identity. They form groups and express their full potential. Adolescence is currently an age where adolescents begin to think about their body shape and how they cope with these changes and how they view the body shapes of others (Hidayat et al., 2019). The physical, psychological, and social changes that occur in adolescents will influence their self-concept development. Physical conditions can make adolescents feel afraid in their social relationships because most adolescents ostracize other adolescents due to differences such as skin color, clothing, gestures, and body shape (Alini & Meisyalla, 2021).

3.2.1 Respondents' Understanding of the Phenomenon of Body Shaming in the Social Environment

Body shaming is not a new phenomenon in society; it has existed in various forms long before the development of digital media. Body shaming, commonly known as bullying, has long been prevalent in society. The presence of media has significantly contributed to the rise of this bullying (Indra Gunawan, 2019). Body shaming is the act or behavior of someone making negative comments or criticisms about someone's physical appearance, whether consciously or unconsciously, regarding their body condition or appearance (Nabilla Novitasari & Atrup, 2024). In this era of increasingly sophisticated technology, the habit of commenting on someone's physical appearance is increasing.

Based on the results of this study, the majority of respondents also considered body shaming a behavior they frequently encounter in their daily lives. This is evident in the high percentage of respondents who acknowledged that comments about body shape still occur in various social situations, both in person and through digital platforms. Common

forms of body shaming in everyday life include teasing about weight, height, skin color, facial shape, and specific body parts. These findings indicate that body shaming is still considered a common behavior in social environments, in line with Suherman et al. (2024) who stated that the culture of physical assessment contributes to the rise of acts of belittling other people's bodies.

In addition to recognizing the frequency of body shaming, respondents also demonstrated an understanding that body shaming is an act that demeans a person's dignity. This awareness indicates that respondents can distinguish between casual comments and behavior that has the potential to cause psychological harm. This finding aligns with research by Fadilah Afida et al. (2023), which explains that body shaming is the act of belittling, criticizing, or humiliating someone based on their physical appearance.

As part of social dynamics, body shaming is often initially perceived as a joke, especially in interactions with close relatives, friends, or strangers on social media. However, respondents recognized that these jokes can escalate into more serious actions and cause discomfort for the targeted individual. Especially in the digital era, the use of words often becomes uncontrolled when someone uses social media unwisely. This situation shows that the phenomenon of body shaming not only occurs directly but is also reinforced by the characteristics of communication in the digital space. If these actions continue over a long period, they can impact an individual's social and psychological well-being, including reduced self-confidence and an increased tendency to withdraw, making someone more susceptible to stress and depression (Indra Gunawan, 2019).

3.2.2 Respondents' Views on Body Shaming from a Psychological Perspective

Body shaming is the act of belittling or negatively evaluating someone's physical appearance and is currently a worrying trend among teenagers. Comments about a person's body, physical appearance, or skin color are often made openly and without considering the impact on the recipient. In adolescents, this practice can be detrimental to mental health, as they are at a developmental stage where self-acceptance, self-esteem, and identity are actively being formed. Repeated exposure to body shaming can lead to psychological distress, feelings of worthlessness, and a tendency to withdraw from social circles due to trauma and depression (Murni & Ulandari, 2023).

Body shaming is typically verbal, either through direct criticism or derogatory jokes. Although often perceived as humorous, these comments have serious psychological impacts on the victim. Indah & Ratrerah state that body shaming is a form of verbal insult that frequently occurs in everyday communication (Ningsih et al., 2023). Furthermore, Cici Cahyani et al., (2024) found that body-related insults can permanently damage a person's mental condition, especially when they occur repeatedly and are received from people close to them or their peer group.

Social media also plays a significant role in reinforcing the phenomenon of body shaming. Constant exposure to ideal body standards displayed across various platforms leads adolescents to judge their bodies based on unrealistic social comparisons. Social media not only influences how adolescents dress but also shapes their self-perception, or body image. When excessive consumption of information about ideal bodies puts

adolescents at risk of developing a negative body image, which then leads to body dissatisfaction, especially among girls who are more vulnerable to pressure from beauty standards. This finding aligns with research by Kurniawan, Noviekayati, and Rina (2023), which shows that experiencing body shaming on social media correlates with decreased self-confidence and negative body image in adolescents and young adults.

The impact of body shaming is not only psychological, but also physical and social. Adolescents who experience body shaming often exhibit extreme dieting behaviors, engage in unsafe body modifications, and even withdraw from social interactions due to feelings of low self-esteem. This condition aligns with the findings of Kurniawati & Lestari (2021) that body shaming has a multidimensional impact on individuals. Furthermore, research indicates that body shaming is a factor that influences self-esteem. Research by Nasution & Simanjuntak (2020) reinforces these findings, showing that body shaming significantly reduces adolescents' self-esteem. The questionnaire results also showed that the majority of respondents viewed body shaming as a factor that lowers self-esteem, further strengthening the link between body shaming and impaired self-esteem.

Anxiety is one of the most common psychological impacts of body shaming. According to Ausie (2025), anxiety arises when an individual feels psychologically threatened, loses control, or is vulnerable to negative evaluation. In adolescents, past experiences, physical conditions, and interpersonal conflicts can trigger anxiety. Body shaming makes adolescents fear negative judgment from others, leading to a tendency to avoid social situations. Furthermore, feelings of shame and the desire to be "ideal" make body shaming an emotional stressor that can cause adolescents to withdraw, become easily irritated, anxious, and experience ongoing stress (Khoir et al., 2021). This aligns with research by Elfitasari and Winta (2022), which shows that body shaming significantly influences social anxiety, with self-esteem acting as a mediator in this relationship.

From a psychological perspective, body shaming can be understood as a form of social pressure that disrupts the process of self-identity development during adolescence. Cognitively, this action triggers distorted thinking such as overgeneralization ("everyone is judging my body"), labeling ("I'm ugly"), and catastrophizing ("this social situation will end badly"). These cognitive distortions reinforce negative self-talk and form persistent negative self-schemas. Emotionally, body shaming evokes deep shame, which, according to psychological literature, is an emotion related to self-identity and has long-term consequences. Chronic shame makes adolescents feel inadequate, unaccepted, and unsafe in social situations. Research by Widayaka, Meiyuntariningsih, and Ramadhani (2025) shows that the experience of body shaming is closely related to persistent body dissatisfaction, thus reinforcing the formation of a negative self-image in adolescents.

From a social perspective, adolescents who experience body shaming tend to withdraw from their environment as a defense mechanism against potential negative evaluation. This withdrawal hinders the development of social skills, reduces opportunities for healthy interactions, and increases the risk of loneliness or depressive disorders. Developmentally, the pressures generated by body shaming can hinder the achievement of adolescent developmental tasks, particularly in the areas of self-acceptance, emotional regulation, and social adjustment. Long-term impacts include low

self-esteem, persistent body image disturbances, a tendency toward extreme dieting behaviors, and even the risk of anxiety disorders or depression in adulthood.

Thus, body shaming is not simply a verbal act considered lighthearted or a joke, but a psychosocial phenomenon with profound consequences for adolescents' mental, emotional, and social development. This understanding is crucial as a basis for designing preventive and educational interventions that can protect adolescents from the negative impacts of body shaming.

3.2.3 Body Shaming as a Violation of Human Values

Body shaming is not just an interpersonal ethical issue; it is a profound social issue that fundamentally violates human values and an individual's right to be treated with dignity. This act of demeaning another person's body explicitly falls into the broader category of appearance-based discrimination, also known as lookism. Lookism is defined as a form of discrimination against individuals deemed unattractive or not meeting established beauty standards (Oktaviani et al., 2025). Body shaming is the most common manifestation of this lookism, as it uses body shape and size as the basis for unfair and degrading treatment.

The relationship between body shaming and discrimination has a significant impact on human dignity. Lee et al. (2017) argue that persistent exposure to lookism—including body shaming—has a significant negative correlation with an individual's psychological well-being, mental health, and quality of life. These consequences directly indicate that such actions harm a person's intrinsic worth and diminish their ability to live a dignified life. Appearance discrimination, according to Puhl and Suh (2007), should be viewed on a par with other forms of discrimination (such as race or gender) because of its severe impact in treating individuals unequally and degrading their self-esteem in various spheres of life, from social, academic, to work environments.

Ethically and philosophically, body shaming violates the fundamental right of every human being to be respected as a subject of inherent worth. The principle of human dignity demands that every individual, regardless of their physical attributes, be treated as an end in itself, not as a means or object of derision. In a national context, the practice of body shaming clearly contradicts the Second Principle of Pancasila, "Just and Civilized Humanity," which explicitly demands recognition and respect for human dignity regardless of physical differences. This constitutional guarantee is reinforced by Article 28G paragraph (1) of the 1945 Constitution, which guarantees every person the right to protection of their privacy, honor, and dignity. Actions that demean or humiliate someone based on their physical appearance can therefore be considered a serious violation of this constitutional right.

At the level of legal practice, Indonesia has begun to respond seriously to this issue. Research by Siregar (2023), which examined the legal aspects of body shaming on social media, confirmed that acts of demeaning someone based on their physical appearance can be categorized as a criminal act. This categorization is possible because body shaming is considered to fulfill the elements of "insult" and/or "defamation" as stipulated in the Electronic Information and Transactions Law (UU ITE), which are key elements in protecting dignity and honor.

Thus, the high level of agreement among respondents in this study with the statement that body shaming is a violation of human dignity aligns with and is reinforced by the consensus in academic literature and existing legal frameworks. This view not only reflects ethical awareness but also emphasizes the need for normative change in society. Respondents believe that everyone has the right to be treated with dignity without discrimination, and body shaming should be viewed as seriously as other forms of discrimination. This assessment urges recognition that body shaming is not merely a violation of interpersonal ethics but also a humanitarian and social justice issue that demands broader attention and responsibility—from public education and policy intervention to strict law enforcement against appearance-based discrimination.

4. CONCLUSION

Based on research on the views of Psychology undergraduate students from the Class of 2025 at the Indonesian University of Education regarding the phenomenon of body shaming, it can be concluded that body shaming is a serious social and psychological problem, especially among adolescents. The majority of respondents—63.3%, with a higher figure for women (65.4%)—admitted to having experienced it either in direct interactions or through social media. Respondents understood that body shaming is not just a joke, but a demeaning act that can lower self-esteem, cause embarrassment, trigger anxiety, form a negative body image, and disrupt the process of forming self-identity and self-concept in adolescents. Socially, this phenomenon is a manifestation of a culture of physical judgment that encourages appearance-based discrimination (lookism), while legally, this act violates human dignity, contradicts the Second Principle of Pancasila, and can be categorized as a criminal act within the framework of the ITE Law. Overall, these findings confirm that body shaming is a serious problem that requires changes in social norms, preventive interventions, and strict law enforcement to protect the mental health and human rights of adolescents.

5. ACKNOWLEDGMENT

The authors would like to express their deepest gratitude to the lecturers in the Pancasila and Citizenship Education (PPKn) course who provided direction, guidance, and the opportunity for our group to conduct this research. We also extend our appreciation to all respondents who took the time to complete the questionnaire, ensuring the successful completion of this research. This research would not have been possible without the contributions of various parties who assisted us directly and indirectly.

6. AUTHORS' NOTE

This article was compiled as a group assignment for the Pancasila and Citizenship Education (PPKn) course. The entire data collection, analysis, and report preparation process was carried out collaboratively by group members, emphasizing collaboration and shared responsibility. All references used have been cited in accordance with scientific writing standards. The author declares that this research is for academic and educational purposes and welcomes criticism and suggestions that could improve the quality of future research.

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