

Dilemma Of Body Image & Bullying: Experience Of Teenagers Girls

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ABSTRACT

Purpose of the study: This research examines about body shaming that intended to mock those who have physical appearance which is considered quite different from society in general.

Methodology: This research uses qualitative research design and phenomenological approach. Phenomenological approach assumes that people interpret and understand the world by their personal experiences, therefore, phenomenological approach is used in this study. This research describes general meaning of action body shaming from victims' point of view. In-depth interview method was adopted to portray information from adolescent girls aged 15-25 years old and or is undergoing body treatment shaming.

Application of the study: Expected body shaming problem can be resolved properly and correct. And the community can become pay more attention to body shaming cases. Further study should

be carry out to understand body shaming for persons of different genders, age and locality...**Novelty/Originality of this study:** The body shaming resistance raises the concept of body positivity, but the respondents who oppose body shaming, they still make efforts to change the body such as dress up, build a good body, and be sensitive to things related to the body. When the respondent has done body positivity, it doesn't rule out the possibility of them coming back feel insecurity in their body and make changes as an effort to prevent body shaming.

Keywords: Body Image, Bullying, Teenage Women, Behaviour Change.

Introduction

In the modern era the technological and mass media advancement gave rise to various trends that growing rapidly in society. Especially the trend around lifestyle in among teenagers, including about beauty, body care, and about health. The rise use of social media among Teenagers also bring up a lot advertisements or accounts about beauty, body care, or health. This is one of the factors which encourages young people to follow trends so you don't miss out. Regarding the matter of the body, lifestyle incarnate become a commodity and consumed by those who consider that the concept of care body as anxiousness (Lian, et al., 2018) in adolescence it happens rapid changes both physically as well as psychologically.

The term body shaming is intended to mock those who have physical appearance which is considered quite different from society in general. An example of body shaming is the mention of fat, pug, conjuring, and so on related to physical appearance. Body shaming or commenting other people's physical shortcomings without realizing it are often done by people. Although it is not physical contact that is harmful, body shaming is a type of bullying verbally or through words. Even in everyday communication, it is not uncommon to slip jokes that lead to body shaming. Body shaming behavior can make a person feel more insecure and uncomfortable with his physical appearance and begin to close himself both to the environment and to people. On the other hand, the existence of body shaming also gave rise to the term body positivity, which is a form of human appreciation for the shape of their body and how they accept their body shape as it is. The term is now a social movement that encourages everyone to have a positive assessment of their body, accept their own body shape and also other people's bodies without judgment.

Related Literature:

According to (Wilson, et al., 2013) adolescence is a period of where there is a change or transition from children and adults who begin at the age of 12 years and will end in their early 20s. At age youth is a phenomenon about style easy life and fast growing and many young people follow woman. Where is the teenager? Is a transition period make teens easy to follow and carried away by change. From trends around lifestyles that developed a lot among teenagers, not a few later give rise to bullying for those who do not follow or deemed inappropriate by society with the trend.

According to Coloroso (2003) bullying or bullying is Hostile acts committed consciously and intentionally aiming to hurt, like frighten through threats of aggression and cause terror. Direct

bullying includes bullying physically and verbally, for example by pushing to fall, hitting, pushing violently, giving nicknames, threatening and mocking with the aim of hurting. Indirect bullying includes relational aggression, where the harm posed by the bully is by destroying the relationships that the victim has, including ostracism, spreading gossip, and asking for praise or a certain act of friendship compensation. Bullying in an indirect way is often considered less dangerous when compared to physical bullying, interpreted as a way of making jokes between friends. Even though it's relational Bullying is more strongly associated with emotional distress than physical bullying. (Bauman, 2008)

Along with developments in the field of technology, students have new media for bullying, namely through social media SMS, telephone or internet. Cyberbullying involves the use of information and communication technologies, such as e-mail, cell phones and social media, sms, personal websites that destroy someone's reputation, surveys on personal websites that damage the reputation of others, which are intended to support behavior that attacks a person or group of people, which is intended to hurt others, repeatedly. Bullying behavior can be physical (hitting, kicking, biting, pushing, choking) or verbal (bad names, ridicule, threats, spreading rumors which is unpleasant), both is a form of bullying directly. While the shape indirect bullying in the form of show no attitude friendly, showing facial expressions hostile, or distance the victim of the group (Keith & Martin, 2005). In the study of mental health, behavior hurting other people can't be considered trivial because the behavior includes part of conduct disorder (Rigby, 2012).

Types of verbal bullying in general aims to lower self-esteem victim. Like by saying bad things regarding physical attributes someone like fat, thin, black, short, and so on. Verbal bullying is hard to know the signs because no visible physical signs. Verbal bullying is more effective to the psychological side that can be remembered by someone in their lifetime. Verbal bullying is easy found and happening everywhere. Such as cursing, mocking, gossiping, fooling and dwarf. Well it's in context intentional or not. Well done in a joking or serious context. Verbal bullying can occur in both family, friendship, or even worse is educational environment. Verbal abuse occurs when parents, caregivers, friends or the surrounding environment often throw out words that demeaning, cornering, belittling, or branding with a label negative, which makes all the insults it crystallizes in people. After the impact crystallize within a person, then their self-confidence will be relatively low and will also affect aspects of their lives, both personal life and social life. Body shaming or commenting other people's physical deficiencies can be categorized in verbal or verbal bullying. In simple terms, body shaming can be interpreted as a negative attitude or behavior towards a person's weight, body size, and appearance. The term body shaming also refers to the term body image which according to the dictionary psychology body image or commonly called body image is a person's idea about his appearance in front of others. This body image of course greatly influenced by the level of each person's self-confidence. (Swami, et al., 2008)

Fat Shaming is the most popular type of body shaming. Fat shaming is negative comments towards people who have a fat or plus body size. Skinny / thin shaming is the opposite of fat shaming but has the same negative impact. This form of body shaming is more directed at women, such as by humiliating someone who is thin or too thin. Body hair is a form of body shaming by insulting

someone who is considered to have excess hair body, such as in the arms or legs. Moreover, women will be considered unattractive if they have a hairy body. Skin color and shape of body shaming with comment on skin color too much occur. Like skin color too pale or too dark (Swami, et al., 2008)

RESEARCH METHODOLOGY:

This research uses qualitative research design and phenomenological approach. Phenomenological approach assumes that people interpret and understand the world by personal experiences therefore, in the current study this method was adopted. (Littlejohn, 2014). This research describes general meaning of action body shaming from victims point of view Data was collected through in-depth interview method adolescent girls aged 17-23 years old who are undergoing body treatment shaming.

RESULTS AND DISCUSSION:

The Core of Understanding Body Experience

Shaming in Teenage Girls Body shaming is experienced by almost all women, especially women who are considered different and or not ideally normal. Body shaming afflicts women a lot teenagers or middle school ages such as junior high or high school and come from the closest environment, namely school friends, but not infrequently also from neighbors or even relatives. Every individual has different body shaming experiences. Such as round, fat, spiky, spotty, black, pole, and other bad calls. The general form of body shaming is more reproach on body size and shape, weight and height, and skin color. Body shaming is generally in the form of verbal utterances, but in certain cases it can spread to cyberbullying and physical violence. Some body shaming experiences have increased and some have even decreased. There are various underlying things, such as changes in the school environment by moving up to a higher school level namely from junior high school to high school or from high school to college, changes in the living environment, increasing age, getting to know and establishing romantic relationships, and when women start pay attention to appearance. In adolescent girls who experience body shaming they will have thoughts where people will be more accepted if they meet the standard public. There are those who think that beautiful women are women with slim and tall bodies, and white and clean faces. There are also adolescent girls who experience body shaming who have thinking that they are acceptable if they are beautiful. And there is also an assumption that men will be more interested in women who are beautiful and ideally slim. The experience of body shaming leaves different memories and scars for each individual who experiences it.

Every individual has a body experience the most imprinted shaming in their life. In teenage girls in particular, such as the new adaptation in new school environment. Existence indirect intimidation leads to body shaming because feel different from others when be in a new place with new friends too. For teenage girls, get treatment body shaming from men or even from a lover also gives a bad impression. Especially when you're in a place where crowded or in circumstances not

only victims who hear comments body shaming, but other people too hear it. Get body shaming accompanied by physical violence give long lasting memories for the victims. Experiencing body shaming treatment give rise to feelings of depression, down, and burdened, on the victim. Part big teen girl who experience body shaming directly from men experience more stress and trauma in each individual. Comments received by each individual various, ranging from body comments less attractive and a face that considered ugly and not beautiful, body who are too fat or fat. Even those words not only happened once. When the individual is in other places and times they can again experience the same thing from a different man again. Get body shaming treatment first time not much can committed by the victim. Not a little adolescent girls who experience body shaming chooses to be silent, harbors itself, and doesn't try reply. Even tend to give up on the body shaming speech thrown at him, until the end. This attitude gives rise to the concept of bad self and leads to attitude blame yourself. That matter then it gives rise to insecurity and uncomfortable for individuals in appearance or even in showing their existence. There are girls who experience body shaming who feel bad about themselves, and are increasingly self-deprecating. Various kinds of emotional changes victims of body shaming are also felt, especially teenage girls who are considered to be easily carried away by feelings and emotions. Started with shame, then annoyed and angry, then hurt then the individual becomes easily sensitive and easily offended. In teenage girls with character extroverts who are sociable and open to others, experience a decrease in self-confidence that propagates to a sensitive and more careful attitude in doing various things, such as choosing clothes, or dressing up. In introverted girls, they become increasingly insecure, always blaming themselves, then a sense of insecurity arises in themselves, so that they are increasingly limiting themselves and experiencing difficulty in adjustment of social environment.

Experiencing body shaming treatment makes individuals make changes to avoid body shaming again. The process of change carried out varies according to body shaming like what the victim received. Starting from reading and watching videos related to lifestyle, beauty, body care, makeup, to having a role model to follow.

Appearance, then do a diet program in order to perfect the appearance. There are also individuals who change their lifestyle by dieting strict starting from changing or improving eating patterns, doing sports, and learning to make up. In addition, there are also those who use certain drugs or supplements to increase body weight and increase body weight do sports to gain satisfactory results and did not get other people's comments about his physique. Do you experience body shaming? Besides that, there are also doesn't do much for change and choose silence and surrender with the situation because it feels not ready to face the risks or effects bad that may arise from changes made. In face body shaming treatment not a few teenage girls who have been and/or are becoming the victim chooses to be silent because he feels it would be a waste to respond. But there are also those who choose silence because I feel the words of body shaming what was said was true and the individual blames himself, until he is unable to respond or even afraid to reply and received worse treatment. Dealing with body shaming requires a process and not fast end. Body shaming left imprint on self the victim. Victims will experience body shame, by feeling ashamed and dissatisfied with his own body. Until it creates a feeling of insecurity on the victim. At some point

individuals carry out the process of resistance on the body shaming that befell him, in the form of neglect, self-defense, and self-reflection. Matches it appears as a turning point respondent after feeling body shame. Respondents who feel ashamed of his body made changes to themselves. It takes a long time to can respond and bring up the fight against body shaming experienced. Starting from the assumption that responding to other people's criticism can change it directly or Don't want to prolong the problem and there is no point. The match that done by the respondent on the one hand is a positive thing because it encourages their enthusiasm to get up and not fall down due to body shaming. But on the other hand the resistance can also be a bad thing. Individuals do self-defense and self-reflection by reversing their words indirectly they also do body shaming on others. It even gives rise to a desire to compare himself with those who insult him. Which in the end will actually lead to another body shaming. In the body shaming experience, eventually the individual will experience a process to be able to appreciate and appreciate his own body as it is or called body positivity. Although it can be said to accept things as they are and learn to respect their bodies, many young women who are against body shaming still carry out activities aimed at changing or improving their appearance and body. Like no need to hold back in terms of food anymore for fear of being fat, but still trying to look beautiful and attractive by using make up. Considering the experience of body shaming as a motivation but still feeling sensitive about things related to body shape and size. There are also those who feel annoyed when they get body shaming but do not make any changes to their appearance or body. And there are those who feel no problem with their bodies but still feel they have to have nice body. In the end, the experience of body shaming to doing Body Positive itself is a process that takes a long time and is a continuous and never ending process. Where can't solved that easy and short that. Even though each individual feels already able to respond to body shaming but still there are things to do as a change to avoid body shaming is back. Experiencing body shaming and doing body positivity not necessarily finished even though they have can put up a fight.

Conclusion

After conducting in-depth interviews of the four respondents it was concluded from the results that all respondents in this study underwent body treatment shaming since middle and high school as well come from school friends. The forms of body shaming that are received as insulted fat, acne, black, and bad calls others related to the body up to the case of certain aspects can lead to physical violence. Respondents also think that people will be more accepted having slim body, tall, and white face, and it was also assumed that men are more attracted to beautiful women and ideal slim. Respondents also experienced Body shaming in crowded places and getting humiliated. Even body shaming from boyfriend or from lover is more insulting and put more pressure on teenager's girls by experiencing the comments like unattractive body and not a pretty face that results in lower self-confidence, victims become sensitive and more careful in do various things, as in choosing clothes, sensitive about body and food, refusing invitations to leave the house, to closing and limiting oneself. Respondents make changes about lifestyle, body care, diet, exercise, and learn to make-up. However, there are also those who do not make any efforts and choose to be remain as

they are. Resistance on the one hand is a positive thing because it encourages individuals not to fall down due to body shaming, on the other hand it can also be a bad thing. Individuals defend themselves by reversing the received body shaming utterance, but it actually makes them also do body shaming on other people. The body shaming resistance raises the concept of body positivity, but the respondents who oppose body shaming, shared that they still make efforts to change the body such as dress up, build a good body, and be sensitive to things related to the body.

Implication

- Theoretically, this research is expected to provide insight and explanation of personal experience of body shaming among teenage girls from the corner look at the victim. This research found that body dating is mostly experienced by adolescent girls by receiving bad comments on their bodies and appearances. Body shaming has a negative impact and positive on the victim depends on how to address and respond to body shaming. Not only in adolescent girls but also it can occur in children, boys, men and women.
- This research can be used by the public to know more description of body shaming experience, the impact, and how to respond and respond body shaming treatment. This research is expected to be a reference for people to understand better the importance of body shaming and being source of information for individuals who had a similar experience for find the right solution and to train body positivity in each individual.
- Socially, this research is expected to provide knowledge for the community so that they are more aware and pay more attention to behavior body shaming that happens a lot in among teenage girls. This research hopes that society can start to accept any difference in human beings on the basis of their physical appearance

Suggestions:

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