

THE EFFECTS OF SOCIAL MEDIA AND BODY SHAMING ON SELF ESTEEM AMONGST ADOLESCENT

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Abstract

Purpose: Physical appearance is one of the first individual characteristics that other people notice and has an important impact on social interactions. People with negative thoughts and feelings about their bodies are more likely to have certain mental health conditions, such as eating disorders and depression. A negative body image can also lead to low self-esteem, which can affect many areas of life. Body image has become a major concern for many people, especially young people, a lot of time and money is spent every day thinking about and changing one's body appearance. Disturbed body image can lead to problems such as loss of appetite, anorexia nervosa, abnormal weight changes, sleep disturbances, mental disorders, slow responses and irrational guilt, all of which are public health problems. One of the factors that cause a decrease in body image, especially in adolescents, is the use of social media and exposure to body shaming from other parties.

Methodology: A cross-sectional study was performed among 155 adolescents in a school-based setting. Physical Self Esteem, Media and Technology Usage and Attitudes and Body shaming were analyzed. The variables were all assessed with well-validated instruments

Findings: For Media and Technology Usage and Attitudes variables, it was found that dependence on television ($p = 0.033$), internet ($p = 0.027$) and social media (0.029) had a relationship with negative body image of adolescents in SMAN 1 Palangka Raya City. And there is a relationship between the history of body shaming treatment with adolescent body image with a value of $p = 0.031 < 0.05$

Limitation: The limitation of this study is that it is necessary to develop a more relevant variable questionnaire when used in Indonesia.

Contribution: This research can contribute to improving the quality of life and mental health for adolescents, and this research can be an initial study to develop appropriate interventions to improve adolescent self-esteem.

Keywords: *Self esteem, social media, body shaming, adolescent*

1. Introduction

Physical appearance is one of the first individual characteristics that other people notice and has an important impact on social interactions. Appearance in general and body image in particular have become very important constructs in contemporary society (Tiggemann, 2011). Body image is not only a cognitive construct, but also a reflection of attitudes and interactions with other people. The tendency to associate physical attractiveness with positive personal qualities has become a cultural stereotype, not only in western culture, but globally as well. The perfect body image in mass media, advertisements, and social media weighs on the subconscious mind, making people accept that "what is beautiful is good," with physical attractiveness often associated with success.

Women or men with a positive body image are more likely to have good physical and mental health. People with negative thoughts and feelings about their bodies are more likely to have certain mental health conditions, such as eating disorders and depression. A negative body image can also lead to low self-esteem, which can affect many areas of life. They usually don't want to be around other people or obsess constantly about what to eat or how much exercise to do (Office on Women's Health, 2017).

Body image is how and what you think and feel about your body. This includes the image of a person's body that they have in mind, which may not match their actual body shape and size. Body image is a dynamic perception of one's body - how it looks, feels, and moves. It is shaped by perceptions, emotions, physical sensations, and is not static, but can change in relation to moods, physical experiences, and the environment. (Gupta et al., 2016) . A positive or healthy body image is feeling happy and satisfied with the body you have, and feeling comfortable with and accepting your appearance. A negative or unhealthy body image is a feeling of being unhappy with how you look. People who feel this way often want to change their body size or shape. A healthy body image is very important. When people feel comfortable with their bodies, they tend to have good self-esteem and mental health and a balanced attitude towards eating and physical activity (Raising Children Australia, 2019).

Body image is related to self-esteem, interpersonal trust, eating and exercise, sexual experience, and emotional stability. Among adults, body satisfaction has been associated with fulfillment with personal interactions and overall happiness in life, healthy food choices and physical activity performance, and increased sexual enjoyment and activity frequency. In contrast, among young adolescents, body shape and weight dissatisfaction have been linked to a number of psychological ailments from eating disorders to major depression (Gupta et al., 2016).

Some individuals will go to great lengths to achieve the desired physical appearance. They will go on diet, exercise, surgery, and use weight loss drugs. Body image has become a major concern for many people, especially young people, a lot of time and money is spent every day thinking about and changing one's body appearance (Ghahremani et al., 2018).

Adolescents are in a period of transition, marked by the emergence of newfound cognitive capacities and changing societal expectations, which profoundly shape and alter the nature of self-esteem. Having positive self-esteem during adolescence affects overall feelings of well-being, motivation, and emotional responses. Positive feelings about self are central to the promotion and maintenance of psychological health and successful adaptation. Generally, self-

esteem is accepted as an indicator of mental and social adjustment and a mediator of behavior. Adolescents who have a positive self-image will be very cheerful, while adolescents with low self-esteem will experience effective depression. High self-esteem is associated with many positive attributes of leadership ability, satisfaction, and social behavior including low anxiety and depression and high academic and physical performance (Altıntaş & Aşçi, 2008).

Variables related to body image are self-concept, self-esteem, general health and depression; each has an effect on body image or is influenced by it. Disturbed body image can lead to problems such as loss of appetite, anorexia nervosa, abnormal weight changes, sleep disturbances, mental disorders, slowed responses and unreasonable feelings of guilt, all of which are public health problems. (Ghahremani et al., 2018).

One of the factors that cause a decrease in body image, especially in adolescents, is the use of social media. Social media is a unique form of media in which users are exposed to content primarily created by peers, and to a lesser extent, family members. However, similar to traditional mass media, social media platforms also expose users to media content featuring models and other celebrities (Prieler & Choi, 2014). Social media is a web-based interactive platform that allows users to create and distribute content. Social media is not inherently positive or negative in terms of its effect on the body esteem of its users, on the contrary, its effect is highly dependent on how it is used. It has been proposed that users tend to use social media to fulfill various uses and satisfaction based on individual factors such as depression or low self-esteem (Perloff, 2014).

It is possible that individual factors such as social comparison tendencies may also serve as driving factors for social media use. It is critical that this potential relationship between individual factors, motivation for social media use, and negative health outcomes receive further examination because of the rapid and continuous increase in social media use that is occurring (Puglia, 2017).

Referring to the background above, the researcher is interested in examining the relationship between the use of technology media and body shaming on adolescent self-esteem.

2. Literature review and hypotheses development

There is an association between low self-esteem and negative outcomes for young people's behavioural and mental health problems, including health-compromising behaviours such as substance abuse, early sexual activity, and eating problems. low self-esteem significantly predicted adolescent eating and other health-compromising behaviours. With

regard to mental health, a correlation has been detected between low self-esteem and depression, anxiety and adolescents' suicidal ideation and attempts (Nguyen et al., 2019).

Self-esteem is an overall evaluation of the person's value, expressed in a positive or negative orientation towards himself. Its development starts from birth and is constantly changing under the influence of experience. Especially important is the role of self-esteem in the process of adolescence. During this period, it correlates with both academic achievement and mental health (Minev et al., 2018). Self-criticism is the punishment or derogation people deliver to themselves when they assess that they have not met internally instigated standards. As such, it is a broad pattern of thinking regarding the self that occurs in response to any perceived failure. Thus, like self-esteem it is a global self-cognition which theoretically should create a negative schema that forms the basis of depressive thinking (Gittins & Hunt, 2020).

The higher the self-esteem of adolescents, the better their health promotion behavior; The higher the sense of interpersonal ability, the more able to implement social support behavior; The higher the sense of physical ability and physiological value, the more able to implement sports behavior; The higher the sense of academic ability, the more able to implement nutritional behavior; The higher the external recognition and physiological value, the better the performance of nutritional behavior and stress management; The higher the internal evaluation, the more able to implement health responsibility and exercise behavior (Liu et al., 2022).

Social media users are extensively exposed to photographs displaying idealized self-presentations. This poses a potential threat to youth's appearance self-esteem, but the negative impact may depend upon types of social media engagement. Youth who actively post updates (i.e., self-oriented social media use) may position themselves to receive positive feedback and appearance confirmation and thus show enhanced self-esteem, whereas youths who mostly view and respond to other's posts (i.e. other-oriented social media use) are exposed to these idealized presentations, while not receiving positive feedback on their own appearance, which may result in reduced self-esteem (Steinsbekk et al., 2021).

While promising and insightful, earlier work on the effects of social media use on self-esteem leaves two important gaps that, if filled, could further improve our understanding of this effect. First, many previous studies, have investigated how time spent on social media could affect adolescents' self-esteem. It is possible, though, that time spent on social media may be too "neutral" to arrive at a true understanding of the effect of social media use on self-esteem. After all, most self-esteem theories emphasize that it is the valence (the positivity or negativity)

rather than the duration of experiences that predict fluctuations in self-esteem. It is assumed that self-esteem surges when we succeed or when others accept us and drops when we fail or when others reject us (Valkenburg et al., 2021).

Findings show that social media use is prevalent among adolescents as 90% of 13–17 year old participants have reported using at least one social media platform. In fact, many researchers have shown social media usage occurring earlier than age 13, with users as young as 10 using social media platforms. This usage has potentially increased amidst the COVID-19 pandemic whereby adolescents have reported using social media to maintain connections with others. This presence entails consistent monitoring of how they present themselves, and how that presentation compares to others, which in turn impacts the versions of the self they share with others. These versions include their hoped for (e.g. high academic achiever) or feared selves (e.g. inconsistent academic achiever) which have been referred to as possible selves (Mann & Blumberg, 2022).

The discrepancy in meeting beauty standards encourages a problem that is often encountered, such as the problem of body shaming that occurs especially for teenage girls. Body shaming is an act that is characterized by criticizing or criticizing negatively the appearance and shape of a person's body. Body shaming is also often considered only as a joke for perpetrators who unknowingly actually refer to forms of verbal, emotional violence that can affect the psychological condition of the victim in the form of trauma, anxiety, and excessive worry. In some countries the phenomenon of body shaming occurs, such as in America body shaming can be considered as a form of bullying, discrimination, and personal abuse because commenting on someone's body shape is not something that is common (Ramahardhila & Supriyono, 2022).

The impact caused by body shaming is very broad in scope. Teenagers who are victims are more at risk of experiencing various health problems, both physically and mentally. The act of body shaming can cause shame about body shape or image so high that it can make a person depressed. Psychologically, victims of body shaming will experience psychological distress such as high levels of anxiety, depression and thoughts of suicide. Victims of body shaming tend to have low psychological well-being, such as feeling unhappy, low self-esteem, feelings of anger, sadness, depression and anxiety. threatened in certain situations (Sartika et al., 2021).

Body shaming is a form of emotional verbal violence that is often not realized by the perpetrator because it is generally considered normal. Generally, victims are middle-school age teenagers, because at this time they are still adapting to their bodies and are very concerned

about their bodies, in contrast to adults who tend to be indifferent to their physical appearance (Saragih & Humaira, 2022).

3. Research methodology

A cross-sectional study was performed among 155 adolescents in a school-based setting. Physical Self Esteem, Media and Technology Usage and Attitudes and Body shaming were analyzed. The variables were all assessed with well-validated instruments. The population in this study were all students in SMA 1 Palangka Raya City. Bivariate analysis is an analysis carried out to see the relationship between two variables, namely between the independent variable and the dependent variable of Physical Self Esteem and Negative Body Image of Adolescents. The analysis used in this study is Chi-square correlation analysis.

4. Results and discussions

a. Results

From the process of distributing questionnaires, 155 respondents were found, namely teenagers who filled out the questionnaire. From 155 respondents, 32 respondents had a negative body image according to the assessment of adolescent body image using the Rosenberg Scale.

Table 1. Distribution of Respondents based on Self Esteem at SMAN 1 Palangka Raya City

Self Esteem	n	%
Low	32	20,6
Normal	123	79,4
Total	155	100%

Data Source : Primer

Table 1 showed that from 155 adolescent respondents, as many as 123 adolescents (79.4%) had a good body image and 32 adolescents (20.6%) had a poor body image according to the Rosenberg scale.

Table 2. Distribution of Respondents based on the Use of Media and Technology at SMAN 1 Palangka Raya City

Media and Technology Usage and Attitudes	Normal		Addicted		Total	
	n	%	n	%	n	%
Email	77	49,7	78	50,3	155	100.0

Text Message	42	27,1	113	72,9	155	100.0
Smartphone	14	9,0	141	91,0	155	100.0
Television	84	54,2	71	45,8	155	100.0
Media Sharing	71	45,8	84	54,2	155	100.0
Internet	52	33,5	103	66,5	155	100.0
Game	86	55,5	69	44,5	155	100.0
Social Media	29	31,6	106	68,4	155	100.0
Online Friends	41	26,5	114	73,5	155	100.0

Data Source : Primer

Table 2 showed that 91% of adolescents are addicted on smartphones, 72.9% are addicted to short messaging and 68.4% are addicted to social media. The level of addiction on media and technology is measured based on The Media and Technology Usage and Attitudes Scale.

Table 3. Distribution of Respondents based on History of Body Shaming at SMAN 1 Palangka Raya City

Body Shaming	n	%
Yes	123	79,4
No	32	20,6
Total	155	100%

Data Source : Primer

Table 3 shows the distribution of adolescents who have received body shaming. A total of 123 adolescents (79.4%) admitted to having received body shaming. Meanwhile, the distribution of body parts receiving body shaming action can be seen in Table 4.

Table 4. Distribution of Respondents based on Body Parts that Receive Body Shaming at SMAN 1 Palangka Raya City

Body Parts	n	%
No Act of Body Shaming	32	20,6
Weight	90	58,1
Face	69	44,5
Hair	17	10,9
Skin Color	48	30,9
Teeth	5	3,2
Scar/Deformed Body Part	3	1,9
Height	9	5,8

Data Source : Primer

Table 4 menunjukkan distribusi responden berdasarkan bagian tubuh yang mendapatkan perlakuan body shaming di SMAN 1 Kota Palangka Raya. Table di atas menunjukkan bahwa bagian tubuh yang paling sering menjadi sasaran body shaming adalah berat badan dengan presentase 58,1% dan wajah dengan presentase 44,5%.

Table 5. Distribution of Respondents based on When the Body Shaming Occured at SMAN 1 Palangka Raya City

Tingkatan	n	%
Elementary School	21	13,5
Middle School	55	35,5
High School	79	51,0
Total	155	100%

Data Source : Primer

Table 5 shows that 51% of adolescents receive body shaming treatment at the high school level.

Table 6. Distribution of Respondents based on Requesting Help on Body Shaming Treatment at SMAN 1 Palangka Raya City

Requesting Help	n	%
No	5	3,3
No Need	63	40,6
Didn't Want to	12	7,7
Friends	35	22,6
Girlfriend/Boyfriend	1	0,6
Family	38	24,6
Teacher/School	1	0,6
Total	155	100%

Data Source : Primer

Table 6 shows that 40.6% of teenagers feel no need to ask anyone for help regarding the body shaming they receive. And 24.6% of teenagers have asked for help from their parents regarding the body shaming they have received.

Table 7. Distribution of Respondents based on the Need to Discuss Body Shaming at SMAN 1 Palangka Raya City

Yes/No	n	%
No	35	22,6
Yes	120	77,4
Total	155	100%

Data Source : Primer

Table 7 shows the results that 77.4% of adolescents feel the issue of Body Shaming needs to be discussed.

Table 8. Distribution of Respondents based on Ever Doing Body Shaming to Others at SMAN 1 Palangka Raya City

Doing Body Shaming to Others	n	%
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No	54	34,8
Yes	11	7,1
Maybe	90	58,1
Total	155	100%

Data Source : Primer

Table 8 shows the distribution of respondents whether they have been perpetrators of body shaming treatment to others. A total of 7.1% said they had, 58.1% said it was possible and the remaining 34.8% said they had never done body shaming to other people.

Furthermore, the bivariate analysis carried out consisted of the use of media and technology factors, as well as the history of body shaming factors on adolescent body image. For media and technology usage factors, it is divided into several subcategories, namely: Use of email, use of short messages, use of smartphones, television, computer equipment, internet, games, use of social media, and the number of online friends.

Table 9. The Relationship between the Use of Media and Technology on Adolescent Self Esteem at SMAN 1 Palangka Raya City

Media and Technology Usage and Attitudes	Self Esteem						p
	Normal		Low		Total		
	n	%	n	%	n	%	
Email							
Normal	58	75,3	19	24,7	77	100.0	0,218
Addicted	65	83,3	13	16,7	78	100.0	
Short Messages							
Normal	33	78,6	9	21,4	42	100.0	0,883
Addicted	90	79,6	23	20,4	113	100.0	
Smartphone							
Normal	9	64,3	5	35,7	14	100.0	0,144
Addicted	114	80,9	27	19,1	141	100.0	
Television							
Normal	72	85,7	12	14,3	84	100.0	0,033
Addicted	51	71,8	20	28,2	71	100.0	
Media Sharing							
Normal	57	80,3	14	19,7	71	100.0	0,793
Addicted	66	78,6	18	21,4	84	100.0	
Internet							
Normal	36	69,2	16	30,8	52	100.0	0,027
Addicted	87	84,5	16	156,6	103	100.0	
Game							
Normal	70	81,4	16	18,6	86	100.0	0,483
Addicted	53	76,8	16	23,2	69	100.0	
Social Media							
Normal	44	89,8	5	10,2	49	100.0	0,029
Addicted	79	74,5	27	25,5	106	100.0	

Media and Technology Usage and Attitudes	Self Esteem						p
	Normal		Low		Total		
	n	%	n	%	n	%	
Online Friends							
Normal	30	73,2	11	26,8	41	100.0	0,254
Addicted	93	81,6	21	18,4	114	100.0	
Total	123	79,4	32	20,6	155	100.0	

Data Source : Primer

Table 9 shows the results of the analysis of the relationship between the use of media and technology with adolescent self esteem. Of the 9 points analyzed, Dependence on Television ($p=0.033$), Internet ($p=0.027$) and Social Media (0.029) has a relationship with the low self esteem of adolescents in SMAN 1 Palangka Raya.

Table 10. Relationship Ever Get Body Shaming Against Adolescent Self Esteem at SMAN 1 Palangka Raya City in 2020

Body Shaming	Self Esteem						p
	Normal		Low		Total		
	n	%	n	%	n	%	
No	21	65,6	11	34,3	32	100.0	0,031
Yes	102	82,9	21	17,1	123	100.0	
Total	123	79,4	32	20,6	155	100.0	

Data Source : Primer

Table 10 shows the relationship between body shaming and adolescent self esteem at SMAN 1 Palangka Raya City. The results of the analysis showed that there was a relationship between body shaming and adolescent self esteem with p value = $0.031 < 0.05$.

b. Discussion

In this study, there were 32 (20.6%) adolescents who had poor body image in SMAN 1 Palangka Raya City by measuring using the Rosenberg Self-Esteem Scale. Rosenberg Self Esteem Scale is an individual's assessment of the condition of his current ability (actual/real self), which is often compared with the condition of the individual's desired ability (ideal self) which is assessed by asking as many as 10 question points with an answer scale ranging from 0-3 and will classified into Body Image Less (≤ 15) and Enough (> 15). From the process of distributing questionnaires, 155 respondents were found, namely teenagers who filled out the questionnaire. From 155 respondents, 32 respondents had a

negative body image according to the Rosenberg Scale. Due to the process of administering the intervention, 60 samples were needed which were divided into 30 for the intervention group and 30 for the control group, so respondents who had a Rosenberg scale score on the verge of being in the poor category (enough = 16-18) were included as the control group.

Adolescents are very sensitive to appearance problems and negative criticism of their appearance will reduce their body image and self-confidence. The surrounding environment and influences have a very high influence on adolescent self-esteem. From the results of the analysis of this study, it was found that the use of media and technology as well as a history of body shaming treatment to respondents had a relationship with the body image or self-esteem of adolescents at SMAN 1 Palangka Raya City.

1) Media and Technology Usage and Attitudes

In this study, the measurement of dependence on the use of Media and Technology uses The Media and Technology Usage and Attitudes Scale, in which there are 60 questions consisting of several sub-sections, namely, use of email, use of short messages, use of smartphones, television, computer equipment, internet. , Games, Use of Social Media, and the number of online friends. Of these several questions, each subsection is considered to be dependent when the respondent chooses an answer choice that has a score of 5 or more (Hasan Özgür, 2016).

The results showed that 91% of adolescents were dependent on smartphones, 72.9% were dependent on short messages and 68.4% were dependent on social media. Media has a positive and negative influence on teenagers. Teenagers often look for information on the Internet although most of it is used as a means to meet and communicate with friends (Olumide & Ojengbede, 2016). It is necessary to highlight the important role of the media in shaping the personality and self-confidence of adolescents. Intervention programs need to utilize this media to reach more youth and steps must be taken to prevent youth from abusing the media.

The results of the bivariate analysis showed that from the 9 points analyzed, dependence on television ($p = 0.033$), internet ($p = 0.027$) and social media (0.029) had a relationship with negative body image of adolescents in SMAN 1 Palangka Raya. The results of other studies show a similar halt. Research in Hong Kong shows that children or adolescents who watch TV <1 hour per day have better self-esteem scores than those who watch TV more than the average ($\beta = 0.09$; 95% confidence interval = 0.02-0.16) (Mak et al., 2020). or the internet variable, one of the studies conducted in Iran. The

results of the study showed that 40.7% of students experienced internet addiction. A significant correlation emerged between depression, self-esteem and internet addiction. Regression analysis shows that depression and self-esteem can predict the variance of internet addiction to some extent, the variable self-esteem or self-image increases the predictive power of internet addiction scores by 1%, and the correlation of this variable is 0.33 with internet addiction scores (Bahrainan et al., 2014). here is a reciprocal relationship between the internet and self-esteem or body image. In addition to internet addiction can cause teenagers to be exposed to media images in forming adolescent ideas about the ideal body, it turns out that teenagers who tend to be harsh with themselves with severe self-criticism and judge themselves as unworthy are more prone to internet addiction. More research is also needed to provide a better understanding of the phenomenon of internet addiction and its relationship to self-esteem, personality, and culture (Błachnio et al., 2016).

The main finding of a study conducted in Pakistan showed that around 88% of people made social comparisons on Facebook and of that 88%, 98% of comparisons were upward social comparisons. This research further proves that there is a strong relationship between social media and self-esteem. The increase in the use of social media causes the individual's self-esteem to decrease. One hour spent on Facebook every day resulted in a decrease in one's self-esteem score of 5.574 (Jan et al., 2017). The results of other studies show that the use of social media such as Instagram has an influence on social comparison, proximal results, and adolescent self-image. These findings provide important theoretical and practical implications for the design of health education and campaigns in this digital era to enhance the positive effects of social media on health and emotional well-being (Jiang & Ngien, 2020).

Social Media is a unique form of media in which users are exposed to content primarily created by peers, and to a lesser extent, family members. However, similar to traditional mass media, social media platforms also expose users to media content featuring models and other celebrities (Prieler & Choi, 2014). Social media is a web-based interactive platform that allows users to create and distribute content. Social media is not inherently positive or negative in terms of its effect on the body esteem of its users, on the contrary, its effect is highly dependent on how it is used. It has been proposed that users tend to use social media to fulfill various uses and satisfaction based on individual factors such as depression or low self-esteem (Perloff, 2014).

2) Body Shaming

Body shaming itself is an act of mocking or insulting by commenting on a person's physical (body shape and size) and appearance either directly or indirectly. The comments are also given either to yourself or to others. Body shaming is considered detrimental because it can lead to a “vicious cycle” of judgment and criticism. Messages from the media and from each other often imply that we should want to change, that we should care about looking slimmer, smaller, and darker. And if we don't, we worry that we run the risk of being the target of body-shaming comments to others (Vargas, 2019).

Research shows that as many as 123 adolescents (79.4%) admitted to having received body shaming treatment. The body parts that are most often targeted by body shaming are body weight with a percentage of 58.1% and the face with a percentage of 44.5%. 51% of teenagers get body shaming treatment at the high school level. And as many as 77.4% of teenagers feel the problem of body shaming should be discussed. This is because the issue of body shaming is still rarely discussed in Indonesia. The campaign regarding the suppression of bullying and body shaming has not been optimally implemented.

Research conducted in Makassar shows that adolescents often consider themselves to have received body shaming, namely 17.9% of adolescents think that they often receive body shaming treatment from others, 75% state that sometimes they receive body shaming treatment. The treatment of body shaming is considered to be the most carried out by his friends, which is 67.5%. The most body shaming treatment experienced by adolescents is related to weight or obesity at 57.1%. The experience caused 42.9% of adolescents to form thoughts to fight, but still more 57.1% chose silence. This thought led to the emergence of 64.3% of adolescents choosing to be silent and shut down, 39.3% to be insecure, 21.4% to withdraw from the environment (Gani & Jalal, 2020).

In this study, it was statistically proven that there was a relationship between Body Shaming and Low Body Image. Where the results of the chi square analysis show the value of $p = 0.031$. Body Shaming has a strong relationship with vulnerability to eating problems and acts as a mediator in the relationship between low self-esteem and risk of eating disorders among obese and non-obese children (Iannaccone et al., 2016). Research in Pekanbaru also showed the same results, namely the statistical test results

of p-value of 0.036 which means there is a relationship between self-image and body shaming behavior in students in Pekanbaru (Hidayat et al., 2019).

Often the problems of self-esteem, body image and getting body shaming treatment are difficult problems to be faced by teenagers themselves. Health problems, depression and trauma can affect a teenager's self-image. The problem of fulfilling nutrition, eating disorders can have a bad impact on the body of adolescents.

5. Conclusion

- 1) For Media and Technology Usage and Attitudes variables, it was found that dependence on television ($p = 0.033$), internet ($p = 0.027$) and social media (0.029) had a relationship with low self esteem of adolescents in SMAN 1 Palangka Raya City.
- 2) There is a relationship between the history of body shaming treatment with adolescent self esteem with a value of $p = 0.031 < 0.05$

Limitation and study forward

The limitation of this study is that it is necessary to develop a more relevant variable questionnaire when used in Indonesia. Meanwhile, for further research, it can be investigated related to interventions that can be used to improve body image and self-esteem in adolescents.

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