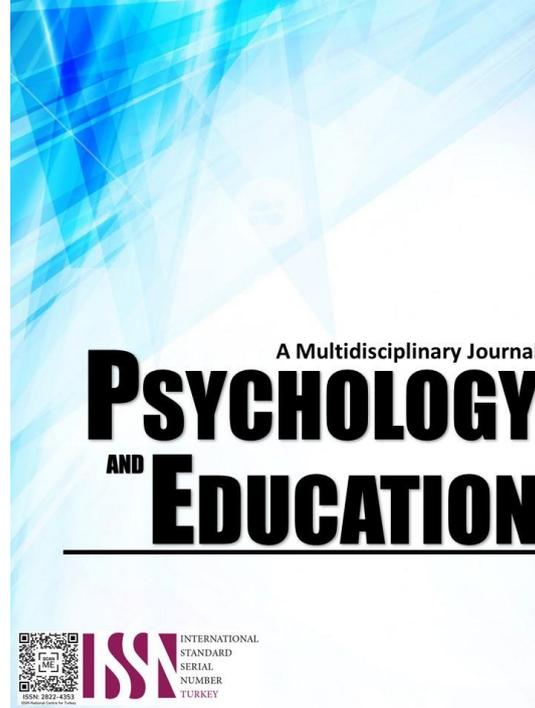


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PSYCHOLOGY AND EDUCATION: A MULTIDISCIPLINARY JOURNAL

2023

Volume: 7

Pages: 779 - 796

Document ID: 2023PEMJ599

DOI: 10.5281/zenodo.7750918

Manuscript Accepted: 2023-15-3

Demystifying the Encounters of Teenagers on Body Shaming

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Abstract

This study revolves around the encounters of teenagers regarding body shaming. Specifically, the study determines the teenagers' coping mechanisms and their insights on body shaming. The purpose of this study is to highlight the detrimental role of body shaming among teenagers, which is consistent with the fact that it frequently causes low self-esteem, low body dissatisfaction, and depressive symptoms among teenagers in the Municipality of Midsayap. Purposive sampling was used, including six teenagers selected per sex category, living in the Municipality of Midsayap, aged 13-19. This study utilized a qualitative research design through one-on-one interviews, specifically phenomenological. Data were analyzed through the thematic analysis of Braun and Clarke (2006). Study showed that insecurities about body weight, unhealthy eating habits, insulting comments, low self-esteem, mental health issues, and distracted academic responsibilities were the challenges encountered by teenagers. Moreover, it was also revealed that teenagers cope with challenges by embracing themselves, seeking help to lose weight, unwinding, avoiding social media, and unhealthy eating habits and sleep schedules. In addition, results showed that ceasing body shaming, being sensitive, minding one's own body, and building one's self-confidence were the insights of teenagers on body shaming as a victim of it. The study's findings led the researchers to conclude that body shaming can damage and leave lifelong trauma to the teenager's mental, physical, and social well-being. With the presented information, programs relating to body weight diversity and body shaming awareness should be implemented to lessen body shaming in society.

Keywords: *body weight, mental health, coping mechanisms, body shaming*

Introduction

Body shaming can damage a teenager's mental, physical, and social well-being. It is defined as ridiculing or insulting someone based on their appearance. The expanding corpus of research highlighting the detrimental role of body shaming among youth is consistent with the fact that it frequently causes low self-esteem, low body dissatisfaction, and depressive symptoms. It is also a popular term for negative social interaction because it involves making critical remarks about someone's appearance that can bring hurt, distress, sadness, and isolation to a person, which frequently occurs on social media. However, based on the synthesis of existing descriptions in the study of Vargas (2019), body shaming is a repeated action in which a person expresses unsolicited and primarily negative opinions or comments about the victim's body, which can occur in both social media and the natural world.

Resnick (2022) asserts that body shaming could also cause eating disorders, depression, anxiety, low self-esteem, and body dysmorphia, in addition to the general feeling of loathing one's body. They feel the pressure of the comments of the people around them about their bodies which makes them engage in bad eating habits. Moreover, the negative comments of others about their body make them think that they are

different from others, leading to anxiety and lower self-confidence. Furthermore, they would question their worth and constantly worry about their flaws, which causes body dysmorphia, an obsessive worry about one or more perceived flaws in one's physical appearance.

Men and women alike are not exempted from getting body shamed because body shaming occurs of all different shapes and body sizes regardless of its sex. Body Shaming has included criticisms of being "too fat" or "too skinny," often picking on entirely irrelevant flaws. Numerous publications, social media sites, and commercials encourage body shaming in ways that have begun to normalize these harmful actions. Moreover, people are more likely to want to look a certain way. Young boys and girls may become involved in undesirable habits or alter their body type to fit social norms due to hurtful remarks and disturbing images (National Association of Anorexia, 2019). It is becoming part of the negative notions of this generation's culture and is becoming unavoidable (Vildoza, 2019). Teenagers are particularly susceptible to bullying focused on appearance, weight, or body image. Teenagers' views and opinions regarding self-esteem and body image are significantly influenced by their families, friends, and social media (Schluger, 2013).

Many research has been conducted on body shaming

in the Philippines, such as *"Dealing with Demons: Life of Someone Suffering from Body Shame"* by Billano et al. (2022), *"Body Shaming: Ramifications on an Individual"* by Arumugan et al. (2022), and *"Weight Shame, Social Connection, and Depressive Symptoms in Late Adolescence"* by Brewis and Bruening (2018). However, limited studies have been conducted on the challenges of those subjected to it. How they overcame it, and their insights as a victim of body shaming. Additionally, most of the studies are quantitative, which is objective, while this study is qualitative and will focus more on the narratives of the victims of body shaming. Also, limited studies have been conducted about how teenagers feel about themselves after being body shamed in the Municipality of Midsayap. Therefore, this research will talk subjectively about how the participants were body shamed because of the weight of their bodies.

The main focus of this study is to identify the challenges of teenagers being body shamed because of the physical appearance of teenagers' body weight. Since body shaming is such a broad topic, this study will only look at body shaming based on

Research Questions

This study aimed to determine the challenges of teenagers on body shaming. Specifically, this study aimed to answer the following questions:

1. What are the challenges encountered by teenagers who experience body shaming?
2. What are the coping mechanisms of teenagers when body shaming arise?
3. What are the insights of teenagers who encounter body shaming?

Literature Review

History of Body Shaming

Hanson (2020) delves into the lengthy history of switching 'desirable' body shape and examines how it relates to societal notions of class and standing. Body shaming is thus a verbal exchange with society's norms of how a body ought to look or take a gander, emerging because once individuals understand their own body to fall outside the structured interpretation of something like the tolerable body.

Moreover, people from Ancient Greece idealize larger bodies in Renaissance and Victorian Britain. People

with fuller figures are idealized, for it represents a person's wealth where they have access to food and do not have to work to provide for themselves, resulting in larger and paler frames. On the other hand, smaller frames are not idealized, for they are poor because of the unequal wealth distribution, resulting in losing weight and other diseases. Queen Victoria significantly influenced women's expectations during the Victorian era, as evidenced by the idealization of a comprehensive entity like hers. Admiration of the queen's physique makes the connection between money and body image particularly clear; "acceptable" bodies were tangible representations of the lifestyle of the upper class. Body shaming that does not fit this idealized definition of an "acceptable physique" is ultimately a criticism of poverty. Fondness for the monarch's muscle draws attention to the relationship between self-image and fortune; 'adequate' organisms had been embodiments of upwardly mobile luxury (Elson, 2020).

Victims of Body Shaming Challenges in School

Zaidi (2022) posits that each school year is an opportunity for kids to make new friends, learn new things – grow, and enjoy along the way. For some, every passing year means adding to the fantastic memories and experiences of the previous year, but for others, each day becomes a dreadful nightmare. Body shaming can adversely affect children and youth's mental health and well-being. They experience bouts of depression, anxiety, and low self-esteem that eventually engulfs their life. As cited by Bunag (2021), body shaming can take many forms, both overtly and covertly. An individual's vulnerabilities grow when they are publicly bullied in school. Low self-image and self-concept are the results, and one's perception of oneself and others is impacted. People who have experienced body shaming may withdraw and shut down social connections to avoid unpleasant circumstances.

Body shaming starts in public spaces like the street, the restroom, a dorm room, a preschool, a workplace, and anywhere else a person feels like picking on a man. It is a shame such judgmental fangs are carried by victims too. It harms many who end up depressed, abusing steroids, lacking self-esteem, abusing others who are weaker, and even becoming suicidal. Body shaming in school has pushed many into routines that strain them more than help them (Maturure, 2021). Students in their first year of college who experience body shame from their professors are less likely to make or keep close friendships. They are more likely to experience depression symptoms (Raposo, 2022).

College students experience being body shamed, and study shows that it can cause them to lose confidence or dissatisfaction with their body, which may also cause them to start isolating themselves. College students may also cause them to risk their health by eating unhealthily to satisfy others. Victims of body shaming experience different depression symptoms because of the insecurities they must have felt and the urge to think that they are enough and belong in this world, no matter their size.

Victims of Body Shaming Challenges at Home

According to Sachdev (2020), teenagers often come across relatives who scrutinize them and sneakily say: "You have gained so much weight!" Also, if we think only relatives have the right to body shame them, then they are wrong. Some are bound to come across offensive statements, often made by their parents. Based on Schluger (2022), body shaming can be carried out in person or remotely via the internet and social media and can be done by their parents, siblings, friends, neighbors, or people they are not even close. This makes them brutally criticize themselves because they are uncomfortable with their appearance or weight. Teenagers could even talk negatively to themselves, telling themselves things like, "I feel fat today," or "I need to quit stuffing my face with food."

Furthermore, parents abusing their children is a common, though rarely discussed, issue. Body shaming is another instance of the emotional abuse that many teenagers experience, frequently from those who are meant to be nurturing and guarding them. Being body shamed by their family can leave them with long-lasting psychological scars that refuse to heal. It took them a while to learn that their mother's body shaming them had nothing to do with them, their size, or their value. The focus was on their problems and insecurities (Namrata, 2020). Parents that make fun of their children's weight put them at greater risk for eating disorders, low self-esteem, and anxiety related to weight. Additionally, siblings are more prone to taunt a youngster who has been body shamed by their parents (Raposo, 2022).

Victims of Body Shaming Challenges on Social Media

TikTok, Facebook, and Instagram are some apps where people post pictures and experience body shaming. Ninety-four percent of teenage girls have reported being body shamed, and 57 percent of 12-20-year-olds believe that their appearance was the source of their bullying (Lickteig, 2020). Bullies use social

media as one of their tools to body shame others. According to Datar (2019), social media platforms are ultimately toxic for body image. They cultivate a risk of being the target of someone else's body shaming comments. When our bodies do not meet the current unattainable beauty standards set by the culture, it is a common phenomenon on social media platforms to receive unpleasant feedback. Body shaming is negative remarks about another person's appearance, particularly their weight (National Association of Anorexia Nervosa and Associated Disorders, 2018). Body shaming happens when the person does not fit the socially acceptable definition of beauty because one must have a specific "perfect" figure.

Also, Zainal (2019) stated that many people think that making the victims of body shaming feel horrible about themselves helps to motivate them to lose weight. It is interesting to note that evidence has shown that body shaming and weight discrimination worsen matters and eventually result in self-destructive behavior (Sullivan, 2019). The demeaning remarks just encouraged her to eat more, which was the only thing that improved her mood. It seems like body shaming someone only creates more problems. Body shaming in social media is a form of cyberbullying that can have a destructive impact on the victims, such as causing them to feel stressed out, lose their confidence, lose their appetite, get depressed, or even worse, consider committing suicide (Yeap, 2019).

Victims of Body Shaming Challenges to their Mental Health

Body shaming can have short and long-term implications for mental health. Body shaming can lead to several mental health problems, including low self-esteem, anxiety, and depressive symptoms. Body shaming can also cause feelings of rejection and the desire to isolate oneself because of the humiliation experienced. Additionally, there is a tendency toward more incredible emotions of low self-worth, self-image, and self-esteem. Even worse, it may cause someone to feel alone and sorry for themselves, which can trigger depression (Saxena, Mathur, & Jain, 2020).

Also, teenagers receive horrible feedback if they are underweight or allude to a particular body part. Viewers may also be disappointed with their weight or the way someone's head remains but instead rudely pass judgment on themselves. They might well keep struggling to accomplish these goals and have bitter attitudes and judgments concerning meditation. The stress hormone cortisol can be released by body shaming. Cortisol can harm teenagers' health when it

increases and stays high due to ongoing stress. Poor sleep, increased substance use, or binge eating behaviors could result (Raposo, 2022).

Furthermore, teenagers feel uneasy or embarrassed in public situations where they concentrate on their appearance. As people body shamed them, the victims would feel anxiety and worry about their conditions. Constant worries affect the victims' concentration, confidence, appetite, and outlook (Lyness, 2014). Constant worries happen because they lack confidence in themselves and tend to feel uneasy in front of people. This situation can also be called scopophobia, where a person experiences an excessive fear of being stared at (Stanborough, 2020).

Victims of Body Shaming Challenges on their Physical Well-Being

Body shaming affects not only the mental well-being of a teenager but also their physical well-being. With the cause of body shaming, teenagers tend to eat abusively to gain weight and exercise excessively to lose weight. In addition, they have gone through a series of unhealthy diets to achieve a perfect body weight that is fit to the standards made by society. They also go through excessive overexercise which can lead to injuries, exhaustion, depression, and, worst, suicide. As stated by Paradigm Treatment (2017), the development of eating disorders is widespread in teenagers, and body shaming worsens matters. When a person has a distorted perception of their own body, eating disorders like anorexia nervosa and bulimia nervosa can arise. While some sufferers of anorexia and bulimia may see changes in their weight, these conditions do not always affect how they perceive themselves. They keep up their rigorous weight-loss practices as a result of this.

Moreover, body shaming can result in detrimental health effects, such as the emergence of an eating disorder. Bullying is a primary cause of eating disorders for many people who battle with it, and discussions about bullying tend to avoid weight shaming (Gunnars, 2019). When someone is taunted or ridiculed for being overweight, they may engage in unhealthy habits, including binge eating, gaining weight, or extreme weight-control techniques (Ringer, 2020). Some victims rely on their views of themselves on those of others. The body shamers forced teenagers to adjust their diet after being the target of body shaming because they would not eat or risk being hungry. Due to this, the victims felt pressured to engage in bad eating habits and physical overwork (Sebellino et al., 2022).

Coping Mechanisms of Teenagers on Body Shaming

According to Arumugam et al. (2022), having tremendous respect for oneself, feeling self-conscious about one's looks, and feeling more confident in oneself might help one manage body shame. How we care for our bodily and emotional needs is directly influenced by our level of self-compassion. By setting reasonable standards for ourselves, we may be more confident and at ease with our bodies while also enjoying and embracing our flaws and strengths. Dube (2021) supported this claim by stating that everyone deserves to have a positive self-image—regardless of pop culture norms or erroneous, inappropriate, and flat-out wrong value systems based on size, shape, race, gender, sexuality, or ability. It might be that teenagers take a body-neutral stance, and even if they do not love everything about how they look, they focus on the fact that their body or appearance determines no part of their value or worth.

Related Studies

Several studies looked into the cause of body shaming and its effect on people's physical, mental, and social well-being. This research will review ten studies related to the experiences and challenges of people, specifically teenagers, on body shaming. These will be discussed thoroughly, one by one.

The first study written by Arumugan et al. (2022) revealed in their study, "*Body Shaming: Ramifications on an Individual*," that being overweight or underweight or having a body weight that is out of proportion to one's height are the leading causes of body shaming. The research findings further indicated that people experience distress when others comment on their appearance. Numerous respondents also mentioned feeling treated differently, anxious or ashamed when people focus on their arrival in public settings. The findings also demonstrated that having more regard for oneself and feeling self-conscious about one's appearance can help one cope with body shame by

boosting one's confidence. The study raises awareness of the effects of body shaming on an individual through social media and how to deal with it by being more respectful of oneself and feeling self-conscious about one's appearance. The future study must thus raise public knowledge of the dangers of body shaming and how it may harm mental and physical health to persuade people to stop doing it.

The study concerns the physical and mental health of the victim of body shaming. They are related to the present study, which focuses on why body shaming can be so harmful that it often leads to feelings of inadequacy and depression, which create feelings of anxiety and insecurity, which can, in turn, lead to physical health problems like eating disorders. Body shaming is so bad for mental and physical health that it has even been classified as violent.

The second study is written by Azhar and Yusuf (2022), entitled "*A Review of Body Shaming Behavior on The Hadith; The Preventive Measurement from an Islamic Point of View.*" This study examines one of the social problems in society, which is currently a global issue, namely body shaming. Body shaming is an act of commenting, criticizing, or bullying someone physically (body condition) to humiliate them because the individual's physical condition is considered not by the applicable body image standards, and they deserve to be complimented. The study examines body shaming behavior from the hadith's perspective. This study seeks to find a correlation between body shaming behavior described in the hadith and explores the preventive actions offered from an Islamic perspective. The method used is qualitative-descriptive through library research. The results of this study are 1). Hadith narrated by Tirmidhi: 2502 in general, explains how the prophets view body shaming behavior. 2). The meaning of the hadith content in it is an invitation to stay away from body shaming behavior. 3). Impact on victims of body shaming behavior psychologically. 4). Preventive actions offered to prevent body shaming behavior.

Relating this to the current study, the health and well-being of the physical body were much more important no matter the individual's size. For body shaming, victims have experienced depression and eating disorders to minimize the criticism against their bodies. It does not matter if the individual's physical condition is not considered a body standard, but having a healthy body and mental health matters the most.

The third study is conducted by Mustafa et al. (2022), entitled "*The Awareness of the Impact of Body Shaming among Youth,*" which discussed that body shaming is nothing new when, particularly in comparison to cyberbullying, because it has adverse effects on the victim's families. The suddenness of technological innovations is encouraged in many ways, and the kids are also the type that uses one another much more; notwithstanding, stats show that body shaming is widespread among kids on media

platforms. This circumstance of body shaming was viewed as a barrier to achieving what the United Nations recommended in their own 17 Sustainable Development Goals (SDG) in 2015 for better and more environmentally friendly in the coming decades. This article concentrated on knowledge about the effects of one of the social symptoms associated with body shaming that requires the recognition of all affected parties.

This study is related to the present study because it will discuss the challenges of teenagers on social media, which has been a gateway for some individuals to criticize and body shame others. Also, it has been the platform wherein some victims have been body shamed. The rampant use of different media platforms today has caused different forms of cyberbullying and body shaming, which have commonly been observed that have dramatically affected the environment of the youth as well as its negative effect on the victim's family. It also implies that social media has been a gateway for some people to experience body shaming instead of having their private space on social media. The victims tend to lose their confidence because of their weight appearance.

The fourth study is from Iftitania (2021), entitled "Body Shaming and its Effect in Jane Green's *Jemima J,*" in which the researchers examined body shaming in *Jemima J* by evaluating the definition of body shaming, interpreting the detrimental effect of body shaming as it is more frequently observed in characters' lives, and observing body shaming from an Islamic perspective. The purpose of the study is to gather information about the circumstance of body shaming in *Jemima J*, the consequences of one of these activities on plotlines, and its Islamic perspective on body shaming. The human cost of the plotlines who faced body shaming was used to investigate the effects of body shaming on *Jemima*, or how body shaming is often seen off from an Islamic perspective, which is explained and used by Al-Quran or hadith. Also, according to the research findings, body shame occurs in both non-verbal forms. Systemic racism and displeasure with certain other people's hands, but instead laughter at other children's body shapes are examples of nonlinguistic kinds. While at the same time, probably, the linguistic form refers to an individual using an unfavorable code name. The impact of receiving all such remedies is insecurity, anxiety, and a lack of ability to convey oneself to anyone else. Still, crappy food habits such as obsession consider this attitude awkward or could bring the utility function into one of shame. It confirms that body shaming is wrong from both an individual and an

Islamic standpoint since it harms both the guilty party and the addresser.

The study states the reasons why people's body shames others. The current study discusses the same thing. Some people may feel inferior or ashamed of their bodies and seek to make others feel the same way. Other people are influenced by cultural standards that dictate what is considered attractive and may believe that thinness or certain body types are ideal. However, the study concluded that, whatever the reason, body shaming is an unacceptable form of discrimination that should be discouraged.

The fifth study, entitled "Body Shaming: an Exploratory Study on its Definition and Classification," by Manap, De Mello, and Dharinee (2021), revealed that body shaming is a well-known phrase for unfavorable social interaction that commonly takes place in social media. Body shaming is an isolated act in which a person publicly makes uninvited, frequently disparaging ideas or remarks about the target's body without necessarily intending to cause harm to that person. The target nonetheless views the statements negatively. Body shaming can range from well-meant advice to nasty insults and can occur online and offline. Participants saw similarities between body shaming and appearance teasing. Body shaming can be a tool for trolling and can evolve into cyberbullying with repetition over time. Altogether, body shaming is a form of social aggression that harms individuals.

This study concerns the attempt to make disparaging remarks about another person's size or weight; if something generally disadvantages people who share one's character trait, it could still be called external discrimination. This study is not similar to the current study because it will only focus on the narratives of the teenagers regarding their challenges, their coping mechanisms, and insights into body shaming as a victim of it. On the contrary, the past study discussed the definition and classification of body shaming, which is not the scope of the current study.

Safarina and Maulayani conducted the sixth study (2021), entitled "*Self-Acceptance As A Predictor Of Self-Esteem In Victims Of Body Shaming*," in which they discussed that body shaming behavior is considered a weapon that can interfere with the psychology of a person, especially teenagers who are in a time known as unstable. However, in this study, they proved that they have good self-esteem. Self-esteem can increase with acceptance as one of the factors. Self-acceptance is one of the determining

factors in forming one's self-esteem, especially in adolescents. Adolescence is when a person tries to find their identity. When he can accept himself

well, he can also appreciate himself well without having to be respected or loved by others first. In this study, the respondents proved that self-acceptance affects one's self-esteem. When he cannot accept himself well, it can also cause him to feel unwelcome, helpless, incapable of doing what he wants, unacceptable to a group, and other negative thoughts. When a person feels that way, then that is where his self-esteem begins to falter.

The study mentioned an increase in self-esteem, which is related to the current study, where the researchers want to know how the victims of body shaming cope with their problems. The proposed study aims to help the victims of body shaming become motivated by how their body weight look.

The seventh study from Willson and Kerr (2021), entitled "*Body Shaming As A Form Of Emotional Abuse In Sport*," investigated body shaming experiences as a type of emotional abuse and the results of these events. The findings from the study investigating the long-term effects of emotional abuse on eight female National Team athletes who compete in aesthetic sports result from secondary data analysis. The athletes participated in semi-structured interviews, which were then examined through a constructivist lens. The athletes claimed they were subjected to verbal criticism of their physical appearance, body monitoring, imposed dietary and hydration limitations, public body criticism, and punishment when physical standards were not fulfilled. The athletes discussed the impacts of these experiences, including normalization, social comparison, severe weight loss techniques, poor health results, performance declines, and diminished enjoyment. According to the findings, body-shaming practices are activities in which coaches monitor and manage an athlete's weight. Body-related shaming should be seen as emotional abuse.

This study is related to the present study since many teenagers are interested in different sports but are turned down for varsity positions in those sports because of

their weight or appearance. It corresponds to the current study, for it will look at the challenges teenagers experience in school as a victim of body shaming. They find it difficult to make and maintain healthy relationships later in life.

The eighth study written by Sosa (2020), entitled *"Rising Problem in Teenage Culture: Your Body Type Does Not Define Your Worth,"* which revealed that 64% of teenagers and 94% of teenage girls had experienced body shaming. Even though these statistics are very high, they are still rising daily. The study discusses how social media significantly impacts body shaming and how an individual feels about their own body. Once they see pictures of these models in online apps, they cannot help but compare themselves to them, which eventually causes teenagers to become highly insecure with themselves.

The past study concerns that social media frequently underscores body weight and make it simple to create hurtful remarks about others. Body weight is a synthesis of one's thoughts and emotions regarding one's body, and by trying to compare our appearances to what we see or view in social media. It is similar to the current study, for it will unveil the challenges of teenagers in social media.

Brewis and Bruening conducted the ninth study (2018), entitled *"Weight Shame, Social Connection, and Depressive Symptoms in Late Adolescence."* The study found that as childhood and adolescent obesity is associated with significant disease morbidity later in life, it becomes a more important target for therapies. According to the study, social circumstances that support body shame and stigma associated with weight may make maintaining a healthy weight and losing weight more challenging. Interventions for youth obesity hardly ever take these difficulties into account. Researchers modeled how obesity impacts that risk, how weight-related shame predicts depressive symptom levels, and how social connections may regulate or moderate that risk. They claim that body shame directly, obviously, and frequently

predicts the severity of depressive symptoms for all students during the academic year, but overweight youth are at much higher risk. Overall, the study found that social connections moderated the adverse effects of body shame on depression earlier in the school year and throughout all phases. Youth obesity interventions would benefit from recognizing and taking these social-environmental factors, such as weight stigma and friendship, into account when developing their programs.

This study is related to the present study because teenagers who have been victims of body shaming develop depression, which is very common today, especially in school. It will affect the emotions of the student and those with fat bodies, who will be bullied

and neglected in the school. This will cause a teenager to eat less; the students' emotions will be affected, and they will no longer be able to focus on their studies, which may lead to depression or anxiety. Moreover, it corresponds to the current study because both are qualitative studies.

The tenth study was written by Williams (2013), in which he examined the impact of body shame on insecurity, depressive symptoms, and sexual esteem among 214 women in romantic relationships in his study entitled *"Body Shame on Insecurity, Sexual Esteem, and Depression among Females in Romantic Partnerships."* The links between body shame and relationship insecurity, depression, and respect in sexual relations were investigated using Pearson correlations. The researchers performed several straightforward linear regressions to investigate how body shame predicted sexual esteem, depression, and insecurity. The study found a more significant relationship between instability and worse sexual esteem to body shame, but not depressive symptoms. However, body shaming does not powerfully depict depressive symptoms, significantly predicting insecurity and sexual esteem. Perhaps body shame involves other emotions besides being sad or depressed.

The study's findings demonstrate that how a woman feels about her body influences other areas of her life. Body shaming can negatively impact a relationship because lower sexual esteem and greater relationship insecurity may impact how women interact with their partners emotionally and sexually. Limitations and implications of the findings are also discussed. Perhaps there are feelings associated with body shame and sadness or depression. The study results show that a woman's body image affects other aspects of her life. Although body shame accounted for only 3% of the variance in insecurity, 1% in depression, and 3% in sexual esteem, other factors that may contribute to insecurity, depression, and sexual esteem warrant further explanation. Lower sexual esteem and greater relationship insecurity may impact how women interact with their partners emotionally and sexually. The findings' limitations and implications are also examined.

This study is similar to the current study because it will seek to know the challenges experienced by teenagers who are victims of body shaming on their social well-being. However, both are different in the way that the current study is qualitative; hence it wants to know the narratives of teenagers. On the other hand, the past study is quantitative, which means they collect



statistical data from teenagers who affect their social well-being because of body shaming.

Methodology

The study of body shaming used qualitative research. It used a phenomenology research design that helped determine the challenges of teenagers who experience body shaming. It is a subjective report that utilizes a phenomenological way to deal with accumulating important information. The challenges teenagers encounter with body shaming were determined using validated structured questions through one-on-one interviews.

Participants. The study participants were chosen through purposive sampling, in which the researchers only relied on their judgment. Through purposive sampling, the researchers can only select those teenagers who encounter body shaming. The participants, six teenagers, were posed with the same questions during the one-on-one interview using a structured guide question. The study chose three girls and three boys among the teenagers in Midsayap who encountered body shaming on social media and in a personal setting, so it produced different results that fulfilled the standards of the research title. The participants were teenagers, specifically those aged 13-19.

Instruments of the Study. This study performed a one-on-one interview and used structured guide questions to collect teenagers' narratives regarding their challenges due to body shaming, for the topic is sensitive and personal. The structured guide questions were distributed and conducted face-to-face with the participants. While questioning the participants, the researchers recorded their answers with a voice recorder to document their responses. Their answers were confidential and were not leaked without their consent.

Procedure

A letter was submitted to the principal asking permission to conduct the study. Before a one-on-one interview was conducted, the Senior High School principal was given a letter for approval. Researchers performed a one-on-one interview with the chosen participants. During the one-on-one interview, the researchers used a voice recorder to document the responses of the chosen participants, which was used for the results and recommendations.

Results and Discussion

Results of the Challenges of Teenagers who Encounter Body Shaming

The following are the different themes that the researchers identified from the answers given by the participants for the first intent of the study: (1) Insecurities on Body Weight, (2) Unhealthy Eating Habits, (3) Insulting Comments, (4) Low Self-Esteem, (5) Mental Health Issues, and (6) Distracts Academic Responsibilities. The themes will be further explained below.

Table 1. Themes of the Challenges of Teenagers who Encounter Body Shaming

<i>Challenges Of Teenagers Who Experienced Body Shaming</i>	<i>Brief Description Of The Teenager's Challenges</i>
Insecurities on Body Weight	Insecurities are when teenagers compare their bodies to other people with almost perfect bodies, making them lose the confidence to accept their body weight.
Unhealthy Eating Habits	Unhealthy eating is where teenagers either overeat to gain weight or starve themselves to lose weight to reach the standard of desirable body weight made by society.
Insulting Comments	Insulting comments are words used against the victims of body shaming. These words can be traumatic for them, especially regarding their body weight, causing them a horrible experience.
Low Self-Esteem	Having low self-esteem is when teenagers blame themselves for why other people body shaming them because of their physical appearance.
Mental Health Issues	Having mental health issues is brought about by the hurtful words they cannot bear, either in social media or the actual setting, which is terrible for their mental health.
Distracts Academic Responsibilities	Teenagers who often is body shame focus more on how they look so that they can avoid the judgment of other people, which distracts them from studying and results in them losing focus on their academic responsibilities.

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Insecurities on Body Weight	Insecurities are when teenagers compare their bodies to other people with almost perfect bodies, making them lose the confidence to accept their body weight.
Unhealthy Eating Habits	Unhealthy eating is where teenagers either overeat to gain weight or starve themselves to lose weight to reach the standard of desirable body weight made by society.
Insulting Comments	Insulting comments are words used against the victims of body shaming. These words can be traumatic for them, especially regarding their body weight, causing them a horrible experience.

The results of the challenges of teenagers on body shaming are interconnected with the Sociocultural theory by Hsien-Jin (2000), wherein individuals compare their perceived appearance with some other imagined or idealized person. Typical of what the participants shared is that they compare themselves to people on social media and in person. This causes them to feel insecure about their body weight, leading to them engaging in unhealthy eating habits, having low self-esteem and anxiety, and distracting them from performing their academic responsibilities. Moreover, insulting comments from the people around them signify body shaming based on their weight because they do not develop the way other teenagers develop, based on the Development theory by Hsien-Jin (2000). Hence, differences and teasing will occur, leading to body shaming.

Insecurities on Body Weight

Teenagers often compare their bodies to others who appear to have virtually ideal bodies, making them feel insecure about themselves and more challenging for them to accept. In this study, several participants revealed that they are insecure about their body weight, leading them to be ashamed of their weight.

“Ma-insecure ko kay I have a cousin na kanang nice iyang body fit... and maisip ko na unta ako pud.” – P5 (I am insecure to my body because I have cousins that has a nice body fit... and I would think to have same body as her.) – P5

“Maka-scroll na naman ko sa Facebook, something about sa mga body like gwapa silag mga body, murag

ma-insecure gud ko.” – P4

(Whenever I scroll through Facebook and saw other people's body and it's nice, I would feel insecure.) – P4

Two out of six participants expressed how body shaming enabled them to have insecurities about their weight. They tend to compare their body weight to others, making them question their worth. It gave them the mindset that society would treat them respectfully if they had an ideal body weight. This corresponds to Valentina (2020), who stated that body shaming could make people insecure about themselves and will keep going until they are old. And because of comparing themselves to other people's body weight, teenagers may want to undergo plastic surgery to achieve those desirable body standards.

Additionally, social media provides a pathway for them to have insecurities by comparing themselves with those on social media, such as celebrities, friends, or relatives. Cantor (2017) stated pictures, articles, videos, blogs, and vlogs constantly feed teenagers messages about how they should look like. Heger (2022) reiterated that social media could expose teenagers to images of "idealized" body types, causing them to compare themselves to those on social media. Also, teenagers often form unreasonable expectations of themselves based on what they observe and become disappointed with themselves when they fall short of those standards.

Unhealthy Eating Habits

Teenagers either overeat to acquire weight and achieve their ideal body shape or refrain from eating anything to maintain a lean physique. However, these behaviors and activities are not advisable due to the detrimental effects on their physical health. In this study, several participants stated that they overeat or do not at all to lose or gain weight, leading to unhealthy eating habits.

“Dili nako ganahan magkaon...” – P1

(I do not want to eat anymore...) – P1

“Naa pay times na dili nako magkaon sa tatlo ka adlaw tungod ana.” – P1 (There is also a time that I did not eat for three days because of that.) – P1

“Ginahimo na gud nimo ang tanan like gakaon ko daghan.” – P6

(I'm already doing what I can, like eating too much) – P6

A participant shared that one of the significant challenges she experienced as a victim of body shaming is starving herself to lose weight, for she

thinks it is the only way for the people around her to stop pointing out her body weight. Also, P6 said that she experienced excessive eating to gain weight so that people around her would stop body shaming her weight. Unhealthy eating habits signify that body shaming can damage teenagers' physical well-being.

As Schluger (2022) stated, because of body shaming, one may engage in a diet that involves restrictive eating in an attempt to change their body shape or size, which can spiral into harmful behaviors like skipping meals, fasting, vomiting after eating, excessive exercising, or overusing laxatives. Due to this, teenagers can end up depriving their bodies and brain of essential nutrients necessary for optimal health. One should note that excessive eating and starvation of the participants are caused by the body shamers because they felt pressured by the insulting comments regarding their body weight.

Insulting Comments

Teenagers are frequently the targets of verbal bullying, including body shaming, and this may be a terrible experience for them, especially when it involves their bodies inflicting negative experiences. Moreover, this study states that they are greatly affected by the words said to them.

"Mag state sila sa mga names na 'butakal', 'baboy', 'dako na kaayo ka kay dili na masakto sanina nimo sa imoha'." – P1

(They always say names like "You are a pig" and "You are so big that your clothes does not fit you anymore.) – P1

"Ang mapansin agad nila like, 'hala! natambok ka,' 'hala! dako na kaayo kag nawong,' 'hala! chubby na kaayo imong cheeks.'" – P5

(They would notice things like, "Oh my! You have gotten fatter," "Oh my!

Your face is so big," and "Oh my! Your cheeks are so chubby.") – P5 *"Mao ng mawalaan ko gana malakaw sa mga family gathering."* – P5 *(That is why I have no energy to go to family gatherings.)* – P5

The participants shared how the insulting comments of the people around them negatively impact their social well-being. Every time there is a family gathering, they hear or receive unwanted comments from their relatives pointing out their body weight. Due to this, P5 doesn't want to go to family gatherings because she knows that people will insult her body which negatively affects her emotional and social well-being.

Sachdev (2020) asserts that teenagers often come across relatives who scrutinize them and sneakily say: "You have gained so much weight!" This makes them brutally criticize themselves because they are uncomfortable with their appearance or weight. Sometimes, because of the insulting comments of others about their body weight, it will reflect on how they view themselves. Teenagers will talk negatively to themselves, telling themselves things like, "I feel fat today," or "I need to quit stuffing my face with food."

Low Self-Esteem

Teenagers subjected to body shaming because of their appearance tend to blame themselves at this point, which lowers their self-esteem. Teenagers also experience self-confidence loss and self-defeating beliefs at this time. In this study, some participants revealed that being body shamed lowered their self-esteem.

"My self-esteem got really low." – P2

"I question my self-worth, uhmm... self image, and also my feelings." – P2 *"Dili nako confident sa akong sarili..."* – P4

(I am not confident to myself) – P4

The participants shared that because of body shaming, she has low self-esteem and they keep on questioning their self-worth. Questioning one's own self-worth can make a person lost their respect to themselves. Also, P4 expressed how body shaming leads her to lost her confidence and not having satisfaction towards her body. When someone doesn't like their body and body shame them, teenagers may not feel good about themselves or take care of themselves which leads to them staying away from friends and family, or turning down chances to do things they would otherwise enjoy (Jessie's Legacy, 2022).

Bhardwaj (2020) contended that body shaming develops a sense of self-pity, leading them to see themselves as unworthy of happiness and respect, resulting in social withdrawal or complete isolation. Similar to the case of P2, where he no longer has a sense of self-worth, self-image, and feelings.

Mental Health Issues

Teenagers might no longer tolerate offensive language in society or on social media, which is awful for their mental health. Moreover, this leads to mental illnesses, including addiction, depression, anxiety, eating disorders, and others. Furthermore, in this study, some participants stated that they were experiencing this

mental illness because people body shaming them.

"Ahh... anxiety..." – P1

(Ahh... anxiety...) – P1

"Naay times na naga breakdown ko tungod ana sa gabii nganong ani akong lawas." – P1

(There was also a time that I break down every night because of my body weight.) – P1

"Uhhh... I get really scared or anxious about what I'm wearing, or I get uhhh... concerned." – P3

"Gives me severe mental health issues..." – P2

The participants expressed that body shaming damaged their mental health. They cannot bear the pressure that the people around them are giving. Hence, it leads them to break down every night, questioning why their body is different from others when every person has a unique body. Mind Shift (2021) pointed out this data, which shows that body shaming can lead to avoidance and opting to isolate oneself due to the humiliation felt. It can make a person feel lonely and sorry for oneself, leading to depression.

Also, P3 shared that he was concerned and anxious about what he was wearing outside because people might point out his body weight, causing him to have mental health problems. And P2 voiced out that body shaming gave him severe mental health issues. If not treated in time, these people can develop serious anxiety issues and even experiences panic attacks. This can lead them to hate their own body, which provokes them to hurt themselves, leading to suicidal thoughts (Bhardwaj, 2020).

Distracts Academic Responsibilities

Teenagers who experience body shaming frequently concentrate more on their appearance so that they can escape the judgment of others, which diverts them from studying and causes them to lose concentration on their academic obligations. Moreover, in this study, some participants stated that body shaming distracts them from their academic responsibilities.

"Maapektuhan pud akoang pag study kay dili ko ka concentrate kay pirmi nako to maisip na gina body shame ko." – P6

(It affects my study because I can't concentrate well because I always think the time they are body shaming me.) – P6

One of the participants voiced out that because people body shamed her weight, she lost focus on her studies,

distracting her from her academic responsibilities, which affected her studies. Venido (2013) posited that every student couldn't perform well academically because of body shaming. It is hard for them to socialize with others because they think other students can judge them because of their weight. Due to this, the students may lose interest in studying. In return, they can't fulfill their academic responsibilities when their social behavior is affected by body shaming, and their thoughts are clouded by people who shame their weight.

Moreover, Raposo (2022) claimed that students who experience body shaming, especially from their professors, are less likely to make or keep close friendships. They are more likely to experience depressive symptoms. It can cause them to lose confidence or dissatisfaction with their body, which may also cause them to start isolating themselves. The participant was distracted by her academic responsibilities and had difficulties socializing.

Results of the Coping Mechanisms of Teenagers who Encounter Body Shaming

The participants in this study elicited means of coping with body shaming. The researchers identified five emergent themes concerning the coping mechanisms used by teenagers to overcome body shaming. These are (1) Embracing Oneself, (2) Seeking Help to Lose Weight, (3) Unwinding, (4) Avoiding Social Media, and (5) Unhealthy Eating and Sleep Schedule.

Table 2. Themes of the Coping Mechanisms of Teenagers on Body Shaming

Coping Mechanisms Of Teenagers	Brief Description Of Teenager's Coping Mechanisms
Who Experienced Body Shaming	
Embracing Oneself	Embracing oneself is when teenagers start to accept and love their body weight without caring about what other people think of it.
Seeking Help to Lose Weight	Teenagers seek help from the people around them or from the internet to find alternatives to lose or gain some weight.
Unwinding	Teenagers disconnect from the world, enjoy the moment to forget about their problems brought on by body shaming, and start to accept their body weight.
Avoiding Social Media	Teenagers often get body shamed on social media, so avoiding it is one of the best coping mechanisms so teenagers can be free from body shaming.
Unhealthy Eating and Sleep Schedule	Teenagers either overeat to gain weight or don't eat at all to lose weight. It also includes not having enough sleep or too much sleep, which is terrible for their health.

The coping mechanisms shared by the participants are interrelated to the Body Image theory by Rainer (2015), which is a dynamic concept that encompasses a person's perceptions, thoughts, and feelings about their body weight. The dominant coping mechanism of the participants to overcome body shaming is embracing their body weight because perceiving their body weight as unique and beautiful is equal to embracing and acknowledging their differences among other people's body weight.

Embracing Oneself

Teenagers begin to live without concern for what other people think of them and accept who they are, starting to love themselves instead of caring what others think in this state. In this study, participants stated that one coping mechanism is embracing themselves.

"Wala ko nalang siya gina isip ang mga gina ingon sa tao sa akon." – P1

(I didn't think about what they say about me.) – P1

"Unahon jud nako akong sarili kaysa sayangan ko sa ila." – P1 *(I should put myself first than wasting it to them.)* – P1 *"Gina-embrace ko nalang akong flaws."* – P4

(I just embrace my flaws.) – P4

"Ginatabangan lang pud nako akong sarili like gina accept nalang nako." – P6

(I am helping myself, like accepting it.) – P6

"Wala nalang nako like gina mind ilang gina ingon... like kung unsa ko happy nako." – P6

(I do not mind what others say... like I am happy with what I am.) – P6

The participants shared that accepting and embracing themselves helps them overcome body shaming as victims. Embracing themselves prevents them from getting affected by what other people say about their body weight. Also, P6 uttered that not minding what other people said about her weight made her feel at ease and contented with her body weight. Self-acceptance is what the participants build to cope with the unending insulting comments of the people around them, including those people who are important to them. Embracing oneself may be a complicated and lengthy process; however, participants overcome body shaming, so they are no longer insecure about their bodies.

Similarly, Schluger (2022) cited that being proud of one's individuality will make people remember the positive qualities that they bring to the world is the foundation for attaining body acceptance. The value of a person as a human being is worth much more than a physical body. It is important to practice self-love and try not to be bothered by any negative comments.

Seeking Help to Lose Weight

Teenagers hunt for remedies online or from those in their immediate vicinity to gain or lose weight. This is one of their ways of finding solutions to their problems. In this study, participants stated that one of their coping mechanisms is seeking help to lose weight and improve their bodies.

"Bisag unsa nalang na apps akong gina download para mamayat ko." – P1

(I download every application I see on how to lose weight.) – P1

Aside from self-acceptance, P1 vented that social media helped her lose weight and cope with people who have body shame her. Even though social media is where body shaming takes place, it also gives a venue for her to overcome body shaming through the help of applications that lead her to lose weight, instead of hating a healthier body. because the people around her did not accept it, she sought help to lose

weight through social media. Due to this, she no longer hated her body because she had reached her desirable body weight.

This idea is supported by Chang (2023), who claimed that social media outlets, like Facebook, Twitter, or Instagram, can be handy in trying to lose weight. Those people who are connected via social media have more success losing weight. Social media offers a health-focused community, support, and new resources to help lose weight. Other than that, people can also seek help from their family, friends, and relatives to give them moral support in losing or gaining weight.

Unwinding

Teenagers cut themselves off from social media and enjoy the opportunity to forget about their issues and begin to appreciate who they are. With this, they can be free from body shaming and restart their life. In this study, participants stated that one coping mechanism is to unwind to forget their problems.

"I usually go out for walks or have time for myself." – P2
P3 "I prefer going into nature trips." – P2

The participants shared that they go for a walk whenever body shaming arises to have time to think and unwind. Unwinding can help them clear their thoughts and reduce stress from the people who physically shame them. It can prevent them from getting depressive thoughts which can damage their mental health because when they go out for a walk, they will stop thinking about it, which prevents them from getting insecure about their body weight. One also prefers going on nature trips because nature can bring people to appreciate the things around them, including themselves.

Vanderzanden (2019) asserted that getting outside can reduce stress brought on by body shaming. Being out in nature can be very calming and take away all the stress and depressing thoughts because of body shaming. Taking a break from the things contributing to anxiety due to body shaming can lead to a person having a positive view of their body weight, which builds self-acceptance.

Avoiding Social Media

Teenagers are prone to body-shaming on social media, so the best coping technique for teenagers to prevent body-shaming is to stay away from social media because they are frequently the target. In this study, the participants stated that avoiding social media is the

best coping mechanism to prevent body shaming.

"The first thing I do is avoid social media." – P2

According to P1, applications in social media helped her to lose weight. However, in the case of P2, social media made her insecure and uncomfortable because it is where people body shame his weight. Hence, the first thing he did was avoid it because he didn't want to see an unnecessary opinion from others about his body weight. Social media does not boost his confidence; instead, it puts him in a situation of insecurity about his body. Avoiding social media helped him to cope with body shaming and prevent himself from getting insecure.

This data corresponds to Schluger (2022), who stated that spending too much time on social media can add anxiety, loneliness, and body dissatisfaction, reinforce unrealistic expectations of oneself, and expose teenagers to body shaming and cyberbullying.

Unhealthy Eating and Sleeping Schedule

Teenagers either overeat to gain weight or do not eat to lose weight, in their situation, to get their desired body. They may also sleep too much or too little, which is also bad for their health. In this study, some participants stated that this is their coping mechanism, even though it is unhealthy.

"Akong coping mechanism kay unhealthy kay the more na punaon nimo sa akong mga bagay na di nako gusto sa akoang body, the more na magkaon ko or it's either na mag-starve ko." – P5

(My coping mechanism is unhealthy because the more they point out my insecurities, the more I eat or starve myself.) – P5

"I want to prove them right." – P5

P5 revealed that her coping mechanism to overcome body shaming is unhealthy because she tends to eat so much when people tell her that she is getting fatter. Sometimes, she starves when people around her tell her that she is getting thinner. She has that mindset that she wants to prove them right by overeating or starving. Gilkey (2013) argued that having the attitude of proving other people, who are the body shamer, right will stop them from body shaming another person because they think that pointing out their body weight will make no sense, for it will never affect them. In addition, overeating or starving oneself may be an unhealthy coping mechanism; however, having the mindset of proving them right regarding their insults to one's body will make them feel despicable.



*“Itulog nako or it’s either puyat ko kay di man ko kabalo how to express how I feel.” – P5
(I sleep it out or I stay awake until midnight because I do not know how to express my feelings.) – P5*

P5 added that she tends to have an unhealthy sleeping schedule because that is the only way to stop thinking about people's body shaming her weight. Banner Health (2019) showed that adequate sleep drastically reduces feelings of anxiety by improving one's ability to process stress and react appropriately. It can boost one's mood, outlook, and temperament. This can help P5 to reduce anxiety brought on by the people shaming her body weight.

On the contrary, Banner Health (2019) added that losing too much sleep can activate a brain region that controls emotional processing and worry. It can bring mental effects to people who lack sleep or don't get sufficient rest which is also connected to the coping mechanism of P5 to overcome body shaming. Because the participant can't express her feelings, she tends to stay awake till midnight because that is her only resort to express her feelings.

Results of the Insights of Teenagers on Body Shaming as a Victim of I

The emergent themes which arose from the data shared by the participants are as follows: (1) Cease Body Shaming, (2) Be Sensitive, (3) Minding One's Own Body, and (4) Building One's Self-Confidence.

Table 3. Themes of the Insights of Teenagers on Body Shaming as a Victim of I

<i>Insights Of Teenagers On Body Shaming As A Victim Of It</i>	<i>Brief Description Of Teenager's Insights</i>
Cease Body Shaming	Teenagers are sensitive when it comes to their physical appearance, so we need to stop body shaming for it can hurt people's feelings and affect their confidence regarding their body weight.
Being Sensitive	Many teenagers are conscious about their bodies, so we need to be sensitive to their feelings and the words we say to them, so we can avoid lowering their self-esteem.
Minding One's Own Body	Instead of minding what other people think about their bodies, they should focus more on improving themselves, removing their insecurities, and being confident in their body weight.
Building One's Self-Confidence	Teenagers who experience body shaming tend to lose self-confidence, so they should learn to accept their flaws, especially in their bodies, embracing them to build their self-confidence again.

The participants' insights on body shaming as a victim of it is supported by Development theory by Hsien-Jin (2000) which incorporates that teenagers do not develop the same time as other teenagers; hence, differences and teasing will occur, leading to body shaming. The participants expressed that being sensitive is one way of ceasing body shaming. Being sensitive that not every people has the same body weight and being aware of the reasons why other teenagers do not have the same body weight will lessen body shaming among teenagers on both social media and in person.

Cease Body Shaming

Teenagers are sensitive regarding their appearance, so people must be mindful that body shaming might harm their feelings and possibly lower their self-confidence. In this study, some participants stated that we need to cease body shaming to reduce or prevent teenagers from damaging their mental, physical, and social well-being.

*“Dapat ang body shaming kay di gid dapat siya ginabuhat sa iban na tao kay maskin man guro ang iban di ganahan maka experience ana.” – P1
(Body shaming should not be done to other people because some people also doesn't want to experience body shaming.) – P1
“It should be removed...” – P3 “This should be*

avoided..." – P2

"Dili dapat nimo tagdon ilang lawas kay wala mana silay mabuhat dayon in an instant sa ilang weight." – P5

(We should not point out their bodies because they can't change their weight instantly.) – P5

"Wala man pud ta kabalo kung unsa ilang story na na ingana siya..." – P6

(We also don't know their story why they are like that...) – P6

The participants voiced their insights on body shaming, and most said that people should not normalize it; hence, people should stop it. As stated by P6, we do not know the story behind why they are fat or thin or something in between, so we should not point out their body weight. Also, pointing out their body weight because it does not reach the standard of a perfect body created by society can cause people to question their worth and have insecurities. Gaining weight and losing weight is a long process; thus, as cited by P5, people should not point out someone else's body weight because they cannot change it instantly.

Henzen (2015) substantiates this claim by showing that body shaming is subtle but harmful; thus, people must put it to an end. People spend much time analyzing and judging appearance but comparatively less appreciating abilities. Body shaming is not okay because it puts pressure on people to lose weight and makes them feel worse about themselves and more isolated. Keeping in mind that every human being has unique shares of body weight is enough reason not to body shame others.

Being Sensitive

Teenagers are susceptible when it comes to their bodies, so it is essential to be sensitive to their needs and watchful of the things we say to them to prevent harming their self-esteem. In this study, some participants stated that we need to be sensitive to the feelings of people we talk to because some words might hurt their feelings.

"Mawala ang ilang self-confidence..." – P1

(It loses their self-confidence...) – P1

"Hurt a person's feelings, especially their self-esteem." – P3

"We should be sensitive towards the feelings of others, we should appreciate each and every one of us." – P2

"Di man gud nato balan ang epekto gud sa ilaha." – P5

(We don't know the effect it can bring on them.) – P5

The participants shared that people should be sensitive enough not to body shame others, for it can hurt people's feelings, and worst, they would feel that they are different from others because of their weight. Also, body shaming can leave a lifelong trauma to a person, so every human being should be careful. Instead of pointing out other people's body weight, they should appreciate it, for everyone has a unique body weight. And P1 said that it could cause them to lose their self-confidence, so people should uplift it instead of making them lose it.

Daskal (2014) posited that being sensitive means understanding that each person's weight, body, and challenges are unique and cannot be compared to anyone else. Being pleasant and courteous to other people is a good way to respect their feelings. It is essential to have a sensitive method of expressing your emotions to that person. In this way, people can prevent themselves from doing the act of body shaming.

Minding One's Own Body

Teenagers are easily swayed, so rather than worrying about what other people think of their bodies, they should concentrate more on bettering themselves, getting rid of their fears, and feeling confident about their appearance. In this study, participants stated that we should mind one's bodies because we should focus more on ourselves than minding others.

"Ayaw i-mind ang gina-ingon sa uban and i-accept nimo kung unsa jud ka." – P4

(Do not worry about what they say and accept yourself.) – P4

One of the participants expressed that instead of comparing and minding others' bodies to yours, you should start improving yourself and loving yourself so that you will not be affected by what other people say about your body weight. Minding one's own body will help one not to be insecure and have self-esteem on themselves. Laguna Shores (2013) states that minding one's body can help teenagers focus on improving themselves and believing in their self-worth. They can focus on what they can control and the things that contribute to their well-being. Focusing more on themselves helps teenagers relearn unconditional self-love and establish social boundaries that guard against body shaming practices.

Building One's Self-Confidence

Teenagers subjected to body shaming often experience a loss of confidence. Therefore they should learn how to embrace their defects, particularly those that pertain to their bodies, to regain that lost confidence. In this study, some participants stated that building one's confidence is the key to defeating the terror of body shaming.

“Dapat kanang naa lang jud kay confidence sa sarili, dili ka magpadala sa iban...” – P6

(We should have confidence in ourselves and not get swayed by others.) – P6

“Dili ka mag pati-pati sa iban kay sa ilaha naman na.” – P6

(We shouldn't also believe what others say because it's just their opinions.) – P6

P6 shared that we should start building our confidence, for it is a great foundation not to be affected by body shaming based on weight. Instead of minding other people's insulting comments towards our bodies, people should start improving themselves towards self-confidence and self-satisfaction. Arumugan et al. (2022) agreed on this claim that feeling more confident in oneself might help one manage body shame. How we care for our bodily and emotional needs is directly influenced by our level of self-compassion. By setting reasonable standards for ourselves, we may be more confident and at ease with our bodies while also enjoying and embracing our flaws and strengths.

Antonatos (2022) supported this idea by showing how building self-confidence can help teenagers "sit with" the uncomfortable feelings associated with body shame in a compassionate and non-judgmental manner. Self-confidence can cultivate self-appreciation or acceptance, decrease the probability of engaging in disordered eating and body shaming and strengthen resilience to cope with future occurrences threatening your self-esteem.

Thus, the challenges, coping mechanisms, and insights of the participants on body shaming are anchored by the Body Image theory by Rainer (2015) and the Sociocultural and Development theory by Hsien-Jin (2000). It was said that participants had grown insecurities towards their body weight because of comparing themselves to others in the people they see on social media and the people around them. However, embracing their body weight because they think all have unique and different body weights helped them not feel insecure and inadequate about themselves. Moreover, being aware that there are teenagers who are less physically mature and physically more mature will cease body shaming.

Discussion

In conclusion, people point out their body weight using insulting comments, making them feel pressured to lose or gain weight to achieve the "idealized" body standard that the people around them have set, especially society. Social media also gives reasons for teenagers to compare themselves to those in social media, which leads teenagers to lose their self-esteem and confidence. Body shaming could leave a lifelong trauma to a teenager's mental, physical, and social well-being, so people should end and prevent it. Putting a stop to body shaming also ends the societal stigma of an "idealized" standard of perfect body weight set by society.

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