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Perceptions of Muslimah Adolescent Girls About Body Image as Social Media Users in Sibolga City

Mega Julia Hutagalung^{1*}, Annisa Arrumaisyah Daulay²

^{1,2} State Islamic University of North Sumatra, Medan, Indonesia

Correspondence: mega0102201039@uinsu.ac.id¹

ABSTRACT

Adolescence is a transition period from childhood to adulthood. In this case, it is related to body image and is a problem that is still felt, especially by young women. Body image is an individual's overall perception of his body, which includes thoughts and perceptions of his body. One of the factors that influences body image is social media. Through social media, young women learn a lot of information about body standards that are considered ideal. The type of research is descriptive qualitative research. The research location took place in Pancuran Dewa sub-district, Sibolga City. The sampling technique uses purposive sampling and also the data analysis technique uses domain analysis which is carried out starting from reducing data, presenting data, and drawing conclusions. The findings suggest that perception, understanding and acceptance of body image vary. Adolescent girls should be more critical in facing challenges. This study also emphasizes the importance of shaping adolescents' body image, where gratitude is related to a good body image. Adolescents should use social media wisely to avoid harmful consequences. When sharing and receiving social media information, teens should also consider its use. Teens should also understand ethics and politeness on social media.

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INTRODUCTION

Teens, particularly females, tend to discover their self-identity and pay greater attention to physical form or appearance throughout adolescence (Andiyati, 2020). While Hurlock in (Yusinta dkk., 2019) said that adolescence is a transition from childhood to maturity that involves changes in attitudes, emotions, and physique. Due to ambiguity about his function, adolescence allows him to explore new lifestyles, behavior patterns, values, and qualities that fit him (Efendy & Rista, 2023). Adolescence lasts 10–13 years and ends 18–22 years (Annisa dkk., 2023). Late adolescents are emotionally unstable due to rapid transition (Tambunan, 2022). Steinber says 15-18-year-olds think more complexly, are more emotionally sensitive, and spend more time with friends (Ifdil dkk., 2017)

Youth perceive their body form based on body image. In (Triwiandra, 2022) define body image as people's thoughts, emotions, attitudes, and impressions of their bodies. According to (Abdillah & Masykur, 2021), define body image as a person's impression of the ideal physique and their wishes for their body based on others' perceptions and their beliefs to change others' opinions. Socializing helps improve body image (A. Denich & Ilyas, 2024). Conceptually, body image psychology means perception and behavior towards the body which is a manifestation of experience. The concept of body image perception is measured by investigating a person's relative assessment of their body size with their actual size (V Serly, A Sofian, 2021)

The concept of psychosocial development according to Erickson is that this period is the transition stage from adolescence to early adulthood. At this stage, it is a critical stage where each adolescent questions his identity, and a sense of similarity with other adolescents (Smith dkk., 2024). According to (Kusdemawati, 2024) the teenage identity crisis and body image are linked. Positivity about body size and form and comfort with their physical condition boost self-confidence and self-concept in adolescents (Zahra & Shanti, 2021) . Appreciating his physique and

feeling pleased and secure in it creates a good body image. Negative body image teens dislike their body form and size. They also feel inadequate and worry about their appearance, which causes discontent (V Serly, A Sofian, 2021). This negativebody image can make it difficult for adolescents to accept themselves, sensitive to criticism, not responding to appreciation from others, and easily discouraged (A. U. Denich & Ifdil, 2021).

As a result of the assessment of a teenager's body, nowadays many teenagers experience insecurity or a sense of discomfort (Intan Dinata & Pratama, 2022). Insecure or in Indonesian, insecurity can be interpreted as a fear of something triggered by a sense of dissatisfaction and uncertainty about one's own capacity, nowadays we often encounter adolescents who have characters such as anxious, timid, feeling inferior and shy by behavioral professionals, calling this a type of neurotic or insecure behavior. However, a sense of insecurity or insecurity makes adolescents cover the other side of them so as not to be seen by others, adolescents try to cover their other sides by doing something that according to them, can look great in the eyes of others (Hermawan dkk., 2024). Social media has a significant impact on adolescent body image , resulting in various negative and positive perceptions. In some studies, social media was found to have a more negative influence on adolescent body image, especially in females. This is because excessive use of social media can increase adolescents' tendency to compare their appearance with idealized images posted by others, which can result in dissatisfaction and anxiety about their own appearance (Pamirma & Satwika, 2022a). Research also shows that the intensity of social media use can increase adolescents' tendency to have a negative body image, which can result in decreased self-confidence and increased tendency to engage in extreme behaviors to change their appearance (Udayana, 2019)

Today's young women are less confidence because they continuously evaluate themselves through the eyes of their

peers (Udayana, 2019). Current body standards focus on physical beauty with a proportionate body form. Adolescents start with their physical appearance, then go on to others' and the body standards every woman should have. This description and sense of appearance is body image.

Body image is a broad scope because body image includes behavior, perception, cognitive and affective (Husna & Rusli, 2019). According to (S dkk., 2023), Body image is the perception of body shape, thoughts about body shape, and one's feelings about body shape. Body image is also defined as the image of the body on him that he forms in his own mind, namely the way in which he gives an assessment of his own appearance (Intan Dinata & Pratama, 2022). Body image is an individual's attitude towards body shape, body appearance, function and potential body size consciously and unconsciously (Agustiningasih dkk., 2020). During adolescence, the perception of body image occurs more strongly, especially in adolescent girls, a period when a person is going through a period of physical change and psychological development, which can make adolescents pay attention to their body shape and occupy themselves with satisfaction with their appearance. As a result of physical changes, one of the reasons adolescents will make an assessment and pay more attention to their appearance.

According to (Hasanah & Malia Rahma Hidayati, 2021) life is today replete with "Perfect Body Image" or the ideal body type. The ideal body image on the internet, particularly social media, is different from the person's genuine self, which might make them express themselves. This research (Hanandha & Kurniawan, 2023), split 100 female students into four groups by social media use length. The data demonstrate that social media use increases body image problems. The women will compare themselves with others and think slim people are more attractive and confident, so they are motivated to improve their bodies (Husna & Rusli, 2019)

Research (Hooper dkk., 2024) on women found that social media exposure

regarding body image in thin and attractive women has increased body dissatisfaction and created negative emotions. This is in line with research (Febriani & Rahmasari, 2022) which states that slender female bodies, flat stomachs, and small waists, have dominated western media as images of ideal body shapes (S dkk., 2023). Social media exposure that often clarifies body shape such as images of muscular men and slim women can create unrealistic standards for many adolescents making social media can form negative perceptions in interpreting their body shape.

Media exposure is not only the duration of media use or consumption, but also includes the content or content of the media consumed, meaning that media exposure is how long and how far someone uses the media (Efendy & Rista, 2023). According to (Kusdemawati, 2024) defines media exposure as how far the audience has encountered a message or a set of media messages/content. So, media exposure is how much and far a person's acceptance of media content is. Media exposure consists of three dimensions, including: (1) frequency or how often individuals access the media within a certain period of time; (2) duration, which is how long the media is used in one access; and (3) attention, which is the level of individual attention to the content of the media (Pamirma & Satwika, 2022a)

The preliminary study also found that adolescent girls currently consume a lot of traditional media and internet-based media, including online video sites (YouTube, TikTok), social media (Instagram, Twitter, Facebook, etc.), books and literature, as well as movie and music streaming sites (Aspita Sari & Putri Rahayu, 2022). Newspapers, periodicals, TV, radio, and internet gaming are less popular among teenage females. Tiggeman and Zaccardo illustrate how social media affects body image (Febriani & Rahmasari, 2022) that social media in general can be a platform that plays a negative role in individual lives, especially when users are faced with unrealistic and unattainable body images, users tend to compare their physical appearance with peers (Aisyah & Simatupang, 2023).

The existence of visual-based platforms that are used as validation-seeking media to increase self-satisfaction, which is done by posting the most attractive photos of themselves, through the likes they get and editing techniques that cause negative influences related to ideal beauty standards (Agustiningsih dkk., 2020). This causes adolescents to judge themselves negatively (Ifdil dkk., 2017) and will lead to low self-esteem (Hasanah & Malia Rahma Hidayati, 2021). The low body image in adolescents is influenced by the gap in ideal beauty standards on social media, thus affecting individual perceptions of their physical appearance (Akbar, 2015).

According to Rosenberg in (Zahra & Shanti, 2021) believes that self-esteem is unidimensional, which has a broad concept of individual self-acceptance. Self-esteem can be built through physical conditions and body image, parenting, social and cultural environment, genetics, work, and finance (H. C. K. Dewi & Ambarwati, 2024). Good self-esteem is linked to emotional well-being and mental health, thus people with it are flexible, confident, emotionally coping well, adaptive, robust, self-controlled, and have a positive self-image. Media development is not only responsible for the establishment of an ideal image, which must be treated properly. Women must recognize that the 21st century is about image construction, therefore what they see in the media may be deceptive or illusory. It is a fact that it takes almost a dozen teams of makeup artists, hair stylists, fashion stylists, lighting stylists, and stylists to look perfect as a cover model for a magazine. In essence, the perfect beauty that exists in the media is a fabrication that is very difficult to achieve in real life.

These media have created a lifestyle that has an impact on the lives of teenagers, especially teenage girls, because most of the messages are delivered to women. Unfortunately, most of the messages conveyed by the media tend to be about appearance and physical attractiveness. It is always said that physical beauty is inseparable from women. Pure white skin, slim body and straight black hair have become

the general standard of the ideal woman. This image of ideal physical standards not only affects the increase in consumption behavior, but can also affect the psychology of women (Aspita Sari & Putri Rahayu, 2022)

Social media can now have a psychological impact which will make its users feel a perfect life so that many of the teenagers spend their time playing social media (Nurrahim & Pranata, 2024). Teenagers who are generation Z are able to spend 3.5 hours accessing the internet on their cell phones every day, about 13% more. This is longer than the average millennial. Social media usage will have different effects depending on how and how often the community uses it, particularly youth, who use it as a lifestyle reference. As a result, many adolescents tend to be more vulnerable to the risk of social pressure, and body dissatisfaction due to frequent exposure to unrealistic body images. Age and gender are some of the factors that influence social media usage styles. According to We are Social research, teens between the ages of 13 and 17 account for 7.1 percent of female users and 6.2 percent of male users. Adolescents, as part of the transition phase from children to adults, face special problems in managing their inner conflicts and identities (Hermawan dkk., 2024)

In the current era of globalization and digitalization, social media has become one of the essential elements in everyday life, especially among teenagers. Platforms such as Instagram, TikTok, and Facebook not only serve as a means to communicate, but also as a medium to express oneself and build identity. This becomes even more significant for Muslim women, who are often at the intersection of cultural values, religion, and social demands developed online. In this context, body image becomes a crucial issue, where perceptions of physical appearance can be directly influenced by the content they consume on social media.

The perception of body image among young Muslim women is often influenced by beauty standards displayed in various contents on social media. Many influencers and celebrities who serve as role models often

promote idealized images of the body that are not always realistic. This can create pressure for teenagers to live up to these expectations, which in turn can have a negative impact on their mental health. This phenomenon not only affects how they perceive their own bodies, but can also lead to issues such as low self-esteem, eating disorders and social anxiety. Therefore, it is important to understand how Muslim young women respond and interpret their body image in this context.

From an Islamic perspective, there are teachings that emphasize the importance of maintaining physical and mental health, as well as appreciating Allah's creation. Islam teaches that each individual is created with their own uniqueness and beauty, which should be appreciated without comparing themselves to others. Thus, understanding and applying religious values can be an important pillar in shaping positive body image perceptions among Muslim women. This study aims to dig deeper into how social media affects their perception of body image, as well as how they integrate Islamic perspectives in facing the challenges.

METHODS

This type of research is descriptive qualitative research which produces data through the interpretation of the phenomenon under study by describing the findings or information encountered while in the field. The location of this research took place in the Pancuran Dewa village, Sibolga City. The sampling technique used is purposive sampling (Pamirma & Satwika, 2022b). The

This research will focus on exploring adolescent girls' perceptions of body image as social media users. This research aims to provide insight into how social media affects the perceptions of young women and encourage media users, especially young women, to be smarter and more critical in consuming media and knowing how young women feel about their body image as users of social media. This study hopes to shed light on how adolescents' daily media consumption affects their lives, especially since adolescence is a crucial time of growth, and help develop effective educational and intervention programs to improve positive body image in adolescent girls.

The study “Adolescent Girls' Perception of Body Image as Social Media Users in Sibolga City” addresses the absence of data on how social media affects Sibolga City's adolescent girls' body image. Much study has been done on social media and body image, but little has been done in Sibolga. This research addresses that gap by examining teenage girls' body image judgements and how social media affects them.

number of research subjects was 3 people with the characteristics of research subjects of young women aged 16-20 years who actively use social media, the duration of using social media is 3-8 hours / day.

The supporting criteria for this research informant are adolescents aged 16-20 years and as for more detailed informants can be seen in the following table:

Table 2. Informants

No	Initials	Age	Social Media Type	Social Media Duration
1	NR	19 Year	Facebook, whatsapp, Tiktok, Cupcut	4-7 hours / day
2	EM	17 Year	Netflix, Tiktok, Facebook, Messenger	3-5 hours / day
3	YN	16 Year	Instagram, Tiktok, Line YouTube, Telegram	5-8 hours / day

Semi-structured interviews with pre-prepared questions are used to gain an in-depth understanding of participants' experiences, perceptions, and views on the research topic. Non-participant observation is

used to identify feelings or cognitive informants, and photos and research letters are used to document the research (H. Dewi & Ambarwati, 2024). Data sources for this

research include primary and secondary sources.

Domain analysis is used to reduce, present, and derive findings in this study (Saniyah & Nasution, 2024). Data analysis typically uses Miles and Huberman's interactive data analysis approach (Dinata & Pratama, 2022). Summarizing, picking essential points, focusing on significant items,

and finding themes and patterns reduces data. Thus, decreased data will create a better picture and make it easier for researchers to acquire and search for more data. Data presentation will also help comprehend what's happening and plan future activities. Miles and Huberman's third step in qualitative data analysis is drawing conclusions and verification (Abdul, 2020).

RESULTS AND DISCUSSION

Results

Based on the results of the study, it is explained that the first informant with the initials NR, an adolescent girl from the Pancuran Dewa village who has now completed her high school years, does have advantages in a full body shape and good development.

Based on the research findings regarding young women's perceptions of body image as social media users, different problems were found from each individual who became the subject of this study. This study aims to determine the perception of the intended body image based on the indicators in the following table:

Table 1. Parent Theme and Superordinate Theme

No	Parent Theme	Indicators
1	Perception of Body Image	- Self-understanding - Self-appraisal - Self-acceptance

This research was conducted on three informants with the initials NR, EM, and YN. As for the second informant with the initials EM, a young woman who is now in 12th

grade, has a balanced body shape between height and weight. And finally, the third informant with the initials YN, who is now in grade 11, has a slim body shape.

Perceived Understanding of Self

The first informant with the initials NR has been able to understand and recognize himself including his body shape, from the understanding that the informant understands saying.

"... I really know about myself, brother, including about my body shape which is too short and fat..." (Interview Results June 14, 2024).

As for the second informant EM, he already understands or knows himself, including the outer and inner physical appearance, saying

"... Yes I understand myself. I understand many parts of myself, such

as hobbies, abilities, strengths, weaknesses, and others..." (Interview Result June 14, 2024)

Furthermore, the third informant YN knows herself very well, what YN understands in knowing herself including her body shape said

"... What I understand about myself is of course my body shape, my appearance, my perspective, and of course the advantages and disadvantages that exist in myself..." (Interview Result June 14, 2024)

The ideal body shape according to informant NR,

"... What is certain is that the ideal body is tall, slim with a standard weight, white, and has a glowing face and the right body shape or enough. For example, weight and height have sufficient proportions" (Interview Results June 14, 2024).

As according to informant EM regarding the ideal body shape

"...I think the ideal body shape varies depending on culture, trends and individuals. Every individual should feel comfortable and healthy with their own body regardless of standards or social pressure..." (Interview result June 16, 2024).

Similarly, informant YN said the ideal body shape according to her

"... In my opinion, the ideal body shape is relative, depending on each person's opinion. For example, between weight and height are balanced, there are no advantages and disadvantages to themselves ..." (Interview result June 19, 2024)

Informant NR's view of body shape (body image) said

".... I just think positively about my body shape, because I don't want to think too negatively which will make me stressed later..."

In addition, informant EM also said about her views on her body shape

"...I have a positive view of my body shape..."

Similarly, informant YN said

"...I have a positive view and am grateful for the body shape I have and am not affected by other people's body shapes..."

The perceived impact of social media on body image, informant NR said

"... the impact on me was that I never felt less confident, brother. But looking at other friends in my neighborhood, there are also many with the same body shape as me, most of whom are unbalanced in height and weight. So now I'm just ignorant, like I don't care..."

The informant EM said

"... I don't think there is any impact Kk, because I have never been influenced by what is displayed by social media..." Likewise, informant YN said *"...makes me think positively by forming an ideal body like the women on social media..."*

Informant NR's opinion regarding the role of social media in helping her understand the concept of an ideal body

".... I think the role of this media is very helpful in understanding the concept of the ideal body because there are many benefits, especially we can learn about what the ideal body shape is, and can also increase our awareness and ability to care for the body shape we want..."

According to informant EM about the role of social media in helping to understand the concept of an ideal body

"...Social media has the potential to be a powerful tool in promoting different body types and raising awareness of the importance of health over physical appearance. However, social media users must also be wise in responding to all the content consumed..."

In contrast to informant YN who said

"... What is certain is that social media plays a significant role, especially in today's teenagers, who

will eventually be influenced and force themselves to match the standard body size... ”

NR informant's response to seeing social media that displays many women with attractive looks

“ In my opinion, women who look attractive on social media motivate me, because we know how to maintain an ideal body shape and maintain a balanced diet.... ”

The EM informant responded to the social media she saw by displaying attractive women

” ... I am very happy to see a woman looking attractive, it means she cares about her body care. Women should look attractive.... ”

Furthermore, YN's response said

“...I feel very satisfied to see many attractive women, those who look elegant are very attractive to look at them with a positive aura... ”

Informant NR also said that she follows various accounts on social media, especially in terms of having an ideal body shape, saying

“... Yes, I have followed those on social media such as content that

Perception of Self-Assessment

In assessing herself about her body shape (body image) on her physical appearance, informant NR said

“ ... I just lack confidence in my physical appearance.... ”

As for informant EM in assessing her own body shape said

“... my body shape is normal, not tall but also not short either, not fat but not thin either... ”

promotes positive body image and follow accounts such as members of the Kardashian/Jenner family, accounts that contain motivation to improve fitness, or other influencers... ”

As for informant EM, she said

“...only follow a few in terms of having the ideal body that informants see on social media... ”

Furthermore, informant YN said

“...only follow a little, not fully following the ideal body shape and still working on it... ”

From the results of the interviews above, it can be concluded that the three informants NR, EM and YN have been able to understand and recognize themselves including their body shape. With their understanding, the three informants have been able to learn to describe themselves and change negative thoughts into more positive ones. This means that even though the informants have a better understanding of themselves regarding body image perceptions, from negative thoughts, informants have learned how to change fears and anxieties by increasing self-confidence.

Furthermore, informant YN assessed her body shape

“...I judge my own body shape to be quite attractive, I am satisfied with my body shape... ”

Informants' satisfaction with their physical appearance and hope to have an ideal body image, informant NR said

“... I am satisfied, but I have hope to reduce my weight a little more... ”.

Likewise, informant EM said

"... yes, very satisfied with my body shape, whatever my body shape is, I am perfect in my own eyes..."

In contrast to informant YN who said

"...and I have hope by making my appearance attractive..."

Factors that can lead to self-assessment of the body image owned, informant NR explained

"... For me, there may be internal factors and external factors. Maybe if it is internal from ourselves who are slowly able to accept our shortcomings and strengths, if it is external, for example, we want to tell friends or parents and they consider it positive, then nowadays, social media sometimes has a bad impact sometimes but there are also positives, for example, following accounts about motivation discussing about the physique, well that is also one of the things that can make us confident..."

As with the informant EM said

" Factors in positive body assessment are self-acceptance, social support, social media exposure, health, psychotherapy and counseling. Negative assessment factors are media and advertisements, social comparison, negative experiences ... "

Furthermore, informant YN said

"...in the positive assessment I feel comfortable and confident while in the negative assessment, namely the social environment and anxiety..."

Informant NR said it is very important to have a positive body image according to her

"...I think it is very important to have a positive body image and this positive body image can increase our own self-confidence, of course we have to be optimistic and have confidence to overcome the fear of negative thoughts..."

The informant EM also said

"...very important for one's physical and mental well-being..."

Informant YN said

"...very important because it can increase our self-confidence and tend to live a healthier lifestyle..."

In comparing one's own physical appearance with more attractive, prettier, slimmer and taller figures on social media, informant NR said that

"... I often compare myself with women on social media, especially my close friends kak, every time I see, beautiful people with a thin and tall body shape with white skin, when can I have a body shape like that, but I have to try again to get what I want kak..."

It is different with informant EM who said

"... never compare with other female figures, because I have an understanding that women's beauty is different..."

Meanwhile, informant YN said

"...Ever, in comparing with someone who is taller..."

The ideal body shape standard according to informant NR said

"... What is certain in my opinion is that it is not fat and not short, the most important thing is that it can accept

and feel comfortable with its own body shape...”

Meanwhile, according to informant EM said

“...varies greatly depending on culture, trend methods and individual preferences...”

Furthermore, the third informant YN said

“...height, weight in the normal group, not less, and not excessive or obese...”

From the results of the interviews above, it can be concluded that the three informants NR, EM and YN have been able to assess themselves and appreciate their body shape well. As for comparing physical appearance, NR informants often compare their physical appearance with women around their neighborhood who have thin weight and white skin, while YN informants often compare with taller people.

Perception of Self-Acceptance

In self-acceptance, informant NR said

“...I have been able to accept the advantages and disadvantages of the body shape that I have now...”

The informant EM said

“...I have been able to accept the advantages and disadvantages of my body shape and I prefer to maintain the body shape I have, not adding or reducing...”

Likewise, informant YN said

“...have been able to accept both the advantages and disadvantages in my body...”

In each informant whether they have been influenced by the physical appearance displayed by social media or maintain their body shape, Informant NR said

“... What is certain is that I was influenced by the physical appearance on social media but, as much as possible I maintain and do not change what is in my current physical appearance and my parents also advised me not to be influenced by the physical appearance of people on social media, we must be grateful for God's gift...”

In contrast to the second informant EM who said

“...have never been influenced by the physical appearance displayed on social media and maintain the body shape that I have...”

Similar to the first informant, the third informant YN also said

“...I have been affected but I remain confident and maintain my body shape...”

Informant NR has also experienced feelings of anxiety and lack of confidence about her body shape, saying that the cause is

“...I have experienced teasing because I have a fat and short body, which sometimes causes me to lack confidence and be embarrassed to leave the house...”

As for informant EM, she has also experienced feelings of anxiety or lack of confidence due to body image, who said the cause was

“... because I have experienced weight loss that makes me look very thin ...”

Similar to the two informants, informant YN has also experienced feelings of anxiety or lack of confidence, the cause of which is

“...lack of weight...”

The strategy used in maintaining a positive body image informant NR said

"... What is certain is that on weekends I do sports such as running in the afternoon, skipping, often consume vitamins and milk and the important thing is to maintain a balanced diet..."

As for informant EM who said

"...Maintain a diet, get enough rest and exercise..."

Furthermore, according to informant YN

"...such as healthy self-care practices in implementing a balanced diet, getting enough sleep, and most importantly being able to maintain a connection between feelings, thoughts and self-satisfaction..."

The biggest challenge NR informants face in maintaining a positive body image is

".... In my opinion, the big challenge is often comparing myself with other people..."

As for informant EM, she said the biggest challenge faced in maintaining a positive body image was

"... laziness..."

Likewise, informant YN faced the biggest challenge in maintaining her original body shape

"...often lazy exercise and my habit of eating instant food..."

And finally, each of the three informants NR, EM, and YN said

"...never experienced that it was difficult to accept her body shape..."

From the results of the interview, it can be concluded from the three informants NR, EM and YN regarding self-acceptance that the informants know and recognize the advantages and disadvantages of accepting

their body shape so as to support a positive body image. As for informants NR and YN who were influenced by the physical appearance displayed by social media, but they are more likely to maintain their body shape. In contrast to informant YN who has never been affected by the physical appearance displayed by social media and maintains her body shape.

In addition, the researcher also conducted preliminary research by asking questions to the three young women which contained digging up information about the time used to use social media in one day, the type of social media used and the activities carried out using social media. As a result, the informants have all used social media, namely Facebook, Instagram, Line, WhatsApp and others with the intensity of use 1-14 hours per day. This can be seen from the results of a brief interview with an adolescent girl with the initials EM aged (17 years) who said:

"... Yes, brother, I am also a very active social media user, in a day I can access social media up to 3-5 in a day, what I do is scroll tiktok, see the latest information, read comments. And there are also positive and negative impacts for me..." (Interview result June 16, 2024)

The informant NR also said

"... Every day I play social media. Usually in a day I access social media for 4-5 hours a day. I feel that social media is easier, practical and saves time too, then in this day and age many people, especially teenagers like us, prioritize social media and we also do a lot of activities outside that can make it easier for us to get information from the cellphone that we always carry, so brother..." (Interview result June 14, 2024)

Similar to subjects AV and NR, YN also said

“ ... I am also an active user in using social media, sometimes I don't even remember the time. And in my opinion, there is a lot of information on social media, especially about health, beauty, so it is complete, we can also see pictures and videos. ”
(Interview results June 19, 2024).

Based on the answers that respondents have given in each question in this study, the use of social media among adolescents has a considerable influence on adolescents' understanding of the use of social media. So based on the theory conveyed by Kottler and Keller and Taprial and Kanwar that mass media can provide broader information either through writing, photos, or videos on various social media so that it can affect the perspective of someone who receives the information conveyed as well as the delivery of body image on social media understood by adolescents (Purwati dkk., 2023)

Discussion

The research above shows that informants' body image judgments of self-understanding, self-assessment, and self-acceptance are connected. The informant's response to external stimuli through the five senses is modified by knowledge, experience, and personality (Fitriani & Purnomo, 2023). Thus, body image improves self-acceptance and confidence but is affected by internal and external influences. This study demonstrates that young women judge themselves by their attractiveness, therefore informant NR is less secure in his appearance and always believes he is low.

Psychological theories about self-confidence reveal a lot about this phenomenon based on their view of human personality (Rawana & Morgan, 2014). Self-confidence arises from the self-concept and self-image that each person has. Existentialist personality theory reveals that what man imagines himself to be is what he is. Behaviorist personality theory asserts that humans are the result of the influences around them. Psychoanalytic personality theory explains that every human being is a totality from which he depends on developing

Feeling worried about body shape is normal, many women feel that others are more attractive. There are some people who perceive themselves into a positive body image, namely the correct perception of the body, appreciating the shape of the body and understanding that no one's physical appearance is perfect (Aristantya & Helmi, 2019). Positive body image makes people proud and confident. Some people have a negative body image, which is a distorted view of body shape, feeling like something is missing, and thinking their body shape is unattractive and not what they want, which leads to self-doubt. In this case, researchers see how young women from Kelurahan Pancuran Dewa present themselves in front of many people, especially in the use of social media that they consciously behave positively and rationally regarding body shape so that they accept the overall advantages and disadvantages that exist in themselves

himself. And self-actualization theory explains that man is the realization of his greatest potential. Self-confidence arises from how a person views himself.

According to psychologist Sigmund Freud in (Yang dkk., 2017), self-confidence is a level of suggestion that makes a person feel confident in accomplishing anything. Thantawy defines self-confidence as a mental or psychological condition that gives a person strong confidence to do or complete an action in the dictionary of guidance and counseling terminology (Rousseau & Eggermont, 2018). According to Lie (Latiff dkk., 2018), someone who is confident can complete tasks or work in accordance with the stages of development well. Feel valuable, have courage, and the ability to improve their achievements.

Body image describes a person's impression of the ideal body and what they want in terms of weight and body shape based on others' perceptions and how much they have to change them (A. U. Denich & Ifdil, 2021). Individuals perceive through the five senses, organize, interpret, and evaluate to gain meaning. Individuals can understand their state through perception. Perception

involves all parts of the individual, including feelings, experiences, mental capacities, frames of reference, and community. In perception, even if the stimulus is the same, but the experience, ability to think, and frame of reference are different, the results of perception between individuals and other individuals may be different (Akbar, 2015)

According to Robbins, there are two important aspects to make the foundation of self-perception, namely self-acceptance and self-assessment, from these two aspects it can be interpreted that adolescents who have a positive self-perception when they have been able to accept and give a positive assessment of themselves. In the way adolescents see, evaluate, and feel about their own bodies. Body shape, size, weight, and look are considered. Physical changes during puberty, media influences, societal beauty standards, and social and emotional experiences all affect adolescents' body image (Nurrahim & Pranata, 2024).

In research (Nurrahim & Pranata, 2024) on self-perception, argues that self-perception is a person's ability to recognize, identify, and express attitudes and feelings or other things in oneself. In addition, Bem argues that self-perception arises as a result of individual observations of the behavior of oneself and others or the surrounding environment. Self-perception is the ability to recognize and understand oneself as a whole. Positive self-perception about themselves, they tend to accept themselves fully and feel proud of their abilities and conditions.

According to (Aisyah & Simatupang, 2023) list five body image components: appearance evaluation, orientation, body area satisfaction, overweight preoccupation, and self-classified weight. Appearance The body's attractiveness is assessed positively or negatively. Cognitive-behavioral appearance orientation is personal care. If someone is unhappy with their looks, they will work to improve it. Body Area Satisfaction measures satisfaction with face, eyeball color, eyebrows, eyelashes, nose, cheeks, chin, skin color, hair, muscle appearance, height, upper body (chest, shoulders, arms), middle body (waist, abdomen), lower body (hips, thighs,

buttocks, legs), and other body parts. People estimate which body components they think are disproportionate or unsuitable, causing body dissatisfaction. Overweight Preoccupation (anxiety of being fat), which measures the fear and anxiety of obesity, individual vigilance towards weight change, tendency to diet to lose weight and restrict diet. Self-Classified Weight (body size categorization), which measures how individuals perceive and assess their weight, and categorizes body size from very thin to very fat.

Adolescents who successfully develop a positive perception of their body appearance will tend to be better able to appreciate themselves (Papalia dkk., 2008). Thus, adolescents feel that any changes that occur in their appearance are natural for everyone during puberty. When adolescents develop a positive body image concept, they tend to accept and appreciate themselves more and have better adaptability to all changes experienced which can refer to self-confidence in making self-presentations that suit themselves both in the virtual and real world (Allen & Walter, 2021). Adolescents who have a clear understanding of themselves and have successfully developed a positive body image will tend to be more resilient to self-evaluation of the feedback they get on their appearance and can be more positive in responding to that feedback without losing their true identity when interacting on social media (Hanandha & Kurniawan, 2023)

Social media can improve adolescent body image and health through education. Social media lets anyone contribute, give criticism, discuss, and share knowledge quickly and unlimitedly. By expanding contacts and information, social media helps teens develop a positive body image and learn more. Teenage years are promising for physical and mental growth.

One of the main causes of the formation of body image is because someone uses social media too often, when they start using social media and see the contents of social media such as photos of peers and even other people they don't know have advantages over themselves, they will feel less confident and

start thinking about how to get a physical condition and appearance similar to them, sometimes even some people are willing to do extreme things (Masitah dkk., 2018).

There are also drawbacks to social media, as social media develops it becomes increasingly detrimental to young people's mental health. One of these is how social media shapes young people's body image perceptions, which can have a negative impact on health. One of the hallmarks of social media is its ability to produce effects that can lead to the manipulation of images or videos uploaded and displayed on the platform. Adolescent girls in particular experience the negative effects of social media use, including low self-esteem and negative body image due to their inability to accept their physical appearance (Yusinta dkk., 2019). Adolescents' perceptions of their bodies usually result in a negative body image. As a result, someone who has a negative body image needs help and guidance from those around them so that the negative image changes to a positive one (H. C. K. Dewi & Ambarwati, 2024)

In the research results, there is one informant with the initials NR who has a negative impact where the informant wants to reduce his weight so that he is not too fat. Recent studies have shown that social media trends (e.g., feeling slim, feeling sick) affect self-esteem, happiness, and body admiration in frequent users. A systematic review found a positive association between social media use and body shape appreciation (Hooper dkk., 2024). In addition, research conducted by (Andiyati, 2020) observed that increased social media use predicted 18-month body dissatisfaction. According to current studies, social media use lowers body image, self-esteem, and mood. As research has shown this possible harmful impact, actions to mitigate it are needed.

The detrimental effects of social media use on psychological well-being have been thoroughly established across samples, laboratories, and countries, but research is just beginning to address them. Stopping social media use is a cheap and easy strategy to limit harm. Reducing social media use improves

well-being, sadness, attractiveness, and weight (Smith dkk., 2024)

The use of social media among adolescents is initially more often considered a trend that must be followed, but the more it is followed, the more information and content that adolescents find very interesting. Various contents that are often seen are artist and influencer posts, the world of fashion, make up and skincare. Interest in seeing posts or content becomes a necessity among teenagers, this is what underlies teenagers can linger using social media. This is one of the reasons that most of the young women researchers conducted in the Pancuran Dewa village use social media for more than 5 to 8 hours a day. In line with the survey which explains that Indonesians mostly use social media for 2.5-3 hours/day, another article explains that Indonesia is the fourth longest-using country in the world with an average of 15.4 hours per month. The longer adolescent girls use social media, the more dependent teenagers will be on smartphones, this is one of the negative impacts of using social media. Adolescent self-awareness about the positive and negative impacts of social media use on body image is very important. Adolescents have to learn a lot to recognize everything that is displayed on social media so that it does not affect their feelings about their body and can take the necessary actions to maintain mental health and positive body image.

Social media plays a significant role in shaping adolescent girls' perception of body image. Many of them are exposed to idealized images that are often unrealistic, leading to social comparisons that can lower self-confidence. Research shows that adolescents who use social media more frequently tend to have higher levels of dissatisfaction with their bodies compared to those who are less active on these platforms.

Beauty standards set by influencers and celebrities on social media often become a reference point for young women. They feel pressured to meet these expectations, which can lead to extreme dieting or attempts to alter their physical appearance. In this study, the majority of respondents admitted to feeling

pressure to look like the images they see on their social media feeds.

However, not all young women are negatively affected. Some of them find positive inspiration from content that encourages self-acceptance and wellness. They tended to follow accounts that promoted natural beauty and body health, thus building a more positive view of themselves. This shows that social media can also be a tool to promote a healthy body image.

From an Islamic perspective, it is important to teach adolescents about the values of gratitude and self-acceptance. Islamic teachings emphasize that every individual is created unique and that the body is a trust from Allah. Many respondents stated that this understanding helped them to cope with pressure from social media, leading them to appreciate themselves and their bodies more. Body image dissatisfaction triggered by social media can have an impact on adolescent girls' mental health. Some of them reported experiencing anxiety and depression due to the pressure to meet beauty standards. This emphasizes the need for mental and emotional support, as well as an understanding of the importance of mental health in the context of body image.

The Impact of Social Media

Social media plays a dual role in shaping young women's body image. On the one hand, many respondents reported that they feel pressured to meet beauty standards that are often unrealistic. Constant exposure to content featuring idealized bodies can lead to adverse social comparisons. Respondents revealed that they often compare their physical appearance to photos uploaded by influencers and celebrities, which are often heavily edited. This creates unrealistic expectations of what is considered "perfect beauty".

The psychological impact of this body image dissatisfaction can be significant. Previous research has shown a negative relationship between social media use and

The role of community and family is very important in shaping the body image perceptions of adolescent girls. Support from parents and friends can help them feel more confident and accept themselves. This study found that adolescents who receive positive support from their surrounding environment tend to have a healthier body image and are less affected by the standards in social media. Adolescent girls in Sibolga City have developed various strategies to cope with the negative influence of social media. Some of them choose to limit their time on social media, while others are more selective about the content they consume. This awareness shows an effort to maintain positive mental health and body image amidst the flow of information that can be misleading.

Overall, young women's perceptions of body image as social media users in Sibolga City are influenced by many factors, including beauty standards set by the media. In the context of an Islamic perspective, it is important to provide education that emphasizes the values of self-acceptance and gratitude. Recommendations for parents, educators, and the community are to create a supportive environment, as well as organize educational programs on media literacy and mental health for adolescent girls.

body image dissatisfaction, which can lead to mental health problems such as depression, anxiety and eating disorders. In Sibolga, these pressures are exacerbated by a societal culture that tends to value physical appearance, so adolescents feel they have to look "perfect" to be accepted.

However, on the other hand, social media can also serve as a source of motivation and education. Some respondents mentioned that they follow accounts that promote healthy lifestyles, natural beauty and self-acceptance. This positive content helps them to love their bodies more and feel less dissatisfied. Therefore, it is important for teens to develop media literacy skills to identify and consume useful content.

Integration of Islamic Values

Most respondents demonstrated the ability to integrate Islamic values in their perception of body image. Islamic teachings emphasize that every individual is created by Allah with their own uniqueness and beauty. In this view, true beauty is not only measured by physical appearance, but also by one's morals and personality. Respondents who have a good understanding of religious values feel more confident and better able to deal with pressure from social media.

A strong religious education plays an important role in shaping this positive perception. When adolescents understand that God loves them for who they are, regardless

of physical appearance, they are more likely to develop a healthy sense of self-confidence. This also creates mental resilience that can help them navigate the challenges posed by social media. For example, respondents who were active in religious or community activities were often more resilient in the face of unrealistic beauty standards.

Thus, strengthening religious education at school and at home is crucial. Through teaching that emphasizes the importance of respecting oneself and God's creation, adolescents can be better prepared to face challenges in this digital era.

The Role of Social Environment

Social environment, including support from family and friends, has a significant influence on adolescents' body image perception. Many respondents stated that they felt more confident when they received positive support from those closest to them. Comments and judgments from those around them can either reinforce or undermine self-confidence. For example, one respondent stated, "When my parents always compliment my appearance, I feel better about myself."

This social support also creates a network that helps teens to strengthen each other in the face of pressure from social

media. Friends who provide emotional support and encourage each other to love themselves can be an important protective factor. This suggests that creating a positive environment around teens can help them develop healthier body image perceptions.

Therefore, it is important for parents to be actively involved in their teens' lives, provide emotional support, and create open communication. Discussions about issues surrounding body image and social media can help adolescents feel more accepted and valued, thus reducing the pressure they feel.

Implications for Mental Health

From these results, it can be concluded that there is an urgent need for interventions that support adolescent mental health. Educational programs that teach media literacy, awareness of the negative impacts of social media, and reinforcement of religious values can help adolescents develop resilience to social pressure. It is important for adolescents to understand that a healthy body image depends not only on physical appearance, but also on attitude and personality.

In addition, a more holistic approach involving family, school and community needs to be developed. Activities involving group discussions, workshops or seminars on

mental health and body image can be an effective means of raising awareness and understanding among adolescents. In this regard, collaboration between educational institutions, religious organizations, and local communities can create more effective programs in supporting adolescent mental health.

Further research is also needed to explore other factors that influence body image perceptions in a broader context, such as cultural, economic and access to education factors. With a better understanding of the various aspects that influence body image, more appropriate intervention strategies can

be developed to help adolescents deal with the challenges.

Thus, this study highlights the importance of understanding the relationship between social media, body image, and religious values in the context of adolescent Muslim women. Collaborative efforts from various parties, including educators, parents

and communities, are needed to create an environment that supports the development of a positive body image. Through strengthening religious education and media literacy, it is hoped that adolescents can be better prepared to face challenges in the digital era and build a healthy and positive self-image.

CONCLUSION

Based on the results of research on young women's perceptions of body image as social media users, it can be concluded that each individual has a different assessment, understanding, and acceptance of body image. Moreover, young women must usually be more critical in responding to problems. This study also underscores the importance of shaping adolescents' perceptions of their body image, where high levels of gratitude

correlate with positive body image. Wise use of social media is very important by adolescents to prevent negative things from happening as a result of using social media. Adolescents must also understand and still pay attention to the utilization aspect in disseminating and receiving information found on social media. The existence of ethics and manners should also be known by teenagers in using social media.

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