

# Cyberbullying body-shaming levels in adolescence

Leonel Hernandez Collantes <sup>a,1,\*</sup>, Fajar Ananda Saputra <sup>b,2</sup>, Putri Riadatus Solikhah <sup>b,3</sup>, Trisna Chandra Laksana <sup>b,4</sup>, Novan Kuncoro Yakti <sup>b,5</sup>, Jecksoniel Tipagau <sup>b,6</sup>

<sup>a</sup> Universitaria ITSA, Carrera 45 # 48 -31, Barranquilla, Colombia

<sup>b</sup> Universitas Negeri Malang, Departement of Electrical Engineering, Malang, Indonesia

<sup>1</sup> lhernandezc@itsa.edu.co ; <sup>2</sup> fajar.ananda.1805356@students.um.ac.id; <sup>3</sup> putri.riadatus.1805356@students.um.ac.id; <sup>4</sup>

trisna.chandra.1805356@students.um.ac.id; <sup>5</sup> novan.kuncoro.1805356@students.um.ac.id; <sup>6</sup> jecksoniel.tipagau.1905354@students.um.ac.id

\* corresponding author

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## ABSTRACT

Social media is a medium that teenagers very often use. Interaction media that users can use to easily interact, share, and social network without limits. The development of this social media can cause many impacts. This media will also have a harmful impact if used excessively. These problems arise in individuals who use the internet excessively, such as playing online games outside the limits of teaching to cause behavioral changes such as rudeness and aggression. Besides that, problems in the cyber world are commonly called cyberbullying. In addition, social media users easily express and publish their emotions and thoughts, including negative thoughts and emotions for others. The impact of this is the occurrence of bullying on social media. Cyberbullying, or cyberbullying, is a negotiation act that occurs and uses cyber media. Bullying often occurs through insults, threats, and humiliation on social media and text messages. The form of insult in cyberbullying is by bullying someone's physical appearance or better known as body shaming. Body shaming is a form of verbal-emotional violence often not realized by the perpetrator because it is generally considered normal. Someone doing body shaming varies, from lighting the atmosphere, having fun, and inviting laughter to have reasons meant to insult.

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## 1. Introduction

Social media is an online medium used by each other that users can easily participate in, interact with, share, and create blog content, social networks, forums, and virtual worlds without being limited by space and time [1]. The development of the world of technology, primarily related to the internet today, is so rapid. The Internet is widely used in various areas of individual life, such as public services, education, learning, communication, and entertainment [2]. It is clear that the internet exists and affects all sectors of an individual's life [3]. At first, the internet only served as a means of communication, but nowadays, the internet has switched to more specific uses [4]. Based on data from the Ministry of Communication and Informatics in 2017 shows that 63 million internet users in Indonesia, and 95% use the internet to access social media networks. Social media is popular nowadays, seen many social media users, ranging from students, students, workers and so forth . The findings are reinforced by the opinion that the student profession uses the internet more than other sectors, the study also stated that internet students had become a prerequisite in implementing their studies [5]. This is because students are required to use the internet in their daily activities, especially to do college assignments [6]. Students utilize the ease of getting internet access on campus to do many activities ranging from doing tasks, searching, communicating, and even playing social media [7].

There are many impacts of this social media development, both positive and negative impacts on children's education at primary school age, especially on the impact that makes changes to children's

social [8]. Almost all of our people in every house, both in the city and even in the villages, always present various forms of technology work as part of the completeness for the house's residents. The work of communication and information technology, such as social media, can make a child become a "stranger" that, due to globalization [9], has become so freely present in the family, teaching its users anything at any time, changing lifestyles, bringing new habits, even said that the need for technology as a form of sophisticated hypnotism that can change their behavior and the way they communicate with others. High access to internet use, such as two sides of the currency, on the one hand, provides many benefits but, on the other hand, raises new social problems. The problem arises in individuals who use the internet excessively [10], such as playing online games outside the bounds of fairness to cause behavior changes such as being rude and aggressive, in addition to the problem of intimidation in the cyber world, commonly called cyberbullying [11]. Besides internet users, social media is a straightforward to express and publish their emotions and thoughts, including negative thoughts and emotions to hurt others [12].

Bullying, or so-called bullying, is a negative act committed by another person to a person continuously and repeatedly, both physically and psychically [13]. Bullying often occurs in the real world and the virtual world [14]. Cyberbullying is an act of negotiation that takes place in cyberspace and uses cyber media [15]. Cases of cyberbullying in Indonesia are pretty high, the results of research conducted by the Ministry of Communication and Informatics with UNICEF from 2011 to 2012 [16]. This study involved 400 children and adolescents aged 10 to 19 years old located in 11 provinces in Indonesia. The results showed that 13% claimed to have experienced cyberbullying through insults, threats, and humiliation on social media, 9% said they had sent messages of insult and anger through social media, and 14% through text messages. This number means that 13 out of 100 respondents are victims of cyberbullying, and 23 out of 100 are perpetrators of cyberbullying. Besides, according to Ipso's research in collaboration with Reuters in 2011, 74% of Indonesian respondents pointed to social media, such as Facebook, being the place of cyberbullying [17]. One form of insult to cyberbullying is the act of physical display abuse of a person or better known as body shaming.

Body shaming is an act that vilifies a person's physique and considers it a joke. Body shaming is a form of verbal-emotional violence often unnoticed by the perpetrator because it is generally considered reasonable [18]. The reasons for a person doing body shaming are various, ranging from thawing the atmosphere, pranks, and inviting laughter to anyone intending to insult [19]. [20] Describes three characteristics of body shaming: a. Criticize yourself and then compare with others. For example, seeing yourself fatter than others; B. Criticize others in front of them. For example, say other people's skin is darker, so it is necessary to carry out treatment; c. Criticize the appearance of others without their knowledge. Body shaming that is done continuously can result in mental health disorders for people affected by body shaming. Body shaming occurs when a person humiliates others regarding body shape. Most of those involved in this are women. A person affected by body shaming will be adversely affected, such as mental breakdown, depression, eating disorders, etc. Over time the victim of body shaming will find himself useless. 966 cases of physical humiliation or body shaming were arrested by police throughout Indonesia throughout 2018. A total of 347 cases have been resolved, both through law enforcement and mediation approaches between victims and perpetrators.

## 2. Method

This study applied research methods with a non-experimental design, namely descriptive and documentary. The descriptive approach aims at describing an object of research according to the conditions or facts obtained in the field. Meanwhile, documentaries due to various documentary sources were reviewed and analyzed [21]. This study aims to determine the level of social media crime in terms of body shaming, especially in adolescents.

This study was applied to observe and collect data and information from respondents about cyberbullying, especially in cases such as body shape. This research was carried out with the target of teenagers in Malang City, and data collection was carried out from April 1 to 14, 2021, which was carried out descriptively. From this survey, there are 118 adolescent respondents in Malang City. The questions asked consisted of five categories: general questions, public understanding of cyberbullying, types of acts and perpetrators of cyberbullying, cyberbullying behavior against body shaming, and the impact of cyberbullying behavior. The data obtained will then be arranged according to the discussion category.

### 3. Results and Discussion

The survey was conducted by dividing the five categories of discussion. The first part is to get the respondent's profile. There are two questions related to the respondent's profile: age and gender. The results of the recapitulation of the percentage of respondents are presented in [Table 1](#).

**Table.1** Respondent Profile (%)

		Frequency (%)
<b>Age</b>	17	1%
	18	3%
	19	1%
	20	21%
	21	49%
	22	17%
	23	6%
	24	3%
<b>Gender</b>	Male	78%
	Female	22%

On average, 49% of 21-year-old youths and 78% of the respondents were male. The second part is in [Table 2](#), which shows the survey results on public knowledge about cyberbullying.

**Table.2** Public Knowledge about Cyberbullying

		Frequency (%)
Cyberbullying is bullying in cyberspace	Strongly Disagree	3%
	Disagree	3%
	Agree	16%
	Strongly agree	79%
There needs to be a punishment/sanction for perpetrators	Strongly Disagree	3%
	Disagree	1%
	Agree	17%
	Strongly agree	80%
There is a need for special handling/counseling for victims	Strongly Disagree	0%
	Disagree	6%
	Agree	25%
	Strongly agree	69%
Cyberbullying treatment will have an impact on feelings	Strongly Disagree	2%
	Disagree	3%
	Agree	17%
	Strongly agree	78%
Cyberbullying cases can be avoided	Strongly Disagree	3%
	Disagree	19%
	Agree	31%
	Strongly agree	47%

So that the results obtained were as much as 79% and 16% of the public understood the meaning of cyberbullying. Respondents think there is a need for punishment for cyberbullying perpetrators, with 80% saying strongly Agreeing and 17% saying to agree. Moreover, on the side of cyberbullying victims, 69% said they strongly agree with the need for special treatment for victims. Respondents know the impact that can be caused if Cyberbullying occurs, with a percentage of 78% saying they agree with it. However, not many people know about prevention to avoid cyberbullying behavior, as evidenced by the percentage as much as 19% say they disagree and as much as 3% say they strongly disagree.

The following survey is to see cases of cyberbullying on the victim's side, both from a psychological perspective and the treatment carried out by cyberbullying perpetrators, as shown in [Table 3](#).

**Table.3** Cyberbullying Case on the Side of the Victim

		Frequency (%)
Have you ever been bullied through social media?	Never	48%
	Rarely	32%
	Often	11%
	Very often	8%
Need special treatment for victims	Never	7%
	Rarely	5%
	Often	25%
	Very often	64%
Have you ever had a mocking or threatening phone call	Never	56%
	Rarely	25%
	Often	14%
	Very often	5%
Ever been given inappropriate comments on social media social	Never	37%
	Rarely	34%
	Often	21%
	Very often	8%
ever insulted / ever called with body shape	Never	14%
	Rarely	25%
	Often	37%
	Very often	24%
feeling embarrassed, losing self-confidence, or depressed after getting bullied, body shape	Never	22%
	Rarely	27%
	Often	31%
	Very often	20%
There has been a spread of embarrassing information about yourself online in the last six months	Never	75%
	Rarely	14%
	Often	10%
	Very often	1%

As many as 19% of respondents said they have often and have been victims of bullying. Various behaviors have been experienced, such as receiving threatening phone calls, inappropriate comments on social media, and body-shaming insults; according to the survey, respondents most often

experience body-shaming treatment as much as 31% often said and 20% said very often. Victims will feel ashamed, lose confidence, and become depressed after getting bullied behavior. Moreover, it can also impact the dissemination the victim's personal information.

The following survey is to see cases of cyberbullying on the side of the perpetrators, both from a psychological perspective and the actions of cyberbullying actors, as shown in [Table 4](#).

**Table.4** Cyberbullying case on the side of the perpetrator

		Frequency (%)
Have you ever done cyberbullying?	Never	67%
	Rarely	25%
	Often	6%
	Very often	2%
Have you ever made a mocking or threatening phone call?	Never	81%
	Rarely	17%
	Often	1%
	Very often	1%
Have you ever made inappropriate comments on other people's social media?	Never	78%
	Rarely	18%
	Often	3%
	Very often	1%
Have you ever insulted someone by calling someone their body shape?	Never	44%
	Rarely	38%
	Often	17%
	Very often	1%
Feeling happy and confident after bullying about other people's body shapes	Never	83%
	Rarely	12%
	Often	4%
	Very often	1%

Of the 118 respondents, 8% have been and are often perpetrators of cyberbullying. Moreover, based on the survey said that the treatment often carried out by perpetrators was by insulting someone's body shape as much as 18%, compared to threatening phone calls and making inappropriate comments on social media. However, from the feeling of the perpetrator after cyberbullying, 5% of respondents felt happy and confident.

[Table 5](#) is the next section to test the respondents' understanding of cyberbullying treatment, especially body shaming.

**Table.5** Knowledge Related to Cyberbullying: Body Shaming

		Frequency (%)
Opinions about people who easily comment on or insult someone's body shape (body shaming) so that it can offend him	Very Not Good	75%
	Not good	14%
	Good	6%
	Very good	5%
Opinions about people calling with words like fat, black, etc	Very Not Good	68%
	Not good	22%
	Good	4%
	Very good	6%
Opinions about people who do body shaming and assume that it is a joke	Very Not Good	75%
	Not good	17%
	Good	5%
	Very good	3%
Opinions about people who like to compare themselves with others	Very Not Good	69%
	Not good	25%
	Good	4%
	Very good	2%
Opinions about people who quickly tell others to do sports and regulate their diet because of their body shape?	Very Not Good	33%
	Not good	43%
	Good	20%
	Very good	3%
Opinions about people who spread bad news through social media	Very Not Good	90%
	Not good	7%
	Good	2%
	Very good	2%
Opinions about someone stealing Identity Online	Very Not Good	91%
	Not good	5%
	Good	3%
	Very good	2%
Opinions about people threatening others by using weaknesses and spreading through social media	Very Not Good	92%
	Not good	4%
	Good	2%
	Very good	2%

75% of respondents are aware that insulting body shape behavior via social media is not a good thing to do, similar to other treatments such as calling people with body shapes, comparing with others

who have ideal bodies, spreading bad information via social media, identity theft, and responding to threats from others. However, based on the survey, as many as 23% said it was perfect for getting people to do sports and regulate their diet because of their body shape.

The following survey is the impact of cyberbullying treatment on memory and the recovery process. Based on a survey of respondents, as many as 87.3% said that the effects of cyberbullying resulted in depression or mild stress that took a long time to recover, as shown in Fig. 1.

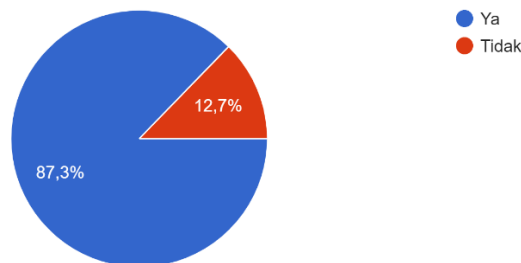


Fig. 1. Survey Due to Cyberbullying

Fig. 2 is the result of a survey based on long-term memory. As many as 93.2% said that both the perpetrator and the victim will still remember the treatment, even though they have passed a long recovery period.

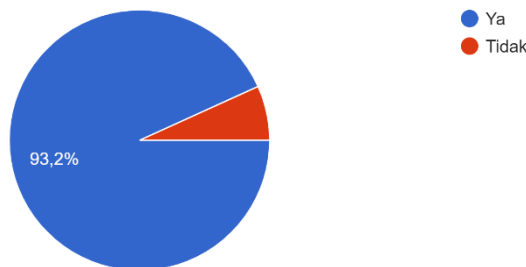


Fig. 2. Survey on the memories of perpetrators and victims after cyber bullying

#### 4. Conclusion

Based on the research results, knowledge about cyberbullying has been well understood, from defining and impact to law enforcement. Most cyberbullying victims are caused by the humiliation of their body shape (Body-Shaming). This affects the victim to be embarrassed, not confident, and to depression. This has also had an impact on spreading embarrassing information about him. While on the side of the perpetrators, most often, cases of cyberbullying on body shape (Body-Shaming) compared to other cyberbullying treatments. Furthermore, on average, the perpetrators feel happy after bullying because it is considered a joke.

Special treatment for victims is to bring a psychiatrist to do treatment/self-reflection. Meanwhile, the perpetrators can be punished to deter them from cyberbullying again. In avoiding cyberbullying behavior, it is not only educational material because it has been proven that the education level of respondents, in this case, is very understanding, but in its application, in the field, they still do not understand. They already know the impact of this behavior. The need for practical understanding is not just theory.

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