The Dynamics of Body Image Formation in Emerging Adult Women

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ABSTRACT : The dynamics of body image formation are different for everyone. A person's perception, both positive and negative, is often influenced by several factors in their environment. This research explores the dynamics of body image formation in emerging adult women with a focus on the influence of interpersonal relationships, cultural factors, physical characteristics, personality, social comparison, and spirituality. The aim of this research is to see a picture of the dynamics of body image formation in emerging adult women. The participants in this study were 6 people aged 20-25 years. The research results showed that most participants had a positive body image, where they were quite satisfied with their bodies. Interpersonal relationships, cultural factors, physical characteristics, personality, social comparisons, and spirituality contribute to the formation of body image.

KEYWORDS: body image, dynamic, self-image, young adults, women

I. INTRODUCTION

According to Arnett (2014), emerging adulthood is a time when people are figuring out who they really are, as they now have the opportunity to explore their own identity. It is also considered a time where people feel like they are 'in between', no longer adolescents but also not fully adults. This is because during this time one tends not to understand their true identity and social roles.Emerging adulthood is also considered a time of opportunity, where people at this time tend to feel optimistic because they see many options open to them, such as life partners, job opportunities, and other things. As they explore these options, they also begin to take responsibility and become more independent. However, independence, responsibility and freedom in emerging adulthood are not always fully achieved. They are still dependent on others in some ways. Basically, emerging adulthood is a transitional period where people are searching for their identity, with many opportunities and choices opening up before them. As they explore these opportunities and choices, they also take on responsibilities and become more independent, although they still need support from others (Arnett, 2014).

Entering the emerging adult age period, the physical transformation in women reaches its peak. This is due to the development of female hormones that trigger the development and improvement of the general body shape. This change usually causes a reaction where appearance becomes a very important thing to be judged. This affects how one assesses body image (Cash & Pruzinsky, 2002; Grogan, 2021). Body image is a self-representation in terms of body size, shape, and/or appearance of the extent to which one's body is perceived to conform to an ideal image (Cash, 2011). There are several factors that can influence a person's assessment of body image including cultural socialization, such as social comparison with the ideal image (Fardouly et al., 2011). (Fardouly et al., 2015a).. Another factor is interpersonal experiences such as relationships with family and surrounding people, having experienced verbal or direct abuse such as body shaming, bullying, and so on. Other factors such as physical characteristics, and personality variables can also affect the level of satisfaction with body image. As a result of these influences, individuals acquire attitudinal patterns that tend to affect how they notice, perceive, interpret and respond to daily life events. (Grogan, 2021).

Based on a cross-sectional study revealed that women are more concerned with appearance than men (Quittkat et al., 2019). One thing that has remained consistent over time is that women are constantly encouraged to change their shape and weight to match current trends. Since ancient times, women have felt pain to achieve the beauty standards of the time. This phenomenon can be clearly seen in practices such as foot binding and the use of corsets that restrict movement, where women experience discomfort and physical limitations in order to follow certain fashions. In modern Western societies, these practices have been replaced by restrictive diets that

can be debilitating and detrimental to health, as well as cosmetic surgeries that involve painful and potentially dangerous procedures, all done in order to achieve a body shape that is considered attractive by standards. (Grogan, 2021). Previous research shows that the body image of emerging adult women is quite alarming. Research conducted on early adult women (18-25 years old) in Makassar city found a picture of the body image of early adult women, where those with low-moderate body image amounted to 216 people (54.1%), while those with high-very high body image amounted to 151 people (37.8%) (Mappatunru et al., 2023). When viewed from the percentage, participants with body image levels from very low to moderate are more than high to very high. This shows that there are still many early adult women who describe their physical condition as not ideal. Another study also conducted on male and female early adults aged 18-28 years and domiciled in Kendari City showed that the level of body image in early adults in the moderate category was higher than those in the high category (Rengga & Soetjiningsih, 2022). This shows that there are still many emerging adults who have not been able to describe their physical condition very well and need to be improved.

Several studies have also revealed other factors that influence body image in emerging adult women, including criticism and negative comments from their parents as well as low self-compassion. (Biolcati et al., 2020; Wasylkiw et al., 2012). Other research elaborates on the concept of positive body image, including how support from the social environment (including friends) can help mitigate the negative impact of family comments and social pressures on emerging adult women (Tylka & Wood-Barcalow, 2015). The serious impact of poor body image can trigger feelings of dissatisfaction, anxiety, and disrupt healthy eating patterns and even potentially lead to eating disorders such as anorexia nervosa and bulimia nervosa. (Phillipou et al., 2017). Besides physical changes, emerging adulthood is also a period where women experience significant emotional and psychological growth. According to Erik Erikson's developmental theory, a person in the emerging adult period enters the Intimacy vs Isolation period, which means they begin to face new challenges in establishing their more intimate social interactions and relationships. This can affect how women view themselves and tend to engage in social comparison as they try to understand their role in their social environment and how others view them. Through one of his studies, Erik Erikson found that in their development, women consider their body as the main thing to attract attention from others and as one of the important aspects in the formation of their self-concept. One study found that there is a negative correlation between self-concept and body image dissatisfaction, where thin bodies are considered more idealized (Alipoor et al., 2009; Kelly, 2004).

The role of media, especially social media, also has a significant impact in shaping the self-perception of women in emerging adulthood. In an increasingly advanced digital era, the role of social media as a platform for communication, interaction and information sharing has become an integral aspect of daily life. Statistical data reveals that the number of social media users in Indonesia continues to increase every year and is estimated to double from 47.03% to 81.82% within 9 years from 2017 to 2026. The age range of social media users is dominated by the emerging adult age group, namely the age range of 18-34 years and the number of female users is more than male. (Nurhayati-Wolff, 2023). Social media has a very important role for emerging adults, namely as a medium for learning, shaping attitudes and perceptions, and influencing the way they see themselves, in this case including body image (Perloff, 2014a). However, photo-based social media such as Instagram, Facebook and TikTok, have created a social environment where unrealistic beauty standards are often promoted through manipulated photos and embellishing filters. One of the technologies that is currently in vogue is Artificial Intelligence applications such as face swaps, image and video generators. Exposure to idealized appearance images on social media can influence and damage body image images in social media users, especially in terms of perceptions of beauty and satisfaction with their own bodies (Paxton et al., 2022).

Previous research suggests that overexposure to idealized body images on social media can lead to an increased risk of eating disorders, anxiety, and low self-esteem (Casale et al., 2024; Perloff, 2014b; Tatangelo et al., 2016). Emerging adult women who are more active in using photo-based social media such as Instagram and Facebook are more exposed to and engage in social comparisons with others through social media and are therefore more susceptible to experiencing pressure to achieve unrealistic beauty standards, which in turn negatively impacts their physical as well as mental health (Perrin & Anderson, 2019). Other studies have also shown that those who frequently view aesthetic photos, fashion, faces, attractive expressions, and good body shapes influence their feelings, thoughts, and actions. They tend to compare themselves to these things and end up being dissatisfied with their physique (Brown & Tiggemann, 2016; Fardouly et al., 2015b; Frederick et al., 2017; Perloff, 2014a; Salomon & Brown, 2019; Sukamto et al., 2019). Most previous research has extensively discussed the factors that shape body image both quantitatively and qualitatively. The qualitative research in this study will explore various aspects that delve into the personal and subjective experiences of participants regarding their body image. This provides different results on how each participant interprets their body image

beyond mere measurements or objective standards. Other qualitative studies have focused on one or a few specific shaping factors, such as the effects of Instagram (Prichard et al., 2020), positive body image (Wood-Barcalow et al., 2010), cognitive factors (Cash, 2012), and the influence of friends and family (Curtis & Loomans, 2014). In contrast, this study will explore a range of factors, including interpersonal experiences, cultural socialization, physical characteristics, personality, and social comparison, to achieve a more comprehensive understanding. Based on the description above, the purpose of this study is to look at the dynamics of body image formation in emerging adult women. The results of this study are expected to provide an overview and reflection to emerging adult women, especially regarding body image and its forming factors so that they can improve a positive body image.

II.   METHODS

Participants : The number of participants in this study was 6 people. Participants were selected with the criteria of being female, aged between 18 to 25 years. The sample in this study was selected using purposive sampling technique.

Design : This research uses qualitative research methods, using a phenomenological approach. Phenomenology is an approach that aims to explain the meaning for some individuals of their life experiences regarding a concept or phenomenon. Qualitative research is a type of research that does not rely on statistical procedures. Moleong (2013) said that qualitative research can be interpreted as a form of research that aims to deeply understand certain phenomena.

Instrument : The researcher has a role as a data collection instrument. The data collection used tools such as interview guides and observation guides. Interviews were conducted in a formally structured manner face-to-face to create an interactive and personalized atmosphere between the interviewer and participants. In addition to the dimensions previously described, the interview questions also referred to the Body Appreciation Scale (BAS) instrument (Avalos et al., 2005).. Some of the questions given to participants were as follows: How would you describe your current physical appearance? Are you satisfied with your overall physical appearance? What do you think of beauty standards in today's society? Then, the observation will conduct a Mental Status Examination on the participant and pay attention to the participant's facial expressions during the interview. The results of the observation will be recorded on a laptop, tablet, or researcher's notes after the interview is completed.

Analysis Technique : The data processing process in this research involved several steps in order to achieve a comprehensive and in-depth understanding of the phenomenon being studied. The first step involved transcribing data from recorded interviews or observations into text format. Next, peer debriefing was carried out through discussions between co-researchers to evaluate and ensure the validity and reliability of the findings and interpretation of the research data, while avoiding potential bias. The results of the completed data analysis are then compiled in a research report, which is able to provide an in-depth understanding of the phenomenon being observed.

Procedure : This study adopted a qualitative approach using data collection methods through interviews and observation. Participants who have agreed, sign a willingness to participate (informed consent) sheet. The first step, participants will be presented with a short video in the form of an advertisement entitled "Dove Real Beauty Sketches" regarding body image. Observation of participants' facial expressions will be carried out while participants watch the video. Then, interviews will be conducted with participants to gain an in-depth understanding of their experiences and perspectives related to body image. The interviews will be conducted in a closed room that has lighting and temperature that can provide the creation of a calm and comfortable atmosphere. The type of interview chosen is a moderately scheduled interview and will be conducted using a one-on-one method. The one-on-one method was chosen because based on previous research by Wood-Barcalow et al. (2010) on body image, this method allows participants to give deeper answers, opportunities for each participant to respond to each question, follow-up questions tailored to each participant, and sufficient comfort when discussing sensitive topics. Meanwhile, direct observation of situations or interactions with participants is expected to provide a richer contextual picture of the phenomenon under study. Observations will be recorded using the narrative recording method. In addition to interviews and observations, this research will also analyze additional supporting data or documents from various sources to enrich and explore understanding of related phenomena, without any particular limitations.

III. RESULTS

Table 1. Interview topics

Topic	Dimensions
Perceived body image	Physical Appearance
	Physical Ability
Factors that influence body image	Culture Socialization
	Physical Characteristics
	Personality
	Social Comparison

Based on table 1, it can be seen that this research provides an overview of body image perceptions and the factors that influence them. There are 3 main topics, namely body image perception with 2 dimensions, namely physical appearance and physical abilities. Factors that influence body image with 5 dimensions, namely interpersonal experience, cultural socialization, physical characteristics, personality, and social comparison.

Topic 1: Body image perception
Physical Appearance : Physical appearance refers to the visual aspects of a person that can be observed directly. It includes various visible elements such as face, hair, height, weight, face, posture, and so on. The results of the interviews with the participants showed the level of satisfaction and perception of their physical appearance.

Personally, many people say I'm a bit tall. Big but tall. Then sometimes say cheerful, there is. Sometimes they say I'm a bit active. The score is 6. 6 anyway (P1). There's still room for improvement, and then there are some things that still want to be improved, but right now I'm quite satisfied, so 8 (P2). Actually, I'm satisfied. It's just like there are certain things that make me dissatisfied. Like especially when it's discussed with people so it's like a sense of dissatisfaction arises. So it's like I'm still not fully satisfied with myself. Like especially that, right, I should be taller, I should be thinner. Yes, it's more like, because of those two things, it affects me badly (P3).

In general 7 anyway... 7hihihi... I feel 7 because I probably feel like I've taken better care of myself. But in the past, maybe when I was still undisciplined, maybe 5-4-6. That's about it. Why I don't feel like I'm not very ugly or very pretty because yes, I also know that people may sometimes obey people Humans are also not very ugly but yes, they are not very pretty either. Like mediocre, right. But sometimes I think charisma is not just about looks. Sometimes it's also because of character or maybe our intelligence emotionally or intellectually. Because I understand that what makes people need this now is also because of their confidence. So maybe I understand here that I don't really want to see myself as very low but not very high either so I'm more humble but like I still have to be confident so that I'm comfortable in my skin. I never really thought about it before. But now it's more normal.... 6-7 at most 8 (P4).

Hmm... 9 out of 10. Uh already feel like a model. (Like that. In the past, because I wasn't confident, I was really hunchbacked, hunched over. Now I have to look tall as much as possible (P5). Actually, you can say 1-10, maybe 8. So I like to not care what people say about what, for example, I never wear makeup to the office, so it's really bare face, yes already because I only wear eyebrows. Sunscreen is just for protection, after that I don't have anything like make up first, no, because I think I only go to the office occasionally for work purposes. Besides that, the goal is to make friends and that doesn't need makeup. So I used to be really spotty. Until now, I still am. But it used to be even worse. Well, uhmm ... Still confident, still go to the office without makeup. I don't wear a mask either. I feel like, if it's my personal opinion. Yes, in college I also learned how to build self-esteem, right. Self-esteem. Like in the past it was important how I perceived myself (P6).

Physical Ability : Physical ability refers to a person's capacity and skill to perform activities involving strength, endurance, flexibility, coordination and speed. It encompasses various aspects that enable a person to perform everyday physical tasks as well as more challenging activities efficiently and effectively. The results of the interviews with participants showed the level of satisfaction and perception of their physical abilities.

Yes, quite fit. The problem is that maybe it's because of body objections too. Sometimes the waist hurts a bit. But it's getting a little smaller. Mostly the waist hurts a bit (P1). I'm proud of it. Because maybe a lot of people also try to dismiss it by saying like ah you're good from the beginning. Like you're easy, for example, pull ups you're easy right light body ah push ups you're easy light body. And I like to say I'm proud of myself and my

strength and my health because I worked hard for it I know that I worked hard for it, even from when I was a kid it was already a hobby and something that I took pride on. So, one word, if you want to describe it, it's proud because I know that I worked hard for it. That's always been my priority (P2). About my physical strength... I would rate it a nine. I feel that my body is very strong, resilient. Maybe it's because I've always been into sports, like from school. It was really fun. I'm actually really strong, it's just like since... I don't know why, since DBD my body hasn't been that strong. Then like when I entered high school, I used to faint (P3).

Sometimes they are still sick. But on average, I'm already healthy. Overall, it's probably a standard 8. My lifestyle is just not healthy enough. If I really want to be fair, I've been doing gym every week for example. I track my diet really well. But sometimes I don't always have the time and energy for that. Or maybe I jog. Or I do activities that are for physical exercise, right? Or maybe I'm in good skincare too. Then also, yes, I really take care of myself (P4). 1 to 10, I feel like I'm a 4. Because even though my body is said to look fit or what, I keep getting sick hahaha. Especially since I have anemia (P5). I'm really chubby but people like it but I feel like oh, can you be a little tapered? I mean, can you see the bones? Can you see this or not the jawline like that but people like it, it's good to know that chubby not everyone has it, but I feel like a threat like oh everyone seems to be tapered, how come I seem to be a little chubby (P6).

Topic 2: Factors that influence body image
Interpersonal Experience : Interpersonal experience in this study is explained as one of the factors that influence the formation of body image in participants both positively and negatively. She is quite close to me (reference to her aunt). So he dares to do that. (P1) Short, petite ... It's like so embedded. Because it's like every time I meet new people or meet my old family, that's definitely the first thing that gets talked about. How come you're so tiny? How come you're so small? So it's like ingrained (P3) It affects it, it definitely affects it. Because it's like... What is it, so I think that's the negative value. Like why am I so small? Then it's like, it makes me feel inferior. When I gather with my extended family, they're all so big. Even those who are still in middle school, they're already much taller than me. So it's like I'm actually already an adult but because of my small body, I'm still seen as a child. Then it's like I judge myself negatively and feel insecure when I'm hanging out together because I really feel the gap. (P3)

In my family it's like that, but I don't know if I'm thirsty to be noticed or what if I'm actually noticed, maybe it goes back to what I told you about love language because if they don't state clearly that I'm beautiful, I'm neat, they usually don't motivate me or don't tell me I'm not neat enough, not this, not that, I also don't know how to get appreciation from them because sometimes they just criticize but don't provide solutions so the insecurity is stuck, but since I came out there are people who really provide solutions, it really helps me. (P4) At home, I'm often told that my body has gotten fatter. I have acne on my face, it's called dirty. Then I have a lot of allergy marks. Then my sister is smooth, so they compare it, "you're like your sister who is diligent in bathing". So what I don't have is made up. (P5)Meanwhile, one participant shared her experience of positive support provided by one of her friends, which also had a significant impact on her understanding of the meaning of her body. I'm rarely insecure but at that time I was annoyed and then I said oh how spotty I am, then there was one person who said, whether you're spotty or not spotty doesn't reduce your value, then I said but he's less spotty ... how unfair, he said, yes he's not spotty but we don't like him, meaning I'm normal with him but if it's with you I like chatting with you. So for her, value is not about what is visible but about how you interact with others how you engage how respectful you are with people how kind your heart is humble or not, lest the beautiful ones who have everything are not that humble. (P6)

Furthermore, three out of six participants were affected by bad comments from peers and this led to negative perceptions of their body image. Usually they say. Just saw that, ihh you're fat, right, not like your sister, like that. (P1) I used to be very insecure about my muscular arms and broad shoulders until there was the time in junior high school I think it was the worst. It was my most in terms of self-confidence, there was no confidence at all. I always wore baggy clothes so that my body wasn't visible. A guy friend was like, "It's crazy that you have such wide shoulders like a man, you're not a woman." I looked at my body in a different way ever since then. (P2) When I was in junior high school, it was really traumatic, and then, hmm, I actually, the point where I started to realize that my strength is a good thing was probably when I was in Ucol (high school) because in Ucol it's famous that the PE class is really difficult and it's very different like even military style, which is like being tested for strength, endurance, flexibility, and then I've always gotten praises from the coach, and I always got the perfect score when I took the exam. That's why getting compliments makes me happy. Then starting to be in a more sporty environment (laughs) more supportive of health in general so it's like starting to feel better about myself. (P2)

Well there's also my own best friend at the Faculty of Medicine, now we're not friends for a good reason (laughs). One of my friends showed a picture of me flexing so she saw it and was like, "Oh that Livi is really scary." That made me sad that my own best friend thinks I'm scary because I show muscles. (P2) Maybe it's because I'm physically strong, so I rarely play with my girl friends, so I keep playing with boys. Girls kept calling me names. Since then I've been insecure about my appearance. (P5) The thin ideal body standard is unconsciously adopted by individuals based on the behavior of family and friends. For me, I feel like I'm getting fatter. Gaining weight right. Then not long after that, I heard my office colleagues saying that too. So yes, at first I was like "tek" right. But I just brought this. I brought it while joking about it. (P1) The most prominent one is the muscly one, being too manly. Some even say don't lift heavy things, it will make me look more like a guy, just like now. Anyway, they try to limit on how I should look in order for guys to like me, so that guys are not afraid. (P2)

That (the influence of the extended family) is not bad. Depressed, yes. The problem is that I feel so irritated every time it's discussed. Maybe there is. Maybe it affects. But the influence is more towards being really insecure. Then it's like when you hang out with your siblings, it's like, so it's already embedded like before, I'm small. (P3) Like for example with my aunt, whose house is close by. Yes, we meet very often. When we meet, it's always discussed. Like whether it's the fat or the short problem. Then it's like in one moment we meet and then it's discussed again. That's when I got tired of it. Like why then, what's the problem? Then the point is like, so what if I'm like this, you know. (P3) Actually, I'm satisfied, I'm satisfied, but there are certain things that make me dissatisfied. Like especially when it's discussed with people so it's like a sense of dissatisfaction arises. So it's like I still can't fully feel satisfied with myself. Like especially that, right, I should be taller, I should be thinner. (P3) For me, I see me as a bit childish. I was originally very childish. Like I like the cute model. I actually like it but it doesn't show. Because again because I'm big, my face is fierce. So I try as much as possible to cover that trait. But when I'm at home, I really like to be cute. Or jumping around and dancing. But when I'm outside, my mom says, "You can't be like that outside or people will see you". Especially with my body like this. (P5) All my friends would say to me, "I used to be afraid to talk to you". Because my eyes are down. If I wear a mask, you can't tell if I'm smiling or not. Then from my tone of voice. In the beginning, I didn't say much, and then it was like I just stayed quiet. Like hmm. And it turns out that I unconsciously like to be excluded by people. I didn't know and I just found out yesterday from my internship friends. So it's like that, I turned out to be fierce. (P5) Usually my mom, it's a girl, she's always concerned about acne. When my cici was spotty, she also commented like go to the doctor or look for this or try a test or an injection or something... My mom is more like that. My dad doesn't. (P6) But I'm always looking for a partner who's not too fussy and fussy about my physique so it's never a problem. Because I don't like being controlled like, you shouldn't wear this, you shouldn't eat so much you'll get fat. That's why I don't like it, so when I meet someone like that, it's already a red flag. (P6)

Culture Socialization: Socialization is explained as appearance-related standards or expectations in culture can be personally absorbed, forming basic attitudes towards the body, and influencing how individuals interpret and react to situations in their lives. Five out of six participants said that thinness is one of the beauty standards set by cultural or environmental socialization. According to me, what I know. According to beauty standards, you have to be slim and thin. A pretty or handsome face. A smooth face. (P1) Especially from the older generation, it's a very restrictive standard. You have to have a certain kind of look to be perceived as beautiful. The first thing they comment about other people's body is like the skinny person, oh the tall person, oh that's the fat person. So the range to be called beautiful is very, very narrow. (P2)

Sometimes I feel like I'm impacting myself. For example, if you're on social media. They often talk about people's physicality. Then I feel like comparing myself to myself. For example, people who are thinner or cooler, thinner. That's what affects me the most. Feeling inferior. People can make themselves thin. (P3) So for my family, if a girl is not married, she has to be slim, have smooth skin, and always smile. It's more of an old-school mindset. My father said that girls have to be ready. If you're going to marry a guy, you have to be good first. (P5) Because everyone there pays attention to style, physique, body. So I was encouraged to not follow the world standard, but to be better. Entering Jakarta especially. Especially when you go to Jakarta, you see a lot of people with different lifestyles. The style is different. So I started slowly, not following it. It's more like slowly I think something has to change. (P6)

Physical Characteristics : Physical characteristics describe the size or shape of the body which is an important factor in the formation of body image. 6 participants said that their physical characteristics influenced their perception of body image.

It must be that everywhere people look at the physical first and then look at the others. It's rare, almost nonexistent, if people look at other things first rather than physically. The first thing they look at must be physical. (P1) Quite important, because in the past I have experienced being called down by people. Unique, broad shoulders, the more muscular type. Now it's more positive, I've learned to accept it and to maximize what I have, my strength, my ability, to be better. (P2) But if for example for weight, it's more important. Maybe 8 or 9 at the most. If the overall body shape is probably 6.

Yes... I was like that for a long time. It's slow to grow. it's still athletics. Like a little kid. Maybe if I have a body type... maybe an athletic body type too right... Yes, of course actually now I see it as a good thing. But in the past, I might have questioned whether this is actually good or not ... Anyway, most girls are like that but for me it's not like that (P4). For my body, one, I'm not too comfortable with my height. Then secondly, I don't like the fact that my face is inherited from my father so it's a bit macho. And then the third thing is that my body is often labeled as fierce or bitchy, maybe because of my narrow eyes. (P5) I'm really chubby right but people like it but I feel like ouch can you be a little tapered or not? I mean it looks like there are bones? can be more visible this is not the jawline so but people like it good know chubby not everyone has it, but I feel like a threat like ouch everyone seems to be tapered how come I seem to be a little chubby anyway. (P6)

Personality : Personality describes how one assesses oneself. Low self-esteem neuroticism personalities are seen to have a tendency to judge themselves negatively. The interview results show that one's personality affects body image. Yes. But when I see him talking, he's laughing too, so we're joking too. So because he's talking jokingly, it doesn't really take it to heart either. So we'll joke around again. (P1) Personality wise, introverted and hard working. Now, my current self compared to my past self, yes definitely (confident). Because I used to have zero confidence. (P2) Definitely, self-love growth and journey. So it was like I used to be really shy if I could be invisible. Until now I have reached a stage that is quite content with myself, quite satisfied, and I think the mindset tends to be better. (P2)

Yes, a person who is not confident means that he has nothing to be proud of. (P3)
I don't know. It's just funny from afar. Even though I see that it's not neat enough. Just because it's not neat. Yes, I think I want it to be perfective. All flat like that. (P4)
I already feel like a model. In the past, because I wasn't confident, I was really hunched over, hunched over. Now I have to look tall as much as possible. (P5)

It's helped because I'm an extrovert. It helps because I'm really extroverted. So if I meet new people, it's normal, I mean I'm not afraid. Or for example a presentation. I used to be in MT (Management Trainee). Before that I was an MT student. I used to do presentations like every week, and I also studied Communication Science in college, which requires public speaking. So I've been trained since then. Because it helped me to be an extrovert. (P6). As cheerful as it is, I don't like to be playful but I like to think that everything is exciting so that I get excited every time I come, for example to the office, I like to go to the office there is something to look forward to like wih to the office I want to meet my gangster who is really haha hihi or I go home I want to watch Korea so I'm looking forward to something that makes me excited. (P6)
Social Comparison

Social comparison explains how a person is encouraged to compare themselves with others. All participants were found to do upward social comparison with people who are considered superior to themselves. If it's with whom, it sometimes varies. Sometimes it's like what I have in mind, who, like for example an artist or celebrity, right. Or don't go far, sometimes it's like a really slim person, right. Like a cousin or whoever, like that. She wears this model of clothes, it's nice, so if I wear this model it's a bit weird, so. (P1) I'm pretty competitive and I'm pretty hard on myself so I set the bar pretty high for me. Whenever I see people doing better than me, it's like they can do it. Well, I usually reflect back too if for example we see fitness influencers with really good bodies, I think again like that's their job like basically spending their time in the gym to create content and workout and to maintain their physique. While for me it's not my main focus, I'm a doctor so I have to be able to divide my time. That's a reflection like yes, you can't compare it with them. (P2) For example, if you're on social media. There's a lot of discussion about people's physicality. Then I feel like comparing myself to myself. For example, people who are thinner or cooler, thinner. That's what affects me the most. Feeling inferior. People can make themselves thin. (P3) I might sometimes compare myself to other people, they are more fit, more happy, more like well-groomed. I sometimes feel less competent in taking care of myself. That's me... they are probably girls who really look stunning, glowing, pretty they must be because of a good lifestyle one of them or maybe good self-care. (P4)

For one, I'm jealous of my sister because I tend to look really old while my sister looks really young. Her face is very baby-faced, cute, and I'm often mistaken for her sister. But, yes, what I envy again, even though my sister's body is a bit, sorry, a bit wide, it's still beautiful in my opinion. (P5)
Ehmm better (comparison to better, upward social comparison) (P6)

In addition to doing Upwards Social Comparison with fitness influencers on social media, P2 has also done downward comparison with people who are new to the world of exercise.
I've been there, I've been there. Because I'm competitive by nature. So I like to be like "Huh.. huh" (high pitch) just like it's not allowed, it's not allowed (laughs) sometimes I like to be like what the hell are you so lame, but it's not allowed, it's not allowed. (P2)

Spirituality Spiritualits explained how religious values provide a good way of seeing the self. One participant said that religious practices, values and communities helped her see herself better.
What finally made me seven, after knowing God. Accepting yourself. Accepting your strengths. And like yes, even when I'm already right within myself, then I can accept compliments from other people. Like for example if someone says I'm beautiful, what yes, I believe it because I already believe it before they say it. But if I already believe I'm ugly from the beginning, even if people say I'm beautiful or whatever, I don't believe it (P4).

IV. DISCUSSION

The results of this study show that participants had varying levels of satisfaction and perceptions of physical appearance ranging from a low of 6 to a high of 9. This reflects the diversity of personal experiences and views. P5 showed a very high level of satisfaction with her physical appearance at 9. P5 felt very satisfied with her appearance which she said looked like a model. P2 and P6 showed a high level of satisfaction, at 8. P4 showed a fairly high level of satisfaction, at 7. She gave a 7 because she felt that she was able to take good care of herself. Meanwhile, P1 showed the lowest level of satisfaction among the participants, which was 6. This number was given because she saw herself as tall but bulky. She is also very concerned about how others perceive her, which impacts her perception of her physical appearance. P3 did not give a satisfaction number but said she was satisfied with her appearance. However, she gave an insufficient description of her body, which is less tall and less thin.

The interviews revealed that perceptions of physical appearance are highly subjective and influenced by various factors, including social comparison, comments from others, and personal views and standards. Some participants were satisfied with their appearance, while others still felt there was a lot of room for improvement. Participants who showed higher levels of satisfaction with their physical appearance tended to have higher levels of self-confidence and were less affected by the opinions of others. This shows the importance of self-acceptance and focusing on the positive aspects of appearance and personality. Negative perceptions and lack of satisfaction are often triggered by comments and comparisons with others. This suggests that social factors have a big influence on how a person sees themselves. Some participants emphasized the importance of other aspects such as charisma, confidence and emotional intelligence. This suggests that while physical appearance is important, there are other factors that also play a role in shaping self-perception and how one is seen by others.

The results of this study also showed that participants had varying levels of satisfaction and perceptions of physical skills from a low of 4 to a high of 9. P3 had the highest level of satisfaction at 9. She had a very high level of satisfaction because she felt her body was very strong. She has been used to exercising her body for a long time. P2 is at 8.5, indicating a high level of satisfaction. He feels his body is strong and healthy because he has been trained since childhood. P4 shows a high level of satisfaction as well, at 8. She feels that she has taken good care of her body by exercising. P1 showed a fairly high level of satisfaction at 7. He gave this number because he felt that his body was still too heavy so he often experienced back pain. P5 showed the lowest level of satisfaction among the participants at 4. This low level of satisfaction was due to her body often getting sick. Overall, satisfaction levels and perceptions of physical skills are based on physical strength and health.Participants who took pride in their physical abilities (such as P2 and P3) often had strong sporting backgrounds and recognized that the results they achieved were the result of hard work and dedication. This shows the importance of effort and consistency in building physical ability. Physical health plays a big role in self-perception. Participants who faced health issues such as back pain (P1), anemia (P5), and decreased strength after illness (P3) tended to feel less satisfied with their physical abilities. Most participants recognized the importance of maintaining healthy living habits and self-care (such as P4). However, limited time and energy were often barriers to achieving higher levels of satisfaction.

Self-perception of body image is influenced by several factors including cultural socialization, interpersonal relationships, physical characteristics, personality, social comparison, and spirituality. Cash (2012) stated that interactions with family, friends, or strangers, both verbal and nonverbal communication can play an important role in the formation of a person's body image. According to her, interpersonal experiences have a significant impact on understanding the meaning of one's body. Four out of six participants shared their experiences of bad comments received from their families about their bodies. This shows that negative comments received from significant people greatly influenced them to view their bodies negatively as well. Conversely, positive comments help them to have a good perception of the body, especially peers. According to Voelker, et al. (2015), body shaming from peers can cause stress and worry about body size and appearance, and lead to negative perceptions and body dissatisfaction. In this case, P5 experienced bullying during elementary to junior high school which caused her to lack confidence. Likewise, P2 considers the junior high school period to be a traumatic time for her because of the unsupportive environment and the negative comments that she thinks are very hitting about her body. The results of this study are also supported by the research of Curtis & Loomans (2014) shows that family and friends have a big influence, which is often not realized by many people. This research also emphasizes how the thin ideal body is unconsciously adopted by individuals based on the behavior of family and friends.

The results of this study are also in accordance with what Cash said (2011, 2012) who revealed that cultural socialization has an important role in shaping a person's body image. Appearance-related standards or expectations in culture can be absorbed personally, forming basic attitudes towards the body, and influencing how individuals interpret and react to situations in their lives. Five out of six participants said that thinness is one of the beauty standards set by cultural or environmental socialization. These views are also supported by research (Brown & Tiggemann, 2016) that exposure to celebrity images increases body dissatisfaction and reduces body esteem due to social comparison. Seeing images on social media that display unattainable beauty standards makes young people feel dissatisfied with their appearance, and appearance comparison is a key factor in this. (Fioravanti et al., 2022a).

Two out of six participants revealed how social media has influenced the way they view themselves, especially in assessing their physical appearance. According to Cash (Cash, 2011, 2012; Cash & Pruzinsky, 2002)strong cultural messages influence the formation of basic attitudes towards body image (such as evaluations and judgments on body image), which affect how individuals interpret and respond to their own appearance. Research from Fardouly & Vartanian (2016) revealed that exposure to social media consistently has a negative impact on body image. In addition, viewing influencers' photos can lead to worse mood, body dissatisfaction, self-objectification and appearance comparisons (Prichard et al., 2020). The same thing was also expressed by McComb & Mills (2021) that comparisons with idealized bodies on Instagram resulted in increased body dissatisfaction. Another study also found that the frequency of Instagram use was positively associated with body dissatisfaction (Brown & Tiggemann, 2016; Hogue & Mills, 2019; McComb et al., 2021; McComb & Mills, 2021).

Research has found that people with a normal Body Mass Index (BMI) feel more satisfied with their size than people who are overweight or obese (Weinberger et al., 2017). This is in line with the opinions of all participants who considered that weight and physical characteristics in general are important factors in the formation of body image. The results of the study also show that personality and self-esteem affect how a person sees their body. As Cash said (2012)good self-esteem can help develop a positive evaluation of the body, while low self-esteem can increase susceptibility to body image dissatisfaction. On the other hand, the higher the body dissatisfaction, the lower the self-esteem (Pop, 2016). Low self-esteem and negative emotions (neuroticism) may make a person tend to judge their appearance more negatively. People with high levels of neuroticism respond poorly to environmental stress, interpret ordinary situations as threats, and can experience minor frustrations as overwhelming (Widiger & Oltmanns, 2017).

P2's personality who has a fairly high self-esteem and self-love affects her satisfaction with body image. P3's expression that she is not confident is also in line with research from Shen et al. (2022) namely attention to the media and discussions with friends about the body make individuals make appearance comparisons and internalize ideal body shape standards, which leads to less positive self-assessment. When asked about what she thought when she saw the ideal image related to the body, P3 answered that it was her dream. This result is also in accordance with the research of McComb & Mills (2022) who revealed that comparing oneself with idealized body images leads to higher dissatisfaction with weight and appearance, and lower overall body satisfaction.

Self-comparison on social media also plays a role in body image formation. All participants made self-comparisons to other people. This result is consistent with research that looks at the impact of self-comparison on body image (Fardouly et al., 2015a). The results of this study showed that all participants were found to do upward social comparison with people who were considered superior to themselves. This result is in accordance with Social Comparison theory which states that there is an urge in humans to compare themselves with others. A person can evaluate himself compared to others in various attributes, including physical appearance (Fioravanti et al., 2022b). According to a 2012 study, women tend to do Upwards Social Comparison with people who are considered superior because they have a body shape that is considered more attractive (Alfina et al., 2023). In addition to doing Upwards Social Comparison with fitness influencers on social media, P2 has also done downward comparison with people who are new to the world of sports. In accordance with Guyer & Vaughan-Johnston's theory (Guyer & Vaughan-Johnston, 2020).P2 does downward comparison to feel better, because she is someone who is competitive. Results show that an individual's own spiritual experiences can influence how he or she values the body. Spirituality can provide structure and meaning regarding human values, behaviors, and experiences. Several studies have found that spiritual experiences have a relationship with positive body image. Religious values provide the belief that the body is uniquely created by God, in the image and likeness of God, and is a sacred temple (Tiggemann & Hage, 2019). In addition, spirituality can also increase a person's gratitude towards their body. This gratitude gives rise to a sense of appreciation for health and bodily functions (Emmons & Kneezel, 2005). In addition, spirituality can also reduce self-judgment of one's body (Tiggemann & Hage, 2019).

V.   CONCLUSIONS AND SUGGESTIONS

Overall, based on the data obtained from the interviews with the six participants, factors such as cultural socialization, interpersonal experiences, physical characteristics, personality, and spirituality contribute greatly to the formation of one's body image. In all participants, it was found that interactions with friends and family had an impact on their body image. Most of the participants had received negative comments from their families about their bodies. Meanwhile, one participant talked about the positive support given by one of her friends, which also had a significant impact on her understanding of her body. Internalized beauty standards from culture, including social media and the surrounding environment, were found to have an influence on how participants assessed their appearance. Physical characteristics such as weight, height, and general physical appearance also play an important role in body image formation. However, not only physical factors play a role, an individual's personality, level of self-esteem, and self-confidence also influence how an individual assesses their body. Another thing we found from this study is how spirituality can also influence a person's body image. One of the participants interviewed revealed how spirituality can help her view herself more positively and thus have a better body image. As such, interpersonal experiences, cultural socialization, physical characteristics, personality and spirituality all interact with each other and influence how one perceives their own body.

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