BODY SHAMING AND ITS EFFECT IN JANE GREEN'S *JEMIMA J*

THESIS



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ABSTRACT

Iftitania, M. 2021. *Body Shaming and Its Effect in Jane Green's Jemima J.* English Department, UIN Sunan Ampel Surabaya. Advisor: Sufi Ikrima Saadah, M.Hum.

Keywords: Body-shaming, beauty standard, insecurity, anxiety.

In this thesis, the researcher analyzes body shaming in *Jemima J* by examining the definition of body shaming, analyzing the effect of body shaming experienced by the characters in the novel, and observe body shaming from Islam's point of view. This study aims to discover the case of body shaming in *Jemima J*, the results of those actions to the characters, and the Islamic evaluation of body shaming.

This research applied a descriptive qualitative approach to obtain a better understanding of the novel. Gilbert & Miles' knowledge of body shaming is implemented to answer how body-shaming is depicted in the story. The effects of body-shaming on Jemima were discovered using the psychological impact of the characters who experienced body shaming, and how body-shaming is seen from the Islamic Perspective is explained based on Al-Qur'an and hadith.

The study results show that body shame is done in non-verbal form and verbal form. The non-verbal forms are discrimination, dissatisfaction with other people's bodies, and laughing at other people's body shapes. At the same time, the verbal form is calling someone by unpleasant nickname. The effects of getting these treatments are insecure, anxious, they become hardly express themselves to others, and bad eating habits such as binge-eating—Islam saw this behavior as unpleasant that could lead the addresser into disrepute.

It concludes that body-shaming is not proper in the perspective of humanity or Islamic perspective because it leads to harmful effects to the victim and the addresser.

ABSTRAK

Iftitania, M. 2021. Penghinaan Penampilan dan Efeknya pada Jemima J Karya Jane Green. Program Studi Bahasa Inggris, UIN Sunan Ampel Surabaya. Pembimbing: Sufi Ikrima Saadah, M.Hum.

Kata Kunci: Penghinaan penampilan, standar kecantikan, ketidakamanan, kegelisahan.

Dalam skripsi ini, peneliti menganalisis penghinaan penampilan dalam *Jemima J* dengan mengkaji definisi penghinaan penampilan, menganalisis pengaruh penghinaan penampilan yang dialami oleh para tokoh dalam novel dan mengamati penghinaan penampilan dari sudut pandang Islam. Penelitian ini bertujuan untuk mengungkap kasus penghinaan penampilan di *Jemima J*, akibat dari tindakan tersebut terhadap karakter dan evaluasi Islam terhadap penghinaan penampilan itu sendiri.

Penelitian ini menggunakan pendekatan kualitatif deskriptif untuk memperoleh pemahaman yang lebih baik tentang novel tersebut. Pemahaman penghinaan penampilan oleh Gilbert & Miles berikut ini diterapkan untuk menjawab bagaimana penghinaan penampilan digambarkan dalam cerita. Pengaruh penghinaan penampilan pada Jemima ditemukan menggunakan dampak psikologis dari karakter yang mengalami penghinaan penampilan dan bagaimana penghinaan penampilan dilihat dari Perspektif Islam dijelaskan berdasarkan Al-Qur'an dan hadits.

Hasil penelitian menunjukkan bahwa penghinaan penampilan dilakukan dalam bentuk non-verbal dan verbal. Bentuk non verbalnya adalah diskriminasi, menunjukkan ketidakpuasan terhadap tubuh orang lain, dan menertawakan bentuk tubuh orang lain. Sedangkan bentuk verbalnya adalah memanggil seseorang dengan nama panggilan yang tidak menyenangkan. Akibat terus-menerus mendapatkan perlakuan tersebut adalah rasa tidak aman, cemas, menjadi sulit mengungkapkan diri kepada orang lain dan memiliki kebiasaan makan yang buruk seperti makan berlebihan—Islam memandang perilaku ini sebagai hal yang tidak menyenangkan yang dapat menjerumuskan si penyampai ke dalam keburukan.

Disimpulkan bahwa penghinaan penampilan tidak pantas dilakukan dalam perspektif kemanusiaan atau Islam karena dapat merugikan korban dan pemberinya.

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CHAPTER I

INTRODUCTION

This chapter consists of the study's background, the problem of the study, the objectives of the study, significance of the study, scope and limitation, research method, and definition of key terms.

1. 1 Background of the study

Beauty standard keeps changing all the time through the years. In addition to the matter, race and country are the factors that influence the standard of beauty (Laarhoven, 2018). Magnúsdóttir (2015) claimed that Japan considered someone who had pink blush on their under eyes as cute since it shows an innocent and youthful look. Meanwhile, in western countries, a woman with bigger breasts is deemed more attractive as the symbol of youth (Laarhoven, 2018). Each age, each country, each society has a different beauty standard: the typical criteria that categorized someone as beautiful are slim, fair skin, and long hair. Meaning, every part of the world would name their specific beauty standards based on their area, culture, and race; most are physical criteria.

Beauty standard is not something terrible. The problem occurred when someone could not fit in their society's beauty standard and would be bodyshamed (Fredrickson & Roberts, 1997). Body shaming concluded from Dolezal (2014) body shame introduced as a condition where someone feels ashamed about some aspects of their body obviously, which establishes the definition of body shaming as an act when someone is deliberately making someone disgrace

themselves. Fauzia & Rahmiaji (2019) classify body shaming in four kinds: fatshaming, skinny shaming, body hair shaming, and skin tone shaming.

Fat-shaming is the practice when someone is making a negative comment about someone else who is considered fat to them. The second one is skinny shaming. Skinny shaming is the opposite of fat-shaming. According to the Cambridge dictionary, it is when someone criticizes others for their too-thin appearances. The third one is body hair shaming. Body hair is the act of someone who insults people who had more hair on their bodies. Skin tone shaming has a solid relative to racism. This act is when someone is trying to make people who had different skin tones ashamed.

Body shaming constantly happens in our society, yet not everyone considers them a serious issue. Teo et al. (2017) stated that body shaming is a form of verbal bullying. The neurologist and psychologist had done some research, and the findings say that body shaming could lead to a psychological problem. Most of the victims of body shaming experience the after effect that is anxiety and depression (Brewis & Bruening, 2018). While in the physical area, many of them are diagnosed with eating disorders as the effect of body shaming (Duarte et al., 2017). In more severe cases, some people had suicidal thoughts caused by continuous depression due to body shaming.

Body shaming has become a serious issue and has also become an exciting topic that inspires many writers of literary works. There is *Hunger: A Memoir of* (My) Body by Roxanne Gay, released in 2017. As the title said, *Hunger* is a memoir about a girl who was the writer herself who had a traumatic experience

that makes her obese intentionally. The girl experienced many harmful treatments from people around her because of her appearance. The next one is *Business Fat Girl* by Belladonna Tossici. The main character is Renata, an overweight woman struggling to look for a job because she is constantly being rejected until she finally finds her perfect job as a manager in a boutique for plus-size fashion. The last one is *Jemima J* by Jane Green that also becomes the object of this research.

Jemima Jones is the main character of *Jemima J* by Jane Green, published in 2000. Jemima Jones lives in the United Kingdom as an ordinary journalist in Kilburn Herald, a magazine based in England. Jemima suffered from obesity after her father left her, and she tried her best to overcome the feeling of loss by taking it out on food. Her career as a journalist did not go well because of her appearance. The love life she dreams about only hopes even her mother keeps babbling things about Jemima's diet program. Jemima is going through many things with body shaming, and it affects her life. One of the effects she received is that she starts to lose her confidence in herself.

This effect Jemima felt is suited with Teo et al. 2017 who stated that bodyshaming influences someone's self-esteem. According to the previous source, body shame is related to self-esteem and depression, evidenced by research results from the research participants.

The research about someone who has struggled with body-shaming has attracted many researchers to conduct the same study. The first one is Yarni (2019) that analyzes the body-shaming depicted in the film entitled Greatest Showman using semiotical theory. In 2020, Amri appeared with its analysis of

body shaming in the Netflix series called "Insatiable." Makhfudhoh (2019) also examined the body-shaming issue from the Perspective of Islam, is a study about surah al-Hujarat that proved Islam did not justify the action of body shaming. Those previous studies use a different object from this present study. So, the researcher decided to develop the research using the novel as the object of study.

The researcher is interested in discussing Jane Green's *Jemima* because this novel is presented using straightforward diction. In addition, the life story of someone who struggles to improve themself or commonly known as from zero to hero, is a theme that arouses readers' appetite. For this reason, the researcher thinks that *Jemima J* is suitable for teaching about how body shaming should not be normalized and how to accept themself without being trapped in a comfort zone.

The researcher also expects that this study could raise awareness of the body-shaming issue that has been categorized as verbal bullying but has not yet received serious attention from some people. Moreover, the researcher expected this research to be meaningful for all the struggling people with the same thing as Jemima Jones in *Jemima J*.

1. 2 Statement of the problem

Based on the background of the study, the issues that the researcher wants to investigate are:

- 1. How is body-shaming depicted in the story?
- 2. How does body-shaming affect Jemima and Jenny?

3. How is body-shaming seen from the Islamic Perspective?

1.3 The significance of the study

This study is hoped to give valuable contributions theoretically and practically. Theoretically, it is expected to be a useful source to acquire a better understanding of the substance of the novel entitled *Jemima J* by Jane Green and intended to add the references list that can be useful, especially for English Literature students at Islamic State University of Sunan Ampel Surabaya who are willing to examine the same case as this study. Thus, for practical purposes is how to read the novel through the way Jemima Jones struggle with body shaming from the people around them could deliver a meaningful message towards whoever struggling with the same thing as her.

1.4 Scope and Limitation

This current research scope is the novel entitled *Jemima J*. While this study limitation is concentrating on the act of body shaming in verbal form or non-verbal form, its consequence to the characters that experience body shaming-Jemima and Jenny, and also how Islam regards the act body shaming.

1.5 Definition of Key Terms

- Body-shaming: The act of criticizing or make some negative comments regarding someone else body that causing the owner of the body ashamed or uncomfortable Fauzia & Rahmiaji (2019)
- Beauty standard: A measure of somebody's perfection (Fredrickson & Roberts, 1997)

1.6 Research Method

1.6.1 Research design

To uncover the answer from the statements of the problem, the researcher used the descriptive qualitative approach to obtain a better understanding of the novel. The researcher succeeds in discovering much information about body shaming by applying the same theory.

1.6.2 Data collection

Since the data are written text, collecting the data and information was simple and comprising the novel, e-journal, and books. The data were collected by:

a. Reading, collecting, and understanding data through the novel regarding the experience of body shaming.

b. Reading, collecting, and understanding data through the novel that shows the impact of body shaming.

c. Reading, collecting, and understanding data through the Qur'an and Hadith that related to body shaming.

c. Gathering all the data to answer the statement of the problems.

1.6.3 Data analysis

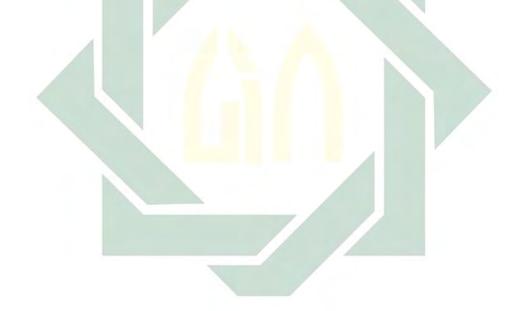
The collected data and information were examined according to the theory of body shaming to answer the first question. In contrast, the second question only delivered the effect that was suffered by characters, and the third question was responded to by pinpointing the verse of Qur'an and Hadith. To investigate it, the steps are:

a. Analyze the body-shaming issue depicted in the characters' story through the characters' sentences and narration.

b. Analyze the effect that suffered by the characters through the sentences and narration by the characters.

c. Analyze how Islam seen body shaming through the Qur'an and hadith and connected it with the story of the novel.

d. Finish up the analysis by composing a conclusion as the result of the study.



CHAPTER 2

REVIEW OF RELATED LITERATURE

Aiming to discover the case of body shaming that occurred in *Jemima J* and the result of those actions to the main character Jemima Jones, this research employed the psychoanalysis theory to learn about Jemima's character. Specifically, the researcher focused on body-shaming theory as the leading theory to find the act of body shaming and the impact on the characters. The Islamic perspective is also used to give various outlooks of body shaming, but the researcher does not use it as the primary theory.

2.1 Social Embrassment

This phenomenon happens during social interaction, in a way, social interaction is becoming the bridge between body shaming and the effects of embarrassement. Basically, body shaming refers to a disruptive effect of social interaction. The individual that abused by misjudgement or embarrassment also can be called as body shaming. Edelmann (1985) prejudices against body shaming is embarrassment, its commonly stated as social embarrassement. At some points, recent literature about social embarrassement highly developed such as Freud's and Hall's literature. This embarrassement causes certain phenomenon such as anxiety. Social interaction could lead to social anxiety when those who build the interaction experienced an common and unfomfortable embrassment. Thus, who undergo those disruptive situations would decided to performed a self-defense by withdraw themselves from the society. During social interaction, there are some

context that should be implemented in space conditions (Edelmann, 1985). Social interaction categorized into two spaces, private and public. Private space stands for the private things that is happened from self to self, internal problems. While public space stands for the public things that happened from self to others.

2.1.1 Private Embrassment

This type of embrassment happened in a situation where an individual going through a conflict with themselves after undergo a social embrassment. An internal issue in which resulting social anxiety that in form of self-contention. (Edelmann, 1985).

2.1.2 Public Embrassment

Edelmann (1985) stated that this type of embrassment occurred when a person experiences a situation where they are being judged by the public or strangers around them. Social anxiety could be the effect of this action.

2.1.3 Social Judgement

Some correlational studies are talking a lot of things regarding to 'the judgement' concept. The judgement always crosses the normative border, it violate individual's pride whether they are categorized as ideal or not. One of the social judgement is body shaming.

2.1.3.1 Body Shaming

Body shame has a fundamental concept that deals with negative experiences related to the body's appearance or functions, such as smell, sight, etc. (Gilbert & Miles, 2002). The definition itself could be comprehensive because the body has

several kinds and forms. Fauzia & Rahmiaji (2019) mention that body-shaming might appear in four types: fat-shaming, skinny-shaming, body hair shaming, and skin tone shaming.

The most familiar one is fat shaming. Fat-shaming is when someone is making fun of someone else who is considered overweight. This act is the kind of body shaming that mostly happens in society. The factor that caused this act is because the idea of being slim is beautiful (Kholmogorova et al., 2017), so when someone is failed to be slim, they will experience body shaming (Fredrickson & Roberts, 1997). The one who did body shaming to others might be thinking that it will be a motivation for them to get slimmer and prettier. Eventually, that thought is completely wrong. Fathi (2013) stated that someone who got body shaming would get depressed and eat more than usual to overcome the stress.

The second type of body shaming is skinny shaming. Skinny shaming is the opposite of fat-shaming. It is the act when someone criticizes others for their toothin appearances. This act is very common in society, yet most people didn't realize that this act is also body shaming. For example, "Real women have curves" (Guererro, 2012). This quote seems to have a positive vibe because it makes women who have an issue regarding their curves are confident that having curves is not a problem. Still, the statement is unconsciously a type of skinny shaming. That quote indicates that women who don't have a curve are not real women, which is very wrong because their curves do not define them.

The third type is body hair shaming. Body hair is the act of someone insulting people who had more hair on their bodies. Someone considered it

unpleasant to look at if they had hairy hands or legs, especially women (Fauzia & Rahmiaji, 2019). A survey of 7,580 U.S. society aged between 18 and 65 proved that "74% reported grooming their pubic hair, 66% of men and percent of women." (Osterberg, Gaither, Awad, Tuesdale, Allen, Sutclifee & Breyer, 2016, p.162). Women have higher presentation than men showing that women should not have the hair than in the head.

The last type is skin tone shaming. Skin tone shaming has a solid relation to racism. This act is when someone tries to make people who had different skin tones ashamed (Fauzia & Rahmiaji, 2019).

According to Fauzia & Rahmiaji (2019), many of the female adolescent students experienced body shaming from junior high school until senior high school from their peers. They got body-shamed in the form of insult of being fat, ugly, having acne, having darker skin, and any other bad call, in a more serious issue, some of them also got physical bullying. Moreover, the effect of body shaming got more significant when it comes to their boyfriend or their lover. As a result, the victim of body shaming tends to be more sensitive and careful about what they do. This research also explained that body-shaming is experienced not only by female adolescents but also by males and even adults.

Cited from the news portal called detik.com by Audrey Santoso, the Indonesian police force handled 966 body-shaming cases in 2018. Three hundred seventy-eight are done either by law enforcement or by the mediation between the suspect and the victim. In the other article from theguardian.com written by Haroon Siddique, Mental Health Foundation run a poll related to body shaming. It

shows that one in eight people aged 18 and above have experienced suicidal thoughts or emotions regarding their body image.

Based on an article on a student newspaper website, on 29 August, the Daily Mail reported that Miss UK, Zoiey Smale decided to give back her crown because of people's comments on her appearance. Some people thought that she is too fat and needs to lose as much weight as. Smale also revealed that the pageant contest treats the contestants differently based on their weight. The one who weighs more is positioned in the back, behind those who weigh less.

The activity of people leaving negative judgment about one's body is classified into two forms. There are verbal forms and non-verbal forms.

2.1.3.1.1 Verbal Form (Utterance)

Sakinah, in 2018, studies 11 people who experienced body shaming, whether in social media or real life. The researcher collected the data through interviews and observation. The act of body shaming is primarily done in the form of verbal. In verbal form, body shaming is delivered as an utterance.

The examples of those utterances are:

2.1.3.1.1.1 Point out a specific part of the body ("big tooth," "bucktoothed")

Twenty-two-year-old Erna has experienced body shaming since she was a kid because her tooth is considered bigger. Her tooth often got called a "bucktoothed."

2.1.3.1.1.2 Calling someone using bad nicknames ("kutilang darat")

Someone born with specific genes with difficulty gaining weight tends to often experience body shaming regarding his body being too thin. One of the interviewees often gets unpleasant nicknames. The example is "*kutilang darat*" or "*kurus tinggi langsing dada rata*" in English means thin, tall, slim, flat chest.

2.1.3.1.1.3 Praise that is not deserved

Praise is generally given to someone who has an appearance that matches the standard of beauty, but if the compliment is given to someone who does not fit it, then the person who gets the compliment will not be happy. Therefore, it is classified as body shaming. An example is when someone got complimented as "Your body is getting slimmer" while the reality is not true.

2.1.3.1.2 Non-Verbal Form (Action)

Sakinah (2018, p.61) reveals that body-shaming is not only done by giving negative comments directly but also through an unpleasant action towards others. There are a couple of people who experience body shaming in non-verbal forms.

2.1.3.1.2.1 Comparing others by their body form

An interviewee named Bella explains that her colleague in her workplace often compares her. For example, whenever they saw someone pretty and slim, they told Bella that her body is supposed to look like that.

2.1.3.1.2.2 The offensive reaction towards someone's body

A simple example is when the driver of an online motorcycle taxi spontaneously checking his rear tires at the same time with an overweight woman sitting on it. She confessed that his action makes her feels terrible because he thought she might be causing damage to his motorcycle tire affected by her weight.

2.1.3.1.1.3 Humiliating act

An interviewee named Hana, who suffers from acne for years, said that she also got body shaming by non-verbal actions besides the verbal ones. Given a cynical and degrading stare is not a new thing for her. Even worse, Hana once received treatment without her consent by acne product sales suddenly applying acne cream into her face. Besides offending, this is also such an impolite action to strangers.

2.1.3.1.1.4.1 Discrimination

One of the interviewees, named Gunawan, said that the company he applied often rejected him because of his body. Gunawan adds that even he is applying for an admin position or accountant position that does not require an attractive physical appearance, he still accepts refusal caused by his proportional weight.

Other types of body-shaming might be discovered as time goes by, considering the human body has many kinds. The research of body shaming will also keep developing in line with the technology development that makes humans be more open-minded.

2.2 Psychoanalysis

Psychoanalysis is a large field that discussed the development of human characteristics. This theory has many experts that define psychoanalysis in various terms. According to Freud (1914), psychoanalysis is categorized as a treatment because there is transition and conflict. Psychoanalysis provides expression and signify regarding to the subject. Freud (1914) assume that his patient shows her psychological symptoms through expression of madness. Freud's treatment method analyses the resistance-telling the story and expressing the feeling.

2.2.1 Impact of Body Shaming

Body shaming is a severe issue that is heading towards a significant impact. Gilbert & Miles (2002) said that body-shaming is related to someone's mental health. It mentioned that the victim of body shaming feels ashamed of their body's condition and also the lack of self-love. As a result, the victims will find their part of the body is not good enough. And also, it could affect the ability of the victims to socialize with society. Sakinah (2018, p.62) adds that the impact of verbal body-shaming might be easier to forget, but the impact of non-verbal bodyshaming causes long-last despair. Moreover, Sakinah (2018, p.62) also provides a detailed explanation of the effects of body shaming as follow:

2.2.1.1 Insecurity

The feeling of insecure appears because they feel different from others and start losing their self-confidence.

2.2.1.2 Low self-love

Alongside the insecurity, the continuous effect of being different makes them try to be perfect and want to be somebody else instead of embracing their flaws and loving themselves.

2.2.1.3 Closed personality

If the effort did not go well, they tend to withdraw from the association and find it difficult to express their true self.

While the impact that affected physical health are:

2.2.1.4 Eating disorder

This appears with the untidy eating habit with an overwhelming feeling of fear of gaining weight or decreasing weight. If this eating disorder keeps happening, the body will experience malnutrition, which is not suitable for the body. The symptoms of the eating disorder are

- 1. Maintain to-do an extreme diet even though the weight is decreasing drastically.
- 2. Unstable weight
- 3. Overly obsessed with foods
- 4. The symptom of depression is seen

- 5. Overeating or opposite
- 6. Tend to avoid society

2.2.1.4.1 Obsessive-compulsive disorder

This disorder is related to anxiety. The one who suffered from it usually has an issue with their thoughts. Their thought becomes overwhelming, and it will bother their activity because of the thought in their head.

2.2.1.4.2 Dysmorphia

This is included as the mental illness characterized by the sufferer who only focused on their flaw. The feeling of insecure emerges from the thought of deficiency. The victim will find their part of the body is not fulfilled the standard. It makes them worried and restless. The body part that is often concerned is the face, skin, and tummy.

If body shaming is done regularly, it could attract more severe issues like depression. The statement of Teo et al. (2017) explained that body-shaming is prominently related to depression. The result of the study claimed that the higher the body-shaming act, the lower it is for self-esteem, leading to depression. The graphic can be seen in the picture below.

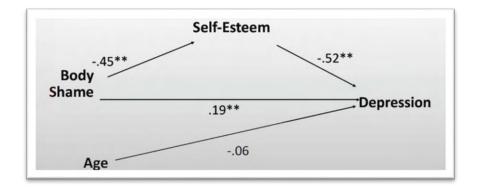


Figure 2.1 Analysis Diagram (Source: The Relationship between Body Shame, Self-Esteem, and Depression, 2017)

The graphic shows that once the number of body shame hits its peak, then it will affect self-esteem, which might be caused by depression if it keeps getting lower. While the age of people who suffer influences depression, the higher the age is, the higher risk they suffered from depression caused by body shaming.

Body shaming might not be linked directly to suicide, but the worst case of depression is suicidal thoughts. So, if body-shaming is done intensively, then the risk is dealing with someone's life.

2.3 Islamic Perspective

Aminu-Kano & FitzGibbon (2014) stated that the goal of Islam is to make an enjoyable environment to be succeeded in the present life and afterlife. The ways to reach the goal are divided into two ways. First, the believers should maintain their relation with Allah by praying to Allah as he ordered. The second way is to maintain good relations with other humankind. When two of them are fulfilled, then the goal will be achieved.

Allah leaves two things for humankind to use as an example. First is Holy Qur'an that the trueness and the pureness of it are already proven. Another one is the hadith that consists of the message by Prophet Muhammad SAW and reported by his companions. The companions who reported the hadith is must be connected to the report directly to the Prophet Muhammad. Therefore not all messages said to be true should be tested first. Qur'an and hadith are believed to have various kinds of knowledge that important to humankind. Therefore, considering Qur'an is the perfect book that ever existed, it has decent and genuine values that should be embraced by all human beings, not only Muslims.

2.5 Review Related Studies

The researcher had reviewed some of the previous studies. However, the researcher couldn't find the same research that brings *Jemima J* as the object of the study. So, the following studies are related to this current study by the case and theory only.

The first study is *Analisis Semiotika Body-Shaming Dalam film The Greatest Showman (2019)* by Desvy Yarni. This research aimed to explore the body shaming in the movie—explained body shaming found in the film in 2 forms: verbal-non verbal. Verbal body-shaming is how the characters comment on other characters by their shape and size, while non-verbal body-shaming is how they treat the other characters based on their flaw in body aspect.

The second is by Dea Tiara Sandinia Amri entitled *Kecenderungan Perilaku Body-Shaming Dalam serial Netflix "Insatiable" (2020).* The research purpose is to reveal the percentage of body shaming in *Insatiable* using quantitative descriptive method. It is exposed that 88,7% of body-shaming happened in private places. Verbal body-shaming is more prominent than other forms of body shaming. Judging other's body and size are the verbal body shaming that mostly appears in *Insatiable*. Another study is *Body Shaming Perspektif Tahrir Ibnu 'Ashur (Studi Analisis Qur'an Surat Al-Hujarat {49}:11 Dalam Kitab At-TahrirWa At-Tanwīr)* conducted in 2019 by Auwalul Makhfudhoh. This thesis analyzes how Islam apprehends body shaming. According to Makhfudhoh (2019), Islam considered body shaming as despicable action. Causing sin, causing a wound, causing disharmony between the peers is the factor why Islam prohibits the action of body shaming.

According to the results of those studies, the researcher is more certain to conduct this research. Many reliable studies are recorded to conduct body shaming as the main issue, signify that body-shaming is deserved to be discussed. Hence, society has many sources to raise awareness of body shaming. None of the studies mentioned above include the effects suffered by characters who are experiencing body shaming and emphasize more on the body-shaming practice itself.

BAB III

BODY SHAMING AND ITS EFFECT

3.1 Body-shaming in *Jemima J*.

Jemima J talks about a twenty-year-old woman called Jemima Jones. Jemima is a woman who struggles with her two hundred and four pounds weight or equal to ninety-two point five kilograms that live in London as a journalist. After being acquainted with a stranger from an internet cafe, she decided to diet and start joining gym class to meet him confidently without worrying about her body size. Jemima finally succeeded in losing her weight and becoming the woman she had been dreaming of. Her life begins to change a lot better than before. In the earlier days, she was mistreated because of her body.

Below is the explanation of body-shaming in Jemima J. This act happened not only to the main character but also to a supporting character named Jenny. The body-shaming was not only done by random people. Unfortunately, it had been done by the character's close relatives too. The body-shaming action that happened to them occurred in verbal and non-verbal forms.

3.1.1 Body-shaming in non-verbal form.

In the second chapter, it had been mentioned that body-shaming is categorized into two forms. They are non-verbal forms and verbal forms. In nonverbal forms, body shaming is done by giving unpleasant treatment or action.

3.1.1.1 Discrimination

Jemima is currently working as a journalist in a magazine called Kilburn Herald. Although with excellent writing skills, Jemima should be satisfied given only the Top Tips column dealing with a trivial question sent by sad and lonely people in Kilburn. It mostly linked with people calling Jemima by phone and asking for common tips instead of doing her real job as a journalist. This situation happens because the editor underestimates Jemima's skill. After all, her unattractive body size more or less influences her editor to think that Jemima should last in the Top Tips column until an undetermined time. On the opposite, the office 'babe' or a dainty woman in the office named Geraldine gets the task as a real journalist.

"It's not that I'm completely cynical, but with her gleaming blond hair in a chic bob, her tiny size 8 figure squeezed into the latest fashions, Geraldine may not have an ounce of talent, but the men love her, and the editor thinks she's the biggest asset to the paper since, well, since himself." (Green, p 11)

In the quotation above, Jemima describes Geraldine from her hair until how she styles herself. Geraldine's charm seems not only to come from her face but also from the other part of herself. Compared to Jemima, a size 14, Geraldine is a lot smaller since she is only a size 8. Jemima also claimed that men in Kilburn Herald, including their editor, fancied Geraldine as well. The following quote could prove this situation,

"Geraldine started here at about the same time as me, and the thing that kills me is that I started as a graduate trainee, and Geraldine started as a secretary, but who's the one who gets to write feature first? Exactly." (Green, p 11) Jemima explains implicitly in the monologue above that she and Geraldine started to work there at the same time. Still, Jemima has been treated differently from Geraldine since the earlier days. Geraldine even began as a secretary instead of a journalist. Still, the editor let Geraldine write more on features because she could attract people only by her enchantment, while her talent in writing is still doubted. So her skill can be said to be lacking since she always asked Jemima to help her write.

"I'm writing this piece about dating again after you get divorced for the woman's page. I'm a bit stuck, could you have a quick look at it?" This means if you are an expert at reading between the lines as I am, "Could you rewrite it?"

Geraldine runs back to her desk and picks up a proof then dashes back. "God, you're an angel," she says. "I owe you big time," and she leaves, not turning around but waving just as she walks out the door.

Sometimes I can't believe Geraldine's writing, I can't believe how someone can find it so difficult because it never seems to take me long to rework her copy. I start by rewriting the intro, adding some color, crafting it into something the readers will want to continue reading." (Green, p 57)

The quotation above proved that Geraldine needed Jemima to fix her work.

With Jemima's help, Geraldine maintained her position as someone responsible

for features, which Jemima desired. Due to that reason, Jemima's promotion is

always delayed so she can assist Geraldine. The evidence that Jemima should stay

in Top Tip columns instead of her feature is supported by the following quote,

"So how's everything at work?" says Geraldine, flicking the butt out the window and checking in the rearview mirror that her lipstick is still perfectly applied.

"Same really," I say with a shrug. "I went to see the editor again and surprise surprise, there aren't any vacancies at the moment."

"Oh poor you," says Geraldine, but I think she's probably relieved. Geraldine knows I can write, Geraldine wouldn't be anywhere if it weren't for me because whenever she has a deadline I'm the one she comes running to asking for help. At least once a week I sit in front of my computer reading Geraldine's haphazard copy, before ripping it apart and putting it back together again so it makes sense. If I were promoted, who would help Geraldine?" (Green, p 21)

Jemima informed that at least once a week, Geraldine always rushes to ask

Jemima to help her finish her work. Unfortunately, Jemima not only fixes it, but

she also ripped in the rewrite, which shows how bad Geraldine's skill is in

writing.

The evidence of Jemima's editor discriminate against her based on her looks

could show when Jemima finally managed to lose weight and become pretty.

Then, her editor called her in his office to discuss Jemima's promotion.

"Well?" says the editor, doubtless expecting me to be overjoyed.

"Well," I say, completely torn, because, bastard though he may be, this is the chance I've been waiting for for years, but then it's also sexist, and really, I'm speechless, and half of me wants to tell him to stuff his offer, while the other half wants to pounce on it. "Why now?" I say eventually after the editor has started to sweat somewhat.

"It's just a question of timing," he says. "We always knew you were an asset to the paper, and now, with Ben gone, we need another bright young thing to do all the big interviews, and let's face it, Jemima, the fact that you've turned into a stunning young woman doesn't do you any harm." (Green, p 147)

When Jemima's editor decided to promote Jemima, he said the reason was

Ben's departure. But at the end of his statement, the editor adds that her looks

contribute to her promotion. The editor said Jemima's transformation becomes

beautiful is profitable to her. Compared to what he said in the past where Jemima

still fat as the following quote,

"It's just that it's not exactly journalism, I want to write more." "We all have to start at the bottom," he says, the beginning of his regular monologue, as I think, yes, and you're still there, this isn't the *Guardian*, it's the *Kilburn* bloody *Herald*. "Do you know how I started?" I mutely shake my head, thinking, yes, you were a bloody tea boy for the *Solent Advertiser*. "I was a bloody tea boy for the *Solent Advertiser*." And on, and on, and on he goes. The conversation ends the same way too. "There may well be a vacancy on features coming up," he says with a conspiratorial wink. "Just keep on working hard and I'll see what I can do."

The editor constantly feeds the fat Jemima with the story full of hope, but it is just a distraction, so Jemima would not ask to write more in her feature. And as the closure of her nonsense talking, he adds that Jemima should work hard until the next promotion. But, of course, Jemima's promotion might not have happened if she doesn't lose weight and having a nice body to look at.

It concluded that Jemima could only be promoted when she was competent to please the editor's eyes instead of the readers by Jemima's writing skill which she already did since the first day. This act is conformed to be body-shaming because the editor discriminates against Jemima according to her body shape transformation.

3.1.1.2 Showing dissatisfaction with one's body

Jemima Jones was grown-up by a single parent, her mother. Ever since Jemima was working in Kilburn Herald, those two live in separate places. The mother was someone who was the opposite of Jemima. She took care of her body well since after she got married, her size becomes twice bigger than before. Jemima's mother joined a weight loss club to make friends with people who struggle with the same problem and then working out together. Her mother frequently reminds Jemima about her weight that keeps increasing, and it made Jemima feeling down because she knows she never meets her mother's

expectations. Be told that in the phone communications, Jemima's mother always

asks her about the weighting process.

"Conversations with her mother always seem to go the same way. Her mother never seems to ask about Jemima's work, her friends, her social life. She always asks about her weight, and Jemima immediately jumps to the defensive, suppressing it carefully with a weary sigh." (Green, p 94)

The conversation that is going between Jemima and her mother is mainly

related to diet. In the quotation above, Jemima shows the uncomfortable feeling

by how she heavily breathes when she answers her mother's question regarding

her weight. It indicates that she didn't want to answer that same question.

"Her mother, you see, thinks she wants what's best for Jemima. In fact, her mother wants what's best for her mother. Her mother wants a slim, beautiful daughter who will be the envy of all her neighbors.

Her mother wants to take Jemima shopping, and show her off proudly as she squeezes into size 6 leggings. Her mother wants to turn to shop assistants and say smugly, "The things young people wear today. Honestly, I don't know how they do it." (Green, p 94)

Maybe, the thought of Jemima's mother, who always concerns about

Jemima's weight, is for the sake of Jemima, but in fact, her mother wants it for the

sake of herself. She doesn't pay attention to her daughter's health or even mental

health. She just wants an attractive daughter to show off. This situation is also

made worse when Jemima's mother feels embarrassed with her only child.

"Her mother wants to walk down the street with Jemima and feel immeasurably proud, she wants to soak in the admiring stares, basks in her daughter's beauty. What she doesn't want is what she's got. A daughter she loves, but of whom she's ashamed.

Because at this moment in time Jemima's mother tries her damnedest not to take her daughter shopping. She tries to avoid the pitying stares of shopkeepers, the humiliation of having to shop in plus-size stores, of people staring at them walking down the street." (Green, p 94)

The quotation above discovers the real reason behind Jemima's mother's

behavior. "What she doesn't want is what she's got," explained that deep in her

heart, she doesn't expect her daughter to look like her daughter now. It is quite sad

considering the mother is an important figure to their children. Even more,

Jemima's mother is the only parent she had after her father left them. Aside from

Jemima's mother's embarrassment with her daughter, the way her mother

communicates with Jemima makes her feels anxious about her weight because it

is a sensitive issue. This situation has already fulfilled the criteria of body-

shaming because it makes the addressee unpleased.

"God knows I've tried. I mean, I've achieved the one thing that I always thought she wanted, but no, it's still not enough, and I suddenly realize that, for whatever reason, I will somehow never be good enough for her. I will never make her happy. I am either too fat or too thin. There is no middle ground. Nothing I ever do is destined to please her." (Green, p 142)

The proof that Jemima is not feeling well with her mother stated is shown in the quotation above. It said that Jemima thought that she is always making her disappoint and never meet her satisfaction to be a daughter that can be shown off to the mother's friends or neighborhood. Jemima seems pretty happy if only her mother gives her the appreciation she deserves after a hard-working attempt to lose weight. The action given by her mother may be a sentence that doesn't have any intention to make Jemima down, but the fact is, it is affecting her. Jemima's mother criticizes Jemima's body and makes her feel worthless.

3.1.1.3 Laugh at someone's body

Body shaming does not only happen to the main character. This unpleasant act also occurs to a supporting character named Jenny. Jenny is a woman who has excess body weight like Jemima before. The difference is that Jenny continues to be consistent with her weight without any changes from school days to the present. Jenny enters Jemima's life as a personal assistant to her boyfriend, Brad. However, there is a plot twist that Jenny is Brad's girlfriend, but they cover up the relationship because Jenny feels that she doesn't deserve to be with Brad.

Jenny experienced body shaming in her school days, as in the quote below

"Well believe it," says Jenny. "We weren't together," she pauses. "Then." She shrugs. "I looked pretty much the same as I do now. I was the overweight kid that everyone laughed at. Sure, I had my friends, the social misfits, the geeks, the nerds that no one else wanted to know." Her voice softens as she looks at Brad." (Green, p 245)

Jenny explained that she was an overweight child back in her school days and was often laughed at by everyone. In addition, she is also friends with people who have the same fate as her, which everyone does not want. Here it proves that Jenny is experiencing body shaming but not directly speaking about her body.

3.1.2 Body-shaming in verbal form

Body-shaming in verbal form is done by making bad comments about someone's physical appearance.

3.1.2.1 Calling someone by a bad nickname

3.1.2.1.1 "Scarecrow"

Jemima's mother keeps body-shaming, Jemima, not only when she is overweight but also when Jemima she already skinny.

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"Mum?" Surely she can't find something negative to say about this? Surely she'll be happy for me? But that silence is one I've come to know well. She still disapproves. "That's too thin for you, Jemima," she says finally and belligerently. "You must look like a scarecrow." (Green, p 142)

Something that should not be forgotten is body-shaming is not only about fat-shaming. Thin shaming is also included as a body-shaming act. The reason why it is also body-shaming is that the impact is the same as fat-shaming. Although some people might think thin shaming is less harmful, someone being criticized for their body as "too thin" can also make the person embarrassed and worthless. In the quotation above, Jemima's mother commented on Jemima's weight after she worked hard to lose her weight. Her mother even has the gut to call her daughter "scarecrow" for being too thin. That word depicted the scary figure usually displayed in the middle of the rice fields to scare the bird and crow that ruined the rice fields. "Scarecrow" in this term represents how Jemima's body would easily blown by the wind because she is too thin and having no control of her own body. Instead of telling Jemima that she is doing a good job, her mother thought that her weight is not enough for her daughter and doesn't make Jemima happy.

3.1.2.1.2 "Mimey"

Calling Jemima by a bad nickname can also be categorized as body shaming. Her roommate used to call Jemima by a nickname in the past despite knowing that Jemima did not like the name because it was used to mock her. Jemima considered the term "Mimey" as a past that she didn't want to remember and it makes her feel unhappy. Jemima lived her life in a dormitory with two other girls considered stunning, complied with lovely body and hairs, almost perfect. They are Sophie and Lisa, who worked as a receptionist, also concurrently as Jemima's roommates. Unlike Geraldine, even though she is pretty and famous in the office, she is still humble and befriends Jemima genuinely, while Sophie and Lisa are kind of arrogant. They treat Jemima unfeasible.

"Ooh, Mimey, love one,' they both chorus, and I wince at the nickname they have taken it on themselves to bestow upon me. It's a nickname I had at school, one I tried to forget because the very mention of it, even now, brings back memories of being a fat girl in the class, the one who was bullied, the one who was always left out." (Green, p 12)

Sophie and Lisa called Jemima by the nickname she had in the school back then. The nickname leads Jemima to bad memories where she is an overweight girl, got bullied, and is not visible. They knew it could make Jemima uncomfortable because she told them in the past, yet they still do it without feeling guilty and make it her nickname in the house. In the following quote,

"But Sophie and Lisa, in their vaguely patronizing way, continue to call me Mimey. They may not have known me at school, but they do know I hate the name because I once summoned up enough courage to tell them, but the fact that it irritates only seems to amuse them more." (Green, p 12)

Jemima made it clear that she hated that nickname, and she feels upset when

she heard that, but it only makes Sophie and Lisa enjoy it more to call Jemima by

that nickname.

Calling Jemima by the nickname, she hates the most seems doesn't make

them satisfied. So they had to make some comments behind Jemima's back.

"She stops for a second, straining to hear them, and hears the tail end of one of Sophie's whispers. ". . . bound to put the weight back on." And then hears Lisa, ". . . being blond doesn't make up for being a loser."

Back in the old days Jemima would have gone to her room and eaten her way through a box of cookies for consolation, but things have changed, and Jemima can see through the bitchy comments to the jealousy that lurks behind. Bitches, she quickly tells herself, before she can get upset. They don't matter. And she goes into the kitchen to call her mother." (Green, p 141)

The quote above shows how Sophie and Lisa keep talking bad about

Jemima. That happened after Jemima lose weight but, it also occurred in the past where Jemima was still fat. Sophie whispered in Jemima's back, ". . . bound to put the weight back on." indicates that she mocked Jemima to gain her weight and to be fat again. Living in the same house as her doesn't make Sophie and Lisa stops commenting about her until Jemima is immune to those.

Sophie and Lisa are still considered friends by Jemima despite the teasing that Jemima didn't enjoy. They might not realize when they talked about Jemima being fat again can be called body-shaming because the intention was joking, but it could make Jemima feel down. Fortunately, she had already learned her lesson not to take what Sophie and Lisa said seriously.

3.1.2.1.3 "Big Bird."

Evidence of Jenny experiencing body-shaming is also found in the

following quote,

"He never noticed me, of course, not in that way, but I remember how he was always nice, he never made cruel comments about my size, or laughed and shouted Big Bird when I walked into the room. He used to tell the others to shut up, not to go on about my size, he'd tell them to leave me alone, which only made me love him more." (Green, p 245) Jenny explained that Brad had never done what other people had done to him. An example of this is someone who often says terrible things about her size. Besides that, she is also often called "Big Bird." The big bird is one of the characters in the Sesame Street series, which is famous for his fat body and not being smart. In addition, the call is also often used to address a woman whose body is very tall or very fat.

With that statement, it is evident that Jenny experienced body-shaming verbally because she is being compared as the character "Big Bird" in the Sesame Street series.

3.2 The Effects of Body-shaming

As the researcher has talked about, body-shaming is one of the bullying acts. Bullying acts are known to have a significant impact on the victims. It could affect their daily life and even their health. The same thing goes for bodyshaming. Below are the effects of body-shaming depicted in the novel, including insecurity, anxiety, low self-confidence, and closed personality.

3.2.1 Insecurity

The feeling of lacking self-confidence is often known as insecure. It deals with someone's confidence. This feeling can be felt by everyone depending on what the person feels insecure about. Insecurity usually appears in the situation when people are being compared. Not only happened causing by others, but it can also be caused by themselves when they compared themselves with others.

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In the novel, Jemima frequently feels down because of her appearance.

When she doesn't feel secure being herself and lose her self-confidence, it shows the probability of her insecurity being raised high. She tends to be somebody else instead of embracing her flaws and be the best version of herself.

"If I had one wish in all the world, I wouldn't wish to win the lottery. Nor would I wish for true love. No, if I had one wish I would wish to have a model's figure, probably Cindy Crawford's, and I would extend that wish into having and keeping a model's figure, no matter what I eat." (Green, p 7)

The sentence that said she dreams about having a model's body shows Jemima didn't feel satisfied with her figure. Instead, she wants to have another person's figure. Cindy Crawford is her direction because her body is considered to be perfect. In addition to it, Jemima also adored Geraldine. Not only her body, but Jemima also adored how Geraldine's love story is going. Jemima said in the following quote,

"Geraldine only goes out with rich men. Older, richer, wiser. Her current boyfriend has, amazingly, lasted eight months, which is a bit of a record for her, and Geraldine seems serious, which Ben can't stand. I, on the other hand, love hearing what I think of as "Geraldine stories." Geraldine is the woman I wish I was." (Green, p 12)

She admits that she enjoyed what Geraldine told them, how her love life is going amazed Jemima. Geraldine is known as a woman who would date only the rich man and didn't want to maintain her relationship until marriage because she still wants to enjoy the benefits of the people she dated. And that's the thing Jemima dreamed. She wants to be chased by many guys, to be asked to marry them, to be begged for the love she had. Jemima wants them, but her looks seem to prevent her from that. That is why Jemima always daydreams about her being

thin without doing exercise. She only imagines herself in her head.

"If I were slim, you would say I look fantastic in my bold striped trousers and long tunic top in a perfectly matching shade of orange. But no, because of the size I am people look at me and think, 'God, she shouldn't wear such bright colors, she shouldn't draw attention to herself." (Green, p 8)

Instead of being grateful for what she looks like, she always fantasizes about

being slim. Jemima isn't satisfied with her own body. This case has happened because people around her mistreat her, which deters her from achieving her desire. People judge Jemima based on her overweight body. It made Jemima thinks that people will be preferred Jemima in clothes that didn't attract attention. At the same time, every person has free will to style themselves the way they want to. Sadly, Jemima forgot about that because she is too busy concerning something that she can't control.

"I feel like an ungainly oaf next to Geraldine, so I lumber into her car and just as I put the seat belt on—Geraldine, incidentally, isn't wearing one—she offers me a cigarette, which I take. You didn't know I smoked? Of course I smoke because way back when, in the murky teenage years, all the cool people smoked, and even then I wanted so badly to be cool." (Green, p 21)

The quotation above is evidence that Jemima lacks self-love and is unsatisfied with herself. The feeling of dissatisfaction with herself is maybe the result of the bullying she got in the school back then when she is the fattest girl in the class. Because of that, Jemima seems desperate to be cool and started to smoke to make herself cooler like the other kids in her school. Jemima did the things that could be harmful to her body and her health only to fix her image.

"Names, names, give me names."

"Okay <s>, but don't hold it against me. I know Jennifer & Brad quite well, and a lot of the cast from *E.R.* But a lot of my friends just work in the business, they're the guys behind the scenes. What about you?"

Think Geraldine, think Sophie and Lisa. Think anything but your own life. (Green, p 69)

Jemima's dissatisfaction with herself is also can be seen in the conversation

above. When someone she knows on the internet asked about herself, instead of

just describing her life, Jemima wanted to describe her friend's life because she

thought their life was better than hers. She doesn't want the person to imagine

Jemima as herself. Jemima wanted to be imagined as Sophie and Lisa that live an

almost perfect life. Jemima feels not secure enough to tell the truth because if she

does, her internet buddy might lose interest in chatting with her, so she decided to

lie to make her life more appealing.

"Hello stranger!" says Geraldine. "Getting ready for the party?" She stands back from the mirror and admires her red dress, which makes me think of Brad immediately, because it's just like the black dress he wanted me to wear—a short, flippy soft dress that hugs her curves and shows off her legs, snugly encased in shimmery, sheer natural stockings, with flat red suede pumps on her feet. Bitch. No, sorry, only joking, but to be a bit more serious I look at Geraldine and feel as dowdy as hell. (Green, p 125)

The thought of her unattractive looks is proved in the quotation above.

When Jemima attends the same party as Geraldine, she looks at her and is amused by how Geraldine wears her red dress. Then she started to compare herself with Geraldine. Jemima suddenly thinks that she doesn't get dressed appropriately. It makes her look dowdy when she was standing beside Geraldine, who is dressed prettily. Often comparing herself to others seemed to have been ingrained in Jemima.

She also often compares herself to her roommates Sophie and Lisa.

"But it's not worth even thinking about. They are thin and beautiful, and I am not. I would never dare suggest going along, and they would never dare ask me. Not that they are nasty, you understand, underneath the glitz and glamour they're nice girls, but a girl has to keep up appearances, and fat friends, I'm afraid, do not come into the equation." (Green, p 13)

Jemima stated the quotation above when she described her roommates. Her

roommates had a glamorous lifestyle, and it is the opposite of Jemima's lifestyle.

Jemima said she is not thin and beautiful enough to hang out and have the same

lifestyle. This the proof that Jemima is insecure. She doesn't consider herself as

pretty compared to her roommates. Anyone should not be feeling less pretty rather

than others because every woman is beautiful. Another statement where Jemima

compared herself to her roommates is the statement below,

"You doubtless think we make an odd trio. You're probably right. The Italian man in the deli at the end of the road was flabbergasted to discover we lived together. The two beauties he flirts with at every opportunity, and the sad, overweight girl who probably reminds him of his fat mother always dressed in black." (Green, p 13)

Compared to Lisa and Sophie, Jemima assumes that she might look like a fat mother. The comparison clearly shows how Jemima agreed that she is nothing compared to them. Defining herself as a sad and overweight girl who brings the vibe of a fat mother indicates the insecurity inside her. The thought of insecure also follows her until her bedtime.

"She trudged down the street, aware that people were looking at her, and not caring whether they were looking at her size or her tears. Nobody dared ask what was wrong, and Jemima had never felt so alone in her whole life. She went home, back to an empty flat, lay on her bed and cried, and when the tears had passed she just lay, staring up at the ceiling, wondering why nothing good ever seemed to happen to her." (Green, p 52)

The quotation above explained that Jemima was feeling ungrateful about her life. This is the sign that Jemima is insecure. She thought that after all this time, her life doesn't do her justice. It only leaves pain and tears. It was when she only remembers the bad memories after going through a bad day. It might happen because she compared her life with others. She may think that other's lives are much easier than hers.

Sadly, Jemima's insecurity does not disappear after she becomes pretty and slim. It keeps cling to her thoughts. She keeps feeling herself lacking and unworthy. She is still the same fat Jemima on the inside. The proof that Jemima is still insecure after she becomes pretty is the quote below,

"I look disgusting don't I?" I haven't dared look in the mirror, I just buried my head in a magazine, and now I don't want to look. But I can see from their faces that I don't look disgusting, and so reluctantly I raise my eyes to my reflection and I gasp. And I can't help reaching out a hand, corny as it may sound, and touching my face, my hair, in the mirror, and almost without thinking I find myself whispering in agreement. "Oh my God!" I say quietly, turning to Geraldine in amazement. "I'm the woman in the picture." (Green, p 138)

This sentence is said by Jemima when she succeeds in losing weight. She is already slim and beautiful, but she still thought that she doesn't look appealing. This proves that once something inside her gets hit, something outside will not be affected anymore. Even though Jemima now becomes someone she dreamed about, her thought of being not pretty enough as everybody else is already stuck in her head. Hence, she still has insecurity inside her. Another evidence that Jemima's insecurity hasn't gone after body transformations is shown in the

following quote.

"Yes, I feel better, more confident, but I'm still the same person inside, and if I'm being really honest with myself I wouldn't say I'm that much happier now, and all the insecurities I had when I was fat are still there, they haven't gone away, even though that sounds ridiculous. " (Green, p 243)

This sentence, "all the insecurities I had when I was fat are still there," refers that even though the outside appearance of Jemima has changed, something inside her remains the same. This could be the impact of being body-shamed, Jemima's mind had been destroyed, and it takes time to cure it. Looks can be different, but the beneath of it is still the same. This proves that body-shaming not only hurts at the current time but also causes an effect that will last until an undetermined time.

"And the more I think about it, the more I realize that I really haven't felt myself since arriving in Los Angeles. I feel almost as if I'm playing a role, that I've become so immersed in being Brad's girlfriend I've forgotten who I really am. In fact, it's not even since I arrived in L.A. If I'm totally honest about it, I haven't felt myself since I lost weight and I never understood before how much I used the excess weight to protect myself." (Green, p 243)

The fact that Jemima finally lost her weight, and become the girl she had been dreaming of in her life, in the end, doesn't make her happy as she imagined to be. On the contrary, it bothers her. Since she decided to go to L.A. with her new appearance, she keeps experiencing things that cannot be called good memories. She realizes that she felt lost, not only her fat but also herself. Jemima couldn't feel herself anymore. She is just someone else she doesn't even know. Eventually, every single individual has their problems. They don't need to be thin, fat, pretty, or ugly. They just need to be human to have issues because that is what life is called.

The insecurity caused by body-shaming is not only felt by Jemima as the main character but also Jenny, who experienced the same thing as Jemima.

> "I remember how I felt when someone skinny and beautiful was introduced to me, how inadequate I felt, how I couldn't look them in the eye, and I try desperately to think of a way to make Jenny feel at ease." (Green, p 177)

When Jemima becomes slim and fit and goes to L.A. to meet her internet friend named Brad, Brad introduces her to his assistant called Jenny. Jenny is a woman who is overweight, just like Jemima a couple of months ago. The time Jemima meets Jenny, she suddenly remembers herself in the past. They are similarly based on their appearance and how they react to people, especially the new skinny and beautiful people. Jemima explained that she could feel how insecure she is. Feeling insecure tends to increase higher when they face the more good-looking people in front of them. Not only Jenny that experienced that feeling, but Jemima also understand that feeling well.

3.2.2 Anxiety

Anxiety is one of the mental health issues. Over-worry about the future event that is going to happen is called anxiety. Jemima suffers this kind of feeling after she often got a body-shaming act. It makes her over-worry about how society will judge her, characterized by embarrassment, which is obsessively high with a simple thing as a trigger.

"I stand on the scales looking miserably at the wall as Paul juggles with the scales until he has my exact weight. 204 pounds. He writes

it on the form, as I try and control my embarrassment, the only relief coming when I remember that had I come a month ago, I would have been nearer 217 pounds, because somehow I have managed to shed almost 13 pounds in the last few weeks." (Green, p 112)

Causing by the act of body-shaming that she received a lot, Jemima feels uncomfortable when she was weighing her weight, alongside the fact that there is someone who looks at it closely to observe it. That simple thing makes Jemima embarrassed. We can summarize by that Jemima undergoes anxiety because she said she tried to control her embarrassment in front of Paul while all he did is looking at her weight for gym purposes. Ordinary people might relate to this simple act as a trigger. Another simple thing that triggered Jemima is when she had to look in the mirror.

"Avoids the mirror in the bathroom, for it is full length and she really does not want to see herself in all her glory. Starts running a bath, and pours at least five capfuls of bubble bath in to hide her flesh." (Green, p 17)

The effect of the bully she gets, Jemima becomes a woman that hates her reflection in the full mirror because in there, she can see a body that she didn't wish to have. Jemima has an unusual fear of looking at herself in the mirror. She thought if she was staring at her naked body in the mirror, it might show a clearer picture of herself that she wasn't grateful for, a body with a lot of fat and flaw.

Jemima was also over-sensitive when she thinks about what people thought about her body. The following quote is an example,

"I can't believe Sophie doesn't see how transparent she is. I know exactly what she thinks of me. She thinks I am huge, vast, the fattest girl she's ever met, and I don't blame her. When I look in the mirror, if I look beyond my face, I see the same thing" (Green, p 29) When anxiety takes the lead in her, she becomes more aware of people's opinions towards her. Jemima assumes her head that Sophie thinks Jemima is the fattest girl that Sophie ever met. This couldn't be accurately proven but based on Jemima's thought. It is because Sophie is like an open book that everyone can read it. This matter is included as anxiety because Jemima is overwhelmed with the feeling she made causing by Sophie and Lisa's treatment previously.

"But as I stand up I suddenly have a horrifying thought. From the front, I am passable. I can just about hide my size and hope that people look at my eyes or my hair, but from the back even I admit that I'm huge. Can I back out of the room? Would Ben think I was completely mad? Should I risk turning around and allowing Ben to see me from behind?" (Green, p 83)

The quotation above informed that Jemima exaggerates her feeling about what people thought of her. She tried to hide her body and didn't want others to see her size. Jemima wishes that people around her will pay attention only to her eyes or her hair. She became more nervous until she was confused about what decision she should make, whether she had to get back to the room, not meet Ben, deal with it, and overcome her fear. She is scared the most because her back is exposed, and she doesn't know how she looks from the back. Must be unpretty, Jemima thought. She didn't want that view to be seen by Ben. Jemima's overemphasized feeling will be seen as fat supports the fact that Jemima has anxiety.

"Jenny's voice hardens again. "You think it's easy to look the way I do in a town like this?" she says. "You think I don't know what people think of me, what people would think of Brad if they knew he and I were together?" You know, strange as it seems, I start to feel sorry for her. I start to understand, because, even though I haven't been here long, already I know how superficial Los Angeles is, how people will only accept you if you're beautiful. And slim.

"So that's why you're here," Jenny sighs. "Because Brad needed a trophy girlfriend. He needed someone blond and skinny." The disdain in her voice hits me like a slap in the face. "He needed someone like you to prove that he'd made it." (Green, p 247)

An interesting fact about Jenny and Brad is that they are a couple. The relationship is exposed when Jemima unintentionally finds Jenny's nude picture in Brad's closet. This shocked Jemima, considering how Brad showers her with love since she arrived in Brad's house, but in the end, Brad is just using her as a trophy girlfriend that he should have. Jenny explains that they need Jemima to be Brad's girlfriend, so people around them will assume that Brad made it. This shows how the level of Jenny's anxiety is pretty high. The thought of people when they saw Jenny and Brad together scared her until she let her boyfriend have another girlfriend. People who never experienced being judged by appearance may not understand this. However, since Jemima had already been there, she understood why Jenny did that even though it still makes her upset. Jemima understands that the standard in L.A. is pretty high. Nobody will be accepted if they were not beautiful. This one is the worst effect so far because it involves other people to handle Jenny's anxiety. It also had to sacrifice their feelings just to stop people from making bad assumptions about them.

Therefore, the anxiety that Jemima and Jenny's experience results from the body-shaming they got from the people surrounding them.

3.2.3 Closed Personality

One of the effects of body-shaming is that the victim becomes uncomfortable around others, whether close relatives or strangers. That matter is

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caused by being scared of what people think about them and low self-confidence

by considering them lacking in some aspects. Thus, those things will push them

away from society and make them find it difficult to be open to the people around

them and having many friends.

"And how's your social life?" my mother finally asks.

Should I tell her I had a drink with the most gorgeous man in the country last night? Should I tell her I've met the most gorgeous man in America on the computer? Should I tell her about the photographs?

"Fine," I say finally. "It's fine."

"So what else is new?" says my mother, who always ends the conversation this way.

"Nothing, Mum," I say what I always say. "I'll call you next week." (Green, p 94)

Living in a different house doesn't make Jemima and her mother stop

communicating. The quality of their communication is still vague, but at least they keep in touch every week. But, Jemima is still unable to be open about her life to

her mother. In the quotation above, Jemima hesitates to tell her mother about how

her day went when her mother asked her to. In the end, Jemima just says a word

and does not tell her mother everything. This happens because the bonding

between her and her mother didn't build correctly. It can not grow because

Jemima's mother keeps asking her weight at the beginning of the conversations

that aren't delighted to Jemima. The progress of her weight is a sensitive issue for

her, and sometimes Jemima didn't want to discuss that.

"What about you?" she asked. "Why don't we go together?" I couldn't believe it, going to the class with Geraldine! Walking in with someone else, for once not being on my own. "Are you sure?" I asked. "You wouldn't mind?" Because why would Geraldine want to befriend someone like me? It's not that I dislike her—

she, after all, is one of the few to have always treated me like a human being—it's just that I can't help but be intimidated by her perfection. (Green, p 20)

Apart from Jemima's lack of communication with her mother, Jemima could not have many friends because she can not find the good side to make friends. Instead, Jemima feels intimidated by her peers. As everybody would agree, Geraldine is gorgeous, and if it's compared with Jemima, she thinks that Geraldine is too perfect for befriending Jemima. Jemima feels unworthy. This happens because the treatment of her and Geraldine is different, and it will make nonsense if they become friends. Geraldine is too high compared to Jemima's level. Jemima thinks she didn't deserve a perfect figure like Jemima to be her friend.

The way Jemima behaves didn't happen because she is arrogant. Indeed she has very low self-confidence, so she thinks nobody deserves her. Therefore, the main reason is Jemima had experienced body-shaming in her life when Jemima is fat. In her school days, Jemima is unable to prove herself. She is only the girl that gets bullied and is hard to be noticed regardless of her body size.

Other than Jemima, Jenny also had a closed personality same as her. She had been through the same experience as Jemima. She was being the fat girl in the school and being bullied by her schoolmates. This could be proven in the quotation above when the two met for the first time. The first meet could be the factor that made Jenny avoid Jemima, but there is also a reason behind that. Jenny feels intimidated by Jemima's perfection.

"That's a beautiful shirt," I say finally. "Did you buy it here?"

"No," says Jenny, forced to speak, and then she turns to Brad. "I have some files here for you. Shall I just leave them on your desk?" Her voice is as cold as ice, and I recoil, but then I think how much worse it would be, how magnified those feelings of inadequacy would be if you worked somewhere where you were surrounded by bodies beautiful all day, so I try again.

"Have you worked here long?" I say, trying to offer her my friendship. "Yes," says Jenny, refusing, this time, to look at me, and with that, she turns and walks out of the office." (Green, p 177)

Jenny seems not happy meeting Jemima when Jemima tried to be friendly

by complementing Jenny's shirt. Instead of feeling approved, Jenny seems doesn't

appreciate Jemima's effort. Jenny tried to avoid the conversation becomes longer

and divert the subject to Brad. Jemima noticed that, but it doesn't stop her from

making Jenny feels better. She tried to ask about her job, but again Jenny answers

it shortly and rushes herself to disappear from Jemima and Brad. This shows that

Jenny doesn't intend to befriend Jemima even though Jemima already tried to be

friendly. She tends to withdraw herself from getting closer to people.

"Look." Let's try and start all over again, Jemima. "There's obviously some kind of tension between us which I don't understand, because I'd really like us to be friends." Jenny looks at me in horror. "I can't be friends with you." "Why ever not?" Jenny shrugs. "It just wouldn't work." (Green, p 185)

The next day, Jemima seems doesn't want to surrender herself. This might be because Jemima felt Jenny, and she doesn't want Jenny to feel lonely and miserable, so she tried hard to get along with her. But, the favor that Jemima gave didn't consider her. She made it clear that she can not befriend Jemima. In the statement above, Jenny told Jemima to forget her urge to befriend Jenny because she thought they would not be compatible. "Yeah, really," says Jenny, getting up to leave. "Don't bother. Number one, I don't appreciate being patronized. Number two, I don't believe you. And number three, even if I did, it wouldn't make any difference to me. As far as I'm concerned you're my boss's new girlfriend and that doesn't mean *we* have to be friends. Thanks for the drink. I'll be seeing ya." (Green, p 185)

Jenny claimed the reason why she doesn't want to befriend Jemima in the quotation above. Jenny thinks what Jemima has done to her is because Jemima feels superior and her intention to befriend Jenny is only to feed her ego. This could happen because Jenny had experienced the same things, making her think twice to make a friend with someone new. In reality, this is only Jenny's anxiety because the real intention behind Jemima's offer is sincere. Jemima only wants Jenny to share her thoughts with her, so she no longer feels lonely, just like what Jemima experienced.

In Jenny's case, she seems harder to be optimistic with people around her except Brad. Jenny percept to be going through much more than Jemima because she is so hard on people who only want to befriend her. While in Jemima's case, she still tries to open herself with Geraldine and Ben Williams. Even though they are good-looking people, they still treat Jemima as a normal person. Also, Sophie and Lisa because are living in the same house.

3.2.4 Binge-eating

Apart from insecurity, binge eating is the effect of body-shaming as well. Instead of motivating someone to fix their unhealthy lifestyle, body-shaming makes the victim worsen their unhealthy lifestyle.

"Until last night, however, because lying on your bed feeling fat and miserable is inevitably the beginning of a binge, and last night, when Jemima had composed herself, she phoned the local pizza delivery company. They brought round a large pizza, although huge might be a more appropriate description, garlic bread, and coleslaw. Jemima opened the front door and pretended she was having a load of friends round. Just to make sure they believed her she also ordered four cans of Diet Coke." (Green, p 54)

The effect of body shaming that Jemima accepts also applies to things unrelated to her mentality, such as her habit of binge-eating. Jemima spends her night feeling sorrowful. And after wasting energy to think that she is fat, she started binge eating to worsen matters. Binge eating means Jemima was constantly consuming foods in an enormous amount. Moreover, she orders hugesized pizzas to overcome her thought and to feel that night. Fast foods tend to produce fat faster. It also has an unhealthy effect on the body of the consumer.

3.3 Islamic Perspective of Body-shaming in *Jemima J*

Muslims believed that besides maintain good relations with the vertical section by praying to Allah, Muslims are also required to maintain good relations with the horizontal section by treat other their peers with a decent attitude. The rule of respecting each other is certain and can not be debated. Allah has mentioned it in His Holy Quran as a guide to his believers. Alongside with Quran, the Prophet Muhammad SAW also reminds in his message that reported by his loyal companions, known as hadith. Muslims are taught to depend on their life based on Qur'an and hadith because both of them are consisting knowledge that is needed by humanity. As long as human beings follow those two, their life will be meaningful and stand on the right path.

3.3.1 Al – Hujurat: 13

Al-Hujurat, which means room in English, is one of the surahs in the Holy Qur'an. Qur'an consists of 30 chapters. One of the chapters contains a surah called Hujurat. To be exact, it is the 49th surah. The surah mostly tells about morals and modesty. This prioritizes the instruction to not gossip and disgrace another human being since those acts are considered a sin.

Furthermore, this surah reminds humanity to maintain peace with the fellow-creature constantly. The point where the warning of disgracing each other is forbidden is quite suitable with the consquence of doing body-shaming. The primary verse that is discussing humans are be commanded not to judge someone based on their looks and forms is verse 13:

يَتَأَيُّهَا ٱلنَّاسُ إِنَّا خَلَقْنَكُمْ مِن ذَكَرٍ وَأُنثَى وَجَعَلْنَكُمْ شُعُوبًا وَقَبَآبِلَ لِتَعَارَفُوْا أَ إِنَّ أَحْرَمَكُمْ عِندَ ٱللَهِ أَنْقَنكُمْ أَ إِنَّ ٱللَّهُ عَلِيمُ خَبِيرُ ٣

"Oh, the humanity! Indeed, we created you from a male and a female and made you into peoples and tribes so that you may get to know one another. Surely, the noblest of you in the sight of Allah is the most righteous among you. Allah is truly All-knowing, All-aware." (cited from <u>http://www.quran.com</u>)

This verse explained that Allah compartmentalizes his creature to different kinds of sex, tribes, and people to teach them to keep peace amidst diversity. Allah didn't measure his believer upon their looks. Instead, He beholds their soul and the way they behave. The physical appearance of someone is not significant because humans are not in charge of choosing their form. Allah has destined the best form for them, considering Allah is the perfect substance. In Jemima's case, she was born with the average weight, but then her parents' divorce triggers her to eat more to bury her sense of loss. The way Jemima keeps her unhealthy lifestyle as a habit turns her into an overweight teenager. Grow into adolescents who are overweight made her become an easy target to get bullied in school. Her schoolmates did not treat her like the Qur'an says that ordered the believers to maintain harmony among fellow human beings constantly. On the opposite, Jemima's schoolmates bullying her until she had less confidence. Insulting someone who is the creature of Allah also means insulting the Creator. This is an improper act that anyone should avoid because it can be harmful to others and themselves. The harmful impact to the victim is made them miserable, while to the one who did it is worsening brotherly relations between humans. And if it Muslim who did it, then they categorized as a great sinner.

3.3.2 At-Tin: 4

Another surah that will be valid for not insulting others based on physical appearance is At-Tin. At-Tin means the fig as written in the first verse. This surah consists of 8 verses, lesser compared to Al-Hujurat. Being the 95th surah in Qur'an, this surah conveys the message of obedience towards Allah. Allah has created humans as the best creature, but it will be useless if they don't give forth their loyalty to Allah. The specific verse that should be highlighted is the 4th verse,

لَقَدْ خَلَقْنَا ٱلْإِنسَكَنَ فِيَ أَحْسَنِ تَقُوِيمِ ٢

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"Indeed, We created humans in the best form."(cited from

http://www.quran.com)

The verse above informed that Allah had created humans in perfect shape. This could represent that all bodies are beautiful. Therefore, humankind should be grateful for the body they had received from Allah because it is flawless. And otherwise, they must put respect to each other because when they are embracing others, it means they also manifest their loyalty to Allah. Whatever the form is, human beings believe that human beings' body is the best gift. Abstain themselves from practicing the act of body shaming is a must.

In Jemima's experience, she can't be grateful for her body because some people negatively comment. Instead of considering her body as the best gift, she keeps daydreaming about herself in another body form, and it only makes her stuck with her thought instead of making a real effort to achieve them. In addition to it, she also prefers to be somebody else that she considered to be her body goal, such as her roommates Lisa and Sophie, and also her colleague, Geraldine that adored by men in her workplace. By this, body shaming shouldn't be justified since it makes people denied the joy given by their Creator.

3.3.2 Hadits by Abu Huraira 2564 C

Abu Huraira is one of the Prophet Muhammad's companions. Throughout his life journey with the Prophet, he took many of his characteristics and words as references to report it later for Muslims worldwide as a hadith. One of his reports contains the message that Allah is not assessed by His believers based on how they look outside.

بُرْقَانَ، عَنْ يَزِيدَ بْنِ، الأَصَمِّ عَنْ أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ صلى الله عليه وسلم " إِنَّ اللَّهَ لاَ يَنْظُرُ إِلَى صُوَرِكُمْ وَأَمْوَالِكُمْ وَلَكِنْ يَنْظُرُ إِلَى قُلُوبِكُمْ وَأَعْمَالِكُمْ ".

"Verily Allah does not look to your faces and wealth, but He looks to your heart and your deeds." (cited from <u>http://www.sunnah.com/muslim:2564c.com</u>)

According to Abu Huraira's report, Allah does not care whether you are attractive or not, rich or poor. As long as you have a kind soul, you will have he bless. It taught Muslims not to judge people just by their appearance. Evaluate someone based on their heart is frequently forgotten since the case of bodyshaming that often happened.

As in the novel, Jemima is depicted having difficulty in dictates her social life. She is considered as someone who is quite troubled to make friends. That matter is caused by her low self-confidence resulted from her experience of getting discriminated against when she suffers from obesity. Several times, the editor of Jemima evaluates her job based on her appearance instead of her work. This act has deviated from the message of the Prophet that reminds His believers not to judge based on their looks. In the end, after Jemima working hard to lose her fat and become pretty, she finally decided to resign from her job, and her editor realized that he just lost his one of his talented employee.

Allah released His statement about respecting others in his Holy Quran and also towards the Prophet Muhammad SAW. Islam has imparted the value that body-shaming should not be done because that implies hurting other creations of Allah psychologically since body-shaming is considered an act of bullying. And Allah didn't create humans that were not pretty. All bodies are beautiful and flawless. Apart from losing their relations with another human being, they also had to deal with the consequences of violating Allah's command to love each other.

CHAPTER IV

CONCLUSION

Jemima J is a novel about Jemima Jones, an overweight woman who worked as a journalist, and her journey to change herself. This research discovered the body shaming that occurred in the novel and the impact on the characters who experienced it. The first thing that was found was that bodyshaming took place in two forms: non-verbal and verbal. Body shaming, classified as being carried out verbally, is discrimination, dissatisfaction towards one's body, and laughing at other people's bodies. The discrimination is done by Jemima's editor against her based on her looks, so he keeps delayed her promotion until she finally loses weight. Showing dissatisfaction towards one's body was constantly done by Jemima's mother. Jemima's mother's behavior that shows dissatisfaction is how she wants her child to be like other girls with an ideal body instead of embarrassing. The last one, which is laughing at someone else body, is experienced by Jenny. Jenny often received unpleasant acts caused by her overweight body in the school back days. Being a laughing target is an example.

The second finding is the impact experienced by Jemima and Jenny. Jemima and Jenny feel insecure, anxious, and have closed personalities. Even Jemima had to deal with binge-eating in the evening. Insecurity makes Jemima stock with low confidence, she also tends to be someone else instead of believing herself, and it lasts long even though she is already pretty. The other characters, named Jenny, also feel insecure after meeting the pretty version of Jemima.

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Meanwhile, anxiety leads them to the overwhelming feeling of being scared by what people thought of them. This feeling appears with the embarrassment of themselves. The final effect is it becomes difficult to open themselves to anyone. Jemima keeps her border to share her story with somebody else, even if it's her mother. That border also makes Jemima doesn't have a close friend because she feels unworthy to them.

Meanwhile, Jenny keeps avoiding the good intentions to be a friend of new people. In the worst case, she intentionally told her boyfriend to date someone prettier so she can keep her boyfriend's pried, and no one will be suspicious of their relationship. The last effect that is shown is binge-eating. This bad habit appeared when Jemima had gone through a terrible day. To revive her mood, she ordered a big portion of pizza.

Then, from an Islamic perspective, it is clearly stated that Allah has ordered His believer to use Qur'an and hadith as life guidance for human beings. Allah reminds humans not to judge another human by appearance and keeping peace among other human beings through Holy Qur'an and hadith. In Qur'an, Allah delivers His message in surah Al-Hujurat verse 13 about His creature that is divided into many kinds and forms but has to cherish each other in diversity. While in surah At-Tin verse 4, Allah stated that all bodies are beautiful because He made humans flawlessly. Alongside with Qur'an, in hadith, Prophet Muhammad SAW conveys that Allah doesn't need to see someone's looks to judge them. With the message that had been written above, it can be assumed that Islam also thought body-shaming is not a wise thing to do regarding its effect that could lead to failure to maintain a good relationship with others due to Allah's order.

So, this research concluded that body-shaming is behavior that could lead to verbal and non-verbal bullying. It is not proper to do it from the perspective of humanity or Islamic perspective because it leads to harmful effects to the victim and the victim addresser. The bad effects exist in the present life and the afterlife.



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