

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

THESIS



**BY
MEULIDYA IFTITANIA
REG. NUMBER: A73216121**

**ENGLISH DEPARTMENT
FACULTY OF ARTS AND HUMANITIES
UIN SUNAN AMPEL SURABAYA
2021**

DECLARATION

I am the undersigned below:

Name : Meulidya Ifitania
NIM : A73216121
Department : English Department
Faculty : Arts and Humanities
University : UIN Sunan Ampel Surabaya

Truly state that the thesis I wrote is my original work and not a plagiarism/
fabrication part or whole.

If in the future, there is a proof that this thesis results from plagiarism/fabrication,
either in part or in full, then I am willing to accept sanctions for such actions in
accordance with the applicable provisions.

Mojokerto, July 15th, 2021

Who makes the statement


Meulidya Ifitania

APPROVAL SHEET

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

by

Meulidya Iftitania

Reg. Number: A73216121

Approved to be examined by the Board of Examiners, English Department,
Faculty of Arts and Humanities, UIN Sunan Ampel Surabaya

Surabaya, July 15th, 2021

Thesis Advisor



Sufi Ikrima Saadah, M.Hum

NIP. 201603318

Acknowledged by:
The Head of English Department



Dr. Wahyu Kusumajanti, M.Hum

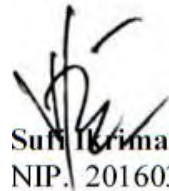
NIP.197002051999032002

EXAMINER SHEET

This thesis of Meulidya Iftitania (Reg. Number: A73216121) has been approved and accepted by the Board of Examiners, English Department, Faculty of Arts and Humanities, UIN Sunan Ampel Surabaya on 4th August 2021.

The Board of Examiners are:

Examiner 1



Sufi Ikrima Saadah, M. Hum.
NIP. 201603318

Examiner 2



Dr. Wahyu Kusumajanti, M. Hum.
NIP. 197002051999032002

Examiner 3



Dr. Abu Fanani, S.S., M. Pd.
NIP. 196906152007011051


Examiner 4



Ramadhina Ulfa Nuristama, M.A.
NIP. 199203062020122019

Acknowledged by:

The Dean of Faculty of Arts and Humanities
UIN Sunan Ampel Surabaya



Agus Aditoni, M. Ag
NIP. 196210021992031001



KEMENTERIAN AGAMA
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL SURABAYA
PERPUSTAKAAN

Jl. Jend. A. Yani 117 Surabaya 60237 Telp. 031-8431972 Fax. 031-8413300
E-Mail: perpus@uinsby.ac.id

LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI
KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS

Sebagai sivitas akademika UIN Sunan Ampel Surabaya, yang bertanda tangan di bawah ini, saya:

Nama : Meulidya Ifitania
NIM : A73216121
Fakultas/Jurusan : Adab dan Humaniora / Sastra Inggris
E-mail address : imeulidya@gmail.com

Demi pengembangan ilmu pengetahuan, menyetujui untuk memberikan kepada Perpustakaan UIN Sunan Ampel Surabaya, Hak Bebas Royalti Non-Eksklusif atas karya ilmiah :

☒ Skripsi ☐ Tesis ☐ Desertasi ☐ Lain-lain (.....)

yang berjudul :

Body Shaming and Its Effect in Jane Green's *Jemima*

beserta perangkat yang diperlukan (bila ada). Dengan Hak Bebas Royalti Non-Eksklusif ini Perpustakaan UIN Sunan Ampel Surabaya berhak menyimpan, mengalih-media/format-kan, mengelolanya dalam bentuk pangkalan data (database), mendistribusikannya, dan menampilkan/mempublikasikannya di Internet atau media lain secara **fulltext** untuk kepentingan akademis tanpa perlu meminta ijin dari saya selama tetap mencantumkan nama saya sebagai penulis/pencipta dan atau penerbit yang bersangkutan.

Saya bersedia untuk menanggung secara pribadi, tanpa melibatkan pihak Perpustakaan UIN Sunan Ampel Surabaya, segala bentuk tuntutan hukum yang timbul atas pelanggaran Hak Cipta dalam karya ilmiah saya ini.

Demikian pernyataan ini yang saya buat dengan sebenarnya.

Surabaya, 20 agustus 2021

Penulis

(Meulidya Ifitania)
nama terang dan tanda tangan

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.

TABLE OF CONTENTS

INSIDE COVER PAGE.....	i
INSIDE TITLE PAGE	ii
APPROVAL SHEET	iii
EXAMINER SHEET.....	iv
DECLARATION	v
ACKNOWLEDGMENT.....	vi
ABSTRACT.....	vii
ABSTRAK	viii
TABLE OF CONTENT	ix
LIST OF FIGURES	xi
CHAPTER 1 INTRODUCTION	1
1.1 Background of Study	1
1.2 Research Questions	4
1.3 Significance of Study	5
1.4 Scope and Limitation	5
1.5 Definition of Key Terms	5
1.6 Research Method.....	6
CHAPTER 2 REVIEW OF RELATED LITERATURE.....	8
2.1 Social Embrassment.....	8
2.1.1 Private Embrassment.....	9
2.1.2 Public Embrassment.....	9
2.1.3 Social Judgement	9
2.1.3.1 Body-Shaming	9
2.1.3.1.1 Verbal Form	12
2.1.3.1.2 Non-Verbal Form.....	13
2.2 Psychoanalysis	15
2.2.1 Impact of Body-Shaming	15
2.4 Islamic Perspective.....	18
2.5 Review of Related Studies	19
CHAPTER 3 ANALYSIS.....	21

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 body-shamed (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

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 themselves 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 themselves 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?

1.3 The significance of the study

1.4 Scope and Limitation

1.5 Definition of Key Terms

- [illegible]

- 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.

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 Embarrassment

This phenomenon happens during social interaction, in a way, social interaction is becoming the bridge between body shaming and the effects of embarrassment. 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. Edelman (1985) prejudices against body shaming is embarrassment, its commonly stated as social embarrassment. At some points, recent literature about social embarrassment highly developed such as Freud's and Hall's literature. This embarrassment 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

2.1.1 Private Embarrassment

2.1.2 Public Embarrassment

2.1.3 Social Judgement

2.1.3.1 Body Shaming

[illegible]

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 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

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).

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

2.2 Psychoanalysis

2.2.1 Impact of Body Shaming

[illegible]

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.

2.2.1.2 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.

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

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

2.2.1.4 Eating disorder

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

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

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.

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-Tahrir Wa 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.

BODY SHAMING AND ITS EFFECT

Jemima J talks about a twenty-year-old woman called Jemima Jones.

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.

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 non-verbal forms, body shaming is done by giving unpleasant treatment or action.

[illegible]

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

“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)

plus-size stores, of people staring at them walking down the street.” (Green, p 94)

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)

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)

“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 body-shaming. 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.

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)

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 think 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)

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)

“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

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)

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

[illegible]

3.3.2 At-Tin: 4

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ ﴿٤﴾

بُرْقَان، عَنْ يَزِيدَ بْنِ الْأَصَمِّ عَنْ أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " إِنَّ اللَّهَ لَا يَنْظُرُ إِلَى صُورِكُمْ وَأَمْوَالِكُمْ وَلَكِنْ يَنْظُرُ إِلَى قُلُوبِكُمْ وَأَعْمَالِكُمْ " .

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 his blessing. It taught Muslims not to judge people just by their appearance. Evaluating someone based on their heart is frequently forgotten since the case of body-shaming that often happened.

[illegible]

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.

CONCLUSION

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.

Meanwhile, Jenny keeps avoiding the good intentions to be a friend of new

Then, from an Islamic perspective, it is clearly stated that Allah has ordered

[illegible]

REFERENCES

- Aminu-Kano, M., & Atallah F. (2014). *An Islamic Perspective on Human Development*. Strategy, Policy & Process Department, Islamic Relief Worldwide.
- Amri, D. T. S. (2020). *Kecenderungan Perilaku Body Shaming dalam Serial Netflix "Insatiable"*. Universitas Muhammadiyah Yogyakarta.
- Brewis, A. A., & Meg B. *Weight Shame, Social Connection, and Depressive Symptoms in Late Adolescence*. (2018). *Int. J. Environ. Res. Public Health* 2018, 15, 891.
- Duarte, C., Marcela M., R. James S., Corinne G., Liam M., Jose P. G., & Paul G. (2017). *The Impact of Shame, Self-Criticism, and Social Rank on Eating Behaviours in Overweight and Obese Women Participating in a Weight Management Programme*. DOI:10.1371/journal.pone.0167571.
- Edelmann, R. J. (1985). Social Embarrassment: An Analysis of the Process. *Journal of Social and Personal Relationships*, 2(2), 195–213.
- Elíasdóttir, E. L. F. (2016). *Is body shaming predicting poor physical health, and is there a gender difference?*. Reykjavik University.
- Fathi, F. (2013). *Why Weight Matters: Addressing Body Shaming in the Social Justice Community*. Columbia Social Work Review, Volume II.
- Fauzia, T. F., & Lintang R. R. (2019). *Memahami Pengalaman Body Shaming Pada Remaja Perempuan*. Diponegoro University.
- Fredrickson, B. L., & Roberts, T.-A. (1997). *Objectification theory: Toward understanding women's lived experiences and mental health risks*. 21(2), 173–206.
- Green, Jane. (2000). *Jemima J*. The United Kingdom.
- Gilbert, P., & Jeremy M. (2002). *Body Shame Conceptualisation, Research and Treatment*. New York: Routledge.
- Guerrero, J. (2012). *Real Women Have Curves: A Look at The Challenges Faced by Young Latina Immigrants to The United States Real Women Have Curves: Mulheres Verdadeiras Têm Curvas: Um Olhar Nos Desafios Enfrentados Por Jovens Imigrantes Latinas Nos Estados Unidos*. Raido.

- Kolmogorov, A., P. Tarhanova, & O. Shalygina. (2017). *Standards of physical beauty and mental health in children and young people in the era of the information revolution*. Moscow State University.
- Laarhoven, S. (2018). *Social media, beauty standards, and Chinese women*.
- Magnúsdóttir, L. (2015). *Beauty Standards in Japanese Society through the Ages*. SSN: 140591-2709.
- Makhfudhoh, A. (2019). *Body Shaming Perspektif Tahrir Ibnu 'Ashur (Studi Analisis Qur'an Surat Al-Hujarat{49}:11 Dalam Kitab At-Tahrir Wa At-Tanwīr)*. State Islamic University Sunan Ampel Surabaya.
- Mukwamu, S. 2019. *Body shaming and its effect on society*. Retrieved May 11, 2020, from <https://pdby.co.za/body-shaming-and-its-effect-on-society/>
- Sakinah. (2018). "Ini Bukan Lelucon": *Body Shaming, Citra Tubuh, Dampak dan Cara Mengatasinya*. Jurnal Emik, Volume 1 Nomor 1.
- Simões, J. M., Cláudia F., & Ana L. M. (2016). *Exploring the effect of external shame on body appreciation among Portuguese young adults: The role of self-compassion*. The University of Coimbra.
- Siddiqu, H. 2019. *One in eight U.K. adults have suicidal thoughts over body image – poll*. Retrieved May 11, 2020, from <https://amp.theguardian.com/lifeandstyle/2019/may/13/body-image-survey-one-in-eight-uk-adults-suicidal-thoughts>
- Santoso, A. 2018. *Polisi Tangani 966 Kasus Body-Shaming Selama 2018*. Retrieved May 11, 2020, from <https://news.detik.com/berita/d-4321990/polisi-tangani-966-kasus-body-shaming-selama-2018>
- Teo, Irene, Laura M. P., & Mary J. Naus, L. C. (2017). *The Relationship between Body Shame, Self-Esteem, and Depression*. The University of Houston.
- Yarni, D. (2019). *Analisi Semiotika Body Shaming Dalam Film The Greatest Showman*. Universitas Islam Negeri Sultan Syarif Kasim Riau.