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INDIVIDUAL CASE STUDY

TOPIC:

BODY SHAMING CAN AFFECT OUR HEALTH MENTALLY AND PHYSICALLY

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In recent years, people's judgment has been more to body shaming that can damage our mental and physical health. According to [yourdictionary.com](https://www.yourdictionary.com) (n.d), body shaming is related to the practice of making critical, humiliating comments about your body size or weight. Body shaming includes the behavior of comparing your appearance with others, criticizing the appearance of someone else either in front of them or without their knowledge. Body shaming can come from family or enemies and is often featured in the media. For example, thin women are told they are too skinny. Body shaming can affect our health mentally and physically when being viewed as an object leads people to self-objection, which in turn increases body surveillance and body shame, which impairs their mental health.

Individuals get body-shamed by the way they look; some pleasant or unpleasant thoughts can be prompted based on their current mental wellbeing. The opinions of their physical appearance from other people can influence their self-image. When positive thoughts are exchanged, the result will also be good. For example, someone said your wavy hair looks nice on you, this simple sentence can increase our self-image thought. While, when negative thoughts are exchange, the opinion will lead to irrational thoughts to meet the expectation of the other people. Based on someone's words even simple phrases can have a gigantic effect on people's emotions and decisions. The effect that may happen after on our health, mental, and emotions. Health conditions can become worse if the person did not eat all because of the lack of nutrients in the body. For mental, the self-image and self-esteem of the individual are more likely to decline when they think a little more negative. Mental health involves our emotional stability. Just know that a few words can cause a person thinking too much and make lots of different decisions depending on their condition. This can lead to anxiety and depression. Do you think it is right to body shame someone? Body shaming can cause eating disorders, depression, and body dysmorphic disorder.

First and foremost, body shaming can cause eating disorders. From graziadaily.co.uk (2019), a new study suggests that derogatory comments about weight and size can impact the physical health of those who experience it, especially if a healthcare professional is the one doing the shaming. One will think of losing weight to reduce the dissatisfaction with their body image. In other words, they will get the idea of doing restrictive eating and over-exercise, which can enhance their physical appearance to avoid body shaming. For instance, people with bulimia will force themselves to vomit after eating a large amount of food to prevent critics

from others. National Eating Disorder Association (NEDA) has stepped up to fight against body shaming on social media. This organisation through Media Watchdog Program is encourage individuals who witness body shaming to notify them. Thus, the organisation can make an action to prevent eating disorder.

Besides, body shaming can lead to depression. Important to realize that anyone can get depression by the pressure from any platforms that are evolving these days. Surprisingly, adhesive statements related to one's physical appearance will make them feel unmotivated. To clarify, "The Star Online" (2019) had stated, "a popular K-pop star; Sulli, who committed suicide had suffered from severe depression". The reason she died was that she had been the target of abusive comments on social media across the world. On that note, it clearly shows that body-shaming victims can harm themselves if they think irrationally. In my short life, many things could be viewed as life changing. Every new experience was the first experience, at one time or another. For good or bad, every instance has changed the course of my life. I never imagined that body-shaming could make suicide. Suicide is the second leading cause of death among adolescents and young adults worldwide. The physical and mental health cases rise every day due to body shaming. Body shaming is really into someone's life. Therefore, body shaming can make people today face depression.

Furthermore, body shaming can result in body dysmorphic disorder. The first thing to remember is that body dysmorphic disorder is a type of mental illness where the sufferers cannot escape from thinking about the flaws in their appearance "Mayo Clinic" (2019). The flaws perceived cannot be seen by anyone, and it can make them feel embarrassed in the way they are. As an example, when one got body-shamed, they intensely focus on their physical appearance, repeatedly checking the mirror, seeking reassurance for many hours each day. They will avoid social situations due to the features people fixate about, such as breast size and thin hair. Hence, body dysmorphic disorder can threaten those who are greatly influenced by body shaming.

A constructive suggestion for the resolution of body shame people is one should first be mindful about what they say to other people. Enable only positive words about the bodies of others to come out of your mouth, and even then, be acceptable. We live in a modern world where commenting on the bodies of other people is rarely acceptable, particularly if you say anything snotty. Just be nice and spread love and light because we all need a little encouragement. Next, do not comment on someone's weight. It is not appropriate to speak to

anyone else about their weight even your loved one unless they have specifically asked for your advice or opinion. Comments about weight are often concealed in concern for health. If you are concerned about the health of a friend or family member, it might be necessary in certain cases, be appropriate to initiate a dialogue about health. Other than that, surrounding yourself with uplifting and positive people. It is important to surround yourself with optimistic and loving people because no one has ever felt uplifted by negative Nancy. You cannot get yourself to an advanced state if you are surrounded by negative people. Likewise, it is going to be very hard to resolve body-shaming if you spend time with people who say unpleasant thoughts about other people's bodies. It may seem simple, but this can be harder than it looks. Thus, people should love themselves, loving their bodies, and accepting bodies of all shapes and sizes. Lastly, Self-love is the best way to encourage the love of those around you. Practicing self-love is key to helping you grow into the person you are supposed to be. If it gets to the point that you cannot handle it yourself, there is support out there such as tell your family or a trusted adult what you disagree with right now. If you are looking for more support, speak to a professional who will help you with these issues and their threats. Just remember, you are not alone in this, and there are helping hands ready to help you heal entirely.

In a nutshell, body shaming has become severe nowadays as it induces an eating disorder, depression, and body dysmorphic disorder. In “Gunnars” (2019) opinion, he agrees that body shaming can make things worse. He proposed, "Some believe that making overweight people feel ashamed of their weight or eating habits may motivate them to get healthier". One should learn how to respect human rights and stick to those who are positive that refuses to comment on the looks of others. However, it all lies in our attitude whether we want to overcome this or not, as the saying goes, “where there’s a will, there’s a way!” All media platforms need to quit perpetuating this myth of a perfect body; “it is time to start with a clean slate!”

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