

BODY IMAGE PROBLEMS AND INSECURITY IN TEENAGERS IN SOCIAL MEDIA POSTS

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Abstract

The phenomenon of body idealization on social media worsens this condition, because teenagers often compare themselves to unrealistic beauty standards. Exposure to content on social media such as Instagram and TikTok often displays edited ideal bodies, triggering negative social comparisons, feelings of insecurity, and psychological disorders such as anxiety, depression, and even eating disorders. This condition is more often experienced by teenage girls who actively use social media and are exposed to body-themed content. This study used a qualitative method with a descriptive approach. The subjects were teenagers aged 15-20 years who actively use social media and often watch videos showing the body. The results showed that body image in teenagers is greatly influenced by exposure to social media, peer influence, family relationships, nutritional status, self-esteem, and social and cultural norms. Exposure to ideal body content on social media triggers feelings of dissatisfaction with one's own body and increases feelings of insecurity, especially in teenage girls. Social pressure to appear perfect and the tendency to compare oneself to others on social media leads to decreased self-confidence and the emergence of negative behaviors, such as extreme diets or avoiding social interaction. However, research has also found that social media does not always have a negative impact; The presence of positive comments and support from online communities can improve adolescents' self-concept and self-confidence. Thus, digital literacy and psychosocial support are needed so that adolescents can use social media healthily and build a positive body image.

Keywords: Body image, insecurity, social media

1. Introduction

Adolescence is a critical stage in the development of positive or negative body image (Toselli et al. 2022) . Adolescents are particularly vulnerable to body dissatisfaction due to the physiological, social, and psychological changes they experience (Yanuarti et al. 2022) . Adolescents often have a constant desire and search for physical characteristics that are different from reality, which can lead to body image dissatisfaction (Chen, J & Bao, S et al. 2022) . In today's society, there is an idealization of the perfect body causing adolescents to try to lose or gain weight to achieve the perfect body, which if not achieved can lead to body image disorders, health and adolescent behavior (Audrey S et al. 2020) .

This phenomenon of dissatisfaction can be found among adolescents, especially regarding physical appearance (Hanifia et al. 2021) . In addition, the effects of this dissatisfaction can cause paranoid disorders, eating disorders, depression, and problems with body image (Nisak et al. 2023) . In this case, it can be categorized in a comparison of feelings of anxiety or worry when there is a feeling of lack of self-confidence (Usman & Helen et al. 2022) .

Body image as *The picture of our on body which we form in our mind, that is to say, the way which the body appears to ourselves* . The image of a person's body that is formed in the mind of the individual himself, or in other words the image of the individual according to the individual himself is called body image (Sari et al. 2022) . Meanwhile, according to Cash in the journal (Agustin & Rizal et al. 2022) that body image is a person's perception, belief, thought, feeling, and behavior about his own body and includes one body that is related, self-perception and a person's attitude. Body image as a person's perception, thoughts and feelings about his body (Andini et al. 2020) .

According to Smolak & Thompson (Annisa et al. 2020) explains that an individual's Body Image is described by how far the individual feels satisfied with body parts and overall physical appearance and adds that the level of acceptance of body image largely depends on socio-cultural influences consisting of four aspects, namely: reactions of others, comparison with others, individual roles and identification with others. Terms created by experts related to the physical, but other experts also have opinions about body function, body movement, body coordination and so on.

Body image in boys has received little attention, as boys are less affected by body image issues than girls (Mulgrew, et al. 2020) . During early adolescence, most girls place a high importance on social acceptance. Peers influence adolescents' body image through a variety of mechanisms, such as teasing and criticism about appearance, discussing appearance issues, comparing appearance, judging friends' appearance, and social conflict or exclusion (Okyere et al. 2022) . Girls' body image perceptions are more strongly and negatively influenced by social media because they engage more with body-related content than boys (Mahon & Hevey et al. 2021) .

Poor body image in adolescents will have an impact on physical and psychological health conditions to date. Good psychological well-being can make someone feel satisfied with themselves, maximize their potential to the fullest and build good relationships with others, because they do not see any shortcomings or dissatisfaction in themselves (Lubis et al. 2020). Perception of body image can sometimes lead to dissatisfaction with the body and cause a large number of psychological illnesses such as eating disorders, obesity, and other bad lifestyles (Mahon & Hevey et al. 2022) .

Technological advances have created various digital media that utilize the internet as the main source for accessing them. The existence of digital media can make it easier for someone to do anything online. (Welly, W., & Rahma et al. 2022) . The existence of social media seems like a necessity today and it feels strange if we don't open social media in a day. Social media provides many benefits such as providing a lot of information that we need in various fields, as an entertainment platform, communicating or interacting with fellow social media users from various places, and others (Rosmalina et al. 2021) . Social media is the main space for interaction for young people, but it often leads to unrealistic social comparisons, digital addiction, and cyberbullying which have a negative impact on their mental health (Rogers, r et al. 2020) .

Social media has provided significant convenience and pleasure, by using social media people can easily and effectively connect, engage, and share videos with others (Daryus et al., 2022). However, continuous use will lead to a comparison between images or videos on social media and the real self negatively, which will ultimately affect the individual's perception of their body and make them dissatisfied with their body (Audrey et al., 2020). Body image is a person's perception, thoughts, and feelings about their body (Grogan, 2016). If the image, thoughts and feelings are bad, then the person is likely to be dissatisfied with their own body. This feeling of dissatisfaction is more common in women than in men (Audrey et al., 2020)

Today's social media has changed the existing paradigm and theory, uniting various levels of communication in one container known as social networks or social media. This change has a significant impact on the use of social media in society (Noorikhshan et al. 2020). Platforms such as Facebook, Twitter, Instagram, WhatsApp, and others have become the main source of the latest information for society (Setiadarma et al. 2024).

Statista reports that the largest number of social media users in Indonesia in 2020/2021 were aged 25-34 years, specifically male users at 20.6% and women at 14.8%. And the next position is for users aged 18-24 years, specifically men at 16.1% and women at 14.2%. then the number of social media users with the least number in Indonesia is aged 55 years and over (Rustandi et al. 2020) . Some of the social media that are often used in 2022 are Whatsapp, Instagram, Facebook, Tiktok and Telegram. The results of the we are social survey entitled "Digital 2023", Whatsapp is still the most popular application for internet users in the 16-64 age range. Other information shows that Indonesia is currently listed as the country with the second largest Tiktok users in the world (Artheswara & Sulistiawati et al. 2020) .

According to (Dimas et al. 2021) One of the motives for someone to use social media is the convenience motive, which is related to how social media becomes a tool to represent a feeling of emotion that users have and another motive is a sense of self-satisfaction when they can spread their self-actualization to cyberspace. Individuals can be said to be addicted to accessing social media if the activity of opening social media becomes an activity that dominates thoughts, feelings (desires) and behavior (Dwi et al. 2020) .

The development of technology and the advancement of social media have had a significant impact on the lives of teenagers. Social media such as Instagram, Tik Tok, and other platforms allow teenagers to be continuously exposed to various content that displays often unrealistic standards of beauty and ideal bodies. This exposure can affect teenagers' perceptions of their own body image, which ultimately leads to body dissatisfaction and feelings of insecurity.

Teenagers, especially girls, are particularly vulnerable to social media influences due to puberty, which is marked by a variety of physical and psychological changes. Content that displays the ideal body of a thin and perfect person is often edited and filtered, creating pressure to always look perfect. This triggers negative social comparison, where teens compare themselves to peers or influencers who appear ideal, which can lower self- confidence and increase anxiety and depression.

In addition, social media also triggers feelings of insecurity in teenagers. This feeling of insecurity arises because teenagers feel not good enough when compared to the ideal image on social media. They tend to imitate popular trends and feel angry or disappointed when these expectations are not met. This high level of insecurity has a major impact on adolescents' self-confidence and mental health. This is supported by research conducted by Kusuma (2020) in the Tik Tok application which provides a comment column feature for its users, where positive comments will have an impact on someone's self-confidence, and negative comments will form a strong mentality in someone, from this it can be concluded that Tik Tok can be used as a self-concept builder, from this phenomenon it can be concluded that Tik Tok not only has a negative impact but Tik Tok can also have a positive impact. From previous research conducted by Sandy (2021) entitled the relationship between social comparison traits and self-comparative behavior in Tik Tok social media users. The results of the study showed problems in making comparisons. Where the informant experienced a sense of insecurity in terms of comparing others to himself with the use of Tik Tok social media.

The negative impact of body image and insecurity problems that arise due to the use of social media not only affects the psychological aspect, but can also cause eating disorders and other extreme behaviors in an effort to achieve an ideal body. Based on the background above, the author wants to conduct a study entitled *Body Image and Insecurity Problems in Adolescents in Social Media Posts* .

2. Methods

This study uses a qualitative research method design. Qualitative research methods are a process of investigation in understanding human and social problems that are built in a complex, holistic manner, reporting the informant's point of view and in a natural setting (Murdiyanto et al. 2020) . This study uses a lot of qualitative data. Several approaches are used by researchers to collect data for this investigation. In qualitative investigations, where data is the main way to verify the findings of the investigation, the use of data collection strategies is the most important thing. Data are obtained by researchers through the use of several tools, including interview questions, observation sheets, and documents. The following are the techniques used in this study to obtain data (Fiantika et al. 2022) .

Participants in this study were obtained through a purposive technique, namely selected with certain considerations and purposes, with adolescent subjects who use social media. Inclusion criteria identify the study population consistently, reliably, uniformly and objectively. Exclusion criteria include factors or characteristics that make the recruited population ineligible for the study (Adlini et al. 2022) . The inclusion criteria in this study were female adolescents, aged 15-20 years, using social media and watching videos showing the body.

The data collection techniques used by the researcher are interviews, observations, and documentation. In this study, interviews were conducted directly at the subject's home. The observation method used is non-participant observation, the researcher is not directly involved and is only an independent observer. In this study, observations were conducted while the interview was taking place. Documentation in this study was conducted offline.

3. Results and Discussion

3.1 Body Image in Teenagers

Body image is a psychological experience that focuses on an individual's attitude and feelings towards their body condition, and body image is not always the same as the actual or real body condition. Actually, what individuals think and feel about their body condition does not necessarily describe the actual condition, but rather is the result of subjective self-assessment (Azizi, et al. 2020) .

Body Image was put forward by (Dinata & Pratama et al. 2022) is an attitude or feeling of satisfaction and dissatisfaction that a person or a particular individual has towards their body so that it can give rise to a positive or negative assessment of themselves. Body image is a person's experience regarding attitudes towards their body shape and weight that gives rise to self-assessment. Body image has two components, namely positive body image and negative body image (Roring et al. 2020) .

Factors that influence body image in adolescents are very diverse and interrelated, including environmental, personal, social, and psychological aspects. Here are some of the main factors based on research and literature:

1) Social Media and Mass Media Exposure

Social media is an environmental factor that greatly influences adolescent body image. Exposure to images and ideal beauty standards that are often unrealistic triggers detrimental social comparisons, thereby increasing the risk of negative body image. Adolescents who are frequently exposed to social media with beauty content

tend to feel dissatisfied with their bodies (Ammar et al. 2020) .

2) Influence of Peers and Social Environment

Peers play a major role in shaping adolescents' body perceptions, due to the pressure of conformity and comparison between peers. Social environments that judge or comment on appearance can also influence adolescents' body image attitudes.

3) Interpersonal Experiences and Family Relationships

Interpersonal interactions, including support or criticism from family and significant others, greatly influence how adolescents view their bodies. Parents and family through modeling, instruction, and feedback can shape a positive or negative body image.

4) Nutritional Status and Physical Condition

Nutritional status such as overweight or underweight also affects body perception. Teenagers with certain nutritional status often feel that their bodies are not ideal according to the standards they hold, thus affecting their body image.

5) Self-Esteem and Psychological Attitudes

Self-esteem plays a major role in shaping body image. Individuals with low self-esteem are more likely to experience dissatisfaction with their bodies. Conversely, self-compassion can reduce the negative impact of social media on body image.

6) Social and Cultural Norms

Cultural norms and standards of beauty also influence adolescents' body perceptions. These standards can differ across cultural groups and influence how adolescents perceive their body shape and size.

7) Knowledge about Nutrition and Ideal Body

Adolescents' understanding of balanced nutrition, obesity, and the concept of ideal body weight also affects their body image. Good knowledge can help adolescents have a more realistic and healthy body perception (Khairunisa et al. 2021).

Body image problems in adolescents are greatly influenced by their activities on social media, as reflected in the results of interviews with three female respondents aged 19–21 years. All three admitted that their views on their bodies and appearance had changed significantly since actively using social media such as Instagram, TikTok, and WhatsApp. SRD, stated *that she became less confident with her body which was considered fat after often seeing posts from people with ideal bodies on social media. She admitted, "I used to feel normal, but after often seeing posts from people with ideal bodies on social media, I became more aware and felt uncomfortable with my body ."* A similar thing was also expressed by SBL who admitted that she *was initially quite indifferent to her appearance, but now often feels inadequate and compares herself to others after being exposed to the beauty standards displayed on social media.*

In addition, the habit of comparing one's appearance with others on social media is one of the main sources of body image problems. The three respondents admitted that they compare themselves with friends or influencers they see on social media almost every day, which leads to feelings of envy, inferiority, and even sadness. PSB said, "Very often, every person I meet on social media I sometimes compare with myself." The pressure to display a certain appearance when posting photos is also very much felt. SRD admitted that she rarely uploads photos of herself because she is afraid of being commented on or compared, and if she does upload, she definitely chooses angles and filters that can disguise her body shape.

The impact of body image problems does not stop at feeling insecure, but also affects the social and daily activities of teenagers. SBL admitted that she was reluctant to attend certain events or meet many people because she felt embarrassed by her appearance. PSB even stated, "Initially I often went out of the house, now I feel inferior to go out of the house and socialize with other people." Efforts to adjust to beauty standards on social media are also made, starting from strict diets, buying beauty products promoted by influencers, to editing photos before uploading. However, the results obtained are often not as expected and actually add to stress.

Support from family and friends is helpful, but it cannot completely eliminate feelings of insecurity that arise due to pressure from social media. Respondents hope that social media can show more diversity of body shapes and normalize natural appearance without excessive filters, so that teenagers can accept and love themselves more. In conclusion, body image problems in teenagers are closely related to exposure to social media that displays certain beauty standards, thus triggering feelings of insecurity, self-comparison, and pressure to appear perfect. The statements from the interview results reinforce that social media is one of the main factors in the emergence of body image problems among today's teenagers.

3.2 Insecure In Teenagers

Insecure means not solid, not safe, restless. Insecurity is a feeling of insecurity, anxiety, indecisiveness (Marisa et al. 2021) . Insecure is as follows. a) feelings of rejection, unloved, treated coldly without affection, hated and insulted. b) Feelings of alienation, exclusion, solitude or uniqueness (different from others). c) Views of the world and life as something dangerous, threatening, dark, people are hostile or challenging each other, like a forest where they hurt each other. d) Views of humans as inherently bad, evil, selfish, hostile to each other. e) Feelings of anxiety. f) Feelings of suspicion and distrust, envy or jealousy of others. g) Pessimism. h) Tend to be unhappy or dissatisfied. i) Feelings of tension and anxiety (Surawan & Salsabila et al. 2022) . Meanwhile, according to the American Psychology Association (APA), insecurity is a bad condition, lack of self-confidence and powerlessness to solve problems (Chastin et al. 2021) .

Factors that influence feelings of insecurity in adolescents are very diverse and involve psychological, social, and environmental aspects. Here are some of the main factors that contribute to the emergence of insecurity in adolescents:

1) Traumatic Experiences and Rejection

Experiences of failure, rejection from others, or bullying, both verbally and socially, can trigger trauma that causes teenagers to feel inadequate and judge

themselves negatively. Rejection from peers, family, or the school environment has a significant impact on reducing adolescents' self-confidence.

2) Improper Parenting Patterns

Parenting patterns that are too demanding of perfection or lack of attention and emotional support can make teenagers perfectionists and prone to feeling insecure when expectations are not met. Lack of understanding and support from the family is also a risk factor.

3) Perfectionist Traits and High Expectations

Teenagers with perfectionist traits who always want everything to be perfect tend to feel disappointed and insecure if reality does not match expectations. Excessively high expectations of oneself also increase the possibility of feeling insecure.

4) Influence of Social Circles and Environment

Unhealthy relationships, such as feeling out of step with a peer group or feeling unaccepted, can lead to feelings of insecurity. The pressure to excel and compete in social settings also adds to the psychological burden on teenagers.

5) Health Issues and Physical Appearance

Physical conditions such as obesity, acne, or other health problems can reduce adolescents' self-confidence and trigger feelings of insecurity about their appearance.

6) Education and Financial Factors

A low level of education or feeling less financially capable than others can also cause teenagers to feel insecure because they feel underappreciated or looked down upon.

7) Hormonal Changes and the Adolescent Transition Period

Adolescence is a period of cognitive, emotional, and hormonal changes that make them more vulnerable to anxiety and insecurity than at other ages. These changes increase vulnerability to insecurity.

8) The Influence of Social Media

Social media demands that teenagers always appear perfect and often displays unrealistic beauty standards. Constant exposure to such content makes teenagers compare themselves to others, which can lead to feelings of insecurity and insecurity. In addition, social media is also a means of bullying and negative comments that worsen feelings of insecurity.

Feelings of insecurity in adolescents are very real and strong, as reflected in various statements from respondents in the interview. Respondent SRD admitted that she often felt insecure about her body, especially because she was fat and felt less attractive than other people. She added that since becoming active on social media, her view of her body had changed drastically to become more negative, because she often saw posts from people with

ideal bodies. This made SRD increasingly aware of her shortcomings and feel uncomfortable with herself. She also said that almost every day she compared her appearance with other people on social media, and often felt jealous and wondered why she couldn't be like them. This feeling made her rarely upload photos of herself for fear of being commented on or compared, and if she did upload photos, she would choose certain angles and filters to disguise her body shape.

A similar thing was also expressed by the respondent SBL, who said that at first she was quite indifferent to her appearance, but after often seeing posts of people with slim bodies and smooth skin on social media, she began to compare herself and felt not good enough. She admitted that she often felt inferior, sad, and even lazy to leave the house because she felt not attractive enough compared to other people. SBL also felt pressured to show a certain appearance when posting photos, so she had to choose and edit the photos first before uploading them. After posting, she often felt anxious and afraid of not getting likes or negative comments.

Respondent PSB also said that his self-confidence had decreased since he became active on social media. He often felt insecure and jealous when he saw other people on social media who had ideal appearances. PSB admitted that he often compared himself to other people, even feeling inferior to go out of the house and socialize because he was afraid of being teased or judged based on his appearance. After posting a photo on social media, he felt anxious and worried about getting negative comments.

From the three respondents, it is clear that feelings of insecurity in teenagers are greatly influenced by exposure to social media, especially because of the beauty standards displayed and the habit of comparing oneself to others. Feelings of inferiority, anxiety, sadness, and avoiding social activities are real impacts felt by teenagers due to pressure from social media. Support from friends and family does help, but it is not completely able to eliminate feelings of insecurity that have already grown due to the influence of the digital environment. These statements emphasize that the problematic body image and insecurity in teenagers in the era of social media are real issues and need serious attention.

3.3 Social media

Social media has gained a position as one of the main sources of information for the global community (Pertivi et al. 2020) . Social media itself comes in various forms, texts that can be used to convey and express opinions (Elshahed et al. 2020) . Laughey & McQuail in (Mulawarman & Nurfitri et al. 2020) stated that social media consists of two words, namely "media" and "social". In general, media can be interpreted as a tool used to communicate. While "social" is a word that comes from English, namely society. In simple terms, social can be interpreted as something about society and society. This opinion is in line with that put forward by Daviz in (Aprilia et al. 2020) social media is an online media that can provide convenience in social interaction using web-based technology that can change one-way communication between communicators into interactive dialogue without time limits.

Social media is a huge part of human culture, from Facebook to Instagram, social media has become a habit used in everyday life. It is increasingly obvious that people live with their phones in their hands. However, in August 2018, the face of social media changed

forever when the company Bytedance Ltd. developed a social media platform formerly known as Musical.ly. Through this same company, TikTok was born. The TikTok platform is here to compete with companies like Netflix, Youtube, Snapchat, and Facebook (Gulhan et al. 2021) .

Social media platforms such as Facebook, Twitter, Instagram, Whatsapps, and others are the main source of information for people to obtain the latest information (Mahyuddin et al. 2020) . Social dynamics in society can occur in social values, social norms, organizational behavior patterns, the structure of social institutions, power and authority, social interactions, and so on that are part of the lives of these people (Rusdi et al. 2020) . Social media does play an important role in the dissemination of information and the formation of public opinion. Thanks to its speed and reach, news and information can spread widely in a short time, often faster than traditional media (Wibowo et al. 2023) .

The TikTok application has various levels of use that vary according to the habits of each user (Annur et al. 2023) . The level of use of this application measures how intensively and deeply a person is involved in activities involving TikTok, which can be assessed from the duration of time spent and the frequency of repetition of these activities in one day. This reflects how much the user is attached to the application and the content available in it (Badriya et al. 2020) . Using TikTok can also mean watching various kinds of content on the TikTok application, then commenting on other users' content, and even being able to communicate with other TikTok users (Charlis et al. 2022) .

Instagram is a supporting application for teenagers in this modern era, to save certain moments that can be uploaded to an Instagram account, either in the form of photos or videos. Instagram social media is currently an application that is in great demand by its users, because Instagram is a microblogging application that has the main function as a means of uploading photos or videos (Leaver et al. 2020) . Instagram is an application for sharing photos or videos with fellow users (Nasution et al. 2023).

1) **Social Media Affects Body Image in Teenagers**

Social media has a huge influence on body image in adolescents, as reflected in the results of interviews with three female respondents aged 19–21 years. All three agreed that since actively using social media such as Instagram, TikTok, and WhatsApp, their views on their bodies and appearance have changed significantly. SRD, for example, admitted that at first she felt normal with her body, but after often seeing posts from people with ideal bodies on social media, she became increasingly aware and uncomfortable with her own body. This was also experienced by SBL, who stated, "At first I felt normal, but after often seeing posts from people with slim bodies and smooth skin, I started to compare and feel not good enough." Meanwhile, PSB added that her self-confidence decreased after seeing other people's appearances on social media, so she often felt inferior and envious.

The habit of comparing themselves to others on social media is a phenomenon that is experienced almost every day by respondents. They feel pressured to display a certain appearance in every photo upload, often having to choose angles, use filters, and edit photos to make them look more attractive. The fear of negative comments or being compared to others makes them rarely upload

photos of themselves. Feelings of lack of confidence and insecurity often arise after seeing posts by other people who are considered to have an ideal appearance. SRD revealed that she often feels sad, inferior, even cries alone and feels unworthy of appearing on social media. SBL also said that she once felt lazy to leave the house because she felt she was not attractive enough compared to other people she saw on social media.

In addition, social media also encourages teenagers to try to change their appearance to match the beauty standards displayed by influencers or celebrities. SRD and SBL have tried strict diets or bought beauty products promoted on social media, but the results are often not as expected and actually add to stress. Support from close friends and family does help, but the pressure from social media is still very strong and affects their social activities and daily lives. PSB even admitted to being more reluctant to leave the house and socialize because she feels inferior about her appearance.

From these interviews, it is clear that social media can have a negative impact on adolescents' body image, especially because it encourages self-comparative behavior, creates feelings of insecurity, and creates pressure to meet certain beauty standards. However, respondents also recognize the positive side of social media, such as body positivity content and community support, although the negative influence is still more dominant. Therefore, they hope that social media can show more diversity in body shapes and normalize natural appearance, so that every teenager can feel accepted and confident with themselves.

2) Social Media Affects *Insecurity in Teenagers*

Social media has a huge influence on the emergence of feelings of insecurity in teenagers, as reflected in the results of interviews with three female respondents aged 19–21 years. All three agreed that since actively using social media such as Instagram, TikTok, and WhatsApp, their views on their bodies and appearance have changed significantly towards a more negative direction. For example, SRD admitted, "I used to feel normal, but after often seeing posts from people with ideal bodies on social media, I became more aware and felt uncomfortable with my body." SBL expressed something similar, stating, "At first I felt normal, but after often seeing posts from people with slim bodies and smooth skin, I started to compare and feel not good enough."

The habit of comparing oneself to others on social media occurs almost every day. PSB even said, "I sometimes compare everyone I meet on social media to myself." As a result, feelings of inferiority, envy, and lack of self-confidence often arise, especially when seeing posts by other people who are considered to have an ideal appearance. These feelings also trigger pressure to display a certain self-image when posting photos, as expressed by SRD, "I rarely upload photos of myself because I am afraid of being commented on or compared. Even if I upload, I definitely choose an angle and filter that can disguise my body shape." SBL also admitted, "I usually choose photos, edit them first, and think for a long time before uploading them. I am afraid of being commented on or compared."

The emotional impact of social media exposure is very real. Respondents admitted

to often feeling sad, inferior, and even overly anxious after posting photos or simply seeing other people's posts. SRD said, "Often. Especially when I see people who are slim and wearing clothes that I want but don't have the confidence to wear. Sometimes I even cry by myself." Meanwhile, PSB admitted, "Initially I often went out of the house, but now I feel inferior to go out and socialize with other people."

Efforts to overcome feelings of insecurity are also influenced by social media, for example by trying diets, buying beauty products promoted by influencers, or following certain trends. However, the results obtained are often not as expected and actually add to stress, as expressed by SBL, "Dieting actually makes me stressed, and the skincare doesn't suit me. But from there I learned that everyone has different needs."

However, support from friends and family is very helpful in the process of restoring self-confidence. However, in general, respondents considered that the influence of social media on their self-confidence was more negative, because it encourages self-comparative behavior and creates pressure to meet certain beauty standards. They hope that social media in the future can better showcase the diversity of body shapes and normalize natural appearance, so that everyone feels accepted and valuable for who they are.

So it can be concluded that the problem of body image and feelings of insecurity in adolescents in the context of social media posts is very complex and interrelated. Social media often displays unrealistic beauty standards, such as thin, tall, and smooth bodies, which are digitally edited and filtered. Continuous exposure to these ideal images makes adolescents, especially girls, feel dissatisfied with their own bodies and triggers detrimental social comparisons. As a result, many adolescents experience decreased self-confidence and feelings of insecurity about their physical appearance.

In addition, the pressure to always look perfect on social media exacerbates this problem. Teenagers feel the need to post attractive photos and get lots of likes to be accepted by their peers and followers. This pressure can lead to anxiety, depression, and even eating disorders such as anorexia and bulimia as an extreme attempt to achieve the ideal body imposed by social media standards. Feelings of insecurity are also further reinforced by negative comments or online bullying that often occur on social media platforms, which directly damages adolescents' self-esteem.

These negative impacts not only affect mental health, but can also cause physical problems due to extreme actions to change appearance, such as strict diets or drug use. However, on the other hand, social media also has positive potential if used with proper education, for example to increase awareness of body positivity and self-acceptance, so that teenagers can manage the influence of social media in a healthier way.

3.4 Efforts to overcome body image problems and insecurity in adolescents in social media posts

1. Efforts to Overcome Body Image Problems in Teenagers in Social Media Posts

Efforts to overcome the problem of body image in adolescents in social media posts are complex challenges, considering the major influence of social media on adolescents' self-perception and self-confidence. Based on the results of interviews with

several adolescent respondents, it was found that they often feel insecure, inferior, and even stressed due to exposure to beauty standards displayed on social media. Respondent SRD, for example, said that she often felt jealous and not good enough when seeing posts from other people who had ideal bodies. She also admitted that there was pressure to display a certain appearance when posting photos, even to the point of choosing angles and filters to appear more up to standard. Similar things were also experienced by SBL and PSB, who felt anxious and often compared themselves to others on social media, which had an impact on their social activities.

Addressing body image issues in adolescents in social media posts requires a holistic approach and involves support from the surrounding environment. First, it is important to encourage open communication between adolescents and parents or guardians so that adolescents feel heard and understood without feeling judged. With good communication, adolescents can more easily express feelings of dissatisfaction with their bodies and get the emotional support they need.

Furthermore, critical education about social media content is essential. Teenagers need to be taught that many images on social media have been edited or filtered so that they do not reflect reality. Showing examples of edited photos or videos can help them realize the context and reduce detrimental social comparisons. In addition, limiting the time spent on social media and choosing to follow accounts that promote body positivity, body diversity, and mental health can have a positive influence on adolescents' body perception. Psychological approaches such as Cognitive Behavioral Therapy (CBT) are also effective in helping adolescents recognize and change negative thought patterns about their bodies into more rational and positive ones. This therapy can help address irrational thoughts that underlie negative body image and increase self-confidence. In addition, activities such as dance therapy and body movement can help adolescents develop an appreciation for their bodies based on internal experiences, not just aesthetic appearance. Teens also need to be taught to focus on body function and health, not just physical appearance. Making a list of positive things their bodies can do and remembering times when they felt good about their bodies can reinforce a positive attitude towards themselves. Developing an inner supporter or self-affirming voice, such as repeating positive affirmations ("I am beautiful," "I am worthy"), can help combat inner bullies who reinforce feelings of insecurity caused by body shaming.

In short, ways to overcome body image problems in adolescents in social media posts include open communication, critical education on social media content, content limitation and selection, psychological therapy, focusing on body health, and strengthening positive attitudes and self-affirmation. This approach can help adolescents build a healthy and realistic body perception despite the pressure of unrealistic social media beauty standards.

2. Efforts to Overcome Insecurity Problems in Teenagers in Social Media Posts

The problem of insecurity or lack of self-confidence experienced by teenagers due to exposure to posts on social media is an increasingly common issue. Based on the results of interviews with several teenage respondents, it was found that feelings of insecurity generally arise when they compare their own appearance with the beauty standards that are widely displayed on social media. For example, SRD (21 years old) admitted, "I feel jealous and wonder why I can't have a body like theirs. It often makes me feel not good enough." Meanwhile, SBL (21 years old) said, "At first I felt normal, but after often seeing posts from people with slim bodies and smooth skin, I started to compare and feel not good enough." This statement shows that social media often triggers feelings of inferiority and dissatisfaction with oneself.

To overcome the insecurity problem, the teenagers interviewed have tried several

efforts. First, doing a social media detox by reducing or even temporarily deleting the use of social media applications can help teenagers avoid detrimental social comparisons and reduce feelings of insecurity due to viewing stressful content.

Next, it is important to teach teenagers not to compare themselves to others on social media because each individual has a uniqueness and a different life journey. Focusing on personal achievements and positive things that you have can strengthen self-confidence and reduce feelings of inferiority. In addition, avoiding people who are toxic or give negative comments is also highly recommended so that teenagers do not continue to be trapped in feelings of insecurity.

Building open communication with people close to you such as family or friends is also an effective way to overcome insecurity. By sharing feelings and getting emotional support, teens can feel more accepted and less isolated. Doing fun and happy activities, such as sports, hobbies, or social activities, can also help improve teens' mood and self-confidence.

Finally, changing your mindset to be more positive by getting rid of negative thoughts and focusing on your own strengths is very important. Teenagers need to be taught to accept imperfections and appreciate themselves for who they are, so that feelings of insecurity can be reduced significantly. With this combination of strategies, teenagers can be healthier in using social media and are able to manage feelings of insecurity that arise from social media posts.

4. Conclusions

Social media plays a role in influencing the development of body image and feelings of insecurity in teenagers. Continuous exposure to unrealistic beauty standards and ideal lifestyles on social media often makes teenagers feel dissatisfied with their bodies and themselves. This has a particularly stronger impact on female teenagers who tend to be more sensitive to their physical appearance than males. The negative impacts of poor body image and insecurity include decreased self-confidence, mental disorders such as anxiety and depression, and the risk of eating disorders and social isolation.

This problem is exacerbated by social pressure to always appear perfect, negative comments, and online bullying that often occurs on social media. However, social media also has positive potential if used with the right education, such as promoting body positivity and self-acceptance. Efforts to overcome this problem must involve open communication with family and the environment, critical education about social media content, limiting the use of social media, and strengthening positive attitudes and self-esteem in adolescents.

With the right approach, teenagers can learn to manage the influence of social media in a healthy way, build a realistic body perception, and reduce feelings of insecurity, thus supporting better mental and emotional development. Therefore, the role of parents, educators, and society is very important in helping teenagers face the challenges of body image and insecurity in today's digital era.

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