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Demikian surat tugas ini diberikan agar dilaksanakan dengan sebaik-baiknya sebagai amanah dan ibadah kepada Allah Subhanahu wata'ala.



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Pukul	Ruang	NM	Nama Lengkap	Sidang	Judul Publikasi Artikel Ilmiah	Pembimbing	Penguji
08.00-09.00	401	2108015025	Erina Nur Faridha	Artikel	Overseas Student Experience of Homesickness	Puti Archianti, MPsi, Psikolog	1 Subhan B Hafiz, SPsi, MSI
							2 Dr. Yulistin Tresnawaty, MSI.
09.00-10.00	401	2108015312	Belina Amelia Paga	Artikel	The Effects of Self-Compassion and Social Responsibility on Promoting Prosocial Behavior Among University Students	Dr. Yulmaida Amir, MA	1 Subhan B Hafiz, SPsi, MSI
							2 Dr. Yulistin Tresnawaty, MSI.
10.00-11.00	401	2108015128	Najwa Salma Aqilah	Artikel	The Toxicity of Beauty Standards: Body Image Perception Among Women Acne Fighters	Dewi Trihandayani, MPsi, Psikolog	1 Subhan B Hafiz, SPsi, MSI
							2 Dr. Yulmaida Amir, MA
	402	2108015142	Puput Winarsih	Artikel	Mengeksplorasi Self-Esteem pada Anak Adopsi: Implikasi Temuan Literature Review	Dr. IlhamMundzir, MAG.	1 Dr. Yulistin Tresnawaty, MSI.
							2 Puti Archianti, MPsi, Psikolog
11.00 - 12.00	401	2108015071	Muhammad Fixi Nurcahyadi	Artikel	Eksplorasi Ketangguhan Mental dan Kecemasan Kompetitif pada Atlet Arung Jeram di Jakarta	Dewi Trihandayani, MPsi, Psikolog	1 Subhan B Hafiz, SPsi, MSI
							2 Dr. Yulistin Tresnawaty, MSI.
	402	2108015132	Mashita Firdaus Susanto	Artikel	Entrepreneurial Challenges and Opportunities for Generation Z: A Qualitative Analysis	Puti Archianti, MPsi, Psikolog	1 Dr. Yulmaida Amir, MA
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Jakarta, 15 Mei 2025

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Lampiran 4



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Menyetujui,

Dosen Pembimbing I

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The Toxicity of Beauty Standards: Body Image Perception Among Women Acne Fighters

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Submitted: 2024-02-22 Revised: 2024-03-09 Accepted: 2024-03-15 Keywords: body image; beauty standards; women acne fighters Copyright holder: © Aqilah, N. S., & Trihandayani, D. (2024) This article is under:  How to cite: Aqilah, N. S., & Trihandayani, D. (2024). The Toxicity of Beauty Standards: Body Image Perception Among Women Acne Fighters. <i>Bulletin of Counseling and Psychotherapy</i>, 6(1). https://doi.org/10.51214/00202406819000 Published by: Kuras Institute E-ISSN: 2656-1050	ABSTRACT: Beauty is often closely linked with physical appearance in the current digital era. Prevailing beauty standards in society presuppose certain criteria for beauty, making adherence to these standards the primary basis for assessing one's body image. This study aims to provide an overview of the body image perceptions among women who struggle with acne or "acne fighters." This qualitative research adopts a phenomenological design. Participants were purposively selected using the purposive sampling method. Data were collected through semi-structured interviews and analyzed using Interpretative Phenomenological Analysis (IPA). Findings indicate that women who are acne fighters are dissatisfied with their physical condition, depicting their appearance as unattractive and failing to meet prevailing beauty standards within their social environment. This dissatisfaction leads to decreased self-confidence and negative impacts on social relationships. The study also identifies that one of the main contributing factors to the formation of negative body image is the normalized beauty standards prevalent in society.
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INTRODUCTION

Beauty standards have become one of the primary parameters in evaluating the worth and self-image of an individual, especially in women entering early adulthood. It is undeniable that perceptions of beauty often serve as the basis for societal judgments regarding an individual's physical appearance, affecting how one perceives oneself and interacts within their social environment. Studies have shown that attention to physical appearance tends to be more dominant in women within the age range of 18 to 25 years, reinforcing the significant role of beauty standards in the prevailing culture of society (Hurlock, 1999).

One of the main aspects of physical appearance that is often focused on is skin condition, and acne is a common issue that can affect self-perception, especially in women. In this context, acne is not just a skin problem, but it can also lead to dissatisfaction with body image and affect an individual's confidence levels.

Acne, or *Acne vulgaris*, as a chronic inflammatory skin condition, not only impacts physical appearance but also reflects how beauty standards can affect someone's psychological and social well-being. Epidemiological data indicate that acne has a significant prevalence, affecting millions of people worldwide, and often persists into adulthood, especially in women (Coyle & Liang, 2019).

Interest and beauty play a crucial role in attracting attention, especially from the opposite sex and social environment. For women struggling with acne, the main challenge that arises is low self-confidence. This is caused by the perception that their appearance is less attractive, both to

themselves and others. These findings are consistent with the results of early studies stating that acne can lead to feelings of low self-esteem and discomfort during social interactions.

One's perception of body image can be divided into two aspects, namely positive body image and negative body image. Someone with a positive body image tends to accept their body shape positively, while those with a negative body image tend to be dissatisfied and struggle to accept their physical shortcomings. This perception can affect how individuals view themselves and interact with their social environment.

Literature Review

Acne vulgaris, known medically as acne, typically appears during puberty but can also occur in children and persist into adulthood (Coyle & Liang, 2019). Acne vulgaris is the most common form of acne and ranked eighth in global disease prevalence in 2010. Estimates of acne prevalence vary depending on the approach used. According to the epidemiological approach, acne vulgaris is one of the most common skin conditions, affecting over 645 million people worldwide (9.4%). The prevalence of acne in general population surveys ranges from 0.1% in Tanzania to 8.9% in Cameroon. Data from a large study in China involving over 17,000 adolescents and adults estimated a prevalence of 8.1%. The prevalence of acne in adolescents increases after the age of 20-22.5 and can extend into adulthood, especially in women.

The impact of acne vulgaris can affect the quality of human life. The quality of life of individuals with acne vulgaris can either improve or deteriorate. For instance, in a study by Saragih et al. (2016), significant results of $0.422 > 0.05$ from 102 samples showed that individuals experiencing acne vulgaris had high self-confidence. In line with the research conducted by Fakihatun et al. (2019), which body image in 36 respondents and a negative body image in 14 respondents.

Acne vulgaris can also cause a decrease in an individual's quality of life. Gawkrödger (in Fithriyana, 2019) pointed out that acne vulgaris not only has a negative effect on the skin but also on the psychological well-being of individuals experiencing acne vulgaris, which can lead to depression, thereby directly affecting their decreased quality of life, feelings of shame, and reduced self-confidence. Erdemir et al. (in Osman, 2015) stated that in patients with acne vulgaris, a high level of social appearance anxiety was found in women compared to male patients. Titchener & Wong (2015) revealed that when someone experiences social appearance anxiety, they have negative perceptions of their body, and feelings of dissatisfaction arise.

Satisfaction with one's body image is directly related to how one perceives their own body image. Cash & Pruzinsky (2002) revealed that Body Image is an attitude of assessment consisting of positive and negative evaluations of an individual's body shape. Arthur (2013) defined body image as an individual having a subjective imagination of their body, which is related to judgments from others and to what extent their body can adapt well according to the perceptions of others. The term "body image" is used by some researchers to associate it with physical appearance. Still, other researchers use this term not only for physical appearance but also for judgments about body function, body movements, body coordination, and so on.

Body image relates to how an individual perceives and evaluates what is thought, felt about the size, shape of their body, and others' judgments about themselves. This is consistent with the opinion of Audrey, Berman, and Shirlee Synder (in Zaini, 2019), stating that body image is someone's description of their body parts and physical appearance stemming from the integration of that individual's perceptions, thoughts, and feelings. Suryanie (2005) mentions aspects of Body Image consisting of: a) Perceptual aspect, which refers to overall body parts and appearance. This aspect involves individuals perceiving themselves by making judgments about what they think and feel about the size and shape of their body and how others perceive them, but it may not necessarily accurately

represent themselves, rather it is more about the result of subjective judgments. b) Comparison aspect: This aspect involves comparing and reacting to others. An individual evaluates their body shape and appearance in comparison to others, determining the positivity or negativity of their body image. This leads to comparisons between one's own physical shape and that of others. c) Assessment/measurement aspect: The basis for measuring body image is based on the feelings and expectations accompanying the body image object.

The results of measurements from these aspects can create satisfaction or dissatisfaction with certain parts of one's body. An individual's perception of body image consists of positive and negative body images. A positive body image is when someone views themselves as having an attractive appearance, while a negative body image is when someone perceives their appearance as unattractive, both to themselves and others, and struggles to accept themselves with the imperfections they have because they do not have physical perfection, thus directly affecting their appearance. This is in line with [Bimantara et al. \(2019\)](#) stated, that a positive body image is a positive view of accepting one's body shape, while a negative body image is a person's negative perception of their body shape and dissatisfaction with their body shape. Belgrave (in [Sumanty et al., 2018](#)) stated that a positive body image can be possessed by someone who feels satisfied with their physical appearance (body satisfaction), while a negative body image can be possessed by someone who feels dissatisfied with their physical appearance (body dissatisfaction).

Individuals who have negative body image are commonly referred to as having body image disturbances. Body image disturbances can occur at any time, such as when there is an unwanted increase or decrease in weight, changes in body shape, loss of body parts, the emergence of acne, or illness ([Nugroho & Rizal, 2017](#)). According to [Suryanie \(2005\)](#), body image disturbance is the feeling of dissatisfaction that an individual has towards the shape, structure, and function of their body due to the discrepancy between what the individual desires and what they perceive. Responses to dissatisfaction with changes in body shape, structure, and function include feelings of shame, embarrassment about one's body, feeling guilt about their body, and sudden reactions such as avoidance (not looking, not wanting to touch), excessive indulgence in pampering certain body parts, changes in social involvement, negative feelings towards the body, depersonalization of body parts, and self-destructive behaviors.

Rationale of Study

Beauty and attractiveness are factors that enable women to draw attention from the opposite sex and their social environment. For women experiencing acne vulgaris, the issue that arises is low self-confidence, as they perceive that their appearance is not attractive to themselves or others. This stems from the perception of women experiencing acne vulgaris, as they believe they have physical shortcomings. This is consistent with findings from preliminary studies where "...having acne makes me feel less confident, and I tend to feel insecure when socializing..." ([Agustiani, 2006](#)) states that feelings of helplessness can arise when individuals give negative judgments about themselves, meaning that individuals perceive physical shortcomings, resulting in an appearance that is less pleasing and less suitable in social settings. These feelings can hinder individuals from adapting to their environment.

Based on previous research conducted by [Agustin et al \(2019\)](#), data showed that respondents experiencing acne had a positive body image of 82.9% from a sample of 35 students undergoing treatment. The positive body image that has been acquired represents satisfaction and acceptance within an individual towards their physical appearance. However, different research results were obtained in a study conducted by [Sumitri \(2019\)](#), revealing that 63.8% of 47 respondents experiencing

acne vulgaris had negative self-image, meaning that individuals have distorted perceptions of their body shape, feel ashamed, uncomfortable, and dissatisfied with their appearance.

Aims and Hypotheses

Based on the above exposition, this study aims to understand body image perceptions in women who are acne fighters, by exploring aspects such as subjective perception, comparison with beauty standards, and self-assessment of their body image. The hypothesis of this research states that women who are acne fighters tend to have a negative body image, affected by unrealistic beauty standards, which likely increases self-dissatisfaction, low self-confidence, and negative impacts on psychological well-being.

METHODS

Design

This research used a qualitative methodology approach with a phenomenological design. Qualitative methodology is used to understand human and social issues holistically, involving the perspectives of informants in natural contexts (Creswell & Poth, 2016). The phenomenological design, a qualitative method, is chosen to understand the phenomenon of self-image in women who are acne fighters through field interviews, in accordance with the concept by Alase (2017). The researcher's reflection in conducting this study stems from the researcher's personal experience of having experienced acne vulgaris, which resulted in a lack of self-confidence and feeling unattractive. Additionally, the researcher has heard many stories and seen various narratives on social media about "how" someone perceives themselves when experiencing acne vulgaris.

Participant and Procedure

In conducting research with a qualitative approach, Banister et al. (in Sugiyono (2013)) emphasize that the research focuses more on depth and process. In this study, the researcher chose to apply the purposive sampling method, a sampling technique that involves selecting data sources based on specific considerations. Participant selection in this research used a purposive sampling technique. The researcher selected participants only from young adult women aged 18 to 25 years old, experiencing acne problems, and actively engaging as acne fighters.

In recruiting participants, the researcher utilized pamphlets distributed through online media platforms such as WhatsApp and personal Instagram. Subsequently, prospective participants were directed to a Google Form link to undergo the selection process to become research participants. If they met the criteria required by the researcher, they were contacted further. From the Google Form, there were 6 prospective participants. After the selection process, the researcher obtained 3 participants who met the established criteria. Thus, the total number of participants in this research was 3.

The data collection technique was a research procedure used to obtain the required data systematically. The data collection technique in this research was semi-structured interviews, where the researcher used a set of main questions as a guide. Nevertheless, the researcher had the right to

Table.1. Informant Characteristics

No.	Initials	Age	Long-term acne fighter
1.	SR	19 years old	For 3 years
2.	NN	22 years old	For 5 years
3.	QT	24 years old	For 6 years

add additional questions as needed to obtain more in-depth information (Satori & Komariah, 2015; Nizamuddin et al., 2021).

Data Analysis

The Interpretative Phenomenological Analysis (IPA) method was employed in data analysis in this study, involving steps such as interview transcription, creation of theme tables, determination of themes and subthemes, and coding processes to identify patterns or meanings emerging from the data (Smith et al., 2009). In this study, data validity was assessed using triangulation. Triangulation is a technique for testing the accuracy of data from various existing sources. The researcher chose triangulation method to assess accuracy, which involves comparing data/information in different ways.

In this case, qualitative research collects data using interview methods. Data validity can be tested in various ways, and this study employed credibility testing. Credibility (degree of trustworthiness) is a criterion for meeting the truth value of the collected data and information. This implies that the research results can be trusted by both readers and informants (Susanto et al., 2023). Furthermore, credibility is established through triangulation during the study by asking follow-up questions that were posed during interviews. The aim is to test the consistency of the answers provided by informants. Additionally, the researcher conducted member-checks, which involve verifying data by providing interview transcripts to informants to align perceptions, and asking if there is any information they would like to change or add. Once agreed upon, the transcripts were finalized, and the researcher requested participants' signatures to ensure the authenticity of the obtained data.

RESULTS AND DISCUSSION

Results

Based on the data collected from the three participants who were interviewed, the researcher identified three main themes that occurred. These themes include views on physical appearance, social comparison, and social interaction. The first theme is viewed on physical appearance, where participants consistently expressed negative views about their appearance, particularly regarding acne vulgaris affecting their skin. Dissatisfaction and lack of confidence were often the perceived impacts.

Furthermore, the theme of social comparison reflects the participants' tendency to compare themselves with beauty standards set by the surrounding society. Feelings of inadequacy or not meeting expectations often drive the desire to change their appearance or become someone else. On the other hand, the third theme, social interaction, highlights the deeper psychological impacts of acne vulgaris. Participants stated that their skin condition directly affected their social interactions, to the extent of experiencing barriers in communication or withdrawing from social interactions altogether. This indicates that acne vulgaris not only impacts the physical aspect but also extends to interpersonal aspects of the participants' daily lives.

Negative Perceptions Toward Physical Appearance

Ugliness, having acne is perceived as something that diminishes physical attractiveness, and participants feel that this condition makes them not beautiful in their own eyes and possibly in the eyes of others.

"...Because of having acne, I feel ugly, I'm sure people wouldn't like seeing it either." SR.

"I feel not attractive because I have these red pimples and scars, so it's not

pretty." NN.

"If someone says I'm beautiful, hahaha, no way, having so many pimples like this, impossible to be beautiful." QT...

Unattractiveness, in addition to feeling not beautiful, participants believe that their appearance is less attractive because of concerns that their acne will become the focus of other people's attention.

"...I don't find myself attractive because I have a lot of acne, surely other people would be more focused on my acne when they see my face." SR.

"Being attractive seems far from me, especially with acne like this, if I want to be stylish, for example, wearing a pink hijab would just make my acne more obvious, and if I wear a black hijab, it makes my face look dull..." NN.

"I feel like I'm in a dilemma if I want to make myself attractive, because if I want to use makeup, I'm afraid it will worsen my condition, but if I don't use makeup, the pus from my acne becomes more noticeable. Well, it's hard to be noticed by other people when you're an acne fighter. QT..."

Feeling of Embarrassment, not only do they feel unattractive physically, but participants also experience feelings of embarrassment due to the acne they have, leading them to try to cover it up with something.

"...It happens a lot, especially when it's inflamed, it's so embarrassing to come out of my room, to the point where I once covered my face with a bandage when meeting people, even when going out alone because the pus and blood seem to ooze out." SR.

"I feel embarrassed almost all the time, I mean, being an acne fighter, so when I meet people or friends, I usually wear a mask so they won't focus on it." NN.

"I think everyone with severe acne like this must feel really embarrassed, so wherever I go, I wear a mask or use heavy makeup to cover up the sins on my face. QT..."

Social Comparison

Not in line with beauty standards, participants feel that their appearance does not meet and even falls far short of, the ideal criteria or beauty standards prevailing in society.

"...Actually, beauty standards are annoying and make me feel down haha because with skin like this, it's clearly far from being beautiful, let alone meeting the existing standards. You know (beauty standards) should be fair, smooth, flawless, without acne, well, I have acne that doesn't seem to go away." SR..."

"...As an acne fighter since puberty, how could I ever look as beautiful as those who must have smooth and acne-free skin, at least? So, it's impossible for me to reach or even come close to beauty standards." NN.

"Let alone being like the beauty standards, like smooth and fair, even if my acne heals, it seems like it won't be accepted, so it's like the difference between heaven and earth compared to that. QT..."

Desire to be someone else, in their efforts to achieve the desired appearance, participants feel drawn to becoming someone with visibly smoother skin, like adult women who serve as beauty standards.

"...If I could swap destinies, I would just want to be someone else, you know, I want to have smooth, flawless skin without acne. Sometimes I feel so envious and imagine what it would be like if I were in that position." SR.

"To be honest, I even cried hysterically praying to God to make me like this or that person who has flawless skin because this is painful, you know, and now my dream is also to be like someone else whom I consider beautiful haha." NN.

"I really want to be like my friend in class, her face is so beautiful, flawless, no acne at all, I even dream about becoming her because I want it so badly." QT..."

Disruption of Social Interaction

Lack of confidence, when interacting with others, participants experience a lack of confidence and discomfort, especially when interacting with someone new.

"Because I've been an acne fighter for two years, my confidence has drastically decreased. I used to enjoy chatting with others, but now I don't because I'm embarrassed about having acne like this." SR.

"Of course, lack of confidence, especially when I have to socialize with new people, oh, it feels like I want to stop because it's so uncomfortable due to this acne." NN.

"I'm really not confident because people will be more focused on my acne, and I don't like how they see my acne, it just makes me even less confident." QT.

Isolating oneself, the lack of confidence experienced by the participants tends to lead them to isolate themselves from social environments by choosing to keep their distance from social settings.

"Since I started having acne, I've been distancing myself from people because I feel embarrassed and don't want to hear their comments about my acne.

So, I think withdrawing is the right thing to do rather than getting hurt." SR.

"Sometimes, I just distance myself depending on my skin condition. If it's inflamed with pus or blood, I don't want to meet anyone because I'm afraid of their judgment and it's better to be alone." NN.

"When I meet people, especially new ones, I tend to be aloof, like I don't want to start a conversation or show my face. It's not because I'm arrogant, but I feel insecure and embarrassed, especially when I'm with someone who has smooth skin, it automatically makes me feel inferior." QT

DISCUSSION

Body image is a concept involving individuals' perceptions and evaluations of their physical aspects, as well as responses to others' evaluations. This view aligns with Audrey, Berman, and Snyder's perspective (in [Zaini \(2019\)](#)), who describe body image as a representation involving the integration of individuals' perceptions, thoughts, and feelings about their physical appearance. [Cash & Pruzinsky \(2002\)](#) also explain body image as an evaluative attitude that encompasses both positive and negative aspects of body shape. The participants in this study have strong perceptions about their own physique, especially when experiencing skin issues like acne. They experience feelings of pleasure or displeasure about their appearance, in line with previous research ([Thompson, 2001](#)).

The close relationship between acne-prone skin and physical perception is crucial, where participants perceive that the presence of acne makes their physique less ideal. Participants' perspectives on ideal criteria include having a clean, attractive face, and balanced body proportions, and acne-prone skin is considered a major factor hindering the achievement of these standards. With the presence of acne-prone skin. They often express difficulty in choosing suitable clothing and makeup. They describe their appearance as dull and dark, creating feelings of dissatisfaction with their appearance. Moreover, some participants feel like the least attractive and unappealing individuals due to their problematic facial skin condition. These findings are consistent with the results of a study conducted by [Agustiniingsih et al. \(2019\)](#), which stated that individuals facing acne skin problems generally have negative perceptions of their physical appearance. The study confirms that acne-prone skin conditions can affect their judgments of appearance.

The views expressed by the participants may not necessarily reflect the actual reality, as they are subjective and affected by dissatisfaction with personal appearance. In line with the explanation by Cash & Smolak (in [Dewi & Widiasavitri, 2017](#)), the perceptual component in body image is related to how individuals see themselves and their bodies, which does not always reflect objective reality. In other words, the perspectives emerging from the participants may be somewhat biased, as they are affected by emotional factors and subjective perceptions of personal appearance. This reflects the complexity of understanding body image, where individuals' judgments are often affected by personal, psychological, and emotional factors.

Furthermore, in the context of social comparison, comparisons with prevailing beauty standards in society also affect participants' views of ideal criteria. Biases toward oneself or others can arise as a result of these comparisons ([Denich & Ildil, 2015](#)). Participants in this study have their individual standards regarding ideal criteria for a woman, based on their personal assessments. [Thompson \(2001\)](#) emphasizes that cultural factors play a central role in determining the body beauty standards recognized by society. Therefore, judgments regarding beauty criteria, whether considered beautiful or not, are reflected by the norms and values prevailing in that society.

According to [Sari & Permatasari \(2016\)](#), an individual's body image is formed through comparisons between their physical aspects and the beauty standards prevailing in the social, cultural, or current trend environment. The concept of "beauty" or "ideal" is interpreted as a form of uniqueness or excellence visible in a person's face, and this concept is used to establish the boundaries between beauty and unattractiveness based on criteria set by society.

Understanding of beauty is also dynamic, depending on the changing cultural constructions over time ([Hermawan & Hamzah, 2017](#)). Thus, individuals' views on body beauty and appearance are often shaped through comparisons with beauty standards prevailing in specific social and cultural contexts. This indicates the complexity of cultural dynamics that affect individuals' perceptions and judgments of their own body image as well as the prevailing beauty concepts in society. In this study, two out of three participants expressed their views on the ideal criteria for women, which primarily emphasized clear, fair skin, and no acne. Furthermore, one participant believed that an ideal woman

should not only have clear facial skin but also possess tall physical proportions. This viewpoint reflects the variation in individuals' perceptions regarding the physical aspects considered important in achieving desired beauty standards. Comparisons with other adult women also play a significant role in shaping participants' views of the ideal criteria.

Participants expressed their desire to attain a better appearance, especially by freeing themselves from acne issues. They felt that having acne-free skin is one of the keys to achieving an appearance that aligns with recognized beauty standards among adult women. These findings align with research by (Fakihatun et al. 2019), which indicates that individuals experiencing acne issues tend to engage in comparisons with peers who have clearer skin, triggering feelings of shame and low self-esteem. Thompson and Hagborg (in Baron & Byrne, 2000) state that several studies support the view that the focus on physical appearance is generally higher in women than in men.

Participants in this study are consistent with this view, considering appearance as a highly important aspect of social interactions. For participants, physical appearance is a dominant factor in the initial perception of others, reflecting the common belief that physical appearance can make a significant initial impression in interpersonal judgments. Rumsey & Harcourt (2004) highlight the importance of physical appearance in social interactions by emphasizing that individuals' self-perception and their relationship with others can be greatly affected by the attractiveness of their physical appearance. Additionally, physical appearance can significantly affect a person's level of confidence. Those who feel that their appearance meets societal expectations generally have higher levels of confidence, while those who are dissatisfied with their appearance may experience decreased self-confidence. According to Masuda (in Hasmalawati, 2018) Hasmalawati, 2018), negative body image not only leads to physical dissatisfaction but also triggers internal issues that include feelings and thoughts hindering individuals regarding their appearance.

When someone has a distorted perception of their appearance, feeling that only others have attractive appearances, it can lead to feelings of low self-esteem, dissatisfaction, and lack of acceptance of their own appearance and body shape. As a result, individuals often experience feelings of shame, excessive self-awareness, anxiety, awkwardness, and apprehension about their physical appearance. The participants in this study clearly expressed their negative perceptions of their physical appearance, indicating a high level of dissatisfaction. They viewed their appearance as less than ideal, unattractive, and imperfect, thus categorizing it as a negative body image. These negative views of body image reflect the belief that one's appearance is unattractive, both to oneself and to others, making it difficult for them to accept themselves with all their physical shortcomings. Therefore, negative body image is not just a collection of negative thoughts but also reflects serious disturbances in self-perception and body acceptance.

Experiencing negative body image can have significant effects on an individual's attitudes and self-confidence when interacting in social life. As research by Harlim et al. (2019) indicates, skin issues such as acne, despite not having serious medical impacts, can lead to significant psychosocial effects. Participants often experience a lack of confidence when communicating with people around them, especially because they feel uncomfortable with their skin issues. The embarrassment arising from acne conditions inhibits participants in social interactions and affects their relationships with the surrounding environment.

Social relationships, which involve dynamic interactions between individuals and groups, are negatively affected by feelings of embarrassment and lack of confidence caused by such skin issues. Difficulties in socializing and feeling insecure can damage relationships with others, which in turn can impact mental and emotional well-being. Therefore, good adaptation in social relationships becomes crucial. As explained by Khalilah (2017), the ability to interact with others confidently and with a

positive attitude is essential for maintaining the health of social relationships and individual well-being.

Implications

The findings suggest that negative perceptions of physical appearance, particularly related to acne skin problems, can affect an individual's level of confidence and the quality of their social interactions. This underscores the need for a holistic approach to help individuals address dissatisfaction with their appearance, both through psychological support and appropriate physical interventions. The study also highlights the importance of understanding the role of culture and social norms in shaping beauty standards, as well as their impact on individuals' perceptions of their body image. Thus, this research provides a basis for the development of more effective intervention strategies to enhance individuals' psychosocial well-being, taking into account the social and cultural factors that affect body image and physical appearance.

Limitations and Recommendations for Further Research

The limitations of this study include the lack of exploration regarding psychological factors related to body image, such as self-confidence, self-acceptance, and various other factors. Additionally, this research also lacks an in-depth examination of cultural factors and social norms that affect individuals' perceptions of body image. Considering these limitations, future research is expected to broaden the scope by delving deeper into these topics, considering various psychological conditions that may be affected. The research focus can be expanded to investigate the impact of body image dissatisfaction on factors such as self-confidence, self-acceptance, anxiety, depression, social phobia, and various other types. Additionally, it is important to deepen the understanding of cultural factors and social norms that play a role in shaping an individual's beauty standards, which subsequently affect their perception of body image and physical appearance. Thus, the research is expected to provide a more holistic understanding of how individuals' perceptions of their bodies affect overall mental well-being.

CONCLUSION

In this study, acne fighter women have a negative view of their self-image. This negative body image affects their lack of confidence and difficulties in socializing. They feel that their body and appearance are unattractive and do not meet the beauty standards prevailing in their social environment. These beauty standards are a concept believed by the participants, although not necessarily true, but hold value in society. These findings are consistent with previous research indicating that individuals with acne skin problems tend to have negative views of their physical appearance, resulting in self-dissatisfaction. Additionally, the impact of this negative body image also includes discomfort in socializing, lack of confidence when meeting new people, and poor relationships with the surrounding environment. Overall, this can disrupt the daily activities of acne-fighter women.

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	UNIVERSITAS MUHAMMADIYAH PROF. DR. HAMKA FAKULTAS PSIKOLOGI (FPSi) BERITA ACARA SIDANG SKRIPSI Jenjang Pendidikan Strata Satu (S1) Program Studi : Psikologi Semester Genap Tahun Akademik 2024/2025	Tgl Efektif : 1 Februari 2011 No. Dokumen : FM-AKM-03-040 No Revisi : 00
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Berdasarkan Surat Keputusan Dekan Fakultas PSIKOLOGI (FPSi) Universitas Muhammadiyah Prof. DR HAMKA Nomor : 2927/A.32.03/2013, dinyatakan bahwa pada hari ini Rabu, 21 Mei 2025, telah dilaksanakan sidang skripsi jenjang pendidikan Strata Satu (S1) atas :

Nama Mahasiswa : NAJWA SALMA AQILAH
NIM (Nomor Induk Mahasiswa) : 2108015128
Judul Skripsi : The Toxicity of Beauty Standards: Body Image Perception Among Women Acne Fighters

Dihadapan tim penguji sidang skripsi, yang terdiri dari :

No	Nama Dosen	Penguji / Pembimbing	Tanda Tangan	Nilai
1	DEWI TRIHANDAYANI, M.Psi	Pembimbing 1	1.	75
2	SUBHAN EL HAFIZ., S.Psi.,M.Si	Penguji 1	2.	75
3	YULMAIDA AMIR, Dr., MA.	Penguji 2	3.	75
Jumlah				225
Nilai Akhir				75

Dinyatakan : Lulus/Tidak Lulus *)

Demikian Berita Acara ini dibuat dengan sebenar-benarnya.

Jakarta, Selasa 15 Juli 2025
Ketua Program Studi

Dr. Psi. Yulistin Tresnawaty, S.Psi.,M.Si