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The Role of Body Images with Social Anxiety in Women Who have Experienced Catcalling

by Artikel 9

Research Article

The Role of Body Images with Social Anxiety in Women Who have Experienced Catcalling

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Abstract.
Social anxiety is a phenomenon that many women experienced, especially those who have experienced verbal sexual harassment or catcalling. Lately, catcalling is become more familiar in mass media. Women who have been catcalled became more anxious, worried, and uncomfortable when interacting with others, worried about unsavoury comments because they perceive their body would invite the opposite sex's attention. This research aims to understand the role of body image on the social anxiety of women who have been catcalled before. This research is conducted quantitatively, and the total subjects were 94 women, selected using accidental sampling method. Two scales were utilised to collect data from subjects; Social Anxiety Scale for Adolescents (SAS-A) and Multidimensional Body Self Questionnaire-Appearance Scale (MBSRQ-AS). The result revealed that body image influences social anxiety in women who have been experiencing catcalling (F = 5.498 dengan P = 0.021 [P < 0.05]), whereas the contribution of body image to social anxiety is 5.6%. Positive thinking about body image could reduce the anxiety of negative evaluations from others.

Keywords: body image, catcalling, social anxiety, women

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1. BACKGROUND

Social anxiety is a disorder, characterised by fear and anxiety about other people's observations in a social setting (1). Social anxiety is based on excessive fear of negative evaluation such as humiliation or rejection from others (2). An individual who has social anxiety tended to avoid crowds because they were afraid of critics from society. People easily have social anxiety anytime, because everyone has the same probability to get one but with different levels of severeness (3). When interacting with others, an individual with social anxiety would feel uncomfortable, embarrassed, fearful, and have negative thoughts that something bad would happen.

As stated by (4) stated that young adults have higher cognitive anxiety levels because they are afraid of being judged by their community. This anxiety disorder is more often experienced by females than males because of the social pressure from society and culture that to be accepted by their community, they must be pleasing others, which

added another weight to women (2). The catcalling phenomenon is considered by the majority of people as something normal, or even the perpetrator considered it as a praise for the victim. This cultural pressure led women reluctant to fight back when they received unsavoury treatment such as verbal sexual harassment.

Catcalling often happened in public spaces such as pedestrians, parks, markets, or any other open spaces, and the majority of catcalling perpetrators are males. The victims of catcalling are young women, but also there is a chance that men could be a catcalling victim. Most of the perpetrators are strangers, who did not know each other with the victims. The catcalling offender who deliberately did that, aiming to flirt with the victims considered a nuisance by society. The reason why the majority of the catcalling offenders are men is because of gender inequality, where males are considered to have higher dignity than females. Males feel that they are stronger, so they could treat women as they want, so catcalling behaviour occurred (5)

Society considered catcalling as a normal thing, which could occur in public spaces with a lot of witnesses. This is caused by the patriarchal culture which is still followed by some groups (6). Konde.co published that Gender-Based Violence (KBG) on Females is approximately 338.496 cases. It was explained further that 99% (335.399) of cases happened in personal settings, 3.045 cases occurred in public spaces and 52 cases occurred in country settings. Most of the violence is physical violence 30%, psychological violence (29%), economic violence (12%), and sexual violence (29%). Later, if it is examined from age, both of victims and the perpetrators are between 18-24 years old, 25-40 years old, and 41-60 years old, which indicated that both victims and offenders are in productive age (7).

The survey result by Koalisi Ruang Publik Aman (KRPA), found that 3.037 respondents experienced sexual experience in public space such as street or park (70%), residential area (26%), public transport (23%), malls (14%) and work place (12%). Furthermore, sexual harassment also could happen in social media, chatting application and games forums. There are various form of sexual harassment such as whistling (67%), comments over body parts, eye contact, sexist comment, unwanted touch and being honked at. The perpetrator of sexual harassment usually strangers (81%), friends, colleagues, public transportation staff, neighbours and family members (7).

Catcalling can cause psychological losses such as fear, shame, helplessness, and degradation (8). This is evidenced by research conducted by Qila, et al., (5) which states that the impact experienced by victims of catcalling includes victims experiencing feelings of fear and trauma so that when going alone they tend to choose crowded places and avoid groups of men. Then, other victims feel uncomfortable when being

catcalled either by a stranger or by someone they know. Quoted from Magdalene.co, a study conducted in Norway, states that the psychological impacts experienced by victims of catcalling include depression, anxiety, low self-esteem, and negative body image. The negative feelings experienced by victims almost lead to early symptoms of social anxiety.

This is supported by the results of research conducted by (9) which examined social anxiety in catcalling victims. It was stated that 4 research subjects had social anxiety in the high category. Subjects tend to experience anxiety when interacting with the opposite sex, feel threatened when going alone, and feel annoyed at the perpetrator of catcalling. In addition, they become unconfident interacting with the opposite sex and even feel disturbed so they choose to avoid new situations or strangers. In addition, another study by (10) stated that 4 informants experienced symptoms of anxiety including avoiding the perpetrator and certain situations of catcalling. Informants also felt fear, anxiety, and difficulty when travelling alone.

Catcalling behaviour sometimes looks like a compliment such as calling someone "beautiful" or saying she has a good body (11). However, compliments are included in social judgement where compliments have a similar meaning to criticism, namely the judgement of others (12). Research by (12) revealed that in receiving compliments in appearance, even though women give a positive response it can cause dissatisfaction with themselves (11). This is because compliments can indirectly make them realise that they are being evaluated based on their appearance or body. Body comments made by catcalling perpetrators can affect the victim's body image. Research by (13) proves that catcalling has an impact on the victim's body image where female catcalling victims become more likely to internalise the views of others towards themselves so that negative self-image arises.

Body image is the subjective perception of individuals related to their body shape and physical appearance. Body image is formed on perception, imagination, feelings, the surrounding environment, and physical experience. Not only influenced by individual subjective perceptions, but judgements from others can also affect individual body image. The factors that affect body image including the opinions of others, sexual and ethnic harassment, stigma, social quality, physical transition, menopause and pregnancy, socialisation, and body condition (14). The body image formed in individuals will lead to satisfaction or dissatisfaction in themselves. If individuals have a positive body image, satisfaction will arise, and vice versa.

Body dissatisfaction is experienced by more women than men. There is research in the US that shows that body image is an issue of concern among women where 94%

of women have a negative body image and want to change one part of their body due to lack of confidence. Then, 98% of women stated that once a day they had negative thoughts about their appearance or body shape (15). This dissatisfaction with the body due to negative body image can trigger early symptoms of social anxiety (16).

There are 2 (two) forms of body image, namely positive and negative body image. Positive body image is characterised by satisfaction with appearance, accepting the shortcomings and advantages of the body, and appreciating what the body has. Individuals who have a positive body image will show a sense of satisfaction, acceptance, self-esteem, and gratitude for their body so that efforts arise to maintain their body properly. According to (18), negative body image is a condition when individuals cannot accept the state of their body and then result in the inability to build positive interpersonal relationships with others. A negative view of the body is based on the belief that appearance does not meet personal standards, causing a low assessment of the body (17).

According to (19) that in the body image, 2 (two) components form an individual's body image, namely the perceptual component and the attitudinal component. The perceptual component is the way individuals describe physical conditions ranging from size, shape, weight, body strength, and appearance. Furthermore, the attitude component is the satisfaction and dissatisfaction that individuals feel over the body which includes all body parts and body shape and physical appearance. Attitudes in this body image are classified into 4 (four) parts, namely: 1) Global subjective dissatisfaction or disturbance, satisfaction or dissatisfaction with appearance. 2) Affective distress regarding appearance, an emotion towards appearance, such as anxiety, dysphoria, and discomfort. 3) Cognitive aspects of body image, an expectation of appearance, false beliefs about the body, and body image schema. 4) Behavioural avoidance is reflective of dissatisfaction with appearance, the act of avoiding uncomfortable situations (20). Individual perceptions arise from a sense of satisfaction or dissatisfaction with the physical state, while attitudes arise accompanied by efforts to realise expectations of the physical state.

Meanwhile, according to (21), there are 5 aspects of body image, namely: 1) appearance evaluation, which is a measurement related to the evaluation of appearance and the whole body. 2) appearance orientation, which is attention to appearance and actions taken to improve self-appearance. 3) body area satisfaction, which is a measurement of the satisfaction of all body parts in detail and their appearance. 4) overweight preoccupation, which measures anxiety about being fat, weight awareness, and dieting behaviour. 5) self-classified weight, which is a measurement related to how individuals

view their weight. Cash, et al. compiled a scale to measure body image, namely the Multidimensional Body Self Relation Questionnaire - Appearance Scale (MBSRQ-AS) which is based on these 5 (five) aspects.

Female victims of catcalling tend to evaluate their appearance and body negatively. They perceive their bodies as not ideal as their friends or people around them, so they experience dissatisfaction with their bodies. They feel embarrassed, anxious, afraid of the stimulus, views, and comments given by others to themselves, afraid of being considered a bad woman, and afraid of getting negative labels from others for inviting the attention of the opposite sex. This has an impact on their interpersonal relationships. They tend to feel anxious, and suspicious of others or the opposite sex and there is even a tendency to withdraw in social interactions (13).

Social anxiety is characterised by 3 (three) aspects, namely 1) fear of negative evaluation, a state where individuals worry if their actions will cause embarrassment and feel that their behaviour is being watched by others. 2) Social avoidance and distress-new, avoiding social situations and feeling distressed when dealing with strangers, individuals tend to feel nervous and embarrassed when dealing with strangers and familiar people. 3) Social avoidance and distress-general, avoiding social situations and feeling distressed in general with known people, individuals fear rejection and feel embarrassed (22).

Feelings of discomfort during social interactions can be caused by various sources. These sources can be obtained from past experiences that were less pleasant when socialising with others. Factors that can influence social anxiety in individuals include thinking style, focusing attention, and avoidance. Other factors that also influence social anxiety are dissatisfaction with appearance and weight, feeling others evaluate body shape, and the desire to achieve an ideal body image. Gender is also a factor that affects social anxiety where women are more likely to experience social anxiety in the physical than men (23).

The anxiety that arises will then develop in similar social situations in the future. Genetic factors can also be an influence on the onset of social anxiety. Parents of people with social phobia also have higher social fears and are more concerned about the opinions of others and this is passed on to their children. Individuals with high social anxiety are characterised by physical, behavioural, and cognitive symptoms. Physical symptoms in individuals experiencing social anxiety include heart palpitations, sweating, numbness, facial flushing, abdominal pain, trembling, and dizziness. Then will appear the behaviour of avoiding or running away from the situation, delaying, making little eye contact, stuttering, fidgeting, and being socially inhibited. Cognitive symptoms

include self-consciousness, feeling evaluated by others, excessive vigilance, and self-deprecation (25). Avoidant behaviour, anxious anticipation, and distress significantly interfere with daily life and the ability to function healthily and normally (24).

Research by (26) found a negative relationship between body image and social anxiety in 159 female students in seven Central Lombok high schools. Research by (27) on teenage Instagram users as many as 212 respondents, found that there is a significant correlation between body image and social anxiety. Research by (4), using a sample of 100 early adults found that there was no significant relationship between body image and social anxiety. The difference in the results of this study is the basis for a deeper study of the influence of body image on social anxiety, especially in female victims of catcalling who have not been studied.

Based on the explanation above, it can be concluded that female victims of catcalling will perceive their bodies negatively. They consider that their body can invite the attention of the opposite sex, so they feel embarrassed in interacting with other people. They tend to experience anxiety when interacting with other people, especially the opposite sex, or even tend to withdraw. This has an impact on the non-achievement of developmental tasks in late adolescence and early adulthood, due to the minimal exploitation by female victims of catcalling in their social environment. Thus, it can be assumed that body image negatively affects social anxiety in female victims of catcalling.

The formulation of the problem in this study is: "Is there an influence of body image on the tendency of social anxiety in women who have experienced catcalling?". Based on this thinking, the purpose of this study is to determine the influence of body image on the tendency of social anxiety in women who have experienced catcalling. The theoretical benefit of the research is that it can support the development of the field of Psychology. In addition, this research is expected to be educational material for educational institutions related to the impact of catcalling. Then, the practical benefits of this research are expected to be able to provide views on early adult individuals, especially women, about body image and its influence on social anxiety.

2. RESEARCH METHODS

2.1. Variables or concepts studied

This research had two variables; the independent variable is Body Image and the dependent variable is social anxiety.

Social anxiety is a constant fear of social situations related to self-performance and encountering evaluation from others. An individual is afraid to be observed and humiliated in a situation (Greca & Lopez, in Olivares, et al., 2005). Social anxiety consists of three aspects; 1) Fear of negative evaluation, which is an individual fear of negative evaluation from others. 2) Social Avoidance and Distress-New, which is an individual who tried to avoid a social situation and feels pressured when they interact with strangers. They tend to feel nervous and shy when interacting with someone new or an acquaintance. 3) Social Avoidance and Distress-General, which is an individual who avoid social situation and feel generally pressured by people they knew due to their fear to be rejected and humiliated.

Body Image is defined as a perception, feeling, thoughts, and individual evaluation regarding their body, from the physical side (body size and shape), psychological side (perfectionism, unsatisfied with their body, low self-esteem), or from the sociocultural side (cultural beauty concept, pressure from social media) (20). There are 5 aspects of body image, which are 1) appearance evaluation, individual evaluation of their overall looks. 2) Appearance orientation, individual attention centered on their appearance and the action to improve their looks. 3) Body area satisfaction, an individual satisfaction of their overall body area. 4) Overweight preoccupation, anxiety of being fat, being alert of their body weight and their diet. 5) Self-classified weight, individual overview of judging their weight (Cash, et al, 2002).

2.2. Sampling Method

The participants of this research were young adult women who have been catcalled before. The participants were obtained by accidental sampling method, thus anyone who has fulfilled the criteria could participate in this research (28). Moreover, a screening technique was utilised to confirm the subjects' catcalling experience with a Yes/No question. In total, there were 100 respondents in this research, aged between 18-25 years old who have been catcalled. The total sample was determined with Lemeshow equation because the number of total population is still unknown.

2.3. Research subject

This research is conducted online by distributing the questionnaire via Google Form for 1 month and 2 weeks. The total participants of this research were 100 women, but 6 respondents admitted that they never had been catcalled. Thus, only 94 out of 100

respondents admit that they have been catcalled, which fulfills the subject criteria of this research. This research is examining the influence of body image on the tendency of social anxiety. The result is explained below:

Have you ever experienced sexual harassment in the form of catcalling?
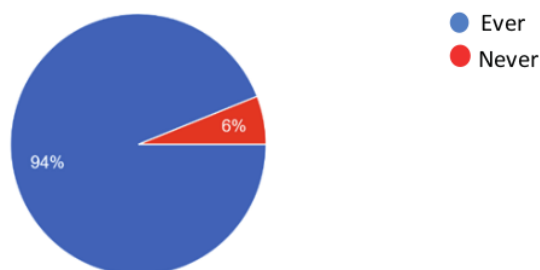
Figure 1: Women who Have Been Catcalled.

Image 2 revealed that the majority of respondents experienced sexual harassment in the form of catcatling.
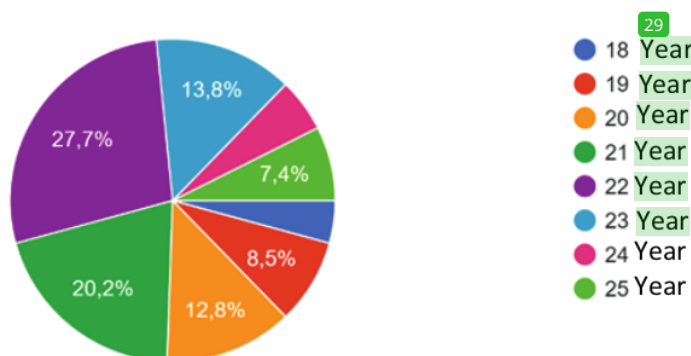
Figure 2: The Age Category of Women Who Have Been Catcalled.

Image 3 displayed that the majority of subjects who had experienced catcalling were aged 22 years and 21 years

The graph above revealed the form of catcall which was experienced by respondents. 78.7% of respondents said that they have been whistled, 47.9% have been stared at intensively, 84% of being given some pet name, 64.9% were being flirted with, 36.2% stared at their body parts, 30.9% being winked, 27.7% have received some comments about their body parts, 34% have received some comments about their clothing, 18.1% have received some sexual comments, 23.4% have received some sexual/sexist jokes,
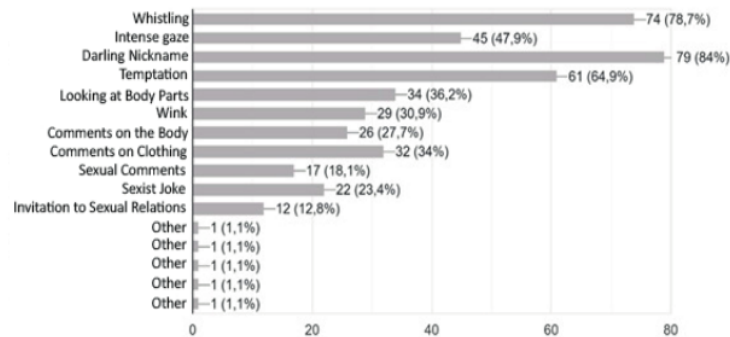
Figure 3: Form of Catcalling which have Been Experienced.

12.8% have received some sexual intercourse invitation, and 1.1% on others type of sexual harassment.
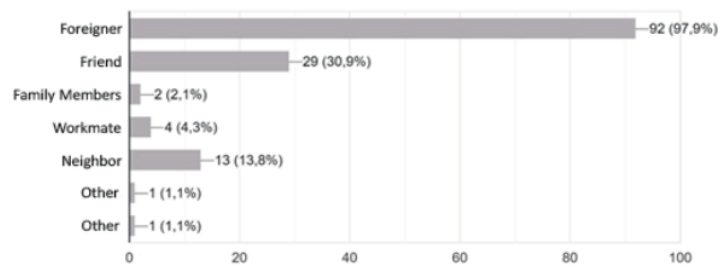
Figure 4: The Perpetrator of Catcalling.

The graph above demonstrated that the perpetrator of catcalling was strangers 97.9%, friends 30.9%, family members 2.1%, coworkers 4.3%, neighbours 13.8, and others 1.1%.
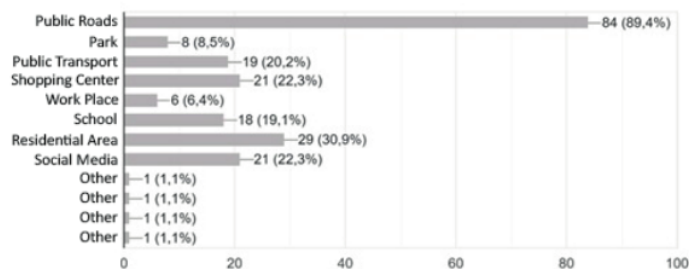
Figure 5: The Location of Catcalling.

The graph above shows that catcalling happened on the streets at 89.4%, parks at 8.5%, public transport at 20%, malls at 22.3%, workplace at 6.4%, educational settings at 19.1%, residential areas at 30.9%, social media at 22.3%, and other places each at 1.1%. .

2.4. Research Instruments

The research instrument includes the measuring tools used [scaling method (Choice Two, Pair, Likert, Level, Semantic Differential, Visual Analog, Guttman, Thurstone, Ranking, etc.), and validity and reliability for quantitative]. The researcher also mentions examples of items used in quantitative research and examples of questionnaires in qualitative research.

2 scales are being utilised in this research.

1. *Social Anxiety Scale for Adolescents (SAS-A)*

   SAS-A scale is developed based on La Greca and Lopez and has been adapted to Indonesia by (29). Social anxiety is defined as an uncomfortable feeling in social situations that led to excessive fear, nervousness, and afraid of other people's judgment. The instrument for this research to measure social anxiety is Social Anxiety Scale for Adolescents (SAS-A), adapted by (29) based on La Greca and Lopez. The social anxiety skill has three aspects; Fear of Negative Evaluation (FNE: 8 items), Avoiding social situations and feeling pressured by strangers and unfamiliar conditions (SAD-New: 6 items), and avoiding social situations and feeling pressured with people that we know (SAD-General: 4 items). All items on the social anxiety scale were favourable items. Respondents were asked to answer the questions using the Likert Scale, comprised of 5 options; Always (S) = 4, Often (SR) = 3, Sometimes (J) = 2, Rarely (SK) = 1, dan Never (TP) = 0. The Alpha Cronbach of this scale was 0.927 and the validity of 18 items was between 0.344-0.747.

2. *Multidimensional Body-Self Relations Questionnaire-Appearance Scales (MBSRQ-AS)*

   This scale is developed by (30) and adapted to Indonesian by (31). Body image is defined as a perception, feeling, thoughts, and individual evaluation of their body, from shape, size, weight, and movement. The research utilises the Multidimensional Body-Self Relations Questionnaire-Appearance Scales (MBSRQ-AS) by Cash (30), which was adapted by Husna (2013) to measure Body Image. This scale has five aspects; appearance evaluation, appearance orientation, body satisfaction,

anxiety about gaining weight, and the categorising of body size (21). All 25 items in MBSRQ-AS comprised of favourable and unfavourable items. The respondents answered this scale by choosing one of the Liker Scale options. There are four options; Very Not Suitable (STS), Not Suitable (TS), Suitable (S), and Very Suitable (SS). On favourable items, the scoring was from 1 to 4, which is a Very Not Suitable (STS) score of 1, Not Suitable (TS) score of 2, Suitable (S) score of 3, and Very Suitable (SS) score of 4. On unfavourable items, the scoring started from 4 to 1, which is a Very Not Suitable (STS) score of 4, Not Suitable (TS) score of 3, Suitable (S) score of 2, and Very Suitable (SS) score 1. The Alpha Cronbach coefficient for this scale is 0.770, with validity for 21 valid items between 0.035-0.654.

2.5. Research design

This research utilises an associative quantitative method to understand and explain the relationship between two or more variables. The relationship in this relationship is a causal relationship which have independent and dependent variables (28).

2.6. Data Collection Procedures

The initial stage of this research was determining the topic, doing the literature study, making decisions about variables, exploring the variables further, and lastly writing the proposal. The next step was adapting the instrument from previous studies, conducting reliability and validity test of the scales, and eliminating invalid items.

The third stage was distributing the scale to the subjects, 100 women 18-25 years old who have been catcalled before. The distribution was conducted online via Google Form for 1 month and 2 weeks. During the data collection stage, a screening is conducted to confirm whether the participants fulfill the criteria or not.

2.7. Data analysis technique

The collected data is tabulated using the Microsoft Excel Application, and later the scoring was conducted for all the answers. Next, the tabulated data is analysed with Statistical Package for Social Scale (SPSS) 24 using the simple linear regression to test the influence of body image to the tendency of social anxiety in women who have been catcalled before.

3. RESULT

The table below explained the descriptive statistic result:

TABLE 1: Body Image Categorisation.

Variable	Categorisation	Range	Total	Percentage
Body Image	Negative	X < 60	51	54,2%
	Positive	X ≥ 60	43	45,8%
	Total		**94**	**100%**

Table 1 revealed that the number of respondents with negative body image is 51, compared to 43 respondents with positive body image. Based on the result, it could be concluded that half of the participants have a negative body image, which means that they tended to have an unfavourable idea about their bodies and appearance. Nevertheless, the participants with positive body image were almost equal compared to the negative category, denoting that the participants have a better evaluation of their appearance and body.

TABLE 2: Social Anxiety Categorisation.

Variable	Categorisation	Range	Total	Percentage
Social Anxiety	Low	X < 56	44	46,8%
	High	X ≥ 56	50	53.2%
	Total		**94**	**100%**

TABLE 3: Normality Test.

One-Sample Kolmogorov-Smirnov Test	
Asymp. Sig. (2-tailed)	0.200

This research utilised One-Sample Kolmogorov Smirnov to conduct the normality test. The normality test was conducted to determine whether the data distribution was normal or not, with the assumption that $p > 0.05$, so the distribution is normal, whereas if $p < 0.05$, the distribution is not normal (Sugiyono, 2017).

The result revealed that the residual value from both variables, body image, and social anxiety have a significance value of $p = 0.200$ ($p>0.05$), signifying that both variables are normally distributed.

The linearity test is conducted with Test for Linearity. Both variables were determined as linear if the significant value < 0.05 (Sugiyono, 2017). From the calculation Sig with Anova table, it was obtained that the Sig. Linearity of 0.022 and Sig. Deviation from

TABLE 4: Linearity Test.

ANOVA Table		F	Sig.
Social Anxiety * Body Image	Linearity	5.547	0.022
	Deviation from Linearity	1.029	0.448

Linearity 0.448. The probability value of Sig. Linearity 0.022 (p < 0.05), and then the Sig. Deviation from Linearity 0.448 (p > 0.05). Thus, it is summarised that the independent and dependent variables showed a linear relationship.

TABLE 5: Hypothesis Test ANOVA.

Model		Unstandardized Coefficients		Standardizet Coefficients		Sig.
		B	Std. Error	Beta		
1	(Constant)	84.999	12.422		6.843	.000
	Body_Image	-.484	.206	-.237	-2.345	.021

Determiner Coefficient (R^2): 0.056

The hypothesis was tested using simple analysis regression. The analysis revealed that the beta coefficient (β = -.484) with a significance value of 0.021 (p = 0.021 ; p < 0.05), which means that there is a negative and significant effect between body image and social anxiety in women who have been catcalled. The more positive body image someone has, the lower the tendency of social anxiety in women who have experienced catcalling. Consequently, the higher the tendency of social anxiety of women who have been experiencing catcalling, the more negative body image someone has. The outcome of this study also found that the determiner coefficient (R^2) of 0.056, implied that the contribution of body image to social anxiety is 5.6%. In summary, other factors influence social anxiety in women who have been catcalled before.

4. DISCUSSION

This research aims to understand and examine the role of body image in the tendency of social anxiety of women who have been catcalled. The statistical result revealed that there is a negative and significant effect on body image to social anxiety of women who have experienced being catcalled (β = -484 with a significance rate of 0.021 (p < 0.05). Furthermore, it could be concluded that the more positive someone's body image, the

lower their social anxiety, and the higher their social anxiety, the more negative their body image is. Body image has contributed to social anxiety of 5.6%.

The outcome of this study supports the previous research by (13) which explained that catcalling impacted their victims' body image where students who have been catcalling victim internalised other people's perspective about their self more, thus their body image became more negative. The research by (13) is also reinforced by this study because the findings showed that the participants of this research tended to have more negative body image, which led to negative thoughts about their bodies and less satisfaction about their body size and appearance. The dissatisfaction with body image would lead to lower confidence level and body esteem, and avoiding any situation that needs social interaction or a place where an individual felt being observed. When the confidence is gone, it would indirectly affect someone's appearance. They often feel less motivated or feel hard to wander around every day. Insecurity about their body image would arise and make these individuals avoid social interaction harder (32).

According to (32), feeling dissatisfied about body size would induce anxiety and agoraphobia. An individual who has experienced bullying, rejection, teasing, mocking, or humiliation about their body image has a better chance of experiencing social anxiety. They would perceive their feeling negatively and withdraw from society. Catcalling is defined as any action that tends to humiliate and degrade their victims (5). Catcalling provoked the victims to be more sensitive and overthink other people's perspectives on them. Any individual who has a negative perception of their body would encounter difficulty in interacting with others and feel anxious (13).

A previous study by (4) described that body dissatisfaction is being experienced more by females, compared to males. This finding is consistent with that of (26) who also found that women have higher cognitive anxiety levels as a form of concern about negative evaluation from their environment. In this research, half of the participants stated that they paid attention to their appearance and choose to apply some makeup when they are going out to feel more confident. This statement revealed that appearance is a priority for women so they could be more attractive and not be negatively evaluated by others. The majority of respondents agreed that it is important for them to look attractive when they meet people or do daily activities because it is an effort for women to join and be accepted into a social group through a standardized appearance (4).

A prior study by (33) demonstrated that there was a positive correlation between body dissatisfaction and social anxiety in young adult women. If body dissatisfaction is higher, the anxiety level is also higher, and vice versa. According to (34), adult age is a precarious age where an individual feels insecure or not satisfied with their body,

and often they would try to control their body weight. Feeling discontent about their body shape on females is generally demonstrated by their thought or wish to reduce their body weight (23). According to, (34) that body dissatisfaction occurred because the expectation about their body is not compatible with social standards.

Women catcalling victims with positive body image revealed that they feel satisfied with their bodies, confident with their appearance, not worry about judgment from others. They would do facials and body treatments to maintain their attractiveness. People with positive body image would be healthier physically and mentally because they would do physical treatment and have a healthy lifestyle. Furthermore, these individuals have more self-esteem, optimism, and better well-being, and avoid abnormal eating behaviour and unhealthy diet. Positive evaluations about body shape and body weight are also related to lower levels of anxiety and uneasiness about body image (35).

The perspective of society about beauty standards is also one of the factors that affect body image. As time goes by, the community would be more aware of the importance of self-love. This mindset would help women to be more appreciative and accepting of their weaknesses, so they would have more positive thoughts about their bodies and appearance. Anxiety commonly occurs when a negative thought about body image occurred, anxiety would arise. Thus, if an individual has more positive thoughts, it would be easier for them to express their opinion in front of others (4). A woman with a positive body image represented a higher self-acceptance level, more confidence, and care about their body condition including their health (36).

The contribution of body image to social anxiety is categorized as low (5.6%). Besides previous experience, several other factors would affect social anxiety, for example, thinking style, focusing attention, and avoidance (37). The limitation of this research is during the sampling, researchers did not offer a more detailed explanation of catcalling. This research only studied the effect of body image on the social anxiety of women who have been catcalled. Lastly, the limited number of respondents (only 100 participants) and the researcher's inability to find more information about subjects' identities, thus this research could not be generalised further to a bigger group or population.

5. CONCLUSION

This study found that there is a negative influence between body image and social anxiety on women who have been experiencing catcalling. This outcome showed that the more positive body image, the lower of social anxiety level, whereas the more

negative body image, the higher the social anxiety level. Nevertheless, the contribution of body image to social anxiety is in the low category (5.6%).

Positive thoughts about body and appearance are important things that women need to have, so they would not have a negative body image. Positive thoughts would help an individual to feel more appreciative about themself, accept their weakness, and feel grateful about what has been given to them. Positive body image would help someone to avoid feeling anxious, including social anxiety. People who feel more confident, and care about their body and appearance would be able to interact with others and not be afraid of being evaluated negatively.

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