ORIGINAL

Body Image Concept of Women's Gym Community in Makassar City

Concepto de imagen corporal de la comunidad de gimnasios femeninos de la ciudad de Makassar

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ABSTRACT

Introduction: an ideal body and an attractive appearance are desired by many women.
Method: this research is qualitative research with a phenomenological approach using an in-depth interview method with 18 informants.
Results: gym members had diverse perceptions of body image, encompassing physical assessments, social perceptions, self-improvement motivation, and self-acceptance. These perceptions were shaped by internal and external factors, with social media being a dominant influence in shaping ideal body standards, along with influences from their immediate environment, the gym community, and work demands. Positive body image was shown to improve self-confidence and social performance, while some women still experienced pressure from unrealistic beauty standards.
Conclusion: it is necessary to strengthen the concept of body positivity through education, holistic support, and healthy body diversity campaigns to form a healthier and more sustainable body perception.

Keywords: Body Image; Women's Gym Community; Perception.

RESUMEN

Introducción: muchas mujeres desean un cuerpo ideal y una apariencia atractiva.
Método: esta investigación es cualitativa con un enfoque fenomenológico que utiliza un método de entrevista en profundidad con 18 informantes.
Resultados: las usuarias de gimnasios tenían diversas percepciones de la imagen corporal, que abarcaban evaluaciones físicas, percepciones sociales, motivación de superación personal y autoaceptación. Estas percepciones fueron moldeadas por factores internos y externos, siendo las redes sociales una influencia dominante en la formación de los estándares corporales ideales, junto con las influencias de su entorno inmediato, la comunidad del gimnasio y las exigencias laborales. Se demostró que una imagen corporal positiva mejora la autoconfianza y el desempeño social, mientras que algunas mujeres aún experimentaban la presión de estándares de belleza poco realistas.
Conclusión: es necesario fortalecer el concepto de positividad corporal mediante la educación, el apoyo holístico y campañas de diversidad corporal saludable para formar una percepción corporal más saludable y sostenible.

Palabras clave: Imagen Corporal; Comunidad De Gimnasios Femeninos; Percepción.

INTRODUCTION

An ideal body and an attractive appearance are desired by many women. Physical appearance is considered important in social interactions and plays a role in building self-confidence and self-acceptance.[1] In early adulthood, attention to appearance increases, especially in social contexts and interpersonal relationships. However, many women feel dissatisfied with their bodies, which leads to body image anxiety.[2] Social pressure and comparison with others can affect an individual's self-concept and psychological well-being.[3]

Body image is an individual's perception of their body shape and size, influenced by social norms, culture, and personal experiences.[4] Negative body image often leads to psychological disorders such as anxiety, depression, or eating disorders, while positive imagery can increase self-esteem and life satisfaction.[5] Research shows that even though many women exercise regularly, they still experience high levels of weight anxiety and body dissatisfaction.[6] This suggests that physical activity may not be directly correlated with positive body image.

Self-concept plays an important role in shaping body image. Women with a positive self-concept tend to assess their bodies realistically, while a negative self-concept often leads to dissatisfaction with their body shape.[7] Culturally, beauty standards vary and are relative; in some cultures a slim body is considered ideal, while in others a curvy body is seen as a sign of prosperity and fertility.[8] Social values and past experiences, such as body image ridicule, also influence an individual's view of beauty.[9]

Working out at the gym has become a popular way to achieve the ideal body. Regular physical activity can improve health and fitness, but social pressure in the gym environment can also exacerbate body dissatisfaction. This pressure can come from fellow members, trainers, or even from one's own expectations for perfection.[10] Studies show that some individuals even resort to overtraining or extreme dieting to achieve certain body standards.[8]

Makassar, as one of the centers of economic and cultural growth in Eastern Indonesia, has seen a significant increase in public awareness of healthy lifestyles. The proliferation of gyms in Makassar demonstrates the growing interest in fitness, particularly among women. Gym communities now serve not only as exercise venues but also as social spaces where body perceptions are shaped through social interaction and comparison.

Based on a preliminary survey conducted on September 7–14, 2024, of 31 female gym members in Makassar 51,6 % of respondents considered the gym environment to have a significant influence on their motivation to achieve their ideal body. Sixty-three percent of respondents considered physical appearance to be the primary factor in determining self-concept, while 13,3 % chose work, and 10 % cited social environment as the most influential factor. Furthermore, 61,3 % of respondents admitted to having made significant changes to their diet and lifestyle to achieve their ideal body shape, 29 % made minor changes, and 9,7 % made minimal changes. Regarding social pressure, 51,6 % of respondents stated they did not feel pressured, while 48,4 % felt varying degrees of social pressure.

These findings suggest that the gym environment plays a significant role in shaping women's motivation and body perception. Cash and Pruzinsky's body image theory explains that body perception is influenced by four main factors: sociocultural factors, personal experiences, physical characteristics, and self-esteem and self-confidence. These four factors are interconnected in shaping how individuals view their bodies.

Given the interrelationship between self-concept, lifestyle, and social pressure within the gym community, further research is needed to understand how body image is formed among female gym members in Makassar City. Based on this, this study aims to identify the perceptions of female gym community members in Makassar City regarding the concept of body image, explore the factors that influence body image formation within the community, and describe the impact of body image on the psychological and social well-being of women who actively exercise in the gym.

METHOD

Study Design

This study employs a qualitative phenomenological approach to explore women's experiences in gym activities. The research was conducted from July to August 2025 at three women's gyms in Makassar City: Hasanah Gym Makassar, Curves Fitness Makassar, and Higar Studio Makassar.

Population and Sample

The population consists of women who are active members of women-only gyms in Makassar. Informants were selected through purposive sampling based on the following criteria: women aged 18 years or older, regular gym members for at least the past six months, and willing to participate in interviews. Individuals who were no longer active or who withdrew during the research process were excluded from the analysis.

Focus Analysis

The study focuses on women's subjective experiences related to gym activities, including perceived benefits and factors influencing consistency in exercise. The analysis centers on the meaning of these experiences in

accordance with the phenomenological approach.

Instruments, Techniques, and Procedures

The primary instrument was the researcher as a human instrument, supported by a semi-structured interview guide and a mobile phone for audio recording. The interview guide underwent expert content validation before use. Data were collected through in-depth interviews and observations of participants during gym activities.

Data Collection

Data were gathered through scheduled interviews with gym participants and through direct observation of their exercise routines. Additional insights were obtained from personal trainers and sports nutritionists to enrich the understanding of the phenomena studied.

Data Analysis

Data were analyzed through qualitative procedures, including transcription, data reduction, coding, thematic categorization, and conclusion drawing. The analysis followed phenomenological principles to capture the essence of participants' lived experiences.

Data Validity

Data validity was ensured through source triangulation, comparing information from gym participants, personal trainers, and sports nutritionists.

RESULT

A total of 16 female gym members met the inclusion criteria. Table 1 presents their demographic characteristics, including age, occupation, and duration of gym participation. The informants ranged in age from 22 to 41 years, with the majority (9 out of 16) in the 25–32-year age group. Most were employed as private employees (6 informants), followed by students (2), and other professions such as lecturer, teacher, self-employed, contractor, and content creator. In terms of gym engagement, 11 informants (68,7 %) had been consistently exercising for one year, while others had been active for 2–3 years, and one for 6 months. This distribution indicates that most participants were relatively new but consistent gym members.

No	Initials	Age	Work	Long Engaging in Gym Activities
**Table 1.** Female Gym Member Informants
1	AN	32 Years	Teacher	1 year
2	BO	41 Years	Private employees	2 years
3	CP	30 years	Private employees	3 years
4	DQ	27 Years	Private employees	3 years
5	ER	25 years	Contractor	1 year
6	FS	23 years	Private employees	1 year
7	GT	29 years	Self-employed	1 year
8	HU	26 Years	Student	1 year
9	IV	35 Years	housewife	1 year
10	JW	29 years	Private employees	2 years
11	KX	24 years old	Content Creator	6 months
12	LY	40 Years	Lecturer	1 year
13	MZ	22 years	Student	1 year

Overall, most informants reported starting gym activities with goals such as improving physical appearance, reducing body fat, increasing health and energy, and boosting self-confidence. In addition to the female gym members, three fitness professionals were included to support data interpretation. Table 2 provides their characteristics.

	Initials	Age	Work	Information
**Table 2.** Personal Trainer & Nutritionist Informants
	IG	25	Personal Trainer	2 years experience as PT in Gym
	WW	25	Personal Trainer	2 years experience as PT in Gym
	AY	42	Lecturer & Nutrition Consultant	Gym for 12 years

Both personal trainers reported that clients' perception of body image strongly influences training choice and

consistency, while the nutritionist emphasized the need to center body image on health and body composition rather than appearance alone.

Perception of Body Image

The results of the study indicate that female gym members' perceptions of body image vary, depending on their initial motivation for joining the gym, whether it is oriented towards appearance (aesthetics) or health (well-being). Most informants interpret body image as a form of self-assessment of the body, both physically and emotionally. Some informants display a strong aesthetic orientation. Informant AN stated, *"I think body image is how someone views their body. Currently, my body is still not ideal because my stomach is still bloated."* (AN, 32 years old). This statement illustrates dissatisfaction with certain body parts despite exercising regularly. A similar view was expressed by BO, *"Body image is like the image of a body that people see as good, so whatever clothes I wear looks good."* (BO, 41 years old). This shows that the perception of the ideal body is still strongly influenced by social factors and the need for acceptance from the surrounding environment.

In contrast, some informants had a more comprehensive and reflective understanding. CP explained, *"Body image is how a person views, feels, and evaluates their own body shape, both physically and emotionally."* (CP, 30 years old). This statement emphasizes that *body image* is a multidimensional concept that encompasses both physical and psychological aspects. DQ demonstrated an orientation toward self - *improvement* by stating, *"I learned to accept and love my body through exercise, healthy eating, and adequate sleep."* (DQ, 27 years old). This view demonstrates a balance between self-acceptance and active efforts to maintain health. Several other informants highlighted physical changes as an indicator of body perception. ER said, *"Body image is the shape of our body, how we see changes in our own body."* (ER, 25 years old). Meanwhile, FS added a motivational and ambivalent element: *"I'm proud because I've been consistent for a year, but the body I want to achieve is still far from perfect, because humans will never be satisfied."* (FS, 23 years old). This expression reflects the dynamic between pride in one's achievements and dissatisfaction with ideal body standards.

Several informants began to display a more positive and healthy outlook. GT stated, *"Body image is more about self-acceptance, not just about being thin or fat, but how comfortable we are with our own bodies."* (GT, 29 years old). HU also emphasized the importance of health over physical appearance, *"Body image is not just about being slim, but being healthier. I've only been going to the gym for 6 months, but I already feel fresher."* (HU, 26 years old). These two views indicate a shift in the meaning of *body image* from mere appearance to well-being and personal comfort. From a professional perspective, AY (42, a nutritionist) emphasized that a common misconception about *body image* is that it is associated solely with physical beauty. She explained, *"The concept of body image is clearly related to diet. Those who feel the need to be fit often regulate their diet, but if it's only about beauty standards, it can sometimes become extreme and unhealthy."* This statement emphasizes the importance of balancing fitness, nutrition, and mental health in creating a healthy and sustainable body image.

Overall, the findings of this study indicate that *body image perceptions* among female gym members in Makassar City are dynamic and multidimensional. Some informants still show a tendency towards social and aesthetic standards of the ideal body, while others are beginning to shift towards self-acceptance and a health orientation. This shift marks a paradigm shift *in body image* from merely physical appearance to a more comprehensive understanding of physical and psychological well-being.

Factors that Influence Body Image

The research results show that *body image formation* among female gym members in Makassar City is influenced by four main factors: social media, social support, the gym environment, and work pressure. These four factors interact to shape diverse body perceptions among informants, ranging from aesthetic motivations to orientations toward health and psychological well-being.

Social media

Social media, particularly TikTok and Instagram, is a dominant factor shaping informants' perceptions of the ideal body. Most informants admitted to gaining motivation for exercise from fitness content on social media. As BO stated, *"Before going to the gym, I open TikTok and see people with good bodies, which motivates me to exercise."* (BO, 41 years old). However, exposure to this content is not always positive. CP revealed, *"Many influencers influence the way I view my body."* (CP, 30 years old). These findings demonstrate the ambivalence of social media: on the one hand, it can be a source of inspiration and motivation, but on the other hand, it can lead to body dissatisfaction *due* to excessive social comparison.

Social Support and Environmental Criticism

Social support and criticism from the surrounding environment also influence the formation of body

perception. FS revealed that past teasing became a motivational trigger for self-improvement, *"I used to be teased a lot and called fat, that motivated me to improve myself."* (FS, 23 years old). Conversely, praise from the social environment can increase self-confidence, as stated by DQ, *"Friends and family say my body is nice, that makes me more confident." (DQ, 27 years old). This phenomenon is in line with social feedback* theory, which explains that social feedback can strengthen or weaken body image depending on the context of the interaction experienced by the individual.

The Gym Environment as a Social Space

The gym environment plays an important role as a social space for interaction, competition, and collaboration among community members. AN stated, *"They often show off their workout results, so I feel like I have to be like them too."* (AN, 32 years old). This indicates the existence of social pressure to conform to group standards. However, there are also positive aspects, as GT expressed, *"When I see my friends doing well, I get motivated too."* (GT, 29 years old), and JW added, *"At the gym, I learn a lot about dieting from friends who have been training for longer."* (JW, 29 years old). These findings indicate that the gym is not only a place for physical exercise, but also a space for learning and social support that strengthens commitment to a healthy lifestyle.

Job Pressure and Public Exposure

Occupational factors also influence body awareness, especially for informants whose professions require public appearances. KX, a *content creator,* said, *"If netizens say I look fat on camera, it immediately motivates me to exercise."* (KX, 24 years old). This kind of professional pressure drives motivation to maintain one's body, but it also has the potential to cause psychological distress due to the demands of constantly being evaluated by the public. The informants' views were reinforced by expert sources. WW (25 years old, *personal trainer)* explained that a positive social environment can shape a healthy mindset: *"If he mixes with people who exercise, his mindset is healthier, not necessarily having to be thin."* IG (25 years old, *personal trainer)* added that the client's body perception influences the type of exercise chosen, such as prioritizing *cardio* or *strength training* according to the body's needs. Meanwhile, AY (42 years old, nutritionist) emphasized, *"Those who feel they have to be fit usually regulate their diet, but if it's only beauty standards, sometimes it becomes extreme and unhealthy."*

Impact of Body Image

The research results show that body image plays a significant role in shaping the psychological and social well-being of female gym members in Makassar City. Overall, the informants' experiences illustrate the interplay between self-acceptance, personal motivation, and social pressure that shapes their perceptions of their bodies.

Psychological Impact: Increased Self-Confidence and Mental Health

Most informants experienced increased self-confidence, self-acceptance, and mental health after exercising regularly. Statements from AN, DQ, and FS indicate that physical changes not only impact appearance but also foster feelings of self-control, emotional stability, and better sleep patterns. This phenomenon can be explained through the concept of *body appreciation* in positive psychology, where body acceptance plays a role in happiness and emotional well-being. Furthermore, the orientation toward health—as expressed by BO—demonstrates a shift from idealizing body shape to a functional orientation, namely viewing the body as a means to a healthy and productive life.

Social Impact and Productivity: Positive Body Image as Social Capital

Exercising at the gym also impacts social interactions and work productivity. Increased energy, fitness, and self-confidence make informants more active socially and professionally. HU, IV, and LY described how gym routines contribute to physical endurance and efficiency in daily activities, while KX and MZ reported increased courage to appear in public spaces. This suggests that positive body image serves as social capital, enhancing women's ability to express themselves and build healthier social relationships. Expert support from AY and WW reinforces this view that changes in body perception are not only aesthetic but also directly related to body function, fitness, and quality of life.

Ambivalence

Although the majority of informants reported positive effects, there was also ambivalence in their experiences. ER and GT reflect a situation where body satisfaction is still accompanied by pressure to continuously improve. This phenomenon suggests that social beauty standards still play a role in shaping women's body perceptions, even after they have experienced significant physical progress. This condition aligns with *objectification* and

social comparison theory, where individuals often judge themselves based on the views of others or media standards. As a result, body image can be both a source of well-being and a source of psychological distress if body orientation is overly influenced by external validation.

DISCUSSION

The findings reveal that female gym members' perceptions of body image are diverse and multifaceted, shaped by personal interpretations, social interaction, and cultural expectations. These perceptions involve how women evaluate their physical appearance, internalize social pressures, and assign deeper meaning to bodily changes. A dominant theme is self-objectification, illustrated by informant AN, who felt her body was not yet ideal due to a protruding stomach. This reflects body dissatisfaction, consistent with Objectification Theory (Fredrickson & Roberts), where women continually evaluate and compare their bodies against internalized beauty standards. Cowley & Schneider similarly found that active gym-going women often experience a persistent sense of "never being enough," driven by ongoing self-evaluation.[10]

Some participants, such as BO, emphasized that body image is strongly shaped by how others perceive them. This aligns with Symbolic Interactionism, where self-perception is formed through interaction and the "social mirror." Pila et al. argue that gyms function not only as exercise spaces but also as symbolic social arenas that can heighten social anxiety.[11] Other informants demonstrated a shift toward a more functional and emotional understanding of the body. CP, for example, viewed her body as both physical and emotionally meaningful. This reflects a move toward positive body image, as suggested by Functional Body Image Theory, in which acceptance stems from valuing bodily function rather than appearance.[12] In this sense, gym participation becomes an opportunity to resist narrow aesthetic standards.

Informants DQ and ER described the body as an ongoing project shaped through exercise, nutrition, and rest. This highlights body image as a dynamic process, aligned with Merino et al. who note that improvement-oriented embodiment can foster empowerment and psychological well-being.[13] Ambivalence also surfaced, particularly in FS's account. Despite consistency in exercise, she still felt her body was not ideal—demonstrating tension between self-acceptance and continuous self-improvement. Resilience Theory helps interpret this duality: motivation from perceived inadequacy can be adaptive when rooted in intrinsic goals, but harmful if driven by ridicule or external pressure. The gym environment, often filled with idealized body imagery, can intensify these pressures.

Conversely, GT and HU promoted a more inclusive definition of body image centered on comfort, health, and fitness. HU emphasized improved energy and health despite minimal visible change—supporting Sabiston et al. argument that valuing bodily capability fosters healthier self-perception.[14] This reframes gyms as spaces for sustainable lifestyle development rather than purely aesthetic transformation.

Nutritionist AY also critiqued the dominance of appearance-based narratives in gym culture, warning that excessive aesthetic focus can lead to unhealthy extremes. Cowley & Schneider similarly advocate for transforming gym culture into one that values processes, health, and balance.[10]

In the context of Makassar's gym community, the results show that body image is shaped by personal experiences, cultural norms, and media influences. Gyms can be both empowering and exclusionary spaces, especially for bodies considered "non-conforming." This highlights broader concerns related to mental health and gender inequality, where women are especially vulnerable to aesthetic pressures amplified by digital media. Overall, the findings illustrate that female gym members negotiate their body image through a tension between internal meaning-making and external societal expectations. Within a public health framework, these findings underline the importance of digital media literacy, functional body-centered fitness promotion, and inclusive gym policies.

The study identified a complex interplay of internal and external factors shaping body image. Social media emerged as a central influence. Informants BO and CP noted that TikTok and Instagram serve as sources of inspiration while simultaneously setting idealized body benchmarks. This aligns with Social Comparison Theory (Festinger, 1954), in which individuals compare themselves to idealized figures. While fitspiration can motivate exercise, it can also intensify body dissatisfaction.[15,16,17] Feedback from close friends also played a significant role. FS transformed past teasing into motivation, while DQ felt affirmed by praise. These findings demonstrate social ambivalence, where comments can encourage growth but also risk reinforcing dependence on external validation. Supporting this, Lawler et al. found that body criticism correlates with extreme dieting and reduced self-esteem.[18]

The gym community itself influenced perception through both support and competition. AN and GT felt driven to match other members' achievements. While motivating, such competition can perpetuate exclusivity. Levin et al. highlight that gym communities can offer strong social support but also reinforce unrealistic standards.[19] Symbolic Interactionism explains how gym interactions shape self-perception through implicit and explicit comparison.

Cultural context also shaped body image. In Bugis–Makassar culture, beauty values such as *pannessa* (grace)

and paccing (neatness) influence attitudes toward physical appearance. Here, body care reflects maturity, dignity, and responsibility. Such cultural frameworks help some women balance modern aesthetic pressures with deeper spiritual and social values.

Occupational exposure, particularly through content creation, intensified external pressure. KX noted that public comments drove her to enhance her appearance. Perloff argues that visibility-based professions foster heightened internalization of body standards.[20] Internal factors such as exercise and diet also shaped body image. IG, a personal trainer, explained that body perception affects training choices, while nutritionist AY emphasized balanced dietary practices. Paiva et al. found that moderate, functional nutrition promotes positive body image, whereas extreme dieting worsens body relations.[21] Overall, these factors can be grouped into three dimensions:

- External/social dimension — social media, peers, and gym community interactions.
- Exposure dimension — workplace demands and public visibility.
- Internal/health dimension — exercise routines, diet, and functional body awareness.
- Each dimension carries ambivalence: inspiring yet pressuring, supportive yet oppressive, healthy yet potentially extreme. Critical evaluation of these influences is necessary to build a healthy relationship with the body.

Impact

The findings show that body image has broad implications for psychological well-being. Many participants experienced increased self-confidence, as described by AN and DQ. This reflects Self-Discrepancy Theory, where reducing the gap between the actual and ideal self-fosters higher self-esteem. Simone et al. found that positive body image reduces depression risk and increases self-acceptance.[22] Improvements in stress regulation and sleep quality were also noted. FS and HU reported better emotional stability and sleep after regular exercise. This supports Embodied Cognition, which posits reciprocal influence between body and mind. Szuhany et al. confirmed that physical activity lowers cortisol, improves endorphin circulation, and enhances sleep.[23]

Participants also reported enhanced physical functionality. BO, IV, and LY described feeling fitter and more productive. This aligns with the body functionality approach, emphasizing appreciation for bodily capability as a predictor of long-term well-being.[12] Fioravanti et al. found that valuing bodily function promotes lifestyle consistency.[24] Social impacts were also evident. GT and MZ felt more confident in social interactions, suggesting that body image mediates social openness. Symbolic Interactionism explains that positive social feedback strengthens self-perception. Simoes et al. similarly found that positive body appreciation enhances quality of social relationships.[25]

In work contexts, body image improved professional performance, particularly for visible roles such as content creation. KX felt more relaxed and confident in her online presence. According to Objectification Theory, positive body image can buffer against external evaluation stress. Perloff and Kevin et al. concluded that self-acceptance promotes productivity and resilience in performance-based work.[20,26] Nutritionist AY emphasized that improvements often relate more to body composition than weight loss. Paiva et al. support this, noting that understanding functional health prevents extreme dieting and promotes empowerment.[21] Overall, positive body image shaped personal, emotional, social, and professional well-being, reinforcing that physical activity and a healthy lifestyle contribute to holistic psychological resilience.

Limitations

This study has several limitations that should be acknowledged. The sample was limited to women from three women-only gyms in Makassar, which may not represent experiences of women in mixed-gender or non-gym fitness contexts. As a qualitative phenomenological study using purposive sampling, the findings cannot be generalized to broader populations and remain interpretive in nature. Data relied on participants' self-reports, making the results vulnerable to recall bias and social desirability effects. The researcher's role as the primary instrument may also introduce interpretive bias despite efforts to maintain reflexivity. Additionally, the two-month data collection period restricted the observation of long-term changes in body image. Finally, conducting interviews within gym environments may have shaped participants' responses due to motivational or competitive atmospheres. These limitations suggest the need for future research with more diverse samples, longer study durations, mixed methods, and broader fitness contexts to enhance external validity and deepen understanding of women's body image experiences.

CONCLUSIONS

The conclusion of this study indicates that female gym members have diverse perceptions of body image, ranging from physical assessments of their bodies and social views to motivation for self-improvement and self-acceptance. This confirms that body image is multidimensional, involving physical, emotional, social, and health aspects. The formation of these perceptions is influenced by internal and external factors, with social

media playing a dominant role in displaying ideal body standards, while comments from those closest to them, the gym community, and work demands also reinforce perceptions and motivations for maintaining one's body. A positive body image has been shown to increase self-confidence, self-acceptance, and social and professional performance, although some informants still feel pressured by unrealistic beauty standards. Therefore, it is recommended that female gym members place greater emphasis on the concept of body positivity through regular education and self-development journals that focus on fitness, not appearance. Gym managers can play an active role by holding activities and campaigns that highlight the diversity of healthy bodies, while personal trainers, nutritionists, and counselors are expected to provide holistic support that includes motivation, a balanced diet, and psychological support to foster a healthy and sustainable body image.

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CONFLICT OF INTEREST

The authors declare that there is no conflict of interest.

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Project management: Irma Payuk, Suriah, Indra Fajarwati Ibnu.
Resources: Irma Payuk.
Software: Irma Payuk.
Supervision: Suriah, Indra Fajarwati Ibnu, Shanty Riskiyani, Apik Indarty Moedjiono.
Validation: Suriah, Indra Fajarwati Ibnu, Shanty Riskiyani, Apik Indarty Moedjiono.
Display: Irma Payuk.
Drafting - original draft: Irma Payuk.
Writing - proofreading and editing: Irma Payuk.