



Research Paper

A Victimological Perspectives On Body Shaming

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ABSTRACT

This study attempted to find out body shaming in a victimological perspectives, whether body shaming can be criminalised because it is likely of any gender, significantly disturb a person without causing bodily harm. The sample consist of 160 females respondents aged between 20-26 (mean age 22.3), are being selected by discerning they are more prone and significantly get disturbed with the incidents. 83% of female respondents agree with body shaming should be made punishable.

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I. INTRODUCTION

There are many ways of defining the body shaming, Discussions concerning body shaming always begin with the fundamental question of whether body shaming can be criminalised. Is it possible to make it a crime? In general, victims of body shaming will experience more emotional distress. Slandering, shaming, ridiculing, and taunting are other parallel understandings that significantly disturb a person without causing bodily harm. The term "body shaming" is frequently used in social media, but there is no clear scientific definition (Schlüter et al., 2021). Body shaming is often considered to be the insult, mockery or a taunt. Body shaming includes many forms by judging their appearance or discourse on body by the comparison with others, most likely women are primary target, may be with the fancy standards of appearance with filmy culture and bulled in society (Harsha .H, Kelia Joseph, Mariya Devassy, 2020), largely even with influence of social media the attention seeking and visual impressions are consciously been following (Manago et al., 2014; Evelyn P. Meier, 2014).

II. VICTIMOLOGICAL EXPLANATIONS TO BODY SHAMING

Victimological explanations to body shaming can be studied, well, Victimology deals with the systematic study of crime victim, Karmen Andrew (2010) defines victimology "scientific study of the physical, emotional and financial harm people suffer because of illegal activities". Hence the body shaming is an emotional harm to the people who face it and suffer from the cause. Hans von Hentig (1948) classify the types of victims, his notion of 'Female victims' will be in risk taking and may face sexual assaults. Victimology focus on not only the victimization conditions but also studies the process of victimization. As a result, psychological phenomena and suffering as a result of actions are both considered to include mental health issues. The fundamental components of victimology foundations ensure that victims of body shaming suffer from the way they are psychologically targeted; they experience reluctance to report such that have not been defined in legal framework According to a study by Schlüter et al., (2021) to determine the respondents' initial understanding of the term "body shaming," a significant number of participants have described the perpetrators' actions as being "the negative behaviour that someone judges over our outward appearances." Most respondents suggested that body-shaming remarks could take the form of negative allusions or evaluations, discrimination, or falsehood. Respondents attempted to define body-shaming by using terms like negative, insulting behaviour toward their appearance.

III. LEGAL CONCEPTS

To consider body shaming, we have other provisions like, mental harassment, and sexual harassment. The fundamental discourse is victimisation of body shaming doesn't have legal frameworks to fit into the specific crime.

Indian Penal code provisions:

1. According to Section 354 of Indian Penal Code, "Assault of criminal force to woman with intent to outrage her modesty" defines whoever assaults or uses criminal forces to any woman in intending to outrage or knowing it to be likely is outraging her modesty. Punishments are prescribed as imprisonment for one year of imprisonment and that may extend to five years with fine.
2. According to section 354A, "Sexual harassment and punishment for sexual harassment" subclause (i) defines physical contact and advances involving unwelcome and explicit sexual overtures (ii) a demand or request for sexual favours. If any man who commits the offence specified in clause (i) and clause (ii) shall be punished with rigorous imprisonment for a term which may extend to 3years or fine or both.

IV. METHODS

In this study the descriptive research design and explorative research type has been used to analyse the victimological perspectives of body shaming, self-administer, structured questionnaire schedule with close ended answer format used for analysis purpose. Also, Likert scale (**Rensis Likert;1932**)has been used with five points strongly agree, agree, strongly disagree, disagree and natural for some variables to find out the correlations and applied spearman's rank order correlation. Study was conducted in Belagavi city of Karnataka state, India. All the precautionary directions, intentions were explained to respondents to voluntarily participate.

SAMPLE: The study included female participants from the general population who were between the ages of 18 and 26 to analyse the impact on how they are susceptible to body shame, this age group, and to seek their perceptions / reactions, whether the body shaming action needs to be fixed in any legal framework with convenience sampling (Non-Random). N = 160 people were contacted via a google form by means of social media and other online platforms like WhatsApp. Apart from the variable "age," which had 21 variables, all the questions were in the form of Likert scales.

V. RESULTS

Table 1: The total sample size and the various age ranges are displayed in the following table.

	Age Groups	
	Frequency	Percent
Under 20	24	15
21-26	136	85
Total	160	100

Table 2: The following crosstabulation is used to determine how different age groups of female participants feel about body shaming and their response to the question of whether body shaming ought to be made illegal.

Agegroups	Agegroups * BodyShaming Crosstabulation				
	Body Shaming Should be Punishable				
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Under 20	0	2	3	17	2
21-26	1	3	16	92	24
Total	1	5	19	109	26

Table 3: The responses to the statements about body shaming and reactions to it are shown in the following table.

Statements	Strongly Disagree Frequency and %	Disagree Frequency and %	Neutral Frequency and %	Agree Frequency and %	Strongly Agree Frequency and %
Being mentally healthy makes it easier to combat body shaming	4 (2.5)	20 (12.5)	32 (20.0)	73 (45.6)	31 (19.4)
Being body shamed can be overcome by body transformation.	3 (1.9)	3 (1.9)	28 (17.5)	72 (45.0)	54 (33.8)

Making comparisons with others won't help you live a happy life.	4 (2.5)	1 (.6)	37 (23.1)	50 (31.3)	68 (42.5)
faced body shaming because of people's personal grudges	0	5 (3.1)	24 (15.0)	101 (63.1)	30 (18.8)

N=160

Table 4: The correlations using Spearman's rank order are shown in the following table.

Correlations		1	2	3	4
Spearman's rho	1 humiliated or defamed				
	2. depression and anxiety	.237**			
	3. Less social hangout	.308**	.305**		

**p< 0.01 level (2-tailed); N=160

VI. DISCUSSIONS

The age group and their opinions on whether body shaming should be made a crime and subject to punishment are shown in the crosstabulation table 2. Making an offence punishable is supported by 83% of the nearly 134 participants (both agree and strongly agree). It depends on the circumstances of the action to determine whether it is punishable; for instance, if it occurs in a school, the sexual harassment or anti-ragging cell would be contacted. As is typical, the nature of the act will undoubtedly have an impact on one's dignity.

Table 3 includes the responses from respondents to statements that included a question about whether being mentally tough would help one avoid body-shaming taunts. A surprising 78% of respondents believe that body transforming is the best way to overcome body shame, because they think that their appearance to be corrected in front of others or perhaps, they think that is the merely options to shut the mouths of others, while 73% believe that one should never compare one's appearance to another in order to live a happy life, staying strong is the positive attitude, hence comparisons mark the differences. Nearly 81% of the female sample group think that personal grudges are the cause of body shaming, may be the respondents have found the jealous or personal grudges are the main reasons for body shaming.

Table 4 displays the correlation between the variables using Spearman's rank order. Humiliation and depression have a positive correlation ($p=.237^{**}$), as do less sociability and depression ($p=.305^{**}$). Humiliation and less socialising are also strongly correlated. Accordingly, body shaming as a form of public humiliation will have an effect on one's tendency to hang out less socially and can even lead to depression, as according to the respondents. Being body shamed can cause depression and can have a negative impact on social gatherings in general.

VII. CONCLUSION

The serious actions of body shaming will undoubtedly diminish the victims' dignity, clearly infringing upon their fundamental right to live in dignity. The basic vices of human conduct—humiliation, slander, bullying, taunting—as well as discrimination based on appearance, weight, body morphology, colour, tallness, shortness, fatness, stronger built, weaker built, and other differences—will undoubtedly harm society. There is debate over whether body shaming can be included on the list of offences in the penal codes and the possibility of making it a crime.

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