

BODY IMAGE IN KELLY BARSON'S *45 POUNDS*

A THESIS

**Presented in a Partial Fulfillment of the
Requirements for Completing the
Sarjana Degree in Department of English Literature**



By:

RISKA DEWI
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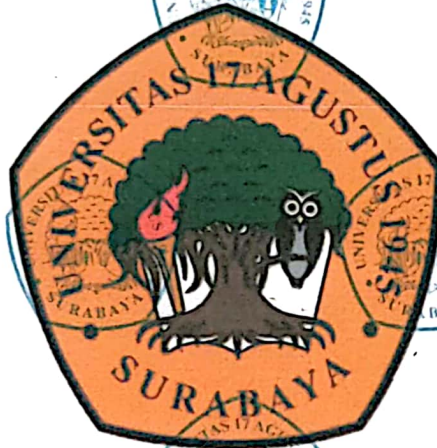
**FAKULTAS ILMU BUDAYA
UNIVERSITAS 17 AGUSTUS 1945 SURABAYA**

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This is to certify that the Sarjana Thesis of RISK A DEWI entitled "BODY IMAGE IN KELLY BARSON'S 45 POUNDS" has been approved by the thesis advisor for further approval by the Examining Committee.

Surabaya, 14 June 2024

Advisor,

Linusia Marsih, S.S., M.Pd.



APPROVAL SHEET II

This is to certify that the Sarjana Thesis of RISK A DEWI entitled "BODY IMAGE IN KELLY BARSON'S 45 POUNDS" has been examined and approved by the thesis Examining Committee as the requirement for Sarjana Degree in English Literature

Surabaya, 18 July 2024

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ABSTRACT

This thesis discusses body image in Kelly Barson's novel *45 Pounds* portrayed through the main character Ann. The discussion focuses on Ann's perception or mental image of her body and the factors that influence Ann's body image. This research is a qualitative research because it focuses on in-depth analysis of the text, context, and interpretation of body image reflected in the novel *45 Pounds* through description. In addition, because this study deals with psychological issue related to body image, psychological approach is suitable for this research. In doing the analysis, body image theory by Caleogero & Thompson and the theory of factors influencing body image by Van Den Berg & Thompson et al are employed. The analysis found that Ann has a negative body image. This is evident in three aspects, namely aspects of perception, attitude, and behavior towards her body. Her negative body image is caused by her negative thoughts and feelings which are influenced by peers, parents, and media. Based on the analysis, it can be concluded that peers, parents, and the media play an important role in building Ann's negative body image. Negative comments, teasing and behavior of Ann's peers towards Ann's body and her parents comments, teasing, and behavior towards themselves, other people and Ann give contribution in build Ann's negative body image. In addition to negative comments, teasing and behaviors from other people, media also contributes to Ann's dissatisfaction with her body that eventually leads to her negative body image. To build a positive body image, one must learn to accept oneself, focus on health rather than size, and avoid comparisons with others. Additionally, peers, parents, and media should provide positive examples and encouragement regarding body and appearance.

Keywords: aspects of body image, body image, factors influenced body image