

# Making Up Your Mind: Perceptual Retraining with Mirror to Increase Self-Acceptance for Negative Body Image in Generation Z Teens

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## ABSTRAK

*Dalam penelitian ini difokuskan pada citra tubuh negatif karena, setiap individu yang memiliki citra tubuh negatif maka ia akan sulit menerima atau mencintai dirinya sendiri yang akan membuat mereka mengalami banyak masalah dengan tubuhnya, misalnya merasa tidak puas dengan tubuh yang dimiliki, gangguan makan, melakukan diet yang terlalu ketat, depresi, dan lain-lain. Tujuan dari penelitian ini adalah untuk menganalisis peningkatan penerimaan diri terhadap citra tubuh negatif pada remaja generasi Z dengan menggunakan pelatihan ulang persepsi dengan cermin. Jenis penelitian ini adalah penelitian eksperimen dengan pendekatan kuantitatif. Jumlah sampel penelitian adalah 30 siswa yang dibagi menjadi dua kelompok. Instrumen penelitian yang digunakan ada adalah skala penerimaan diri dan citra tubuh. Metode analisis data yang digunakan dalam penelitian ini adalah analisis statistik adalah sampel paired T-test. Hasil penelitian menunjukkan nilai  $P=0,000$  ( $P < 0,050$ ) dan menghasilkan nilai  $P=0,000$  ( $P < 0,000$ ) pada citra tubuh kelompok eksperimen. Sedangkan pada hasil penerimaan diri kelompok kontrol dengan menggunakan uji paired t-test sampel menghasilkan nilai  $P=0,000$  ( $P < 0,050$ ) dan menghasilkan nilai  $P=0,000$  ( $P < 0,000$ ) skala citra tubuh kelompok kontrol. Hal ini menunjukkan bahwa subjek yang menggunakan pelatihan ulang persepsi dengan cermin mengalami peningkatan penerimaan diri terhadap citra tubuh negatif. Implikasi penelitian ini adalah bahwa metode pelatihan ulang persepsi dengan cermin dapat digunakan sebagai intervensi untuk membantu remaja generasi Z mengatasi citra tubuh negatif dan meningkatkan kepercayaan diri serta kesehatan mental mereka.*

## ABSTRACT

In this study focused on negative body image because, every individual who has a negative body image then he will be difficult to accept or love himself that will make them experience a lot of problems with his body, for example feeling dissatisfied with the body owned, eating disorders, doing a diet that is too strict, depression, and others. The goal of the study was to analyze the increase in self-acceptance of negative body image in generation Z adolescents by using perceptual retraining with mirrors. This type of research is experimental research with a quantitative approach. The sample number of studies was 30 students who were divided into two groups. The research instruments used there are self-acceptance and body image scales. The data analysis method used in this study is statistical analysis is Paired T-test samples. The results showed a value of  $P = 0.000$  ( $P < 0.050$ ) and resulted in a value of  $P = 0.000$  ( $P < 0.000$ ) in the body image of the experimental group. While in the results of self-acceptance the control group using the sample paired t-test resulted in a value of  $P = 0.000$  ( $P < 0.050$ ) and produced a value of  $P = 0.000$  ( $P < 0.000$ ) of the body image scale of the control group. This suggests that subjects using perceptual retraining with mirror experienced increased self-acceptance of negative body image. The implication of this study is that mirrored perceptual retraining methods can be used as interventions to help generation Z adolescents overcome negative body image and improve their self-confidence and mental health.

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## 1. INTRODUCTION

Currently, generation Z teenagers, especially in Indonesia, have a lot, especially in the use of technology used (Nisa et al., 2020; Pohan & Lbs, 2022). The use of technology is now unstoppable, especially if Generation Z uses technology to do schoolwork until their work (Gattario & Frisén, 2019; Hartman-Munick et al., 2020). Previous research found that Generation Z will dominate the workforce by 75 percent starting in 2020 (Glashouwer et al., 2019; Phillipou et al., 2016). Individuals are already working even while still in school focusing more on their body image. Imaging of body image is obtained because Generation Z spends more time using social media so it is not uncommon to compare themselves with others so that it has an impact on the body image (Fernando, 2019; Rizky & Rachmatan, 2016).

Teen generation Z and body image if associated with body image will be closely related, it occurs because of various changes, one of which is rapid physical changes and accompanied by sexual maturity (Nisa et al., 2020; Pohan & Lbs, 2022). These changes can have an impact on the teenager's uncertainty about himself and his abilities. Physical changes consisting of internal and external changes. Internal changes such as the circulatory system, digestion, and respiratory system, while external changes including body shape, weight, height, and body proportions greatly affect adolescent development and self-concept (Marwoko, 2019; Saputro, 2018). Coupled with the existence of beauty standards and standards of appearance in modern society. This can have a psychological impact on adolescents. Excessive physical attention usually occurs during puberty in adolescents generation Z (Badoud & Tsakiris, 2017; Todd et al., 2019a). Generation Z teenagers generally have a perception of their body shape according to body image or known as body image. According to body image is the individual's thoughts, feelings, attitudes, and perceptions about his own body (Grimm & Schwartz, 2017; Schwartz & Grimm, 2016). Meanwhile previous research explained about body image as a picture related to the way a person views how the ideal body and the individual's desire for his body based on the perception of others and one's belief to adjust the perception of others (Ildil et al., 2017; Ramanda et al., 2019; Sukanti & Wardana, 2020). Body image can develop through social interaction (Agustiningsih et al., 2020; Alidia, 2018).

Looking at the body image negatively is certainly not good, but it must accept itself as it is, therefore acceptance is so important to be done by generation Z. Adolescence can be said to be a period of transition from childhood to adulthood, especially experienced before by generation Z will affect the future. When moving from childhood to adolescence, you must abandon something childish and change new patterns of behavior and attitudes to replace old patterns of behavior and attitudes. The shift of time then there are also many changes such as physical changes, emotional patterns, social, interests, morals, and personality (Gattario & Frisén, 2019; Hartman-Munick et al., 2020; Tiggemann, 2015). Currently there is also self-acceptance of the social environment. Teenagers tend to group with peers. In this adjustment, adolescents will find their identity about who they are and how they play a role in society. The level of negative body image in generation Z adolescents is illustrated by how far the adolescent is dissatisfied with body parts and overall physical appearance. A picture of a generation Z teenager regarding his physical condition. If a generation Z teenager feels that his physical state does not fit his ideal concept, then he will feel that he has a deficiency in physique or appearance, although it is possible for others to be considered physically attractive. Often such circumstances make a person unable to accept his physique as it is so as to make a person become inferior (Glashouwer et al., 2019; Phillipou et al., 2016; Wignall et al., 2017).

Generation Z teenagers who accept themselves about body image will be more confident and focused on self-development and able to establish good interactions with others in the surrounding environment. The explanation is characterized by critical thinking, synergistic two-way communication with outsiders, able to master themselves and have good self-regulation (Duschek et al., 2015; Todd et al., 2019b, 2021). Therefore, self-acceptance is an important variable to study because it impacts many things in the lives of generation Z adolescents. Good self-acceptance is the ability possessed by generation Z teenagers to live and get along reasonably with their environment, so that the teenager feels satisfied with themselves and the environment. The process of self-acceptance also occurs continuously and continuously. The process of self-acceptance can be said to be successful when a person can meet the demands of the environment and is accepted by those around him as part of society. If an individual feels that he has failed to adjust and feels rejected by the environment, it will be regressive or regressive (Aspen et al., 2015; Dondzilo et al., 2021; Glashouwer et al., 2020). says there are processes that must be passed by a person to be able to accept himself, that is, one must be able to know himself, refrain from past habitual patterns, change the emotions of an event that occurs, enjoy whatever happens in their lives, and they are able to let go of all the events that have happened in their lives. Self-acceptance is accepting self as it is, having a positive attitude towards her, not being burdened by anxiety or shame, and willing to accept her strengths and disadvantages (Ando et al., 2021; Danthinne et al., 2022; Lin et al., 2021).

Based on the results of the study states that physical and psychological changes affect adolescents' self-understanding of self-acceptance. Generation Z teenagers who have a good view and body assessment

of him will be easier to accept, as revealed. Views and assessments of the self can include physical appearance, intellectuals, interests, talents, and shortcomings, as well as their advantages. Previous research stated that body image is the attitude that a person has towards his body in the form of positive and negative assessments (Seekis et al., 2022; Webb et al., 2015). A positive outlook on the body is the main key that can build psychological health and physical development in women. Individuals who have a negative body image will make them experience many problems with their body, for example feeling dissatisfied with their body, eating disorders, going on a diet that is too strict, depression, and others. Increased self-acceptance can be done by perceptual retraining with mirror is able to provide changes and increase self-acceptance for negative body image in generation Z adolescents.

This study aims to analyze the improvement of self-acceptance towards negative body image in Generation Z adolescents using mirror perception retraining. The purpose of this research is to provide a deeper understanding of how mirror perception retraining can influence self-acceptance towards negative body image in Generation Z adolescents. Thus, this research is expected to provide deeper insights into the importance of self-acceptance and how mirror perception retraining can be an effective tool in enhancing self-acceptance towards negative body image in Generation Z adolescents.

## 2. METHODS

This type of research is experimental research with a quantitative approach. In this study, researchers used a group of research subjects from a specific population. Then grouped again randomly into two groups, namely the experimental group and the control group. Subjects were put into experimental groups and control groups based on the distribution of surveys conducted. After that, the experimental group was given treatment in the form of perceptual retraining with mirror, while the control group was not given treatment. After getting the treatment on 14 teenage girls domiciled in Samarinda aged 15 to 18 years will be re-measured (post-test). The procedure in this study is first done to choose a research topic, then formulate a problem, then make a research hypothesis and then determine the variables and design of the research (Apuke, 2017; Sung et al., 2019).

The research subjects in this experiment were divided into two through population and sample. A population is a set of objects, people or circumstances that have at least one common characteristic in common. Population can also be referred to as a complete and complete set of observation units, consisting of the value or size of the variable change.

In addition, population also has a meaning as a generalization area consisting of objects or subjects that have certain quantities and characteristics set by researchers to be studied and then drawn conclusions. Generalization is a way of drawing conclusions on a wider group of individuals based on data obtained from a small group of individuals. Therefore, the population with all its boundaries must be clearly defined so that the generalization of research results can be formulated accurately. The population in this study was adolescent girls and boys who were domiciled in Samarinda aged 15 to 19 years or were in middle adolescence.

The sampling technique used in this study using nonprobability sampling is a sampling technique where subjects do not have the same chance of being selected as a member of the sample (Bhardwaj, 2019). The results of self-acceptance screening and body image which means that if the teenager gets a self-acceptance score and a medium or low body image then the student will be a sample in the study. The number of research samples was 30 students who were divided into two groups, namely: 14 adolescents will be given perceptual retraining with mirror (experimental group) and 16 adolescents who will be given material about self-acceptance and body image (control group). Purposive sampling method is the determination of samples based on criteria that have been formulated first by researchers (Etikan et al., 2016).

The sampling technique used in this study using nonprobability sampling is a sampling technique in which the subject does not have the same chance of being selected as a sample member (Bhardwaj, 2019). The results of self-acceptance screening and body image which means that if adolescents get a moderate or low body image and body image score, the student will be a sample in the study. The sample number of studies was 30 students who were divided into two groups, namely: 14 teenagers will be given perceptual retraining with mirror (experiment group) and 16 teenagers who will be given material about self-acceptance and body image (control group) (Pranatawijaya et al., 2019).

In the self-acceptance scale, there is an item composed of indicators, namely: This self-acceptance scale is in the form of a Likert scale. The assessment in this measuring instrument is in accordance with standardized norms and self-acceptance blueprints, as presented in Table 1.

**Table 1. Norms of Self-Acceptance Assessment**

Score	Information
> 92	Very High
77 – 91	High
62 – 76	Medium
46 – 61	Low
< 47	Very Low

In the body image scale, there is an item composed of indicators, namely: This body image scale is in the form of a Likert scale. The assessment in this measuring instrument is in accordance with standardized norms and body image blueprints, as presented in Table 2.

**Table 2. Body Image Assessment Norms**

Score	Information
> 120	Very High
110 – 119	High
80 – 99	Medium
60 – 79	Low
< 60	Very Low

The data analysis method used in this study is statistical analysis paired with T-test samples. Before the hypothesis test was performed, descriptive tests, normality tests and homogeneity tests were conducted using the help of the SPSS (Statistical Package for Social Sciences) version 21.0 computer program for Windows.

### 3. RESULTS AND DISCUSSIONS

#### Results

Characteristics of Individual Respondents who were the subject of this study were Generation Z Teenagers who were in Samarinda. The number of subjects in the study was thirty. Which was divided into an experimental group of 14 people and a Control group of 16 people.

**Table 3. Characteristics of Subjects Based on Gender**

No.	Gender	Frequency	Percentage
1	Man	5	16.66
2	Woman	25	83.33
	<b>Sum</b>	<b>30</b>	<b>100</b>

Based on Table 3, it can be known that the subjects of this study consisted of Generation Z adolescents with a male gender of 5 adolescents (16.66 percent) and women amounting to 25 adolescents (83.33 percent). So, it can be concluded that the study subjects in Samarinda were dominated by students with a female gender numbering 25 adolescents (83.33 percent).

**Table 4. Characteristics of Subjects Based on Age**

No.	Age	Frequency	Percentage
1	15 years	2	6.66
2	16 years	6	20
3	17 years	13	43.33
4	18 years	6	20
5	19 years	3	10
	<b>Sum</b>	<b>30</b>	<b>100</b>

Based on Table 4, it can be known that the subjects of this study consisted of adolescents with the age of 15 years amounted to 2 orang (6.66 percent), age 16 years amounted to 6 people (20 percent), age 17 years amounted to 13 people (43.33 percent), age 18 years amounted to 6 people (6.66 percent) and age

19 years amounted to 3 (10 percent). So, it can be concluded that the study subjects in Samarinda dominated by teenagers with the age of 17 years amounted to 13 people (43.33 percent).

#### Descriptive Test

Descriptive analysis of frequency distribution and histograms is conducted to get a picture of the demographics of the subject and a description of the research variables, namely research to find out perceptual retraining with mirror increases self-acceptance for negative body image in generation Z adolescents. This was done to find out the difference in the level of self-acceptance and negative body image before and after the administration; admitted using perceptual retraining with mirror in Adolescent Generation Z. The pre-test given to the study subjects served to find out the difference in results on the post-test. The perceptual retraining with mirror method is considered effective if the post-test score is higher than the pre-test score.

Based on research result, it can be known on the pre-test and post-test self-acceptance scale there was a difference in scores in adolescents who had taken perceptual retraining with mirror treatment, there were 14 adolescent subjects who experienced an increase in self-acceptance in the experimental group. Next results it can be known on the pre-test and post-test self-acceptance scale there are differences in scores in adolescents who have been given material about self-acceptance and body image, there are 11 adolescent subjects in the control group who experienced an increase in self-acceptance, 4 adolescent subjects in the control group who experienced a decrease in self-acceptance and there was 1 adolescent subject in the control group who experienced permanent self-acceptance.

Based on experimental groups, it can be known on the pre-test and post-test body image scale there was a difference in scores in adolescents who had taken perceptual retraining with mirror treatment, there were 14 adolescent subjects who experienced an increase in self-acceptance in the experimental group. The overall results of body image scores before and after treatment for each subject in the control group can be seen in [Table 9](#).

Based on control group's body image score and classification data, it can be known on the pre-test and post-test body image scale there are differences in scores in adolescents who have been given material about self-acceptance and body image, there were 14 adolescent subjects in the control group who experienced an increase in self-acceptance and 2 adolescent subjects in the control group who experienced a decrease in self-acceptance.

#### Assumption Test Results

Testing of the hypotheses proposed in this study was conducted using the T-test. Before the calculated with the T-test test, it is necessary to perform an assumption test in the form of a normality test, and a homogeneity test as a condition in the use of the T-test test.

#### Normality Test

Results Normality test to see the storage of observation frequencies studied from theoretical frequencies. The normality assumption test uses the Analytical statistical technique of the Shapiro-Wilk normality test because the subject is less than 50. The rule used is that if  $p > 0.05$  then the spread is normal and if  $p < 0.05$  then the spread is not normal (Etikan et al., 2016).

**Table 5. Results of The Normality of Self-Acceptance Test**

Category	Type of Training	Shapiro-Wilk		
		Statistic	df	Sig.
Pres-Test	Experiment	0.896	14	0.098
	Control	0.894	14	0.093
Pos-Test	Experiment	0.943	14	0.458
	Control	0.886	14	10.70

Based on [Table 5](#) can be interpreted that the results of the spread normality assumption test against the experimental group's pre-test self-acceptance variable resulted in a value of  $p = 0.098$  ( $p > 0.05$ ) and the pre-test control group resulted in a value of  $p = 0.093$  ( $p > 0.05$ ) the test results based on the rules showed the items of the pre-test self-acceptance variable were normal. The test results of assuming the normality of distribution to the experiment group's posttest self-acceptance variables yielded  $p = 0.458$  ( $p > 0.05$ ) and the post-test control group produced a value of  $p = 0.070$  ( $p > 0.05$ ). Test results based on rules show the distribution of items of post-test self-acceptance variables is normal. It can be concluded that both data

distribution, namely pre-test and post-test have a normal data distribution, thus parametric data analysis can be done because it has qualified on the assumption of normality of the distribution of research data.

**Table 6. Body Image Normality Test Results**

Category	Type of Training	Shapiro-Wilk		
		Statistic	df	Sig.
Pres-Test	Experiment	0.968	14	0.853
	Control	0.955	14	0.633
Pos-Test	Experiment	0.966	14	0.822
	Control	0.898	14	11.107

Based on Table 6 can be interpreted that the results of the average spread assumption test against the body image variable Pre-test the experimental group resulted in a value  $p = 0.853$  ( $p > 0.05$ ) and the pre-test control group resulted in a value of  $p = 0.633$  ( $p > 0.05$ ) the test results based on the rules showed the items of the pre-test self-acceptance variable were normal.

The test results of assuming the normality of the distribution against the experiment group's posttest self-acceptance variables yielded  $p = 0.822$  ( $p > 0.05$ ) and the post-test of the control group resulted in a value of  $p = 0.107$  ( $p > 0.05$ ). Test results based on rules show the distribution of items of post-test self-acceptance variables is normal. It can be concluded that both data distribution, namely the first pre-test and post-test have a normal data distribution, thus parametric data analysis can be done because it has qualified on the assumption of normality of the distribution of research data.

Homogeneity tests are intended to show that two or more groups of sample data come from populations that share the same variance. In this study, homogeneity was tested between the control group and the experimental group, so that it was known that the data of the two groups were the same. The rule of homogeneity test is that variable data is considered homogeneous when the value  $p > 0.05$ . The results of the homogeneity self-acceptance test, the test results are presented in the following Table 7.

**Table 7. Homogeneity Self-Acceptance Test Results**

Levene Statistic	df1	df2	Sig.
9.935	1	28	0.004

Based on Table 7, the calculation results show the value of the results in the experimental group and the control of  $p = 0.004$  ( $p < 0.05$ ) which means that the data of the self-acceptance variable is not homogeneous. And on the results of the body image homogeneity test, the test results are presented in the following Table 8.

**Table 8. Body Image Homogeneity Test Results**

Levene Statistic	df1	df2	Sig.
0.127	1	28	0.724

Based on Table 8, the calculation results show the value of the results in the experimental group and control  $p = 0.724$  ( $p > 0.05$ ) which means that the data of the self-acceptance variable is homogeneous.

#### *Hypothesis Test Results*

The hypothesis in this study was to find out the level of self-acceptance for body image in generation Z adolescents before and after being given treatment in the form of perceptual retraining with mirror. In this study, the rule of the hypothetical test for the Paired T-Test was that if  $P < 0.05$ , then  $H_1$  is accepted and  $H_0$  is rejected. However, if  $P > 0.05$ ,  $H_1$  is rejected and  $H_0$  is accepted.

Based on the results of the Paired T-Test in generation Z adolescents that have been presented in Table 9, namely to find out the level of self-acceptance before and after being given treatment in the form of perceptual retraining with mirror in the experimental group, then obtained the value of  $P = 0.000$  ( $P < 0.050$ ), then there is a significant difference. Thus, it can be concluded that the  $H_1$  hypothesis is accepted and  $H_0$  is rejected.

**Table 9. Paired T-Test Self-Acceptance (Pre-Test – Post-Test)**

	Paired Differences					T	df	Sig. (2tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pretest – Posttest	-26.928	8.334	2.227	- 31.740	- 22.116	- 12.090	13	0.000

**Table 10. Paired T-Test Body Image (Pre-Test – Post-Test)**

	Paired Differences					T	df	Sig. (2tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pretest– Posttest	- 25.714	6.661	1.780	- 29.560	- 21.868	- 14.444	13	0.000

Based on the results of the Paired T-Test in generation Z adolescents that have been presented in [Table 10](#), namely to find out the level of body image before and after being given treatment in the form of perceptual retraining with mirror in the experimental group, then obtained the result of the value of  $P = 0.000$  ( $P < 0.050$ ), then there is a significant difference. Thus, it can be concluded that the  $H_1$  hypothesis is accepted and  $H_0$  is rejected.

**Table 11. Paired T-Test Self-Acceptance (Pre-Test – Post-Test)**

	Paired Differences					T	df	Sig. (2tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pretest– Posttest	- 8.3730	6.206	1.551	- 11.682	- 5.067	- 5.398	15	0.000

Based on the results of the Paired T-Test in generation Z adolescents that have been presented in [Table 11](#), namely to find out the level of self-acceptance before and after being given in the form of material about self-acceptance and body image in the control group, then obtained the results of the value  $P = 0.000$  ( $P < 0.050$ ), then there is a significant difference. Thus, it can be concluded that the  $H_1$  hypothesis is accepted and  $H_0$  is rejected.

**Table 12. Paired T-Test Body Image (Pre-Test – Post-Test)**

	Paired Differences					T	df	Sig. (2tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pretest– Posttest	- 13.750	63.296	0.823	- 15.506	- 11.993	- 16.685	15	0.000

Based on the results of the Paired T-Test in generation Z adolescents that have been presented in [Table 12](#), namely to find out the level of self-acceptance before and after being given in the form of material about self-acceptance and body image in the control group, then obtained the results of the value  $P = 0.000$  ( $P < 0.050$ ), then there is a significant difference. Thus, it can be concluded that the  $H_1$  hypothesis is accepted and  $H_0$  is rejected.

## Discussion

The results of this study showed that subjects who used perceptual retraining with mirrors would experience increased self-acceptance for negative body image. This explanation is supported by the results of previous research that good self-acceptance starts from self-understanding, absence of emotional pressure, stable self-concept, and realistic expectations ([Citra & Eriany, 2015](#); [Pramanik & Khuntia, 2023](#)). Self-awareness of all the advantages and disadvantages of self must be balanced and strived to complement

each other, to foster a healthy personality. Results regarding the hostility nature of self-focused attention induced by mirror exposure were not always consistent. In fact, studies have shown that mirror exposure can reduce critical evaluation of oneself, but what distinguishes it from previous research from this study is that this study discusses how generation Z adolescents receive themselves by paying attention to negative body image, while previous research has paid more attention to healthy personality (Griffen et al., 2018; Jansen et al., 2016; Porras-Garcia et al., 2020).

Research conducted by previous research at UM Malang Laboratory High School using *expressed acceptance of self and other scale* randomly on 40 learners showed data on 17 students or 42.5% of students categorized as low self-acceptance 10 learners or 25% of moderately categorized learners and 13 learners or 32.5% of students categorized as high. If a person already has self-acceptance, then he can accept himself optimally. But the problem of the concept of self-acceptance mostly occurs in adolescents. Where a teenager has a lack of self-confidence in the *body image* will see that he is fat or thin once or even his body shape is not ideal when in the eyes of others his body shape has been quite ideal.

With the development of the times that can change a person's way of thinking in all respects, especially the way of thinking of adolescent girls and men because of the physical development experienced. A person's physical appearance is considered an important thing in life today. With attractive looks, girls and boys will feel more valuable and can appear more convincing in various situations. So many women and men who pay more attention to their appearance, especially body image (*body image*) physically than things related to other aspects of women's and men's lives themselves, especially teenagers.

Similar research said that the importance of having good self-acceptance for generation Z is that they can respect themselves and live comfortably with their circumstances, themselves are able to recognize their hopes, desires, and accept their emotional tendencies not in the sense that they are satisfied with themselves but still have the freedom to realize the nature of their feelings (Gattario & Frisén, 2019; Hartman-Munick et al., 2020). So, one example of why a person does not accept himself is in his appearance. Appearance can have a big effect in adolescence, because adolescence experiences rapid physical changes and at this time physical development reaches its peak.

Adolescents who experience physical development often make them restless and uncomfortable. Many teenagers are very concerned with appearance to fit the desired self-image or commonly called body image. Previous research said that body image is an attitude that a person has towards his body that can be both positive and negative assessments (Fernando, 2019; Santoso et al., 2020). Body image can be positive or negative depending on how the individual responds to it. Body image consists of the evaluation attitude component and the belief component, where both components are related to satisfaction and dissatisfaction with the state of body shape owned.

Similar research suggest that body image as a picture and perception of the physical form possessed, then move on to the physical appearance owned by others until the body standards that must be owned must be adjusted to these perceptions (Glashouwer et al., 2019; Phillipou et al., 2016; Wignall et al., 2017). Based on this opinion, by practicing the perception of an individual, the individual can think about solving his own problems and can better accept both the advantages and disadvantages that he has of the body image, so that it will increase self-acceptance for the negative body image in everyone.

Previous research found that negative body image is closely related to the self-acceptance of K-POP fans so that if the negative image body experienced by K-POP fans is low the cause is due to high self-acceptance (Ando et al., 2021; Karsay et al., 2021; Lin et al., 2021). The explanation is in accordance with the findings of result research that increasing self-acceptance will result in a decrease in the body image of generation Z adolescents, previous research with the results of research that researchers found relevant and similar regarding the increase in self-acceptance of generation Z adolescents. As for some things that affect the lack of self-acceptance for the *body image* of generation Z teenagers, one of them is perception. Perception of the body in adolescents who focus on the question of appearance is the same thing, so it can have an influence on self-acceptance in the image of the adolescent body. Positive body perception can increase self-esteem and body image in society (Ameen et al., 2022; Mafra et al., 2022).

A positive body image in a person will promote a positive body image also to others, but this requires the view of others where the person accepts a person for who they are and feels positive about their own body (Burychka et al., 2021; Cook-Cottone, 2015; Piran, 2015). The implication of this study is that generation Z adolescents who receive perceptual retraining with mirror treatment are able to provide changes and increase self-acceptance for negative body image in generation Z adolescents, that is, if treatment is given to generation Z adolescents who experience low self-acceptance for negative body images that are regularly owned by using perceptual retraining with mirror, then the teenager will be able to increase self-acceptance for the negative body image he has.



#### 4. CONCLUSION

The perceptual retraining with mirror can provide change and increase self-acceptance for negative body image in generation Z adolescents while material in the form of self-acceptance and body image provides change and increases self-acceptance for negative body image in generation Z teenagers. For further researchers interested in researching more about *perceptual retraining with mirror* should be able to explain in more *detail* how the influence of perceptual retraining with mirror on adolescents who experience low self-acceptance for negative body image in generation Z adolescents.

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