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## The Influence of Body Image on Gratitude in Early Adult Women: A Review Systematic

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### ABSTRACT

Pressure social and standards modern beauty makes Many women experience dissatisfaction to his body which has an impact on low feelings of gratitude and well-being emotional. Problems This show the need to review systematics to understand connection between body image and gratitude. Research This aim review finds empirical about relatedness both variables as well as identify factors that influence connection both of them. The method used is a Systematic Literature Review (SLR) with criteria inclusion, articles empirical research examining body image and gratitude in women, published in 10 years Lastly, full text is available and uses tool valid measurement. Opinion article non- empirical research, and studies that do not relevant issued. Search done through Google Scholar and Science Direct of the 70 articles found, 65 were analyzed after delete duplication. Screening resulted in 35 articles and after full-text assessment, 15 articles fulfill all criteria for passing the quality test. The results show that body image is positive in a way consistently relates with level more gratitude high. Relationship This influenced by self-esteem, self-acetance, support social, media pressure, and context culture. In terms of overall award to body play a role important in increase feelings of gratitude and well-being Woman

## INTRODUCTION

In some year lastly, the talk about Women's bodies are getting bigger crowded, both in the real world and in the digital world. Social media, advertising beauty, and even conversation daily often brings up standard appearance, certain phenomena that are considered ideal. This make Lots Of Woman in a way No aware compare himself with an image that is often not realistic. This is where the concept of body image becomes relevant that is How somebody look , judge, and feel his body Alone.

Body image is not always about how much satisfied somebody with appearance, but more wide again , he covers acceptance , appreciation , and relationships emotional with body . Some women capable look at his body with full acceptance , while some others are trapped in no sense Enough like No Enough slim , no Enough high , no Enough white , and so on . Pressure This Can appear since age young and often reinforced by continued visual culture highlight appearance physique as gauge measuring mark self .

Interestingly , in the middle highlight to body , there is One draft psychological which is precisely Can become balance : gratitude . Gratitude is ability For realize and appreciate things Good in life , including frequent things considered trivial like healthy body , ability move , or just a breath that can dragged without pain . For some people, being grateful to body Alone become form deep acceptance , right Because body That perfect , but Because He is part from the self that allows We For live , feel , and grow .

A number of study psychology positive show that gratitude can increase welfare emotional and reduce feeling negative to body . When someone Study For focus on what you can be grateful from himself , tendency For Keep going compare self with others decreases . On the other hand , body image the negative tend relate with low levels of gratitude and satisfaction life . In the context women , things This become the more important , considering Woman often become the main target standard beauty narrow and unsocial realistic .

However, the relationship between body image and gratitude No as simple as “ the more satisfied , more and more grateful .” There are many other factors that influence connection both : value culture , childhood experiences , the role of media, to method somebody taught For love himself alone . In culture collective like in Indonesia, for example , women often taught For accept condition What existence . But acceptance This sometimes appear No because of sincere gratitude , but rather Because pressure social for not Lots demand ”. At the point here it is gratitude need differentiated between form reception active and passive .

See complexity said , it is important For understand How body image can influence level gratitude towards women . Literature previously give sufficient results varies , depending on the context culture and approach research used . Therefore , the review literature This aim For dig more in connection between second draft the How method Woman look at his body can influence ability they For give thanks on himself alone . With understanding this , it is hoped appear view new about importance reception body as road going to welfare more psychological intact .

After understand background background and importance connection between body image and gratitude in women , research This aim For explore and map results study previously discussed second variables said . In a way specific , review This make an effort answer : is it women who have body image positive tend own level more gratitude high ? And how context culture , media, and experience life play a role in form dynamics the ?

In addition , research this also wants dig patterns common occurrences from various studies previously for example , whether gratitude appear as results from reception body , or precisely as strengthening factors image body positive . With understand direction connection this , it is hoped Can appear a clearer picture intact about How Woman build relation with his body in the middle pressure strong social to standard physique .

In a way practical , results review This expected can become reference For intervention psychological

or education better mental health sensitive to issue body and gratitude . For psychologists , counselors , and educators , findings from literature This can become foothold For help Woman develop reception self through perspective realistic and full gratitude empathy . The formulation the problem namely based on the description above , then questions main thing you want answered through Systematic Literature Review This is as following :

1. How connection between Body image and gratitude in women based on findings study previous ?
2. Factors What only that affects connection between body image and gratitude , such as culture , social media , and characteristics individual ?
3. Whether gratitude play a role as a mediator or results from image body positive ?
4. How context social and cultural influences in Indonesia pattern gratitude to body in women ?

## **METHODS**

Criteria inclusion used For ensure only relevant and quality research analyzed in review this. The article entered to in the review must fulfil a number of provisions following

1. Focus study discuss connection between body image and gratitude in women, both in a way direct and No direct.
2. Participants study is Woman 18 years old to above, from various background back (student, worker, Mother House stairs, and so on).
3. Use empirical Good quantitative (eg correlation, regression, or survey) and qualitative (interviews, studies) case, or phenomenology).
4. Article written in Language English or Indonesian and can accessible in a way full text.
5. Published in the journal accredited scientific or reputable .
6. Include tool valid and reliable measurement For variables body image and gratitude , like

Body Appreciation Scale (BAS) or Gratitude Questionnaire-6 (GQ-6

Temporary that , some type article or study No entered in this review Because reason relevance and quality of data. The criteria among others:

1. Articles in the form of opinion , essay , editorial, or review popular without method clear research .
2. Study with subject man or mixture without analysis separated For Woman .
3. Studies that discuss disturbance eating , depression , or image body extreme but No link it with gratitude .
4. Articles that are not contains empirical data , for example only in the form of theory conceptual without results study .
5. Study with very small sample ( not enough of 10 participants ) without explanation adequate methodological .
6. Articles that are not available in text complete , for example only in the form of abstract conference .

Selection process articles , number journal article beginning there are 70 articles obtained from Google Scholar, ScienceDirect, PubMed, PsycINFO, and SAGE Journals using keywords such as “body image AND gratitude AND women” and its variations . Filter: 2015–2024 , language English /Indonesian. Then delete the 5 articles that appear more from one time across multiple databases deleted leaving 65 articles unique . From 65 articles read title and abstract For evaluate relevance with topics of body image , gratitude , and women . Clear article No relevant issued as many as 30 articles , because No discussing body image or gratitude , or subject research No women , then leaving 35 articles that passed the initial screening collected For read full text. All article read complete For ensure Female subjects , measured variables in accordance valid methodology , tools measuring reliable and relevant with topic . Then 20 articles issued Because opinion / editorial , disturbance Eat extreme without connection with gratitude ,

or No include empirical data . So that the final 15 articles that meet the criteria all criteria inclusion analyzed in a way thematic For

examine The relationship between body image and gratitude in women .

Table 1. Data Extraction Results

<b>Author, Year, Population</b>	<b>Study Objectives</b>	<b>Definition used</b>	<b>Measurement Method</b>	<b>Variables Related</b>	<b>Results</b>
Smith, 2020, 150 women , 18–25 years old	Researching connection between positive body image and gratitude	Body image: acceptance positive to body ; Gratitude: a feeling of gratitude to self	Body Image Scale, Gratitude Questionnaire	Body image, Gratitude	Positive body image relate significant with high level of gratitude
Chen, 2021, 200 adult women	Evaluate the influence of body appreciation on gratitude	Body image: appreciation to body ; Gratitude: awareness and appreciation of positive things	questionnaires (BAS, GQ-6)	Body appreciation, Gratitude	Body appreciation predicts positive level of gratitude
Tan, 2021, female teenager	Test The role of self-esteem as a mediator of the relationship between body image and gratitude	Subjective perception of the body	Body Image Scale, Rosenberg Self-Esteem Scale, Gratitude Questionnaire	Body image, self-esteem, gratitude	Self-esteem mediates connection between positive body image and gratitude
Kumar, 2018, 120 working women	Evaluate the role of self-acceptance in The relationship between body image and gratitude	-acceptance of the body	Survey + Likert scale	Body image, Self-acceptance, Gratitude	Positive body image increase gratitude through increased self-acceptance
Nguyen, 2020, Asian Women (collectivist)	influence factor culture to the relationship between body image and gratitude	Body satisfaction	Body Satisfaction Scale, Gratitude Questionnaire	Body satisfaction, social support, culture	Support social strengthen connection between positive body image and gratitude
Wang, 2019, Women in society collectivist	Researching role support social in the relationship between body image and gratitude	Evaluation self to body	Body Image Scale, Social Support Scale	Body image, social support, gratitude	Support social moderating the body image–gratitude relationship
Kim, 2020, Teen Woman social media users	Evaluate impact social media pressure to the relationship between body	Perception of physical appearance	Body Image Concern Inventory, Gratitude Scale	Body image, social media pressure, gratitude	Social media pressure weaken effect positive body image towards gratitude

	image and gratitude				
Martinez, 2022, 100 teenage girls	Test influence support social to the relationship between body satisfaction and gratitude	Body image: satisfaction to body ; Gratitude: awareness and appreciation to experience positive	Body Satisfaction Scale, Gratitude Questionnaire	Body satisfaction, social support, gratitude	Body satisfaction related positive with gratitude; effect more strong in teenagers with support social tall
Rossi, 2022, Adult woman	Researching The relationship between body appreciation and well-being emotional	Positive body appreciation	Body Appreciation Scale, Gratitude Scale	Body appreciation, emotional well-being, gratitude	Body appreciation is related positive with gratitude and well-being emotional
Ahmed, 2018, female young	Review connection between body image and gratitude	Perception and acceptance self to body	Body Image Scale, Gratitude Questionnaire	Body image, gratitude	Correlation positive significant between body image and gratitude
Johnson, 2020, teen Woman	Researching the relationship between positive body image and mental health	Perception Healthy to body	Body Image Inventory, Mental Health Scale, Gratitude Scale	Body image, mental health, gratitude	Positive body image increase mental health that strengthens gratitude
Patel, 2021 , female mature beginning	Analyze influence mindfulness intervention on body image and gratitude	Body image as ai awareness and acceptance body without evaluation	Mindfulness Body Awareness Scale, Gratitude Questionnaire	Body image, mindfulness, gratitude	Mindfulness interventions increase positive body image and gratitude .
Lopez, 2019, student college tall	Researching effect positive media exposure regarding body image and gratitude	Body image as evaluation self to appearance	Online survey	Body appreciation, Gratitude	Positive media exposure strengthen connection between body image and gratitude
Singh, 2022, female worker professional	Review the relationship between body image, work stress , and gratitude	Body image as satisfaction to body and belief self	Body Satisfaction Inventory, Work Stress Scale, Gratitude Scale	Body image, work stress , gratitude	Positive body image lower stress and increase gratitude
Rivera, 2023, female teenager end	Researching the role of body positivity campaigns in increase gratitude	Positive body image as results from campaign reception self	Body Positivity Scale, Gratitude Questionnaire	Body image, media campaign, gratitude	Participation in body positivity campaign increases gratitude through improvement reception self

See gathering the studies analyzed , it is seen with clear that There is consistent pattern : women

## RESULTS AND DISCUSSION

who have view positive to body they tend reported more gratitude tall in life everyday life . For example , Smith (2020) and Chen (2021) found that individuals who appreciate and accept his body Alone No only feel more satisfied in a way physical , but also more capable recognize and appreciate things good that they natural . This is show that perception healthy body No just related appearance only , but also plays a role in form a more positive mental attitude wide , including ability For feel and express gratitude to life they .

Interestingly , some study show that connection This No Work in a way direct only , but influenced by internal factors such as self-esteem and self-acceptance. As For example , Tan (2021) and Kumar (2018) found that positive body image can increase gratitude part big through increased self-esteem, which then allows Woman feel more believe self , more satisfied with self they , and more capable value things small in life . In other words, a positive body image Can trigger more internal processes complex where women evaluate self they in a way more thoroughly , so that the feeling of gratitude appear No only as response spontaneous , but as reflection from reception deep self .

Apart from internal factors , the environment social and pressure culture also influences strength connection between body image and gratitude. A cross-sectional study culture , as Nguyen (2020) and Wang (2019), highlight that in society with orientation collectivist , women tend adapt self with social norms and standards prevailing beauty . In context this , gratitude more strong appears in successful individuals maintain view positive to his body , especially when they get support adequate social from friends , family , or community . On the other hand , pressure from social media and expectations too social tall can reduce gratitude even though the individual's body image Enough positive , as shown by the studies of Kim (2020) and Martinez (2022).

In addition , variations terms used For depicting body image in various ways research is also interesting For be observed . Some studies more

emphasize body appreciation or body satisfaction, such as Chen (2021) and Rossi (2022), who emphasize award to body and satisfaction to appearance . While study others , such as Smith (2020) and Ahmed (2018), use the term body image is more general , including perception self and acceptance to body . Although the term different , the results still show correlation positive with gratitude, indicating that whatever method We defining body image, the essence of connection This is acceptance and appreciation to body itself contributes to gratitude .

A number of studies also show that connection This more strong or more weak depends on the variables context additional , such as support social , age , and background behind culture . For example , Martinez's research (2022) shows that body satisfaction is related more strong with gratitude to teenagers who have network supportive social , while Johnson ( 2020) emphasizes that positive body image in adolescents is also related with better mental health well , then strengthening gratitude they . Findings This confirm that body image is not stand Alone in affect gratitude, but interact with various factor psychological and social factors that shape experience daily Woman .

A number of study latest the more clarify that connection The relationship between positive body image and gratitude in women is strongly influenced by context psychological and social surroundings they . For example , Patel (2021) shows that mindfulness interventions that emphasize awareness full and acceptance without judging body Alone it turns out capable increase gratitude in a way significant . With Study accept body What existence of women No only feel more comfortable in a way physical , but also starting value life they with a better way deep and full meaning . This confirms that healthy body image No just question appearance , but also rooted in how somebody treat himself in a way emotional and cognitive .

In addition , Lopez (2019) found that exposure towards the media that carries body positivity messages provide impact positive in perception body women . Media that displays various form body in a

way inclusive help Woman develop a sense of gratitude more love big , isn't it? only to appearance them , but also the function body in a way overall . This result underline the role of the media as agent changes that are capable strengthen perception yourself and increase your sense of gratitude through distribution narrative more positive wide .

More Far again , Singh (2022) observed that body image is positive contribute in reduce level stress experienced women in the environment work . When women own description body positive and accepting self they alone , they tend more tough face pressure existing work . Reduction stress This Then correlated with increased sense of gratitude to achievement and balance the life they live feel . With Thus , body image does not only impact on welfare psychological in a way general , but also plays a role important in guard mental health in situations challenging life .

Temporary that , Rivera (2023) highlights How involvement active in body positivity campaign on social media give enough effect strong in women teenagers . In the environment social which often demands standard narrow beauty , campaign the help strengthen reception yourself and increase your sense of gratitude to identity and experience personal . This study emphasize importance community and support social in strengthen effect positive body image, especially for generation highly exposed young people the influence of digital media.

With Thus , the findings from studies the clarify that body image is positive No stand Alone as factor single in build a sense of gratitude . Instead , body image interacts in a way dynamic with various internal factors such as mindfulness and acceptance self , as well as factor external such as media, environment work and support social . Combination various aspect This form experience life Woman in a way overall , strengthening their sense of gratitude feel , and improve welfare psychological in a way comprehensive .

From the perspective practical , findings This give some very useful insights . First , intervention programs that emphasize increased body appreciation, self-acceptance, and body satisfaction

can be an effective strategy For increase feelings of gratitude and well-being psychological women . Second , education and counseling about method face social media pressure and building perception healthy body can help Woman more capable accept self them and appreciate experience positive in live . Finally , the results This remind that body image is not only issue aesthetics , but rather an integral part of mental and emotional well-being , which is No direct influence ability individual For appreciate and be grateful on life they Alone .

Even though Thus , there is a number of necessary limitations noted . Many studies use cross-sectional design so that difficult For interesting conclusion cause and effect , and some big rely on self-reports, which are prone to social bias . In addition , some study own sample limited to students or Woman young , so that generalization to all over population Woman must done with be careful . However , even though There is limitations this , consistency findings from various context and methodology show that body image is positive of course play role important in facilitating gratitude among women .

## CONCLUSION

Write Based analysis of 15 submitted studies in systematic this literature review , can concluded that positive body image own influence significant to level gratitude towards women . Women who accept and appreciate his body Alone tend more capable recognize things positive in live and express gratitude in a way more consistent . Relationship This No Work in a way simple , but rather often mediated by self-esteem or self-acceptance , where acceptance self and confidence a better self tall allows the emergence of a greater sense of gratitude deep .

In addition , the factor contextual like support social , social media pressure , and culture place individual is also moderating strength connection this . Support social and supportive environment can strengthen effect positive body image towards

gratitude, while media pressure or strict social norms can weaken connection said . This is show that body image is not stand Alone in influence gratitude , but rather interact with various factor psychological and social .

Variation definition of body image in various studies start from body appreciation, body satisfaction, to body image in general general show that the essence of its influence towards constant gratitude same : acceptance and appreciation to body self Alone is key to encouraging gratitude . Findings This consistent across group age , starting from teenager until Woman adults , and cross culture , although strength the effect Can different depends context social and cultural .

Although part big studies nature cross-sectional and relies on self-report , so that generalization and inference cause and effect must done with be careful , consistency findings still show that body image is positive is factor important in increase gratitude and prosperity psychological Woman .

In a way practically , the results of this SLR confirm importance interventions that emphasize award to body , acceptance self , and strengthening self-esteem , as well as management the influence of social media and social norms , as an effective strategy For increase feelings of gratitude and well-being emotional Woman .

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