Shaped: A Series of Animated Illustrations Representing Body Shaming in Teenagers.

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Abstract

Different animation styles are one of the assets in animation that brings life; it details the movements of each character or object in a motion. Animation styles are like an aid to animation wherein it conveys uniqueness and creativity of a concept. In this research, animation styles will be the focus of the creative output; its process will be determined using two animation styles. It also aims to use an issue in regard to body shaming in teenagers, and it will be represented through the coordination with the two animation styles and mood palette. The relevance of body shaming issues towards the animation styles is the image and shapes represented in an animated illustration. This research will also provide several related literatures and works that were based as an inspiration for representation.

Keywords: Vector graphics, digital hand drawn, body shaming

Introduction

Animation is widely known as a medium, often used in creating a story and characters in various media and films. One of the techniques in animation was 2D animation also known as traditional animation, wherein 2D animation aims to create an illusion of movements through a series of drawings that being brought to life (Reese, 2022). Moreover, technology has evolved through the years and 2D animation goes along as this progress from traditional pen and paper to computer graphics.

There are various styles in animation but two of those styles under 2D animation will be what the researcher is going to use for the creative output, namely 2D vector animation and digital hand drawn. According to Dowdall (2021), 2D vector animation is commonly used as motion graphics for advertisements and straightforward stories. Furthermore, this style of animation is visualized by using shapes with a clear and smooth visual. Dowdall (2021) also described the style of hand drawn animation as a classic and traditional way of animating using hands. Before the advancement of technologies, most of the animated films were produced using pen and paper on creating their visuals. When technology had progressed, the traditional value of hand drawn style was aided with digital tools that makes a faster process.

With a brief description about animation, the researcher will integrate a common issue that has been present in society. The topic about body shaming had led to a difficult position for the victims, this became a wide and common afflict to the society especially to the generation of teenagers as they progress on later years of their adolescence. According to Vogel (2019), she interviewed Angel Alberga, a professor in Concordia University; Alberga stated that being body shamed may be linked to any kind of mental and physical diseases such as depression, eating disorder, decrease of self-esteem, etc. With this kind of act, it can harm people beyond extreme control. This led the researcher to bring in light to people who are still blind about the issue because many teenagers have the fear of going out of their comfort zone and hearing negative comments from people; consequently, leading to anxiety over self-esteem and confidence in their appearance.

A film that represents perfect image; namely Hairspray that was produced in 2007. This film explains a barrier towards the characters that need to meet a standard to be accepted in a show and to society. It also inspires the researcher to represent the perfect image by a person, as this tells that only fit people are suited to face in the standards, separating other sizes and races on having an opportunity to be one with others (Delmont, 2016).

In producing a creative output about the topic of body shaming, it would be proposed to enlighten the people in representing body shaming on teenagers and how it affected its victims. Moreover, the goal of the process for the output will be in the form of a series of animated illustrations expressing the known daily scenarios of body shaming on teenagers. Furthermore, the researcher will use and relate the animated illustrations through the styles of animation.

This paper will approach the theory of Social Constructivism that was developed by Lev Vygotsky (1968); he theorized that individuals gain and learn with knowledge using interaction with the people that surround them; primarily culture and society are the keys to the development of their learning (Davis & Smits, 2017). Moreover, Davis and Smits (2017) also added that it was highly dependent on the individuals on how interaction occurred since it would let them know and understand what they are focusing on. According to Western Governors University (2020), their statement can support the description by Davis and Smits; the WGU addresses social constructivism as primarily the roots of all learning since this theory suggest a building block using interaction in creating knowledge. In relation to Vygotsky's social constructivism theory on body shaming, the story represents individuals that are keen to learn and interact with other individuals. The daily scenarios that have conflict on the issue of body shaming surrounds their setting and time; this can be applied by Vygotsky's theory wherein it happens outside; specifically, the school or inside the home. WGU (2020) also added that with peers and teachers, they are the center in creating a safe environment for their students. A collaborative knowledge to every individual is what is most important for them to have a good understanding and a better lifestyle.

Figure 1

The Visual Representation of Social Constructivism Theory to the Issue of Body Shaming Through an Output of Animated Illustrations
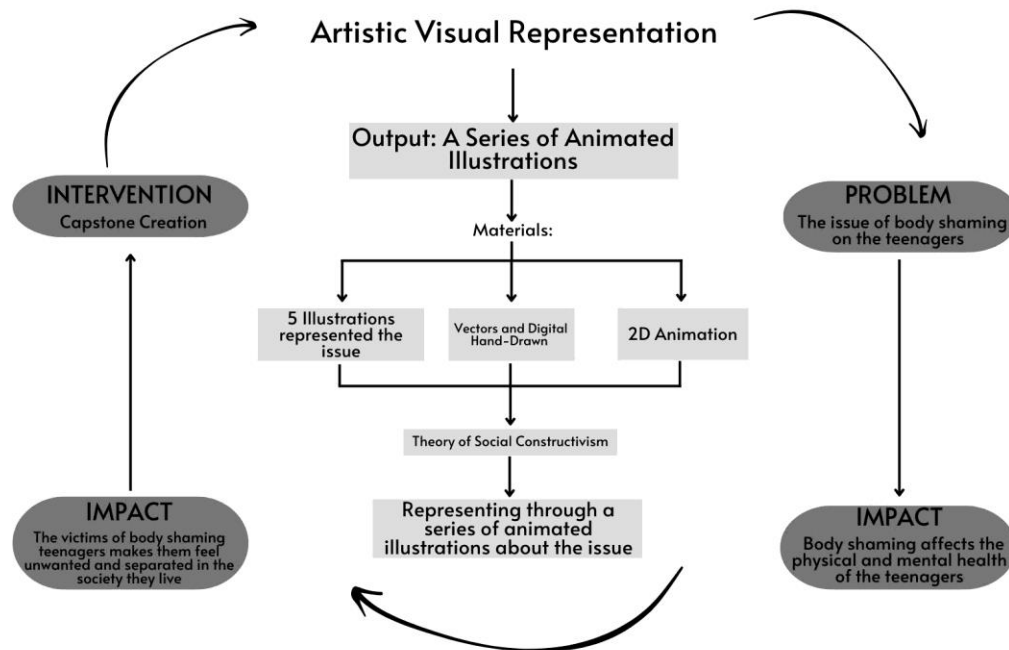
The artistic visual representation tackles the issue of body shaming in teenagers. The impact of this problem describes that most of the victims were being affected on their physical and mental health, not only was this the issue, but the victims also felt being unwanted and separated from where they live. In applying Lev Vygotsky's theory of social constructivism theory, the issue about body shaming portrays a development with the people that were victims of negative messages. This also affects their development because they become afraid to leave their comfort zone and a change through their personalities. The creative framework that the researcher created is the summary of the details for the creative output that the researcher will produce.

The process of creating the creative framework as the visual representation of the output started by analyzing an issue within society; specifically, inspired from body positivity of the 2007 film Hairspray. The issue of body shaming has been increasing beyond, in which mostly teenagers are being affected by the issue. It has also affected the development of a person being body shamed; this is where their physical and mental health became unstable (Vogel, 2019). To improve this situation through lessening the body shame and use this as a representation of this

issue to the people, the researcher conducted research to spread its representation through a series of animated illustration.

For **research design**, the researcher used a survey research design in qualitative research. The researcher utilized a short online survey through Google Forms in conducting the survey questionnaire wherein answers of the participants were treated with confidentiality as it was only used for academic purposes. The questions the researcher used on the survey were short data collection and it covers the treatment, how the participants dealt with body shaming, and if media can affect the participants view of body image. The collected data from the survey will also be used as an asset for the creation of daily scenarios through a series of animated illustrations.

The **target audience**, since the project aims to raise awareness about the issue of body shaming on teenagers, the researcher had surveyed and accumulated 16 out of 20 respondents, with age ranging from 15 to 18 years old, men and women of this age, specifically the high school students, and different body sizes of the participants.

For the **design process**, since the aim of the researcher is to utilize animation in representing body shaming in teenagers, the design process of the animation will also utilize two animation styles, vector graphics, and a digital hand drawn which will be applied based on the visual effects of the animated illustrations. The Shaped will be a series of animated illustrations where there will be five illustrations for the output. Furthermore, the animated illustrations will show what were the daily scenarios of a person being body shamed as well as how it affected them.

Pre – Production Stage

The project started by analyzing an issue within society which is body shaming in teenagers. The medium was to utilize a series of animated illustrations and scenarios that will relate to the issue. For the pre-production stage, the researcher planned out a thorough Gantt chart to follow a certain schedule during the weeks of the production that will take place. The researcher also accumulated a budget expense throughout the needs to implement the production process. Further, the researcher conducted a survey, and it was already sent out to the target respondents. The data that was collected from the survey was also used as a key source for improving the assets of the animated illustrations, specifically the story creation representing each illustration.

Production Stage

The researcher will create the first five digital illustrations including the representation of each scenario of the issue. The color palette that was represented for the digital illustration includes the following colors: violet, pink, red, orange, and yellow. The colors depict the negative effect, mood, and personality of what the victim experienced.

For example, the violet represents sensitivity of self-image specifically the victims experiencing being not enough or ideally presentable consciously. Pink represents overthinking and lack of reliance to its visual image. While Red represents a violent mood and fear of one's comfort zone. Then orange represents being self-centered, especially when a victim sees ideal people he/she wants to be like them but inside led to being too excessive wanted to be like them. Lastly is yellow, this represents anxiety with other people specifically when the victims is conscious of how he/she looks like.

After the digital illustrations were created, the researcher will move to the animation process. The researcher will produce the timing and animate the movements of the characters and environment within the illustrations. After the animation process is already done, the researcher will start cleaning each illustration, graphing vectors for the characters, and styling the environment design using a raster hand drawn.

The researcher will utilize the following software for the digital illustration and animation process: Adobe Illustrator, Fire Alpaca and Adobe After Effects.

Post - production Stage

The post-production stage will be the final changes of the animation and the researcher will review the animated illustrations for further changes on some parts. The researcher will then render the animation with colors, after the animated illustrations are finished, this will be presented for a final review of the representations. It would then be shown in an exhibition of the school and present these animated illustrations.

Review of Related Literature

This chapter revolves around the collection of different related literatures about the topic of the research; specifically, the relation of animation and body shaming. It is to distinguish the main points and its relationship to the study.

Vector Graphics

Most of the image files are produced with bitmaps or raster pixels, usually this kind of file has already settled resolution and cannot be resized anymore because it would lead to a loss on the quality of the image (Chastain, 2020). Bitmaps are alternatives to vector graphics and this kind was often used for graphic design wherein it features visual images that were produced by points, lines, and curves. According to the CorelDraw (2022), a graphic design organization, Ivan Edward Sutherland, a pioneer for computer graphics was the one who invented the vectors who also developed the software sketchpad. With introducing vectors to the digital world, not only Sutherland was modifying vectors for its technical; Pierre Bezier, a French engineer also modified vectors into a scalable image that can be used for designing graphics.

According to Shayla (2022), vectors create a smooth surface in an image; using to scale or resize a vector will not be making the quality of the resolution to a loss. These scalable graphics are infinite and independent through their resolution, meaning vectors do not rely on pixels because of the consistent paths with the series of start and end points (Sanders, 2020). According to DINFOS Pavilion (2020), an online learning from a defense information school vector graphics is commonly used in business and advertising industry such as producing brand logos, business cards, billboards, and other media preferences on advertising. It was suitable for brands to use vector graphics due to its capability of scaling the quality without a disrupt and its file size are minimal.

Vector graphics is not limited only to graphic design and printing, it was also used in the animation and video industry. With technology advancement, vector graphics creates a profound usage for animation because the scale is better, and it has clean feature wherein the appearance of the objects and subjects are appealing and smooth when it was motioned.

2D Vector Animation

Vector animation is one of the styles that was used in animation. Using vectors can create animated visuals and images that can produce high quality and dynamic motion. Vector animations are often related to 2D animation due to its visual and style presentation, and this style of animation is good on creating a story and concept (Dowdall, 2021). Just the same as what vector graphics are being described, vector animation is an art that was controlled with vectors rather than pixels; it has more smooth animation and can be resized without interrupting its quality on its image or shapes (Sanders, 2020).

The transition of vector animation with computer technology became an aid for animators because the process is versatile in its functions and easily manipulated with shapes of the objects or subjects on animation. According to Schacker (2018), using the style of vector animation can let animators move parts on the image with the quality staying still on its resolution. Moreover, with vectors as a style, it is less difficult for some animators because they cannot redraw anymore in a frame by frame on the animation. Dowdall (2021) also added that 2D vector animation has a benefit when it comes to effectiveness of the style; it is more efficient for animators wherein a simple way for concepts can turn to the result that the animators want.

Vector animation relates to the creative output of the researcher in a way as the style will be the process on the animated illustrations. With no pixels on images and shapes, it can be visually seen clearly and smoothly when it is already animated. Not only is the style being what the researcher aims to do on the creative output, but also its efficiency to bring along on showing awareness about the said issue of the scenarios depicted.

Digital Hand Drawn

With modern technology advancing on a continuous state, art explores through the technology that led to the growth of digital art. Digital hand drawn refers also as digital art wherein it lets one create art through the use of computers and software selected as a program for drawing (Przybylek, n.d). Przybylek also added that digital art gave the first attention to people during the early 1980s with the usage of the first painting program on a computer, it is also viewed in different platforms such as the early social media, the internet, and television sets.

Digital hand drawn are just like the traditional ones like drawings start with the materials of pen, brushes, and paper, but what was different in digital was that the materials referred as

software or drawing apps such as Adobe Photoshop, Procreate, Clip Studio Paint, etc. According to Lehman (2022), digital hand drawn can be easily manipulated in computers like lines can be replaced by pressing the buttons on a computer and the process of digital hand drawn was also different in terms of strategy. Artists are more inclined to think about the process in digital hand-drawn using the screen itself because they can get inspirations and concepts from the internet; in which it is easier to secure ideas from it. Schukei (2019) stated that digital tools in art increases development and creativity to the artists; this means that digital hand drawn with the digital tools that used to create artwork can be convenient and have easy access for them.

Using the process of digital hand drawn may be still a good way for some artists to use but traditional hand-drawn was the first to evolve before digital and computer showed. Just like in animation as well, it also started with tradition that eventually when computers were invented, animation had digital hand-drawn to create motion from it.

Digital Hand Drawn on Animation Process

A hand drawn animation is one of the styles that was often used for 2D animation; this was also called digital animation. Before digital hand-drawn animation was utilized by animators, there is also traditional hand drawn wherein animators have done their animation through pen and paper. Digital hand drawn animation is similar to the traditional hand drawn wherein both were manipulated using the hands of the person to create an animation (Schacker, 2018). With the advancement of technology, hand drawn animation was aided with digital tools from computers, it became more as a fast process and easy access to detail its digital animation (Dowdall, 2021).

According to Dowdall (2021), he described that the nature of traditional hand drawn is a slow-paced work process but what is more inclined about it, animators can do more of clean up and detailed the animation. Moreover, traditional hand drawn can be scanned through the use of computers which it can digitally create. The Business of Animation (2022), an organization, stated that digital animation is like a successor of traditional animation wherein techniques and style are common to each other but what differs from both styles is the way it was created. Digital animation was created with digital software that inclines with animation, then the animators will digitally hand drawn its process.

In digital hand drawn animation, the creative output of the researcher relates to this style because it would be also one of the styles in animation that the researcher will use. Vectors and digital hand drawn are different in terms of features just as what was discussed. Moreover, the digital hand drawn will be using a specific style, raster painting. It is to see both styles on how the animation will be manipulated using two different styles with one story from the researcher.

Animated Illustration and the Process

Animated illustration is described as a short and simple illustrative storytelling through a series of bringing the illustrations to life. According to Koniuszek (2020), she refers animated illustrations in telling a story whether it was simple or a complex meaning working throughout being visually animated with the story itself. Koniuszek (2020) also added that animated illustrations are usually short and loopy frames in which the motion itself are processed from first and last frames to be created exactly. Though there are still differences between animation and illustration when it comes to the efficiency and how it was processed.

According to Kozowka (2021), she stated that animation is more effective rather than the illustration itself; this is when it comes to explaining and conveying a message of the story. Kozowka (2021) confirms that in a 2007 study from researchers namely Tim Höffler and Detlev Leutner, compares animation and illustration on how people would more than remember the information and easily analyze the message within visual images. The efficiency of animation was better in remembering the context of a story than a steady visual image. Animated illustrations are usually seen through online platforms such as social media and advertisements. According to Koniuszek (2020), this kind of intangible process makes the context to be easily explained and the people will be more attentive to animated illustrations, since the visualizations are presented short and straightforward.

With this kind of process, the researcher will use this method through creative output. Though animated illustrations are more represented as simple and short process, it would lead to a straightforward storytelling and can also be used as a representation of the issue. Lastly, animated illustrations could create more meaningful effects for the viewers since this process not only shows a static in describing a story but also bring the story to more lively motion.

The Issue of Body Shaming

Body shaming is often surfaced everywhere, specifically from social media. It was one of the issues in society wherein many of the people being victimized of body shaming leads to a burden for them. According to Raposo (2022), body shaming is an act of criticizing other people based on their appearance and body image of a person. It was often a direct or indirect way of shaming others about what the people look like. Not only was it happening to others about this issue, but it can also be criticizing self and comparing idealized images of figures to self. The issue of body shaming can be conveyed through the internet and social media, moreover, the media is not entirely the only communication that causes body shaming but rather can be seen through family, peers, and even acquaintances that was not familiar to the person (Schluger, 2022).

The body shaming issue is usually shown on teenagers, and they were frequently being victimized from social media and peers at school. According to Schluger (2022), that the teens or adolescents are vulnerable in body and appearance shaming; wherein the issue led for the teens to change their attitude and belief about themselves. Brewis & Bruening (2018), stated that the issue also led for teens to be mentally unstable in which they experience anxiety and depression symptoms because of their fear from peers and family. The constant negative comments and gossiping to the victims of body shaming tells that criticizing body and appearance makes the victims felt they are different from others; it is like they were feeling being separated and unwanted by the society they live in (Resnick, 2022).

This issue led to a difficulty and illness of the society wherein people are being blinded by their surroundings especially to the victims that are calling for help and comfort. It is like a cycle that constantly never ceased and will always resurface to shame other people. In light of this issue, the researcher will used this issue as a representation in order to slow down people that are shaming others, and to bring a call for the people to be open-minded about their surroundings.
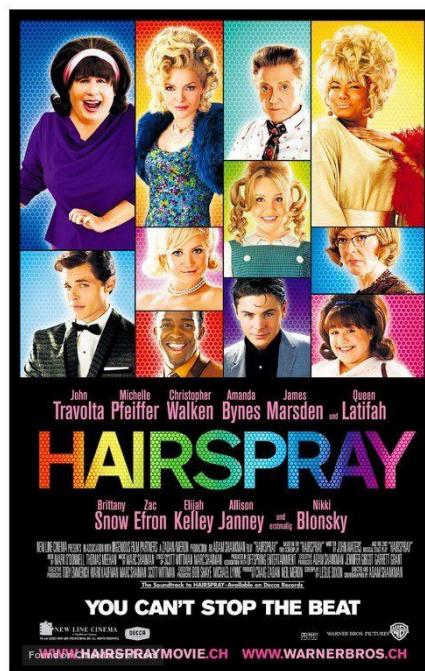
Review of Related Works

In this chapter, it will introduce several works that are related to the research. It will also be discussed in this chapter related films, media and references pertaining to the research.

Figure 2

Official Poster of the Hairspray Movie, 2007

The Hairspray Movie in 2007

The Hairspray movie was shown in 2007 is one of the inspirations that the researcher looks upon for the research. Hairspray has a similar issue which is about the body image being too highly standardized during the period of this film. It is wherein the main character of movie named Tracy Turnblad, deals with conflicts from her home and especially to her school that she was criticized about her body image. Tracy Turnblad is a bright and happy teenage girl wherein she sees others with a sense of justice about the visual image of a person (Propes, n.d). The Hairspray movie was directed by John Waters, he also directed the first film of Hairspray during 1988; John Water envision the story of the Hairspray that was relevant to the issues in society.

Racism and injustice are primary issues that surround on the film, it is where race and ideal images being separated on the society (Ceesay & McCleary, 2020).

Figures 3 & 4

Tracy Turnblad and Amber Von Tussel, the Inspirations for the Animated Illustrations of the Shaped, 2007

The researcher was inspired by the Hairspray movie in which the story relates to the scenarios surrounds in an illustrative way. It has similarities in a way the representation of the two characters of the Hairspray film was treated differently by every person they interacted. But the difference of the film to the researcher's animated illustrations is that the researcher focused more on the point of issue of body shaming in the teenagers and as well as the social separation of the people on their society they live in. The film Hairspray does particularly criticize the overweight people and other races only, but even the underweight or skinny people was also criticized for a lack of body figure and appearance. Moreover, the researcher will be using two characters specifically from the Hairspray film: namely, Tracy Turnblad and Amber Von Tussel as an inspiration for the animated illustrations. In specific of why they were used as an inspiration is the daily treatment they experienced from the film (see Figures 3 & 4).

Figure 5

The Main Characters of Drawn Together Sitcom, 2004

Character Styles from the Drawn Together Sitcom

Drawn Together is an adult animated sitcom released in 2004; it is like a parody version of a famous reality show called Big Brother wherein several famous characters live all together in one house (Bi, 2022). According to Grodin (2017), that the characters from Drawn Together sitcom are designed based on the era where they became famously known. For example, Ling Ling was inspired from the character design of Pikachu, a famous Japanese character from the Pokémon series. Captain Hero was inspired from the design of Superman, a famous superhero from the DC Universe, and Wooldoor Sockbat was a parody version of Spongebob SquarePants (see Figure 5). Though the show was cancelled in 2007, it is one of the famous animated sitcoms that uses different styles of animation in a character. The title of the show itself was pulled off for the audience to find it different from the others, but it was entirely having many aspects being applied on animation.

The Drawn Together sitcom is like the process of animation that the researcher will use in which different styles of animation being applied on a single output. Also, the researcher will use the styles of vector graphics and digital hand drawn for the animated illustration of Shaped. More

likely, the characters or represented person in an illustration will be styled in vectors while the background will be digitally hand drawn.

Figure 6

Different Animation Styles in The Amazing World of Gumball, 2020

Animation Styles used in The Amazing World of Gumball

The Amazing World of Gumball is a children's show that was released on Cartoon Network, a channel that also releases several cartoons shows for children and teens. The Amazing World of Gumball is also widely known for using different animation styles that convey each episode with messages of the story that represents on the characters (Moore, 2017). Several animation styles like the animators used traditional 2D animation and 3D animation for the characters of the Gumball. Some animation styles like Claymation and stop motion animation were also applied on some episodes of the Amazing World of Gumball. According to White (2022), he stated that the Amazing World of Gumball drives the show to be unpredictable and randomizing the versions of each episode that was aired every day. The wide scale of using different animation styles on the Gumball also became a humor to the children and teens in which today, the show

became recognizable for animated show that uses not only one but rather more styles for art direction and story development of the show.

Figure 7

A Compilation of Gumball Watterson in Different Animation Styles, 2020

Like the Drawn Together sitcom, the Amazing World of Gumball can be seen using different animation styles in each episode. The difference between those two shows is that Drawn Together has a uniformity on character style in which applied in all episodes of the show; while for the Gumball, every episode has different styles of animation and does not stick to only a singular style. The Amazing World of Gumball was also one of the inspirations for the process that the researcher will going to produce in the animated illustrations of the Shaped. The researcher will use different styles of animation in the animated illustrations, it was indicated that the styles will be vector graphics and digital hand drawn.

Figure 8

Spongebob SquarePants, Development of Character Styles through years

Spongebob SquarePants, Evolution of Character Styles

   Spongebob SquarePants is an animated series aired on Nickelodeon from 1999 until today's time (Harper, 2018). During its decades of broadcasting the Spongebob SquarePants series, the animation style was evolving through the time specifically Spongebob was being styled in different ways. According to Pham (2021), he described the animation of Spongebob SquarePants series as a type of memorable and distinctive elements brought to show on the children's trend. The animation within this series always caught the attention of the viewers because of different animation styles applied to the series itself. Pham (2021) also added that the animation series creates an impression of bringing originality that makes the viewers of Spongebob SquarePants easily watch the series.

Figure 9

The Spongebob Movie: Sponge on the Run, 2020

The series was styled in different animation styles specifically through movies edition or special episode of the Spongebob SquarePants. One of the examples of this was 'The Spongebob Movie: Sponge on the Run' (see Figure 9), this movie edition of Spongebob SquarePants was designed differently from the original series. According to Dudok de Wik (2019) that movie edition of Spongebob SquarePants was designed through a hybrid of different animations specifically the mixture of 2D and 3D animation on the movie. This shows the evolution of Spongebob SquarePants through years of showing to the viewers especially that this became very popular to the people. Animators and producers of the series always brought a plan to show something unexpected and unique for the viewers to watch, it is a reason why Spongebob SquarePants is still airing in today's time.

Figure 10

Klaus: Animated Film, 2019

The Klaus Animated Film in 2019

Klaus is an animated film showcased back in 2019 on the Netflix platform (Ridlen, 2020). It was an original story about Santa Claus, a prominent figure during Christmas wherein the story was storied in a tale to a certain postal worker which was the main character of the film (Schnier, 2022). Ridlen (2020) added as well that the Klaus animated film brought back the traditional way of animation specifically 2D animation. The producers of the Klaus animated film stated that within the advance of 3D animation on today's industry, their aim was to dimensionally make 2D animation alive once again as the usage of different methods to make the animated film presentable to the viewers. Schnier (2022) added that Sergio Pablos, the creator of the animated film 'Klaus', used the idea of lighting on the animated film to be a new technique to create expressive mood of the characters.

The animated film 'Klaus' provides a good impression of visualizing what the character would look like. This animated film brought inspiration for the researcher to use the expressive lighting source of what Sergio Pablos did in the film. Not only was the lighting the element that researcher looked upon, but it is also the 2D animation style that Sergio Pablos visually created

which is the hand drawn animation. Based on the observation of the researcher, the animated film itself did not just use hand drawn techniques for the style. However, it might also be that the producers of the animated film used a vector animation style because the character and environment elements look more dimensional rather looking like a flat style.

Results and Discussion

In this chapter, the researcher had gathered data from the survey. The short survey focuses on the target audience views about body image and ideals from the media. The data collected from the respondents was conducted during the 11th and 12th of January 2023 through Google forms. The results from the respondents on the survey will serve as additional sources and insights for the researcher's creative output. It would also increase the awareness of the respondents' views about the issue of body shaming. And lastly, the results would also be a guide in creating the scenarios of the animated illustrations of Shaped.

Short Survey Questionnaire

1. What most likely do people say about your body?
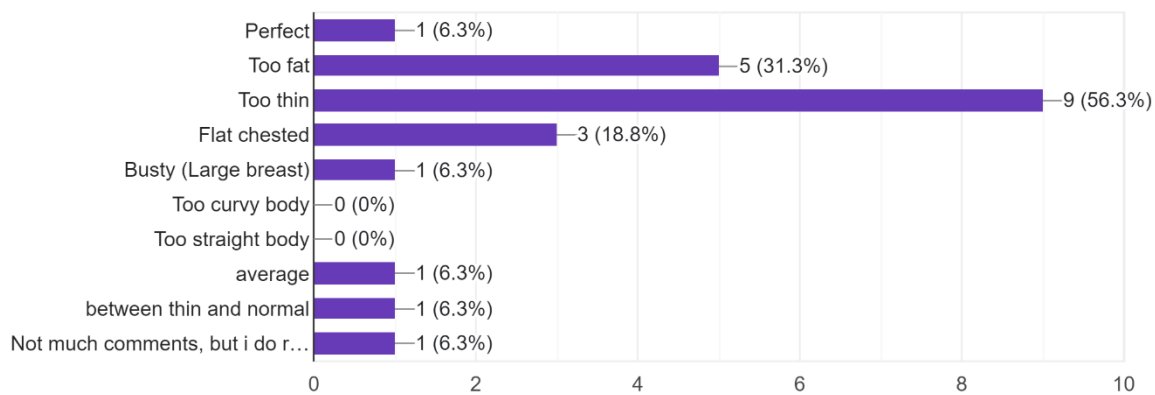
16 responses

Figure 1.1 *Number of what most of the people say about the respondent's body*

The bar graph shows the number of people that would most likely say about the respondent's body image and weight. It shows that most of the people say that the respondents were too thin (56.3 %) but the people also say that they are too fat (31.3 %) in which it was second on the bar graph. It also shows that 18.8% of the people say that they have flat chests, while what

others say about the respondent's body are at 6.3%. This collected data will be useful for the visual image represented in animated illustrations of 'Shaped'. Specifically, the researcher knows what each illustration will represent in the body image.

2. Who are the people that would most likely point out your body?
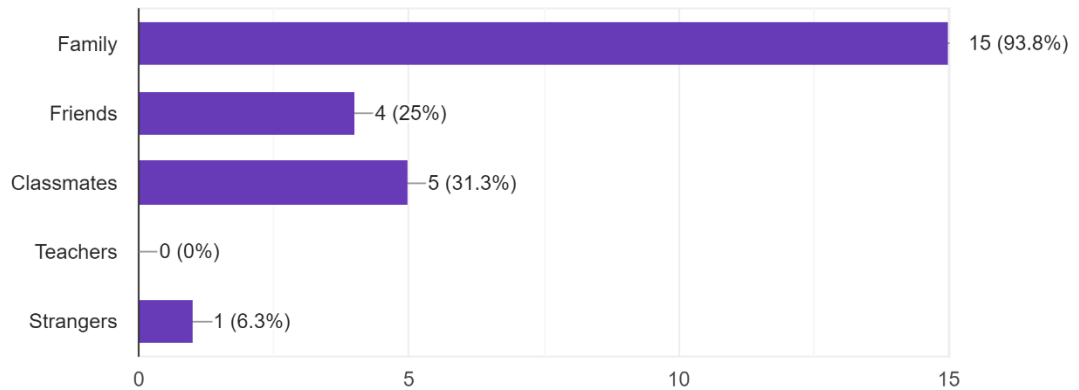
16 responses

Figure 1.2 *Number of the people who would most likely point out the respondent's body*

The bar graph shows the number of people that would most likely point out the respondent's body image and weight. It shows that most of the people, specifically the respondent's family are the ones who always pointed out their body image and weight (93.8%). The next set of people besides the respondent's family that points out their body were their classmates (31.3%). It also shows that 25% of the people specifically came from the respondent's friends that points out their body image. With this collected data, it would be good for the researcher to know what the conflict and action will represent each illustration.

3. How do you cope with what people say about your body?

16 responses

Trying and doing my best to build up great physique.

i don't care if they call me fat, atleast i have a caring mom who loves to cook some delicious foods for me.

Having to deal with what they're telling is hard, but me, myself having a balanced a diet and exercising helps me cope.

idk, just eat more.

I just completely ignore them, and focus on the things that makes me happy. Because I know I'm pretty in my own way without those ideal body types.

Well I don't really mind what people says about my body cause it's the true.

Disregard or ignore

Ignore and get away from them

I am fine with it and just ignore

I looking to the positive side and ignore the negative.

usually ignore (unless it gets really serious e.g dangerously thin or fat)

I ignore them

forget about it

I usually just feel bad about myself and try not to eat too much after that.

Ignore

Don't mind them, cause I don't really care much

Figure 1.3 and 1.4 Respondent's explanations about how they cope with what the people said about their body

Figures 1.3 and 1.4 show how the respondents cope with what the people said about their body image and weight. Most of the answers from the respondents are that they usually just ignore what the people said about the respondents' body. But there are some respondents who answered that they eat more or usually do a diet routine. Overall, the data collected from this question explains that most of the respondents usually disregard the people that point out their body, and it seems that they cope with this kind of movement.

4. *Do you follow a particular ideal body image from films or other forms of media?*
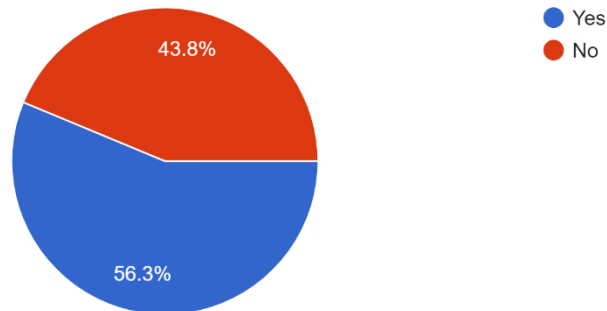
16 responses

Figure 1.5 *Number of respondents if they follow a particular ideal body image from films or other media*

Figure 1.5 shows a pie graph of the respondents whether they said yes or no about following a particular ideal body image from media. It shows that 56.3% of the respondents do follow an ideal body image from films or media. While it also shows that some of the respondents do not follow an ideal body image (43.8%).

5. *Do animated films or other media tackling body shaming make you more confident about your body?*
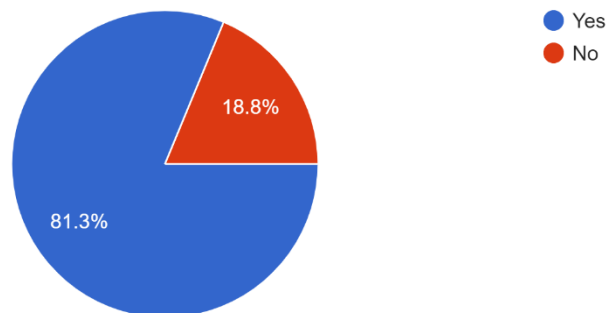
16 responses

Figure 1.6 *Number of respondents on if animated films or other forms of media about body shaming makes them more confident on their body image*

In figure 1.6, it shows the number of respondents' answers about animated films or other media that tackle body shaming make them confident in their body image. It shows that most of

the respondents answered a "yes" (81.3%) or agreed that with animated films or other media they can be more confident of their body image. While it also shows that 18.8% of the respondents answered "no" if animated films and other media makes them confident in their body. With this collected data, the researcher gains a source that animated films or other sources of media can be helpful for the victims of body shaming and other people in using as a guide for representing the issue.

6. *What encouraging words do you often hear from other people?*

Ignore them they are not u be positive have some confident

tbh i dont remember or hear that much really (sorry ;)

My body, my choice hehe

slay queen

"slay" "i think tama"

N/A

"You're ok" or "sexy" is fairly common

"Kaya mo 'yan", "Marami ka pang panahon para maachieve mo 'yan, kaya mo 'yan!!!"

just do what you want to do, and ignore all of the shame that they're saying to you

having to hear that I'm sure perfect with what i am already is truly heartwarming and encouraging

its my body, so idk

The encouraging words from my loved ones are "You are pretty in your own way."

"Kain ka lang at tataba ka"

pretty eyes, beautiful, cute, slay

Its alright you can lose weight at anytime, you don't have to always worry about it.

Be proud of who you are

Figure 1.7 and 1.8 *Respondents' explanations if they heard some encouraging words from other people about their body image*

Figures 1.7 and 1.8 show the respondents' explanation about hearing encouraging words from other people that could boost their confidence in their body image. Most of the respondents explained that they heard words in a positive way such as "slay", the respondents are beautiful in how they look like, and their body is their choice. These explanations from the respondents lean more on the positive side since the people that encourage the respondents creates them to be appeal on confidence of what they look like.

Conclusion

Most of the target audience have dealt with body shaming from their families. Their action from it was that they just mostly ignored the negative comments about their body image. Mostly they also follow some ideal body image in films or other forms of media that can build up their confidence about their body image. In conclusion, most of the teenagers ranging from 15 – 18 years old provide a negative effect on their lifestyle and health as they were being body shamed. The collected data from survey, the researcher concludes that body shaming is still present and happening discreetly behind in teenagers. The results show a statistic that the respondents may have mostly felt ignoring other people that was body shaming them; but it was still a reality that there is improperness and negative expression from the respondents of what they really felt about the topic. The respondents' answers will be valuable for the animation and the researcher gained additional source from the answers of how the story will be.

Furthermore, the representation of animated illustrations created by the researcher is a symbolic action for the victims of body shaming. In this way, it would be able to lessen a small fraction of people dividing the victims of seeing their visual image and perspective of body figure. Lastly, with the animated illustrations representing the issue of body shaming, this may be again a guidance for the victims; especially in today's time, the issue was not given attention or a big deal anymore since the people are more openly accepted others specifically the victims on how they look like.

Recommendations

Research Topic

This research is still open for future improvements for future researchers. Moreover, the age range in teenagers are mostly the ones being affected by body shaming; thus, it was proper to act and be aware of their situation in order for the issue to lessen its victims. The survey that was conducted targeted many respondents in the age range which is 15 – 18 years old. This is to be considered that the visibility of the issue is still underway and many of the people are not aware that it was taking place. In addition, the short survey can still be conducted on a larger scale in which, it can be more feasible to know that the expected number of victims is more than the scale that the researcher has. The perspective of the target audience regarding the issue of body weight shaming can be also different other than what was the collected answers from the survey. The survey can be also relevant in terms of applying it to the researcher's animated illustrations since it was representing a dark present on body weight shaming. Lastly, this research was able to reach out to the victims of the issue and with the animated illustration created, it would bring awareness and give a wake-up call to the people for them to know how much the issue is still impacting in today's time.

Creative Process

The animated illustration of 'Shaped' can still improve using other preferred choice of medium by other researchers, specifically it can be presented for studio arts, film, or graphic designing. Within the researcher's output using animated illustrations in raising awareness of body shaming; story development is the major key to focus since it needs responsive attention to the viewers that this issue is still happening in discrete. Characters or the subject within the animated illustration also needs of improvement especially that not only women are victims of body shaming; every gender experiences this issue. Highlighting the specific animation style, which is vector graphics and digital hand drawn, it can be represented also with different animation styles. This recommendation part is for a future reference of the researchers that would like also to address the issue of body shaming. It was up to the future researchers on how they will take and create output of their choice to raise this concern of society.

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