

**WOMEN'S DISSATISFACTION TOWARD THEIR OWN BODIES IN**

***BREASTS AND EGGS* BY MIEKO KAWAKAMI (2020)**

**THESIS**

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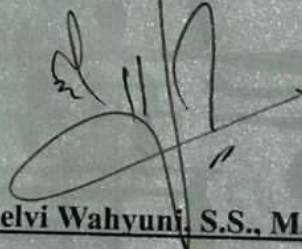
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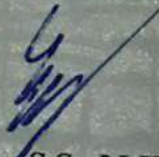


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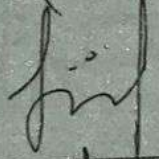
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The researcher has done her best in writing this research. However, she realizes that her paper might be not perfect, there might be mistakes in this research. Finally, the researcher hopes this research could serve as a guidance for some literary studies.

Padang, 2023

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## ABSTRACT

FITRI, RAHMA ANNISA, **WOMEN'S DISSATISFACTION TOWARD THEIR OWN BODIES IN BREASTS AND EGGS BY MIEKO KAWAKAMI (2020)**. Padang: English Department, Faculty of Language and Arts, Universitas Negeri Padang.

Body dissatisfaction is a condition that is often experienced by humans, especially women. Body dissatisfaction is a condition in which people have negative perceptions, feelings, and thoughts about their own appearance. This condition is influenced by beauty standards set by society which in some places, are dominated by patriarchal culture. This research is descriptive qualitative that tries to analyze the portrayal of body dissatisfaction and the influence of patriarchy on the creation of beauty standards in the novel through feminist lens. The data of this research were collected by reading and citing several quotations concerning the topic of this research. This research indicates that the novel shows three aspects of body dissatisfaction which are: negative self perception of body shape, negative comparative perception of body image, and negative attitude concerning body image alteration experienced by some of the female characters. This research also indicates that patriarchal culture influences the creation of beauty standards through two things. The first one is through the media that promotes women in sexy figure. The second one is in the work place in which the men prefer Jiang Li with youthful appearance rather than Suzuka who is talented. In conclusion, Body dissatisfaction that is experienced commonly by women cannot be separated from the beauty standard created by patriarchal culture.

**Keywords:** *Body Dissatisfaction, Body Image, Beauty standard, Patriarchy, Women*

## ABSTRAK

FITRI, RAHMA ANNISA, **WOMEN'S DISSATISFACTION TOWARD THEIR OWN BODIES IN BREASTS AND EGGS BY MIEKO KAWAKAMI (2020)**. Padang: English Department, Faculty of Language and Arts, Universitas Negeri Padang.

Ketidakpuasan terhadap tubuh merupakan suatu kondisi yang sering dialami oleh manusia, terutama wanita. Ketidakpuasan tubuh merupakan kondisi dimana seseorang memiliki persepsi, perasaan, dan pikiran negatif terhadap penampilannya sendiri. Kondisi ini dipengaruhi oleh standar kecantikan yang ditetapkan oleh masyarakat yang di beberapa tempat masih didominasi oleh budaya patriarki. Penelitian ini merupakan penelitian deskriptif kualitatif yang mencoba menganalisis penggambaran ketidakpuasan tubuh dan pengaruh patriarki terhadap penciptaan standar kecantikan dalam novel melalui kacamata feminis. Data penelitian ini dikumpulkan dengan cara membaca dan mengutip beberapa kutipan yang berkaitan dengan topik penelitian ini. Hasil penelitian ini menunjukkan bahwa novel ini menunjukkan tiga aspek ketidakpuasan tubuh, yaitu: persepsi diri yang negatif terhadap bentuk tubuh, persepsi komparatif yang negatif terhadap citra tubuh, dan sikap negatif terhadap perubahan citra tubuh yang dialami oleh beberapa karakter perempuan. Penelitian ini juga menunjukkan bahwa budaya patriarki mempengaruhi penciptaan standar kecantikan melalui dua hal. Yang pertama adalah melalui media yang mempromosikan wanita dalam sosok seksi. Yang kedua adalah di tempat kerja di mana para pria lebih memilih Jiang Li yang berpenampilan muda daripada Suzuka yang berbakat. Kesimpulannya, ketidakpuasan tubuh yang umumnya dialami oleh perempuan tidak dapat dilepaskan dari standar kecantikan yang diciptakan oleh budaya patriarki.

**Kata Kunci:** *Ketidakpuasan terhadap tubuh, Citra tubuh, Standar kecantikan, Patriarki, Perempuan*



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## CHAPTER I

### INTRODUCTION

#### 1.1 Background of the Research

Preference about the body has been a never-ending topic throughout history. Perception about the body often refers to body image. Body image is someone's point of view, idea, and sense about their body (Grogan, 2008, p.3). Body image is often associated with physical appearance. It can be said that body image is the judgment of body size, weight or other body aspects that reflect on a person's physical features.

Body image is a very important thing for women. The perceptions of their personal features, notably their body shape and weight, would affect their self-worth (Betz et al, 2019, p.1). Several studies show that women with attractive physical appearance are also more likely to succeed in both the social and economic spheres (Kuipers, 2015, p.1). This causes many women to make their dream body image an important thing to achieve.

Some women might not feel satisfied with their body image. This could lead to a condition called body dissatisfaction. Body dissatisfaction happens when someone does not like her or his physical appearance because it does not match the ideal body image that she or he has within their mind which is usually categorized by having negative perception over their own bodies (Gruszka et al, 2022, p.1). Body dissatisfaction could lead to unhealthy

habits such as over dieting, depression, low self-esteem, and eating disorders like bulimia nervosa and anorexia nervosa (Grogan, 2008, p. 82).

The ideal body images for women are different in every part of the world. For example, in some parts of East Asia, especially Japan, women are told that light skin is superior because it reflects wealth as light skinned women are seen as women who do not work hard under the sun (Clayton, 2020, p.241). On the other hand, darker skin is preferred in America since it is often associated with women who have a great deal of spare time and money to spend holiday on a beach in Victorian era (Mcilhargey, 2022). Some parts of the world even have a more unique beauty standard like the Kayan Lahwi tribe who uses metal to make their necks look longer (Achieng, 2017).

Women's body image is influenced by the beauty standard which is built by common social pressures from both women and men (Grogan, 2008, p.170). Most women in the world want to be beautiful (Pristiana & Koiri, 2021, p.53). Beauty standards shape what things can be considered as beautiful in terms of body shape, proportion of the face, height, and weight (Kaur et al, 2023, p. 2265).

One of the common social pressures that plays a big role in defining women's preferences in body image is patriarchy. Patriarchy seeks to exercise power by attempting to define what beauty is, controlling women's mobility, committing violence, and establishing social norms that affect

women's lives (Women's UN Report Network, 2015). As a result, men have more power in influencing many aspects in life including the creation of ideal beauty standards for women in various cultures.

Japan is one of the countries in Asia that cite a primary example of a strong patriarchy culture (Villa, 2019, p.61). Patriarchy has been a long-time part of Japanese culture and society. Patriarchy in Japan is strongly embedded in its culture and history. "Japan, in particular, has been greatly influenced by Shinto, Buddhism and Confucianism and the majority of society's cultural values and attitudes can be traced back to their teachings" (Villa, 2019, p.62).

The creation of the ideal beauty standard within Japanese women's mind is pretty much influenced by patriarchal culture. It leads to negative impacts towards Japanese women. Many young women have reported a lack of self-confidence, and bad body appearances are increasingly becoming an area of concern that is likely to drive many women to seek cosmetic surgery (Uswah, 2020).

In Japan, female beauty is considered to be something that must be maintained and exposed to society. Women appearance is even a social competition between Japanese women that is higher than in Chinese as in South Korea (Kim & Lee, 2018, p.14). The over-stressed issue of the ideas of beauty in Japan is quite serious that leads to the high amount of plastic

surgery in Japan. Japan is one of the top 10 countries that performs the most plastic surgeries (Michas, 2022).

*Breasts and Eggs*, especially book one, is a novel that brings out body image as one of its themes. It was written by a Japanese Novelist Mieko Kawakami. The novel took place in Japan. Book one of *Breasts and Eggs* portrayed the relationship between its female characters with their bodies including the way they view their appearance and identities. Some of them are portrayed to be dissatisfied with their bodies. They are having a hard time to fit into the ideal body standard they have within their mind as a result of stress and pressures they received from societal beauty standards.

*Breasts and Eggs* is a successful novel since it was first published in 2008. It won the Akutagawa Prize which is the highest award in Japan for literary work in the same year (Nabar, 2020). The popularity of this novel brought several scholars to analyse the novel from various aspects. Despite the other research that was already conducted about this novel, this research is intended to focus only on women's body dissatisfaction in novel *Breasts and Eggs* by Mieko Kawakami and its relationship with patriarchy that is seen through feminist's lens.

## **1.2 Focus of the Problem**

This research focuses on the portrayal of body dissatisfaction and the influence of patriarchal culture in shaping the beauty standard in *Breasts and Eggs*.

### **1.3 Research Questions**

1. How is women's body dissatisfaction portrayed in *Breasts and Eggs*?
2. How does patriarchal culture shapes beauty standards in *Breasts and Eggs*?

### **1.4 Purpose of the Research**

1. To find out how women's body dissatisfaction is portrayed in *Breasts and Eggs*.
2. To find out how patriarchal culture shapes beauty standards in *Breasts and Eggs*.