



THE SOCIOCULTURAL PROBLEMS IN OUR SOCIETY



Written by Adestya Ayu Armielia and friends.
Edited by Nosica Rizkalla, S.E., M.Sc.

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GREETINGS!

Since teaching teen classes in 2010, I have seen the rise of social problems around their age which is getting more complicated. These kids does not live leisurely like me, instead they live in a very fast pace era where everything can be made or obtained instantly. On one side, it has positive side, but obviously negative sides are also emerging.

Take a look at our social media's feeds or tv news; criminal cases are mushrooming and it's deeply rooted from social problems that are happening around us.

The latest extreme case that I watched was a junior student who was killed by his senior because of jealousy. Forget how intelectual they are, since they are studying in a prestigious university, but this matter was brought up to see how messed up the social problems in the society nowadays. And you can guess that this is only one of them, among other social cases that end up in criminal acts.

FOREWORDS



My students and I often discuss the social issues as discussion material in our English class. In class, we exchange ideas, add references, and implement the use of English in our discussion activities.

During the discussion, the idea of making this book chapter was sparked, which contains written form of our thoughts. We hope that our writings about social issues that may be considered trivial in society, can be discussed deeper in a forum. These writings are related to issue in science and technology, health problems related to the Covid 19 pandemic, and other socio-cultural matters.

We hope that this book chapter will not be the last for us to express our thoughts and share the results of our discussions in class in the written form.



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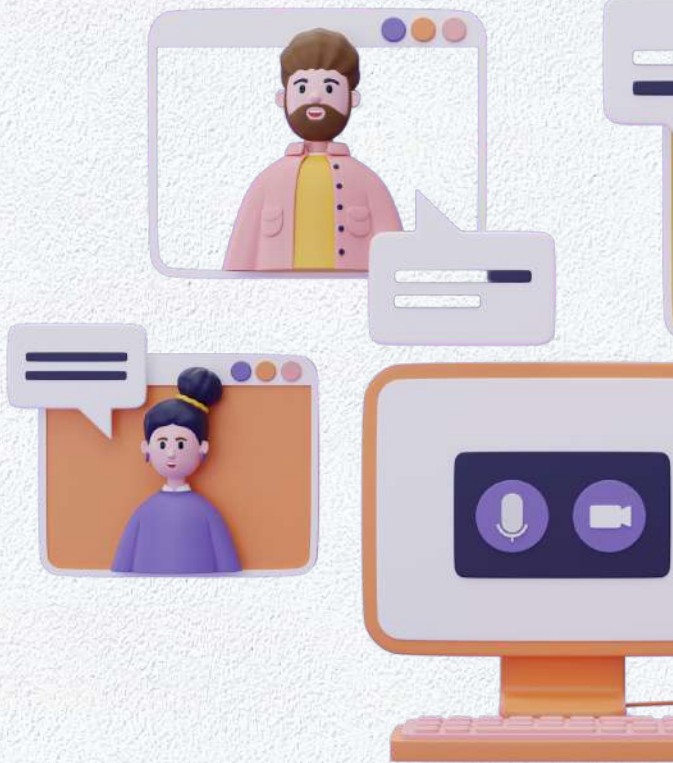
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Chapter I

The Essay 1



Technology




The Essay 1

TECHNOLOGY DEVELOPMENT AND SOCIOCULTURAL ISSUES IN INDONESIA

By Adestya Ayu Armielia

With the rapid changes of technology and digital advancement, Indonesia, whether like it or not, must adapt with the regional and global transformation. However, with the transformation, society has also been forced to adapt to major changes such as mobility, technologization, and diverse mediations in all parts of life. (Abdullah et.al, 2019). It is unavoidable since it has real influence and has taken over part of human lives (Noviani, 2022). The change includes the impact on how people interact with each other, the expansion of educational establishment, the increase of online business, and many more. The positive impact of the technology cannot be overlooked as we use it in long term. Technology advancement that we use every day are very real and very tangible, but we cannot dismiss the fact that it also gives negative sociocultural problems in society (Giannelis, 2022).

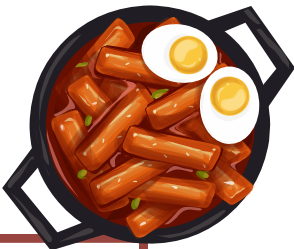




Considerable social repercussions which happens in society includes a significant shift in cultural beliefs and standards through time and behavior patterns.

First, the technology and digital advancement is believed to change the cultural beliefs and standards. When people are adapting with the comfortable advancement of technology, their lifestyle and values towards the cultural beliefs and standards are also shifting. With the information obtained from the internet, people will be informed easily. These information exchange will quicken the cultural changes since people will copy other culture to be assimilated with the lifestyle and values (Adlani, 2023).

For example, with the information related to food recipe, people can easily make foreign food as their F&B business in Indonesia. Nowadays, we can see a lot of stalls and kiosk selling Japanese and Korean food as our normal Indonesian street food stalls. At the end of the day, the values of our traditional food culture might be decreased because of this exposure of foreign food (Arora, 2018). Other example of the technology advancement is the production of Batik. Nowadays people are wearing the printed batik because it is cheaper and easy to obtained since the traditional hand-written batik (batik tulis) are very expensive and are only sold in several elite boutiques (PemKot Surakarta, 2022). In the end, the business itself may shift selling printed batik than hand-written batik because of the demand. If this happened, the hand-written batik culture may be gone in the future.



Other social repercussion is the shift of behavior pattern. People spent more time to engage themselves with smartphones, computers, televisions, and other advance technology media. Individualism is rising and the concern for environment is losing. Machineries replace the role of humans both in work or communications. People find that interpersonal interactions are no longer needed or somehow made them uncomfortable. People rely their information through technology tools, and yet the information are varied. Many information creates different views as well. With this shift of behavioral pattern compared to the past, as well as the different views from many sources, this lead to society conflict faster (Adlani, 2023). For example, during the presidential election 2019, the identity politics campaign was massively done in many information media tools that can be assessed by many Indonesian citizens (Aminulloh, et al, 2021).



People was so engrossed to the varied information provided by many channels to the point that the different views disturb their real relationship to real people. With their individualism and the lack of care to other people's views, they become really cruel online or offline. Even husband-wife relationships are affected by this condition (Bakri, 2022). From the Indonesian Religion Court data, in 2009, the divorce cases from the political view issue are 402 cases, in 2011 are 650 cases, in 2015 were 21.193 cases (BBC, 2019). This issue of course raised concern to the point that the Deputy Minister of Religion in 4 | Page Indonesia emphasized in his speech that he hopes no more fight between husband and wife, neighbors, or siblings only because of different view in politics (CNN Indonesia, 2022). If people do not take this issue seriously, the number of conflicts related to changing behavioral pattern related to technology advancement, could be very detrimental to the future sociocultural issues.

All in all, technological development can either have positive or negative effects, but the effects both positive or negative do impacts how people perceive their cultural beliefs and behavioral pattern on the long run. Their lifestyle and values related to their cultural beliefs may be changed since the technological advancements are making life more practical and comfortable. This changes however may decrease the value of traditional cultures of one nation. Other impact would be the behavioral pattern since the communication tools and sources are varied. It may create individualism and changes of speech that leads to bigger conflict. The danger would be if both the tools and information are used for negative propaganda. By the end of the next decade, new technologies are going to be more modern, more developed, with so many purposes in many kinds of fields including health care, education, transportation, communication, manufacturing to financial services. Technology advancement suggests that we need to be smarter to use it, but indeed we need to ensure that we're not lost in the process.

THE BENEFITS OF USING WHATSAPP GROUP FEATURE

By Felicia Salvina

With the presence of global free calls, WhatsApp has been one of the most used social media, ranking in fourth place worldwide with two billion active users. Other than its foremost essential feature, one of its most commonly used features is WhatsApp group (Dixon,2022). It is known that one group can accommodate up to 256 people. Nonetheless, it is undeniable that WhatsApp's prominent feature comes with a downside (Armstrong, 2018). Aside from their downsides, WhatsApp is globally used effectively by many users for its benefits.

One of the notable advantages of having a WhatsApp group is that there is easier access to information. This is a mutual benefit for both sender and receiver of the message. As the sender, this will save more of their time. As for the receiver, they will be more directed to know where to ask information in specific situations. On the other hand, the ease offered by this advantage can lead to an excessive amount of unnecessary information. In consequence to this issue, important messages will be drowned. Members will have more tendency to ignore the overall message by pressing "read" in their notifications. This action might lead to missing urgent messages. Although disadvantages exist, it is the user's responsibility to meticulously read necessary information even if there is a disproportionate amount of chat.

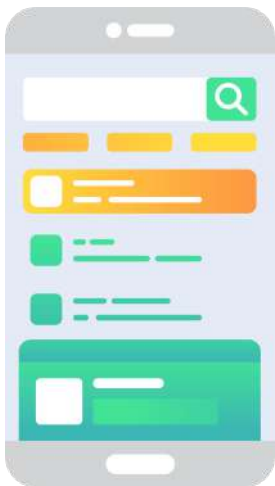
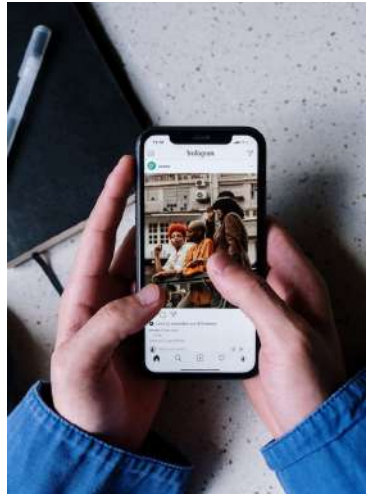




Another advantage of having a WhatsApp group is its usage effectiveness. Knowing that this platform is widely used, both personal and professional life chat exist in its chatting section. However, one user complained that 91% of his WhatsApp chat is work-related. On the weekend, reminders of work bothered him. Other than that, he also wanted to have a professional outlook, which might not be possible if one's WhatsApp profile picture reveals expressive actions (Regan, 2021).

If this is the issue, then a proactive solution needs to be implemented. The example of these solutions are pinning work-related chat during weekdays and pulling them off during weekends. Also, communicating to both personal and professional relatives is suggested. This solution might not cover the whole issue, but it might help decrease the potential noise of one's weekend.

The last convenience offered by WhatsApp group is that its files (pdf, doc., etc.) have no expiry date. Thus, resending files is not crucial. This is beneficial for emergencies during meetings or some sort. In addition, device memory usage will decrease as files are already downloaded in the past. Speaking of bigger memory usage, the drawback of WhatsApp group is located in its delete chat feature which doesn't exist. This will take more MBs of users' device memory. There might not be any concrete solution to this issue for now. However, deleting files from WhatsApp groups manually in users' gadgets will go.



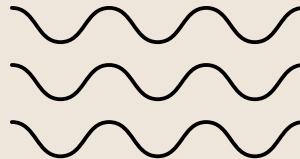
In conclusion, the advantages of WhatsApp group surpass its disadvantages. The first advantage is their easy access to information, then next one is its usage effectiveness and the last is its expiry date for the file data sharing. Some downsides include the users' ignorance to miss urgent messages, the 24-hr nonstop messages in holidays, and the lack of devices' RAM or data memory. In summary, the downsides can be overcome by simple solution; how users deal with its disadvantages depends on how ingenious they are in managing their gadget.

A young man with reddish-brown hair and a beard, wearing a light blue denim shirt, and a young woman with dark hair, wearing a red top, are looking at a smartphone together. The man is pointing at the screen while the woman smiles. They appear to be outdoors in a bright, slightly blurred background.

WHATSAPP GROUP CHAT IS FRUITLESS FOR STUDENTS' LEARNING PROCESS

By Rega Almuhtada

WhatsApp has been one of the most popular texting apps in the world since its release in 2009. This app has transcended its initial purpose and been capitalized as a social, educational, and entertainment platform. WhatsApp's most tantalizing feature, the group chat, is commonly utilized by University students across the world for educational purposes. While some argue that group chat is marginally effective in facilitating a vigorous study discussion, it is believed that there are multiple flaws that can undermine the quality of the learning process. Therefore, the use of WhatsApp groups (WAG) as an educational platform is detrimental to the productivity and learning growth of young students.





WAGs have just become an additional distraction for students. While a wide range of features in WAG is valuable, this multi-functionality is often misused as a way to share memes and jokes instead of studying, thereby diminishing the productivity of learning discussions. While it is exhilarating initially to read jokes or memes, it becomes socially exasperating as the WAG becomes overfilled with incessant blaring sound of notification due to the never-ending coming of spam messages. The Department of Psychiatry and Medical Psychology's recent study even reveals that University students' succumb to extreme depression and anxiety, bereft of any solace in life because of WAG's ceaseless need of replies, attention and time (Višnjić, et al., 2011). In other words, the existence of WAG not only distracts young students socially, but also becomes a psychological thorn in their learning process.



Second reason is the fact that it is undeniable that WAG is highly susceptible to distribution of hoaxes. While it is true that valuable information could be shared through WAG for educational purposes, the quality of the information truly relied on the intelligence of the individuals in the group chat. In fact, some young teens still lack the critical skills of evaluating information on the internet and ultimately the dissemination of hoaxes is inevitable in WAG.

The Research Institute on Social Welfare Policy (2018) extracted a total of 2353 messages in WAG, and highlighted 584 varieties of hoaxes; some of these hoaxes are political, scientific, and even celebrities-related. Ultimately, individual's perspectives of the world are adulterated, meanwhile student's learning evolution is also impeded.



On the other hand, if it is used wisely, some people argue that WAG can be an adequate platform for students to share information, knowledge and ideas, consequently accelerating their learning process. In WAG, individuals can immediately share the information that they just garnered, whether it is by providing links to websites or typing the detailed information. Nevertheless, it is undeniable that WAG can facilitate some kind of forum discussion, where an individual's sole question can be expounded by multiple brains, therefore swiftly filling the gap in their knowledge. Institute for Information Technologies in Education (IITE) even asserts the notion that group chats are essential to healthy group discussion, proposing that it should be amalgamated into student's daily class sessions (RumbleTalk, 2021).

WhatsApp group chat is undoubtedly one of the most worthless online platforms for students' learning process, albeit it has some potential benefits. First reason is that I believe WAG becomes distraction for the students' learning process and secondly, it also becomes the source of hoax information that can disrupt the learning process or even worse, it may mislead students in obtaining the correct learning source. To sum up, the deconstruction of WAG as an educational platform exposes humanity's fragility to the might of technology in distributing information.



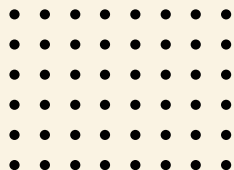
By Yvonne Callista



THE SECRET INGREDIENT TO THE WELL-BEING OF OUR SOCIAL LIFE

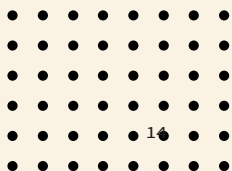
WhatsApp can safely be considered as one of the most favored applications for Indonesians to stay in contact with each other. Cited from their official twitter account in 2021, WhatsApp claimed how they were serving for more than two billion monthly active users from Indonesia.

Amidst such immense amounts of users, 100 billion messages and 1 billion calls were made every day (Damar, 2021). In our daily lives, I believe that WhatsApp contributes a great deal of advantages to accommodate the continuity of our social lives.



In these times when we are encouraged to remain at home due to the ongoing pandemic, WhatsApp Group makes it much more convenient for us to stay in contact with our friends and relatives. Furthermore, it facilitates us with a medium to comfortably connect with acquaintances without having to worry about dealing with initial awkwardness. Some people might argue that communicating through social media can seem dull and expressionless, and admittedly, it is a plausible reasoning. Nevertheless, WhatsApp attempts to compensate for the lack of physical contact by providing features like video call, GIFs, stickers, and emoji to help us color our online communications with richer emotions.

Catching up with friends may seem inconvenient sometimes due to external factors like work and distance, but WhatsApp Group makes it easier for all of us to elevate our awareness on our friends' lives in the midst of our personal hectic schedule. Balancing between work and social life can be quite a hard feat and we, as humans, have the tendency to hyper-fixate on one aspect while completely disregard the other. Due to that, with the existence of WhatsApp Group, we can now conveniently catch up with the most recent events that have been occurring in our friends' lives without having to abandon our current tasks and responsibilities.



However, WhatsApp Group can intensify one's desire to constantly check the app for each new messages they receive, which can slowly transform into an unhealthy addiction. As this obsession goes on, it can further impact someone through the emerging of anti-social tendencies that might develop into a full-blown habit of isolating and depriving oneself from social interactions if it's not utilized carefully. WhatsApp Group can also lead someone to adopt self-absorbing tendencies where one would get too immersed and preoccupied with the conversations that take place through their gadget, to an extent where they ignore the connections that are present around them.



The role that WhatsApp Group plays in our life solely depends on how we utilize it, hence why we need to ensure that we use it in the most advantageous ways. WhatsApp Group may encourage one to develop an unhealthy addiction and perhaps some anti-social tendencies, but that can be prevented by the practice of self-discipline and maintaining balance between both worlds. WhatsApp Group not only facilitates us with a medium to remain in contact with our friends and relatives without having to abandon our responsibilities but also makes the entire process much convenient. WhatsApp Group is capable of creating an extremely advantageous impact to the continuity and progression of our social life if it's used carefully, somewhat almost like the secret, key ingredient to maintain its growth and prosperity whilst we juggle through the chaotic hurricane most recognize as life.



By *Rachma Azahra
Ramadhani*

USING WHATSAPP GROUP:

Coronavirus disease has entered Indonesia since March 2020, and a 2-year stay of lockdown has resulted in a complete loss of all social-economic aspects. However, human beings, as social as we are, have never lack of creativity to socialize with others. During the pandemic, we rely on a lot on our technology development and electronic devices to communicate for school and work. People can go do their daily routine without having to meet face to face. Even shopping can be done online through the e-commerce application or contacting the seller directly through WhatsApp. WhatsApp also features a group chat, which significantly facilitates communication activities, especially during the pandemic.

WHAT ARE THE ADVANTAGES?



First, WhatsApp group can be used as a learning medium for teachers, lecturers, or students. They used the platform WhatsApp group to easily share information quickly, especially regarding the course schedules. Aside from that, it can shortcut the time for the team work project such as group presentation or to be used as a tool for group study before the class begins. For example, students of PGRI Madiun University passed above the grades of 71 for their problem-based learning in International Accounting Subject with the utilization of whatsapp apps (Utomo & Ubaidillah, 2018). It is clear that the WhatsApp group has assisted the learning process well from the results.

Other than for learning media, WhatsApp group can maintain the relationships with our friends and our family amidst the lockdown. The WhatsApp group has video calls, voice calls, and voice notes that can simplify communication process. In addition, the WhatsApp group can also become the source of information to know the condition of our loved ones in the middle of chaotic information during the pandemic.



The WhatsApp group can help in giving the information and circumstances of family and friends who are not nearby. Nusa Cendana Mussel University utilized the WhatsApp group application to manage academia relationships during the lockdown. The WhatsApp was chosen as a medium to maintain the relation because it is considered cheap in terms of cost, practical usage, and many communities are actively using WhatsApp.

However, some people may argue that the practical use of WhatsApp Groups may be the origin of hoaxes. Unknown news information is shared without knowing its origin and truthfulness. Especially during the pandemic, much of the information circulated created incorrect propaganda about the virus (Kominfo, 2020). While it's true that information shared maybe a hoax, but this doesn't justify that whatsapp group cannot be used for daily basis. Whatsapp group still can be used if we're wise enough to look for the origin of the news critically and not to share news without checking the truthfulness of the news. We have to avoid spreading the hoax by sorting out the information and recheck any information shared.

Whatsapp Group which provides a great feature to individuals and communities is tremendously advantageous for humanities during the pandemic and lockdown. It can be used for learning medium for both students and teachers; it can also help maintaining relationships with our friends and families who lives far. People still need to be careful with the spreading of hoax though when reading information through Whatsapp Group. Nonetheless, it doesn't mean that WhatsaApp Group is dangerous. To use and to read information in the group, we still need to be careful and be critical. To sum up, Whatsapp Group is a very good feature from Whatsapp as long as people use it wisely.



THE HAZARDS OF WHATSAPP GROUP FEATURE

By Martisha Arianna Fedoria

Founded by Jan Koum and Brian Acton, Whatsapp has grown into the largest messaging platform in the world. More specifically, during this pandemic where everything happens in the online world. Numbers of users increase by the day at a rapid rate. As of July 2021, it has been reported that the application founded by former employees at Yahoo Inc., has approximately 2 billion active monthly users. Currently, Whatsapp is under the hands of Facebook as it was purchased back in 2014 with a whopping price of US \$19 billion. Much like any other messaging platforms, Whatsapp has its advantages and disadvantages. However, with the much improvement of its features, especially in Whatsapp Group feature, I believe that Whatsapp becomes more hazardous to its users.



The first reason is the fact that through the feature of Whatsapp groups, people tend to become ruder to others. In some occasions, people also pay more attention to their cellphones that they are not even aware of being rude. They become less attentive to what happens around including to start chat to their bosses or teachers not considering time and courtesy. In the classrooms, students also never stop looking at their screen, not paying attention to what their teachers' or classmates' presentations. It seems as if time and distance do not exist for them.

Second reason is about the privacy safety. Privacy has become the main issue when it comes to Whatsapp in general. Our account may be easily hacked and used for ill intent. Not only our calls and messages can be tracked by spy apps, but our profile picture can be downloaded by other people whom we do not know and be used to scam others. On top of that, interactions with unknown people are not filtered, so that it is easy for them to get a hold of us. In addition, Whatsapp is notoriously known for being a source of misinformation, especially in Indonesia. Oftentimes, information that is given out through forwarding is a hoax, but the people who forward them are far too engrossed in the information that they do not do a double check.

On top of that, interactions with unknown people are not filtered, so that it is easy for them to get a hold of us. In addition, Whatsapp is notoriously known for being a source of misinformation, especially in Indonesia. Oftentimes, information that is given out through forwarding is a hoax, but the people who forward them are far too engrossed in the information that they do not do a double check.



Whatsapp Groups helps them counter the ghastly effects of the Covid-19 as they reach out to other people. As social beings, communication is mandatory and Whatsapp Groups are a fulfillment of that. While it is true that Whatsapp Group can help lessen the stress during the pandemic lockdown, but it doesn't justify its hazards for long term. People still need to be aware that chatting through whatsapp for most of the time might change their behavior to negative and also the hazards for its privacy safety.

Whatsapp Groups undeniably provides many advantages for its users, most especially during this pandemic lockdown, but people still need to be careful with its disadvantages. By becoming addictive to chat through Whatsapp group, people may not pay attention to their surroundings and affect negatively to their behavior. Besides, privacy safety in handling our Whatsapp account has been the main issue for most people lately. All in all, we can still use Whatsapp but we need to be careful in communicating through the apps. If possible, we can also use different mean to connect with other people without having to endure such dangerous risks.



Chapter II



"Beauty Standard"





Forget Beauty Standard, Live a Wonderful Life

By Keizya

How far has the beauty standard affected your life? The word beauty has no stipulation. Although beauty standards had emerged since thousand years ago, it is still something that everyone discusses and matters to this day, especially for women. Beauty standard is known to be an image of ideal beauty in both women and men, such as ideal height, facial structure, skin color and type, body type, hair type, and every appearance in human's physic. It is aiming to create the same physical appearance from one person to another. Back when Indonesia was colonized by the Dutch, they were divided into social groups or hierarchy based on their skin colors. Then, they were used to the fact that Europeans with light skin have the highest social status, while Indonesian with dark skin is on the lowest, and this viewpoint creates an unhealthy belief in Indonesia that stands until now. Most people considered the standard of having a slim figure, fair and light skin is the most beautiful appearance on a woman despite the fact that Indonesian women also have many different body types and skin tones.



This means that society is trying to make all Indonesian women look the same with that standard even though the country's motto intent to unite diversity. In this way, the pressure given by society makes them willing to do anything including undergoing expensive surgeries and extreme diet, using whitening products that contain chemicals, and putting sunblock all over their body just to be called beautiful by society. These efforts surely harm them in some ways, such as mental and eating disorders that occur as long as they participate in this trend. To costs so much only for the word "beautiful" has no equity.

After all, these beauty standards are just unrealistic images that force people to see eye to eye. To end this, people all over the world should have been more realistic, kind, and accept each other as they are because the beauty standard is indeed dealing with humanity, and here are the reasons.

First, beauty standard forces us to live an unhealthy lifestyle. People have different body types, some are tall and lean, some are a bit short and curvy, and they also process foods differently too. Women tend to have a viewpoint that small waist and thigh gap are the keys to a perfect body. The beauty standard that considers the tall and lean body as beautiful often influences us to get the desired ideal body. Thus, we proceed to push ourselves to limit what we eat and exercise harder which then could lead us to health problems from dealing with eating disorders and over-exercising.



Limiting our food intake could cause a lack of nutrients which makes us easier to get sick as it weakens the body immune that is supposed to keep us healthy. Besides that, the fewer calories that go in our body, the slower our metabolism is to burn them. This means, our body does not burn as many calories as it should. A sudden small portion that goes into our body could also cause health problems such as high heart rate (heart palpitation), dehydration, and eventually gaining more weight in the future because of cravings (Miller,2010). The desire to achieve those beauty stipulations oftentimes creates an unhealthy eating pattern and behavior called eating disorder. People with this disorder usually feel anxious, uneasy, and tend to overthink even just by holding the spoon. This is because they are so obsessed with being skinny and too afraid of gaining weight so they avoid foods.

This eating behavior comes in types, such as anorexia, bulimia, avoidant restrictive food intake, and binge eating. According to American Psychiatric Association, eating disorder often happens to teenagers and young adults. In addition to that, it also stated that anorexia and bulimia are known to be the type that mostly happens to women. Then, we also do some exercises to balance the healthy diet, but not when it is too much. Over-exercising could result in other health problems, such as extreme fatigue, mood changes, some serious injuries that might affect our productivity on daily basis. This is because when our body suddenly picks up exercises without paying attention to the strength and duration, it leads to several complications mentioned earlier.



Second, beauty standards will never guarantee to make us happy. The existence of beauty has created a society that discriminates people for their looks - attractive and average which gives a huge impact on their lives (Rodriquez, 2015). It makes the average-looking people live harder than the attractive ones and it is obviously seen as something unfair. For example, companies tend to hire good-looking people to increase their image.



When someone is attractive, it is easier to get hired rather than the average-looking who has to give more effort to be hired. Because of this, many people feel pressured and will try hard to beautify themselves, and of course with a lot to sacrifice from money to health like explained before. But, humans are rarely satisfied with how they look and have the tendency to always subconsciously compare themselves with other people. This proves that no matter how hard we tried to fit in with the beauty standards or when we have got what we want, we will never be satisfied enough, yet we are just wasting time.

Just imagine if discrimination happens to us, do we want to be treated like that? Of course not. Thus, we also need to break the discrimination in society and create equity for both attractive and average-looking people so there will not be people who suffer and fight harder to survive life.

Lastly, it is important to remember that beauty standards are not real. The powerful impact of social media often blinds us with unrealistic images of attractive people. Some of them are in fact nothing natural, such as make-up techniques, wigs, dressing tips, and even photo editing skills. The people we follow on social media, such as models, influencers, artists tend to post pictures about their looks. This surely creates the feeling of insecurity as we compare our looks with theirs. But, we need to remember that everything we see on social media and the internet can't always be the same as what we witness in the real life.





For example, influencers are the people who make money through their social media account. In order to be noticed by people who own businesses, they have to make their page look powerful by focusing on the number of followers. How do they get so many followers? It is no other than being attractive. However, the flawless-with no pores-skin selfie that attracts us have gone through editing processes. They blurred, put filters, and lighten their selfies so it gives a perfect impression to the viewers. We must have at least once wondered why we are not able to take the perfect selfies just like those influencers.

Well, the answer is editing and mastering the angles for that sharp jawline and slim cheeks. Moreover, some of them also use editing skills to elongate their legs to look taller, pinch in the body shape to have a tinier waist, pinch out the body to have a bigger chest, and so on to create the perfect body image. The large scale of social media reaches young people as one of the generations that use social media these days. The unrealistic beauty that they see on social media could affect their growth. They might feel bad about how they look and compare themselves which might lead to mental health and eating disorders at such a young age.



We could help them by spreading a reminder through social media - as the platform they often use, about body positivity, realistic beauty, and a healthier lifestyle. If we often remind them, the standard beauty culture will not affect their lives like the one we are living in right now. Therefore, it would be nice if we stop the negativity and make everyone feels good about themselves.



To conclude, beauty comes in many different shapes, no person has the authority to decide whether things are seen as beautiful or not. Beauty standard does not only apply to women but also to men. Trying so hard to adjust ourselves to the beauty standard gives us nothing but bad impacts in the process, such as mental health problems, eating disorders, and serious injuries from over-exercising. Moreover, this also creates a society that cares so much about people's appearance and begins discriminating against them while there should be equity. Lastly, there is no perfection in appearance so we should not worry too much. For these reasons, we should end this trend by being more kind and accept each other as they are so that the suffering could stop not only in Indonesia but worldwide.



Women:

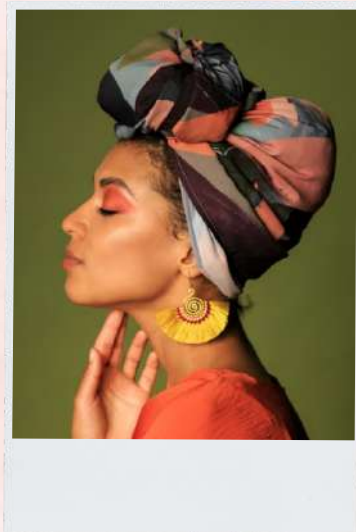
Queens

Or

Mannequins?

By Yvonne Callista

Straight hair, hairless skin. Translucent appearance, opaque orbs. Rosy cheeks, blood-red lips. Small face, big eyes. Thin waists, curvy hips. Have these unrealistic standards ever made you wonder just where did society expect women to come from, a mother's warm and humane womb or a cold and artificial mannequin factory? It's actually devastating how easy it is for a woman's beauty to be so thoroughly reduced to what the general public considers as beautiful, shackling her confidence and self-worth to the agonizing chains of external validation and subjective opinions. Plato had once said in his book called Symposium that no matter how many times the beauty standards have shifted from era to era, women will always be found miserable and desperate to become someone whose physical appearance conforms to what the current society deems as beautiful (Islamey, 2020). It haunts and taunts women to be someone they are not, sculpting a world where humanity is all about porcelain masks hiding humane flesh. Due to the undeniably looming presence of these suffocating unrealistic beauty standards, it is not an exaggeration for us to say that women are condemned to live a life where their worth is mostly determined by how the society evaluates their physical appearance.



Just like how sun-kissed horizons yearn to embody the stars of its moonlit shores, Indonesian women have been hypnotized by the sirens of society that the sun has to surrender its dawn in order to worship the dusk. Based on a survey done by ZAP Beauty Index (2020), 73,1 percent of Indonesian women believe that having translucent, moon-lusted skin is what the word “beautiful” entails (Sukisman & Utami, 2021). Isn't it such a heart-wrenching sight to see women, whose body strong enough to bear the future of upcoming generations and a heart big enough to carry oceans worth of love, had simply been diminished to such shallow understanding of beauty? Though, just like the universe's rule of the yin and yang, there obviously would not be any dawning effect if there wasn't a looming cause. Indonesian women's obsession with white skin requires us to venture way back into the bloody moons of Indonesia's blood-churning history, which starts from the early days of The Netherland's colonialism.





When Dutch colonizers finally set foot on Indonesia's sun-kissed lands, they had roped the moon to let them wield its silver rays as weapons by injecting its bewitching, dusking light into Indonesian women's labyrinth of thoughts, supporting the annihilation of sunlit warriors and encouraging the widespread of whitening beauty products. Throughout the three tedious centuries of being colonized and exploited, Indonesian women's view of beauty had steadily shifted to the physical appearance of those who had lived a privileged life, which does not fall far from the image of white, porcelain-like skin (Utomo, 2017). This mindset was nourished and strengthened through Japan's 3-year-long colonization, which only drowns the dwindling sun deeper underneath the moon's overwhelming reign.



Sun and moon, dawn and dusk, light and dark; people have always believed that the moon can only shine when the sun sacrifices a little bit of its blaze. Yet little did they know, there is absolutely nothing that the sun needs to surrender, not when two worlds can simply bear enough love to heave under the same sky.



Other than being pale-skinned, Indonesian women are also expected to reach a certain number on the weighing scale and acquire a slim yet “healthy-looking” body. According to a study done by ZAP Beauty Index (2020) with 6,450 women from several different cities across Indonesia, approximately 47 percent of them had admitted to being the recipient of body shaming due to having unconventional physical proportions. The existence of fat phobia in this country is devastatingly so normalized that people often do not even know that the words they utter have entered the “body shaming” boundary. It is not even considered weird or offensive for a lot of Indonesian women to greet their friends with a “Hey, did you gain weight since the last time we met?” instead of a simple yet attentive “How are you?”.

Not only that this has always been a crucial yet overlooked issue, but it can also be extremely detrimental to one’s self-esteem and mental health. Dyah Larasati, a psychosocial consultant and clinical psychologist, said that even though anyone can be a potential recipient to the gut-piercing stab of body shaming’s glinting dagger, women are undoubtedly more prone to receive it due to the different perceptions society has regarding both genders. Throughout the bloody moons of history, women have always been regarded as the “second gender”.




This sentiment is amplified by the prevalent presence of people internalizing the toxicity of Liyan's destructive philosophy, which brought waves of sickening objectification and extreme sexualization towards women, causing a lot of men to believe that they have the right to control women's choices in life (Islamey,2020). Due to said philosophy, women are fueled to think that they have to possess the most beautiful appearance and compete with each other in order to attract men's attention, which causes a lot of them to develop a distorted obsession towards the concept of taking good care of themselves just for the sole, twisted purpose of luring the curiosity from the opposite gender. People don't judge women as a whole, complete human being but more so based on individual features from certain parts of their body (Valentina, 2020). Although plunging into the digitalization era has made the situation so much better for women, the mindset that has been plagued and innately drilled into people for centuries does not simply change over a couple of flying decades. Patriarchal beliefs and misogynistic views are still lurking somewhere in the undercurrent of a peaceful-seeming ocean, with violence and discrimination growing rampant beneath the beautiful disguise of democracy and freedom.

As if the pervasiveness of beauty standards through history aren't persistent enough, globalization occurred and the reign of social media among the younger generation prevails. The current beauty standards are no longer judged solely according to ideal measurements like the golden ratio in generation 1.0 but are also shaped by the opinions of netizens that can be seen through the comment sections on several different social platforms. Due to this, social media makes it extremely easy for us to develop a tendency to compare ourselves to other people, unintentionally making us believe that the types of physical features we see the most online are what the word "beautiful" is all about. Everyone has the tendency to observe their role models through social media. From there, people learn and decide what their definition of beauty is (Juniman, 2019).

Even though social media has been getting all the spotlight lately, mass media actually contributes a lot in shaping how the general public internalizes the ideal standard of beauty as well (Tiggemann, 2004). Mass media amplifies the existence of unrealistic beauty standards through the constant repetition of advertisements that promote various kinds of beauty products that whitens your skin and commercialize dietary supplements that persuades you to lose weight. Although subtle, the encouraging lures of these commercials have unintentionally made homes within the deepest caverns of our minds, slowly fueling us to adopt a particular mindset regarding the concept of beauty that only includes moon-embedded skin and unrealistic, hourglass proportions.

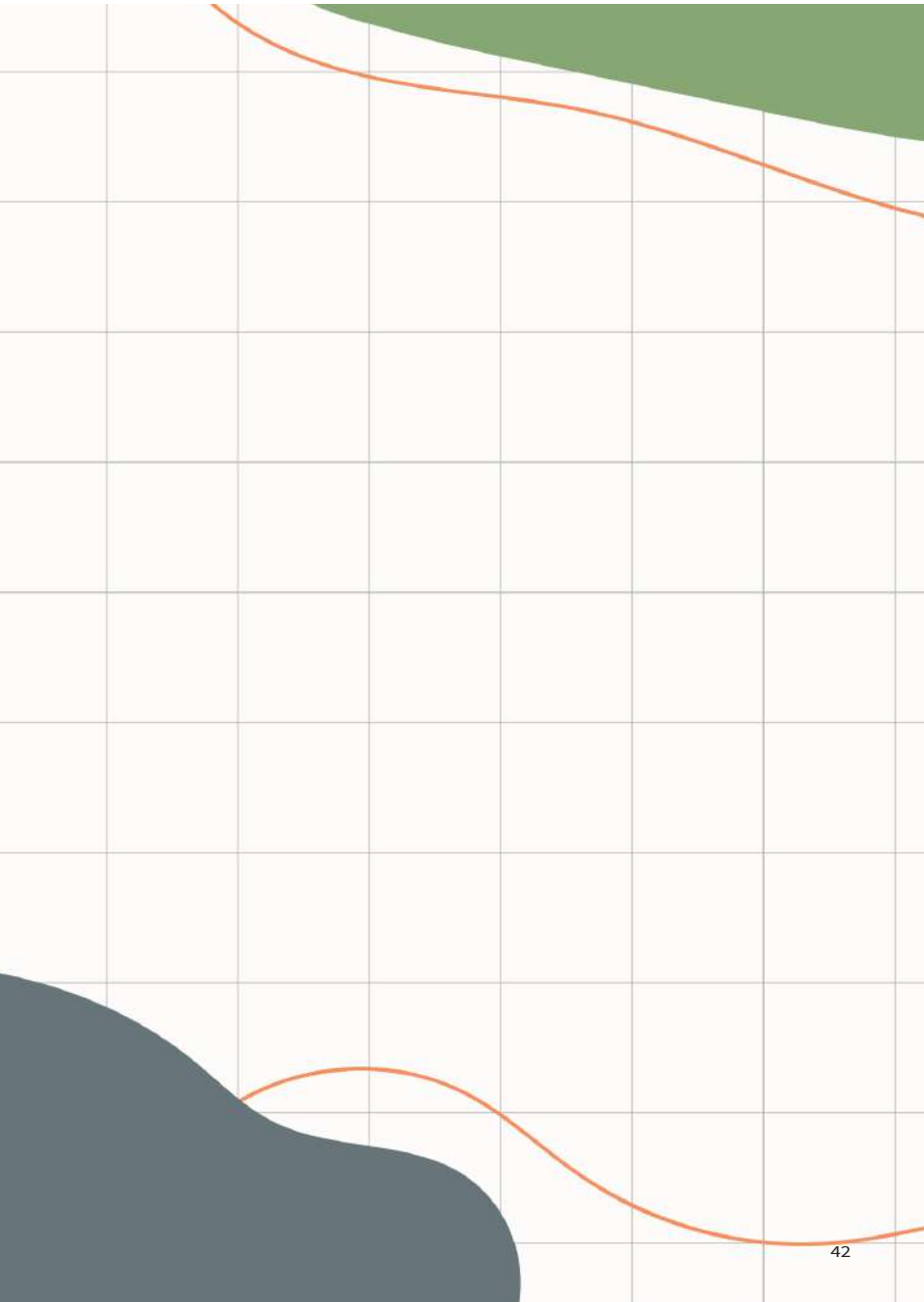




Without realizing, we have already succumbed ourselves into the binding summons of its brainwashing melody, gradually embodying the final destination of becoming superficiality's most beloved muse.

Like the dull yet persistent hum of anxiety and fear that lives within the undercurrent of our veins, the presence of beauty standards has always existed among the bustles of humanity. We have let its presence fester within our society for far too long, sacrificing too many empowering warriors and brave soldiers to wither under its choking hold in the process.

Don't you think it's about time we put an end to it all? Don't you ever wonder: why should we ever compare sunrises to starry nights when both are equally meant to conquer different parts of the sky? Why should we compare a woman's beauty to another when at the end of the day, we are all humans made from the same humane flesh and filthy bones? Whether it is familial restraints or social constraints, systemic oppression or a friend's innocent coercion; whatever the factor might be, we all simply need to understand the fact that the only person who has the authority to control a woman's life choices is herself because women are born to be a queen of their own, not a mannequin that is manufactured just to be shown.



THE HIDDEN TRUTH OF UNREALISTIC BEAUTY STANDARDS

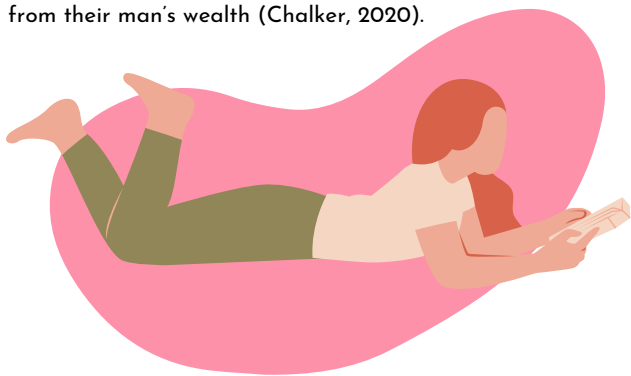
By *Felicia Salvina*



Have you ever thought about changing the natural appearance of your physique although you're at a sane and secure mental state? That's odd, isn't it? Actually, it proves that we're constructed by society's demand to fit into their standard. What's horrifying from this issue is that we've been brainwashed to normalize the same beauty standards of everyone and to hegemonize beauty in diversity, for example, the beauty standard of South Asians is to have light skin, large eyes, and a small nose bridge (Toby, et al., 2020).

In comparison to Indonesia, South Asian's standard represent several features required in Indonesia's criteria of beauty standard, such as light skin and straight hair, along with a high nose bridge (Rahma & Ferdianti, 2020). Interestingly, the bizarre obligation to reach certain criterias of beauty standards vividly exists. This is shown through the fact that in the United States, 47% of elementary students wanted to undergo a diet to lose weight after seeing magazines which changed their ideal portraiture of beauty (Caso, 2017). Going back to Indonesia's issue, it would be very preferable for us to eliminate the artificially unrealistic beauty standards by understanding why it is ludicrous.

Before diving into why it is necessary to not fulfill unrealistic beauty standards, we should first understand the fact that beauty standards mark the existence of human's desire for an exquisite life. An illustration to this statement is distinguished in the Italian Renaissance's beauty standard. At that time, women's beauty was a reflection of their men. Fat and pale women are ideal, as they have enough food and leisure time gained from their man's wealth (Chalker, 2020).



Another example of this statement can be seen through Asia's obsession with pale skin. In the era of colonialism, dark skin represented field workers as they were exposed to sunlight. Thus, Asian wanted light skin as a reflection of prosperity (Salva, 2019). From this example, it can be concluded that desiring a better lifestyle is completely understandable. However, a better life could be achieved not only through beauty, but also aspects like intellectual quality and bravery.

With such quality, we're able to increase our potential and create our own definition of "better life" without depending on only beauty standards. Other than that, the desire of increasing beauty is a manifestation of an oppressed society. Hence, there's no need to push ourselves to follow such calibre as we're liberated beings. Don't let others' desires hijack our identity.

After knowing a brief history of beauty standards, it is now our authority to reject unrealistic beauty standards as they create beauty privilege. The presence of beauty standards makes prejudice for people who don't fulfill society's standard of beauty. In the context of this country, it is against the fifth precept of Pancasila, "Keadilan sosial bagi seluruh rakyat Indonesia", which is loosely translated into, "Social justice for all Indonesians". With that being the case, equitability should be taken into consideration when citizens of Indonesia take a step to form norms, which plays a role as a standard in their society. As a consequence, beauty privilege shouldn't be implemented as its lack of equality dominates.



To avoid such a colony, unrealistic beauty standards should be abolished. An exemplification of this explanation exists in Indonesia's celebrity scandal for drug usage. Different social sanctions, coming from netizen's treatment, are felt by Jefri Nichol and Coki Pardede. Instead of sending support and prayers like what Indonesians did to Jefri Nichol, internet citizens made fun of Coki Pardede. Also, posters of job recruitment in Indonesia outline attractive appearance as one of its requirements. The two practical examples highlighted the actuality of beauty privilege, which should be abstained to acquire an ideal application of Pancasila's fifth precept.

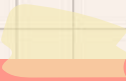


Another interesting fact about unrealistic beauty standards is that even appealing public figures realize that our society's beauty standards are unrealistic. Believe it or not, even supermodels experience eating disorders. Danella Ilene, the winner of Indonesia's Next Top Model Cycle 1, admitted that she experienced eating disorders in the past. As an information, she is 174 cm in height, with a weight of around 50 kg. When she entered Jakarta's well-known agency, she was compelled to reach around 40 kg of weight. To fulfill such irrational stipulation, she ate only four spoons of oatmeal each day yet lost no weight. Her metabolism was in a chaotic mode and insisted on more cravings which affects her mental health. Other misery was felt by Tiffany Jolie, a contestant of Indonesia's Next Top Model Cycle 2. She once weighed 70 kg and had a tumor to lose drastic weight. These supermodels' experience accentuates the fact that even if we're able to fit into society's beauty standards, the tortures are unrealistic. This makes our society's beauty standard unrealistic.

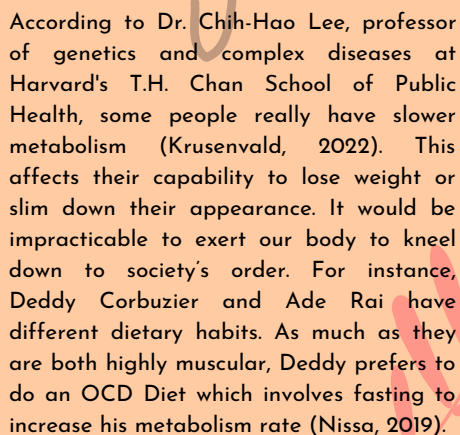



One of the most logical and biological reasons why beauty standards are unrealistic and are not meant to be followed is because our body is not designed to fit into society's physical appearance standard. This is the kind of education which should be implemented in Indonesia to avoid the shaping of our physical utility fabricated by society. Here's the thing, your body mechanism is not made to be tortured. It is far brainier than you expect. If you oppress yourself, your brain will make an effort to make you happier by sending a signal to increase your serotonin levels, which could be fulfilled through eating plenty of sweets, as you fail your unhealthy dietary plans.





If this happens, continuous cravings and depression might overcome one's daily basis. If this continues, our body will be busy curing its depressive part and slow down the metabolism needed to lose weight and succeed the dietary plan. This explanation exhibits the fact that our real obligation is to take good care of our body, not to force our body to fit into the unrealistic standards of others. This metabolism case validates that beauty standards are ridiculous, as different people have different body mechanisms.

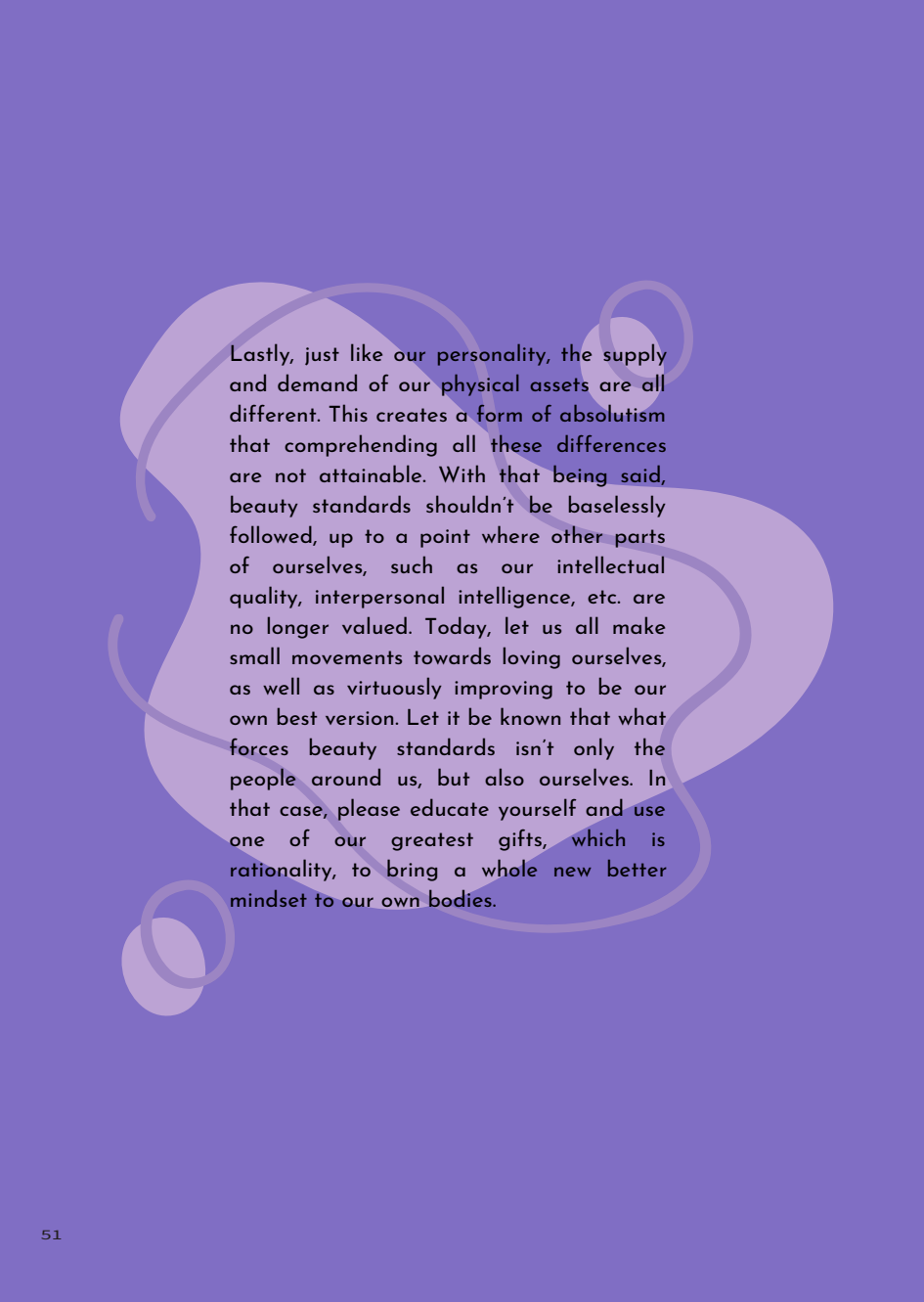


According to Dr. Chih-Hao Lee, professor of genetics and complex diseases at Harvard's T.H. Chan School of Public Health, some people really have slower metabolism (Krusenvald, 2022). This affects their capability to lose weight or slim down their appearance. It would be impracticable to exert our body to kneel down to society's order. For instance, Deddy Corbuzier and Ade Rai have different dietary habits. As much as they are both highly muscular, Deddy prefers to do an OCD Diet which involves fasting to increase his metabolism rate (Nissa, 2019).

Meanwhile, Ade Rai prefers to eat regular and fulfilling nutrition to support his physique. Apart from that, both Melaney Ricardo and Najwa Shihab conduct intermittent fasting. However, the outcome for both women are different due to their genes and physical activities.

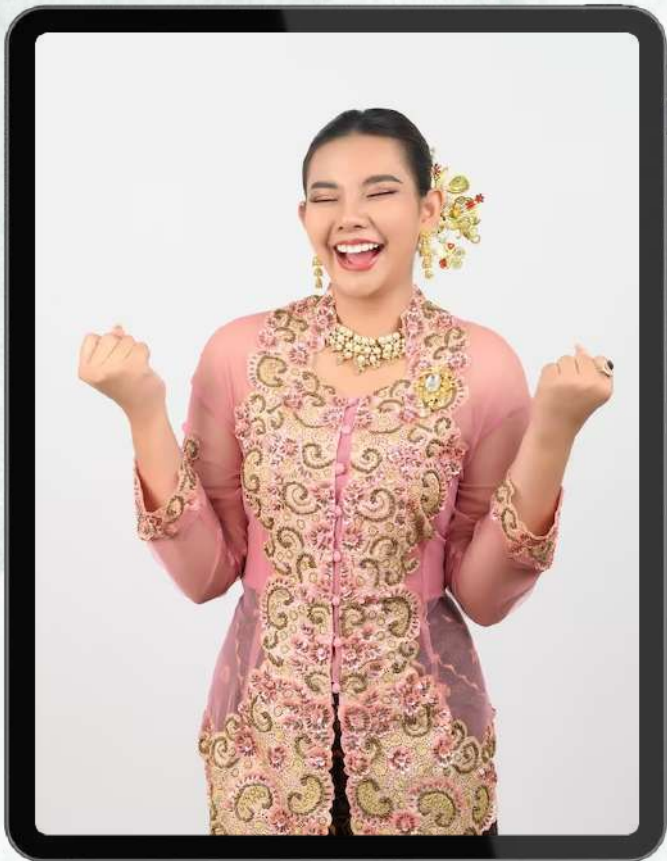


In conclusion, there are several factors which prove the absurdity of an absolute benchmark of beauty standards. First, it creates a discriminatory bias which is against our country's ideology. Second, as much as it didn't come from nothing, today we're liberated humans and the stigmatized beauty standard is no longer relevant. Third, even public figures with a job which demands fulfilling beauty standards experience unrealistic tortures.



Lastly, just like our personality, the supply and demand of our physical assets are all different. This creates a form of absolutism that comprehending all these differences are not attainable. With that being said, beauty standards shouldn't be baselessly followed, up to a point where other parts of ourselves, such as our intellectual quality, interpersonal intelligence, etc. are no longer valued. Today, let us all make small movements towards loving ourselves, as well as virtuously improving to be our own best version. Let it be known that what forces beauty standards isn't only the people around us, but also ourselves. In that case, please educate yourself and use one of our greatest gifts, which is rationality, to bring a whole new better mindset to our own bodies.

THE BEAUTY OF INDONESIAN WOMEN



By Indy Tazkia Aulia

Most Indonesian women still think that having white skin is the beauty standards in the society. According to ZAP beauty index, 73.1% Indonesian women defined beautiful with having clean, bright and glowing skin. As much as 24.6% Indonesian female teens thought that having white skin is more important than feeling happy, but the survey results is changed to older respondents. 50.7% of women older than 24 years-old, can accept more of their shortcomings and be more confident with themselves. (Dimara & Sari, 2018). Thus, Indonesian women only need to be confident and do not have to listen to the words of society about beauty standards.



First, to be beautiful does not have to follow the perspective of community or even more, the beauty ads. As we know, beauty advertising has a huge influence on beauty standards because they are the ones who make the beauty concept. Most beauty products use white-skinned-women as their models compared to dark-skin models. Dark skin is associated to dull skin and bring negative image (Prianti, 2013). In addition, in some beauty product ads, having a dark skin is used to portray low-esteemed women with a back story of failing in a love life. As frustrating as it is, ideal body shape that must be thin and tall, are also part of beauty standards nowadays.



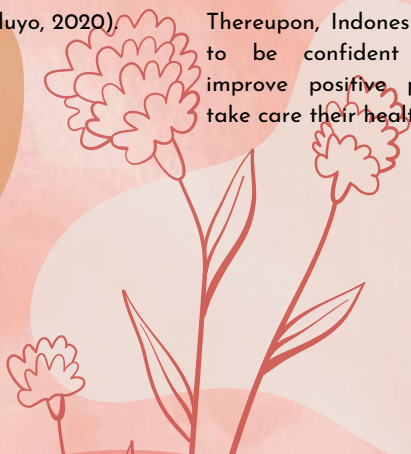


Beautiful women are depicted with a slim body shape. This shows a great influence of how women views their own attractiveness. Therefore, many women have to sacrifice their health to have the ideal body to be considered beautiful. However, in my opinion, beautiful does not have to be thin, tall, or fair. What we must to be concern of is to be healthy. Artist Tina Toon says that a woman's beauty is not from her physique, but the most important thing is her health and personality. (Setiawan, 2015). **"Ask it to yourself, why should you feel low with your own body? Everyone is beautiful with its differences. Change your mindset, that is your body, that is your look, accept who you are"**, said Emily Jasmine, the co-founder of Ubah Stigma (Dellanita, 2021). Thus, beautiful does not have to be white skin or have an ideal body because everyone has their own beauty.

Second reason is that it's also good to improve positive personality. Some believe that beauty is primarily in personality rather than appearance. They believe if they have a positive personality even though they have dark skin, they will still look beautiful compared to people who have negative personalities (Larasati, 2018). Beauty does not have to be determined by the color of the skin. Being confident alone with your skin color is enough. Artist Pevita Pearce considers that looking beautiful is when women can be confident and must continue to hone what makes them confident (Waluyo, 2020).

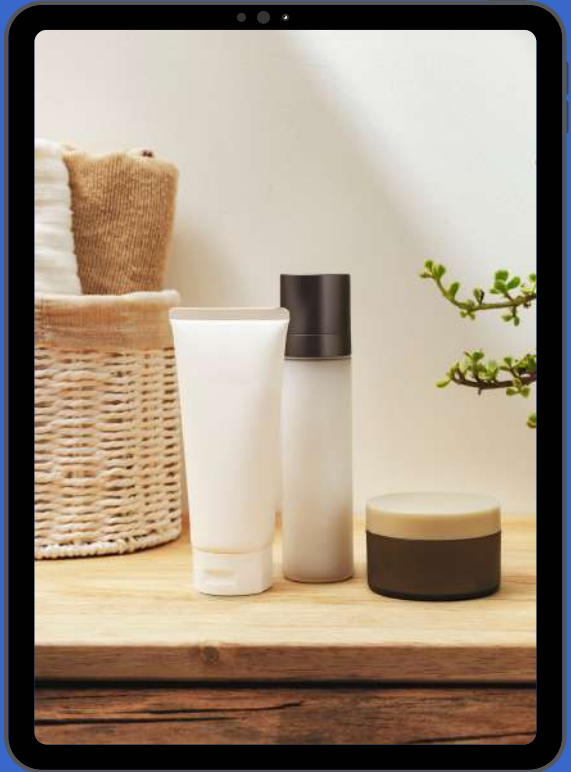
Being smart is also what makes women attractive. Beauty is not constantly physical. Women doesn't have to compare themselves with others based on the skin colors. Be grateful with what God has given for us is the best way to accept who you are.

In conclusion, Indonesian women should be confident with their skin color, whatever color it is. Even most women often assume that being beautiful must be white-skinned and have an ideal body, in fact, there is no real beauty standard since each woman has their own beauty. Thereupon, Indonesian women need to be confident in themselves, improve positive personality, and take care their health more.



By Rega Almuhtada

THE MONOCHROMATIC BEAUTY STANDARD



IN INDONESIA IS VILLAINOUS
SOCIETY'S PRODUCT



Fat pig, dwarf legs, and volcanic-acne or moon-cratered face



While might seem like a jovial slight, all these iniquitous bellowed words entrenched in society summoned the cockroach of insecurity, encroaching and crawling under the baby-soft skin of an innocuous Indonesian woman every day, inciting their plastic nails to scratch their raw scarred skin, bleeding their hearts out. To beguile the eyes of the man of their dreams, Indonesian women fervently attempted to fulfill the unrealistic beauty standard set in motion by a corrupted conservative construct, and ultimately every feminine soul becomes just like any others in the world: white, skinny, and fashionable. In other words, anodyne! Beauty, an abstract concept, is the conduit of our human uniqueness. However, the obsession of whitening products, the media's obvious preference of white-skinned girls, and the whitewashed history of Indonesia are the catalyst to a world of bland beauty right now. Do we all want to live in a world of one color, one size, and one beauty? Beyond a shadow of doubt, it is aching to see that Indonesian women have been brainwashed by society's westernized and superficial standard of beauty.

In other words, ugly!

Women in Indonesia are enamored with various standardized products sold in Indonesian shopping malls to mimic their looks like that of western society. White skin, white face, white teeth, and white clothes! The bastion of customers nowadays who are demanding for skin-whitening injection is a by-product of the lack of pride in their darker skin tone. A survey of Indonesian women conducted in 2019 revealed that whitening skincare products were the most popular across the generations. Through this very same survey, more than 80 percent of respondents considered "bright and glowing skin" as the definition of beauty (Nurhayati-Wolff, 2021). Even though cosmetic products are fine elixirs to one's refinement in appearance and nobody should ever be derided for wearing it, the real question is why these products often only pertain to one color, one size, and one beauty? Blue eye lens, long eyelashes, and blond hair. What's wrong with having dark brown eyes, short eyelashes, and black hair?

In addition, a rich profusion of dietary products in Indonesia - pills, supplements, milks, and even instant brands - is an abomination to natural aesthetic, as it inveigles women that perfectionism of flawless beauty is only when you are skinny like a skeleton. What's wrong with being body-plus sized? The feminine promiscuity in fashion is also overtly glorified in global fashion; exposed breasts and thighs. A majority of masculine females, on the other hand, live in trepidation as tomboy-ish and gothic-like looks in Indonesia are often being spitted on. Imprisoned by their own zeal for sexuality, elements such as whiteness, skinniness, and femininity are adopted as the only badges of beauty to be recognized in a villainous society.



Media's ceaseless infatuation with rosy-white skinned and skinny girls are the catalyst of conditioned women's beauty standards in Indonesia. We all rarely see dark skin women starring as a protagonist in a movie. When is the last time we all see an exotic Papua woman starring in a box office movie in Indonesia? Exactly, almost never. Soap operas on local television channel like Indosiar are enamored with white skinny beauty. The meteorite impact of the rising popularity of K-Drama in Indonesia cannot be merely overlooked, as it also fuels the narrative that beauty is merely whiteness and perfect skin, perfect teeth, and perfect body. Furthermore, the implementation of male gaze in both classic and contemporary movies is manifested through camera angles, the choice of costumes, and mise-en-scene. Bare nakedness of women during tryst in movies creates the expectation that this is what an ideal woman should be - sexy, promiscuous, and frontal.

Additionally, an avalanche of gargantuan billboards in the city and advertisements always display Chindo women with their bright white skin, while the minimal representation of eccentric beauty is a symbol of mono beauty standard in Indonesia. Not only that, social media further emboldens the notion that the beauty standard is just one.



The plethora of celebrity photos in social media such as that of Kylie Jenner and models like Sommer Ray with its tight and exposing clothes, exemplify society's ideals of sexiness and typify the idyllic girlfriends of 2010s. Jasmine Fardouly, a postdoctoral researcher at Macquarie University in Australia, explained "people are comparing their appearance to people in Instagram images [...] and they often judge themselves to be worse off" (Oakes, 2019). By deconstructing the shallow beauty standard in Indonesia, the transparency of sexism is accentuated as the media feigns the ecstasy of the supposedly multicolor, multifaceted, and multi-tone beauty as one shade.

The westernized beauty expectation towards Indonesian women have been engendered by the invasion of both Netherlands and Japan before the Independence of Indonesia. The vestige of beauty standard in the past is evident in old Javanese kakawin, illustrating that "having white, shining faces, like the full moon" are the vision of beauty (Saraswati, 2021).

The liberation of Indonesia has been expunged since the 16th century for more than 350 years, invaded by the Dutch in the age of imperialism. The corrupted social hierarchy constructed by the Dutch East India Company in the early 17th century is the catalyst to a heavily westernized beauty standard. As the indigenous people are vilified, the appearance of the colonialists that are all Caucasian white are glorified as the coolest thing ever. In World War II, the Japanese flushed out the Dutch from the archipelago of Indonesia and ruled the country from 1942 until 1945. Even though the beauty standard slightly shifted, the obsession of whiteness and bright color skin remained, as Japanese women are also white (Lukman,2020). The explosion of materialism due to the tension of the Cold War, as trivial make-ups and items are promoted.





Especially during the reign of President Soeharto, American popular culture and phenomena such as counterculture annexed the norms of beauty in Indonesia. The grandiose rise of affluence across the world is the cause of a skyrocketing consumerism of brand new beauty products, making people obsess in artificial beauty, meanwhile natural flawed physicality is deemed as style for loser virgins. Marlen Komar (2017) asserts that "red lipstick", "stiletto nails", and "Dior" are a form of arsenals to defeat the USSR during the Cold War.

All these tales of the past make it seem as if superiority relies on superficiality. As a result, the embers of womanly beauty bereft of diversity become the societal norm as the world has been suffocated by one culture. The deconstruction of the history of Indonesian beauty standards exposes the embers of racism residing both out and, even in all ourselves.



Colorless, tasteless, and senseless. That's the world we live in now. The beauty standard in Indonesia is a manifestation of society's villainous construct that only promotes one color, one size, and one beauty. Thus, rejecting the rainbow of unique and nuanced beauty in the world. Perhaps rather than beautifying our external self, it is time to embellish and take care of our internal self. Let's stop using dumb products, let's stop idolizing cold beauty in media, let's stop allowing history dictate our today's perception! The whiteness of our eyes as a window to peek at the purity of our gentle soul. At the end of the day, our looks will end in dust uniting with the unadulterated breeze of sky, yet our legacy of life will not only be carved on our moldy gravestone, but also in people's ageless hearts.



***INDONESIAN'S
OBSESSION WITH
WHITE SKIN***

By Mikael Ario Masri

“White supremacists”

Live in Indonesia. Yes, that's right, white supremacists. Before you misunderstood, let me explain about it. We all know that Indonesia is a tropical country with hot weather and bright sunshine all year round. So you would think that people here would want to have dark skin and probably take pride in having a darker tone to protect themselves from getting sunburnt. However, it turns out that is not the case. Take a stroll over the nearest supermarket and you will find lotions advertised as whitening products which suggests that Indonesians prefer being white due to various reasons which brings me to my main point. Indonesia has an unreachable and harmful beauty standard that caters to its colonial past.

Remember the whitening lotions I talked about earlier? They don't exist in Sweden (Annisa, 2020), which is mainly inhabited by white people. We are more obsessed with whiteness than the actual whites. Cosmetic advertisements can also be rather degrading like “Pond's White Detox” or “Pond's Dark out, White In. Increase your face value.”(Agung & Amani, 2018) Just saying, but you could actually get sued if you did such advertisements in the west. As mentioned earlier, Indonesia has bright sunshine all year round. The people of Indonesia have evolved with dark skin as an adaptation of the local climate in order to reduce the risk of getting burnt and honestly it's a pretty effective defense mechanism.

Now the question here is why on earth are people trying to get rid of this defensive mechanism? Actually a better question would be why are people harming themselves to be whiter? As if the lack of protection against the relentless tropical sun is bad enough, but the fact that some of these whitening products contain mercury which in short terms is rather deadly since mercury causes your kidneys and nervous system to fail (Cobb, 2019). The higher the dose the quicker it will send you to the afterlife.

So, why are Indonesians so content on killing themselves to have white skin? Societal beauty standards of course. Indonesians have been exposed to media content like Korean Dramas that show the beauty of white skin (Agung & Amani, 2018). Not everyone can afford to use these products so the rich and the well-off are more likely to use these products.





Having a lighter tone is a status symbol and those who can't afford it are seen as poor. Not only is removing this biological defense mechanism physically harmful, it's also mentally harmful. Indonesia is a collectivist society, meaning that people are deeply care on how much you conform and meet society's beauty standards.



This of course will give a sense of insecurity and failure to those who are unable to make themselves white which is understandably bad for one's mental wellbeing. An unwell mind will in the end, lead to an unwell body, and we are back at the fact that this ruins your health. Imagine being looked down upon for being natural, for not conforming to an impossible standard, for trying to be healthy!

Worse, imagine killing yourself to be white!

Embracing unrealistic beauty standards is catering to colonialism. Indonesia has been an independent country for over 76 years now. However, 3 centuries of Dutch colonial rule seem to have shaped a negative mindset over darker tones. To understand we must rewind history. When the Dutch colonized the Nusantara Archipelago, they made a system of social classes based on race, being the invaders, naturally they became the top of the hierarchy. In the middle, there are merchants, usually Chinese, Arab, or Indian. They don't have much political power, but they control how goods are exported from the archipelago giving them and the rulers money. So naturally they won't be at the bottom.

At the lowest floor of colonial racism are the natives. Considered biologically inferior and often forced into hard labor. It's safe to say that they don't have the cleanest reputation. Then there's the fact that this hierarchy is not all that strict.



Marriages between the Dutch and Natives did happen and the children of this marriage are often placed somewhere in the middle of the hierarchy. They are not the rulers but they certainly aren't also doing hard labor. This catastrophe of social division is what led to both moderns Indonesia's problems with racial intolerance and the view that white tones are better, cleaner, more desirable, a status symbol, and just generally better than darker tones (Annisa, 2020).

Indonesia's absurd beauty standards are both harmful and unpatriotic. This whole culture of trying to whiten yourself in order to conform to colonial beauty standards is bad. It's bad for your health, bad for your mental wellbeing and it's a byproduct of Dutch colonialism, something that we have been taught at school as a bad mark in Indonesian history. Indonesians must appreciate their natural looks, the way God made them, the ingenious biology that protects us from the sun, and what Indonesians have always been and respected, until the Dutch arrived. There must be greater awareness of being yourself, unbound by societal norms and greater understanding of the dangers of some cosmetics. As it has been taught since our Independence Day that we must be proud of our identity.



CHAPTER III





ANXIETY

THE CAUSES OF ANXIETY IN



YOUNG GENERATION

By Agustine Agnes Amertha Astiti



Do you ever fear or worry too much and don't know what you should do when something is going to happen? Well, that's called anxiety, it is a feeling of unease (NHS, 2021).

Everyone especially young generation can feel anxiety because they feel like they are going to face something new in their life, that when they are facing or being in a situation that is felt to be threatening or frightening. According to the National Institute of Mental Health (NIMH), teens have experienced the higher levels of anxiety than adults (Monroe, 2020). But, there are some causes that can trigger anxiety for young generation that can give an impact to their body and mind.



High expectation can be detrimental because it causes an emotional distress such as anxiety (Fazil, 2021). High expectation is when you have a strong hope towards something that will happen or you will get what you want.

Young generation often feel like they have a pressure on themselves because they want to achieve something so that they have a high expectation. Especially when their parents that have high expectations to their kids, so they need to study hard to accomplish the good grades. For example, 61% teens say that they feel pressure to get good grades in schools (ParadigmTreatment, 2021). There is also survey that shows that the eighth graders believe they need to pick a career as soon as possible (Monroe, 2020).

This is the example of young generations keep comparing themselves to other people. They have high expectation to be successful in young age and that makes them worried of the uncertain future. Having a high expectation towards their grades can be the cause of anxiety (Lee, 2020) because it makes them feel worried about waiting the result of their score. Those pressure that they feel also caused anxiety because of the situations that make them afraid of the score results that will come out or thinking what if they didn't achieve the score that they expected. The feel of worry can give an impact to their mind, that makes them feel tense, nervous, and hard to relax (Mind, n.d.). Waiting for the result of their exam makes them hard to relax because they have a fear that can be associated with anxiety. The more they try to relax, the more the feeling of anxiety comes in.



Young generation may have a traumatic event in their life. An emotional abuse is included as a traumatic event, it is a behavior that abuser do to insults, humiliates, and controls the victim. There is a survey that conducted that 55% of more than 7.000 young generations (high school students) experiences emotional abuse that they got insulted or put down by a parent or other adult in their home (Chuck, 2022). Because of that trauma, it leads to young generation having an anxiety.

Because they have the fear of saying or doing something in everyday situations, imagine someone talking about your trauma and you can't say anything about it because you're too afraid they will insult you, also it can trigger the memory of emotional abuse for them (Breiding, 2020). It affects their emotional development, because they have lack of confidence and difficult to trust other people. This anxiety affects their body, which makes the young generation have panic attacks every time they want to do something (Mind, n.d.).

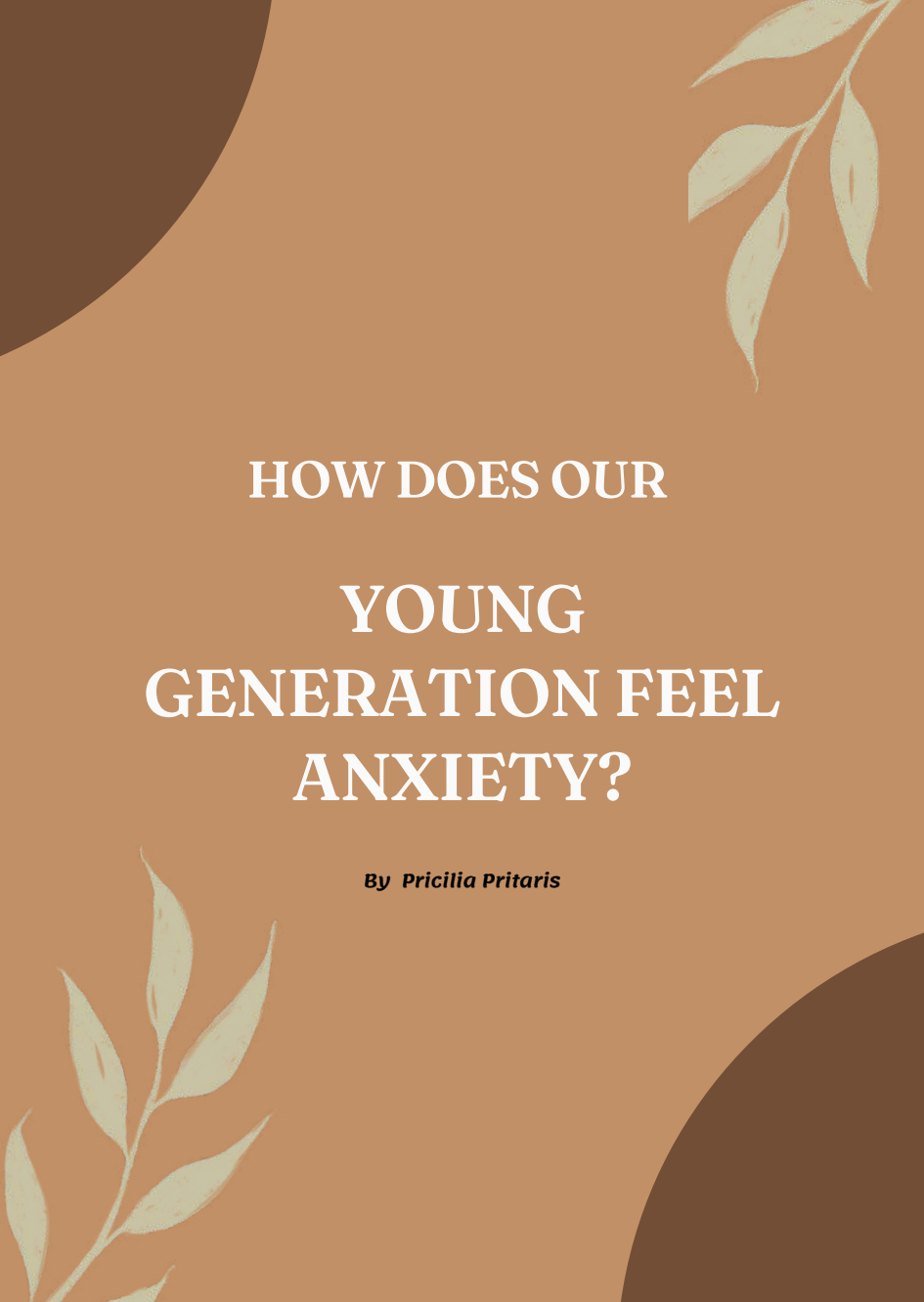
This panic attacks may happen as they fear someone will insult or humiliates what they are doing. In this situation, they can experience a racing heartbeat and a sudden short of breath. This problem caused anxiety that affects their bedtime. Young generation that have traumatic event might have a hard time to sleep, thinking about they are not enough or not good enough. The insults that they got made them feel they are worthless to live (Chuck, 2022). So young generation can be hard to open up to other people because the anxiety kicks in anytime due to the trauma they have.



It is concluded that several causes of anxiety that young generation experienced can lead to negative impacts to their daily life.

A situation that makes young generation have high expectation to what's going to happen can lead to having an anxiety and affect their mind. As well as young generation having a traumatic event that caused anxiety with the result that makes them have a sleeping problem.

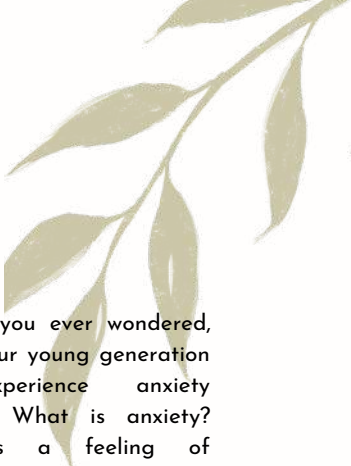

So, these explanations can be helpful to know more about anxiety that young generation go through every day and understand what they are feeling as it affects their daily activities.



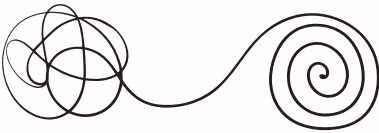
HOW DOES OUR YOUNG GENERATION FEEL ANXIETY?

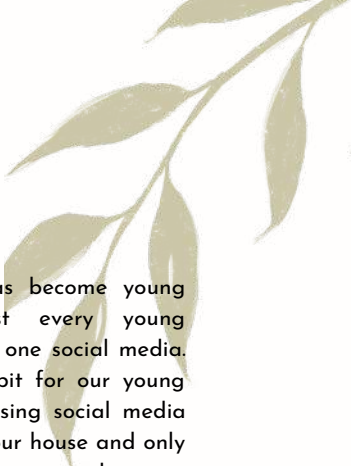
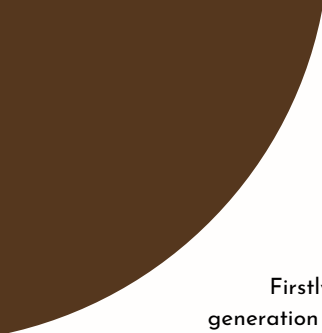
By Priscilla Pritaris





Have you ever wondered, why does our young generation often experience anxiety nowadays? What is anxiety? Anxiety is a feeling of nervousness, unease, or worry that typically occurs in the absence of an imminent threat. It differs from fear, which is the body's natural response to immediate danger (Allison Young, 2021). There is a normal feeling of anxiousness that will be experienced by every people called anxiety, but there is also a too much feeling of anxiousness that called anxiety disorder. Our young generation daily lives are prone to experience the anxiety. There are reasons why anxiety can appear and the effects that are following.






Firstly, using social media has become young generation daily activity. Almost every young generation these days have at least one social media. This activity has become a new habit for our young generation. Due to the pandemic, using social media has forced us to isolate ourselves in our house and only communicate with other people by using electronic devices. By using social media, people can interact with many people in the world. In social media, we can post our photos with captions, commenting others, messaging others, and even calling others. Mostly, anxiety in teenager appeared when they see other privilege or achievements (Jacqueline Sperling, 2022). For example, Alma who hasn't graduated yet saw Andi, her friend, posted a picture of him graduated from the university early. Alma might feel anxious and worried about her graduation because Andi has graduated faster than she is.



Second, it might also happen because parents put a high expectation for their kids' future. It is really great to have our close relation that can encourage us to achieve a good future. But mostly, anxiety raise from people who have a high expectation (Katharina Star, 2020). Having high expectation can lead to forcing someone to do better and to achieve something. Some people become afraid to try a new thing because they are afraid of failing and disappointing others. The problem is, some parents didn't realize that they are forcing their children to achieve something because they think it is a good thing for their children. In fact, most of the children who experience this will feel pressured to have goals and to achieve something, so that they can realizing the parents' expectation. Not only feel pressured to achieve their goals, they normally feel anxious about their future because they are afraid to disappoint their parents.







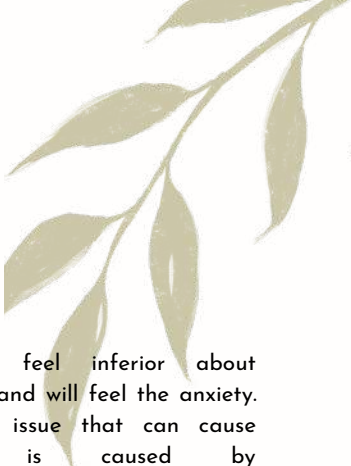
Third, anxiety can appear when people comparing one person to others frequently. Comparing one person to another often happens in our daily life. For example, it happened when our neighbor achieved something and our parents encourage us to achieve our goal like them, but in a wrong way. After being compared by our parents, we occasionally feel small and feel like our talents did not get appreciated. It can lead us to get anxiety disorder because we feel stressed and worried about ourselves (Scott, 2020). Comparing ourselves with other people also may lead us to anxiety disorder because we will always compare everything. Even we also have talents, we will feel small after comparing ourselves to other people because people normally can't feel satisfied enough about their own talents and abilities.

Lastly, there is also biological factor that can make someone experience anxiety disorder. People's feeling are controlled based on the minds and thoughts. There are several brain parts that can affect us to feel anxiety. Amygdala is the part of our brain that can produce anxiety (Gadye, 2018). In amygdala, there is a chemical called neurotransmitters that have a special function to control the way we feel, including anxiety.

In the neurotransmitters, there are two parts of neurotransmitters called serotonin and dopamine that can cause the feeling of happiness. When these two parts of neurotransmitters get disrupted, the person can experience the feel of anxiety or depression.



Anxiety disorder can affect teenagers due to several reasons. First reason is the overexposure of social media. In social media, since we can see other people's posts, it is possible that we might feel anxious after we compare it to ourselves. Second reason we can feel anxiety is based on people's expectation. People's expectation for us might make us feel pressured because we realized that we have to make the expectation become real. That pressure can lead us to feel anxiety. The third reason of anxiety might be because of the constant comparison with other people. The person who is comparing could be other people or even ourselves. If we always compare ourselves to other people who is better than us, we won't feel satisfied.



We will feel inferior about ourselves and will feel the anxiety. Biological issue that can cause anxiety is caused by neurotransmitters that has a function to control of how people feel. In neurotransmitters, there are two parts that produce cells. When those parts of neurotransmitters get disrupted, the brain cannot produce the happy cells that can make us feel happy. So that if those parts are broken, we will feel anxiety or depression. In the end, anxiety in young generation is not a bad thing as long as you can control it. But if you feel like your anxiety is on another level, you have to see a psychologist or a psychiatrist.

YOUNG GENERATION WITH



THE DARK SIDE OF ANXIETY

By *Michelle Naritha*

Lots of young people suffer from anxiety in this generation. Anxiety is a response from someone's body when feeling stressed, worried too much or under immense pressure. Anxiety disorder is the most common mental illness issue in the world. In 2016, it was measured that 275 million people suffered from anxiety disorders. That is about 4% of the international population, between 2.5% and 6.5% of the denizens per country (Fleming, 2019). According to the Our World in Data article (2021), In 2017, analysis calculations show that 284 million people live with one of the mental illnesses called anxiety disorder. These two pieces of information prove that patients with anxiety problems make up more than a third of ten people globally (3.8%), and every year the number of these patients continues to grow. However, anxiety can be just a common issue which is part of life for anyone, but it can be a severe problem for young people.



Unlike adults, the young generation and adolescents are still evolving. Anxiety disorders affect 25.1% of children aged 12 to 17 years. Study indicates that untreated children with anxiety disorders are at higher risk of performing poorly in school, missing critical social adventures, and being involved in substance misuse (ADAA, 2021). If the anxiety problems they experience are ignored, the anxiety will continue to develop and have long-term effects until they mature. Anxiety in young people is caused by the following factors: excessive worry, environment, high expectations, and social media, which may lead to several adverse effects such as health disorders and suicide.

The state of the environment and excessive worry play a significant role in causing anxiety in the young generation. First, various environmental conditions around adolescents can increase the likelihood of anxiety, such as affecting their personality, psychology, and how their brain or body responds to a particular situation. The interactions and relationships between families, cultural and religious education, and childhood memories or experiences can affect and increase young people's anxiety problems (Felman, 2021). Second, young people can also increase their anxiety by simply being excessively worried about various simple things in their lives. The continuous and excessive anxiety out of balance with the factual circumstances is complicated to handle and can boost the stress level and affects how a person feels physically. Some people with a generalized anxiety disorder (GAD) feel apprehensive, anxious, and fear about everything, even when there is a little simple problem or a condition that does not need a reason to stress (National Institute of Mental Health, 2022).

Another major cause of anxiety is high expectations and social media. When teenagers set their expectations too high in this highly competitive era of education, participating in community events, sports, or joining as a volunteer can contain much pressure, overwhelms and stresses young people, and develop their anxiety problems. The result of the research is reported in the healthy children articles written by Dr. Claire McCarthy (2019) in 2016, 41% of incoming first-year students said "yes" to feeling overwhelmed with the college coursework and achievements they have to accomplish, compared to 28% in 2000 and 18% in 1985. Experts Hewit and Flett (2010) disclose that the desire to achieve perfection, followed by too high standards for themselves and the others, is called a perfectionist.

Most young people do not realize that those with a high standard set are already included in a perfectionist culture. The last crucial factor of anxiety disorders is the usage and responses to social media. These days, young generations always cling to their smartphone to check social media every minute, which can sabotage young people's view of the world and their self-worth, bringing anxiety into headaches, sickness, and tremors. Jean M. Twenge, a psychology professor at San Diego State University (2017), declares that smartphones have radically altered the nature of social interactions and, consequently, mental health. Especially among gen Z, the largest youngest generation, who always spends more time on their phone in their room, feel alone and often distressed.



There is no doubt that anxiety can damage mental and physical health, and at worst, it can lead to suicide. Anxiety in adolescents can reduce health and sleep quality or make it difficult for someone to sleep. Anxiety disorders can cause chest pain, discomfort, fast heartbeat, and palpitations that may put a person at risk for high blood pressure and heart disease. Repeated and prolonged anxiety can cause the body not to receive signals, weaken the immune system, and make the body more susceptible to sickness or viral diseases (Cherney, 2020). In fact, 88% of adolescents experienced at least one sleep disorder, and the majority of 55% experienced more than three sleep disorders due to anxiety (Alfano, 2007). Additionally, anxiety can destroy the mindset and exacerbates the mentality of young people, which can lead to suicide. One of the effects of anxiety is depression and loneliness.

According to Angeleena May, an executive director for AMFM Healthcare (2022), **anxiety can create a feeling of loneliness**, which starts with dread. Moreover, **anxiety can affect hallucinations or delusions**, which affect the ability of adolescents to participate in daily life and education and often leads to disgrace or even human rights violations (WHO, 2021). The study exposed that the rate of adolescent depression that ended in suicide has skyrocketed since 2011. This fact proves that the worst effect of anxiety is **self-harm**, which leads to suicide in the young generations.



Therefore, it can be concluded that excessive anxiety becomes a significant concern for the young generations in living their daily lives. Anxiety makes adolescents suffer mental and health damage, and the causes are environmental conditions, excessive worry, high expectations, and social media. Furthermore, this mental disorder damages the adolescent's mental and physical health and makes them feel loneliness, hallucinations, and self-harm, which can lead to suicide. Everybody should care about the closest person around them because we can help them recover from this anxiety with a sense of caring. That way, not only can we prevent the occurrence of anxiety that leads to suicide, but also make the number of anxiety in the young generation decrease and make every human being in the world a person who can live his life with happiness.

UNDERSTANDING THE ROLE AND IMPACT



OF ANXIETY IN YOUNG GENERATION

By *Darlene Emanuela Liusvia*



How do young generations appear to experience anxiety? Anxiety is a feeling of nervousness, unease, or worry that typically occurs in the absence of an imminent threat. It differs from fear, which is the body's natural response to immediate danger (Young, 2021). However, anxiety might become a medical disorder when a person regularly feels disproportionate levels of anxiety (Felman, 2020). Anxiety among the younger generations, particularly generation Z, is at an all-time high. According to the American Psychological Association's 2021 stress in America study, 79 percent of Gen Z respondents have changed their behavior as a result of stress, 37 percent have difficulty making everyday decisions, and 50 percent have difficulty making significant life decisions. In modern era, it is believed that younger generations appear to experience anxiety more than older generations. There are some significant causes and effects to the young generation regarding this personality disorder matter. Causes include pathological narcissism, negative emotions, work and financial struggles, issue with body image (overweight and obesity), and gender.

Firstly, the cause of anxiety amongst young people start with difficulty in attaining self-acceptance which is regarded as pathological narcissism.

Some youngsters find it hard to except who they are unless other people do the same. Validity and approval from society are regarded as two most powerful aspects in shaping the identity of a person. An example is that a girl/boy tries to do something that does not bring them happiness just because he/she wishes to be acknowledged by others. Some people feel good about themselves when other people feel happy with them or like them. This situation leads to anxiety where young people try hard to accept themselves through others point of views.

Second, having negative feelings rather than being positive towards anything can increase anxiety level. Younger people tend to embrace negativity in their everyday life rather than trying to accept that everything or everyone is not perfect. Having negative emotions can have some serious problem to mental health and wellbeing of a person especially in younger groups because they are not yet trained to face the bad things in life and do not have the experience to solve this situation. Consequently, they are easily trapped in a situation where everything is considered disastrous because there is no way out.



For example, when students attempt to apply for a scholarship but fail to the first try, they suddenly regard themselves as inadequate and incompatible socially and academically rather than turning the failure into a lesson which can be improved and increased in the future and giving themselves a second chance. Negative understandings in similar situation will elevate stress and can damage adolescents' mental health, therefore, their future might as well be ruined as they are not capable of thinking straightly instead trying to rely on weaknesses and failures.



Another cause is work and financial struggles. Adolescents and young adulthood experience challenging transition and development as they struggle to seek employments with good salary. Young adults seem to have dilemmas in determining their career path because they are uncertain about what they want to do in life. Moving from one job to another or in between jobs can cause financial struggles. For example, in western countries, when the young reach the age of 18, they are obligated to leave their parents' houses and be independent. At such young age, it will be extremely challenging to find great jobs that can support their new phase of independency. Consequently, they feel stress which later leads into anxiety. Experiencing high level of stress and anxiety can cause depression in later life and increase the rate of suicide. A study *A Young Adult's Pandemic Mental Health in the New York Times* (2021) states that more than one in 10 respondents asked about suicide are tempted to end their lives, mostly among voluntary caregivers, essential workers, and Hispanic and Black aged 18 to 24. Additionally, all people with the lowest income experienced a rise on anxiety level, Goodwin (2020).




Furthermore, meeting the beauty standard of modern society has affected the issue of accepting the body image of oneself especially among young females. Many young girls today are being bullied and rejected being oversized and obese. Media play significant roles in creating standardized beauty in the 21st century. Being skinny, tall, and beautiful is considered as the most attractive features for females. However, what is inside or inner beauty is no longer accepted and appreciated. Media has created insecurities for those who are not in favor of these beauty requirements. Indeed, human will always worry about their appearance.

People constantly feel anxious about how they look, what they wear, how big their size is, how they walk, how they talk, how tall they are because of these beauty images. Consequently, some unwillingly have to undergo plastic surgery and take injections to look perfect at others' eyes. For those who are not able to afford these alternatives might take the easy way such as suicide or self-isolation. They would prefer to be a loner and have no friends because they are ashamed of their appearance. Additionally, some will have unhealthy diets and starve themselves which are dangerous and have long term effects on health because they are trying to lose weight.


Furthermore, another aspects influencing the anxious feeling within young people is beauty pageants. Beauty pageants only accept girls who are tall, skinny, and perfect symmetrical features. This means that only beautiful, tall, slim, and attractive people are awarded, praised, respected, and deserve to represent the whole country and whole of women in society, meanwhile, those with the opposite of these are not worthy of these roles

The fifth cause of anxiety is gender. Gender plays significant part in generating anxiety disorder and even depression. One of the gender issue is being female. More women and girls experience anxiety than males. Mondin (2013) proved in their study that anxiety disorder tend to be more predominant in females. In terms of gender roles, some countries, especially those with deep connection with their old culture such as Indonesia, regard women as second class citizens in which they should not be above the opposite sex. There are some limitations in their rights such as in employment. For example, many corporations do not recommend to have female leaders. In fact, most world leaders and presidents are males. This kind of situation triggers anxiety in women and it make them feel isolated. Further, in some conservative countries such as middle-eastern nations and some of Asian countries, women are not allowed to seek paid labors but instead are told to be a housewives and carry out unpaid chores. Therefore, it is extremely difficult for women to develop their confidence and self-image within society. They feel rejection and mental abuse from society in which they are regarded as subordinate.





To sum up, young generations tend to feel more discomfort than other age groups, and more importantly young females. In the case of personality disorders, there are some major causes and consequences for the young generation. The first cause that young generation experience anxiety is the difficulty in achieving self-acceptance, which is referred to as pathological narcissism. They also prefer to embrace negativity in their daily lives rather than trying to accept that nothing or no one is perfect, they are unsure of what they want to do with their lives, the meeting modern society's beauty standards and also gender. Lastly, anxiousness among the younger generation is not a negative thing as long as it is under control. Anxiety is a completely natural feeling to experience, but the younger generation should pay notice when it manifests itself in a more serious situation as all of these can lead to self-abuse and suicide.



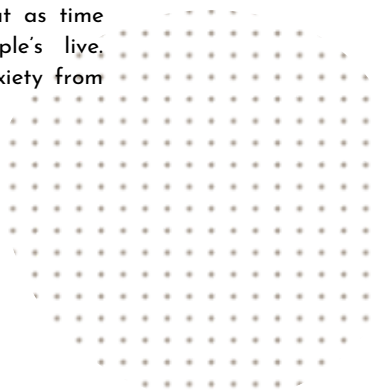


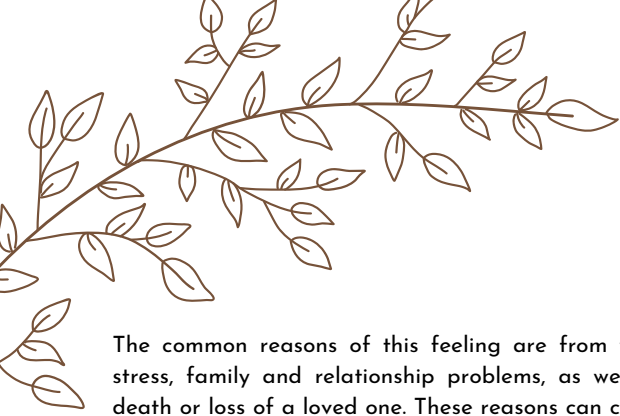
By Adeson Lim

ANXIETY IN YOUNG GENERATIONS



Nowadays anxiety disorder becomes so common that it might become a believe that everyone experiences it at least once in their lives. A lot of people think that it is not dangerous and it is a normal thing to experience it. It is true that everyone has anxiety at some point but this is a serious thing that we need to point out. Anxiety is a feeling of unease, such a worry fear, that can be mild or severe. At some point all every people have these feelings of anxiety. People who let this anxiety stay on their mind and think that these thoughts are not that serious, will soon experience further mental health problem. At first this anxiety are just thoughts, but as time goes on these things will affect people's live. Sometimes we unconsciously have this anxiety from small things.





The common reasons of this feeling are from work stress, family and relationship problems, as well as death or loss of a loved one. These reasons can cause in overthinking. Many young generations overthink everything even though they already have a lot in mind, and this is the reason many young generations are having anxiety problems that led to severe disorder. Some may think that this anxiety will not last in a long time, but some of them suffered long-time anxiety and this can cause in other physical and mental health disease, this gave an impactful damage to some people and affect their routine in life.





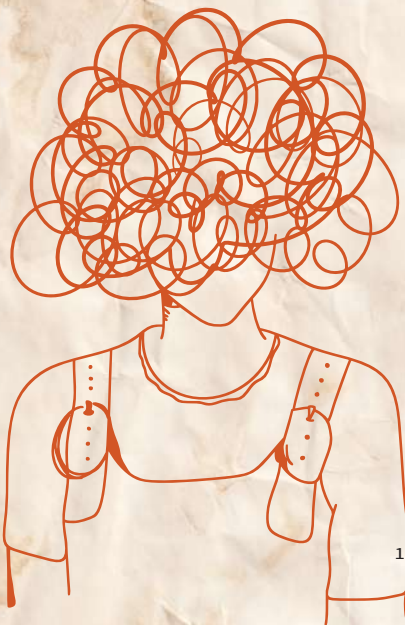
Firstly, the reason of people is having anxiety is because of work stress. Some people think that work stress can be only experienced by adults, that already have a full-time work job. But in fact, a lot of young generations also suffer this situation. Work stress happened by the pressure of a lot work given at a time. Lot of students taking this seriously because they overthink that they will not have the time to finish it, or the ability to execute the work by using their best effort, or even they overthink how to manage the time to get this work done. Some of them also experience this feeling not because they do not have time to do their work, but because they manage their time badly. For example, they think that a week deadline was still a long time, but they don't think about other work that will be given, so that their work was piled up and make them not having any motivation to do it, and this leads to anxiety of not able to do their work on time. Sometime work stress also comes from the pressure of seeing someone doing better. This makes us overthink on how to be better in doing our work. In some point, this anxiety will be good so that we can work better, but some might fall into overthinking on how they can ace this work.

Secondly, the reasons of anxiety came from family, relationship problems, and lost or death of their loved one. Every family have their own problem, but some people take this into their social life and it makes them hardly enjoying of whatever they do in the present.

Relationship problem does not mean a love life only because this also includes circle of friends. Many young generations are having FOMO, or fear of missing out. If their friends are having meeting together such having dinner together, and they can't attend that meet, they feel missing out, and this will cause them to have a lot of thought, "people might me talking about me", "what are the conversation they have without me", and this thought leads to anxiety of not included in a conversation, and fear of missing friends. This can be helped by having more than one circle of friend, they can be busy with other activity rather than thinking of what should they do if he or she misses a meet or even party.



Lastly, the effect of anxiety to human body also needs to be looked seriously. Young generations taking this anxiety as an overthinking thought, but in fact this also can affect in people's life. Some people with a lot of things in mind makes them to feel dizzy and experience headache which lead to depressions. Some people that have sever anxiety don't have any willing to take on food, they skip their time to eat, and this leads to some digestion problems. Some people also that suffer sever anxiety, overthink their problems, making them hard to sleep, and leads to insomnia. Insomnia keeps them awake all night long, and this makes the organ inside the body unable to rest, and this might cause another disease with unhealthy condition of the organ inside the body. That is why we should take this problem seriously, that is also the reason why psychologist exist, because this problem needs help to be cured. People with anxiety usually close themselves to the other, and this makes them even more depressed.



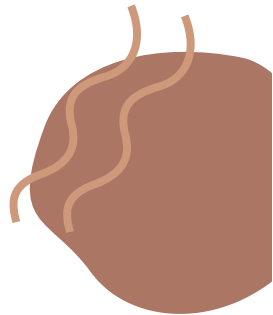
Conclusion!

anxiety, it is normal to every people, but if these problems not handled correctly, this might lead to severe anxiety that will affect all things in life. Try to find help if these feelings start to affect our mental health, psychologist are there to help, or if you are not comfortable talking to other, you can be open to someone u close with, speak to them, release all the problems you have. Other things can be done are is having an activity that will release your stress and this will help you to have moment of yourself to get better, and become more productive in your daily life. You can find a new positive circle of friend that can help you not to overthink every problem you have, and always remember that you can rely to someone, not only to yourself.




By Michelle Njiau

ANXIETY IN YOUNG GENERATION IS RISING



Nowadays, whether we realize it or not, we may hear more and more complaints from teenagers who feel anxious. Unfortunately, it's not just because of following the trend as many people think. According to the American Psychological Association, anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. The anxiety of the younger generation goes beyond being caused by many concerns that inevitably have life-threatening consequences such as suicide and mental illness. According to the National Institutes of Health, nearly 1 in 3 of all adolescents ages 13 to 18 will experience an anxiety disorder.



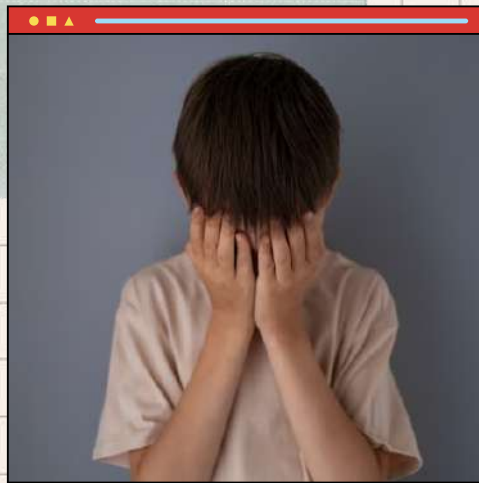


These numbers have been rising steadily; between 2007 and 2012, anxiety disorders in children and teens went up 20%. Also The Indonesian Health Ministry reported that the prevalence of emotional disturbance of students at age 15 years and above is about 6% (Riset Kesehatan Dasar, 2013). Living as much as excessive expectancies and steady strain play a massive position in constructing up anxiety. Thanks to today's standardized testing, how well their future decisions are just on a mere testing score. The Higher Education Research Institute in 1985, they asked freshmen at the University of California Los Angeles (UCLA) if they "felt overwhelmed by all they had to do." In 1985, 18 percent said that they did. In the year 2000, 28 percent of UCLA's first-year students felt overwhelmed, and by 2016 almost 41 percent of first-year students felt that way.

Several reasons why teenagers are stricken with anxiety are internet devices becoming an unhealthy escape, free access to digital devices keeps teenagers out of uncomfortable emotions such as boredom, loneliness, and sadness. They end up trying to escape the discomfort through social media or the internet. They replace the opportunity to develop mental strength through the challenges of everyday life with the internet and their cell phones. Sometimes parents want to build their child's self-esteem with motivational words.



However, this motivation often goes wrong because parents encourage and praise their children unrealistically. This makes children afraid of failure and afraid of not being able to meet their parents' expectations. There's many parents who want their children to excel academically but forget about emotional intelligence. This makes many teenagers not understand how to live a good life such as managing time, fighting stress, and keeping feelings stable. Parents who are also always trying to manage their children with their desires arouse anxiety in the child because they will feel very guilty for not being able to follow what their parents expect. Forcing children to take part in lessons or clubs can make the children experience anxiety. They need time to play and learn without instructions.

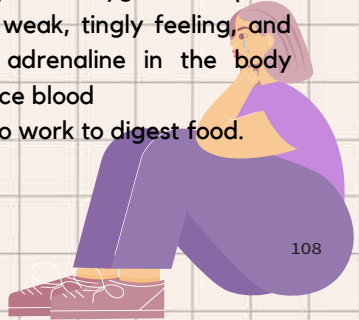


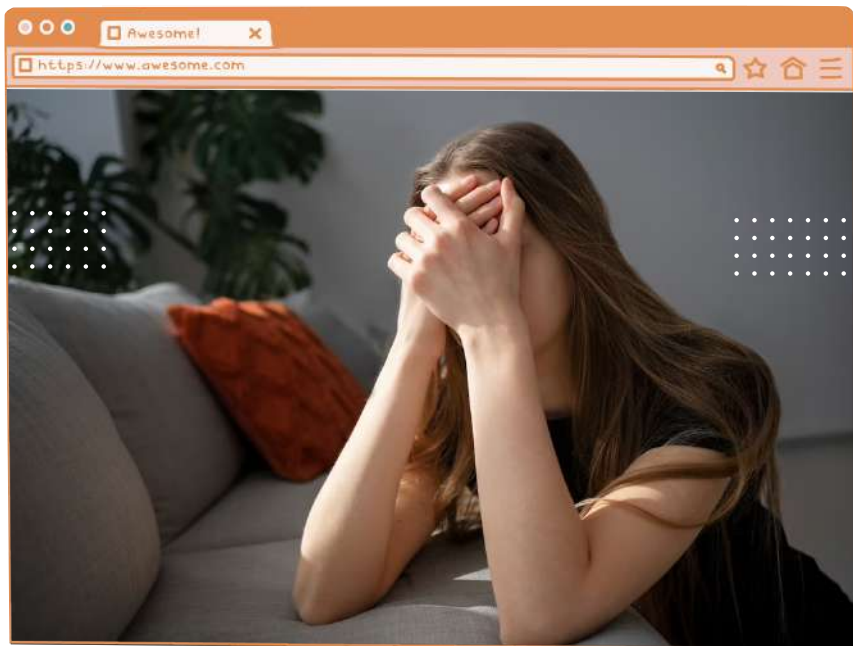
Anxiety Disorders

if left unchecked can interfere with body health such as, disrupting Body's Immunity, anxiety that is experienced in the short term can increase the immune system's response to current conditions. However, if anxiety occurs for a long period of time it can damage the immunity and the human immune system. This is because the hormone cortisol prevents the release of substances that cause inflammation, and turns off the infection-fighting aspects of the immune system.




Anxiety can cause the heart to beat faster, which is accompanied by an increase in blood flow but accelerated increase in blood flow can cause blood vessels to narrow, and this condition is called vasoconstriction. People who experience vasoconstriction will experience an increase in body temperature and make the body respond by sweating cold. People who often experience this can increase the risk of heart disease. When you're in a state of anxiety attack, Hyperventilation will happen. Hyperventilation disorders can make the lungs work harder to take in more oxygen and transport it around the body quickly. This oxygen absorption can give symptoms of dizziness, feeling weak, tingly feeling, and fatigue. Anxiety also will make your adrenaline in the body increase, which in this condition can reduce blood flow and can relax the stomach muscles to work to digest food.





Anxiety Disorders



Weakening of the performance of the abdominal muscles can cause a person to become nauseous, have diarrhea, and a feeling that his stomach is churning, and even lose his appetite.

Anxiety is a comprehensive sensation or fear that is normal in various conditions, but can become abnormal if it is excessive and out of proportion to the threat. Disturbed behavior patterns in which anxiety is the most prominent feature are labeled anxiety disorders. There are several types of anxiety disorders, namely panic disorder, generalized anxiety disorder, obsessive compulsive disorder, phobic disorder and acute stress and post-traumatic stress. Various theoretical perspectives explain the occurrence of this anxiety disorder, such as psychoanalytic, behavioral, cognitive, and biological perspectives. The different perspectives also have an impact on the different forms of treatment given to overcome anxiety disorders.



**THE CAUSES AND
EFFECTS
OF ANXIETY IN YOUNG
GENERATION**

By Bella Febriani Sentanu

Everyone experiences anxiety at some point in their life but some people find it hard to control their worries. According to the National Institutes of Health, over one-third of all adolescents between the ages of 13 to 18 will experience an anxiety disorder and the numbers of it increased by

20% between 2017 and 2012

First of all, anxiety is an emotion characterized by feelings of unease, full of tension, and worried thoughts about what is to come. Meanwhile, anxiety often experienced by youth nowadays and as such, it is important for us to understand or at least know the causes and effects of anxiety so that we can get the right type and level of care for ourselves and our surroundings. There are some common factors that could be contributing to triggering youth's anxiety.

The first one is social media. It is not surprising that youth nowadays are constantly connected to social media. Likewise, their self-esteem also becomes connected to every online response. At the same time, it makes them hard not to compare their life and social connections to what they see virtually that may end up experiencing anxiety. The second one is high expectations and pressure to succeed. Today's youth are under a lot of pressure to perform and succeed and tend to place high expectations on themselves. It is because people nowadays tend to keep up with the culture of achievement by standardized everything based on grades.

According to a survey done every year by Higher Education Research, in 2016, 41% of students said they feel overwhelmed by all they have to do compared with 28% in 2000 and 18% in 1985.

They have felt so stressed by pressure to succeed and end up feeling unable to cope with everything they do which may lead them to experience anxiety. Subsequently, there are some common negative effects which can be triggered by anxiety among young generation. Anxiety may have an impact on anxious youth's ability to participate and socialize in classroom discussion, group work, presentation, or other activities that involve social interactions with peers. Along with that, anxious youth tend to experience sleeping difficulty which is the most common effect of anxiety. They tend to worry about something and often submerge themselves in their thoughts and concerns in bed that keep their eyes wide open and staying awake all night end up having anxiety. Furthermore, if this phenomenon happens continuously, it may lead to some serious problem that no one ever wants it to happen.

To conclude, anxiety is a feeling that everyone ever experiences at some point in their life; however, by knowing the causes and effects of it, we can get the right type and level of care for ourselves and our surroundings to cope with anxiety. There are two common causes of anxiety among young generation, social media and high expectations and pressure to succeed. Following that is two common effects of anxiety which are difficulty with social interactions and trouble sleeping. Along with that, keep in mind that if the effects of anxiety happen continuously, it might go further to some serious problem that no one ever wants it to happen. Thus, it is important for us to pay attention to the causes and effects of anxiety so that we might prevent things from going too far and be able to take good care of ourselves and our loved ones.





INCREASING ANXIETY IN YOUTHS

By Eveline Metadewi Hartono



Have you ever felt restless or fear of the worst, as if the world is speeding up or slowing down around you? If so, then you are experiencing the common symptoms of anxiety. According to the American Psychological Association, anxiety is defined as an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. In this time of day where social standardization and technology keeps evolving, anxiety in young generation is a critical problem to tackle. Believe it or not, youngsters tend to have higher levels of anxiety than adults in 2019 – 19% of all U.S adults have suffered from an anxiety disorder, as opposed to nearly 32% of youngsters (National Institute of Mental Health, 2020). A survey by CDC (2020) found that 9.4% of the U.S. children aged 3-17 years (approximately 5.8 million) had diagnosed anxiety in 2016-2019. Furthermore, anxiety can also bring serious mental disorders.

In fact, the National Institute of Health discovered that nearly 1 in 3 of all adolescents ages 13 to 18 will experience an anxiety disorder. In worse cases, severe anxiety can also exhibit suicidal ideation. In the 2016 Canadian National College Health Assessment, 65% of post-secondary students reported experiencing "overwhelming anxiety" in 2015, in which 13% had considered suicide. It goes beyond saying that anxiety in young generations is caused by a lot of concerning factors which will inevitably bring life-threatening effects such as suicidal attempts and mental disorders.



Living up to high expectations and constant pressure play a huge role in building up anxiety. Thanks to today's standardized testing, performance-based culture, career planning and college admissions, adolescents may confront intense competition to succeed in ways that the past generations did not. The UCLA Higher Education Research Institute has been asking new college freshman aged 18-19 if they "felt overwhelmed" by everything they had to complete since 1985. In the first year, 18% of respondents said yes. By the year 2000, it had risen to 28%. By 2016, it had risen to over 41%. To further support the statement, an online UK stress poll discovered that six out of ten young people aged 18–24 (60%) have been so overwhelmed by pressure to succeed that they felt unable to manage.

On top of that, adults often have high hopes regarding academic aptitude, extracurricular activity and athletic ability. A 2019 survey by Pew Research Center found that 61% of teenagers think they are under a lot of pressure to earn excellent grades. While one-fifth feel compelled to participate in extracurricular activities and excel at sports (21% each). As a result of excessive pressure, youngsters often experience sleep deprivation which increases anxiety and anxiety makes it even more difficult to sleep – a cruel cycle. According to a 2010 large-scale study published in *The Journal of Adolescent Health*, 23% youngsters only get 6 hours of sleep on an average school night and 10% get only 5 hours due to unreasonable expectations.

High expectations can also bring disappointment which leads to low self-esteem. It is given that we will not always win and will not always score well in life. The continual pressure to succeed interferes with youngster's identity formation, making them feel inadequate or afraid that their success was a fluke. Based on 2019 research with a participation of 1,149 Vietnamese students pointed out a prevalence of 19.4% students with low self-esteem were detected due to high educational stress. Lastly, parental pressure to achieve high scores, to be flawless and perfect results in high amount of stress, anxiety and even suicides.

In 2017, University of Western Ontario researchers interviewed friends and family members of people who had committed suicide and reported that 56% of individuals who died had a "perceived external pressure to be perfect." Similarly, a 2013 study indicated that 68% of youth who attempt suicide had faced high expectations and demands, both of which are common qualities of perfectionism.

Besides overwhelming expectations and stress, social media is also one of the major factors that cause anxiety and depression. Social media pressure that youngsters often experience are congruent with typical concerns like social standing and self-image – pressure to get comments and likes, post positive and attractive content. In result, it creates a sense of inadequacy which turns into damaged self-esteem – often showing signs of anxiety like feeling nervous or inferior towards others. A 2020 report by Common Sense Media 'Children, Teens, Media, and Body Image' found that 35% are worried about being tagged in unattractive photos; 27% feel restless about how they look when posting photos; and 22% felt bad about themselves if their photos were ignored.

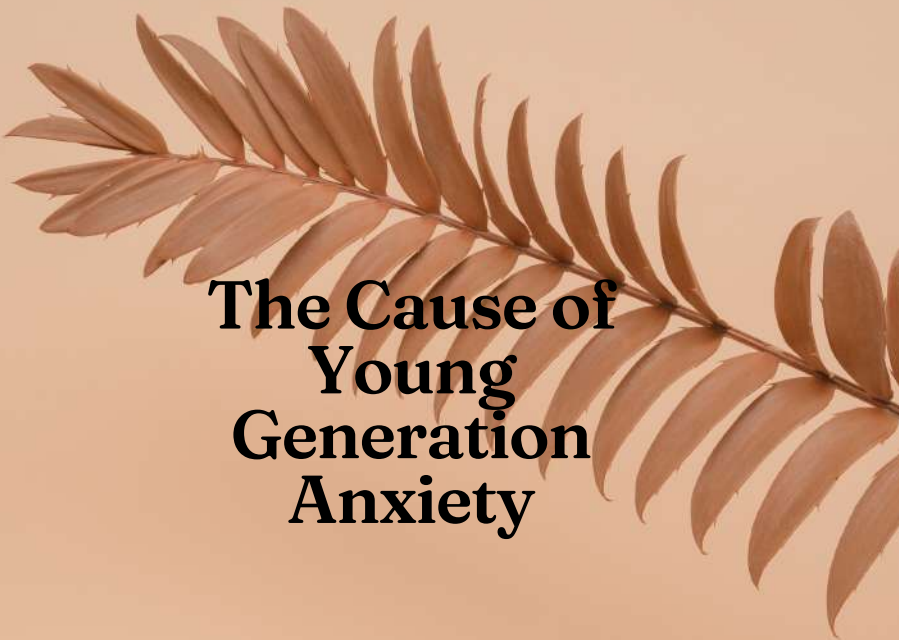
In addition, social media has a cultural norm of 'always being online' which causes digital "FOMO" and heavy reliance. In the study of Tomczyk and Selmanagic-Lizde (2018), 20% of adolescents experienced symptoms of digital FOMO and 30% ran the risk of becoming addicted to social media. Consequently, this will bring emotional attachment such as developing fear of missing important events when offline.

Hence, feeling restless when offline and having a constant urge to check their social media. Research has shown that up to 20% of adolescents feel very restless when they cannot look at their smartphone and that they fail to reduce spending time on it (Mediaraven & LINC, 2018). Constant digital access to others allows people to see what they're losing out on, which has been linked to emotions of discontent, anxiety, and unworthiness (Abel et al., 2016; Przybylski et al., 2013). Individuals tend to become more anxious, irritable, feel more inadequate, and have lower self-esteem after viewing social media (Abel et al., 2016). Last but not least, negative interactions in social medias expose youths to cyberbullying, rumor spreading, or appearance comparisons.

A survey done by Pew Research Center (2018) indicates that more than 59% of U.S. adolescents have experienced harassment online. 42% have been called offensive names, 32% experienced false rumors, and 25% received unwanted explicit images. Constant comparisons about our self-image or having misleading and harmful personal information about yourself shared in social medias can exacerbate social anxieties and suicide attempts. Statistics show 37% of cyberbullying victims will develop social anxiety (Ditch the Label, 2020). Journal of Health Economics 2017 further demonstrates that harassments in the digital world increases suicidal thinking among victims by 14.5% and increases suicide attempts by 8.7%.

Anxiety in young generations is a large-scaled mental health issue that is caused by unsettling factors like excessive expectations and development of social media. It will bring negative effects to our fellow youngster's well-being, including low self-esteem and suicidal thoughts. Anxiety needs to be handled with proper treatment since the early stages before developing into serious disorders that may bring severe consequences. It is time for older generations to take anxiety seriously – just as real as physical disorders like stroke or cancer – and pay more attention to the little ones.





The Cause of Young Generation Anxiety

By Jacqueline Kelly Setiawan

It is concerning to think that the young generation often faces anxiety in their early age even though it seems normal because people assume it's inevitably going to appear eventually. Regardless of their mindset the data published by an organization called 'Centers for Disease Control and Prevention' statistics on children's mental health indicates that 9.4% of children aged 3-17 years (approximately 5.8 million) had diagnosed anxiety in 2016-2019 (CDC, 2020) and the rates keep increasing over time. There are many aspects causing this miserable situation, but before that it may be best to understand the meaning of anxiety first. According to Britannica, anxiety is a feeling of dread or apprehension without clear justification (Britannica, T. Editors of Encyclopedia, 2022).

In general, children cannot overcome their fears and worries, they are powerless, which gradually leads to anxiety (CDC, 2020). Adults are obliged to resolve this issue sooner or later and the most excellent way of stopping this is to understand the cause of it. It appears that anxiety in young generation show predominantly because they are exposed to environmental pressure, hormone change and overused social media without any preparation beforehand.





The first cause of anxiety is pressure from the environment, this usually overlooked by people but it's absolutely making a big impact to young adults. The environment is either from internal such as high expectations of themselves or external aspect like peer pressure from so called friends. Many young adults struggle with their tremendous standard of life, this is not very welcoming because having unrealistic expectations may give them unnecessary feeling of anxiety (Star, K., 2020). Research confirm that the overboard of high expectations or in other word, perfectionism has been considered an underlying process that can slowly contribute to the increasing of anxiety in children population (Affrunti, N. W and Woodruff-Borden, J, 2014:299).

Not to mention perfectionism is usually used by young adults to be seen good or ideal by other people, implying that the goal is also motivated by fear of how other will perceive, which means it returns to anxiety state again (Star, K., 2020). Young ambitious people commonly do well at school in order to have high degree of studies. A lot of them also engage in school activities or community and some of them even try part-time jobs recently. It's not just that, they also manage to maintain their social life and do chores at home repeatedly without rest. As a matter of fact, it's clearly not possible to maintain the ideal life every day, it's because they will not have time to take care of their health and as a result they will receive sleep deprivation that leads to anxiety.



Another reason related to environmental pressure is the external side which is the peer pressure. The negative peer pressure is usually covered in bullying, a researcher explained that being a victim of this vile behavior may result in anxiety for a long-term risk (Pickering L, et al, 2020). A study done to Taiwanese adolescents aged 11-18 years obtain a new knowledge that the perpetrators of verbal and relational bullying have more severe social anxiety than those who are not (Pickering L, et al, 2020) this indicates that even the bully have anxiety but they did awful things to other in order to hide their real feeling.

Another example, a girl named Faith-Ann Bishop currently in eight grade is suffering from an extreme anxiety to the point that she cut her soft skin (Schrobsdorff, S., 2016). She was afraid of her grades, future, relationships and almost everything. This shows how anxiety in young generation is cause by internal and peer pressure aspects. This is indeed so concerning because inner her always fighting for this matter almost every chance she has.

The next reason is the hormone amendment in young generation or stress over puberty. This conversion may bring a new point of view and most likely worsening their mood because of the changes in their body that may lead to anxiety (Geng, C., 202). The change part usually consists of getting more weight, height, body shape or hormonal. In puberty, social and emotional behavior may change a bit and there will be more vulnerable to social anxiety (Ferri, J, et al, 2014). From the statement earlier it's easy to understand as to why more young generation often have anxiety inside their mind.

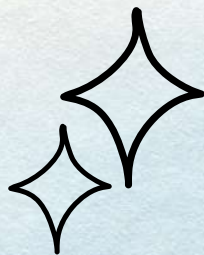
As a result of the overused social media, young generation keep being exposed by bad influence and slowly develop a new concept online named fear of missing out (FOMO). Instagram as one of the most used social media in the world, researcher found that this platform indeed affects every user mental health (Wells, G., 2021). In fact, around 27% children spend 3 or more hours a day as a proof of poor children mental health (Hilliard, J., 2021). The anxiety will keep lingering until it triggers the online phenomenon named FOMO (Hilliard, J., & Parisi, T., 2022).

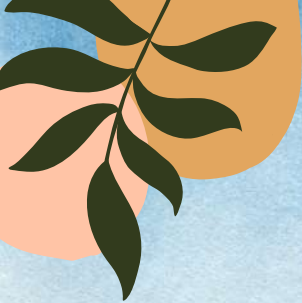


A study from Harvard university stated that social media bring horrible effect on the emotional users, impacting their daily lives (Hilliard, J., & Parisi, T., 2022). The extreme fear of missing out in social event is more or less adding a fuel to the fire. The despair in their face if they can't join the fun outings or activities because of obligations may bring them sorrow. Aside from that there also will be numerous cyberbullying incident that may contribute to increase the anxiety for the young adults as well.

As a consequence of those actions mentioned earlier, it has caused enormous anxiety to the young generation. Studies have shown that pressure from environmental include internal and external aspects, hormone changes, and overused social media is proven bad and increased anxiety for adolescent. With this, it is clear that more people will know the causes of the case and understand what young generation is going through. Therefore, instead of just pretend to ignore the main causes, it's better to work together and establish some ways to prevention measures.

Chapter IV






Homeschooling



**Effects and
Potentials
of
Homeschooling**

By Lievia Veda Setiawan



Homeschooling has been a controversial yet starting-to-become-popular method of teaching that is slowly being integrated into the society around us. As the normal "standard" and "generally accepted" method of education becomes more and more abstract, parents turn to homeschool to provide the best quality of education for their children according to their own standards and needs. Statistics from the National Home Education Research Institute in the United States show that more and more parents are slowly moving away from the publicly accepted education system where kids are put in classes according to their age and are expected to understand taught lessons by themselves while having no opportunity to evolve and learn based on their interests and learning capabilities. However, homeschooling itself became a controversial topic because the potential risks weighed down on their children upon growing up are significant and should not be ignored. While there are lots of potential benefits provided through homeschooling, risks are due to multiple important variables in providing good quality education to children at a young age.

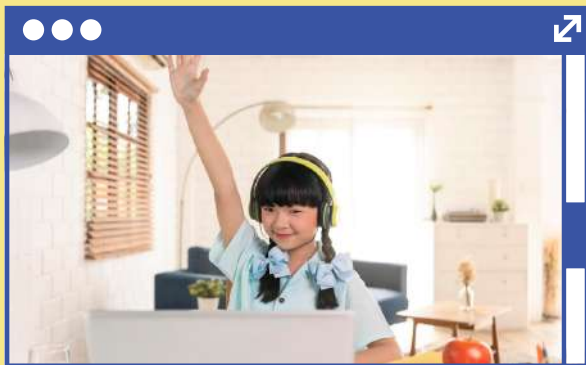
Some of the most compelling arguments in regards to supporting homeschooling is that homeschooling tends to provide a better quality of education and students are able to develop and flourish into much smarter and more creative individuals. Home-educated students would typically score much higher percentile points than public-schooled students based on academic tests (Ray, 2015). Children are also given better opportunities to flourish according to their talents and are able to learn based on their learning capabilities.

Compared to public schools where students are expected to keep up with the class and would end up being left out when their class proceeds with the following materials. This in turn caused students to fall behind in their studies and end up performing poorly academically



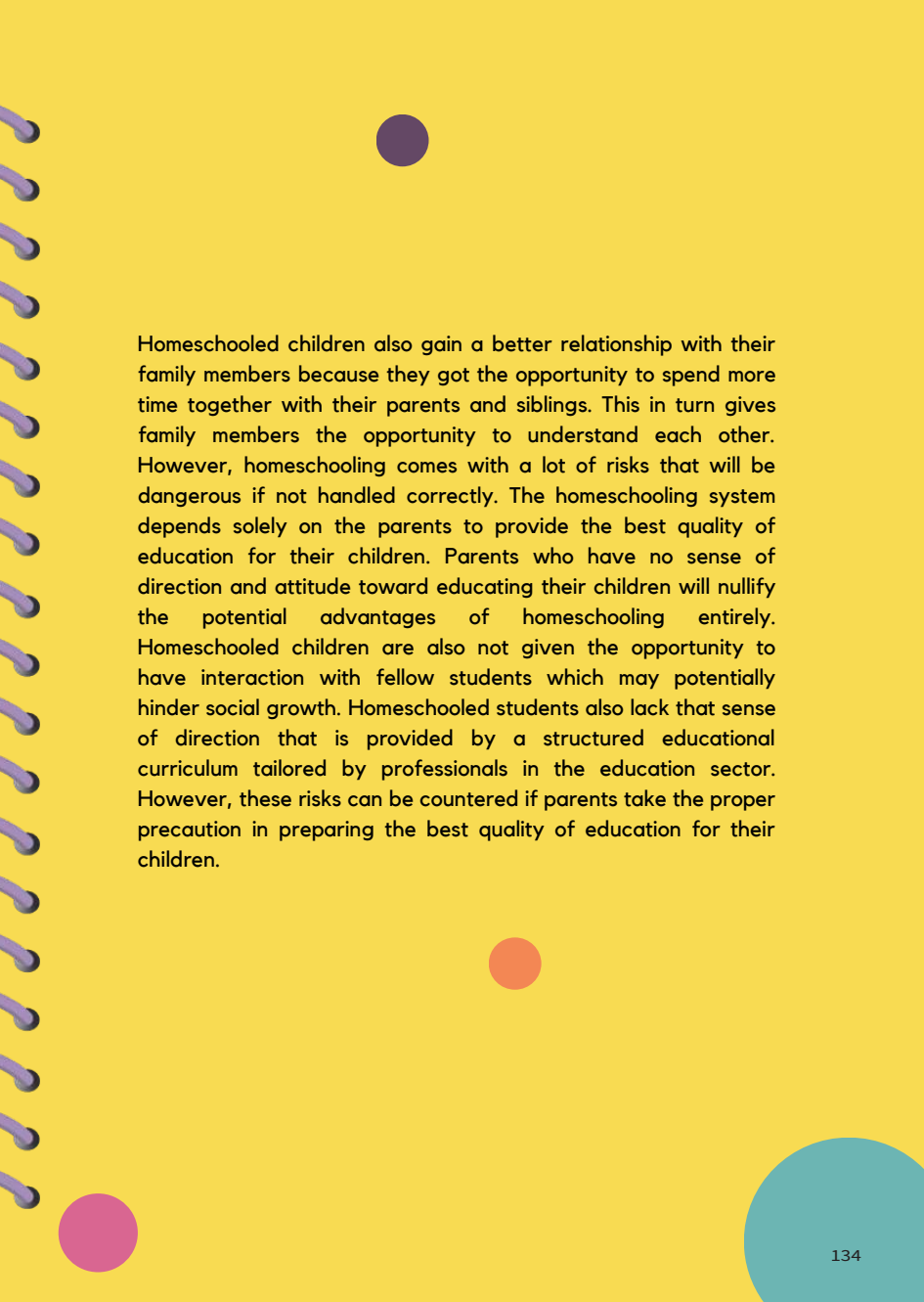
Homeschooling allows children to spend more time with their parents as well as parents which builds better, stronger, and deeper relationships (NHERI, 2021). Spending most of their time learning and interacting together provides an opportunity for family members to understand and accept each other which leads to a stronger family tie. Homeschooled children also tend to be more socially engaged and are much more developed on social, emotional, as well as psychological aspects compared to those who are taught in conventional schooling system (Ray, 2017).

On the other side of the arguments, people argued that homeschooled children lack in social interaction and are bound towards isolation as they don't get the chance to interact with other students as usually happen in conventional public schools. Homeschooling systems lack in a structured way of learning which causes students to skip important subjects, significant in building a deep understanding on certain subjects such as natural sciences where students are required to learn the basics before moving on the much more advanced materials.



The curriculum of teaching depends entirely on the parents to create a well-structured method of learning so students may have a sense of direction towards where they are headed (Allison Academy, 2021). Homeschooling is also very dependent on the quality of parents who teach them. Parents need to have the correct motivation, interest, and attitude towards teaching and education in order to provide the best quality of education for their children. Without these, students won't be able to evolve into a functioning member of society upon adulthood (Baidi, 2019).

Both sides of the argument provided strong and compelling arguments to support or contradict the idea of homeschooling. Homeschooling retains a very high probability of success if done correctly. Studies proved that homeschooled students performed much better academically per standardized tests; achieving a consistently higher percentile score compared to public schooled students. Students were able to keep up with their studies and understand topics on a deeper level whereas publicly schooled students are rushed to understand a topic.




Homeschooled children also gain a better relationship with their family members because they got the opportunity to spend more time together with their parents and siblings. This in turn gives family members the opportunity to understand each other. However, homeschooling comes with a lot of risks that will be dangerous if not handled correctly. The homeschooling system depends solely on the parents to provide the best quality of education for their children. Parents who have no sense of direction and attitude toward educating their children will nullify the potential advantages of homeschooling entirely. Homeschooled children are also not given the opportunity to have interaction with fellow students which may potentially hinder social growth. Homeschooled students also lack that sense of direction that is provided by a structured educational curriculum tailored by professionals in the education sector. However, these risks can be countered if parents take the proper precaution in preparing the best quality of education for their children.

ADVANTAGES OF HOME SCHOOLING

WAY TO OBTAIN A QUALITY EDUCATION

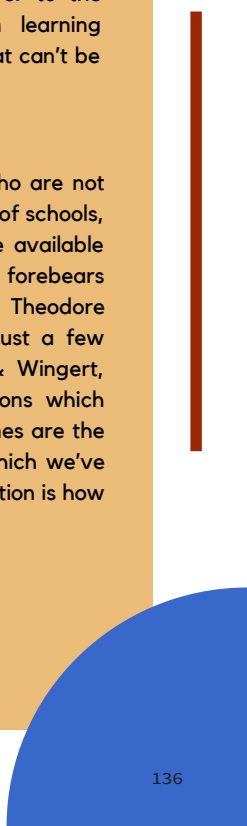


By Bella Febriani Sentanu



Every parent wants quality education for their children. It is natural that every parent wants their children to be smart and make them proud by having quality education with a fun learning atmosphere. But in fact, those things are rarely found in public schools. The idea finally came from parents to educate their children at home in a school institution and so called homeschooling. Homeschooling is also known as the term independent school or home education or home-based learning (Susilo, 2009). This homeschooling can be the answer to the solution of getting quality education with a fun learning atmosphere since it also provides some advantages that can't be found in any public schools.

Homeschooling can be the solution for children who are not able to be educated due to geographic isolations, lack of schools, and the flexibility of study or the lack of fit with the available schools. It can be proven by the fact of many of our forebears such as George Washington, Abraham Lincoln, Theodore Roosevelt, Thomas Edison, and Albert Einstein are just a few alumni of homeschooling (Clark, 1994; Kantrowitz & Wingert, 1998). All of them were educated due to the reasons which already mentioned and as we all know that those names are the historical figures and the inventors of many things which we've been using their invention until now. And now the question is how can homeschooling bring out those genius people?



Within the context, the process of teaching and learning in homeschooling will be able to create a more pleasant atmosphere which can lead to create more creativity and independent of a child. Perhaps this result comes from the foremost distinction of homeschooling which provides the ultimate expression of parental involvement (Jeynes, 2006). By involving the parents, children will feel more free to express their works and make them not dependent on others.

In other word, it helps children to grow more and understand themselves and their role in the real world with freedom of expression without being worry about getting a reproach or feel less value from friends. Further support, research has shown that increased parental involvement improves student outcomes (Jeynes, 2003a, 2007b). Meta-analyses and the examination of nationwide data sets suggest that the most potent components of this engagement results from the family interactions and expectations that occur in the home rather than parents participating in school-based functions (Jeynes, 2005, 2007, 2010).

Lastly, homeschooling also means that the world is your school-house, in which, it provides an effective process of learning. Children are not confined to the four walls of a building, instead they are out and about interacting with people such as children their own age, adults, and even older people. They also have more time and chance to ask many things they want to know about to the teacher or parents.

The effective learning process given by homeschooling also has a big impact on the academic result. It can be supported by the statement from a report published by the Educational Resources Information Center (ERIC) and funded by Office of Educational Research and Improvement, U.S. Department of Education, states that the homeschoolers' achievement test scores were exceptionally high. Because of this effective way of learning, children can gain insights and experiences in the real world and can set their goals, which are implied from their own experiences, into which they will enter as well-rounded adults (Suarez, 2021).



Despite all of the advantages, some parents might have some considerations and one of the most outstanding one is about their children' socialization. Because homeschoolers tend to have a smaller circle of friends since they have less daily interaction with the groups of children within the same age. It might be true that homeschoolers might have a smaller circle of friends but they will be far from the social issues such as the social pressure which may reduce self-esteem and discourage learning and even bullying environment.

Furthermore, the connection which homeschoolers built consists of varying ages and skill levels of people. At the same time, it is good for the children because their connection is affected by their own real-life skill building in which can be stronger by the home-based learning rather than the school based learning.



To Conclude

although there are some considerations with the homeschooling system; there are also high possibilities which allow children to experience and have the distinct advantages of homeschooling. However, homeschooling can be a good answer to the solution of educating children with a fun learning atmosphere without worrying the problems such as lack of schools or geographic isolation. Children can ask whenever and whatever they want to know about to their teacher and parents. Remembering that homeschooling is also about involving parents, it allows children to grow and explore more into their creativity and build their independent behavior. Further support, by homeschooling, children can learn from anywhere and anyone which can also affect their real-life skill building. As such, homeschooling can definitely be a good choice for children to obtain a quality education.



THE ADVANTAGES



OF HOMESCHOOLING

By Verlyn Verlandy

It seems likely that homeschooling is better for children's mental health. If a child has social anxiety, depression, or brain health issues, one benefit of homeschooling is the ability to focus on their mental and emotional well-being. Parents can devote more time to their child's therapy or medical needs. Homeschooling also protects children from bullying, shooting and other forms of violence. In 2016, the National Center for Education Statistics asked parents of home-schooled children to determine the most important reason for homeschooling their children. "a concern for the school environment, such as safety, drugs, or peer pressure," was the most popular. Because of that, homeschooling is a good option. Not only they are surrounded by loving family members, children can also feel safe at home.



Some people may also argue that homeschool is limiting the child of social interactions with the real world. While it's true that homeschooled children might feel lonely and have no group of friends, but there are many ways in which you can keep a homeschooled child involved with others. The National Home Education Research Institute discovered that homeschool kids participate in social and educational events outside of their homes with people who are not members of their family on a regular basis. Field trips, scouting, 4-H, political campaigns, church ministry, sports teams, and community volunteer work are all frequent activities for them. If the parents give them opportunities to socialize, they will appear not only well educated but also well socialized.

In conclusion, homeschooling has more advantages than either public or private school. It offers a personalized education that is not restricted by a curriculum. Children can learn about topics they are interested in. Homeschooling provides a safe environment for children with mental health issues. Homeschooling also protects children from violent acts by surrounding them with loving family members.





THE CONCERNS OF HOMESCHOOLING

By *Vincent Devano*





Homeschooling, or elective home education, is defined by the UK Department for Children, Schools and Families as "...parents' decisions to provide education for their children at home instead of sending them to school" (2007). In simpler terms, it is an alternative method of education where one or both parents choose to teach their child at home, instead of at a formal learning institution like a school. The topic of whether or not homeschooling is comparable to traditional methods of education is one that is hotly debated, but I personally think homeschooling isn't as good as a formal learning institution when it comes to obtaining a quality education.

The first and biggest issue, in my opinion, is the lack of a standardized structure. Every formal learning institution has to adhere to a curriculum, which is either issued by the government or predetermined by said institutions. A curriculum essentially tells the institute members (students and instructors/teachers) what and how long they're meant to study. Since homeschooling is independent from these institutions, it has no standard structure for learning. This lack of structure can make the education process impossible, unless the parents are able to make or find a curriculum.

Even then, not all curricula are created equal, and the lack of a schedule can allow for a child/parent to lean too heavily into a specific subject or topic, leading to an imbalance in their subject mastery.



The second issue is credibility. When a person graduates from a formal learning institution, they're given an official diploma which states the institute they graduated from, as well as their performance in certain places. In the case of homeschooling, this simply isn't a thing. Instead, the parents, as homeschool instructors, are required to produce and sign a diploma for their child/children, either by buying a blank diploma template from certain homeschooling organizations, or making their own diploma.

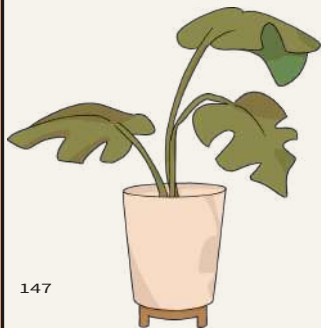
In addition, there's also the stigma of homeschooling being laid-back and unchallenging, which certainly doesn't help the reputation and/or credibility of homeschooled children.





Of course, homeschooling isn't all bad. While the lack of a rigid curriculum, as mentioned above, can lead into a lack of educational direction, it can also provide freedom and flexibility other education methods might not have. Homeschool children get to choose how long and hard they want to study, and the parents get to choose how they want to teach, as well as the freedom to adjust their curriculum to fit their child/children's needs. As an added bonus, both the children and the parents get to participate in education from the comfort of their own homes, which of course makes learning more enjoyable for both parties. However, I still think the upsides stated here simply do not carry enough weight to balance out the downsides of homeschooling. Comfort and freedom cannot justify a lack of structure and a lessened amount of credibility compared to traditional education methods.

All in all, homeschooling as an education method certainly has its pros and cons. It provides freedom in execution, but at the same time, it lacks structure and has less credibility than formal learning institutions. These reasons have led me to conclude that homeschooling is worse than traditional education methods for earning a quality education.



THE NEGATIVE EFFECTS OF HOMESCHOOLING

By Averina Sheryl Phoalino

Today

There is a significant growth in the number of home-schooled children by around 2% to 8% in recent years. It implies that more parents are likely to choose to homeschool their children. What is homeschooling? Homeschooling is the type of studying that provides children to study at home by their own parents or through organized programs. There are many reasons why parents choose homeschooling for their children. A statistic from The National Household Education Survey (NHES) provides that over 26 percent of parents claim the negative environment of the traditional school to be their main reason. Some parents also believe that homeschooling can give a better quality of education rather than traditional school. Regardless of these considerations, it is believed that there are two main reasons why homeschooling can give a negative effect to children.



Today

Home-schooled children tend to have a lesser level of concentration. According to highspeedtraining.co.uk, there are about 49 percent of parents who struggle to keep their children on study throughout the day. It is hard for children to concentrate when there are a lot of distractions around them. It is different with public schools that have learning environments. If parents or the organized programs could not give the good atmosphere their children needed, it tended to be hard for children to fix their attention which can cause the decrease of learning intention.



The second one is lack of facilities. Not all houses provided proper facilities for their children. The facilities at home cannot be compared to the facilities that were obtained from traditional school. At school, children were provided with sports facilities and areas, also laboratories which can help children to explore and experiment more than just studying theory. According to allisonacademy.com, homeschooling can cause a financial burden for the parents to buy extra materials. In this case, low-income families may face some difficulties.

On the other hand, it is claimed that homeschooling can give children a benefit of flexibility and freedom of learning. This is justifiable, but the flexibility and freedom of learning tend to make children to be more inconsistent and not taking their lessons seriously. This can lead them to slow down the pace and affect their progress to learn effectively.

Homeschooling might be a bad idea for children. Home-schooled children tend to have a lower level of concentration which can lead to the decrease of learning intention. While not all homes are able to provide adequate facilities for their children. Besides that, even though homeschooling provides children with the benefit of flexibility and freedom of learning, it tends to make children more inconsistent and not take their lessons seriously. In the end, this will affect the quality of children's education.





BETTER EDUCATION WITH HOMESCHOOLING

By Michelle Naritha

Notes

Education is not just restricted to school. Education has always been associated with classrooms and schools where teachers tell new knowledge to their students. Such assumptions become a stereotype of association in every country worldwide. According to Farrent, J.S (1980), education has been a learning process since we were born into the world. There are several schooling methods globally. Formal education directs to an education procedure that operates from primary school to university. And then, there is a homeschooling system, an informal education where children study or learn primarily in their own home. This education system is alternative schooling for children to enhance their knowledge quality and faith importance (Razi, 2016). On this day, many parents took Homeschooling to educate their kids, it is believed that Homeschooling can develop a child's intelligence and build the child's noble character.

Homeschooling is a form of additional organic education with a supportive educational environment that can develop children's intelligence. This informal education system adjusts the pace of understanding that the child owns. Homeschooling provides enough extra help and support whenever the child struggles with this kind of method to permit them to perform in their areas of strength (Kaur, 2018). These education methods can also make children know their passions and talents, such as music lessons, games, math, performances, or maybe sports. When some child is inquisitive about a typical subject, homeschooling will help them explore and increase their ability. Furthermore, homeschooling learners achieve grades beyond standard on achievement examinations despite their parents' level of formal education compared to the state school students (Brian, 2021).



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There is no doubt that homeschooling builds the noble character of the child. Research has found that homeschooling has built an excellent emotional standard of social-psychological development, leadership skills, family cohesion, and student self-esteem than the usual average. Studies show that 87% of homeschooled students' emotional and social character perform better than those state school students (Brian, 2021). The State school environment has never been free from terrible school situations such as horrible school gangs, racism, bullying, and teasing weak kids, but children can be protected from that horrible hostile environment with the homeschooling system. Moreover, homeschool students are also dubious about pursuing the thoughts of a group without first creating up their senses. College homeschooled students show that they feel that when communicating with other people, they are more adult than their dorm friends because they understand how to think for themselves and are not exploited as readily by peer anxiety (Raise Smart Grade Schooler, 2015).

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Even though homeschooling can be a new way to improve students' quality of knowledge, mainly staying at home to learn something new can bring a destructive impact on them. For example, the student does not have social skills and has a difficult time doing teamwork. While it is sensible that their less knowledge and experience in the outside world could impact their social life, it does not remove the fact that this kind of educational system could develop a child's intelligence and build the child's noble character.

Homeschooling is an alternative education system or informal education that provides children to upgrade and explore their quality academic knowledge. Nowadays, parents give their children a homeschooling system to educate their kids. This kind of education method can develop a child's intelligence and build the child's noble character. Furthermore, with a supportive educational environment, homeschooling can develop children's intelligence by allowing them to study at their speed, discovering and exploring their passion, which makes them get a higher score than the usual average. Moreover, homeschooling builds the child's noble character to be mature and more independent than the state school students. Children can upgrade not just their intelligence but also their character. This system can bring so much benefit to improve our children's quality knowledge and personality.

**HOMESCHOOLING
AS AN
ALTERNATIVE
TOWARDS
TRADITIONAL
SCHOOLS**

By Daffa Arsyia Putra



Homeschooling is parent-directed education from the comfort of your own home (Ramsey Solutions, 2023). Families might choose to homeschool their kids for lots of reasons, but freedom is usually at the top of the list. By teaching from home, parents have the freedom to choose their own curriculum, customize their school schedule to fit their family's needs, and even take learning on the road. Because of the freedom it offers, homeschooling became much more popular these days. According to parents.com, there are now more than 2 million children being homeschooled in the U.S., with the percentage rapidly increasing each year. With that being said, it's safe to say that homeschooling is a good alternative towards schooling.

Luffman in Amalia (2014) stated that Home Schooling occurs when a child participates in his or her education at home rather than attending a public, private, or other type of school. Parents or guardians are responsible for their child's education and can create their own curriculum guidelines. Most of her 80% of respondents agree that homeschooling is better than public school for some reason. The benefits are more effective learning, better education, better social development and, most importantly, the absence of violence.

According to pacer.org, rates of bullying vary across studies (from 9% to 98%). A meta-analysis of 80 studies analyzing bullying involvement rates (for both bullying others and being bullied) for 12-18-year-old students reported a mean prevalence rate of 35% for traditional bullying involvement and 15% for cyberbullying involvement. Because of this, school may not be the ideal place learn for some people. The best way to improve child social development are through a role model and that's why parents'/guardian role are detrimental towards child growth. Children on that age do have an ability to imitate someone's behavior and so it's important to teach them good things especially from adults.





Since homeschooling would be far from violence exposure, it gives an effective learning process environment. The curriculum made students able to choose what they want to learn. Students could choose what do they want to learn and to improve on. Students could get more unique learning experiences by learning it hands on such as going outside to learn science, art, math, and history in the real world. With this leaning freedom, comes with a big responsibility for the parents. Parents could encourage them to set their goals towards something while also supervising them. With goals, homeschoolers could have something to achieve while also improving on other aspects as well.

Although with all that being said, there is also some people who still doubt that homeschoolers abilities on learning compared to traditionally schooled students. However According to a report published by the Educational Resources Information Center (ERIC) and funded by the Office of Educational Research and Improvement, U.S. Department of Education, Homeschooler achievement test scores were exceptionally high. Homeschoolers scored better because of their learning process, curriculum, the materials, and their own set of goals.





In conclusion, homeschooling could really be a great alternative towards traditional schooling in addition of their lack of violence and learning freedom. The lack of bullying and violence Is one of the key factors why homeschooling gotten so popular in the first place. Also the flexibility for learning has given students and parents much freedom from studying, learning, and setting goals which fits the student most.

It's understandable that some people may think that homeschooled children couldn't compete against traditionally schooled children. But with the right education and set of goals homeschooled students could compete just well as anyone does. Homeschooling doesn't determine your success or not, that also applicable on traditional schooling.

By *Devina Giovanni*

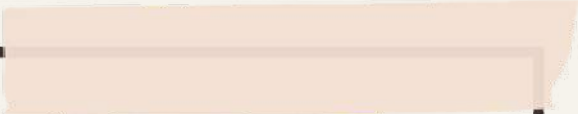
**IS BEING
HOMESCHOOLED
THE BEST
DECISION MADE?**



The determiner of how high a quality is in an educational system is not only based on which school the children attended or how smart the children are, but also having access to a wide variety of options given to the children to explore and learn in that time, which is more provided by public schools.

When it comes to homeschooling, there's always a negative stigma going around. It is either the student is problematic, had gone into a fight, very lazy, or children with 'special needs'. What does homeschooling actually mean, and why do people go to homeschools anyways? Homeschooling is a process where parent(s) or tutors and children learn at home. There are some reasons why parents apply their children to attend homeschools, for instance, avoiding the negative environment from public school, such as bullying and violence, to get a higher education quality, supporting children with handicaps, and finally to educate children who are far away from their parents.

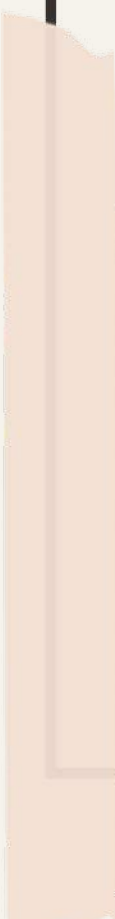




Children who attend homeschools are more likely to have a less developed social knowledge skill. This could happen because they don't meet different types of people as much as children would do in public school. As a result, homeschoolers might be unprepared and be confused on how to deal with them. Being in homeschool also means not experiencing day-to-day life with people around your age together for years, meaning their school life is lonely and boring most of the time. Networking in the homeschooling community is also rather limited due to the number of students.

They will never get the chance to feel those experiences that could only be gotten in public schools. Doing school activities such as camping with school friends, joining the extracurricular. Even if homeschooling has extracurricular, the options available are still less than public schools'.

Another activity is to do a healthy competition of trying to be the top student in class, checking each other's exam answer sheet. Lastly, working together whether in study groups and/or get in trouble together



Children who attend homeschools are more focused in their learning process, where there are no distractions made by other students and they get more time to learn so much more than public ones. Although on some cases, the majority of homeschools have a more promising quality education than most public schools, these children are missing out on so many personal experiences that are irreplaceable. If they want to catch up on missed experiences, parents could let their children attend courses or private classes, so the children get to experience everything even though it would still be different. In spite of all, public school is the better option.

To sum up, public school gives the students full access to try and create new experiences while learning and trying to figure out about their talent. The disadvantages of homeschooling, that are students tend to have lower social knowledge skills and that the feeling of certain specific memories which can only be felt in public school will always remain unknown. Both home school and public school has high quality education, with the only difference of access to try and explore things which is only accessible in public schools, but this does not signify that homeschools worth or grade less than other public schools.

By Devany Kharismanda Pangesti



**HOMESCHOOLING
IMPROVE THE
QUALITY OF
EDUCATION**

Billie Eilish, Christina Aguilera, Justin Bieber, and many of the big names right now were actually homeschooled. Homeschooling is the type of school where children can learn in their home environment. Children can explore a wider range of subjects and interests, therefore parents are participating and giving more attention to the children's education. With the method given in homeschooling, homeschooling can improve the quality of education.

Homeschooling provides better focus and understanding of any subjects, offering a personalized teaching method that fits the students pace and special needs. The homeschooled students don't need to rush in the morning or be sleepless, instead they can personalize the time schedule that fits them perfectly

They can also suggest the subjects they are interested in learning, allowing them to learn responsibly and develop imagination. Moreover, according to a survey done by The Home Education Network (HEN) in Australia (2016-2017), homeschooled students are better performing and getting better results than the general population, this survey supported by various other sources which has been proven by the increasing number of homeschooled students day-by-day.

Compared to that, public school students often have competitions about grades more than knowledge, some of them didn't learn to be fully understood, but to be able to answer exams, yet education is not just about grades. This problem perhaps occurs in public schools because of their equal teaching method, which doesn't work for every child.

Homeschooling students protects students from bullying and a toxic school environment. In the U.S, according to a survey reported by National Center for Education Statistics, 1 in 5 children ages 12-18 report being bullied in school. This number could be even more with the unrecorded victim. According to Gary Ladd, psychology researcher and professor at Arizona State University, the victims usually develop odds mental health, with most of them having lower academic achievements. They tend to keep quiet and less participate in discussions or speak their opinion, consequently, they learn nothing, but fear.

In homeschooling, with a house as their learning environment, they feel more comfortable and relaxed in learning, asking questions, and experiencing further learning. Homeschooled children also have socialization skills with others, they're not isolated. According to a study reported by Richard G. Medlin, professor of psychology in Stetson University, homeschooled children often have higher quality friendships and better relationships with their parents and other adults (Burton and Slater, 2019).





Some parents might be worried that their children will not fully develop in homeschooling due to lack of social experience and informal methods. While it's true that homeschooled children experience education differently, that doesn't mean they won't be as successful as students who graduated from public school. Otherwise, homeschooled students are better performing and greatly develop in fields they are interested in, also in socializing skills with family and friends, they are more focused and understanding subjects with the help of a personal teacher.

In conclusion, homeschooling is one of the best options to obtain a quality education. In homeschooling, students are tracked and nurtured focusly, giving better understanding to the students. With home being the environment to learn, students can be relaxed and comfortable in learning. Even so, they still get to socialize with friends and parents with a higher quality of connection.



Why Homeschooling is Bad for the Students' Future?

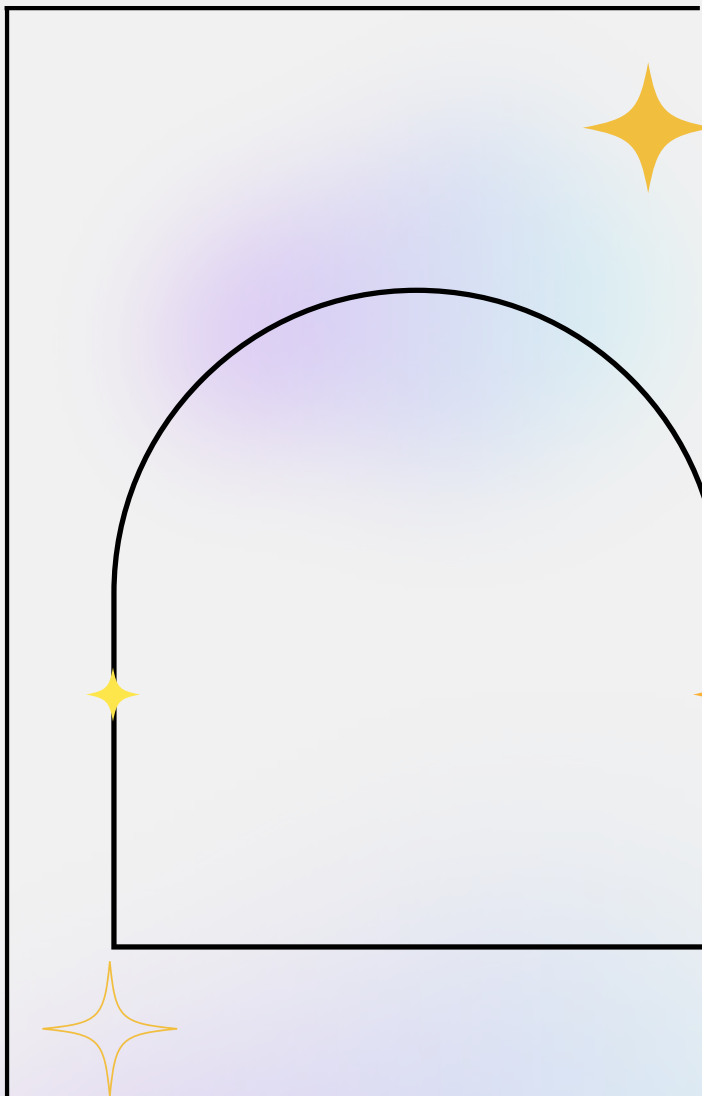


By Valent Antovia



Homeschooling is an educational method situated in the home rather than public school. It is representative of a broad social movement of families, who believe that the education of children is ultimately the right of parents rather than a government (Farenga, 2015). Homeschooling is intended for some people who do choose to homeschool or have special needs back then. But because of the COVID-19 pandemic, all students around the world are required to be homeschooled and personally, I can feel some differences between public schools and homeschool. With homeschooling, lessons and the way we socialize are very limited. For me, the situation for studying at home was very limited to develop my learning activities and skills. School closures and homeschooling have moreover had a huge effect on students' mental wellbeing and prosperity. 64% of children aged 16-18 in full-time instruction thought that homeschooling would adversely influence their future life plans (Elahi, 2021). I do not agree with homeschooling because there are many disadvantages of it.


Children who are homeschooled would not have thrive to be involved in motivation to be competitive. Much research due to the COVID-19 is widely famous that school closures have essentially diminished motivation in school-aged children (Mak, 2021). Of course, students have a personal incentive to try and obtain the best grades and achievements both academics and non-academics. This means that some may resort to using unfair ways to obtain those achievements. Especially during homeschooling, many students can easily cheat and that is why there is a lack of motivation to compete for good grades than other students (Forgas, Lancaster, Sastre, & Negre, 2021). For students who are in special needs of homeschooling, have less motivation due to having no competitors in learning exercises and this makes them not able to improve themselves in terms of lessons.



The other disadvantages of homeschooling are that they can cause less daily interaction and experience with peers. Students may be out of touch with their peers, lack friends, and have less experience interacting with various people, also their view of the world could be blurred and biased. The impact they may cause is misinformation and misunderstanding with their lack of knowledge about society. In public schools, students can experience opportunities to participate in sports teams, school events, organization or competitive contests (Sword, 2020). Youth students thought to be more dynamic in this since it is vital for their future. It is exceptionally disastrous in case there's no interaction with peers and involvements that can be utilized for work encounters when applying for a job.

In conclusion, I do not agree with the statements of homeschooling because there are many disadvantages as a factor, such as motivation to competition and less daily interactions and experiences with peers. There are many considerations and obligations that cause us to do homeschooling. Therefore, we must be able to think critically about wanting to take homeschooling or not by seeing the disadvantages stated beforehand.





**The Advantages and
Disadvantages of
Home-schooling as
A Way to Obtain a
Quality Education**

By Zahra Aulia Febrina



Home-schooling is an education approach where a child participates in their education at home under their parents' guidance. Home-schooling is not a new phenomenon. According to Martin (2020), the home-schooling movement started to grow in the 1970s because of families' dissatisfaction toward the education system and different educational philosophies within the traditional school structure. In Indonesia, it is reported that there are 11 thousand children who attend home-schooling program in 2015 (Bona, 2015). Despite some worries of the side effects, home-schooling becomes a solution for many children and their families to obtain a quality education because it allows for personalized learning, allows children to explore their character and interests, and prevents children from going through psychological and physical torment that may occur in formal schools

Home-schooling allows for personalized learning because of the fact that some children need more time than others to learn and pick up things. By home-schooling at home, parents and students can customize their schedule in hope to create a better learning environment. For example, parents can control what subjects do children need to focus on, and how fast they move from one topic to the next topic. Next, home-schooling also allows children to not only learn academically, but also explore their character and nurture their interests.

Education system in formal schools often prioritize academic scores moreover students' passion, skill and moral development. For instance, by home-schooling, parents can observe what topic or subject that their children excel at, and then revolve the lessons around it to develop the skill better. Education system in formal schools often prioritize academic scores moreover students' passion, skill and moral development.

For instance, by home-schooling, parents can observe what topic or subject that their children excel at, and then revolve the lessons around it to develop the skill better. Besides that, home-schooling prevents children from experiencing bullying, stress and other physiologically and physically traumatic events that may occur in formal schools. A study conducted by UNICEF Indonesia at SMP 3 Klaten found that 74 percent of students had experienced bullying, typically 4-5 times a week. Meanwhile in the safety of their homes, home-schooled children can be themselves and obtain better learning experience without having to worry about external factors such as being ostracized, judged or bullied.

However, some people argue that home-schooling could make children become less focused on learning. Since home-schooling is conducted at home under parents' guidance, it could make the children become relaxed. While this is considered a good thing, but if the children are too relaxed and spoiled, children will lose the will to learn instead. This loss of willingness to learn could negatively affects children's skills. Take for example, parents tend to be less strict than teachers. Because of this, children may lose their focus and will to learn and prefer to do something more interesting, thus neglecting their lessons. Home-schooling could also bring additional financial burden to the family.



The home may not be completely equipped with facilities needed for learning, unlike those in the classroom. For example, the family has to afford guidance counselors, computer software, a big space for learning, as well as other materials such as lab equipment, sports facilities and music instruments. While it is sensible that home-schooling has some disadvantages to take into account, such as making children become less focused and concentrated, along with increasing financial burdens to the family, but this does not justify that home schooling is forever bad. People with kids who needs extra guidance, obviously need extra attention from their parents. As long as the parents can be consistent in fulfilling the role as both parents and teachers, home schooling is still giving benefits to the students.



Homeschooling provides a problem solution for parents and their kids to tackle the problems in public schools. In home-schooling, both parents and children can customize their preferred schedule and timetables, pursue their passions and protect children from various type of bullying. Although in some cases, home-schooling can also bring disadvantages to the table, such as deteriorating learning quality and adding financial burden to the family, but it all depends on children's ability to stay focused and family's capability to support and facilitate their children's learning needs. Homeschooling can still become the option for a student to pursue their academic path even though not going to public schools.

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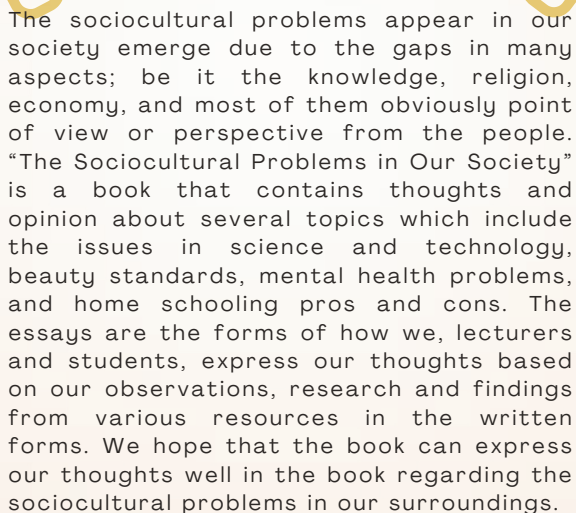
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THE SOCIOCULTURAL PROBLEMS IN OUR SOCIETY

Written by Adestya Ayu Armielia and friends.

Edited by Nosica Rizkalla, S.E., M.Sc.



The sociocultural problems appear in our society emerge due to the gaps in many aspects; be it the knowledge, religion, economy, and most of them obviously point of view or perspective from the people. “The Sociocultural Problems in Our Society” is a book that contains thoughts and opinion about several topics which include the issues in science and technology, beauty standards, mental health problems, and home schooling pros and cons. The essays are the forms of how we, lecturers and students, express our thoughts based on our observations, research and findings from various resources in the written forms. We hope that the book can express our thoughts well in the book regarding the sociocultural problems in our surroundings.



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