

ABSTRACT

Body image is the way people view and evaluate their bodies. Most women have a negative body image due to various factors such as society's ideal body standards. The ideal body image depicted in the mass media gives women high expectations for their bodies. As a result, they become dissatisfied with their bodies and arise the desire to continue comparing their bodies with other people's bodies. In this article, the author raises this topic based on personal experience. This work is a portrait photography work which aims to visualize body image which influences a person's self-confidence. The author uses photos to illustrate positive and negative thoughts regarding body image. Each work has a comparative function, inviting audiences to reflect on their own perceptions of physical beauty. The aim of this work is to give viewers the opportunity to feel and think about their own body image, as well as to reflect the feelings of people who have similar problems and to help them look towards a more positive attitude towards themselves is to be able to expand .

Keywords: Portrait Photography, Body Image, Self-Confidence