

ANIMATION DEVELOPMENT ENCOURAGES TEENAGERS TO APPRECIATE THE VALUE OF THEIR BODY IMAGE

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ABSTRACT

The objectives of this research were as follows. 1) Develop the Animation to encourage teenagers to appreciate the value of their Body image. 2) Study viewers' satisfaction with the developed Animation. The sample consisted of 125 high school students in the academic year 2022. They were sampled using the volunteer sampling method. An assessment of the media through the online system. The research instruments are 1) a developed animation, 2) an animation quality assessment for professionals, with a confidence value of 0.71, and 3) a questionnaire for viewers' satisfaction with Animation, with a confidence value of 0.76. The statistics used to analyze the data are mean and standard deviation. The research results showed the following. 1) Experts' evaluation of Animation had an overall average of 4.25, which is a high level. 2) animation assessment results by the sample group have an overall average of 4.28, which is a high level.

Keywords: Body image, Body image dissatisfaction, Body dysmorphic disorder, 2D Animation

1. INTRODUCTION

Actual body image and beliefs in ideal body image may differ in values, leading to self-dissatisfaction. Self-dissatisfaction is a condition in which a person has feelings of self-dissatisfaction, which is a negative feeling that a person has towards themselves. It is called a feeling of dissatisfaction with their body image. If it is severe, it will develop into Body Dysmorphic Disorder (BDD), a psychiatric illness that some people have but are not aware of. The concern of this disease is that if not treated properly, it can lead to other diseases, especially depression, which can eventually lead to suicide. Therefore, it is considered a dangerous disease and should be adequately treated. Before the illness becomes severe, it leads to harm in the future [1] [2]. It is in line with research studies on adolescent body dissatisfaction [3] that concluded that body dissatisfaction is a primary mental health symptom. It occurs in both females and males.

Most of these days, animation media is created using images and stories or scenes by computer-generated. It can communicate creatively and emotionally with events or well-narrated things. For example, there is research on the impact of using 2D Animation as a pedagogical tool [4]. The research on the Effect of Animation-Based Worked Examples Supported with Augmented Reality on the Academic Achievement, Attitude and Motivation of Students towards Learning Programming [5], shows the potential of applying Animation in various works designed in conjunction with other activities that create awareness of the subject matter that needs to communicate well with the viewers.

Due to the potential of animation media and the importance of mental health issues, teenagers or adolescents face Body Dysmorphic Disorder (BDD), which affects their studies and unhappy lives. The researcher has developed an animated media to present case studies of adolescents that reflect the concept of self-esteem. Appreciating one's body image so that they can continue to live happily.

2. RESEARCH OBJECTIVES

2.1. To develop Animation that encourages teenagers to appreciate the value of their body image.

2.2 To study viewers' satisfaction with Animation that encourages teenagers to appreciate the value of their body image.

3. RELATED DOCUMENTS AND RESEARCH

Research relevant to dissatisfaction with the body image of teenagers that illustrated the importance of mental health issues of the generation is as follows:

Teenagers are at risk for Body Image Dissatisfaction and Muscle Dysmorphia [3] is research that presents a study of severe dissatisfaction with specific muscle shapes because faith is an ideal shape from the 149 target group. The study concluded that it is essential for parents and children to organize activities to encourage teenagers to adopt positive self-image attitudes and build self-esteem. To be aware of potential inappropriate behaviours, such as trying to use weight loss methods that can cause harm. Teenagers need to learn to accept their body image as something natural and an acceptable difference.

Body image dissatisfaction, nutritional status and weight control strategies among university undergraduates in Lagos: a descriptive cross-sectional study. This study looked at the prevalence and relationship between dissatisfaction with body image, nutrition and weight management strategies of undergraduate students at a university in Lagos, Nigeria. The results showed that the prevalence of dissatisfaction with body image was reported at 63.5% among students; both males and females wished to lose weight to be thinner, by 807 respondents, say 93.3%.

The study titled Risk Factors in Body Image Dissatisfaction: gender, Maladaptive Perfectionism, and Psychological Well-being [7]. Study of a sample of 139 Australian teenagers at the university level. The study found that females had average satisfaction scores for their body image, and the assessment scores were higher than males. Happiness and satisfaction are related to a person's quality of life. It can effectively deal with positive and negative feelings, but if mental well-being has a low score, it is also associated with dissatisfaction with the body image.

4. RESEARCH METHODOLOGY

4.1 Research instruments

1) Developed Animation.

2) Animation Quality Assessment Form for Experts is a 5-level scale questionnaire with an Index of Item-Objective Congruence (IOC) assessing the confidence value of 0.71.

3) Reviewers' satisfaction questionnaire is a 5-level scale questionnaire with an (Index of Item-Objective Congruence (IOC) with a confidence value of 0.76.

4.2 Sample group

A total of 125 people was sampled by volunteers (Volunteer sampling) by assessing the media online.

4.3 Research Procedures

The research procedure and the methods for collecting data in the research are as follows:

4.3.1 Animation Production Process

Pre-production studies issues related to mental health among teenagers, which involve dissatisfaction with their body image. This is reflected through the girls' perspective to formulate

the initial concept and then write the script based on the story elements according to the concept of short film production to present the story through Animation.

The process of character creation by studying the character characteristics of today's teenager with a chubby and fat body is the cause of dissatisfaction with her body image.

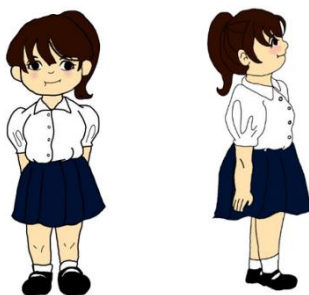


Figure 1: Character facing dissatisfaction with her body image.

The main character's name Oh Ae is a high school student who dreams of performing cover dance talent. Still, she is chubby and anxious about her body image. She does not meet the values of today's teenager and wishes to abandon her dream with self-efficacy.



Figure 2: Character with a positive attitude in life.

The character plays the role of a teacher with a positive attitude and cares for the students. She plays a role in helping a female student's named Oh Ae, who suffers from psychological problems and dissatisfaction with one's body image because of a chubby body that does not conform to values. Therefore, she does not use her existing dance talents. Instead, she lived a life of distress.

Creating a storyboard process, assigning a subtitle and visual script to carry out the story. Design the position of the camera and the image size to communicate emotion.



Figure 3 : Animation storyboard.

Production Stage, sequencing the story and events through script-based storyboard design. This process uses the technique of creating a work file as a short video file and then using the story sequence by package programs for editing.

Post-production is a quality check of animation work by producers by checking the overall consistency of the work by storyboard, volume in each section, consistency of rhythm, mixing voiceovers, voice narration, sound effects and visuals. The animation materials are then subjected to alpha and beta testing for release.

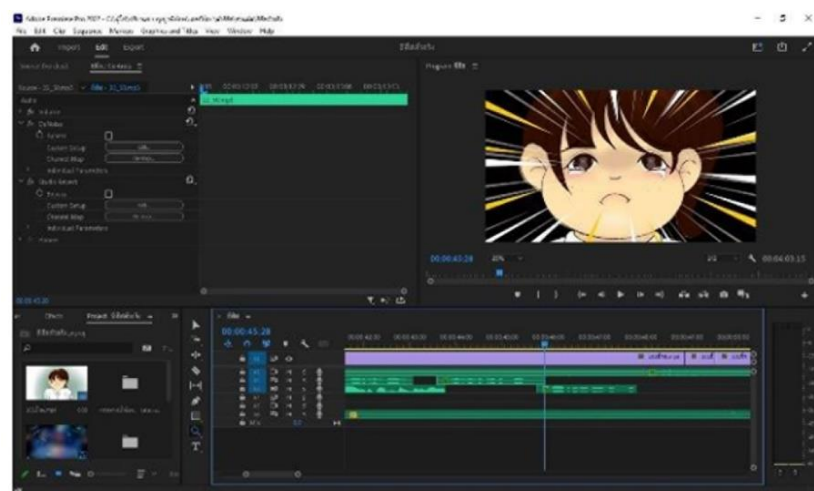


Figure 4: Sequencing the picture and sound mixing according to the Animation storyboard.

4.3.2 Data collection methods

1. Propose the Animation to experts and evaluate opinions using assessment forms.
2. Coordinate with the teachers in a school to inform high school students to request volunteers to evaluate the Animation by submitting it online.
3. Analyse statistical values and media assessment results to summarise and discuss.

Protecting the rights of sample groups

1. before evaluating the media to explanation for the sample group to know and decided to join in evaluating online 3D animation media.
2. dissemination of information is presented as a whole and do not publish individual information.

5. STATISTICS USED IN THE STUDY

Statistics used in the research were percentage, mean, and standard deviation as follows.

An average of 4.51 – 5.00 means a very high level.

An average of 3.51 – 4.50 means a high level.

An average of 2.51 – 3.50 means a moderate level.

An average of 1.51 – 2.50 means a low level.

An average of 1.01 – 1.50 means a very low level.

6. RESULTS

The evaluation results of Animation by experts are divided into two aspects: Animation creation and Animation production technique as follows:

Table 1 Animation assessment results in the issue of creation of animation script by experts

Issue of the Creation of animation script	(\bar{X})	(S.D)	Level
1. Present contemporary content issue.	4.67	0.58	Very high
2. The scripts reflect the story sensibly.	3.67	0.58	High
3. Use storytelling techniques that encourage viewers to see it to the end.	3.67	0.58	High
4. The viewers get the idea of creating a perception for teenagers to value their body image.	4.33	0.58	High
Average	4.08	0.58	High

Table 1 shows the overall evaluation of animation by experts in creating animation scripts. It has an average of 4.08, which is a high level. If you consider each issue, the one with a very high level is 1) Present contemporary content issue , it has an average of 4.67.

Table 2 Animation assessment results in the issue of animation production techniques by experts.

Issue of Animation production techniques	(\bar{X})	(S.D)	Level
1. Design a character that suits the role.	4.00	0.00	High
2. Use camera angles to enhance the character's emotional communication.	5.00	0.00	High
3. Design the scene lighting to help promote the characters' mood.	4.00	0.00	High
4. Visual sequence and mixed audio are cohesion.	4.67	0.58	Very high
Average	4.42	0.14	High

Table 2 shows the Animation assessment results in the issue of animation production techniques. It has an average of 4.42, which is a high level. Considering each issue, the one with a very high level is 2) Use camera angles to enhance the character's emotional communication , it has an average of 5.0.

Table 3 Overall animation assessment by experts

Assessment issues	(\bar{X})	(S.D)	Level
Issue of the Creation of Animation script	4.08	0.58	High
Issue of Animation production techniques	4.42	0.14	High
Average	4.25	0.36	High

Table 3 shows the overall animation assessment by experts, has an average of 4.25, which is a high level. Consider each aspect in the following order: The animation production technique issue has an average of 4.42, which is a high level, followed by the creation of an animation script issue, which has an average of 4.08, which is a high level.

The results of the animation assessment by the sample group were divided into two aspects, namely the creative of animation script and the creative of animation as follows:

Table 4 Animation assessment results by a sample group of creative animation script.

Creative animation script issue	(\bar{X})	(S.D)	Level
1. Present content issues that benefit the viewers.	4.18	0.39	High
2. Tell a story, a sequence of stories, and fun to follow until the end.	4.00	0.00	High
3. Use storytelling techniques that encourage viewers to see it to the end.	3.18	0.39	High
4. The viewers get the idea of creating a perception for teenagers to value their body image.	4.82	0.39	Very high
Average	4.05	0.29	High

Table 4 shows the animation assessment results of the creative Animation script by a sample group. It has an average of 4.05, which is a high level. Considering each issue, the one with a very high level is 4) The viewers get the idea of creating a perception for teenagers to value their body image. It has an average of 4.82.

Table 5 Animation assessment results of the creative animation by a sample group.

Creative Animation issues	(\bar{X})	(S.D)	Level
1. Character suitable for the role	4.18	0.39	High
2. Present the scene of the event following the characters' emotions	4.82	0.39	Very high
3. Character voiceovers correspond to the character's personality.	4.18	0.39	High
4. Visual sequence and mixed audio is cohesion.	4.82	0.39	Very high
Average	4.50	0.39	High

Table 5 Animation assessment results of the creative animation by a sample group. Overall, it has an average of 4.50, which is a high level. Considering each issue, the ones with a very high level were 2) Present the scene of the event following the characters' emotions, and 4) Visual sequence and mixed audio is cohesion. It has an average of 4.82.

Table 6 Overall animation assessment by a sample group.

Assessment	(\bar{X})	(S.D)	Level
Creative animation script issues	4.05	0.29	High
Creative animation issues	4.50	0.39	High
Average	4.28	0.34	High

Table 6 shows the overall Animation assessment by a sample group. It has an average of 4.28, which is a high level. Considering each issue, the ones with a very high level were in the following order: Creative animation has an average of 4.50, which is a high level, and Creative animation script has an average of 4.05.

8. DISCUSSION OF THE FINDINGS

According to the evaluation of Animation from experts, the issues with the lowest average are the scripts reflect the story sensibly and use storytelling techniques that encourage viewers to see it to the end. Media producers need to emphasize it. It is in line with the study Research on the creative ideas of two-dimensional Animation in the digital age [8] and the study Research on the role of digital painting technology in the production of two-dimensional Animation [9]. The information shows that designing and developing 2D Animation requires drawing skills and package programs to create animations. It is also necessary to start and focus on script analysis, to design a

script for the story of the event, to bring in-depth analysis, to write dialogue scripts, and to direct the characters to make the animation work very effectively.

From this research It was found that animation media can be used to support the need for further evaluation of the use of innovative teaching techniques through digital platforms. Because this study provides the basis for positive effects. [10] [11]

Moreover, it is consistent with other research in that it can be used as a media for learning to be used to develop students in specific areas, such as science, language, or to develop specific learning areas. [12] [13] [14] [15]

9. RECOMMENDATIONS

9.1 Recommendations for the study as follows.

1. This animation creation, is a short media, it takes about 3 minutes. it is best to use storytelling techniques that start with events and bring in stories that arouse viewers with powerful narrative technique that starts with an event that brings in a story that arouses the interest of a very energetic audience.

2. If the content presents the character with expressions like dancing. Studying realistic dance personalities is necessary to give them a clearer sense of joy.

9.2 Recommendations for further study.

2D animation media is present in the form of movies. It has the potential to be disseminated through various platforms that facilitate audience access and can be used as a medium in conjunction with the promotion process in various activities, such as importing the activity process to create awareness on other issues.

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