

ABSTRACT

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Technique On Insecure and Body
Shamingwith Photography Works*
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Distrust or insecurity is a problem that often occurs in teenagers or young people, this can happen both to ourselves and to those around us. Self-confidence is an emotional state that makes a person feel insecure about things that exist in him such as body shape or social status. Distrust is usually based on a feeling or speech that is uttered to demean someone and make others look bad so they feel lacking in what they have. Usually, the average case of distrust occurs in women, women usually have a lower level of self-confidence than men because women have a higher sensitivity than men. That's what underlies a woman sometimes has a sense of sensitivity to an emotion that is greater than that of a man. However, the case of distrust itself is more associated with the appearance or shape of a person which makes a person when he feels insecure usually tends to cover the part of himself that he considers less than ideal, for example the arms or thighs in women. While the word ideal in the form of a body or appearance itself does not have a definite reference to be assessed, therefore the author wants to implement a photographic work that expresses a form of distrust using the broken mirror technique which has something to do with the theme of distrust itself with the meaning that an imperfection does not mean ugly or unsightly.

Keywords: *Broken Mirror, Distrust, Body Shaming, Insecure, Emotion, Photograph.*