

**THE REPRESENTATION OF WOMEN'S BODIES IN *THE*
SUBSTANCE (2024)**



Intelligentia - Dignitas

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THESIS

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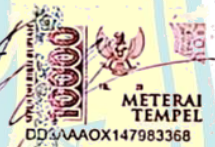
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ABSTRAK

Nusa, Rangga Ray, 2026. *The Representation of Women's Bodies in The Substance* (2024). Skripsi: Jakarta, Program Studi Sastra Inggris, Fakultas Bahasa dan Seni, Universitas Negeri Jakarta.

Penelitian ini mengkaji representasi tubuh perempuan dan kaitannya dengan *feminine body discipline* dalam film *The Substance* (2024). Penelitian ini bertujuan untuk menganalisis bagaimana film tersebut merepresentasikan praktik pendisiplinan tubuh perempuan yang dibentuk oleh standar kecantikan patriarkal. Penelitian menggunakan pendekatan deskriptif kualitatif dengan analisis semiotika Roland Barthes untuk mengkaji adegan-adegan yang merefleksikan konsep *feminine body discipline* Sandra Bartky. Hasil penelitian menunjukkan bahwa film ini lebih banyak menampilkan regulasi terhadap penampilan perempuan, khususnya melalui disiplin penampilan diri. Dari 73 adegan yang dianalisis, ditemukan 2 adegan yang berkaitan dengan disiplin terhadap ukuran dan bentuk tubuh, 60 adegan yang berkaitan dengan disiplin terhadap penampilan diri, dan 11 adegan yang berkaitan dengan disiplin terhadap gestur dan gerakan. Temuan penelitian menunjukkan bahwa perempuan terus didorong untuk mengawasi, mengatur, dan mendisiplinkan tubuh mereka agar sesuai dengan konstruksi sosial mengenai kecantikan dan keremajaan. Melalui karakter Elisabeth, film ini menggambarkan bagaimana perempuan yang menua mengalami marginalisasi ketika tidak lagi memenuhi standar kecantikan yang berlaku. Dengan demikian, *The Substance* (2024) mengkritik sistem patriarki yang menilai nilai perempuan berdasarkan penampilan fisik serta menunjukkan konsekuensi psikologis dan fisik dari upaya mengejar standar kecantikan yang tidak realistis.

Kata kunci: *feminine body discipline*, *beauty standards*, *aging*, *patriarchy*, *The Substance* (2024).

ABSTRACT

Nusa, Rangga Ray, 2026. *The Representation of Women's Bodies in The Substance* (2024). Thesis: Jakarta, Department of English Literature, Faculty of Language and Arts, Universitas Negeri Jakarta.

This study examines the representation of women's bodies and their relationship to feminine body discipline in *The Substance* (2024). The study aims to analyse how the film portrays the disciplinary practices imposed on women through patriarchal beauty standards. Using a qualitative descriptive approach and Roland Barthes' semiotic analysis, the study investigates scenes that reflect Sandra Bartky's concept of feminine body discipline. The findings reveal that the film strongly emphasizes the regulation of women's appearances, particularly through the discipline of self-presentation. A total of 73 scenes were identified, including 2 scenes related to the discipline of size and contours, 60 scenes related to self-presentation, and 11 scenes related to gesture and movement. The results indicate that women are continuously encouraged to monitor, modify, and discipline their bodies in order to conform to socially constructed ideals of youthfulness and beauty. Through the character of Elisabeth, the film illustrates how aging women are marginalized when they no longer meet these standards. Ultimately, *The Substance* (2024) critiques the patriarchal system that equates women's value with physical appearance and demonstrates the psychological and physical consequences of pursuing unattainable beauty ideals.

Keywords: feminine body discipline, beauty standards, aging, patriarchy, *The Substance* (2024).