



**THE RELATIONSHIP BETWEEN BODY SHAMING WITH SELF-ESTEEM AND SUICIDE RISK AMONG LATE ADOLESCENTS AT JAKARTA, INDONESIA: A CROSS-SECTIONAL STUDY**

***Hubungan Body Shaming Dengan Harga Diri Dan Risiko Bunuh Diri Pada Remaja Akhir Di Jakarta, Indonesia: Studi Cross-Sectional***

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**ABSTRACT**

**Background:** Physical changes during teenagers such as weight gain, height increase, and body shape transformation, can negatively affect self-perception. These changes often lead to body shaming behavior, which contributes to low self-esteem and increased suicide risk. **Purpose:** To determine the relationship between body shaming, self-esteem, and suicide risk. **Methods:** A cross-sectional study was conducted in January 2024 involving 66 students from Vocational High School X in Jakarta. Data were collected using three instruments: the Body Shaming Questionnaire, the Coopersmith Self-Esteem Inventory (Adult Form), and the Suicidal Behaviors Questionnaire-Revised (SBQ-R). Validity testing on 103 students from another school yielded 18 valid items for Body Shaming, 23 for CSEI, and 4 for SBQ-R. **Results:** There was a significant relationship between body shaming and self-esteem ( $p = 0.007$ ;  $OR = 4.033$ ; 95%  $CI: 1.445-11.257$ ), and between body shaming and suicide risk ( $p = 0.040$ ;  $OR = 2.875$ ; 95%  $CI: 1.033-8.000$ ). **Conclusion:** Body shaming is associated with lower self-esteem and increased suicide risk among late teenagers in Vocational High School, Jakarta.

**Keywords:** late adolescence, body shaming, self-esteem, suicide risk

**ABSTRAK**

**Latar Belakang:** Perubahan fisik pada masa remaja seperti peningkatan berat dan tinggi badan serta perubahan bentuk tubuh dapat menimbulkan persepsi negatif terhadap diri sendiri. Hal ini sering memicu perilaku body shaming yang berdampak pada penurunan harga diri dan peningkatan risiko bunuh diri. **Tujuan:** Mengetahui hubungan antara body shaming dengan harga diri dan risiko bunuh diri. **Metode:** Penelitian cross-sectional ini melibatkan 66 siswa di SMK Perbankan Nasional Jakarta pada Januari 2024. Data dikumpulkan menggunakan tiga instrumen: Kuesioner Body Shaming, Coopersmith Self Esteem Inventory (CSEI) versi dewasa, dan Suicidal Behaviors Questionnaire-Revised (SBQ-R). Uji validitas dilakukan pada 103 siswa sekolah lain menghasilkan 18 item valid untuk Body Shaming, 23 item valid untuk CSEI, dan 4 item valid untuk SBQ-R. **Hasil:** Terdapat hubungan signifikan antara body shaming dan harga diri ( $p = 0,00$ ;  $OR = 4,03$ ;  $CI$  95%: 1,445-11,257) serta hubungan antara body shaming dan risiko bunuh diri ( $p = 0,04$ ;  $OR = 2,87$ ;  $CI$  95%: 1,033-8,000). **Kesimpulan:** Body shaming berhubungan dengan harga diri rendah dan peningkatan risiko bunuh diri pada remaja akhir di SMK Perbankan Nasional Jakarta.

**Kata Kunci:** remaja akhir, body shaming, harga diri, risiko bunuh diri

## INTRODUCTION

Adolescence is a transitional period in human development marked by significant physical, cognitive, and socio-emotional changes, including sexual maturity and a redefinition of social roles, generally occurring between the ages of 10 and 19 (WHO, 2022). Adolescent development involves a series of biological, psychological, and social changes (Kemenkes RI, 2022). Physical developments that occur in adolescents, such as puberty, the appearance of acne, changes in skin color, weight gain, and height, influence adolescents' efforts to achieve their desired body shape (Batubara, 2016). Many adolescents tend to distance themselves from others who exhibit differences, such as skin color, body shape, and clothing style (Damarhadi *et al.*, 2020). Therefore, late adolescents strive to improve themselves for recognition, but they also dislike being talked about their physical flaws, a practice known as body shaming (Cash & Pruzinsky, 2002).

Body shaming is the act of negatively evaluating another person's physical appearance, such as by teasing, insulting, or belittling them. This behavior can negatively impact victims, including lowering self-confidence, leading to eating disorders, and even depression (Erdianti *et al.*, 2022). A survey conducted by Rizaty (2021) found that 62.2% of Indonesian women had been victims of body shaming. The most common causes were overweight (47%), acne (36.4%), chubby (28.1%), dark skin (23.3%), and thinness (19.6%).

A person's self-esteem can be measured by how others treat them, how they perceive themselves, how they perceive themselves, and their life satisfaction (Hidayat & Khoiruddin, 2016). Therefore, self-esteem encompasses abilities, independence, desires, and freedom and is often used to compare their ideal life with

their actual life. Individuals who experience persistent body shaming experience a decline in self-esteem and even risk suicide (Angelina *et al.*, 2021). In Indonesia, suicide is also a serious public health problem. The provinces with the highest suicide death rates in Indonesia are Central Java, East Java, and West Java (Muhamad, 2023).

Bullying is a form of violence and can be a factor in adolescent suicide attempts, as the psychological impact is experienced not only by adolescents who are victims but also by perpetrators (Dewi *et al.*, 2023). If suicidal ideation is permitted in adolescents, it can lead to suicide as a solution to their problems. Previous research has only discussed the relationship between body shaming and self-esteem but not the relationship between body shaming and suicide risk (Angelina *et al.*, 2021; Ekayamti & Lukitaningtyas, 2022). In fact, repeated exposure to body shaming during adolescence can significantly impact self-esteem and increase vulnerability to suicidal behavior.

Based on the results of a preliminary study conducted on January 9, 2024, among 12 12th-grade students at the National Banking Vocational School in Jakarta, the participants were included in the study. The study was conducted at a Vocational High School (SMK) because the students will pursue careers in the financial services industry, which places a high value on image, appearance, and professionalism. The pressure to appear perfect according to industry standards can potentially trigger body shaming. Most students reported experiencing body shaming from peers more than four times in the past year. The most common forms of body shaming were fat shaming, skinny/thin shaming, and face shaming. Respondents constantly reflected on their peers' comments, leading to feelings of insecurity, depression, and a sense of being unappreciated and disrespected by their

peers. Therefore, the researchers were interested in conducting a study on the relationship between body shaming and self-esteem and suicide risk among late adolescents in Jakarta.

## METHOD

### Population dan Sample

The research method used non-probability sampling, conducted at the National Banking Vocational School (SMK Perbankan Nasional) in Jakarta, with a population of 209 students. The sample consisted of all 12th-grade students at the National Banking Vocational School in Jakarta, totaling 66 students. This included 25 students majoring in Accounting and Institutional Finance (AKL), 11 students majoring in Microfinance Banking (PKM), 19 students majoring in Office Automation and Governance (OTKP), and 11 students majoring in Online Business and Marketing (BDP). The inclusion criteria were: 1) 12th-grade students at the National Banking Vocational School in Jakarta, 2) active students at the National Banking Vocational School in Jakarta, 3) no cognitive disabilities. The exclusion criteria were: 1) not students at the National Banking Vocational School in Jakarta, 2) unwilling to participate in the study, 3) on study leave/absent during the study.

### Study Design

This study employed a cross-sectional design, where the researcher only observed and measured outcomes at a single point in time. The study was conducted at SMK Perbankan Nasional Jakarta in January 2024.

### Data Collection

The research instruments were administered online via Google Forms and included a body shaming questionnaire (appearance comments, physical comparisons, and physical comments), a self-

esteem questionnaire based on the Adult version of the Coopersmith Self-Esteem Inventory (CSEI) (significance, power, competence, and virtue), and a suicide risk questionnaire based on the Suicidal Behaviors Questionnaire Revised (SBQ-R).

### Data Analysis

The researcher conducted a re-validation test for each questionnaire item involving 103 respondents. The findings revealed a Corrected Item-Total Correlation for the body shaming questionnaire, comprising 26 statements, of which 18 were accurate with a correlation coefficient of 0.193 and 8 were inaccurate with a correlation coefficient of 0.193. Similarly, in the Adult version of the CSEI, which has 29 statements, 23 were considered legitimate with a correlation coefficient of 0.193, while 6 were deemed invalid with the same correlation coefficient. Four SBQ-R claims were validated with a correlation coefficient of 0.193, while the remaining statements were invalid with the same correlation coefficient. Reliability testing results yielded a Cronbach's Alpha value of 0.726 for the body shaming questionnaire; 0.860 for the Adult version of the CSEI; and 0.762 for the SBQ-R questionnaire. Therefore, each questionnaire was deemed reliable because the Cronbach's Alpha value was  $>0.6$ . A score  $>40$  indicates high (bad) body shaming; a score  $\geq 40$  indicates low (good) body shaming, analyzed based on the median value. A score  $\geq 57.14$  indicates high self-esteem; a score  $< 57.14$  indicates low self-esteem, analyzed based on the mean. A score of  $\geq 7$  is categorized as a high suicide risk, while a score  $< 7$  is categorized as a low suicide risk. This study used two data analysis methods: univariate and bivariate analysis. Univariate analysis presented frequency distribution tables for the variables gender, class, and central tendency to describe age characteristics. The frequency

distributions for body shaming, self-esteem, and suicide risk were presented graphically. Bivariate analysis using the Chi-Square test was then conducted to examine the relationship between these variables.

### Informed Consent

The researcher provided informed consent as a sign of the respondents' willingness to voluntarily receive clear and complete information regarding the purpose, procedures, risks, and benefits of the study.

Respondents' identities will be kept confidential and used only within the scope of the study.

### Ethical Clearance

The researcher declared that during the research process, the researcher did not commit any violations of research ethics, with ethics number KEPK/UMP/13/III/2024, conducted at Muhammadiyah University of Purwokerto.

## RESULT

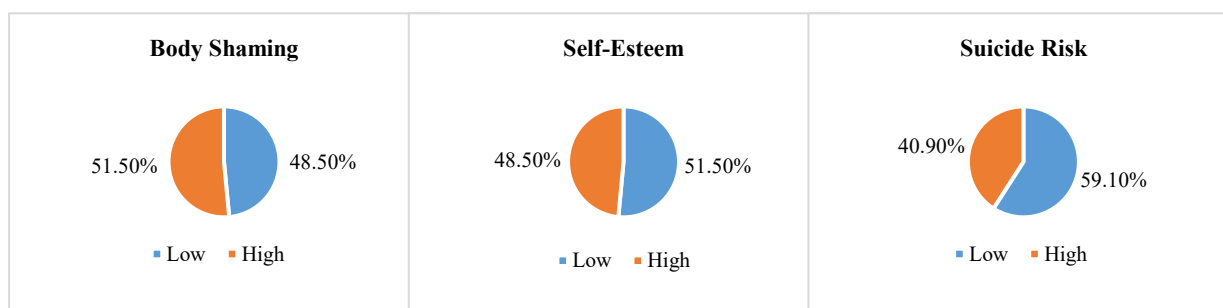
### Univariat Analysis

**Table 1.** Distribution of Frequency Respondents Characteristic (n=66)

		Responden's Age (years)		
Mean	Modus	SD	Min - Max	95% CI
17,82	18	0,605	17 - 20	17,67 – 17,97
No.	Respondent Characteristic	Frequency (n)	Percentage (%)	
1	<b>Sex</b>			
	Male	4		6,1%
	Female	62		93,9%
	<b>Total</b>	<b>66</b>		<b>100%</b>
2	<b>Majority</b>			
	Institutional Accounting and Finance (AKL)	25		37,9%
	Microfinance Banking (PKM)	11		16,7%
	Office Automation and Governance (OTKP)	22		33,3%
	Online Business and Marketing (BDP)	8		12,1%
	<b>Total</b>	<b>66</b>		<b>100%</b>

Based on the analysis of Table 1, the average age of grade XII students was 17.82 years with a 95% Confidence Interval (17.67 – 17.97) and a standard deviation of 0.605. The majority of respondents were 18 years old with the age range of students ranging from 17 years for the youngest to 20 years for

the oldest. The majority of research respondents were female, with 62 respondents (93.9%). Class characteristics showed that the majority of respondents come from the Accounting and Institutional Finance (AKL) class with a total of 25 respondents (37.9%).



**Figure 1.** Frequency Distribution Variable of Body Shaming, Self-Esteem, dan Suicide Risks

Based on Figure 1 which depicted the distribution of body shaming experiences among 12th grade students, the majority, namely 34 respondents (51.5%), were included in the high category, 32 respondents (48.5%) were included in the low category. The results of the frequency distribution of self-esteem of grade XII students did not differ much between high self-esteem and low self-esteem {37 (56.1%); 29 (43.9%)}

The results of the frequency distribution of suicide risk in grade XII students were 39 respondents (59.1%) in the low category. The results of the normality test using Kolmogorov-Smirnov ( $N \geq 50$ ) obtained a p-value for body shaming of 0.033 and self-esteem of 0.200. It can be concluded that the body shaming variable was not normally distributed and the self-esteem variable was normally distributed.

### Bivariat Analysis

**Table 1.** Correlation Analysis of Body Shaming and Self-Esteem

Body Shaming	Self-Esteem				Total		P-Value	OR CI 95%
	Low		High		n	%		
	n	%	n	%				
Low	22	68,8%	10	31,3%	32	100,0%	0,00	4,03 (1,445-11,257) 1
High	12	35,3%	22	64,7%	34	100,0%		
<b>Total</b>	<b>34</b>	<b>51,5%</b>	<b>32</b>	<b>48,5%</b>	<b>66</b>	<b>100,0%</b>		

Table 2 revealed that the majority of respondents experienced a combination of low body shaming and low self-esteem (22 people (68.8%)), and high body shaming with high self-esteem (22 respondents (64.7%)). The majority of respondents experienced aspects of body shaming regarding physical comparison, aspects of self-esteem, significance, and power experienced by the majority of respondents. Statistical analysis

confirmed a significant relationship between body shaming and self-esteem in late adolescents at SMK Perbankan Nasional Jakarta, as evidenced by a p-value of 0.00. The odds ratio (OR) for this relationship, with a 95% confidence interval, was calculated at 4.03. This means that high body shaming is a 4x risk of having high self-esteem compared to low body shaming.

**Table 2.** Correlation Analysis of Body Shaming dan Suicide Risks

Body Shaming	Suicide Risk				Total		P-Value	OR CI 95%
	Low		High		n	%		
	N	%	n	%				
Low	23	71,9%	9	28,1%	39	100,0%	0,04	2,87 (1,033-8,000) 1
High	16	47,1%	18	52,9%	27	100,0%		
<b>Total</b>	<b>39</b>	<b>59,1%</b>	<b>27</b>	<b>40,9%</b>	<b>66</b>	<b>100,0%</b>		

Table 3 illustrated that the majority of respondents, 23 (71.9%), experienced low levels of body shaming and were categorized as having a low risk of suicide. Eighteen respondents (52.9%) reported high levels of body shaming and were categorized as having a high risk of suicide. Statistical analysis confirmed a significant association between body shaming and suicide risk in

late adolescents at SMK Perbankan Nasional Jakarta, as indicated by a p-value of 0.04. The odds ratio (OR) for this association, with a 95% confidence interval, was 2.87. This means that respondents who experienced high levels of body shaming were 2.8 times more likely to experience a high risk of suicide compared to those who experienced low levels of body shaming.

## DISCUSSION

### Body Shaming

The findings of this study indicated that 34 respondents (51.5%) reported experiencing high levels of body shaming, while 32 respondents (48.5%) reported low levels of body shaming. This was supported by research by Rahmadhani (2023), which stated that a woman's beauty standards were measured by fair skin, a high nose, straight and thick hair, and a slender figure. These results aligned with research conducted by Nasution & Simanjuntak (2020) in North Sumatra, which showed that the majority of respondents, 37 people (61.7%) experienced high levels of body shaming and 16 respondents (26.7%) experienced very high levels of body shaming. Hidayat *et al.* (2019) also found a similar trend in Pekanbaru, with 53 respondents (51.5%) experiencing high levels of body shaming and 50 respondents (48.5%) reporting low levels of body shaming. Research by Zahda *et al.* (2024) conducted in Makassar found that the majority of respondents, 99 (66%), had experienced high levels of body shaming.

Cultural factors contributed to the high levels of body shaming among adolescents. Society tends to favor individuals with attractive physical appearances that meet established beauty standards, such as tall stature, ideal body shape, clear, fair skin, and straight hair (Sakinah, 2018). Mass media reinforces this preference by frequently displaying or highlighting various forms of beauty, particularly for women (Khasanah & Sianturi, 2024; Rahmadhani, 2023).

Gender inequality also contributes to this phenomenon, with women being more vulnerable to physical teasing than men. This is due to social norms that tend to normalize male appearance and demand that women meet high beauty standards. Body shaming

can have negative impacts on victims, such as feelings of insecurity, loss of self-confidence, and an obsession with achieving an ideal body shape. Consistent with research, Karyanti & Aminudin (2019) suggested that body shaming can impact victims' psychological health, including triggering eating disorders.

### Self-Esteem

The results showed that 37 respondents (56.1%) had high self-esteem, and 29 respondents (43.9%) had low self-esteem. According to research by Najib *et al.* (2018) conducted in Wonosobo Regency, the majority of respondents (60.4%) demonstrated high self-esteem, characterized by self-acceptance, equal ability to others, self-satisfaction, and a desire to be appreciated. Research by Khoir *et al.* (2021) conducted in West Kalimantan showed that the majority of respondents (28 respondents) had high self-esteem. Similarly, research by Mailiza *et al.* (2022) conducted in Aceh showed that the majority of respondents (43 respondents) had high self-esteem (17.6%).

Individuals with high self-esteem appreciated their strengths and weaknesses without seeking attention or praise. Conversely, low self-esteem was associated with withdrawal, insecurity, limited social interactions, and perceptions of inadequacy (Dewi & Ibrahim, 2019; Elliya & Rahma, 2020). Persistent negative evaluations of physical appearance can trigger the internalization of unrealistic beauty standards, making individuals feel worthless and unattractive (Angelina *et al.*, 2021). This can lead to significant shame, guilt, and anxiety. Adolescents who engaged in norm violations tend to be in a status crisis, where they experienced identity confusion, minimal self-exploration, and a lack of commitment to specific roles (Nur & Huriati, 2016). This hinders self-identity determination and encourages them to seek identity through

inappropriate means, which can lead to low self-esteem (Nur & Huriati, 2016).

### **Suicide Risk**

This study found that 59.1% (n=39) were in the low category and 40.9% (n=27) were in the high category. This is in line with Kusumayanti *et al.* (2020) research in Bali, which showed that the majority of respondents, 328 respondents (89.8%), were at low risk for suicide. Tandiono *et al.* (2020) study in Jakarta found that the majority of respondents had attempted suicide. Adolescents with peers who experience bullying and suicidal ideation need increased social support, including companionship, trust, and assistance focused on positive solutions (Shin, 2022; Tomé *et al.*, 2012). Adolescents are more likely to engage in dangerous behaviors when they have more friends who do so.

According to data from the Indonesian National Police (Polri) in 2023, there were 971 cases of suicide among adolescents in Indonesia from January to October 2023 (Astunggoro, 2023). Adolescents become addicted to gadgets, which can lead to various negative impacts, such as a lack of social interaction, a reduced interest in playing with friends, which can ultimately lead to depression and feelings of loneliness, and a loss of opportunities to share (Simanjuntak & Wulandari, 2022; Windarwati *et al.*, 2024). Positive friendship quality is characterized by high levels of prosocial behavior, a high level of trust and security, close relationships, and low levels of conflict.

### **The Relationship between Body Shaming and Self-Esteem**

This study found a correlation between body shaming and self-esteem and suicide risk in late adolescents at the National Banking Vocational School in Jakarta. The analysis showed a p-value of 0.00, which was

statistically significant ( $p < 0.05$ ), indicating a relationship between body shaming and self-esteem in late adolescents at the National Banking Vocational School in Jakarta.

The results of this study aligned with those of Melizza *et al.* (2023) conducted on 17–25-year-olds using Body Shaming instrument and Rosenberg Self-Esteem Scale (RSES) instrument obtained a p-value of 0.000 ( $p < 0.05$ ) concluded there was a relationship between body shaming and self-esteem. Another study by Melizza *et al.* (2023) conducted on 17–19-year-olds using Body Shaming instrument and Rosenberg Self-Esteem Scale (RSES) instrument obtained a p-value of 0.000 ( $p < 0.05$ ) concluded there was a relationship between body shaming and self-esteem in late adolescents. Negative perceptions of an individual's physical appearance based on unrealistic beauty standards can trigger body shaming and various negative consequences for its victims including low self-esteem, depression, and anxiety (Nur & Huriati, 2016).

The results of Jannah (2022) study conducted on students aged 13-18 years using the Body Shaming instrument and the Self-Esteem instrument obtained a p-value of 0.001 ( $p < 0.05$ ) concluded that there is a relationship between body shaming and self-esteem. Research conducted by Widiyani *et al.* (2021) took a sample with the condition that informants were 18-20 years old using the Body Shaming instrument and the Self-Image instrument based on Stuart (2016) self-concept theory obtained a p-value of 0.015 ( $p < 0.05$ ) concluded that there is a significant relationship between body shaming and self-image of students. Body shaming creates a negative perception of an individual's appearance, triggers dissatisfaction with body image and has the potential to lead to adverse psychological consequences.

A discordant study by Derang *et al.* (2023), conducted among 18-22-year-olds using the Body Shaming questionnaire and the Rosenberg Self-Esteem Scale (RSES), found a p-value of 0.525 ( $p > 0.05$ ), concluding there was no significant relationship between body shaming and self-esteem. Feelings of dislike and aggressive responses can exacerbate self-esteem and social issues. Khoir *et al.* (2021) study, conducted among 17-19-year-olds using the Body Shaming and Rosenberg Self-Esteem Scale (RSES), found a p-value of 0.596, concluding there was no relationship between body shaming and self-esteem in adolescents at SMAN 2 Mempawah Hilir.

### **Relationship between Body Shaming and Suicide Risk**

This study found a correlation between body shaming and self-esteem and suicide risk in late adolescents at Vocational School Perbankan Nasional Jakarta. The analysis showed a p-value of 0.04, which was statistically significant ( $p < 0.05$ ), indicating a relationship between body shaming and suicide risk in late adolescents at Vocational School Perbankan Nasional Jakarta. Adolescents experiencing high levels of body shaming were 2.8 times more likely to experience suicide than adolescents experiencing low levels of body shaming, thus finding a positive correlation, indicating that high levels of body shaming were associated with a higher risk of suicide.

In line with research by Dewi *et al.* (2023), using the Revised Cyber Bullying Inventory-II (RCBI-II) and the Risk Factors of Suicidal Ideation (RFSI) instruments, a p-value of 0.000 ( $p < 0.05$ ) was obtained. It was concluded that there is a relationship between cyberbullying and the risk of suicidal ideation in adolescents. Adolescents involved in cyberbullying, whether as victims or perpetrators, are at risk of suicidal ideation. Teachers, parents, and peers play a crucial role in motivating and providing moral

support to victims and admonishing perpetrators to prevent repeating their actions. The results of research conducted by Wati *et al.* (2023) using the Verbal Bullying and Loneliness instruments obtained a p-value of 0.001 ( $p < 0.05$ ), thus concluding a relationship between verbal bullying and loneliness. Bullying victims often feel fear and trauma, making them reluctant to speak up and reveal the bullying they experienced.

Research conducted by Wahyudi & Burnamajaya (2020) using the Tennessee Self-Concept Scale (TSCS) and the Scale of Suicidal Ideation obtained a p-value of 0.012 ( $p < 0.05$ ), thus concluding a relationship between self-concept and suicide risk in adolescent victims of verbal bullying. Research by Jatmiko *et al.* (2021) using the Beck Hopelessness Scale, the Depression, Anxiety, and Stress Scale, and the Scale of Suicidal Ideation obtained a p-value of 0.000 ( $p < 0.05$ ), thus concluding a significant relationship between psychological factors and suicide risk in adolescents. Bullying experiences can trigger fear of the social environment and a tendency to have negative thoughts, including suicidal ideation.

Another related study, conducted by Yanzami & Widyatuti (2021), using the Bullying Participant Behavior Questionnaire and the Columbia Suicide Severity Rating Scale, obtained a p-value of 0.000 ( $p < 0.05$ ), concluding that there is a relationship between bullying and suicide risk in adolescents. Suicidal behavior and suicidal ideation, self-harm, and/or suicide attempts were very similar (24%) in those aged  $< 18$  at the time of diagnosis compared to those aged  $\geq 18$  (Addison *et al.*, 2024).

The researchers encountered several limitations, including a lack of references related to body shaming and suicide risk; online data collection using a Google Form questionnaire due to the timing of school exams and competency tests for 12th-grade



students, which resulted in longer data collection time; and a small number of respondents, with schools known for physical bullying and juvenile delinquency. Cross-sectional methods cannot be used to determine causality between body shaming and self-esteem or suicide.

## CONCLUSION AND SUGGESTION

The results of this study indicated a significant relationship between body shaming and self-esteem, as well as a significant relationship between body shaming and suicide risk in late adolescents at Vocational School Perbankan Nasional Jakarta. Future researchers can conduct research with different variables, such as the relationship between factors influencing body shaming and suicide risk and test the effectiveness of bullying prevention programs in vocational high schools. It is important that teachers and school staff receive workshop training on healthy beauty standards, counseling with teachers regarding body shaming, mental health education, and suicide risk prevention.

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## AUTHOR CONTRIBUTION

Zalfa Kamila Rafifah contributed to data collection, data analysis, manuscript writing, and literature review. Renta Sianturi contributed to data collection, data analysis, and manuscript writing.

## CONFLICT OF INTEREST

The authors have no conflicts of interest.

## DECLARATION OF ARTIFICIAL INTELLIGENCE (AI)

The authors confirmed that no artificial intelligence (AI) tools, services, or technologies were used in the creation, editing, or improvement of this manuscript. All content presented was the result of the independent intellectual effort of the authors, who guarantee its originality and integrity.

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