REPRESENTATION OF BODY POSITIVITY IN CLARA DAO'S INSTAGRAM ACCOUNT: AN IDEATIONAL METAFUNCTION ANALYSIS

THESIS

By:

Dewi Khaerunnisa
NIM 200302110105

DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK
IBRAHIM MALANG
2025

REPRESENTATION OF BODY POSITIVITY IN CLARA DAO'S INSTAGRAM ACCOUNT: AN IDEATIONAL METAFUNCTION ANALYSIS

THESIS

Presented to

Universitas Islam Negeri Maulana Malik Ibrahim Malang

in Partial Fulfillment of the Requirements for the Degree of *Sarjana Sastra* (S.S)

By:

Dewi Khaerunnisa

NIM 200302110105

Advisor:

Prof. Dr. Rohmani Nur Indah, M.Pd.
NIP. 197609102003122011

DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG
2025

STATEMENT OF AUTHORSHIP

I state that the thesis entitled "Representation of body Positivity in Clara Dao's Instagram Account: An Ideational Metafunction Analysis" is my original work. I do not include any materials previously written or published by another person except those cited as references and written in the bibliography. Hereby, if there is any objection or claim, I am the only person responsible for that.

Malang, 17 Juni 2025

Dewi Khairunnisa

200302110105

APPROVAL SHEET

This is to certify that Dewi Khaerunnisa's thesis entitled "Representation of Body Positivity in Clara Dao's Instagram Account: An Ideational Metafunction Analysis" has been approved for thesis examination at Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the *degree* of *Sarjana Sastra* (S.S).

Malang, 15 May 2025

Approved by

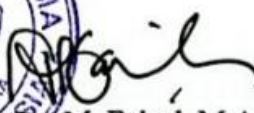Advisor,

Head of English Literature Deparment,

Prof. Dr. Rohmani Nur Indah, M.Pd.

Ribut Wahyudi, M.Ed., Ph.D.

NIP. 197609102003122011

NIP. 198112052011011007

Acknowledge by
Dean,

Dr. M. Faisol, M.Ag.

NIP. 197411012003121003

LEGITIMATION SHEET

This is to certify that Dewi Khaerunnisa's thesis entitled **Representation of Body Positivity in Clara Dao's Instagram Account: An Ideational Metafunction Analysis** has been approved by the Board of Examiners as one of the requirements for the degree of *Sarjana Sastra* (S.S.) in Department of English Literature.
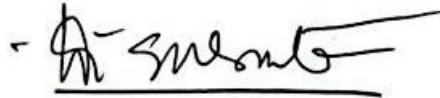
Malang, 17 June 2025

Board of Examiners   Signatures

1. H. Djoko Susanto M.Ed, Ph.D.
   NIP 196705292000031001 (Chair Examiner)

2. Prof. Dr. Rohmani Nur Indah, M.Pd
   NIP 197609102003122011 (First Examiner)

3. Mazroatul Ishlahiyah, M.Pd
   NIP 199107222023212036 (Second Examiner)

Approved by
Dean of Faculty of Humanities

Dr. M. Faisol, M.Ag.
NIP 197411012003121003

iv

MOTTO

"You musn't be afraid to try new things. If you never try, you'll never know"

DEDICATION

I sincerely dedicate this thesis to my beloved mother, Titik Yuswanti and my beloved father, Abdullah. who have given, prayers, energy, support, struggle, and sacrifices both emotionally and financially. I also extent my gratitude to my dear friends who have supported and encouraged me, Sajidah, Shanaz, and Ayak. Lastly, I dedicate this work to myself, for having the strength to endure and survive until I complete this responsibility.

ACKNOWLEDGEMENT

Alhamdulillah, all praise and gratitude are sincerely addressed to Allah SWT, the Lord of the universe, the god of all people, for all his blessings and grace so that the researcher can complete the thesis entitled "Representation of Body Positivity in Clara Dao's Instagram Account: An Ideational Metafunction Analysis" as a requirement for the degree of *Sarjana Sastra* (S.S). Furtheremore*, Allahumma Shalli 'ala sayyidina Muhammad.* Sholawat and salam always poured to Prophet Muhammad SAW, the noble messenger and the most exemplary human being.

I would like to express my gratitude Ribut Wahyudi, M.Ed, Ph.D., as the head of English Literature Department, and my supervisor Prof. Dr. Rohmani Nur Indah, M.Pd. who has taken the time to help me in completing this thesis and also as well as the Staff of Humanities Faculty of Universitas Islam Negeri Maulana Malik Ibrahim Malang, who have provided and arranged the learning agenda so well.

First and foremost, I would like to express my heartfelt gratitude to my beloved parents, sisters, and my bestfriends for their support and prayer during my studies. I am truly thankful for everything because without their support I would not be where I am today. I would also to give thanks to my best friend, orgilism, Sajidul, Shanaz, and Ayak, and my beloved bestie, Rengganis, also my dear partner, Kukuh. Wishing you all the best, success, and happinnes in everything you pursue in the future.

I truly hope that the completion of this research can provide many offer valueable benefits for both writers and readers. I am fully realized that this thesis is not without flaws, because there are still various limitations and weaknesses in several aspects. Therefore, I Sincerely welcome any suggestions and criticisms to help improve the quality of this research.

Malang, 17 June 2025

Dewi Khaerunnisa

200302110105

ABSTRACT

Khaerunnisa, Dewi (2025). *Representation of Body Positivity in Clara Dao' s Instagram Account: An Ideational Metafunction Analysis.* Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Prof. Dr. Rohmani Nur Indah, M.Pd.

Keyword: *Systemic Functional Linguistic, Ideational Metafunction, Transitivity System, Body positivities*

In the ever-growing world of social media, many people focus on appearance. This has led to the rise of beauty standards. Then, many influencers want to challenge that and foster body positivity such as Clara Dao. This can be overcome by voicing body positivity through Instagram captions so that the audience, especially women who feel less confident, feel safe and can appreciate themselves more. Therefore, Clara Dao's Instagram captions are an interesting object to research. By using Matthiessen & Halliday's Systemic Functional Linguistic theory (2014), this research aims to find out the representation of body positivity contained in Instagram captions. This study uses qualitative methods to understand the language used by Clara Dao in her captions related to body positivity. This research analyzes 13 examples of clauses analyzed using the transitivity system on Instagram captions taken from the period January to June 2024. The results of the analysis of the 13 data can be concluded that the dominant process is the attributive relational process. From these results, it can be seen that Clara Dao shows a strong emphasis on self-acceptance and self-esteem. Clara Dao's captions contribute to challenging beauty standards and promoting body image on digital platforms.

ABSTRAK

Khaerunnisa, Dewi (2025). *Representation of Body Positivity in Clara Dao' s Instagram Account: An Ideational Metafunction Analysis*. Skripsi. Program Studi Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Dosen Pembimbing: Prof. Dr. Rohmani Nur Indah, M.Pd.

Keyword: *Systemic Functional Linguistic, Ideational Metafunction, Transitivity System, Body positivities*

Dalam dunia sosial media yang terus berkembang, banyak orang-orang yang fokus kepada penampilan. Hal ini membuat munculnya standart kecantikan. Lalu, banyak inflluencer yang ingin menentang hal itu dan menumbuhkan body positivity seperti contohnya Clara Dao. Hal ini dapat diatasi dengan cara menyuarakan body positivity melalui caption Instagram agar para audiens khususnya wanita yang merasa kurang percaya diri, merasa aman dan lebih dapat menghargai diri sendiri. Maka dari itu, captions intagram Clara Dao menjadi objek yang menarik untuk diteliti. Dengan menggunakan teori Systemic Functional Linguitic dari Matthiessen & Halliday (2014), penelitian ini bertujuan untuk mengetahui representasi body positivity yang terdapat pada caption instagram. Penelitian ini menggunakan metode kualitatif untuk memahami bahasa yang digunakan Clara Dao dalam captionnya yang berhubungan dengan body positivty. Penelitian ini menganalisis 13 contoh klausa yang dianalisis menggunakan transitivity system pada captions Instagram yang diambil dari periode Januari sampai dengan Juni 2024. Hasil analisis dari 13 data tersebut dapat disimpulkan bahwa proses yang dominan adalah proses relasional atributif. Dari hasil tersebut dapat diketahui bahwa Clara Dao menujukkan penekanan yang kuat pada penerimaan diri dan harga diri. Caption Clara Dao berkontribusi untuk menantang standar kecantikan dan mempromosikan citra tubuh dalam platform digital.

مستخلص البحث

خيرونيسا، ديوي (2025). تمثيل إيجابية الجسد في حساب كلارا داو على إنستغرام: تحليل فكري. أطروحة جامعية. قسم الأدب الإنجليزي، كلية العلوم الإنسانية، جامعة إسلام نيجيري مولانا مالك إبراهيم مالانج. المستشار: البروفيسور د. د. رحماني نور إنداه، ماجستير

الكلمات المفتاحية: لغوي وظيفي نظامي، ميتافيزيقي وظيفي، نظام الانتقال، إيجابية الهيئ

في عالم وسائل التواصل الاجتماعي المتنامي باستمرار، يركز الكثير من الناس على المظهر الخارجي. وقد أدى ذلك إلى ظهور معايير الجمال. ومن ثم، ترغب العديد من الشخصيات المؤثرة في تحدي ذلك وتعزيز إيجابية الجسم مثل كلارا داو. يمكن التغلب على ذلك من خلال التعبير عن إيجابية الجسم من خلال التعليقات على إنستجرام حتى يشعر الجمهور، وخاصة النساء اللاتي يشعرن بثقة أقل في أنفسهن، بالأمان ويمكنهن تقدير أنفسهن مثيرًا على إنستجرام موضوعًا أكثر أنفسهن، ولذلك، تُعد تعليقات كلارا داو على إنستجرام موضوعًا أكثر للاهتمام للبحث. باستخدام النظرية اللغوية الوظيفية المنهجية الوظيفية لماتيسن وهاليداي (2014)، يهدف هذا البحث إلى معرفة تمثيل إيجابية الجسد الواردة في التسميات التوضيحية على إنستغرام. يستخدم هذا البحث أساليب نوعية لفهم اللغة التي تستخدمها كلارا داو في تعليقاتها المتعلقة بإيجابية الجسد. يحلل هذا البحث 13 مثالاً من العبارات التي تم تحليلها باستخدام نظام التحويل في التسميات التوضيحية على إنستغرام المأخوذة من الفترة من يناير إلى يونيو 2024. ويمكن استنتاج نتائج تحليل البيانات الـ 13 أن العملية السائدة هي العملية العلائقية الإسنادية. ومن هذه النتائج، يمكن ملاحظة أن كلارا داو تُظهر تركيزًا قويًا على قبول الذات واحترام الذات. تساهم تعليقات كلارا داو في تحدي معايير الجمال وتعزيز صورة الجسد على المنصات الرقمية

TABLE OF CONTENTS

LIST OF TABLES

CHAPTER I

INTRODUCTION

This chapter presents the introduction of the research. It consists of background of the study, research question, significance of the study, scope and limitation, and definition of key terms.

A. Background of The Study

In modern society, appearance is often emphasized. This relates to a person's physical appearance in other people's eye. The way a person views themselves and society's expectations of beauty can influence others. Beauty standards refer to societal norms and ideals that determine what is considered attractive regarding physical appearance. These standards can vary significantly across different cultures and time periods, reflecting varying values and ideals of beauty. However, people who are unhappy with themselves frequently feel pressured by these standards. To achieve perceived perfection, this dissatisfaction leads to unhealthy behaviors, low self-esteem, and body issues. Especially in the digital era, social media is widely used by people from different backgrounds, thus it plays a big role in constructing new beauty standards (Syarifah et al., 2022)

Social media and the beauty industry often reinforce unrealistic body images and appearances. Unrealistic beauty standards can cause teenagers to feel pressured to look their best, leading to unhealthy habits such as photo editing, excessive make-up, and low self-esteem (Pahwa et al., 2023).

However, amidst the relentless pursuit of this elusive ideal, a countermovement has emerged on platforms like Instagram, championing body positivity and self-acceptance.

Instagram has become an effective platform for challenging beauty standards and promoting body diversity because of its wide audience and high visual attention. Tiggemann and Zaccardo (2018) found that young women who engage with body-positive posts on instagram report higher levels of body satisfaction and more love for their physical appearance. Many influencers use hashtags like #BodyPositivity, #BodyPositive, and #LoveYourself to share photos, empowering messages, and personal stories, encouraging a sense of community and solidarity. Influencers and activists use their platforms to promote body acceptance and challenge harmful beauty standards to support other women.

Body Positivity is a movement that challenges by society imposed beauty standards. This movement has gained popularity on Instagram, with many celebrities and influencers promoting acceptance and inclusion by normalizing different body shapes and types. Instagram's trending hashtags include #bodypositivity (as at 4/24/24) yields 12.2 million posts and #loveyourself 119 million posts. Social media influencers are educating their followers about the virtual nature of social media images and promoting body positivity. There is a growing movement to shift away from narrow body ideals and towards more inclusive and diverse ideas of appearance. Choosing body positivity as a focus is important because this movement represents an influencer's attempt to

redefine beauty more diversely. By analyzing body positivity, we can better understand how language and social media contribute to challenging beauty norms.

Clara Dao, a well-known influencer, actively promotes body positivity. Her Instagram account has 607k followers and 526 posts. Clara Dao is a feminist activist who addresses body positivity and skinny-shaming issues (Astuti & Haryanto, 2023). She is a Vietnamese woman, encouraged self-love for women around the world, especially those with flat-chests, to increase self-worth and love. Her content encourages female empowering message and help gain confidence. Clara Dao's content conveys the body positivity movement through text and language, which is compatible with the SFL study's discussion of language's role in representing ideas in human cognition and providing ideational metafunction (Mattheissen & Halliday, 2014). This research will use the Systemic Functional Linguistics (SFL) approach developed by Halliday & Matthiessen (2014) to represent Clara Dao's experience of body positivity.

The current study uses the transitivity system to understand how language is used to represent the influencer's experience on Clara Dao's Instagram account, which discusses body positivity. Systemic functional theory focuses on representation is the ideational metafunction. The ideational metafunction is specifically concerned with how language represents and constructs experience, reality, and the world around us, which is why this study focuses solely on the ideational metafunction, particularly when examining representation. The ideational metafunction is defined as a theory of influencer

experience, and encompasses both the experiential meaning and logical meaning. Experiental meaning helps us construe our experience and what is happening about the world (Halliday & Matthiessen, 2014). In the context of Instagram captions, the ideational metafunction helps convey the Influencer's experiences. We can gain a deeper meaning by understanding how language functions in body positivity.

This study is not the first study to discuss the topic of ideational metafunction. Several previous studies have discussed it with social media objects such as instagram, YouTube channels, and website news. The first previous study was conducted by Zamzami (2024) on Al Jazeera Instagram Posts about the Rafah Attack. The finding of the show that Al Jazeera wants to represent about the Rafah attack are the sad picture of how Israel attacked Rafah, Israel's disregard for the ICJ's rules and its criticisms, and Palestine's hopes. Next, previous study from Ardelia (2019) examined the representation of internet celebrities in Syahrini's Instagram posts. The research findings showed that Syahrini portrayed herself as an internet celebrity by displaying a glamorous lifestyle and always using the hashtag #Princessyahrini to build her own branding and get attention from viewers.

Another previous study written by Nguyen (2024) examined how TikTok was represented in US news after President Joe Biden signed the TikTok ban bill. The findings revealed that news coverage mostly used the Material process, followed by the Relational process. After that, mental and verbal

processes were found to occur with comparable results. Finally, existential and behavioral are less popular.

The next previous study is written by Gunawan (2023), on Women's Involvement in Jihad. This study uses transitivity system which shows that the majority is material process and minority is verbal process. The transitivity system indicate that the testament is more than just a message about the wealth left behind but also contains ISIS's ideological message that can harm many people.

Another study conducted by Ayu (2021) that analysed Dark Memes on the 9gag Site. The study's findings indicated the existence of ideational, interpersonal, textual, and various transitivity system. Dark memes served as a form of entertainment that used negative visuals. Viewers (who liked dark memes) found it easier to understand the writer's representation when it was presented visually and verbally.

Apart from social media, researchers discovered several previous studies on song lyrics analysis. Another study is written by Silalahi (2024) that identifies and describes the types of processes in the Experiential Function (Ideational) in song lyrics. This Experiential Function Analysis in the song "A Year Ago" contributes to providing a deep understanding of the author's expression of experience and emotion towards song lyrics.

The next previous study, written by Farah (2023) analyzed the lyrics of Meghan Trainor's song All About That Bass and Made You Look. The purpose of this study was to examine how Meghan Trainor's song represents body

positivity in its lyrics. The research findings showed that the attributive relational process was more dominant and found that Meghan Trainor represents body positivity in both of her songs by discussing her identity as a woman and how she feels as an actress and mother.

Another previous study was written by Khadim (2024) with the title Analysis of the Transitivity of the Character Noor Jehan in the Book "I Should Have Honor". This study found the types of Processes, namely mental, behavioral, verbal, material, and relational processes. The results of this study found Participant Functions, namely actor, reach, target, recipient, client, conveyor, verbiage, target, recipient, sensor, phenomenon, actor, carrier, and attribute. The circumstantial elements that are characterized are Place-Location, Time-Location, Manner, Accompaniment and Material based on the analysis.

The next previous studies entitled "Body-Positive Instagram Exposure and Young Women's Body Image: The Mediating Role of Appearance Comparison and Broadly Conceptualizing Beauty" by Rousseau, A. (2023). Using insights from social comparison theory, objectification theory, and the body appreciation acceptance model. Overall, body positive Instagram posts may improve women's body image by encouraging protective filtering of idealized content, reducing the relevance of idealized models as comparison targets, and increasing perceptions of unconditional body appreciation by others.

The other previous study about body positivity is entitled "Better than average Bopo: Identifying which body positive social media content is most

helpful for body image among women" written by Rodgers et.al (2024). Body-positive social media content, particularly text-only content, is more beneficial to body image than idealized social media content. This study looked at the self-reported body image and mood effects of various types of body-positive content in women. Each image was evaluated in terms of its perceived impact on body image and mood. According to the findings, the text-only category was the most effective in gaining positive feelings toward the body and positive affect.

After several previous studies that have been described, there are differences from this research. Most previous studies on ideational metafunctions are used in the context of social media, song lyrics, news, and certain websites. Although social media has been the topic of various studies, the representation of body positivity on Instagram has never been the subject of previous studies. This study uses the ideational metafunction theory through the transitivity system to analyze the representation of body positivity in Instagram influencer captions, which has never been done in previous studies.

The application of Halliday's ideational theory to analyze Instagram captions about body positivity can provide useful insights into how language constructs and represents meaning around this important social issue. Researchers can identify patterns in how users describe and discuss body positivity by looking at the transitivity system that conduct processes, participants, and circumstances in the captions. The processes conduct material, mental, behavioral, verbal, relational, and existential. These types of

transitivity system becomes the emphasis of this study. Overall, applying Halliday's ideational metafunctions to body positivity Instagram captions allows for a systematic examination of how language is used to construct and convey meaning around this critical social issue in the context of body positivity.

B. Research Questions

Based on the background study, the researcher develops the following research questions:

1. What are the type of process in transitivity system found in Clara Dao's Instagram captions?

2. How are body positivities represented by Clara Dao in her instagram caption through ideational metafunction?

C. Significance of The Study

Practically, this study can help English Department students to improve their understanding of systemic functional linguistics, especially ideational metafunction. It describes the types of processes, participants, and circumstances found in Clara Dao's Instagram captions related to body positivity. This study examines how Clara Dao represents body positivity through phrases, clauses, and sentences using ideational metafunction. This study can be used as a reference and comparison for future research on the same topic.

D. Scope and Limitation

The scope of this study is discourse analysis. Systemic Functional Linguistic (SFL) sees a language not just a formal structure but also as social context in body positivity. So that with discourse analysis sees a language is used to create meaning in different social settings. This study aims to examine the representation of body positivity movement in the Clara Dao's Instagram account. The researcher focuses on Instagram caption that convey messages related body positivity. However, this study is limited to the analysis of one specific influencer and not represent the entire range of a group of people. Besides, this study does not discuss the style of language or sarcasm in Instagram captions. The analysis will primarily focus on ideational metafunctions for finding representations meaning in the latest Clara Dao's Instagram post. This research uses the Systemic Functional Linguistics theory from Halliday & Matthiessen (2014).

E. Definition of Key Terms

To avoid misunderstandings, the following terms are defined within the research:

1. **Systemic Functional Linguistic**: a framework that places the function of language use in the context of instagram captions.
2. **Ideational Metafunction:** a theory of influencer experience, and encompasses the experiential meaning in the instagram captions.

3. **Transitivity System**: a system that analyzes the clause focuses on processes, participants and circumstances in the instagram captions.

4. **Body Positivities**: a social movement supports self-love, acceptance, and appreciation for one's own body, as well as embracing diversity in body shapes and sizes on Instagram.

CHAPTER II

REVIEW OF RELATED LITERATURE

This second chapter contains some related theories and references, which are related to the research. It involves systemic functional linguistics that focuses on ideational metafunction as construed by the transitivity system.

A. Discourse Analysis

The phrase "discourse analysis" refers to a certain perspective on language use as a component of social life that is intricately linked to other components (Fairclough, 2003). Discourse refers to how we use language in social context, and discourse analysis involves the examination of texts that function in social practice. This kind of analysis focuses on form, structure, and textual organization at different levels.

Discourse analysis is a method that looks at how language is used to create meaning in different social settings. It investigates how written texts and "talk" influence and mirror social interactions, identities, and behaviors. The book discusses issues like gender, health, and national identity while highlighting its historical evolution, important theories, and applications. Additionally, Taylor (2013) offers helpful advice on how to gather and examine discourse data, making the methodology approachable for novice social science researchers.

B. Systemic Functional Linguistics

Systemic Functional Linguistics (SFL) is a text-analysis-based theory that explains how language functions are used. Systemic theory offers a comprehensive approach (Halliday & Matthiessen 2014). The theory of Systemic Functional Linguistics (SFL) focuses on the lexico-grammatical investigation of three metafunctions: textual, interpersonal, and ideational.

1. Ideational Metafunction

   Ideational Metafunctions refers to how language provides a theory for representing human experience (Halliday & Matthiessen, 2014). Concerned with the content of language and how it construes our experience of reality. Involves the representation of events, actions, participants, and circumstances. It deals with the expression of ideas and the creation of meaning in terms of our perception and understanding of the world.

   Example: "The young artist painted on the street wall"

The young artist	painted	on the street
actor	Material process	circumstances

2. Interpersonal Metafunction

   This is known as 'language as action'. The term "interpersonal metafunction" refers to its interactive and personal aspect (Halliday & Matthiessen, 2014). Relates to the

social aspects of language and how it is used to establish and maintain relationships between people. Includes elements such as mood (indicative, imperative, interrogative), modality (certainty, probability), and the negotiation of meaning in communication.

Example: "Could you help me with this thesis, please?"

Mood	Interrogative
Modality	Could

3. Textual Metafunction

Textual metafunction is concerned with creating cohesion, organizing discourse, and emphasizing the text's flow and connectivity. Additionally, textual metafunction appears as a distinct motif within the grammar (Halliday & Matthiessen, 2014). Involves the ways in which language signals relationships between different parts of a text, such as sequencing, cohesion, and logical connections.

Example: "In the morning, I'll review the project proposals"

Theme	In the morning
Rheme	I'll review the project proposals

In summary, SFL theory offers a framework for understanding how meaning is created and interpreted in body positivity. With this approach, language analysis serves more

than just communication purposes. It also conveys a message about body positivity through ideology and social context.

C. Ideational Metafunction

One of the three primary metafunctions in Systemic Functional Linguistics (SFL), which was developed by Halliday & Matthiessen (2014). The ideational metafunction and devided into two components, the experiential and the logical (Halliday & Matthiessen, 2014). The experiential function deals with the representation of processes and participants. The logical function focuses on the relationships between clauses. It involves cause-and-effect relationships, conditionals, and other logical connections.

In systemic functional linguistics, transitivity system discusses ideas about experiences and also gives a hint about what the text is talking about. Transitivity system with complex understandings that combine lexical and grammatical considerations (Halliday & Matthiessen, 2014).

Example: "Miss Ganis is teaching in front of the class"

Miss Ganis	teaching	in front of the class
Process: Material	Participant: Actor	Circumstances (spatial)

The ideational metafunction provides a comprehensive framework for analyzing how language constructs and represents meaning related to experiences, actions, and entities. By examining the transitivity processes, participants, and circumstances within clauses, researchers can gain insights

into how language reflects reality and constructs our understanding of the world. This metafunction is essential for understanding various texts and discourses, including those related to body positivity as discussed in other contexts.

D. Transitivity System

Transitivity system sees a clause as a representation because producing a certain text will create a certain representation like body positivity. So, in the transitivity system there are three key elements namely, processes, participants, and circumstances.

1. Process

Processes are the main elements that represent what is happening in a clause. These are the core verbs in a clause that encode differe types of experiences, actions, or states, forming the foundation for how language represents reality. Process is divided into 6 types, namely material, mental, behavioral, verbal, existence, and relational.

a) Material process

Material process are processes of actions and doing something physical. The material process is the process of 'doing', which can be marked by the verb (Halliday & Matthiessen, 2014). The participant of this processes are actor, goal, target, beneficiary (e.g., run, eat, build, write, open, break).

Example: *The dog chased the ball.*

The dog	chased	the ball
actor	Material process	goal

b) Mental process

　　Halliday & Matthiessen (2014) stated that mental processes are not a type of action, and cannot be proven or replaced by actions that are instead related to feelings, thoughts, and seeing. Mental process is a process that deals with five senses. Mental process has four categories, namely perception which is related to five senses, cognition which is related to thinking, desideration which is related to want, wish, hope and emotion which is related to the feelings. The participant of this processes are senser and phenomenon. Simply, mental process asks about "what do you think/feel/know about the x?"

Example: *She loves herself*

She	loves	herself
Senser	Mental processes	phenomenon

c) Behavioural process

　　Behavioural processes describes action that is human behaviour. Hallliday (2014) stated that the behavioral process involves 'material' and 'mental' things that represent the outer manifestations of inner workings. It involves both physical and non-physiscal. The participant of this processes are behaver and range. Actions related to behavior (e.g., "laughing," "crying").

Example: *She smiles at me*

She	smiles	at me
Behaver	Behavioral process	circumstances

d) Verbal process

Verbal processes expressed through language involve human consciousness, including actions such as speaking and conveying meaning (Halliday & Matthiessen 2014). Verbal processes is way to communication something. The act of speaking or saying something (e.g., saying, announcing, tell, ask, mention) The participant of this processes are sayer, receiver, target, and verbiage. Sayer as a subject who speaks, receiver as a recipient of the utterance, target as a person referred to in the utterance, and verbiage is the content of the utterance.

Example: *Dewi told the truth*

Dewi	told	the truth
sayer	Verbal process	verbiage

e) Existential process

Existential are phenomena related to all kinds that recognized as 'existing' or happen (Hallliday, 2014). The existential process speaks of the existence of something. It is usually marked by (e.g., "exists," "there is") The participant of this processes is existent.

Example: *There is a lion in the zoo.*

There	Is	a lion	in the zoo
	Existential process	existent	circumstances

f) Relational process

Relational processes indicating process of being and having. Describes a relationship between two entities, not an action. Usually, in the form of a linking verb such as is, be, seen. Answers the question "What is that?" or "How does it work?" Relational processes come with two types namely attributive' and 'identifying'. Each is divided into 'intensive' 'possessive', and 'circumstantial' (Halliday & Matthiessen, 2014).

Table 2.1 Types and Sub-Types of Relational Processes

Types	Sub-types
Attributive	Intensive
	Possessive
	Circumstantial
Identifying	Intensive
	Possessive
	Circumstantial

1) Attributive: assign of quality, expressing the nature or attributes of something. Participant (Attribute + carrier)

   Example: She is gorgeous

   ● Intensive: She <u>is</u> a zookeeper.

   ● Possessive: She <u>has</u> a Ferrari.

   ● Circumstantial: The party <u>is</u> in the hall.

2) Identifying: assigns identity, participant (Token + value)

   Example: Nisa is the best teacher.

   ● Intensive: The captain <u>is</u> Wisnu.

- Possessive: The laptop <u>belongs to</u> her

- Circumstantial: The meeting <u>is</u> at 11 AM.

2. Participant

    Participants are the entities, which could be a person that takes part in the action, state, or event expressed by the process (verb). According to Halliday & Matthiessen (2014), participants are realized by noun phrases and are essential for construing the meaning of a clause as a representation of experience.

Table 2.2 Type of Processes and Participants

Types of Processes	Participant
Material	Actor :the doer of the process
	Goal: the thing affected by the process
	Range : the thing unaffected by the process
	Beneficiary: to whom/ for whom
Mental	Senser: who is communicate? Not necessarily human/conscious
	Phenomenon: what is thought
Verbal	Sayer: who is communicate something
	Receiver: the one whom verbalisation is addresed
	Verbiage: what is sayer says
	Target: one acted upon verbalisation
Relational	Carrier: entity carrying the quality
	Attribute: the quality carried
	Token: entity with identity
	Value : identity carried
Behavioral	Behaver: a conscious being
Existential	Existent: phenomenon of any kind that is exist

3. Circumstances

    Circumstances are one of the elements in system transitivity that function to complete the process with additional information. In

Systemic Functional Linguistics, circumstances are marked with adverbs. Circumstances are usually expressed through prepositional phrases or adverbial groups. They are not the main participants like actor, goal, senser, etc. (Halliday & Matthiessen, 2014).

Table 2.3 Types of Circumstances

Types of circumstance	Function	Wh-	Example
Extent	Measuring the duration or distance of a process	How long? How far?	for two hours, over 10km
Location	Indicating place or time	Where? When?	in the room, at night
Manner	Explaining the way, means, or quality	How? With what? In what way?	with grace, by car
Cause	Giving a reason, purpose, or result	Why? For what? With what result?	because of love, for success
Contingency	Shows a condition or possibility	What conditions? Despite what?	if it makes you feel confident.
Accompaniment	Mentioning who or what is involved or not	With whom? Without what?	with her, without him
Role	Indicating status, capacity, or role	As what? In what role?	as a friend, in the role of mentor
Matter	Mentioning the topic of conversation or thoughts	About what?	about body positivity
Angle	State the source of the opinion or perspective.	According to whom? From whose perspective?	According to Clara Dao

Ideational metafunction involves three main elements: process, participants, and circumstances. Processes and participants are too inseparable things. Process describes the action or event and usually find with verbs/verbs group, participants describe the roles or who involved in the process, and circumstances describe the conditions surrounding the process, such as place, time, or reason. These three elements describe reality and create meaning from Instagram captions.

D. Body Positivity

Body positivity is a social movement that promotes the acceptance and appreciation of a person's body, regardless of size, shape, or physical appearance. Bacon (2010) stated that body positivity aims to reduce the stigma that people experience regarding their bodies and emphasizes that every individual deserves to feel comfortable with their own body.

The body positivity movement has evolved as an outcomes of various factors such as social media. Social media shows the dominance of the ideal of a slim, white, and healthy body in advertising and media. Because some bodies are rarely seen or valued in discourse and visual media, overweight, black, and queer activism has given rise to the body positivity movement (Griffin, 2022). The Body Positivity movement emerged in response to social pressures that emphasize certain unattainable standards of beauty, which often limit the image of the "ideal" body to a certain shape, size, or skin color. Chiat (2021) stated that the movement was

started by social media influencers who wanted to teach others how to increase their self-confidence and love themselves regardless of beauty standards. This movement promotes a more tolerant perspective on body diversity and rejects the notion that a person's self-worth should be based on their body size.

Social media plays a big role in strengthening the body positivity movement. Instagram can provide a space for individuals and groups to promote messages of self-acceptance and engage with a wider audience. Hashtags such as #bodypositive began to emerge, providing a space for individuals to share personal body journeys and challenge social norms (Griffin, 2022).

However, over time, the movement has faced criticism. Many argue that its current representation often upholds hegemonic beauty standards, particularly focusing on younger, thinner, and fitter women, while marginalizing other identities such as racial minorities, people with disabilities, and older people.

CHAPTER III

RESEARCH METHOD

The section on research method discusses the research design, data source, research instrument, data collection, and data analysis. They are dealt with as follows:

A. Research Design

This study uses a descriptive qualitative method to analyze the selected data of Instagram captions that contain body positivity. The descriptive approach was chosen because it aims to answer research questions about "what kind of transitivity processes" and "how body positivity is represented". Descriptive qualitative research is very useful for researchers who want to know who, what, and where of an event, experience, or phenomenon (Sandelowski, 2000). Therefore, the researcher aims to dig deeper into the information on the body positivity obtained from the data of Instagram captions. Thus, the researcher hopes to gain additional insights related to the body positivity in the Instagram captions through this qualitative method.

B. Research Instrument

In this study, the researcher is an instrument, namely a human instrument. According to Peredaryenko and Krauss (2013), human instruments can provide valuable and new insights for research. The researcher himself is in charge of data collection and analysis. The

researcher will obtain the required data by observing and collecting data from Instagram post captions.

C. Data and Data Source

The data of this study are the phrases, clause, and sentence in the Instagram caption related to body positivity. The data source is from Clara Dao's instagram caption @clara_dao https://www.instagram.com/clara_dao/. The researcher selected the captions that have information about body positivity, long caption, and caption that is not include endorsement or advertisment. Clara Dao has 648 thousand followers and has approximately 611 photo and video posts on Instagram (9/17/24). The posts to be analyzed are taken from January 2024 until June 2024.

D. Data Collection

The data collection for this research use a documentation method derived from phrases, clauses, and sentences in Clara Dao's Instagram caption related to body positivity. There are several steps for the researcher to obtain the data. The first step in data collection is to viewed all Instagram post about body positivity on Clara Dao's account. The researcher then read the captions on Clara Dao's Instagram account that contained and related to body positivity. After reading the data, Researchers collected data by screenshots of Clara Dao's posts related to body positivity. Finally, rewriting selected data to be analyzed using Systemic Functional Linguistics theory, focusing

on ideational metafunctions through transitivity processes that include processes, participants, and circumstances.

E. Data Analysis

After the data is collected, there are several steps that researcher must take to analyze the data. The first step is to analyze the data using ideational metafunction, which focuses on the Transitivity System (Matthiessen & Halliday, 2014). The second step is to identify and classify each phrase, clause, and sentence based on the process first, followed by the participant and the circumstances to answer the first research question. The third step is to elaborate the data that has been classified with body positivity analyzed using ideational metafunction to answer the second research question. The last step is to draw conclusions.

CHAPTER IV

FINDINGS AND DISCUSSION

In this chapter, contains findings and discussion of the research. The data found based on ideational metafunctions related to the body positivity on Clara Dao's Instagram captions. The researcher uses the Systemic Functional Linguistics theory by Matthiessen & Halliday (2014) especially the ideational metafunction using Transitivity system to find the process, participants, and circumstances to analyze the data. The data that has been found is 13 data taken from the period January to June 2024. Furthermore, in the discussion section, the researcher discusses the ideational metafunctions found and explain the representation of body positivity that has been found in the data.

A. Findings

In this findings section, the data will be analyzed using the transitivity system to find the process, participants, and circumstances.

Datum 1

"*beauty is not a one-size-fits-all*" (25 January 2024)

Clause	beauty	is not	a one-size-fits-all
Analysis	carrier	Process: Relational attributive	attributtive

The main process in datum 1 is a relational attributive process. It is indicated by the linking verb "is not" which acts as a relation between "beauty" and "a one-size-fits-all". The word "beauty" acts as a carrier in the form of noun. The word "a one-size-fits-all" acts as an attribute.

This caption is aimed at an audience who has likely experienced social pressure related to narrow beauty standards. Through word choice and clause structure, the author emphasizes that one's self-worth should not be measured by external beauty standards. Thus, the context of this caption is as an affirmation and support for the dare community to be more accepting and appreciative of each other's diversity and uniqueness.

In the context of the clause above, the words "a one-size-fits-all" conveys the idea that beauty must be at one standard size. However, the word "is not" which gives rejection and becomes a new meaning that "beauty" is not limited to just one size and has a variety of size. Therefore, this clause refers to the concept of body positivity which againts beauty standards.

Datum 2

"*i think to live your dream life you have to start with accepting everything about yourself*"(31 January 2024)

Clause	I	think	to live your dream life	you	have to start	with accepting everything about yourself
Analysis	senser	Mental process	phenomenon	actor	Process: Material	Circumstances manner (means)

In this datum found two processes, namely a mental process represented by "think" and the material process is indicated by the verbal group "have to start". The word "think" is included in the mental process (cognition) because it involves the thinking process. The word "I" as a

sensor because it is the one who experiences the mental process. The phrase "to live your dream life" includes phenomenon because that part is what is thought by the Senser. Furthermore, there is a material process that is indicated by "have to start" and "you" as an actor. Then, there is circumstances manner shown by "with accepting everything about yourself" which shows how someone starts (to start) the process of living their dreams.

This caption appeared on social media to advocate of body positivity. Clara Dao openly shares her personal experience regarding her body perception (flat chest) and emphasizes that she does not need validation from others. The main goal of this caption is to inspire the audience to be confident, love themselves, and not be influenced by external opinions or standards.

In the context of body positivity, the first clause emphasizes thinking about the life of dreams. While the second clause emphasizes the actions that must be taken that is loving yourself to achieve it dreams. This datum shows that loving and accepting yourself is the first step towards happiness and life that is dreamed of.

Datum 3

"*aging is a privilege* that *not everyone gets the chance*" (1 February 2024)

Clauses	aging	is	a privilage	not everyone	gets	the chance
Analysis	carrier	Relational attributive	attribute	actor	Material process	goal

In datum 3, two processes are found, namely relational attributive process and material process. Process relational attributive is shown by the verb "is" which connects 'aging' and "a privilege". The word "aging" acts as a carrier because it is an entity that is given an attribute, namely "privilege". The second process is a more specific explanation of the main clause. Verb "gets" is the material process, "not everyone" is the subject that performs the action, and "the chance" is the object of the action. So, the second clause elaborates and explains the meaning of "privilege" specifically.

In the context of body positivity, being old is something positive and it is a privilege. Clara Dao wants to inspire her audience not to be afraid of aging, but to be grateful and love every change that happens to them. This clause emphasizes appreciating the aging process. Wrinkles are nothing to be ashamed of. Therefore, this align with the value of body positivity , which emphasize the value of body at every stage of age.

Datum 4

"*my body is so beautiful and so so so precious*" (14 February 2024)

Clause	my body	is	so beautiful and so so so precious
Analysis	carrier	Relatioanal attributive	attribute

The process in datum 4 is a relational attributive process that links the carrier and the attribute. The relational attributive process is stated by the verb "is" which is linking "my body" and "so beautiful and so so so precious". The word "my body" is an entity that has beauty. While the words "so beautiful and so so valuable" act as attributes that function as properties given to the carrier.

Clara Dao wants to motivate the audience to appreciate and love themselves more without being influenced by negative opinions from outside. This clause states a positive affirmation of one's own body. The use of "so beautiful and so so so precious" is a form of intense affirmation. In the context of body positivity, this is a way to express self-esteem and fight negative beauty standards. This clause emphasizes a great confidence and love for one's own body. So, in line with the value of body positivity, recognize and appreciate one's own beauty without beauty standards.

Datum 5

"*i* can *confidently say* that *I am a 10/10*" (14 February 2024)

Clause	I	confidently	say	I	am	a 10/10
Analysis	sayer	Circumstances manner (quality)	Process: verbal	verbiage		
				carrier	Relational attributive	attributive

The process found are verbal process and relational process. This clause is an example of a complex clause with one verbal process projecting another clause containing a relational process. The word "say" which shows verbal action. The word "I" acts as a sayer because it is the entity that says something. The word "confidently" is included in circumstances quality because it explains how the statement was delivered with full confidence. "I am a 10/10" as verbiage because it is something said by the sayer. This clause shows self-confidence in expressing about their own opinions.

The next process is relational process that shows with the clause "I am 10/10" is an example of a relational attributive process, where "I" as the bearer is given the attribute "10/10" through the linking verb "am", thus constructing a positive and affirmative self-representational meaning. In this context, the meaning of "a 10/10" is a rating scale that is usually used to describe perfection or the highest value.

In the context of body positivity, it describes that someone considers themselves valuable, beautiful, and perfect. Clara Dao expresses acceptance and love for all aspects of herself, both physical and emotional.

This caption also serves as a motivational and affirmative message to the audience, especially women, to be confident, love themselves, and not let negative comments from outside affect their self-esteem.

Datum 6

"*I love my hair, the shape of my body, my eyes, my smile, my belly, my chest, EVERYTHING*!!" (14 February)

Clause	I	love	my hair, the shape of my body, my eyes, my smile, my belly, my chest, EVERYTHING!!"
Analysis	senser	Process: mental	phenomenon

In this datum, mental process is found followed by participant. The verb "love" as mental process because it expresses feelings. Subject "I" as Senser because it is the person who feels love. And " my hair, the shape of my body, my eyes, my smile, my belly, my chest, EVERYTHING!!" as Phenomenon because it is something that is loved by "I".

These captions by Clara Dao aim to encourage her followers who may be struggling with self-confidence to believe that they "can be a 10" by simply loving themselves and not letting the negative opinions of others affect them. In this context, the word "love" is interpreted as Clara Dao wanting to emphasize loving yourself completely, even your flaws. The words "my hair, the shape of my body, my eyes, my smile, my belly, my chest, EVERYTHING!!" represent body positivity by celebrating oneself entirely, regardless of societal beauty standards. This expresses an appreciation and acceptance of one's physical form exactly as it is.

Datum 7

"There's so much beauty in our sisterhood" (08 March 2024)

Clause	There is	so much beauty	in our sisterhood
Analysis	Existential process	existent	circumstances location

In this datum, an existential process is found which is indicated by "there is" for existential marker. The word "so much beauty" function as existent for something that is stated to exist. Then there is "in our sisterhood" which functions as a circumstances location because it shows where the beauty is. This caption was created to celebrate International Women's Day, a global celebration that highlights women's struggles, achievements, and solidarity. Clara Dao wants to invite fellow women to celebrate themselves, support each other, and take an active role in society.

This process states the existence of beauty in the context of body positivity. This clause shows that beauty is not only related to physical appearance but can also be found in relationships and connections. So, this clause aligns with the context of body positivity because it shows that the acceptance and solidarity between women are also valuable.

Datum 8

"*You can look any way you want and do anything you want with your body*, as long as *you do it out of the love you have for yourself*" (12 April 2024)

Clause	You	can look	any way you want and do anything you want with your body
Analysis	carrier	Process: relational attributive	attribute

In this data, two processes were found, namely the relational attributive process and the material process. The first process is the relational attributive process indicated by the verb phrase "can look" which connects the carrier "you" and the attribute. The verb phrase is included in the relational attributive because it functions to describe a person's appearance, not to indicate the act of seeing (perception).

In the context of body positivity, this clause conveys that every individual has the right to freely appear according to their wishes. The right to do anything with their body without pressure from beauty standards. Therefore, this clause refers to body positivity because of the pressure of self-acceptance and everyone has the right to feel comfortable with their own body.

Clause	you	do	it	out of the love you have for yourself
Analysis	actor	Process: material	goal	Circumstances (cause)

In the second clause, the process material is found which is represented by the verb "do". The word "you" acts as the actor of the action. The word "it" as the goal because it indicates something that is the object of the action, which refers to the first clause. Then the phrase "out of the love you have for yourself" is the circumstances (cause) that explains the cause of the action being taken. This caption was created by Clara Dao in a personal reflection situation on social media, where she compares her past appearance and lifestyle with her present. This clause serves as an affirmation and motivation in the body positivity movement, emphasizing the importance of freedom of expression and self-love in determining the appearance and actions towards one's own body.

In the context of body positivity, the clause explains that the action taken by someone is because of self-love. This clause wants to encourage someone to do something because of their own desires, not just to meet beauty standards. Because only we have control over our bodies. Therefore, this clause refers to body positivity because it strengthens the concept of self-love and appreciation of one's own body, not to meet other beauty standards.

Datum 9

"Remember, *you are unique in your own way*" (30 May 2024)

Clause	you	are	unique	in your own way
Analysis	carrier	Process: relational attributive	attribute	Circumstances of manner (quality)

In this datum, the first thing found is the relational attributive process indicated by the word "are". The word "are" connects the carrier "you" and the attribute "unique". The word "unique" acts as an attributive because it gives characteristics to the carrier "you". Furthermore, there are circumstances (manner) "in your own way" which provide additional information on how "unique" occurs.

This caption emerged because the social media environment is full of the phenomenon of self-description with other people's achievements that are often displayed ideally on Instagram. Many individuals, especially teenagers and women, feel pressured to meet certain standards or feel inadequate because they compare themselves to others. Clara Dao created this caption as a response to this issue, providing a reminder that everyone is unique and has their own value without having to compare themselves to others.

In the context of body positivity, this clause explains that each individual has their own characteristics and uniqueness. These characteristics deserve to be accepted and loved. Therefore, this clause

refers to body positivity because it emphasizes self-acceptance that each individual is unique in their own way.

Datum 10

"*Our worth isn't defined by our appearance or societal standards*" (11 June 2024)

Clause	Our worth	is not	defined	by our appereance or societal standards
Analysis	carrier	Process: Relational attributive	attribute	Circumstances manner (means)

In this datum, there is a main process, namely the relational attributive process indicated by "is". The word "our worth" acts as a carrier and "not defined" acts as an attribute. The word "not defined" gives the word "our worth" a characteristic. In this case, "our worth" has the characteristic "not defined", which means that self-worth is not determined by social standards. Then there are the words "by our appearance or societal standards" which act as circumstances (means) because they show how people judge themselves.

Clara Dao created this caption because she experienced social pressure and body shaming from many people. Therefore, Clara wants to provide support, motivation, and a reminder to the audience that self-worth is not determined by appearance or societal standards. In this context, "by our appearance or societal standards" shows a way that is considered to

determine "worth", but is actually denied and does not apply. This clause emphasizes that self-worth does not depend on physical appearance or social standards. Therefore, this clause reflects the principle of body positivity by rejecting the standardization of beauty.

Datum 11

"We have the power to choose confidence and love ourselves as we are" (11 June 2024)

Clause	We	have	the power to choose confidence and love ourselve as we are
Analysis	token	Process: relational identifying possesive	value

In this data, the primary process identified is a relational identifying possessive process. This process is expressed through the verb "have," which indicates possession by the participant "we." The attribute participant is represented by the phrase "the power to choose confidence and love ourselves as we are," which clarifies what is possessed by "we." Thus, this clause conveys that the subject holds the right to be confident and to love themselves as they are.

Clara Dao created this caption as a response to personal experiences of feeling insecure, not confident, or having difficulty accepting themselves due to external pressure. Therefore, Clara Dao wants to invite the audience to realize that they have the power to choose to be confident and love

themselves, regardless of external standards. This clause conveys that everyone has the power to decide to be confident. This demonstrates that we are capable of loving ourselves completely. Therefore, it is related to the values of body positivity because it emphasizes the conscious choice to love and accept oneself.

Datum 12

"You have the right to shine unapologetically" (11 June 2024)

Clause	you	have	the right to shine	unapologetically
Analysis	token	Process: relational identifying possesive	value	Circumstances manner (quality)

In this datum, the main process is the process of relational identifying possessive. The process of relational identifying is represented by the word "have" which is showing ownership to connect tokens and values. The word "the right to shine" acts as a value because it is something owned by "you". The word "unapologetically" acts as circumstances manner in the form of an adverb because it explains how someone expresses "the right to shine".

In this clause, the word "the right to shine" means having the right to be confident. Furthermore, the word "unapologetically" means not apologizing for yourself or not being afraid of other people's judgment. This clause emphasizes that someone has rights and does not need to feel guilty

about themselves. Therefore, this clause refers to body positivity because it emphasizes self-confidence and pride in yourself.

Datum 13

"*you don't even know just how loved and valuable you are*" (18 June 2024)

Clause	you	don't even know	how loved and valuable you are
Analysis	senser	Process: mental (cognition)	phenomenon

In this clause, there is a mental process represented by the verbal group "don't even know" because it shows the thinking process. The word "you" acts as a senser because the person who experiences the process of ignorance. Then, "how loved and valuable you are" acts as a phenomenon because it is the object that the senser thinks about. In addition, projection of idea occurs in this clause which is shown by "how loved and valuable you are" which is the thought content of the mental process.

This caption was born from Clara Dao's personal experience of often receiving negative comments, body shaming, and insults on social media regarding her body appearance, especially her flat chest. Clara Dao felt social pressure because she felt insecure, but she chose to no longer focus on the "flaws" constructed by society. This clause aims to highlight how self-worth and self-love are frequently concealed from one's own consciousness. This clause demonstrates that we are actually valued and

loved. Therefore, in the context of body positivity, developing self-love is necessary to recognize our value.

The results of the analysis of Instagram captions on Clara Dao's account relating to body positivity were analyzed using Halliday & Matthiessen's (2014) systemic functional linguistics theory, especially ideational metafunction. According to the analysis above, it was found 13. captions data containing process, participant, and circumstances on Clara Dao's Instagram account uploaded from January 2024 to June 2024.

Table 4.1 Process Type Data Recapitulation

No	Process Type	Frequency
1	Material	3
2	Mental	3
3	Behavioural	0
4	Verbal	1
5	Existential	1
6	Relational Attributive	7
7	Relational Identifying	2
	Total	17

From the 13 data that have been analyzed, the majority use relational processes which are used 9 times with relational attributive 7 times and relational identifying 2 times. After that, the second largest process is the material and mental process which are the same number, which appears 3 times. Then the process that appears the least is the verbal process and the existential process which appears only 1 time.

Table 4.2 Participant Type Data Recapitulation

No	Process	Participant Type	Frequency
1	Material	Actor	3
		Goal	2
		Range	0
		Recipient	0
2	Mental	Senser	3
		Phenomenon	3
3	Behavioral	Behaver	0
		Behaviour	0
4	Verbal	Sayer	1
		Verbiage	1
		Receiver	0
5	Existential	Existent	1
6	Relational attributive	Token	2
		Value	2
7	Relational identifying	Carrier	7
		Attribute	7
	Total		32

In addition, not only the process appears in this research. Researchers also analyzed the process and participants that appear in the Instagram captions data related to body positivity. In this research, the total participants used were 32 times. Such as the actor used 3 times and the goal 2 times, senser and phenomenon each appeared 3 times. Then there are participant sayer, verbiage, token, value which each appear only once. Then the participant carrier and token appeared 7 times.

Table 4.3 Circumstance Type Data Recapitulation

No	Circumstance Type	Circumstances Subtype	Frequency
1	Location	Frequency	0
		Place	1
	Manner	Time	0
2		Means	2
		Quality	3
3		Comparison	0
	Cause	Degree	0
		Reason	1
		Purpose	0
		Total	7

In addition, apart from process and participant, researchers also analyze circumstances which serve as a complement. The total circumstances analyzed were 7. The most dominant circumstance that appeared was circumstances of manner which appeared 5 times. Then the circumstances that appear a less are circumstances location and circumstances cause which appear just once.

Analysis of Instagram captions reveals that body positivity representations are largely constructed through relational, mental, material, verbal, and existential processes. Relational processes are used to affirm positive identities, values, and attributes that emphasize self-worth and rejection of beauty standards. Mental processes highlight feelings of self-acceptance and self-esteem. Material processes demonstrate that individuals have the power to make choices about their bodies and lives. Existential and verbal processes further reinforce affirmative messages, such as recognizing the value of aging and affirming one's uniqueness.

B. Discussion

In this discussion, the researcher will discuss in more depth the findings of captions on body positivity using Systemic Functional Linguistics by Halliday & Matthiessen (2014), which have been analyzed previously. The researcher also provides a discussion based on the results above using ideational metafunction.

1. **Transitivity Process of Clara Dao's Instagram caption**

Based on the results, the most often used process by Clara Dao to represent body positivity in instagram caption is relational attributive process that appears 8 times. Clara Dao uses the relational process to emphasizes a clear picture of self-confidence. Clara Dao affirms the body positivity of herself as a carrier, using words such as "beautiful," "unique," or "not defined by societal standards." This shows that Clara Dao uses a lot of relational attributes to affirm self-worth and body quality. This aligns with the concept of body positivity, which wants to strengthen self-love and oppose beauty standards.

The second most often used process by Clara Dao is mental process which is appears 3 times. Found in datum 2, 6, and 13, which show mental processes using words such as "think," "love," and "know." These words show how Clara Dao views, feels about, and accepts her body inwardly. The word "love" means expressing feelings of love for one's own body. By using mental processes, Clara Dao demonstrates that accepting one's body

starts from ourselves, our mind, and our heart, rather than external judgment.

The third most often used process by Clara Dao is material process that appears 3 times also This material process demonstrates that Clara Dao not only proclaims body positivity verbally but also in real actions. As in the example of "have to start," "choose," which contains actions to choose and start loving yourself. Thus, the material process represents an active attitude in building a positive body image.

Another process that appears 2 times is the relational identifying possessive process. This is part of the relational process but it rarely appears because in the data, there is only the word "have" that represents the process. the word shows that the word ownership, if in the context of body positivity means that women have the right to choose how they want to shine, want to increase their confidence. So, Clara wants to emphasize that women can shine by believing in the beauty of our own bodies.

The verbal process appears the least in the data. Although it only appears once, the verbal process still contributes. In datum 5, the word "say" indicates the courage of her reflection on one's beauty. This is a form of verbal self-affirmation that is stated by Clara Dao.

Next, the least process found is the existential process. It is in datum 7, "*there is so much beauty in our sisterhood*," which shows the reality and presence of beauty. Clara Dao emphasized that beauty exists, especially the

existence of body positivity within the supportive community of fellow women.

From the many processes found, researchers were unable to find behavioral processes because behavioral processes are more common in descriptions of everyday actions (e.g., He smiled, She sighed). The expressions of body positivity are more abstract, so behavioral processes are less common in this research. Body positivity texts generally emphasize affirmation, self-appreciation, expression of feelings, and value arguments, compared to physiological/psychological behaviors, such as daily activities that are "half physical-half mental," such as behavioral processes.

Furthermore, circumstances were found to appear 7 times with dominant circumstances of manner 5 times. Examples of adverbs that indicate circumstances of manner are "unapologetically" and "confidently" which provide additional information in the context of body positivity. Its function is to emphasize that women should not be insecure and should be confident.

There are several previous studies that use the same analysis model, namely the Systemic Functional Linguistic theory, specifically using the transitivity system from Halliday & Matthiessen (2014), including the works of Zamzami (2024), Nguyen (2024), Gunawan (2023), Ayu (2021), Silalahi (2024), Khadim (2024), and Ardelia (2019). Previous researchers utilized the transitivity system to identify the type of process.

The results of this study show variations in the most frequent types of transitivity systems. While this research found relational attributive process as the most dominant process, many other studies mentioned that material process as the most dominant process by Zamzani (2024), Gunawan (2023), Ayu (2021), Khadim (2024), and Nguyen (2024) because they use objects in the form of news that usually focus on actions, while this object is an instagram caption that emphasizes expressions from personal experiences.

In this study, differences were found with other studies. The studies by Zamzami (2024) and Gunawan (2023) shows the representation of conflict and political violence in War, While in the context of memes or humor from Ayu (2023), the results of the analysis tend to convey social criticism and research from Nguyen (2024), Khadim (2024), Silalahi (2024) The result of the studies different from the result of my research that shows the representation of body positivity in instagram account.

Ardelia's research (2019) and this study focus on influencers on Instagram, so both have similarities in terms of research objects, namely influencers who build their image through Instagram accounts. In terms of findings, differences were found, namely, Ardelia found Syahrini's representation as an internet celebrity who is identical to luxury. This is because the previous study wanted to examine representation in a multimodal (language and visual) context, so it used a combined theory of

SFL and social semiotics. In contrast, this study focuses more on language analysis and language functions, so it uses SFL theory specifically.

Furthermore, related to the results of the same study, both found that the relational attributive process was more dominant. Farah (2023) stated that the relational attributive process is used to represent identity as a woman, by emphasizing aspects such as gender roles or social identity. In contrast, this study found that the relational attributive process is used more to emphasize self-esteem and self-confidence. Although both studies found the relational attributive process to be more dominant, the focus of what is represented is different

2. **The Representation of Body Positivity in Clara Dao's Instagram Account**

This study aims to find the representation of body positivity in Clara Dao's instagram account by analyzing and identifying ideational metafunction. Based on the findings, the researcher concluded that Clara Dao focuses on affirming self-worth (for example see datum 2, 9, 10) and build self-worth (see datum 4, 5, & 11). In addition, she also encourages body positivity (see datum 6 & 13).

Clara Dao encourages women to accept their bodies starting from themselves, beginning from the mindset and heartfelt acceptance (for example see datum 3). Furthermore, she wants to motivate women to build and develop a positive body image and recognize that beauty exists, (see datum 8&12) especially the existence of body positivity, in solidarity among women (for example see datum 7).

Overall, the ideational metafunction, as manifested through the transitivity system, suggests that body positivity in these texts is linguistically constructed as a narrative of self-acceptance, empowerment, and celebration of diversity. Language choices reflect core values of the body positivity movement, namely, embracing individuality, rejecting societal pressures, and building supportive communities (Halliday, 2014)

This study has several limitations. The first limitation is that data collection is limited to the period between January to June 2024 and focuses on captions regarding body positivity, excluding comments and posts. Additionally, this study only uses the theory of Mattiessen & Halliday's (2014) on Systemic Functional Linguistics theory, particularly Ideational Metafunction. Lastly, since Clara Dao decided to do plastic surgery that contradicts body positivity, which is the opposite of what Clara Dao has proclaimed. Therefore, this study only takes data before this change, focusing on the period before plastic surgery.

CHAPTER V

CONCLUSION AND SUGGESTION

This final chapter contains conclusion and a summary of research findings along with suggestions for further research using the Systemic Functional Linguistics (SFL) theory from MAK Halliday & Matthiessen (2014).

A. Conclusion

This study aims to find the representation of body positivity in Clara Dao's instagram account by analyzing the ideational metafunction of systemic functional linguistics (SFL). The results of the data found the dominant process is relational attributive that appears 7 times. It can be concluded that Clara Dao consistently builds a narrative of self-acceptance, empowerment, and women's solidarity through the choice of language used in each caption.

In the context of body positivity, Clara Dao wants to express her self-confidence. She wants to make people aware that beauty exists in every individual. She also voices positive values towards herself and the audience. Apart from just speaking, Clara Dao also wants to build and reject beauty standards, not having to continue to follow the standards made by society because we are so valuable.

B. Suggestion

In this section, the researcher will provide some suggestions for researchers who are interested to use the theory of Systemic Functional

Linguistics and representation in the context of body positivity. Future researchers may consider analyzing texts from other contexts that are more likely to reveal behavioral processes, such as interviews that describe physical or psychological behavior. Researchers may also want to add analysis to comments, stories, or videos that are often more descriptive of physical/psychological behavior, thus increasing the chance of finding behavioral processes.

Also, for other influencers who have the same concerns as Clara Dao, it is expected to use the same way or other way such as posting to other social media platforms in th context of body positivity. Therefore, with a wider platform, it can influence many women to increase their self-confidence.

References

Ardelia. (2019). The Representation of Internet Celebrity in Syahrini's Instagram Posts. Sarjana Thesis, Universitas Negeri Jakarta.

Astuti, V. P. M., & Haryanto, S. (2023). An Analysis of Hate Speech Delivery by YouTube Users on Clara Dao's Shorts Video Content: Impoliteness Theory. In M. H. Hikmat, Y. Sidiq, N. Ishartono, Y. Sulistyono, Patmisari, & Susiati (Eds.), *Proceedings of the International Conference on Learning and Advanced Education (ICOLAE 2022)* (Vol. 757, pp. 2340–2351). Atlantis 1

Ayu, W. T. K. (2021). Representation of Dark Memes in 9GAG Site. *Language Horizon: Journal of Language Studies*, *9*(2), 36-46.

Bacon, L., & Bacon, L. (2010). *Health at every size: The surprising truth about your weight*. BenBella Books, Inc.

Chiat, A. (2021). Body Positivity Movement: Influence of Beauty Standards on Body Image. Thesis. St. Catherine University

Fairclough, N. (2003). *Analysing discourse* (Vol. 270). London: routledge.

Farah. (2023). Representation of body positivity in the lyrics of meghan trainor's songs "all about that bass" and "made you look". Undergraduate thesis, Universitas Islam Negeri Maulana Malik Ibrahim.

Griffin, M., Bailey, K. A., & Lopez, K. J. (2022). #BodyPositive? A critical exploration of the body positive movement within physical cultures taking an intersectionality approach. *Frontiers in sports and active living*, *4*, 908580. https://doi.org/10.3389/fspor.2022.908580

Gunawan, F., Kuraedah, S., Amir, A. M., Ubaidillah, M. F., & Boulahnane, S. (2023). Transitivity and critical discourse analysis on a testament: A woman's involvement in jihad. *Studies in English Language and Education*, *10*(1), 517-536.

Halliday, M. A. K. (2014). Halliday's introduction to functional linguistics (4th ed.) (C. M. Matthiessen, Ed.). New York: Routledge.

Khadim, S. (2024). Transitivity analysis of Noor Jehan's character in the book "I should have honor". Competitive Social Science Research Journal, 5(1), 83–116.

Nguyen, L. P., & Nguyen, T. M. T. (2024). Representation of TikTok in U.S. News After The No TikTok on Government Devices Act. *VNU Journal of Foreign Studies*, *40*(4), 1-21. https://doi.org/10.63023/2525-2445/jfs.ulis.5336

Pahwa, R., Tiwari, P., & Magan, A. (2023). Emergence of acceptance wave and body positivity on Instagram: Content analysis. https://doi.org/10.5281/zenodo.8323355

Peredaryenko, M. S., & Krauss, S. E. (2013). Calibrating the human instrument: Understanding the interviewing experience of novice qualitative researchers. *The qualitative report*, *18*(43), 1.

Rachel F. Rodgers, Susan J. Paxton, Eleanor H. Wertheim, Matthew Fuller-Tyszkiewicz. (2024). Better than average Bopo: Identifying which body positive social media content is most helpful for body image among women, https://doi.org/10.1016/j.bodyim.2024.101773

Rousseau, A. (2023). Body-Positive Instagram exposure and young women's body image: the mediating role of appearance comparison and broadly conceptualizing beauty. *health communication*, *39*(8), 1520–1531. https://doi.org/10.1080/10410236.2023.2222460

Sandelowski, M. (2000). Whatever happened to qualitative description? Research in Nursing & Health, 23(4), 334-340)

Silalahi, T. F., Purba, R., Manurung, S. M., Purba, I. P., Butar, L. B., Herman, H., Tannuary, A. (2024). Learning the Meaning of Song Lyrics through the Elements of Ideational Metafunction: A Case on Systemic Functional Linguistics. https://doi.org/10.51278/anglophile.v4i1.413

Syarifah, M., Nurjanah, D. P., Atikah, N., & Syarif, A. Z. M. (2022). Deconstruction of Women's Beauty Standard on Social Media: An Analysis. *Science and Education*

Taylor, S. (2013). What is Discourse Analysis?. London:Bloomsbury Academic. https://doi 10.5040/9781472545213

Tiggemann, M., & Zaccardo, M. (2018). 'Strong is the new skinny': A content analysis of# fitspiration images on Instagram. *Journal of health psychology*, *23*(8), 1003-1011.

Zamzami, N. N. A., Yatmikasari, I., & Assiddiqi, H. (2024). Transitivity Analysis on Al Jazeera Instagram Posts about the Rafah Attack. *Channing: Journal of English Language Education and Literature*, *9*(2), 89–99.

CURRICULUM VITAE

Dewi Khaerunnisa was born in Malang on Juny 25, 2002. She graduated from SMAN 1 Lawang before entering college. She graduated in 2020, then she started his higher education in 2020 at the English Literature Department of UIN Maulana Malik Ibrahim Malang and finished in 2025. During college, she majored in translation and became an intern at Faculty of Humanities of Universitas Islam Negeri Maulana Malik Ibrahim Malang. In Addition, she taught as a tutoring instructor at Gamaliel in 2024 and became a private instructor in 2025. With a high spirit of learning, organizational experience, and dedication as a tutor, Dewi is ready to step into the professional world with a vision to continue contributing and inspiring her surrounding.