



**Article History:**

**Submitted:**

**18-01-2026**

**Accepted:**

**23-06-2026**

**Published:**

**24-06-2026**

## AMERICAN BEAUTY STANDARD IMPACT ON THE MAIN CHARACTER OF *ISN'T IT ROMANTIC* MOVIE

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URL: <https://jeell.upjb.ac.id/index.php/files/article/view/135>

DOI: <https://doi.org/10.32682/jeellv13i2.135>

### Abstract

This study aims to analyse the representation of American beauty standards in the film *Isn't It Romantic* (2019) and examine their impact on the main character's personal, social, and psychological experiences. The object of this research is the film directed by Todd Strauss-Schulson, which is uniquely positioned as a romantic comedy that simultaneously critiques and reinforces conventional beauty ideals within American popular culture. This research employed a qualitative descriptive method, with data analysis presented in writing through interpretative and critical examinations of scenes, dialogues, and character interactions. Naomi Wolf's concept of the *beauty myth* served as the primary theoretical framework for analysing how beauty standards function as a form of social control across various aspects of life, including gender relations, media representation, and workplace dynamics. The findings reveal that American beauty standards are prominently constructed and normalised in both societal and professional environments, particularly through media portrayal, social expectations, and institutional practices. Furthermore, the study identifies four major impacts of these beauty standards on the main character: psychological pressure, lowered self-esteem, appearance-based inequality, and a gradual process of self-acceptance.

**Keywords:** *beauty standard, film, impact of beauty standard*

**To cite this article:** Erviana, R.I., Meylinda, M. & Hani, U. (2026). American beauty standard impact on the main character of *Isn't It Romantic* movie. *JEELL: Journal of English Education, Linguistics and Literature*, 13(2), 196-209, <https://doi.org/10.32682/jeellv13i2.135>.

### Introduction

Beauty standards have become a significant social issue that influences how women perceive their bodies and self-worth. In contemporary society, women are frequently exposed to idealised



images of beauty through media, culture, and social interactions. These ideals often emphasize specific physical characteristics, such as slim body shape, fair skin, and youthful appearance, leading many women to compare themselves with socially constructed standards. As a result, women may experience dissatisfaction with their appearance and feel pressured to alter their bodies in order to gain social acceptance. According to Krozer and Gomez (2022), beauty standards encourage women to modify their physical appearance to conform to societal expectations, often through practices that may be physically or psychologically harmful.

The construction of beauty standards is closely associated with patriarchal values that place considerable emphasis on women's physical appearance. In many societies, including the United States, women are often evaluated according to their conformity to dominant ideals of attractiveness. Wolf (2002) argues that beauty functions as a cultural mechanism that encourages women to pursue unrealistic physical perfection. Consequently, women who fail to meet these expectations may develop feelings of insecurity, inferiority, and low self-esteem. Moreover, beauty standards differ across cultures and generations, reflecting socially constructed definitions of attractiveness rather than objective measures of beauty (Lee & Childs, 2019; Gautier, 2021).

Previous studies have shown that unrealistic beauty standards can negatively affect women's psychological well-being. Continuous exposure to idealized images often leads to body dissatisfaction, self-doubt, and social anxiety (Wolf, 2002). These effects may extend beyond physical appearance and influence other aspects of women's lives, including career opportunities, interpersonal relationships, and social participation. At the same time, contemporary discussions on beauty standards have increasingly highlighted the importance of self-acceptance as a means of resisting oppressive beauty ideals and promoting personal empowerment.

The issue of beauty standards has been widely represented in films, which serve not only as entertainment but also as cultural texts that reflect and critique social realities. According to Karakartal (2021), films provide a medium through which social values, conflicts, and experiences can be communicated to audiences. According to Wahyudi (2017), "Literature and movies are the easiest opportunities for humans to fill the silent space for pleasure" (p. 33). Through characterization and narrative development, films can reveal how dominant ideologies influence individual identities and social relationships. The narrative elements of films can be categorized into plot, character, theme, setting, and point of view. Abrams and Harpham (2014) define plot as a structured sequence of events that is the main core of a

narrative. Characters in a dramatic work are categorized as protagonists and antagonists. Meanwhile, characterisation, the process by which a character evolves throughout the narrative, is conveyed through dialogue, actions, behaviours, and interactions. According to Bordwell and Thompson (2020), strong character development enhances audience connection and understanding of the emotions driving the characters, while character interactions establish compelling relationships and on-screen chemistry. The theme is the main concept that the author conveys through narrative events. Themes provide a foundation for developing the plot, characters, conflicts, and dialogue (Giannetti, 2013). The setting of a story involves the when and where the story happens, including the environment, atmosphere, and overall mood (Abrams, 1999). The last element is point of view. In film, the point of view refers to the perspective from which the story is told, either through a character's eyes or the camera's lens. Abrams and Harpham (2014) explain their perspectives, including the first-person perspective, in which the narrator is a character within the story, offering a close but potentially biased view of events. In third-person narration, the narrator is outside of the story, providing either a limited view focused on one character or an omniscient perspective that reveals the thoughts and actions of all characters.

Moreover, Bordwell and Thompson (2020) define cinematography in film as the set of techniques used to control the photographic image during both filming and post-production. Beyond its technical aspects, cinematography plays a crucial role in bringing stories to life on screen. It not only conveys the narrative but also strengthens visual storytelling by emphasizing significant scenes and guiding viewers' attention to key moments in the film. According to Brown (2016), a camera shot is the specific visual frame captured by the camera at any given moment, guiding the viewer's attention to essential parts of the scene. A shot can be as simple as focusing on a single character's face or as elaborate as framing an entire landscape to establish a sense of place. The purpose of each shot extends beyond just visual display; it can capture emotions, create tension, and even hint at themes or subtexts in the story.

One film that critically engages with beauty standards is *Isn't It Romantic* (2019), directed by Todd Strauss-Schulson. The film follows Natalie, a woman who struggles with body image issues and feelings of inadequacy because she does not conform to conventional standards of beauty. Throughout the story, Natalie experiences a transformative journey that challenges her internalized beliefs about attractiveness, self-worth, and happiness. The film therefore offers a valuable perspective on how beauty

standards shape women's perceptions of themselves and their place in society.

Although previous research has extensively discussed the negative effects of beauty standards on women, relatively limited attention has been paid to how contemporary films simultaneously critique dominant beauty ideologies and promote self-acceptance as a form of resistance. Most studies focus on the harmful consequences of beauty standards, whereas fewer studies examine how popular films reconstruct these standards through character development and narrative transformation. This gap indicates the need for further investigation into cinematic representations of beauty standards and their potential to challenge dominant cultural assumptions.

Therefore, this study aims to analyze the depiction of beauty standards in *Isn't It Romantic* and examine their impact on the main character. By focusing on Natalie's transformation from self-devaluation to self-acceptance, this research contributes to literary and film studies by demonstrating how popular films can function both as reflections of societal beauty expectations and as critiques of oppressive beauty norms. Furthermore, this study seeks to enrich discussions of beauty standard awareness and promote a more inclusive and equitable understanding of women's identity, value, and self-worth in contemporary society.

### Research Method

This study employed a qualitative descriptive research design to examine the representation of beauty standards and their impact on the main character in the film *Isn't It Romantic* (2019). Qualitative research is appropriate for interpreting meanings, representations, and social issues depicted in literary and cinematic texts (Creswell, 2009). Moreover, Ary et al. (2010) stated that qualitative research includes words and pictures rather than numbers and statistics. In addition, the concept of analysing and collecting data in qualitative research does not involve numerical data (Bhandari, 2020). Since the objective of this study is to explore how beauty standards are portrayed in the film and how they influence the protagonist, a qualitative approach enables an in-depth interpretation of the narrative and visual elements of the film. The study used Wolf's (2002) theory of beauty standards as the primary analytical framework. Wolf's concept of the beauty myth was employed to identify how societal expectations of female beauty are represented and how these expectations affect the main character's self-perception, confidence, and behaviour throughout the film.

### **Data Collection**

The primary source of data was the film *Isn't It Romantic* (2019), directed by Todd Strauss-Schulson. The units of analysis consisted of dialogues, scenes, character interactions, gestures, and visual representations that depict beauty standards and their effects on the protagonist. Data collection was conducted through several stages. First, the researcher watched the film to obtain a comprehensive understanding of its narrative structure and central themes. Second, the film was rewatched several times to identify relevant data related to beauty standards. Third, dialogues were transcribed, and significant scenes were documented through note-taking. Finally, the collected data were selected based on two criteria: (1) scenes that explicitly or implicitly represent societal beauty standards and expectations toward women, and (2) scenes that demonstrate the psychological and social impacts of those standards on the main character.

### **Data analysis**

The collected data were analyzed using qualitative textual analysis. The analysis was conducted in three stages. First, the data were categorized into two major themes: (1) the representation of beauty standards and (2) the impact of beauty standards on the main character. Second, the selected dialogues, scenes, gestures, and visual elements were interpreted using Wolf's (2002) theory of the beauty myth. This process focused on identifying how dominant beauty ideals are constructed, reinforced, challenged, or resisted within the film. Third, the findings were examined in relation to the character's development throughout the narrative. Through this analytical process, the study explored how *Isn't It Romantic* portrays beauty standards as a social construct and how the protagonist's journey reflects a movement from internalized insecurity toward self-acceptance and empowerment. The results were then presented descriptively to provide a comprehensive understanding of the issue represented in the film.

## **Results and Discussion**

### **Results**

The analysis of *Isn't It Romantic* reveals two major findings: (1) the depiction of beauty standards in society and (2) the impact of beauty standards on the main character, Natalie. The findings indicate that the film portrays beauty standards as socially constructed ideals that influence social interactions, romantic relationships, and professional experiences.

The first finding demonstrates that the film represents beauty standards as a social ideology that privileges women who conform to conventional ideals of attractiveness. Several scenes illustrate how physical

appearance becomes an important factor in determining social value and romantic desirability. First, the film portrays beauty as a determinant of romantic attention and social privilege. Second, the film depicts body shaming and objectification toward women who do not fit societal beauty ideals. Third, the film highlights the role of media in constructing and perpetuating idealized images of female beauty. Overall, these findings suggest that beauty standards in *Isn't It Romantic* operate as a social mechanism that privileges certain forms of beauty while marginalizing women who do not conform to dominant ideals.

The second finding reveals that beauty standards have significant psychological and social impacts on Natalie. The film portrays how unrealistic expectations regarding female appearance affect her self-perception, emotional well-being, and professional experiences. The first impact is psychological pressure and low self-esteem. In some scenes, Natalie expresses frustration and dissatisfaction with her life and compares herself with other women whom she perceives as more attractive. These experiences demonstrate how unrealistic beauty standards contribute to feelings of inadequacy and emotional distress. The second impact is the internalization of beauty standards. It is proven when Natalie states, "Not for a girl like me, even in my stupid world," indicating that she believes she is undeserving of love because she does not meet conventional beauty ideals. This statement reveals that societal standards of beauty have been internalized and have influenced her sense of self-worth. The third impact is appearance-based inequality in the workplace. It could be seen when Natalie explains that a client mistakes her for a coffee waitress rather than recognizing her as an architect. This experience suggests that physical appearance influences professional recognition and may contribute to unequal treatment in workplace settings.

Finally, the film presents self-acceptance as a response to the pressures of beauty standards. Natalie openly expresses her feelings and gradually recognizes that her value is not determined by her physical appearance. This transformation signifies her rejection of unrealistic beauty ideals and her acceptance of herself as an individual.

In short, the findings reveal that *Isn't It Romantic* critiques unrealistic beauty standards by illustrating their negative consequences on women's psychological well-being, social relationships, and professional experiences. At the same time, the film promotes self-acceptance and suggests that personal worth should not be measured according to conformity to socially constructed ideals of beauty.

## **Discussion**

### *Depiction of Beauty Standards in "Isn't it Romantic" Film*

The discourse on beauty standards worldwide has evolved rapidly from year to year, especially influenced by societal factors, as experienced by Natalie in the movie "Isn't It Romantic". In this movie, Natalie was the main character who felt the impact of beauty standards on herself within the societal environment. The people around Natalie made her realise that she was treated differently from other women. Although society seemed to demand that Natalie adhere to beauty standards, she remained true to her principles and beliefs, refusing to conform. She continued to love and accept herself. However, Natalie felt a difference in social status and level between women who conformed to beauty standards and those who did not. She responded with patience and humility because she did not want to create problems in her social environment. Therefore, the social environment around Natalie served as evidence of the general depiction of unrealistic beauty standards.

Scene 1, in which Josh prefers other women who fit the beauty standard (27:38), shows a conversation between Natalia, Josh, and Isabella. Natalie intends to speak with Josh about her concerns because he is the only person who can hear and interact with her. However, their conversation is interrupted when Josh meets Isabella. Josh immediately shifts his attention to Isabella and accepts her invitation to go on a date. Before leaving, he tells Natalie, "Yes, I will discuss you back at the office" [27:38]. Natalie responds, "Wait, we are still talking and have to make plans" [27:46]. Despite her objection, Josh leaves Natalie alone in the park while accompanying Isabella.

This scene reflects the operation of the beauty myth as conceptualized by Wolf (1991). According to Wolf, the beauty myth is a social ideology that values women based on their conformity to culturally constructed standards of beauty. In the scene, Isabella is portrayed as embodying conventional beauty ideals through her slim and tall appearance, whereas Natalie does not fit these dominant standards. Josh's immediate interest in Isabella suggests that physical attractiveness plays a significant role in shaping social and romantic interactions. The contrast between the attention given to Isabella and the neglect experienced by Natalie illustrates how beauty can function as a form of social privilege. Women who conform to prevailing beauty standards may receive greater recognition and desirability, while those who do not may experience exclusion or marginalisation.

In the second scene (03:24), Natalie is walking to her office when she notices a food cart moving uncontrollably down the street. The cart owner runs after it and shouts to Natalie, "Stop with your body" [03:24]. Surprised,

Natalie responds, “Me?” [03:25]. Confused by the request, she hesitates, and the cart eventually collides with her, causing her to fall.

Another significant setting in the film is the workplace, where Natalie frequently encounters situations related to physical appearance and social treatment. The workplace serves as a recurring space in which issues concerning beauty standards are portrayed throughout the film. This scene illustrates the operation of the beauty myth in everyday social interactions. According to Wolf (2002), the beauty myth establishes cultural standards that value women according to their physical appearance. Women who do not conform to these standards may experience discrimination, objectification, or social exclusion.

The cart owner’s statement, “Stop with your body,” reduces Natalie’s body to its physical size and implicitly associates it with strength or largeness. Rather than recognising Natalie as an individual, the remark objectifies her body and reinforces stereotypes about women with larger body sizes. The scene demonstrates how women who deviate from dominant beauty ideals may become targets of ridicule or insensitive treatment. Furthermore, the incident reflects how beauty standards shape social perceptions of women’s bodies. Natalie’s experience suggests that physical appearance influences how individuals are treated in public spaces. Through this portrayal, the film critiques the unequal social value assigned to women based on their conformity to conventional beauty ideals.

The workplace setting further reinforces the influence of the beauty myth. Throughout the film, Natalie encounters situations in which physical attractiveness appears to affect social interactions and professional experiences. By repeatedly depicting the workplace as a site where appearance influences recognition and treatment, the film highlights how beauty standards extend beyond personal relationships and operate within professional environments. This representation aligns with Wolf’s argument that the beauty myth functions as a mechanism of social control, shaping women’s experiences across different aspects of life.

The scene when Natalie is jealous of a beautiful billboard model (08:09) takes place in Natalie’s workplace. Natalie notices that Josh keeps looking in her direction, which leaves her both confused and hopeful that he is paying attention to her. However, she later realises that Josh is actually looking at a billboard featuring a conventionally attractive woman with a slim and proportional body. Realising this, Natalie feels disappointed and saddened.

This scene illustrates the influence of the beauty myth on perceptions of female attractiveness. According to Wolf (2002), the beauty myth constructs and perpetuates narrow standards of beauty that privilege women who

conform to socially accepted ideals. In the scene, the billboard model embodies conventional beauty standards, represented through her slim and proportionate body, which attracts Josh's attention. The contrast between Natalie and the woman on the billboard highlights how women's value is often associated with physical appearance. Natalie's disappointment reflects her awareness that conventional beauty standards shape social and romantic attention. Rather than depicting beauty as an inherent quality, the film suggests that attractiveness is socially constructed and reinforced through visual culture. Moreover, the billboard serves as a form of media representation that perpetuates idealised images of female beauty. Wolf argues that beauty industries and media institutions maintain beauty standards by continuously promoting specific physical ideals as desirable and attainable. By displaying a conventionally attractive woman in a public advertisement, the film demonstrates how media reinforce societal expectations regarding women's appearances.

This scene also reflects the relationship between beauty and professional success. Wolf contends that women across industries often face pressure to conform to dominant beauty standards to gain recognition and opportunities. Through Natalie's workplace experiences, the film suggests that beauty standards extend beyond personal relationships and may influence women's social and professional lives.

#### *The Impact of Beauty Standards on the Main Character of "Isn't it Romantic"*

The findings reveal that beauty standards have several impacts on Natalie's life, including psychological pressure, low self-esteem, inequality based on physical appearance, and difficulties in achieving self-acceptance. Throughout the film, Natalie rarely expresses these struggles openly to those around her. Instead, she internalises her experiences, suggesting that the effects of beauty standards often operate at a psychological level.

One of the most prominent impacts experienced by Natalie is psychological pressure. According to Wolf (2002), the beauty myth imposes unrealistic expectations on women, leading them to constantly evaluate and discipline their bodies in accordance with socially constructed ideals of beauty. As a result, women may experience psychological distress when they perceive themselves as failing to meet these standards.

Natalie's experiences throughout the film reflect this phenomenon. Her dissatisfaction with her appearance and her frequent comparisons with conventionally attractive women indicate the internalisation of dominant beauty ideals. Rather than viewing beauty as diverse and subjective, Natalie initially accepts narrow societal standards as the basis for self-worth. This internalisation contributes to feelings of inadequacy and emotional distress.

Furthermore, the psychological pressure Natalie experiences is reinforced by her social environment. Interactions with friends, family members, and colleagues repeatedly expose her to expectations regarding female appearance. Wolf argues that the beauty myth is sustained through social and cultural institutions that continuously promote specific standards of attractiveness. Consequently, these external pressures shape Natalie's self-perception and intensify her struggle with body image.

The film demonstrates that unrealistic beauty standards can negatively affect women's psychological well-being. Natalie's emotional reactions, insecurity, and low self-esteem illustrate the broader consequences of the beauty myth. The scene where Natalie is angry with her surrounding environment (28:55) portrays Natalie's frustration when she realises that many people around her, including her friends, are in romantic relationships while she remains single. Feeling overwhelmed by her circumstances, Natalie expresses her emotions by shouting, "*Why am I going through this*" [28:55]. Her reaction reflects her discomfort with the romantic-comedy setting that now characterises her life, a genre she has long disliked. In addition, Natalie frequently compares herself with other women and perceives her physical appearance as inadequate. These perceptions contribute to feelings of inferiority and dissatisfaction with herself.

Natalie's emotional outburst reflects the psychological pressure produced by beauty standards. According to Wolf (2002), the beauty myth imposes narrow and unrealistic ideals of female attractiveness, leading women to evaluate their worth according to their ability to conform to these standards. As a result, women who perceive themselves as failing to meet these ideals may experience emotional distress and dissatisfaction. Natalie's frustration is not solely related to her relationship status but also to her perception that she does not embody the qualities traditionally associated with romantic desirability. Her emotional reaction suggests the internalisation of societal beauty ideals, which shape expectations regarding femininity, attractiveness, and romantic success. The scene demonstrates how the beauty myth links women's self-worth to their ability to meet socially constructed standards of beauty.

Furthermore, Natalie's low self-esteem can be understood as a consequence of repeatedly comparing herself with others. Wolf argues that the beauty myth encourages women to constantly assess their bodies against idealised images promoted by society and the media. Natalie's belief that her appearance limits her opportunities and affects how others perceive her illustrates the influence of these standards on self-perception. The film also suggests that Natalie's feelings of inadequacy are rooted in long-term social

experiences. Since childhood, she has been exposed to expectations about female beauty that contribute to her sense of inferiority in adulthood. Through Natalie's experiences, *Isn't It Romantic* critiques the beauty myth by revealing how unrealistic beauty standards can undermine women's self-esteem and psychological well-being.

In scene 5 (01:04:39), Natalie speaks with her assistant, Donny, about Josh's wedding to Isabella. During the conversation, Natalie expresses her anxiety and self-doubt by saying, "Not for a girl like me, even in my stupid world" [01:04:39]. Her statement suggests that she does not believe she deserves to be with Josh and perceives herself as unworthy of romantic fulfilment. Throughout the film, Natalie also encounters situations where her appearance affects her interactions in both social and professional settings.

Natalie's statement reflects the internalisation of the beauty myth. According to Wolf (2002), beauty standards create a system in which women's value is measured according to their conformity to socially constructed ideals of attractiveness. Women who do not meet these ideals may develop feelings of inadequacy and self-doubt. Natalie's belief that she is "not the kind of girl" who deserves love demonstrates how beauty standards shape her self-perception. Rather than questioning the standards themselves, she initially accepts them as legitimate measures of worth. This internalisation leads her to view romantic relationships as opportunities reserved for women who conform to conventional beauty ideals.

Furthermore, Natalie's experiences in social and professional environments suggest that physical appearance influences how women are perceived and treated. Wolf argues that the beauty myth extends beyond personal appearance and functions as a social mechanism that privileges certain forms of beauty while marginalising others. The unequal treatment Natalie encounters throughout the film reflects this dynamic, as her physical appearance affects her sense of belonging and recognition. By portraying Natalie's struggles with self-worth and social acceptance, *Isn't It Romantic* critiques the beauty myth and highlights its impact on women's psychological well-being and interpersonal relationships.

In scene 6 (04:58), Natalie discusses with her coworkers, Josh and Whitney, the treatment she received from a new client named Blake. Natalie expresses her frustration by stating, "*They interrupt me, and I couldn't get my idea across, then everyone thought I was just a coffee waitress*" [04:58]. Despite being an architect, Natalie feels that her professional identity is overlooked during the interaction.

Natalie's experience with Blake illustrates how beauty standards may influence perceptions of competence and professionalism in the workplace. According to Wolf (2002), the beauty myth extends beyond personal

appearance and affects women's social and professional opportunities. Women who do not conform to dominant beauty ideals may encounter disadvantages or have their abilities underestimated. The client's assumption that Natalie was a coffee waitress rather than an architect suggests that physical appearance can shape professional recognition. Rather than being evaluated solely on her expertise, Natalie experiences a form of bias that diminishes her professional identity. The scene therefore highlights how the beauty myth operates in workplace settings by linking women's value and credibility to appearance.

The film also portrays self-acceptance as an important response to the pressures of beauty standards. As Natalie's character develops, she gradually recognises that her worth is not determined by conformity to conventional ideals of beauty. This transformation reflects a rejection of the beauty myth, which encourages women to define themselves primarily through physical attractiveness. By embracing her strengths and acknowledging her limitations, Natalie demonstrates a greater sense of self-worth independent of societal expectations. Through this character development, *Isn't It Romantic* suggests that resisting unrealistic beauty standards can contribute to a more positive self-image and personal empowerment.

Scene 20 (01:08:30) portrays Natalie's disappointment and anxiety when she learns that Josh is about to marry Isabella. In an attempt to stop the wedding, Natalie finally expresses her feelings openly to Josh. During this moment, she acknowledges her insecurities while honestly communicating her emotions. Natalie's decision to express her feelings marks an important stage in her journey toward self-acceptance. Throughout the film, she frequently compares herself to women who conform to conventional beauty ideals, leading to feelings of inadequacy and self-doubt. However, in this scene, Natalie no longer defines her worth solely through physical appearance.

According to Wolf (2002), the beauty myth encourages women to evaluate themselves based on narrow standards of attractiveness. By openly expressing her feelings despite her insecurities, Natalie challenges the assumption that romantic desirability depends entirely on physical appearance. Her actions suggest a growing recognition that self-worth extends beyond conformity to societal beauty standards. Furthermore, Natalie's willingness to acknowledge both her strengths and limitations reflects the development of self-acceptance. Rather than striving to meet unrealistic ideals of beauty, she begins to value herself as an individual. This transformation represents a form of resistance to the beauty myth, as Natalie gradually rejects the belief that women's value is determined primarily by

their physical appearance. Through Natalie's character development, *Isn't It Romantic* illustrates that self-acceptance can serve as a response to the pressures imposed by dominant beauty ideals. The film ultimately suggests that personal fulfilment is achieved not through conformity to beauty standards but through embracing one's identity and self-worth.

## Conclusion

The discourse on beauty standards had varying impacts depending on how individuals perceived them, whether positively or negatively. The impact of beauty standards occurs anywhere, especially within one's surroundings, such as the community, workplace, friendships, and even within the family. An illustrative case that identified the most influential impact of beauty standards was when Natalie was treated unequally or differently from other women based on her physical appearance, leading to her being demeaned and not considered a symbol of beauty.

The existence of beauty standards in women's lives created new problems that affected self-confidence and lowered self-esteem, but it also had positive impacts on women's well-being, such as fostering a sense of self-acceptance as they became aware of their strengths and weaknesses. Self-acceptance was one of the most beneficial impacts, enabling individuals to make peace with themselves. This impact was evident in Natalie when she attended Josh and Isabella's wedding. Natalie tried to persuade Josh to choose her over Isabella by confidently showcasing her strengths and weaknesses to the audience.

Throughout her journey, Natalie continued to suffer from the negative impact of beauty standards, so she could not be grateful for her physical appearance. Apart from that, the feelings of ungratefulness she experienced made her life disorderly, which caused her mental health to suffer. Moreover, Natalie also experienced significant changes in her character and psychology. Specifically, she became easily emotional, depressed, and anxious. Towards the end of the film, Natalie became aware of the impact of beauty standards. Apart from seeing Josh and Isabella get married, Natalie realised that she could no longer afford to experience excessive anxiety. Therefore, she had to change for the better by accepting her existing destiny.

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