

CHAPTER V

CONCLUSION AND SUGGESTION

In this chapter, the researcher provides the final result of the research that has been analyzed. The final results are divided into two, conclusion and suggestions. In conclusion, the researcher will explain the result of the research that has been conducted briefly and clearly. In this section, the researcher will explain the myths that arises from this research. In suggestions, the researcher presents recommendations to support future researchers, social media users (especially TikTok), and also content creators of TikTok. In this section, the researcher not only presents the final result of the research, but also presents contributions to future research in semiotic research.

5.1 Conclusion

Based on the analysis of selected #GymTok content on TikTok using Roland Barthes' semiotic theory, it can be concluded that the representation of the female body in TikTok gym content is not random but highly structured by a specific focus on the glutes and lower body training. The researcher found several signs that represent the concept of ideal body for women. Almost all of the content highlights the lower body workouts, which target the glutes, thighs, and hamstrings. This consistent pattern signifies that the ideal female body is emphasized through the lower body, especially the buttock as the primary symbol of an ideal female body.

Through Barthes (1972) theory of myth, this content can be read as more than just workout guidance. On the denotative level, the contents simply show women performing exercises. However, at the connotative level, the contents carry deeper meanings such as promoting what the society perceive an ideal female body. Over time, this leads into a construction of myth. The myth is that the female body must be shaped in a specific way, especially through lower body routines in order to be considered attractive and fulfil the cultural belief that women should have a nice and sexy lower body. In this research, it was found that in order to meet the myth

of the standard of a highly idealized body, 10 types of intensive exercise are required.

Achieving the ideal body for women is not only through gym, but also from taking supplements, the right calorie intake and outtake, also good sleeping pattern. Unfortunately, this is not my concern of this research. This research only focuses on the myth about achieving the ideal body through gym exercises

5.2 Suggestion

From the results of the research, the author understands that this research is still limited and only focuses on analyzing the myths of several gym activities found on the #GymTok content from TikTok. Hopefully, if there is the same research in the future, it may further the exploration of myths contained in #GymTok. Although this research is only limited to common workout routines in society, it is hoped that future research may deepen and expand the research. For content creators, this research may encourage awareness that the content they produce can generate ideas or myths about the ideal body. It is expected for content creators in #GymTok community to adjust and also include various types of bodies that prioritize health over aesthetic. Social media platforms also should consider to adapt an algorithm of diverse content. It helps a better view of healthy body, types of body, and overall health which will contribute to a more supportive digital environment.

Additionally, based on the findings of this research, it is important for women who are constantly exposed to the context of #GymTok on TikTok to raise awareness of consuming such content. We need to understand that what is presented on media as natural or desirable is often shaped by society

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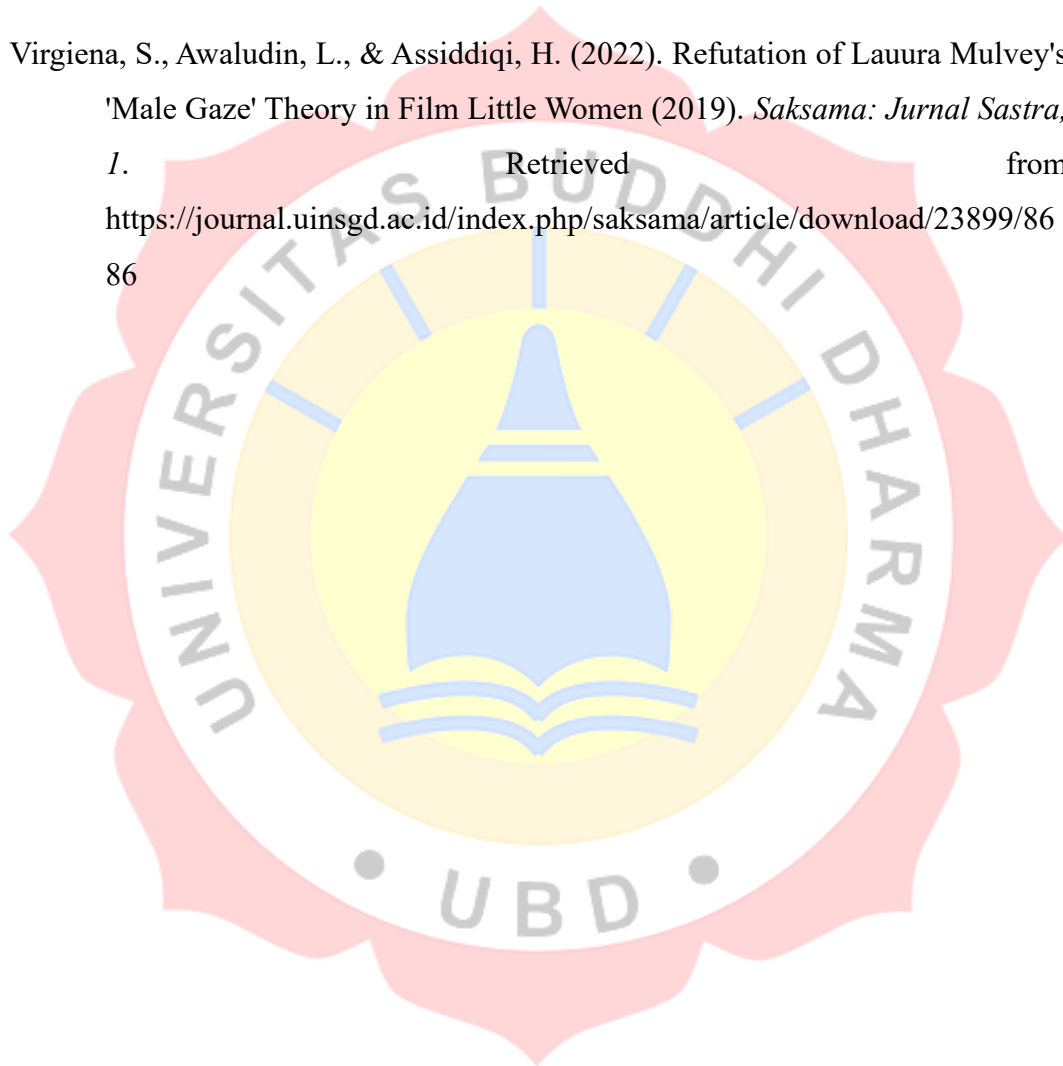
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APPENDICES

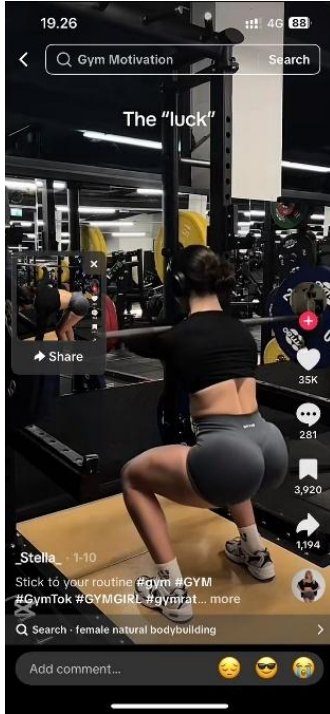


Table 1. Squat



Table 2. Hip Thrusts

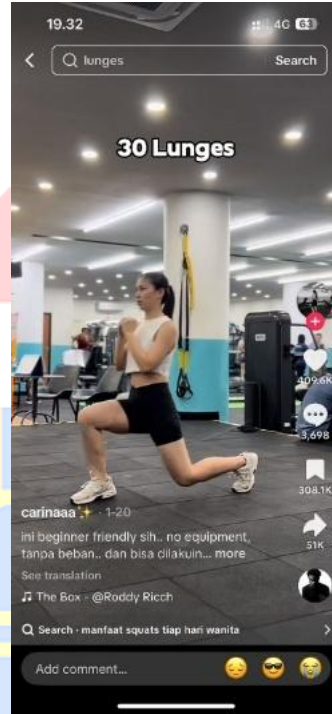


Table 3. Lunges

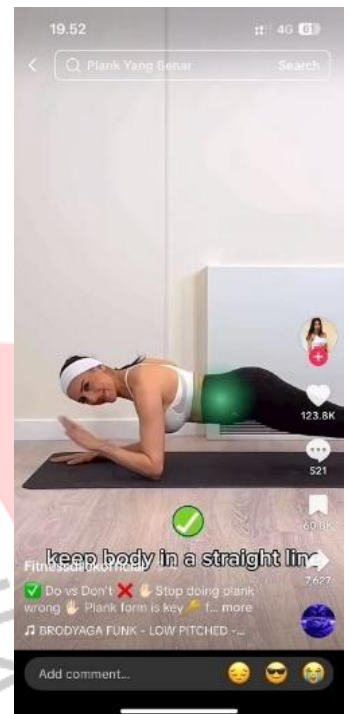


Table 4. Planks

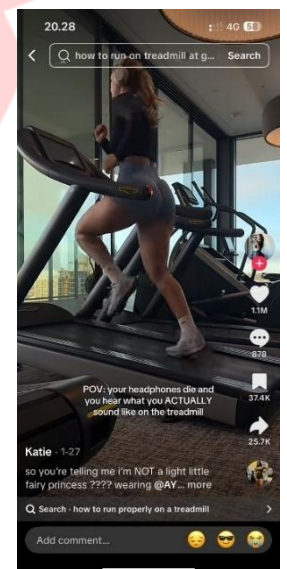
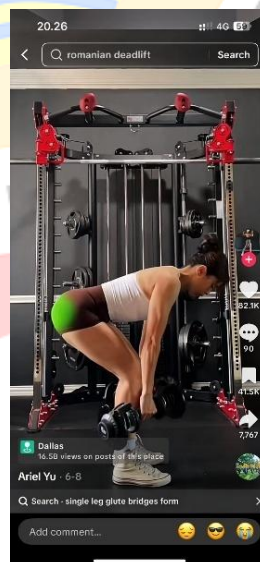
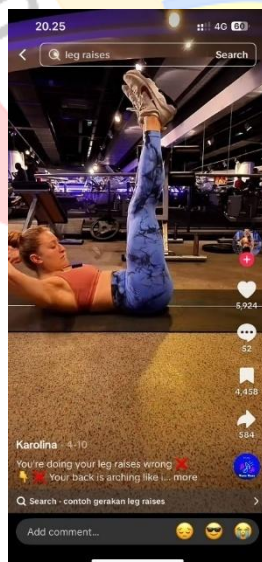
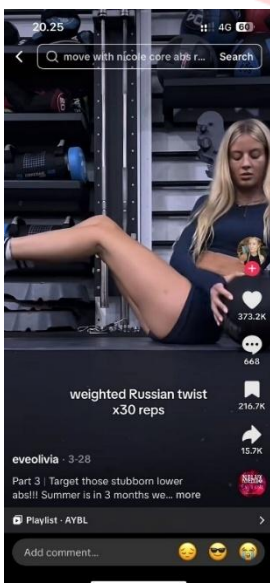


Table 5. Russian Twists

Table 6. Leg Raises

Table 7. RDL

**Table 8. Treadmill
Running**

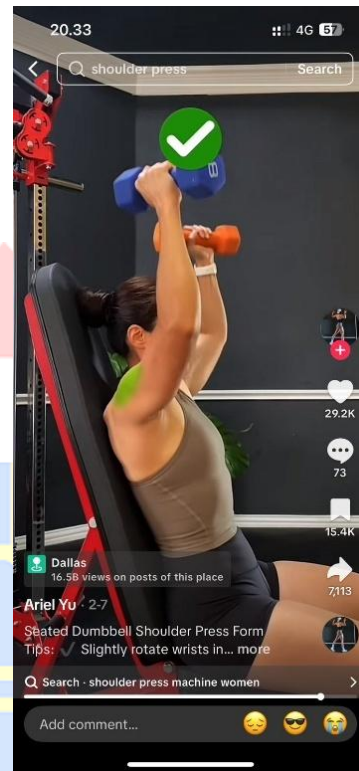
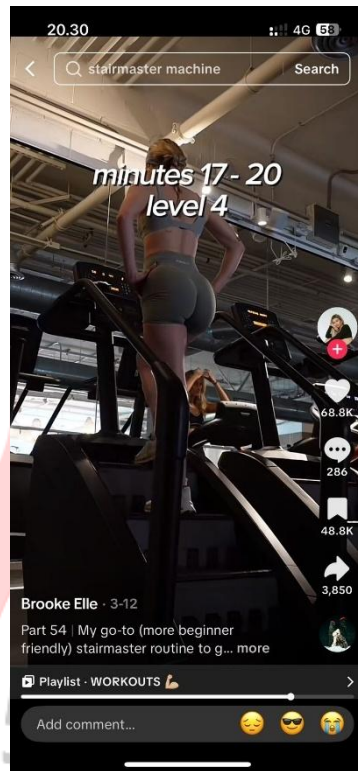


Table 9. Stair Climbing

**Table 10. Dumbbell
Shoulder Press**



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Tanggal	Catatan	Paraf
2025-04-09	Discussion of title.	
2025-04-28	Discussions about theory.	
2025-05-05	Discussion chapter 1.	
2025-05-20	Discussion chapter 1-2	
2025-06-18	Discussions chapter 2.	
2025-06-25	Discussion chapter 3.	
2025-06-30	Discussion chapter 3-4	
2025-07-04	discussions chapter 4-5	
2025-05-14	Discussion and revision chapter 1.	

Mengetahui
Ketua Program Studi



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