

The Effects of Social Media on Adolescent's Body Image

RESULTS

INTRO

- ❖ Social media can be identified as content that users post that can be viewed and commented on by others in forms of websites and apps.
- ❖ The adolescent body is going through changes rapidly that they cannot cope with and that takes a toll on their body image.
- ❖ This puts them at risk of eating disorders, low self-esteem, and depression when taking part of social media during this life transition.
- ❖ For girls, the concern for these issues increase rapidly during adolescent years; with 45 % of girls reporting body dissatisfaction in some way
- ❖ The social comparison theory suggests it is innate human nature to compare and evaluate your appearance and beliefs to others, and social media invokes this behavior more
- ❖ The purpose of this research is to look across different studies to see if this is a common issue among different populations and social media platforms. It is comprised of longitudinal, cross-sectional, and quantitative studies of research.

- The more students were active on social media the more it effected their behaviors offline. They adopt the observer perspective of what is said to be attractive and have increased social media use, self-surveillance, and body comparison which also manifest self-objectification within themselves.
- Students that shared pictures of themselves online had reported more body dissatisfaction, had dietary restraints, and had the thin ideal internalized.
- The media ideal increases comparison among adolescent girls; wanting them to attain the thin ideal and used as motivation for self-improvement; they compare themselves to people deemed as more attractive which leads to the increased body dissatisfaction.
- This is also the age body dissatisfaction is higher because of puberty, the body changing, and finding their self-concept
- Those that reported having eating disorders were predominately female and older who browse Instagram more.
- Self-objectivation correlated with high picture taking of self. The more positive the girls viewed themselves the more pictures they took and had a more positive body appreciation when the pictures met an outside observer perceptive of what is the media ideal. This act gets fueled by likes and comments on pictures so that they have positive response on their appearance. Women take pictures as of way to celebrate their differences and self-love, but in a maladaptive way they take pictures for an aesthetic of themselves.

CONCLUSION

There were significant results showing that social media effects body image among the adolescent. This was found in different age groups, cultural backgrounds, and genders; even though most of the studies were focused on females. Not only were the results physical such as eating disorders, but also cognitively with increase depression, self-objectification, and low self-esteem. Further research is needed help find healthier alternatives to social media, find ways to reverse the negative effects, and how to use it in an adaptive way for adolescents' body image.

FUTURE RESEARCH

- ❖ More longitudinal research, generalizations, and research on the subject overall. In most of the studies, future research was aimed at
- ❖ Looking at the male population since most body related issues target females,
- ❖ Wider age range and racial background
- ❖ More generalized results and to measure other outcomes
- ❖ To be mindful what measurements to include that are related to the sample, such as email, which is not as used by adolescence.
- ❖ To ensure that the social network being looked at is still popular among the sample so that there are accurate results and not on just one specific platform.
- ❖ To assess participants on what social medias they use the most, their interests, and ideals to increase the value of different studies when the sample is more invested in a particular subject and whether it affects their body image compared to other medias

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