

The Influence of Social Media on Body Image and Self-Esteem among Teenagers

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Abstract: *The abstract of a study on the influence of social media on body image and self-esteem among teenagers provide a brief overview of the research. It typically includes the study's objectives, methods, key findings, and conclusion. The impact of social media on body image and self-esteem among teenagers is a significant concern. Numerous studies have shown the exposure to idealized body images on social media platform can lead to negative body image perceptions and lower self-esteem among teenagers. This can contribute to issues like body dissatisfaction, disordered eating behaviors, and even mental health problems. It's essential for teenagers to be aware of the potential influence of social media and developed strategies to promote a healthy body image and self-esteem.*

Keywords: Social media, Body image, Self-Esteem, Teenagers