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

I. INTRODUCTION

In the introduction and background of the influence of social media on body image and self-esteem among teenagers, researchers aim to understand how social media affects teenagers body image perception and overall self-esteem. The explore the prevalence of social media use among teenagers and the potential consequences of exposure to idealized body images. This research helps to shed light on the factors contributing to negative body image and self-esteem issues, and provide insights for interventions and promoting positive online experience. The influence of social media on body image and self-esteem among teenagers is quite significant.

Social media can have a significant impact on body image, both positive and negative.

On the one hand, Social media can provide a platform for body positivity, community support, and health and fitness inspiration. But it can also contribute to unrealistic beauty standards and unhealthy comparison.

Understanding how certain content can affect your relationship with your body may help you decide which profile and platforms best support your well-being.

Social media platforms often feature images of people with seemingly perfect faces and bodies, often using filters and photo editing tools to enhance their appearance. This can create unrealistic beauty standards, leading to body dissatisfaction and low self-esteem both women and men.

Constant exposure to this images can lead to negative body image perceptions and lower self-esteem among teenagers. They may start comparing themselves to this unrealistic standards, feeling dissatisfied with their own bodies. This can contribute to issues like body dissatisfaction, disordered eating behaviors, and even mental health problems. It's important for teenagers to be aware of this influence and developed strategies to be promote a healthy body image and self-esteem.

Social media can create a toxic culture of comparison and competition, where individuals compare their bodies to other and strive to meet the same beauty standards.

Many people tend to post only their best photos, which may not be representative of their everyday appearance. For both men and women, this can contribute to negative body image and even lead to mental health issues, such a depression and anxiety.

Social media can be breeding ground for cyber bullying where people are attacked for their body size, shape, or appearance. This can have a damaging effect on body image and self-esteem.

Social media can make just about anyone feel like they don't measure up, but it's even more detrimental for people with eating or body image disorders, such as body dysmorphic disorder(BDD).

People living with BDD are typically preoccupied with at least one nonexistent or slight defect in their physical appearance, and experience repetitive and compulsive behaviors around their appearance, such as mirror checking and reassurance seeking. These symptoms can be excessively worsened by social media.

When social media is used in a healthy way, it can be platform for promoting body positively, where people share images of their bodies as they are, promoting self-love and acceptance.

Body-positive content often portrayed non-enhanced, non-sexualized images of people with diverse bodies. These images feature various body shapes and sizes, races, physical abilities, and gender identities.

Social media can provide inspiration for leading a healthy and active lifestyle. There are numerous accounts promoting healthy living. Exercise and nutritious food choices to encourage people to take care of their bodies.

Social media can host supportive communities for people working through body image disorders. Support groups and online communities can provide empathy, understanding, and encouragement to help people in their journey toward body positivity.

II. REVIEW OF LITERATURE

The authors of 2018 research paper state that several plastic surgeons have share that they have encountered people requesting to look like filtered snapchat filter.

A 2018 Pew Research Centre survey. found that 59% of U.S. teens have personally experienced cyberbullying. This includes offensive name calling and spreading of false rumors, among other types of bullying.

According to the international OCD foundation (IOCDF), This is a serious condition affecting about one in people in the united states.

A survey of 2,733 sexual minority man found a pattern of association between:

Social media use and body dissatisfaction

Eating disorders symptoms

Thoughts about using anabolic steroids

In a 2021 study researchers look at weather body-positive social media can leads to improvements in body image.

The experiment involved 233 female identifying participants who were randomly assigned to one of the following groups.:

The body-positive group: This group view a number of Instagram images. Reflecting the body positive movement.

The body-positive group with captions. This Group view the same Instagram images, but with accompanying cations and hashtag.

The control group. This group view a series of Instagram images containing only cityscapes, without people and without caption.

Based on the findings, participants who observed body-positive social media—either with or without captions—experienced improvement in body satisfaction. This effects were slightly stronger for the images with captions, suggesting that words and phrases reinforcing this ideal may intensify the positive impact.

2.1 Objectives of the Research
- To study the concept of what are the Influence of social media on body image and self-esteem among teenagers.
- To understand a clear impact of snapchat and Instagram on teenagers.

III. RESEARCH METHODOLOGY

The present study is exploratory in nature and uses technique of secondary research for the same. Thus, the study use primarily based on secondary data collected from various sources viz. books, journals and internet, etc.

IV. CONCLUSION

In conclusion, the influence of social media on body image and self-esteem among teenagers is undeniable. Research consistently shows that exposure to idealized body images on social media can negatively impact body images

perception and self-esteem. It's important for teenagers to be aware of these influence and take steps to promote a healthy body image and self-esteem.

After viewing the literature on the influence of social media on body images and self-esteem among teenagers, the conclusion is that there is significant impact. Excessive social media use, especially exposure to idealized body images, can lead to negative body images perceptions and lower self-esteem. It's important for teenagers to be mindful of their social media consumption and take steps to promote a positive body images and self-esteem.

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