



Social Media and Body Image

Beauty is not in the eyes of the beholder. It has been altered, copied and pasted, and manipulated to look like everyone else. Societies' view on beauty has been molded throughout the years to confine to narrow ideas of beauty. These beauty standards have been filled with negative images portrayed by the media. Today's media has been manipulated with images with photoshop editing, fad diets and unrealistic expectations on standards of what a person should look like. Even though social expectations do not dictate what we change ourselves, the media negatively distorts body image. Body image refers to people's judgements of themselves and their own bodies. It is formed when people compare themselves to that of others. By establishing unattainable standards of beauty and bodily perfection, the media drives people to dissatisfaction of their body image. This dissatisfaction can result to drastic measures and even disorders of behavior, as people try to achieve these unreachable goals. With social media becoming a more popular source of entertainment, it will continue to create body image issues. Through the years, history has shown us how body image has changed because of society standards. Before messages about body image were expanded to its current size and speed by electronic mass, messages about body image were carried by magazines, newspapers, books and print ads. Unrealistic standards of body image have not been a recent trend just brought on by the increase in technology. Body image has been altered over the past 300 years. This has been hugely in part to the accordance to what society deems attractive. In the 17th century, curvy voluptuous woman was considered to be the ideal beauty standard for women in the U.S and Europe. Peter Paul Rubens, a 17th century painter was famous for depicting plump, sensual women, coined Rubenesque (VanBuskirk). Throughout the 1900s woman were depicted with a thin waist, large bosom, and rounded shoulders, many times using corsets to physically shift the shape and size of their waist. From the 1920s onward, body image was continually altered and shaped, idealizing slimmer body types. For example, flappers on the 1920s had slender builds, women of the 1940s and 50's felt pressure to conform to the airbrushed ideals of mass-produced pinup girls, and by the 60's women adopted slender, almost emaciated looks like that of Twiggy. Eventually arriving into the 1990's and 2000's. During this time period the sensationalized heroin chic, associated with Kate Moss, this look exemplified a slender frame, and sunken cheeks which became the status of beauty to be obtained by other models. If models had become any skinnier, they wouldn't have been able to walk the runway. A cross sectional survey observing the trends within the area of body image satisfaction made it certain that females had reported relatively more satisfaction in the 1960's than in 1990's (Aglia). The comparison of body image and satisfaction has shown to be swayed by media influences. The ongoing alterations of woman's bodies will only continue with the rise of social media. Therefore, history has shown that media imagery is influential in the way women perceive themselves. In today's society, social media has become the main source of body image dissatisfaction. As technology has grown, so has the amount of exposure a person will experience throughout the day. According to the first-quarter 2018 Nielsen Total

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