The Issue Of Poor Body Image

Men and women don’t just simply decide to hate their bodies; society teaches them to. People start to shape their perceptions of their own attractiveness, health, acceptance and functionality as soon as their early childhood years. As people age, they acquire feedback from peers, family members, and even school coaches. As their body photography continues to form and change, people tend to develop negative body satisfaction, eventually lowering most self-confidence. In fact, today many American women and men encounter struggles with negative self-perception because they often compare their own weight to others, receive criticism from others, and view unrealistic media exposure, resulting in eating disorders.

In today’s society, the use of social media imaged based platforms, such as Instagram, Facebook, and Snapchat, are at its all-time high and its influences in regard to people’s body images is continuing to increase. These imaged based social media platforms have become a big influence amongst the lives of both the younger and the older generations, which has affected both generations’ eating habits causing them to obtain eating disorders that forces many to lose weight. It has been reported that most frequent user follow fit Some of these apps even offer countless photo editing features such as photoshop, which has been proven that some people go as far as applying this application to change the way they want their bodies to look in photos. With this people can cover up blemishes, change their facial structures, and even manipulate their bodies to look thinner and more appealing to the naked eye. Even famous celebrities such as Kim Kardashian, Queen B (Beyoncé), and Mariah Carey have all been caught and accused of using such uniformed apps. In addition to this, according to Project Know, research that was done as far back as the 1990s exhibited that the demonstrated ad of design models, on-screen characters, and Miss America challengers between the 1950s and 1990s added to an expanded error between the perfect female weight and the size of the normal American lady at the time. During those times, both the diet and beauty business overwhelmed ladies' magazines, ads, and different types of media with celebrated slimness beliefs and drastically underscored their significance, understanding disappointment with their bodies. Reviews from the mid 1990s uncovered that the main wish of young ladies ages 11 to 17 was that they could get thinner and keep off the weight. (https://www.projectknow.com/eating-disorders/and-social-media/)

Another common cause of negative body perception destructive criticism people receive from others. People are. Its like if someones skinny people People fail to realize you can never Though often prompted by a person's own concerns about their weight, these well-intentioned remarks can do a lot more harm than good. Due to the fact that

Not to mention, one more common cause of poor body images is due to people comparing their own weight to others. You will get people who look at pictures and be like they wish they looked a certain someone or way. To demonstrate this, In-Mind Magazine including information from another source that proves that, “ g interview with Elle Magazine, Emily Bryngelson, an associate designer at Ann Taylor, who admitted to struggling with an eating disorder as a teenager, revealed that she deletes selfies if she doesn’t receive enough “likes” (Fleming, 2014). She explains, “Instagram makes me so anxious. I’m always looking at other women thinking, ‘I wish I looked like that,’ or ‘I should get more in shape.’…I mean, young girls can

now follow Victoria’s Secret models and see what they look like in the ‘every day.’ …That has got to make any woman, let alone a 13-years old.” (http://www.in-mind.org/article/selfie-esteem-the-relationship-between-body-dissatisfaction-and-social-media-in-adolescent

In conclusion, today numerous American men and women today experience battles with negative self-recognition since they frequently compare their very own self-perceptions with others, get feedback from others, and take in the media presentation. But despite these worries Americans shouldn’t be concerned about their body image because a person’s weight doesn’t equal a person worth. Besides it’s not about what size you wear it’s about how you wear your size.