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Psychological Self Image Impact Among Teens

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Abstract

The psyche is impacted by social norms projected by society. This is evident when “Approximately 91% of women are unhappy with their bodies and resort to dieting to achieve their ideal body shape. Unfortunately, only 5% of women naturally possess the body type often portrayed by Americans in the media.” (Palmer, 2013, para. 4). Asserted norm about body image effected teens negatively. There are beauty norms that target teens throughout the world, which can cause mental health issues. This is due to pressure they feel to look or act a certain way even if these standards are physically unattainable. Research of these society norms brings awareness of dangerous implications put on adolescents. Societal stereotyped beauty standards pushed upon teens increases mental and physical health issues that decrease positive self imagery.

Key Points

- Standards to look a certain way being pushed onto teens can cause a variety of issues in their lives
- Struggling to meet all of societies norms can cause mental illnesses like depression and anxiety
- Influences of the media contributes to health issues including self harm and eating disorders
- Wanting to look a certain way can make teens have a lack of good or healthy behavior and judgement



Conclusion & Discussion

This research is to bring awareness to the harmful effects society has on teenagers and how they see themselves. Societal beauty standards pushed on teens are harmful because it causes mental health issues, contributions to health issues including self harm and eating disorders as well as encourages risky behaviors. There could be more research done on women in different cultures and countries, more social media platform examples being used, and including more than just cisgender participants to base research on how society beauty standards effect them. Although there is talk about how social situations and media encourage self love, it's important to continue to remember why it needs to be encouraged in the first place, because of all the hate others have endured from society.

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