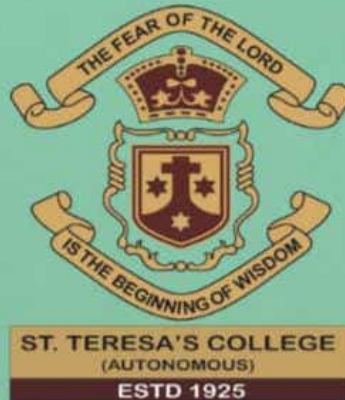


# **ADOLESCENT BODY IMAGE AND TRIPARTITE THEORY**

**Project Submitted To  
ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM**



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Bachelor of Science in Home Science**

**By  
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**ST. TERESAS COLLEGE  
ERNAKULAM**



**PROJECT WORK  
ON**

**ADOLESCENT BODY IMAGE AND  
TRIPARTITE THEORY**

(B.Sc. Final Year Home Science)

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Date: .....

**ADOLESCENT BODY IMAGE  
AND TRIPARTITE THEORY**

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# **CHAPTER 1**

## **INTRODUCTION**

Body image is how you perceive and interpret yourself. It includes the image of your body that you have in mind, which may or may not match your actual body shape and size. A positive or healthy body image is feeling happy and satisfied with your body, as well as feeling comfortable and accepting of your appearance. A negative or unhealthy body image is feeling dissatisfied and uncomfortable with your appearance. People who feel this way may want to change their weight or body shape. A healthy body image is important. When you feel good about your body, you are more confident and likely to have good self-esteem and mental health, as well as a balanced attitude towards food and physical activity.

Body image is not static, it may changes throughout life. Body dissatisfaction can occur at any age, adolescence is an important transitional period and is accompanied by many changes related to the body. During this period of change, adolescents are at an increased risk of developing negative body image. Body dissatisfaction is a risk factor for depression and low self-esteem; it is also a predictor of tobacco and substance use, eating disorders, and frequent dieting. Eating disorders are serious and often fatal diseases that involve a distorted sense of body image and involve severe eating disorders, obsessions with food, body weight and shape. 13 to 18 year olds have been found to have a severe eating disorder. Teens may fears of being fat, or weight stigma, which are part of unhealthy thought patterns.

The Tripartite Influence Model of Body Image demonstrates that parents, peers, and media's role in the development of body image dissatisfaction in adolescents. It also leads to psychopathology of eating disorders especially in adolescent girls. Today, the role of social networks on body dissatisfaction has increased. Studies show that frequent social media engagement and receiving critical comments in response to sharing personal information are linked to higher body dissatisfaction. Social media provides a way to frequently compare the body to unrealistic standards, which can contribute to negative body image. The study is going to investigate the relationship between social media use, family's and friend's influence on body image dissatisfaction in adolescents.

Body image has a significant effect on the physical and mental health of adolescents. A positive body image can be promoted by teaching adolescents to focus on functionality rather than physical appearance and by providing health information that does not focus on weight. Additionally, it can be helpful to guide teens on how to use social media wisely to avoid the harm of comparisons and introduce concepts that contribute to a positive body image.

## **AIM**

The aim of the study, “Adolescent body image and tripartite theory” is to find out;

## **OBJECTIVES**

- To find out whether the adolescents are satisfied the way they look.
- To find the main cause of their body dissatisfaction.
- To find out the role of media, parents and peers on body dissatisfaction.
- To assess the awareness of adolescents on healthy body image.



## **CHAPTER 2**

### **REVIEW OF LITERATURE**

#### **2.1 Body Image**

#### **2.2 Body Image and Adolescents**

#### **2.3 Influence of social media on teenagers body image**

#### **2.4 Peer influence of teenager's body image**

#### **2.5 Parents role in adolescents body image**

#### **2.1 Body Image**

According to Marney A. White, ( August 14, 2022) Body image refers to how an individual sees their own body and the feelings associated with this perception. Many people have concerns about their body image. These concerns often focus on weight, skin, hair, or the shape or size of a certain body part. Body image refers to a person's emotional attitudes, beliefs, and perceptions of their own body. Body image relates to, what a person believes about their appearance, how they feel about their body, height, weight, and shape, how they sense and experience their body. Positive body image is related to body satisfaction and acceptance, while negative body image is related to dissatisfaction and wanting one's body to be different.

Ridhima Sharma, Manpreet Ola and Vikas Sharma, may 2018 in a research say that image is a multidimensional, subjective and dynamic concept that comprises a person's perceptions, thoughts, and feelings about his or her body (Grogan, 2008). Body image goes beyond the aesthetic characteristics of the person and involves their state of health, skills, and sexuality (Luskin & Mccann, 2011). Cash (1990) one of the leading researcher in the field of body image, views the psychology of physical appearance and body image through two perspectives- the "outside view" i.e., focusing on an individual as a social object and the "inside view "i.e., the individual's

subjective experience of his/her own physical appearance. Along similar lines, Gardener (1996) proposes two components of body image-the perceptual component i.e. representation of one's body and its characteristics; and the attitudinal component i.e. one's feelings about their body image and one's physical appearance. In addition, body image also comprises of a cognitive component that contains appearance ideal and self schema; and behavioral component that involves actions to monitor the condition of the body (such as repeatedly weighing or mirror checking) and correct the perceived defects (such as dieting, make-up).Body image is determined by the interplay of personal factors (personality, self-esteem), interpersonal factors (family, peers & media messages), biological factors (genetic traits, increased BMI, a series of pathologies), and cultural factors (social values & norms). Several Researches have attempted to study body image and its relationship with all such factors in order to better understand these links to identify potential factors that may be shown in causal research to buffer or mediate the described associations.

“Body image.” These are two words that have recently become commonplace in the media, whether they are used positively...or negatively. When you put the words together, what do they really mean? Do they conjure feelings of security, love, and value, or do they inflict feelings of shame and a desire to alter oneself? When I interviewed some friends and colleagues, they told me, “body image is the feeling I get when I look in the mirror and how that makes me feel.” I think that is a good place to start because a lot of us tend to base our feelings about our bodies on what we see visually.( Collin McShirley, 2015)

## **2.2 Body Image and Adolescents**

A study on Weight status and body image perceptions in adolescents: current perspectives by Dana K Voelker, Justine J Reel, and Christy Greenleaf 2015 Aug 25, reported that, Body image has become a popular topic over the past 35 years. In fact, 90% of body image studies have been published since 1980. Interest in this area parallels growing public health concerns about weight status, physical inactivity, obesity, eating disorders, and the associated spectrum of health consequences. Body image is a multidimensional construct encompassing how we perceive, think, feel, and act toward our bodies and lies on a continuum from healthy body perceptions (ie, accurate and mostly positive) to unhealthy body perceptions (ie, inaccurate and mostly negative).Evidence

consistently indicates that unhealthy body image is associated with obesity and physical inactivity<sup>5</sup> and plays a pivotal role in the development of eating disorders during adolescence. Importantly, body image has “developmental significance” such that it is not a static personal characteristic, but rather a dynamic aspect of ourselves that changes over the lifespan. Adolescence represents a critical period for healthy body image development due to the type and magnitude of age-related transitions occurring during this time.

Jaqueline Neid-Avila, Brittany Bingeman, on a study states that Body image is dynamic and changes over the course of a lifetime. While body dissatisfaction can occur at any age, adolescence is a major transitional period and is accompanied by many body-related changes. During this period of change, adolescence are at a higher risk of developing negative body image (Reel, Voelker, & Greenleaf, 2015). Though the majority of research is done on females and Caucasian individuals, negative body image is found in both males and females regardless of socioeconomic status, race or ethnicity (Findlay, 2004).

Body dissatisfaction is a risk factor for depression and poor self-esteem; it is also a predictor for tobacco and substance use, eating disorders, and frequent dieting (Bucchianeri, Arikian, Hannan, Eisenberg, & Neumark-Sztainer, 2013; Findlay, 2004). Eating disorders are serious and often fatal illnesses that involve a distorted sense of body image and involve severe eating behavior disturbances, obsessions with food, body weight, and shape. In the United States, 3.8% of females and 1.5% of males 13-18 years have a severe eating disorder (“Eating Disorders Among Children,” 2010). While the majority of adolescents do not develop an eating disorder, adolescents may experience body dissatisfaction, fear of fat or weight stigma, which are part of an unhealthy thought patterns (Livine & Smolak, 2015).

A study on Eating disorders in adolescent boys by Nagata, Jason M, Ganson, Kyle T, Murray, Stuart B on August 2020 reported that, Body image concerns in men may involve muscularity, and muscle-enhancing goals and behaviors are common among adolescent boys and young men. Recent measures, such as the Muscularity Oriented Eating Test (MOET) have been developed and validated to assess for muscularity-oriented disordered eating. Medical complications of eating disorders can affect all organ systems in male populations. Eating disorders treatment guidance may lack specificity to boys and men, leading to worse treatment outcomes in these population.

Male populations that may have elevated risk of eating disorders and disordered eating behaviors include athletes and racial/ethnic, sexual, and gender minorities.

Eating disorders and disordered eating behaviors in boys and men may present differently than in girls and women, particularly with muscularity-oriented disordered eating. Treatment of eating disorders in boys and men may be adapted to address their unique concerns.

In a study on Eating Disorders Among Teen Girls by Margot Rittenhouse, 2022 reviewed that Adolescent girls have always had a great deal to contend with as they experience their own developmental changes in combination with societal pressures and stressors. Now more than ever, teen girls experience a constant barrage of emotional and social stressors that can lead to increased risk of developing eating disorders. Eating disorders have long been stereotyped as primarily affecting teenage and young adult women. While this generalization is absolutely inaccurate, there is a grain of truth in that adolescent and young adult women are the population most impacted by eating disorder beliefs and behaviors. In fact, the rate of teen girls that struggle with an eating disorder is more than double that of teen boys, with 3.8% of teen girls affected and 1.5% of teen boys affected (National Institution of Mental Health, Eating disorders 2018). Research has learned that “35-57% of adolescent girls engage in crash dieting, fasting, self-induced vomiting, diet pills, or laxatives (Boutelle K, Neumark Sztainer, Story M and Resnick M 2002). Additional studies indicate that 10 out of every 100 young women will struggle with an eating disorder. (American Academy of child and adolescent Psychiatry 2018)

These numbers have increased since the COVID-19 pandemic. Calls to the National Eating Disorder Association helpline increased by 40% since March 2020 and 35% of these callers were between the ages of 13 and 17. This is a 30% increase from the number of teens of the same ages that called prior to the pandemic.

### **2.3 Influence of social media on teenagers body image**

It's not just traditional media that places teens under pressure to be thin and beautiful. Social media may have an even more powerful effect on your teen's body image. Many teens crave validation from their peers and social media is a quick way for them to gain feedback. Whether a teen posts a selfie on Instagram or they view videos of others boasting about their "thigh gap" on TikTok,

social influences can be very powerful. Some teens spend hours trying to capture a selfie at just the right angle. Others gauge their appearance based on how many likes their latest Instagram photo receives. Unfortunately, many teens also receive harsh criticism and rude comments on social media. Cyberbullying can be quite damaging to a teen's body image.(Amy Morin January 06, 2022)

Social platforms and activism also play their role. A 2022 review found that Instagram and Snapchat 's perception of body image is more negative than Facebook's. According to a 2019 study, although exercise videos are intended to encourage exercise among women, they also reinforce the perception of a thin ideal body. But this passion does not last long and when the outward effect of diet and exercise does not appear, she becomes depressed and dissatisfied with her body.(Ramiz raja Malik, August 30 2022)

In an article, Ciara Mahon and David Hevey, reviewed that Social media are highly visual, appearance focused platforms that extend opportunities to engage in these body dissatisfaction inducing behaviors (Rodgers and Melioli, 2016). Popular social media platforms used by adolescents such as Instagram and Snapchat (Pew Research Center, 2018), contain a profusion of idealized body related content, which tend to endorse muscular ideals (characterized by a v shaped torso, visible abs, large biceps, and low body fat,) and lean/athletic ideals (characterized by a toned body with low body fat,) for men/boys. Thin ideals (characterized by a lean physique with low body fat and a narrow waist), fit/athletic ideals (characterized by a lean and muscular physique), and curvy ideals (characterized by a thin waist and large bosom/bottom) are generally more relevant for women/girls (Betz and Ramsey, 2017). Adolescents have been found to endorse and strive for these ideals, despite acknowledging the unrealistic nature of these bodies (Edcoms and Credos, 2016; Burnette et al., 2017; Bell et al., 2019)

## **2.4 Peer influences on adolescent body image**

A study conducted by Ursula Kenny Mary-Pat O'Malley-Keighran and Colette Kelly on August 25, 2016, demonstrated that peers have an overwhelming negative impact on adolescent body image, and consequently, health. Both boys and girls revealed that the peer environment is characterized by a significant pressure to conform to appearance expectations, and deviations from

such expectations lead to negative peer experiences. Positive peer influences were also revealed but to a far lesser extent.

Adolescent girls who are overweight or at risk of overweight often experience negative psychosocial interactions with peers, such as intentionally hurtful comments directed at their appearance and social avoidance (Neumark-Sztainer & Haines, 2004; Thompson, Heinberg, Altabe, & Tantleff-Dunn, 1999). For instance, Neumark-Sztainer et al. (2002) found that 63% of overweight girls had been teased about their appearance. Peer interactions may also extend beyond negative appearance-related feedback and include such factors as appearance-based conversations, popularity among friends based on appearance, and peer modeling of body image and/or weight concerns (Jones, 2004; Paxton, Schutz, Wertheim, & Muir, 1999; Thompson, Herbozo, Himes, & Yamamiya, 2005). In terms of peer modeling, Eisenberg, Neumark-Sztainer, Story, and Perry (2005) found that having friends who were dieting to lose weight was associated with a greater use of unhealthy weight-control behaviors (diet pills, purging, smoking, etc.) for average weight and moderately overweight girls

## **2.5 Parents role in adolescent's body image**

Psychologist Rachel Rodger says there's a reason parents have such a profound influence. When parents are concerned about their body image, they also give the impression to children that 'this is very important.' "Even if they're not talking directly about the child's body, they're giving the child the impression that 'this is important and they're concerned about it,' and so the child learns the same thing."

In a study on family teasing about body and eating disorders, 23 percent of participants said their parents teased them, and 12 percent said a parent teased them about their obesity. . Other participants said that the father teased more than the mother. Parental teasing results in body dissatisfaction and depression at an older age, and siblings are attracted to parents and teasing. Thus, those who are ridiculed at home because of their body shape or weight, go on to develop psychological problems, lose their self-esteem and suffer from eating and drinking disorders.(Ramiz Raja Malik, August 30 2022)

## **CHAPTER 3**

### **METHODOLOGY**

The methodology adopted for the present study is presented under the following headings.

#### **3.1 Selection of area.**

#### **3.2 Selection of sample.**

#### **3.3 Selection of method.**

#### **3.4 Selection of tool.**

#### **3.5 Collection of data.**

#### **3.6 Analysis of data.**

#### **3.1 Selection of area.**

For the study, I have randomly selected 100 adolescents from different parts of Kerala.

#### **3.2 Selection of sample.**

The sample chosen for present study consist of 100 adolescents, age group between 11 to 20 were included.

### **3.3 Selection of method.**

The method selected for the study was survey method.

### **3.4 Selection of tool.**

The tool used was questionnaire as google form and it included all the relevant questions to get necessary information needed for the study. The questionnaire comprised of 22 questions regarding general information, own perception of body image, influence of media, family, friends and society on body image.

### **3.5 Collection of data.**

The data was collected using google form. Today online survey research is one of the most popular survey research method. It is faster than traditional survey method, cheaper, more accurate, quick to analyse, and easy to use for bot researchers and participants.

### **3.6 Analysis of data.**

The collected data was analyzed sorted and interrupted using proper statistical method.



## RESEARCH DESIGN

### Selection of the topic

Study on "Adolescent body image and tripartite theory"

### Selection of Area

Area selected for study is different parts of Kerala.

### Selection of Sample

100 samples were taken for the study.

### Selection of Method

The method used for study was survey method.

### Selection of Tool

Data was collected using google form.

### Analysis of data

Percentage Analysis.

## CHAPTER 4

## RESULT AND DISCUSSION

The result and discussion of the study, "Adolescent Body Image and Tripartite Theory" is discussed under the following headings.

**A. General profile of the sample**

- 4.1.1 Gender data of the sample
- 4.1.2 Age group of the sample
- 4.1.3 Type of area sample live in
- 4.1.4 Type of family samples belonged to

**B. Own perceptions of body image.**

- 4.2.1 Self satisfaction
- 4.2.2 Fear on being judged by others on appearance.
- 4.2.3 Care about others comments on appearance.
- 4.2.4 Opinion on healthy body and physical beauty.

**C. Media's Influence**

- 4.3.1 Media's representation of men/women
- 4.3.2 Comparison
- 4.3.3 Strongest influenced media
- 4.3.4 Have changed yourself
- 4.3.5 Changes applied
- 4.3.6 Influence of Instagram and Facebook on body satisfaction.
- 4.3.7 Influence of likes and comments

**D. Family's and friend's influence**

- 4.4.1 Support from family
- 4.4.2 Emotional support from friends

**E. Society and Others**

- 4.5.1 Importance of others opinion.
- 4.5.2 Main cause of feeling insecure about the body.

- 4.5.3 Humiliations and teases from others.
- 4.5.4 Having faces or bodies like actors or models.
- 4.5.5 Society's point of view on people's appearance.

## A. General Profile of the sample

### 4.1.1 Gender data of the sample

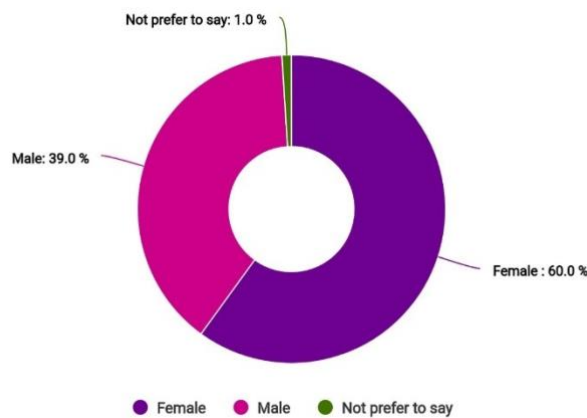


Figure : 4.1.1 Gender wise distribution of the samples.

Figure 1.4.1 shows gender which the samples belongs to. Out of 100 responds 60% belonged to female, 39% belonged to male and 1% of them not prefer to reveal their gender.

### 4.1.2 Age group of the samples

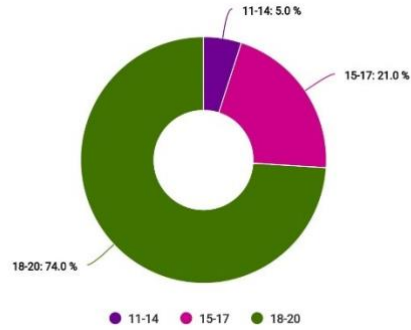


Figure: 4.1.2 Age group of the samples

Figure 4.1.2 shows the different age groups of 100 respondents who participated in the survey. According to the information from the above figure, 74% belonged to age group of 18-20 , 21% belonged to age group of 15- 17, 5% belonged to age group of 11-14.

#### 4.1.3 Type of area samples live

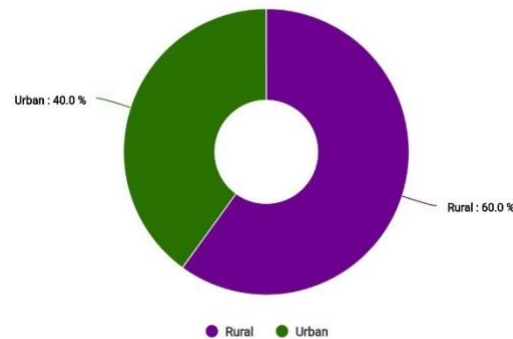


Figure : 4.1.3 Area the samples live in

Figure 4.1.3 Figure show that what kind of area or locality were the sample respondents live in. According to the data given among 100 respondents 60% belonged to rural areas and 40% belonged to urban areas.

#### 4.1.4 Type of family the samples belongs to

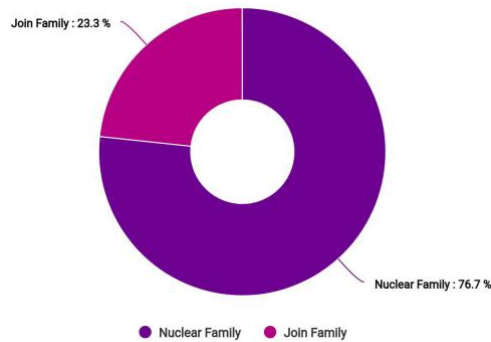


Figure :4.1.4 Family type of the respondents.

Figure 4.1.4 show that type of family that the respondent samples belonged to. According to the above data 76% belonged to a nuclear family and 24% belonged to joint family.

### B. Own perceptions of body image.

#### 4.2.1 Self satisfaction

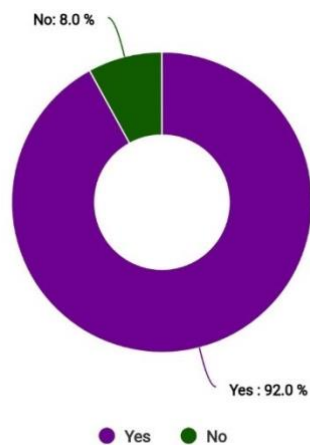


Figure : 4.2.1 Self satisfaction

Figure 4.2.1 shows the self satisfaction on own body of the sample respondents. According to the above data 92% of the respondents are happy the way they look and 8% of them are not happy with their look.

#### 4.2.2 Fear on being judged by others on appearance.

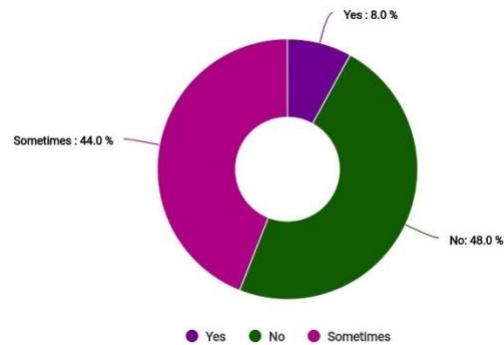


Figure: 4.2.2 Fear on being judged by others

Figure 4.2.2 shows the fear and worry on being judged or not accepted by the appearance. According to the above data, 48% of the respondents don't care about others judgments and acceptance. 44% of the respondents sometimes care about others acceptance and judgments. 8% of them strongly care about others judgments on their appearance.

#### 4.2.3 Care about others comments on appearance.

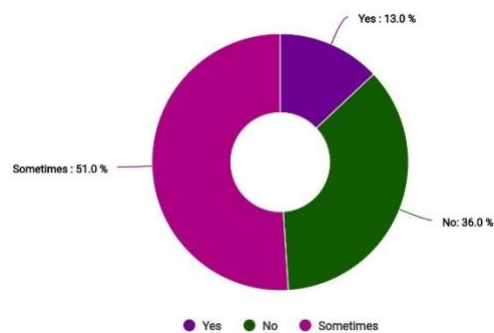


Figure : 4.2.3 Care about others comments

Figure 4.2.3 shows that how many respondents care about others comments on appearance. The above data convey that 51% of the respondents sometimes care about others comments on their

appearance. 36% of them don't care about the comments and 13% of them strongly care about others comments on their appearance.

#### 4.2.4 Opinion on healthy body and physical beauty.

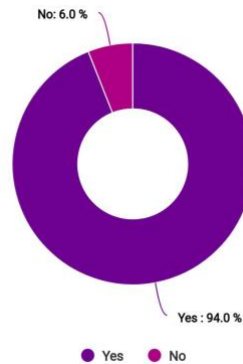


Figure : 4.2.4 Opinion on healthy body and physical beauty

Figure 4.2.4 shows the opinion on healthy body and physical beauty of the respondents. According to the above data 94% of the samples having an opinion that, the healthy body is more important than physical appearance but 6% of them having an opinion that physical beauty is more important.

### C. Media's Influence

#### 4.3.1 Media's representation of men/women

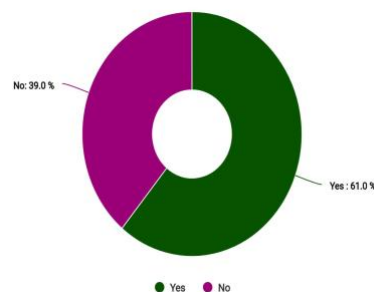


Figure : 4.3.1 Media's representation of men / women

Figure 4.3.1 shows how the representation of men/ women on media influence the respondents. According to the above data 61% of the samples have an opinion that the media's representation of men/ women encourages young people to have a positive self esteem, 39% of the samples have an opinion that media's representation doesn't encourage young people to have positive self esteem.

### 4.3.2 Comparison

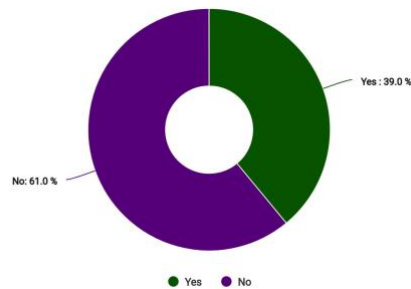


Figure : 4.3.2 comparison

Figure 4.3.2 shows do the respondents compare themselves to men/ women in the media. According to the above data 61% of the samples compares themselves to men/ women in media, 39% of the samples didn't compares to men/ women in the media.

### 4.3.3 Strongest influenced media

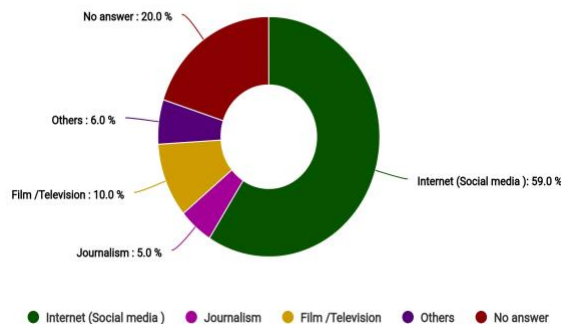




Figure: 4.3.3 Strongest influenced media

Figure 4.3.3 shows the strongest influenced media on the respondents. According to the above data 59% of the samples were influenced by internet (social media ), 10% of the samples were influenced by film/television, 5% of the samples were influenced by journalism (Magazines, Newspapers ) and 6% of the samples have other influences, and 20% of the samples doesn't responded to the question.

#### 4.3.4 Have changed yourself

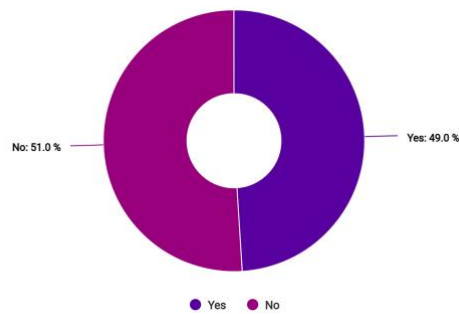


Figure:4.3.4 changes occurred

Figure 4.3.4 shows do the respondents changed themselves because of something or someone they saw in the media. According to the above data 51% of the samples didn't change because of someone or something they saw in media and 49% of the samples have changed because of someone or something saw in the media.

#### 4.3.5 Changes applied

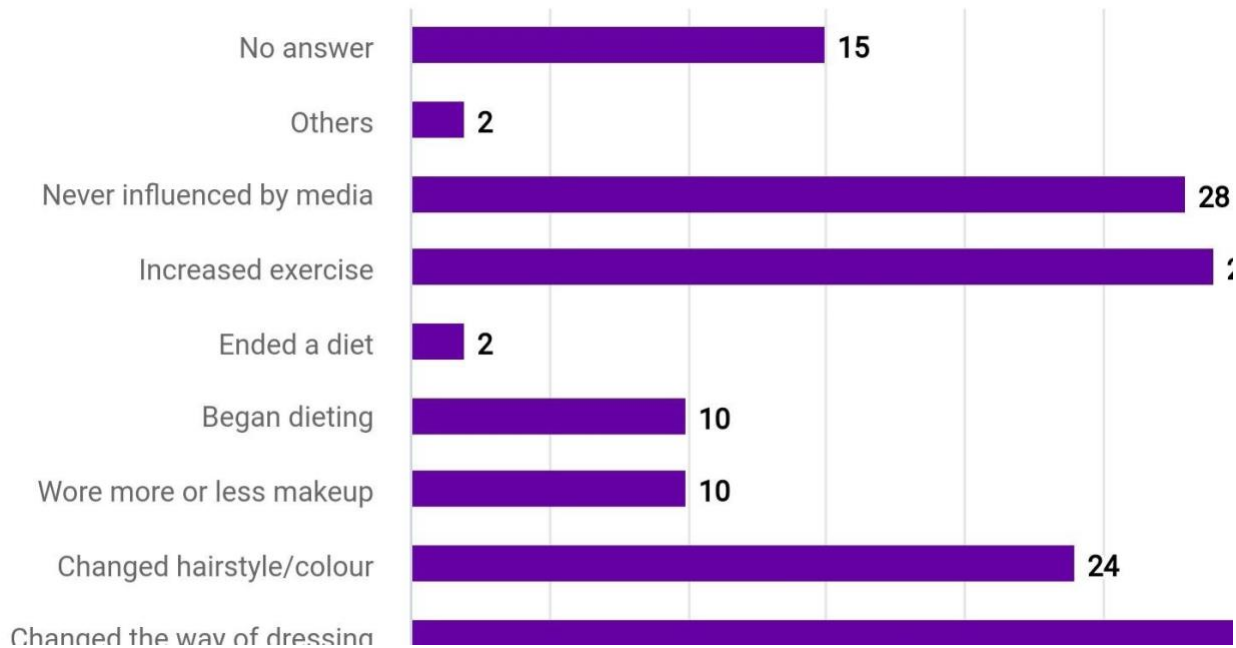


Figure : 4.3.5 changes applied

Figure 4.3.5 shows what kind of changes did the respondents applied. According to the above data 38% of the samples changed the way they dressed, 29% of the samples increased exercise, 24% of the samples changed hairstyle / colour, 10% of the samples began dieting , 10% of the samples wore less or more makeup, 2% of the samples ended a diet, 2% of the samples have applied some

other changes, 28% of the samples have been never influenced by the media and 15% of the samples doesn't responded to the question.

#### 4.3.6 Influence of Instagram and Facebook on body satisfaction.

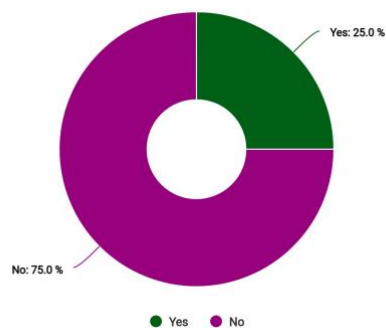


Figure : 4.3.6 Influence of Instagram and Facebook

Figure 4.3.6 shows the influence of Instagram and Facebook on the respondents. According to the above data for 75% of the samples social networks such as Instagram and Facebook didn't effect on their body satisfaction, for 25% of the samples Instagram and Facebook had affected on satisfaction with their body.

#### 4.3.7 Influence of likes and comments

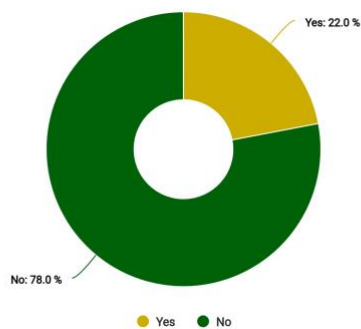


Figure : Influence of likes and comments

Figure 4.3.7 shows the number of likes and comments the respondents get from others on social media affects how they feel about their appearance. According to the above data for 78% of the samples, number of likes and comments they get from others on social media didn't affect how they feel about their appearance and for 22% of the samples number of likes and comments get from others on social media affect how they feel about their appearance.

## **D. Family's and friend's influence**

### **4.4.1 Support from family**

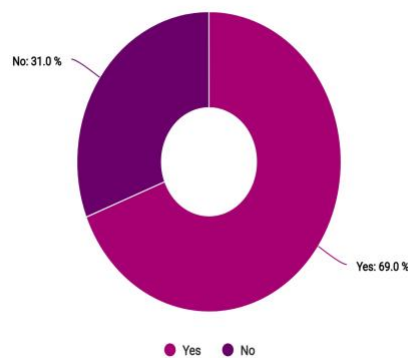


Figure: 4.4.1 Help from family

Figure 4.4.1 shows whether the respondents family help them to modify their appearance by taking the necessary measures. According to the above data 69% of the sample's family help them by taking necessary measures to modify their appearance ( for example : weight loss), 31% of the sample's family doesn't help them to modify their appearance by taking necessary measures.

### **4.4.2 Emotional support from friends**

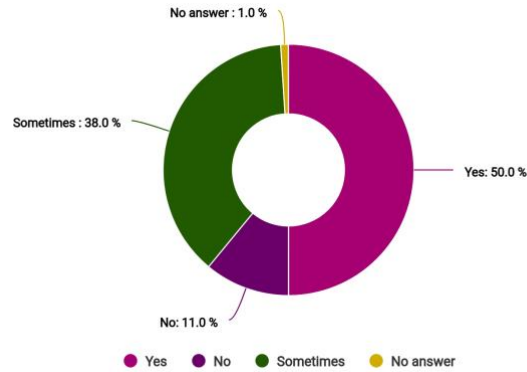


Figure:4.4.2 Emotional support from friends

Figure 4.4.2 shows whether the respondents are getting emotional support from friends when they are upset about their appearance. According to the above data 50% of the samples are getting emotional support from their friends when they upset about their appearance, 38% of the samples are sometimes getting emotional support from their friends, 11% of the samples are not getting emotional support from their friends and 1% of the samples doesn't responded.

## E. Society and Others

### 4.5.1 Importance of others opinion.

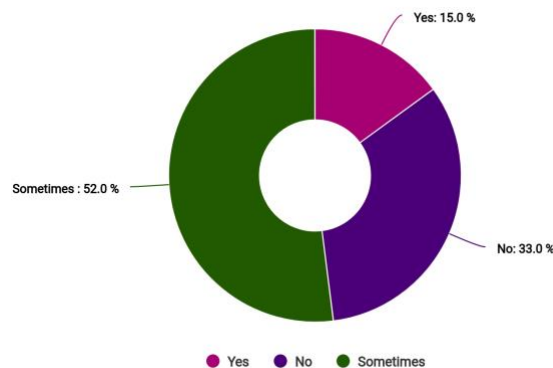


Figure : 4.5.1 Importance of others opinion

Figure 4.5.1 shows whether other's opinion about the physical appearance important to the respondents. According to the above data 15 % of the samples take other's opinion about their physical appearance important, 52% of the samples sometimes take other's opinion important and 33% of the samples didn't take other's opinion about physical appearance important.

### 4.5.2 Main cause of feeling insecure about the body

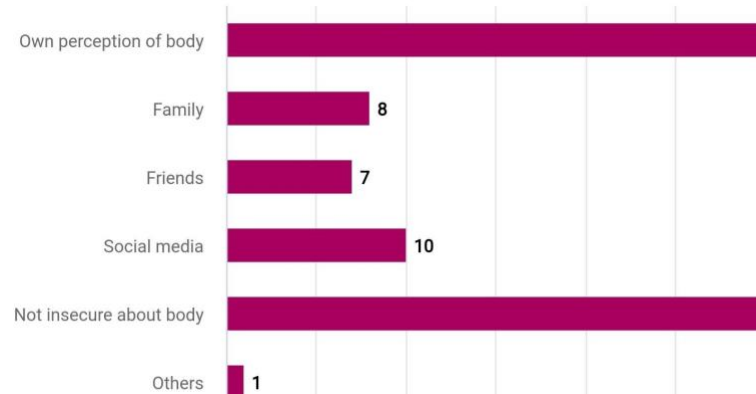


Figure 4.5.2 cause of feeling insecure about the body

Figure 4.5.2 shows the main cause of feeling insecure about the respondents body. According to the above data 38% of the sample's main cause is own perception of their body, 36% of the samples were not insecure about their body image, 10% of the sample's main cause of feeling insecure about their body was social media, 8% of the sample's main cause was family, 7% of the sample's main cause was friends and 1% of the sample's cause was other reason like habits.

#### 4.5.3 Humiliations from others.

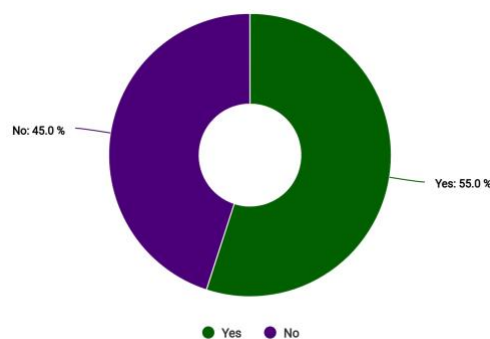


Figure : 4.5.3 Humiliations from others

Figure 4.5.3 shows whether the respondents have humiliated or teased by others because of their appearance or physical problems. According to the above data 55% of the samples had humiliated or teased by others because of their appearance or physical problems, 45% of the samples doesn't faced any humiliations by others.

#### 4.5.4 Having faces or bodies like actors or models.

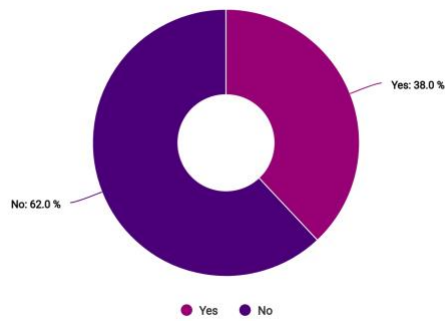


Figure : 4.5.4 Having faces or bodies like actors or models

Figure 4.5.4 shows whether the respondents like to have faces or bodies like actors, singers or costume models. According to the above data 62% of the samples didn't like to have faces or bodies like actors, singers or costume models, 38% of the samples like to have faces or bodies like actors singers or costume models.

#### 4.5.5 Society's point of view on people's appearance.

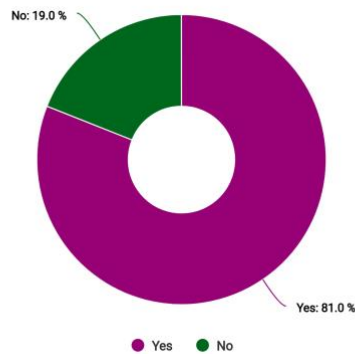


Figure : 4.5.5. Society's point of view on people's appearance

Figure 4.5.5 shows whether it is common in our society to tease and ridicule the appearance of the people. According to the above data 81% of the samples opinionated that it is common in our society to tease and ridicule the appearance of the people and 19% of the samples opinionated that it is not common to tease and ridicule on appearance of the people by the society.

## **CHAPTER 5**

### **SUMMARY AND CONCLUSION**

#### **SUMMARY**

The study on “Adolescent body image and tripartite theory” was conducted through survey. Online survey method with pre-planned questions was chosen. General profile included age, gender, type of family, type of living area, monthly income.

From the collected data we can say that :

1. Majority of the respondents belong to age group of 18-20 and gender female.
2. 76% of the respondents belongs to nuclear families and 60% of the respondents are from rural areas.
3. Majority of the respondents are happy the way they look but most of them care about others opinion about their appearance.
4. Most of respondents opinionated that the media’s representation of women/men encourages young people to have a positive self- esteem, the main cause of feeling insecure



about body image is own perception of the body and some other causes are media, family and friends.

5. Some of them compare themselves to men/women in the media. Internet (social media) is the main influence on them.
6. Most of the respondents changed themselves because of something or someone saw in the media. Most of them changed the way of dressing and hairstyles. Increased exercise, began or ended a diet and wore less or more make up were some of the other changes applied.
7. Majority of them have been humiliated by others because of the appearance and physical problems. Many of them were sometimes afraid about others acceptance on appearance.
8. Many of the respondents like to have faces like actors / costume models. For some of them social networks such as Instagram and Facebook affect their body satisfaction.
9. Most of respondent's parents helped them to modify their appearance and friends support them emotionally when they are upset about their appearance
10. Majority of the respondents opinionated that it is common in our society to tease and ridicule the appearance of the people.

## **CONCLUSION**

It is common, to ridicule people on body appearance. Hearing negative comments about the appearance can impact on body image and leave a feeling of anxious, embarrassed, and self-conscious. But it is important to manage critical comments and achieve body acceptance. Body shaming involves humiliating someone by making inappropriate or negative comments about their body size or shape or color. This type of criticism can be made to others or yourself. One may feel unhappy with the weight or how the body looks and judge yourself harshly.

In adolescents, the attitudes and beliefs about body image and self-esteem are largely influenced by the family members, peers, and social media. Parents must be a positive body image role model for their child .Help the child to feel confident about themselves. Friends must avoid comparison between peers. Everything seen on social media is not real, it gives us false hope and cover us from facing reality, causing people to have lack of confidence and body dissatisfaction.

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## Appendix

### Questionnaire

1. Your Gender?
  - Male
  - Female ☐ Not prefer to say
2. How old are you?
  - 11-14
  - 15-17
  - 18-20
3. Where do you reside?
  - ☐ Rural ☐
  - Urban
4. Your family?
  - Nuclear family

- Join family
5. Are you happy with the way you look?
    - Yes
    - No
  6. Are other's opinions about your physical appearance important to you?
    - Yes
    - No
    - Sometimes
  7. Do you think that the media's representation of women/men encourages young people to have a positive self- esteem?
    - Yes
    - No
  8. If you feel insecure about your body image, what do you think the main cause is?
    - Own perception of your body
    - Friends
    - Family
    - Social Media
    - I am not insecure about my body image
    - Other
  9. Do you ever compare yourself to other women/men in the media?
    - Yes
    - No
  10. If yes, what media do you think has the strongest influence on you?
    - Internet (Social Media)
    - Journalism (Magazines, Newspapers, Books)
    - Film/Television
    - Other (please specify)
  11. Have you ever changed yourself because of something or someone you saw in the media?
    - Yes
    - No

12. If yes, please select all which apply.

- Changed the way you dressed?
- Changed your hairstyle/colour?
- Wore more or less make-up?
- Began dieting?
- Ended a diet?
- Increased exercise?
- I have never been influenced by the media to change myself.
- Others

13. Have you been humiliated or teased by others (family members, friends, teachers, and others ) because of your appearance or physical problems?

- Yes
- No

14. Have you been afraid and worried that others will not accept me for my appearance?

- Yes
- No
- Sometimes

15. When others criticize my appearance or give me a negative comment, do you care about their comments?

- Yes
- No
- Sometimes

16. I like to have faces or bodies like actors, singers, or costume models.

- Yes
- No

17. Social networks such as Instagram and Facebook affect my satisfaction with my body.

- Yes
- No

18. The number of likes or comments I get from others on social media affects how I feel about my appearance.

- Yes
- No

19. My family helps me to modify my appearance (for example, weight loss) by taking the necessary measures.

- Yes
- No

20. When I'm upset about my appearance or my body, my friends support me emotionally.

- Yes
- No
- Sometimes

21. It is common in our society to tease and ridicule the appearance of people.

- Yes
- No

22. In my opinion, healthy body is more important than physical beauty.

- Yes
- No