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Adolescence and Body Image

From
Development
to Preventing
Dissatisfaction

LINA A RICCIARDELLI
ZALI YAGER

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J. Kevin Thompson, Linda Smolak



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Adolescence and Body Image Lina A Ricciardelli, Zali Yager, 2015-11-19 Body image is a significant issue for the majority of adolescents. Anxieties relating to body image can be crippling across both genders; their debilitating effects sometimes leading to mental health problems. This important book is the first of its kind to focus specifically on adolescents, providing a comprehensive overview of the biological, psychological, and socio-cultural factors relating to the development of body image. It also provides a detailed review of the measures which can be taken to address body dissatisfaction. Discussing the role of culture, family, peers, schools, sport, and media in stimulating a negative body image, the book also examines the different challenges faced by girls and boys as they grow. Eating disorders and body change strategies are also addressed, as well as the challenges faced by youngsters affected by conditions causing visible differences such as hair loss in cancer patients. The book also presents original research, including the results from a large Australian study of the body image and associated health behaviours of adolescent boys and the results of a study of current teaching practices relating to body image. *Adolescence and Body Image* will be ideal reading for students and researchers from a variety of fields including developmental health and social psychology, sociology, and cultural and health studies. Professionals working with young people, whether in education, health promotion, or any other allied discipline, will also find this book an invaluable resource.

Handbook of Gender Research in Psychology Joan C. Chrisler, Donald R. McCreary, 2010-03-12 Donald R. McCreary and Joan C. Chrisler The Development of Gender Studies in Psychology Studies of sex differences are as old as the field of psychology, and they have been conducted in every sub-field of the discipline. There are probably many reasons for the popularity of these studies, but three reasons seem to be most prominent. First, social psychological studies of person perception show that sex is especially salient in social groups. It is the first thing people notice about others, and it is one of the things we remember best. Fiske, Haslam, Stangor, Lynch, Duan, Glass, 1992. For example, people may not remember who uttered a witty remark, but they are likely to remember whether the quip came from a woman or a man. Second, many people hold firm beliefs that aspects of physiology suit men and women for particular social roles. Men's greater upper body strength makes them better candidates for manual labor, and their greater height gives the impression that they would make good leaders. In people we look up to. Women's reproductive capacity and the caretaking tasks, e.g., breastfeeding, baby minding, that accompany it, make them seem suitable for other roles that require gentleness and nurturance. Third, the logic that underlies hypothesis testing in the sciences is focused on difference. Researchers design their studies with the hope that they can reject the null hypothesis that experimental groups do not differ.

Lifespan Development Tara L. Kuther, 2022-05-12 How does context impact human growth and development? Do the places, sociocultural environments, and ways in which we are raised influence who we become and how we grow and change throughout our lives? Best-selling author Tara L. Kuther helps students discover the answers with *Lifespan Development: Lives in Context*. Taking a chronological approach, the book follows

three core themes the centrality of context the importance of research and the applied value of developmental science Dr Kuther s clear concise narrative guides students through current and classic studies and foundational theories while exploring real world connections and inclusive perspectives The Third Edition features case studies policy applications and other examples each accompanied by opportunities for personal reflection prompting students to carry these discoveries into their own lives relationships and future careers This title is accompanied by a complete teaching and learning package

Elaine Kasket,2024-09-24 AI Instagram IG

The Relationship Between Body Image

Dissatisfaction and Individuation During Late Adolescence ... Joy D. McKenzie-Smith,1996

Re-Imagining the

Body Jessica R. Kusina,2021 Body image research has historically focused on body dissatisfaction and its connection to

disordered eating though there has been a more recent shift to explore positive body image While there is a growing

literature investigating the causes consequences and correlates of positive body image in adults relatively little is known

about these relationships during adolescence Adolescence is a time of significant development in various domains including

the physical as well as a time when beliefs about the self and world are explored As such adolescence is a natural time to

examine links between body image identity and personal values The current study explored the relationship between positive

body image and religious and spiritual r s values in particular through a two part approach that took place in high schools In

part one of the study adolescents N 85 75 3% self identified girls completed various questionnaire measures pertaining to

personal values and body image Higher levels of sanctification of the body and self worth contingent upon perceptions of God

s love predicted more body appreciation For adolescent girls in particular the relationship between sanctification of the body

and body appreciation was partially mediated by internalization of the thin ideal In part two of the study adolescents N 83

engaged in one of three conditions traditional values identity control that entailed small group discussion and personal letter

writing activities pertaining to body image None of the conditions contributed to statistically significant improvements in

body image though participants qualitative responses revealed that adolescents found the activities to be meaningful and

beneficial Research findings help explain relationships between identity personal values and positive body image during

adolescence and reveal prevention program elements that may help foster positive body image

The Longitudinal

Association Between Body Image Dissatisfaction, Social Anxiety, and Fear of Negative Evaluation in Adolescents

Ashley Gerada,2020 Adolescents with body image dissatisfaction experience more anxiety than their peers who are more

satisfied with their body This is problematic given that adolescents who experience these concerns have a greater likelihood

of later developing other mental health disorders and have more disordered eating cognitions and behaviour For this reason I

investigated how body image dissatisfaction social anxiety and fear of negative evaluation were related to one another

Participants included 527 adolescents 301 girls aged 15 to 19 years 83 1% White who were accessed annually over 4 years

Grade 10 to one year post high school using the Multidimensional Anxiety Scale for Children the Brief Fear of Negative

Evaluation scale II and validated questions to assess body image dissatisfaction A developmental cascade model was used to examine direct and indirect effects between the study variables Results indicated two significant indirect paths body image dissatisfaction to social anxiety via fear of negative evaluation and body image dissatisfaction to fear of negative evaluation via social anxiety Direct effects included a reciprocal positive association between body image dissatisfaction and social anxiety in mid adolescence and a reciprocal positive association between social anxiety and fear of negative evaluation across adolescence Lastly there was a positive association from body image dissatisfaction to fear of negative evaluation across adolescence These results suggest that adolescents with low body image dissatisfaction are likely to experience greater fear and anxiety regarding social interaction This study emphasizes the need to target adolescents with body image intervention programs to reduce the experience of psychopathology

Body Image, Eating Disorders, and Obesity in Youth J. Kevin Thompson, Linda Smolak, 2001 Examines the relationship between body image disturbances and eating disorders in our most vulnerable population children and adolescents The editors present a dynamic approach that combines current research assessment techniques and suggestions for treatment and prevention This volume delivers direction for researchers in the field as well as guidance for practitioners and clinicians working with young clients suffering from these disorders

Body Image Dissatisfaction Among Female Adolescents Kaitlin M. Loftus, 2011

Increasing Body Image Satisfaction in Normal Adolescent Females Kathleen G. Curtis Korstange, 1989 A large percentage of normal adolescent females express dissatisfaction with their body image This can lead to excessive dieting an eating disorder and problems with self esteem This study attempts a group approach to increase body image satisfaction with normal seventh and eighth grade girls Eight adolescent girls were paired on weight and assigned to an experimental or control group The girls were assessed on measures of body image satisfaction using the Eating Disorder Inventory and a Silhouette Chart The girls in the experimental group were exposed to a group intervention using modeling and cognitive restructuring designed to increase body image satisfaction Measures were repeated on both groups No change was found in either group on the Silhouette Chart The four girls in the experimental group showed significant decreases in Drive for Thinness Bulimia and Effectiveness on the Eating Disorders Inventory EDI The experimental group showed no change as a whole on the Body Dissatisfaction Subscale of the EDI however when divided by weight girls heavier than the mean indicated decreased body dissatisfaction while lighter girls showed increased body dissatisfaction Concerns regarding this are discussed

Reducing and Preventing Adolescent Body Dissatisfaction Sarah J. Durkin, 2004

An Investigation of the Relationship Between Stress and Body Image in Australian Youth Kristen Murray, Australian National University. Research School of Psychology, 2013 Adolescence and young adulthood are periods of rapid development associated with significant psychological stress While this has been implicated in a number of mental health concerns it has not been investigated in body image disturbance Specifically body dissatisfaction is reported to peak during adolescence and persist into young adulthood Despite the inclusion of stress

management training in prevention programs for body image disturbance in adolescence limited empirical efforts have aimed at understanding this specific relationship. As such, the current research program examines the relationship between stress and body dissatisfaction in female and male adolescents and young adults. Three studies were conducted assessing the following research questions: a) the nature and direction of the relationship between stress and body dissatisfaction including the differential role of stressor subdomains; b) the role of moderating variables such as gender; c) the role of mediating influences such as the psychological constructs of self-esteem, depressive symptoms, and body importance; and d) the relevance of stress to an additional body image dimension: body change strategies to decrease body size and increase muscularity. The research program utilised multiple methodologies to explore these research questions, including cross-sectional and longitudinal self-report surveys and experimental designs. Results across all three studies supported a strong link between stress and body dissatisfaction, specifically in the peer domain, in both females and males. Longitudinal self-report data supported a predictive relationship between adolescent stress and body dissatisfaction and found that both self-esteem and body importance mediate this link proximally and over time. Experimental investigation in young adults also revealed support for a causal effect of interpersonal peer-related stress on state body dissatisfaction. Specifically, stress was revealed to enhance an individual's vulnerability to body image concerns, with males reporting general body dissatisfaction under a personality-based peer rejection condition and those who placed a low importance on the body in self-evaluations reporting increased weight dissatisfaction under an appearance-based peer rejection condition. Young adult females generally reported dissatisfaction with the body regardless of the nature of interpersonal interactions. The research program did not display a significant association between stress and body change strategies to decrease body size or increase muscularity in adolescents. Taken together, the findings of the current research program support hypotheses that stress plays a predictive role in body dissatisfaction during adolescence and young adulthood for both females and males and that this is particularly relevant to the peer domain. Furthermore, it appears to increase vulnerability to body image concerns through its relationship with self-esteem and appearance importance. These findings hold theoretical and clinical implications for models of body image and eating disorders and suggest stress management modules tailored to the peer domain are a warranted inclusion in prevention programs in addition to self-esteem enhancement and reducing the importance of the body in self-evaluations. Limitations and future directions of the research program are also considered.

Body Image Dissatisfaction Among Late Adolescent Females Kimberly MacLean, University of Victoria (B.C.). Department of Psychological Foundations in Education, 1997. *Body image evaluation and eating attitudes of adolescent females toward a school-based mental health program*. Eileen M. Costo, 2012. Background: Body image plays an important role in adolescence as this is the stage where dramatic changes occur in one's different aspects of health. Objectives: This study aims to assess the body image evaluation, the satisfaction and dissatisfaction towards body image of female adolescents through the use of Body Shape Questionnaire.

34 BSQ 34 and eating attitudes through Eating Attitudes 26 Test EAT 26 self report questionnaires Moreover the extent of the relationship between the two variables will be examined and utilized for the development of a mental health promotion program Method Descriptive Correlational Design was employed in examining the relationship between body image and eating attitudes among the two hundred eighty seven N 287 non clinical female adolescents from private schools Data from BSQ 34 and EAT 26 were analysed through Product Moment correlation Coefficient or Pearson r Arithmetic Mean Frequency and Percentage Results Majority of the respondents evaluated their body image as Satisfied accounting to 65% n 186 The results of eating attitudes of the respondents showed low forms of dieting M 8 00 bulimic symptoms and food preoccupation resulted to low M 2 83 and oral control resulted to low practice M 3 25 among adolescents Part C of EAT 26 revealed that majority of adolescents have not practice compensatory behaviours indicative of eating disorder symptoms and significant weight loss Moreover body image evaluation is strongly correlated with eating attitudes Conclusions Majority of adolescents practice low forms of attitudes and behaviours indicative of eating disorder risk and were generally Satisfied with their body image However study found that Dissatisfaction is of considerable number as well with 35% of the respondents fostering and sustaining positive body image is essential for this susceptible group A proposed program for body image was adopted and modified for school use

Misconceptions of Overweight and Self-concept A Psychosocial Study of Adolescents Sanjana Singh, 2022-10-27 Introduction and Review of Literature The past century has seen various developments in the area of body image Researchers and scholars from psychological medical and sociological perspectives have made numerous attempts to theorize and understand the human embodiment experience of body image from various perspectives Consequently body image has come to be viewed as multidimensional construct encompassing concepts like body esteem body dissatisfaction body image weight misperceptions body distortion and many more Researchers expressed particular interest in body weight estimation and perception Weight perception and misperception has been found to be an important determinant of body dissatisfaction The period of adolescence is characterized by major physical and psychological changes resulting in identity development and independence Erikson 1968 Cheung Ip Lam Bibby 2007 Researchers have found vulnerabilities in identity or selfconcept during these formative years predisposes the adolescent to body image disturbances The current study makes an attempt to understand the relationship between these self concept vulnerabilities weight perceptions and body shape dissatisfaction The current chapter makes an attempt to elucidate the various theoretic perspectives of body image along with various research findings on weight misperception body dissatisfaction and the relationship of self concept with these two variables 1 1 A brief history of body image Dating back to 1903 body image only focused on self image of individuals with mental retardation and brain damage The neuropathological forms of body image experience were the areas of interest like phantom limb autotopagnosia hemiasomatognosia and anosognosia Fisher 1990 Interest in psychology and sociology of body image only emerged with the works of Paul Schilder in the first half of the 20th

century He described body image as picture of our own body which

Overweight Misconceptions and Self-concept A Psychosocial Study of Adolescents Sanjana Singh, 2022-09-06 Chapter 1 Introduction and Review of Literature The past century has seen various developments in the area of body image Researchers and scholars from psychological medical and sociological perspectives have made numerous attempts to theorize and understand the human embodiment experience of body image from various perspectives Consequently body image has come to be viewed as multidimensional construct encompassing concepts like body esteem body dissatisfaction body image weight misperceptions body distortion and many more Researchers expressed particular interest in body weight estimation and perception Weight perception and misperception has been found to be an important determinant of body dissatisfaction The period of adolescence is characterized by major physical and psychological changes resulting in identity development and independence Erikson 1968 Cheung Ip Lam Bibby 2007 Researchers have found vulnerabilities in identity or selfconcept during these formative years predisposes the adolescent to body image disturbances The current study makes an attempt to understand the relationship between these self concept vulnerabilities weight perceptions and body shape dissatisfaction The current chapter makes an attempt to elucidate the various theoretic perspectives of body image along with various research findings on weight misperception body dissatisfaction and the relationship of self concept with these two variables

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The Effect of Gender Composition in the School Setting on Body Image Development and Eating Disorder Prevalence in Adolescent Females Amy A. Baur, 2003 With eating disorders costing hundreds of lives each year it is essential that areas for preventative measures are identified and effective programs put into place This current study evaluates the association of high school gender composition and body image development and eating disorder prevalence among adolescent females Using the Drive for Thinness Bulimia and Body Dissatisfaction scales of the Eating Disorder Inventory 2 students attending a single sex high school were compared with those attending an all female high school this research found several significant results First students in the coeducational institution reported a greater level of body dissatisfaction than did students in the all female school Second when controlling for other demographic variables students age was positively correlated with their drive for thinness and body dissatisfaction And lastly the lower a father s reported level of education the more body dissatisfaction was reported by students These results indicate a strong need for further research into the impact of the school environment Given the findings prevention programs designed to limit the number of disordered eating behaviors and improve girls body image appear necessary The school environment appears to be an ideal

setting for either prevention or encouragement of mental illnesses such as anorexia nervosa *Body Dissatisfaction in Adolescence* Erin T. Vitunski, University of Victoria (B.C.). Department of Psychology, 2001 Investigating Social Media Use and Its Relation to Body Dissatisfaction in an Early Adolescent Female Sample Carolyn Blair Burnette, 2016 Sociocultural models of body dissatisfaction implicate mass media exposure as contributing to body dissatisfaction through thin ideal internalization and social comparison Compared with other media types social media are newer more rapidly evolving and less thoroughly researched Existing research which has focused on teen and young adult samples suggests that social media also negatively influence body dissatisfaction The current study used focus groups to explore the nature and impact of social media use on body dissatisfaction in an early adolescent female sample Girls in this sample displayed high levels of media literacy and confidence characteristics they felt were nurtured by positive parental influences and a supportive school environment The results of this study support the recommendation of body image experts that an ecological approach is optimal for the prevention of body dissatisfaction and eating disorders Though peer influence gains strength through adolescence these results demonstrate that parents and schools continue to have important effects on girls attitudes and behaviors regarding social media and body image **Development and Initial Validation of Adolescent Responses to Body Dissatisfaction** Melissa A. Maxwell, 2011

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