DECODING BODY IMAGE AMONG ADOLESCENT GIRLS: A DETAILED REVIEW

Ms. Vinish Malik (Research Scholar) & Dr. Sarika Manhas (Associate Professor)

P.G. Department of Home Science (Human Development), University of Jammu

ABSTRACT

The image of the human body refers to the picture of our own body which we form in our mind, that is to say, how the body appears to ourselves. The image of the body is intensely emotional and intellectual (mythical or scientific) consciousness of the own body but abstract and fragmented. The picture appears to be one thing in itself, which is separate from the surroundings. Body image dissatisfaction is a problem of growing concern that affects psychological wellbeing. The present review-based analysis focuses on decoding body image discontentment among adolescent girls, as well as the aspects associated with the structure. The present paper examines and evaluates researches that explore adolescent girl's body disappointment. Several studies demonstrate that adolescent girls' body dissatisfaction is linked to poor psychological accommodation, eating problems, dependency on exercise, and other behaviours. Mass media exposure (TV, film, periodicals and the internet) is linked with obesity and a negative image in the body that might result in an unbalanced diet. Adolescents with a negative image of the body may become quite irritable and avoid social circumstances because they feel they are not suitable. Overthinking about the body can negatively influence the everyday life of the individual and lead to mental health issues such as depression or anxiety, or eating disorders or body dysmorphism in extreme circumstances. Encouraging people to develop an accepting and practical view of the body is an effective way to inspire them to feel more compassionate about their bodies. The role of parents and school counsellors in reassuring adolescents about their bodies has also been discussed in the paper.

Keywords: Adolescents, Body Image, Media influences, Mental health.

The body image is acutely conscious awareness, abstract constructs, emotional perspective, feelings, and intellectual understanding (mythical or scientific) of one's own body, however abstract and disintegrated, and seems to be one thing in itself, differentiated from its surroundings (Gallagher, 1986). Body image could be an advanced development that has numerous dimensions, together with sensory activity (how a personal ''wants'' to look), psychological feature (how a personal ''thinks'' he or she sees), and excitement (how a personal ''feels'' he or she faces) (Alipoor et al, 2009). The picture of the body frame refers to the image of our body that we tend to organize in our mind. Mental footage of the body embraces size, form, and look, and one's perspective towards the physical self like ideas, spirits, and opinions concerning one's body is enclosed in it (Schilder, 1999; Grogan, 1999).

Body Image during Adolescence

Adolescence alludes to the period denoting the progress from childhood to adulthood. Verifiably, this normally ranges from 12 to 19 years old, which generally relates to the time from pubertal explicit hormonal changes to search for autonomy. Adolescence is often associated with puberty, a hormonal condition characterized by a series of events triggered by changes in adrenal and gonadal hormones, including the production of secondary sex traits and muscle and fat regulation. It is related to a time of expanded danger accepting practices just as expanded enthusiastic reactivity. This is commonly correspondent with changes in the social environment, like investing less energy with parents and more with peers, just as an expansion in self-sufficiency. These social changes happen with regard to formative changes that are affected by both outside ecological and inside factors that inspire and support practices (Jaworska & MacQueen, 2015).

The human body is a complex, profoundly coordinated construction comprised of exceptional cells that cooperate to achieve the particular capacities fundamental for supporting life. The best machine an individual at any point own is his/her body. It's more muddled than any computer, it goes on for a lifetime, and it's us for nothing. All human bodies work similarly, however, everybody is extraordinary. No one looks, sounds, or thinks precisely the same. People are diverse in light of how their qualities and experience shape them as they grow up. Qualities are guidelines that form our body and reveal to it how to function. Our qualities control a large number of things that make us interesting, similar to the shade of our eyes, skin, hair or how tall and short an individual will be etc. However, every individual has a different body perception i.e. self-perception, which is the thing that an individual thinks and how he/she feel when they look in the mirror or when they imagine themselves as the main priority. This incorporates how they feel about their appearance; their opinion on their body itself, like stature and weight; and how they feel inside their skin. Self-perception likewise incorporates how an individual acts therefore of their considerations and feelings. People may have a good or antagonistic self-perception. Self-perception isn't constantly identified with bodyweight or size. A healthy body image implies when an individual feels great in his/her body and has a positive outlook on how he/she looks. Researches show that adolescent girls with a positive body image are more likely to have good physical and mental health. Healthy body image enhances self-esteem, self-acceptance and an individual attitude towards healthy food and exercises whereas, a negative body perception can put an individual at higher danger of certain psychological wellness conditions, like dietary problems and depression (Alipour et al, 2015; Ferreiro et al, 2014).

Adolescence is one of the foremost necessary periods of human development in which an individual undergoes multiple bio-psychosocial changes, abstract thinking, growing self-identity, autonomy, body image, romantic relationships, peer group, and seeking approval from society i.e. typically confined to the amount from pubescence to legal adulthood. Dynamic and growing body throughout pubescence makes them feel clumsy and awkward (Christie & Viner, 2005). The noticeable physical changes in adolescent girls start (breast development) pubarche and menarche that impacts them to concentrate on their look, weight, and form as a key side of their

identities. They may also develop a concern for the discrepancy between the social group ideal for feminine thinness that delineates in most of the cultures and this could increase the danger for body image discontentment (Thompson et al, 1999; Stice and Whitenlenton, 2002). Researches conjointly reported that once girls settle for and deal with a time of life changes and incorporate these changes, appreciate and respect their body, feel proud and develop positive body image, in distinction once their body doesn't match up with the standards that media, society, friends, and peers have for perfection ends up in negative body image (Ganeshan et al, 2018; Markey, 2010). Analysis indicates that negative body image and its associated issues are ubiquitous amongst a wide range of different peoples, however, in certain groups, like adolescent girls who are overweight and are extremely influenced by ideal skinny body shapes of social media, the use of unhealthy and ineffective weight management behaviours are at great risk of getting a negative body image. The analysis conjointly shows that different factors like the attitudes of family and peers, and a bent to check oneself to others all are related to lower body image among adolescent girls (Burrowes, 2013).

Cross-Cultural Analysis of Body Image

For decades, women have fought intimate battles over their bodies in pursuit of a "winning" beauty and all that it entails. The women who sacrifice vitality, leisure, and resources competing for the weight, form, or beauty that is synonymous with the perception of a reward are the victims of these battles (Pearson et al, 2010). The entire twentieth century has ample examples that have detailed portrayal of female beauty. A new look like flapper style's flat-chested, slim appearance, curvier figure, hourglass body form, have gained popularity between the 1920s and early 1970s. The advent of the athletic shape and the mannequin look was pioneered in the 1980s-1990s, closer to the end of the century (Pearson et al, 2010).

The twentieth century had seen a continued effect on physical appearance as a measure of performance. We have even seen an increase in media advertising for both cosmetic treatments for weight loss and medical interventions for minimizing symptoms of ageing in decades of the twentieth century. In TV infomercials and advertisements, new lifestyle plans for weight management through the use of drugs marketed for weight loss and the elimination of the manifestations of ageing have become prominent. The promotion of these approaches, as part of our contemporary culture, continues to cultivate the perception that it is vital to stay youthful and slim. Empirical evidence indicates that all these above-mentioned approaches affect a majority of the population, especially adolescent girls either in the form of body image dissatisfaction or other related issues. Many demographic factors appear to cause a correlation with body image perception to incorporate gender, age, race, and quality, which makes for a few different halves in body image perceptions. Researches have proved that girls feel negative concerning their body image not solely within the western countries, but in other parts of the globe as well. Different cultures tend to have different visualizations of beauty (Ramberan et al, 2006; Poorani, 2012). In Western societies, thinness is associated with self-control, elegance, and youthfulness, however, the touchstone of beauty in Africa are young women who are overweight. In America, a smaller figure is considered as the

criterion of beauty (Ramberan et al, 2006; Arenas, 2019); whereas, in China, the ideal beautiful girls should have tall and sparse, big eyes, fair skin, and a watermelon seed shape face (Zhang, 2012).

In India, our literature and other art forms have also presented a standard image of beauty based on body image. Historically, the appearance of a good-looking girl is described as the lovely universe of God, eyes like deer and blue ocean, brims with the flower petal of a rose, walking vogue compared with cats and deer (Kumar, 2002). Gradually the ancient thought of beauty is getting deleted because of the arrival of urbanization and exposure to media where a lot of stress is placed on ideal skinny body form and size (Kumar, 2002; Macharapu et al, 2019).

Causes and Consequences of Poor Body Image

Body image dissatisfaction is an important risk factor associated with eating disorders, low self-esteem, and depressive disorders like chronic discontentment (Alipour et al, 2015; Ejike, 2015; As- Sa'edi et al, 2013). A number of the studies have known a relationship between low body satisfaction and inflated depression; researchers are however unable to spot whether or not low body satisfaction causes inflated depression or is it the other way around (Borrowes, 2013). Some previous studies have shown that body image dissatisfaction among adolescent girls is mainly due to being overweight, images created on social networking sites, viewing media pictures of ideal body shapes, the influence of social customs of an ideal body, associate degree of individual's psychological factors like an inflated propensity to check oneself to others (Griffiths et al, 2018; Larson et al, 2002).

In the current times, social media is one of the foremost vital influencers related to body image. Adolescent girls are exceptionally prone to the impact that social media has on the way they look at and the way they treat their bodies (Klein, 2013). It's straightforward to mention that social media infuses negative thoughts in adolescents once it involves body image, by presenting unrealistic or surrealistic beauty standards within the type of photo-shopped celebrities and stick-thin fashion models that sends an unhealthy message to adolescents. These negative body stereotypes can impact their health adversely as they can develop anxiety, depression, eating disorders, medicine disorders, and body dimorphous disorder (Markey 2010; Oakes, 2019). Looking at pictures of skinny models lowers adolescent girl's body satisfaction; however, at the same time the impact of media pictures isn't universal, some girls are unaffected by media pictures. It depends upon the extremities of the pictures used and therefore the quantity of pre-existing low body satisfaction within the viewer (Burrowes, 2013). Several researchers assumed that media might play a significant role in making and intensifying the development of body dissatisfaction and also liable for the rise in the prevalence of eating disorders among adolescent girls. Researchers indicated high prevalence and trends towards girls dieting at pre-adolescent age. Mcvey (2004) studied the prevalence of dieting and eating disorders among pre and young adolescent girls aged between 10-14 years and reported that the bulk of early adolescent girls were presently making an attempt to reduce weight and had scores higher than the clinical threshold for disordered food intake. Another study explored the high level of

prevalence of negative body image and unnecessary weight loss behaviours amongst primary and secondary school-aged 9-10-year old, normal-weight girls rating them as 'too fat', and reported dieting among 13-14-year-old adolescent girls. (Bun et al, 2012). Body image dissatisfaction is significantly associated with higher BMI, depression, and anxieties among adolescents (Dixit et al, 2011; Ganesan et al, 2018; Kaviraj et al, 2013). Mehtalia & Vankar (2004) noted the prevalence of social anxiety among adolescent girls who were concerned about their weight, size, and shape.

Body image dissatisfaction isn't only a western thought, as it tends to affect Indian adolescents also noticeably. Body shape concerns are steadily increasing among Indian adolescents mainly because of the arrival of media and economic development (Macharapu et al, 2019; Ganesan et al, 2018). Indian media especially the film, television and fashion industry has promoted the notion of a perfectly shaped young Indian female. Fashion shows, beauty contests and cultural programs are a common trend in colleges and universities. All these events make girls more conscious regarding their looks and physical self (Shah et al, 2012; Ganeshan et al, 2018). Many research studies have likewise indicated that girls demonstrate a keener need to look skinny (Ejike, 2015).

Discussion and conversation centring around people's body shapes and weight, muscles, and appearance are generally carried out by adolescent girls. Studies reported that the frequency of fat talk, social comparisons, and weight-related bullying by peers is positively linked to eating pathology, negative body perceptions, and dissatisfaction surrounding specific body parts among adolescents with and without eating disorders (Ousley et al, 2007; Voelker et al, 2015). Brixval et al (2012) in their findings indicated the existence of a relationship among weight status, bullying, and body image among early to mid-adolescent girls. Overweight and obese girls are more likely to face bullying than normal-weight. Caccavale et al, (2012) noted that overweight and obese young girls had a lower degree of body image than normal-weight girls. Researches highlighted that physical look takes on a major role in social relationships. Social participation is also noted to have a significant connection with weight and body image for adolescent girls. Overweight/obese girls with high degrees of social engagement had considerably better body image than girls with low strata of social participation. Improved social participation might act as a defensive issue against poor body image for adolescent women (Caccavale et al, 2012). Pinquart & Pfeiffer (2013) noted that adolescent girls who felt ashamed of their physical self or who suppose others read their look negatively will so be prone to impoverish social relationships and a range of psychological difficulties. Grogan (1999) indicated that the consequences of physical attractiveness stereotypes are strongest for perceptions of social ability (sociability and popularity). Physical attractiveness could be a specific facet of the negative stereotyping of overweight adolescent girls. Negative stereotypes are assigned to those who possess a body form and size not thought about engaging and acceptable by the dominant group in the culture. Families, peers, and society generally place pressure on girls to appear at their "model best" solely as it is a result of the fact that they too are exposed to the stereotyping (Poorani 2012).

Given the massive use of technology by adolescents today, it has been found that they are involved in manipulating photos in social media, particularly most often by adolescent girls (Kleemans et al, 2018). A web experiment was carried out within the European nation to research the result of manipulated Instagram photos on the body image of a hundred and forty-four adolescent girls in the age range of 14-18 years recent. The girls were selected by employing a snowball sampling technique. The findings highlighted that girls uploaded the footage on Instagram after manipulating their photos by using filters, makeup and reshaping of their bodies. As compared to original photos manipulated photos had additional likes and ratings. Exposure to photoshopped Instagram photos directly led to a lower-body image among adolescent girls (Kleemans et al, 2018). Mental Health Foundation (2019) surveyed the United Kingdom of Great Britain and Northern Ireland adolescents from age 13-19 years old, most of them felt upset and inferior regarding their body image due to the pictures on social media that represent ideal body form, size and structure. These caused them anxiety concerning the way they give the impression of being. Guimera et al (2010) showed that girls who thought of fashion magazines as a vital supply of beauty and fitness, depicted a larger level of body dissatisfaction and that they were additionally more likely to engage in weight management behaviour like exercise and skipping meals. Further, these girls also reported attitudes and behaviour characteristics of anorexia and bulimia compared to those that don't think about such magazines as vital. Krayer et al (2008) also reported that adolescent girls found fashion magazines as vital and useful for learning and concerning how others deal with issues and challenges. Girls thought about fashion magazines as a supply of improvement motive that provides suggestions in terms of a material body, make-up, and general look.

The effects of social associations with media models on girls' body image were explored in an analysis focused on either self-evaluation or self-improvement motives. When reflecting on self-evaluation, associations with slim girls were correlated with higher body-focused anxiety than for those watching no model ads, according to the findings. When it comes to self-improvement, however, associations of slim girls are not related to higher levels of body-focused discomfort than seeing no models. Furthermore, the results of self-evaluative similarities with models were moderated by girl's overall propensity to indulge in social comparisons, with those girls who did not engage in social comparisons being the most heavily influenced (Halliwel & Dittmar, 2005). Krayer et al, (2008) studied the application of social comparison appraisals in the lives of adolescents, with an emphasis on enhancement appraisals, which were used to address self-threats. Adolescents identify a wide range of targets, comparison characteristics, and comparison appraisals randomly. Peers play an important role in deciphering public representations and tweets, as well as offering reference targets. Adolescents are mindful of social demands and stresses, and they use several enhancement appraisals to fulfil those expectations. Enhancement assessment can have a preventive role, and it should be taken into consideration when implementing health promotion and prevention initiatives.

Adolescent girls are presently socialized to contemplate their looks because the most salient aspects of their individualities and their self-evaluation during this field becomes more and more influenced by comparisons with others. Once girls base their identities on comparison with this customary image of girls' beauty as delineating within the mass media, it's not shocking that the BID (Body Image Disturbances) and low shallowness become pervasive. Body image dissatisfaction is a deadly disease spreading among trendy societies and the youth is getting engulfed by it. Grogan (1992) outlined that body discontentment could be a person's negative thoughts and feelings concerning his or her body. Poor body image could be a drawback of growing concern that affects psychological well-being among all, particularly adolescents. Adolescent girls tend to be a lot more critical of their looks and place importance on the manner they appear (As- Sa'edi et al, 2013). Most researches have demonstrated that the majority of adolescent girls face problems with body image discontentment worldwide due to poor body image, which in turn is related to feeding disorders, impulsive puzzling over the physical look, depression, poor shallowness, emotional distress, and plenty of others (Stice & Shaw, 2003). Data from different countries like an African country, Iran, Asian country, Spain, Pakistan, India, and alternative western countries have all shown that the majority of adolescent girls experience poor body image issues (Choate, 2007; As- Sa'edi et al, 2013; Floody et al, 2018). In most countries, the prevalence of body image dissatisfaction among adolescent girls is related to weight-based body dissatisfaction, weight misperception that ends up in inappropriate weight loss habits, high BMI, unreal self-perception, and feelings of disproportionate body elements (Ejike, 2015).

Dealing with Body Image Issues of Adolescents

The value of body recognition in self-representation cannot be overstated because adolescent girls' body image discontent is such a widespread issue. Adolescent girls are subjected to social pressures on how they can look and behave, and these signals are compounded by media, families, and peers for many of them. Research findings demonstrate that specific prevention and interventions may be used to help adolescent girls have a better body image. Protective aspects include assisting all girls when they face the various struggles of puberty, as well as assisting them in defining their personality and sense of worth outside of their physical image (American Psychological Association, 1999). According to studies, encouraging people to develop an accepting and practical view of the body is an effective way to inspire them to feel more compassionate about their bodies. School counsellors can play an essential role in the prevention of eating disorders and can assist even if they are not actively involved. As school-based prevention of eating disorders is a key to their capacity to take a leadership role, school consultants are crucial to promoting a collaborative approach to prevention and intervention of eating disorders and their related risk factors.

Many studies have found correlations to poor self-perception, psychiatric disorders, and risky behaviours. To address these concerns, a range of approaches to promote positive body image have been developed. The most popular among these therapies is cognitive behavioural therapy, which indicates that a series of influences, such as culture, family environment, social experiences, emotions, feelings, and behaviours, interfere with these

stimuli which further impacts the picture of the person.CBT related approaches presume that poor body perception is maintained through dysfunctional or emotional beliefs, feelings, and behaviours concerning one's own body. This technique is used to alter these beliefs, emotions, and attitudes, and to help others to implement interventions that foster healthy body confidence in adolescent girls (Alleva et al, 2015).

Another intervention technique is media literacy programmes which can be used with the purpose to educate viewers on how to objectively analyse and challenge media representations and messages that can contribute to negative body perception. As a result, those representations and advertisements which promote a specific body type are debunked, and their effect on body perception can be minimized. According to the study, media literacy-based programmes strengthen media literacy constructs such as realism, cynicism, media control, and knowledge of media motivations for the benefit, as well as progress in body-related variables but, not disordered eating (Sian et al, 2016). Techniques in media literacy interventions also warn people about the media's distorted notion of beauty standards and teach techniques to minimize exposure to appearance-focused media (Alleva et al, 2015).

Psychotherapy becomes one of the most effective strategies for encouraging healthy body image without the additional countercultural assumption that the real body itself has to change. Clinicians assume that if an imperfect or despised part of the body is modified, replaced, or abolished, healthy body perception occurs spontaneously (Daniels et al, 2018). Psychoeducation seeks to educate people about problematic body image problems, both their causes and effects which often provides knowledge on crucial aspects of a healthier lifestyle and is often paired with other forms of therapies, such as self-esteem improvement or interventions in fitness programming. Interventions are intended to boost self-esteem by understanding and appreciating personality differences (e.g., body appearance, racial background), qualities (e.g., sense of humour, intelligence), and capabilities (e.g., music, mathematics), and building skills important for effective coping and improvement (e.g., interpersonal skills) (Alleva, et al, 2015).

REFERENCES

Alipoor, B., Farhangi, A. M., Dehghan, P., & Alipour, M. (2015). Body image perception and its association with body mass index and nutrient intakes among female college students aged 18-35 years from Tabriz, Iran. *Journal of Eating and Weight, 20*(4), DOI:0.1007/s40519-015-0184-1

Alleval, J. M., Sheeran, P., Webb, T. L., Martijn, C., & Miles, E. (2015). A Meta-Analytic Review of Stand-Alone Interventions to Improve Body Image. *Journal of PLOS ONE, 10*(9), DOI:10.1371/journal

American Psychological Association. (1999). American Psychological Association task force on adolescent girls: Strengths and stresses. In N. G. Johnson, M. C. Roberts, & J. Worell (Eds.), Beyond appearance: A new look at adolescent girls, pp. 25-52, Washington, DC: Author

Arenas, C. (2019). Body image in Africa. Retrieved on May 16 from https://storymaps.arcgis.com/

Daniels, E., Gillen, M., & Markey, C. (2018). *Body Positive: Understanding and Improving Body Image in Science and Practice*, Cambridge: Cambridge University Press.

Brixval, C., Rayce, S., Rasmussen, M., Holstein, B., & Due, P. (2012). Overweight, body image and bullying--an epidemiological study of 11- to 15-years old. *European Journal of Public Health, 22(*1), pp 126-130

Bun, C. J. E., Schwiebbe, L., Schuetz, F. N., Bijlsma-Schlosser, J., & Hirasing, R. A. (2012). Negative body image and weight loss behaviour in Dutch school children. *European Journal of Public Health, 22(1),* pp 130-133

Caccavale, L., Farhat, T., & Iannotti, R. (2012). Social engagement in adolescence moderates the association between weight status and body image. *Journal of Body Image, 9*(2), pp 221-226.

Choate, L. H. (2007). Counselling Adolescent Girls for Body Image Resilience: Strategies for School Counselors. *Journal of Professional School Counseling, 1(3),* pp 317-326.

Christie, D., & Viner, R. (2005). Adolescent development. *British Medical Journal, 330,* pp 301 - 304.

Daniels, E. A., Meghan M. (2018). *Body image in adolescents*. Gillen.Pennsylvania State University Charlotte H. Markey University of Colorado, Colorado Springs.

Dixit, S., Agarwal, G., Singh, J., Kant, S., & Singh, N. (2011). A study on the consciousness of adolescent girls about their body image. *Indian Journal of community medicine, 36*(3), pp 197–202.

Ejike, C. E. C. C. (2015). Body shape dissatisfaction is a 'normative discontent' in a young-adult Nigerian population: A study of prevalence and effects on health-related quality of life. *Journal of Epidemiology and Global Health, 5* (1), pp 19-26.

Ferreiro, F., Seoane, G., Senra, C. (2014). Toward understanding the role of body dissatisfaction in the gender differences in depressive symptoms and disordered eating: a longitudinal study during adolescence. *Journal of Adolescence*; 37(1), pp 73–84.

Floody, P. D., Navarrete, F. C., Mayorga, D. J., Guzmán, I. P., Lizama, A. C., &Salazar, C. M. (2018). Body image dissatisfaction and its association with anthropometric parameters, weight status and self-esteem in Chilean school children. *Journal of Latin American Archives of Nutrition, 70*(4).

Gallagher, S. (1986). Body Image and Body Schema: A Conceptual Clarification. *Journal of Mind and Behavior, 7*(4), pp 541-554.

Ganesan, S., Ravishankar, S. L., & Ramalingam, S. (2018). Are body image issues affecting our adolescents? A cross-sectional study among college going adolescent girls. *Indian Journal of Community Medicine, 43(5),* pp 42-46.

Griffiths, S., Murray, S. B., Krug, I., & Mclean, S. A. (2018). The Contribution of Social Media to Body Dissatisfaction, Eating Disorder Symptoms, and Anabolic Steroid Use among Sexual Minority Men. *Journal of CyberPsychology, Behavior, and Social Networking, 21*(3), pp 149-156.

Grogan, S. (1999). *Body Image: Understanding body dissatisfaction in men, women, and children* (Eds.) ISBN 0-203-13497-4, Routledge.

Guimera, G. L., Levine, M. P., Carracedo, D. S., & Fauquet, J. (2010) Influence of Mass Media on Body Image and Eating Disordered Attitudes and Behaviors in Females: A Review of Effects and Processes, *Journal of Media Psychology, 13*(4), pp 387-416.

Halliwell, E., & Dittmar, H. (2005). The role of self-improvement and self-evaluation motives in social comparisons with idealized female bodies in the media. *Journal of Body Image, 2*(3), pp 249-261.

Jaworska,N., & MacQueen, G. (2015). Adolescence as a unique developmental period. *Journal of Psychiatry Neuroscience,40*(5), pp 291-293.

Kaviraj, S., Sinha, A., Chakraborty, N., Roy, H., Majumdar, R., & Mondal, M. M. (2013). Physical activity status and body image perception of adolescent females in a slum in Kolkata. India. *IOSR-JDMS, 10*(1), pp 11–14.

Kleemans, M., Daalmans, S., Carbaat, I., & Anschütz, D. (2018). Picture Perfect: The Direct Effect of Manipulated Instagram Photos on Body Image in Adolescent Girls. *Journal of Media Psychology, 21*(1), pp 93-110.

Klein, K. M. (2013). Why Don't I Look Like Her? The Impact of Social Media on Female Body Image. CMC Senior Theses, Paper 720. http://scholarship.claremont.edu/cmc_theses/720.

Krayer, A., Ingledew, D. K., & Iphofen, R. (2008). Social comparison and body image in adolescence: a grounded theory approach. *Journal of Health Education Research, 23(5)*, pp 892–903.

Kumar, P. (2002). Concept of Beauty in India. *International Journal of Cosmetic Surgery and Aesthetic Dermatology, 4*(4), DOI: 10.1089/153082002763471902.

Larson, R. W., Moneta, G., Richards, M. H., & Wilson, S. (2002). Continuity, Stability, and Change in Daily Emotional Experience across Adolescence. *Journal of Child Development, 73*(4), pp 1151–1165.

Macharapu, R., Koneru, K. S., Mallepalli, P. K. R., & Babu, R. S. (2019). Mass Media Exposure and Eating Pathology among Female Medical Students. *Journal of ECronicon Psychology and Psychiatry, 8*(10*), pp 1035-1040.

Markey, C. N. (2010). Invited Commentary: Why Body Image is Important to Adolescent Development. *Journal of Youth and Adolescence, 39,* pp 1387–1391.

McVey, G., Tweed, S., & Blackmore, E. (2004). Dieting among preadolescent and young adolescent females. *Journal of Canadian Medical Association, 170*(10), pp 1559–1561.

Mehtalia, K., & Vankar, G. K. (2004). Social anxiety in adolescents. *Indian Journal of Psychiatry*, *46*(3), pp 221–227.

Oakes, K. (2019). The complicated truth about social media and body image. BBC. Retrieve on May 5th 2021 from https://www.bbc.com/future/article/20190311-how-social-media-affects-body-image.

Ousley, L., Cordero, E. D., & White, S. (2008). Eating disorders and body image of undergraduate men. *Journal of American college health, 56*(6), pp 617–621.

Pearson, A. N., Heffner, M., & Follett, V. M. (2010). Acceptance and commitment therapy for body image dissatisfaction: A Practitioner's Guide to Using Mindfulness, Acceptance & Values-Based Behavior Change Strategies. New Harbinger Publications, Inc. Oakland, CA 94609.

Pinquart, M., & Pfeiffer, J. P. (2013). Identity Development in German Adolescents with and without Visual Impairments. *Journal of Visual Impairment & Blindness*, *107*(5), pp 338–349.

Poorani, A. (2012). Who determines the ideal body? A Summary of Research Findings on Body Image. *Journal of New Media and Mass Communication,* 2, pp 1-12.

Ramberan, K., Austin, M., & Nichols, S. (2006). Ethnicity, body image perception and weight-related behaviour among adolescent females attending secondary school in Trinidad. *West Indian Medical Journal,55*(6), pp 388–393.

Retrieved on April, 26 from Burrowes, N. (2013). Body image – a rapid evidence assessment of the literature. Retrieved on May 17th 2021 from https://assets.publishing.service.gov.uk.t

Sa'edi, A., Sheerah, E. S., Ayoubi, R. A., Jehani, A. A., Tajaddin, W., & Habeeb, H. (2013) Body image dissatisfaction: Prevalence and relation to body mass index among female medical students in Taibah University. *Journal of Taibah University Medical Sciences, 8*(2), pp 126-133.

Schilder, P. (1999). The Image and Appearance of the Human Body: Studies in the Constructive Energies of the Psyche (Eds.). Psychology Press, 163.

Shah, H., Shaikh, W., & Singh, S. (2012). Are Indian adolescent girls' students more conscious about their body image than their colleague boys? *National Journal of Community Medicine, 3*, pp 344-347.

Siân, A. M., Paxton, S. J., & Wertheim, E. H. (2016). The role of media literacy in body dissatisfaction and disordered eating: A systematic review. *Journal of Body image, 19*, pp 9-23.

Stice, E., & Whitenlenton, K. (2002). Risk Factors for Body Dissatisfaction in Adolescent Girls: A Longitudinal Investigation. *Journal of Development Psychology, 38(5)*, pp 669-678.

Thompson, J. K., Heinberg, L. J., Altabe, M., & Tantleff, D. S. (1999). Exacting beauty: Theory, assessment and treatment of body image disturbance. Washington, DC: American Psychological Association.

Voelkar, D. K., Reel, J. J., & Greenleaf, C. (2015). Weight status and body image perceptions in adolescents: current perceptions. *Journal of Adolescent Health, Medicine and Therapeutics*, 6, pp 149-158.

Zhang, M. (2012). A Chinese beauty story: How college women in China negotiate beauty, body image, and mass media. *Chinese Journal of Communication,* 5, pp 437-454.