

The Influence of Social Media on Body Image Among Teenagers

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Abstract. This article investigates the impact of social media platforms on teenagers' body image perceptions. By analyzing data from surveys and interviews, the study identifies a correlation between social media use and increased body dissatisfaction among teens. The findings highlight the need for educational programs to mitigate these negative effects and promote healthier self-image among adolescents.

Keywords: social media, body image, teenagers, self-esteem, educational programs

Introduction

The rise of social media has transformed how teenagers perceive themselves and others, significantly influencing body image. Platforms like Instagram and TikTok showcase idealized body types, often leading to unrealistic standards among young users. This study examines the relationship between social media use and body image dissatisfaction among teenagers through comprehensive surveys and interviews. Data indicates a strong correlation between time spent on social media and negative body image perceptions. Participants reported increased pressure to conform to certain beauty ideals, resulting in decreased self-esteem. These results emphasize the necessity for educational interventions to help adolescents develop critical thinking skills and foster body positivity in the digital age.

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References

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