

Adolescence and Body Image

**From Development to
Preventing Dissatisfaction**

**Lina A. Ricciardelli and
Zali Yager**



Adolescence and Society

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Lina A Ricciardelli, Zali Yager



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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, 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 eld of psychology and they have been conducted in every sub eld 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 rst 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 rm 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 i e 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

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 *Body Image Dissatisfaction Among Late Adolescent Females* Kimberly MacLean, University of Victoria (B.C.). Department of Psychological Foundations in Education, 1997

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

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 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

Development and Initial Validation of Adolescent Responses to Body Dissatisfaction Melissa A. Maxwell,2011 The Correlation Between Dissatisfaction with Body Image and Eating Disorders in High-school Males Georgeann M. Freimuth,2002 *Adolescent boys' and girls' perceived body image and the influence of media* Sara Kurtz,2010

Body Dissatisfaction in Adolescence Erin T. Vitunski,University of Victoria (B.C.). Department of Psychology,2001 Development of internal body image from childhood to early adolescence Merete Amann-Gainotti,Clementina Antenore,1990 *Perception of Body Image in Adolescents Aged 14 - 16 Years* Cheryl Anne Lauber,1982

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