

Media's Effect on Body

Media has for years established a line between the reality of awry and the collective delusion of perfection that surmise the life of many users. It creates accentuation at extreme ends on earning the famous word in a town known as body image. Ultimately, the society as a whole has unconsciously put a lot of emphasis on body image making a certain population obsessed with physical attractiveness, sexuality, and appearance. Some argue that our societies are based on sex. Critically analyzing the adverts of sex in media channels, can that be true? The media has created the perception that ideal body size is 5"7' with the weight of about 100lbs and outfits of size 8. For instance, an average American lady is about 5"4' and weighs up to about 160lbs with a perfect size 14. Importantly, the obsession of body image especially among girls and young women has taken over the talks of town, comparing themselves with an ideal woman as presented by the media. Interestingly, when the average size of a woman rises progressively, the sizes of young girls reduce and grow thinner with those of Playboy centerfold. When ordinary women increase in body size, beautiful young ladies shrink their waists and experience a lot of problems when they are unable to control their body image. The obsession with body image affects not only women but also men. Young men focus on building abs, the so-called six-packs ideology, and even building on biceps. They want all sorts of masculine body fitness.

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Media presents an awkward way of viewing body image. It is almost impossible to know what is culturally ideal when it comes to body image. Most often, individuals are usually drawn to particular pictures aired in television and magazines in matters fashion and the way other

people perceive a person. Barlett, Vowels & Saucier (2008) argue that the teenagers and young adults are most vulnerable since a myriad of advertisements targets this market. In essence, most ~~of~~ organizations and companies present ads that sometimes make some individuals feel bad about self when they start comparing themselves with those in the adverts. In an absolute scenario, it is ultimately confusing to cultivate that positive impact that comes with media when it comes to body image. Print advertisements are the most prevalent culprits of such in our societies. They often post pictures of individual models in outfits that are much perfect to them. Through the psychological impact of media on the person, the press has a preponderance of effects obtuse to body image (Yamamiya, Cash, Melnyk, Posavac&Posavac, 2005). This creates the perception of young individuals on how they should look which is usually difficult to find plus-size models. Perhaps, media is a perfect source of public information on ways to lead positive lifestyles. However, somewhere within the matrix such definite details gets misconstrued and lost.

Media dramatically affects body image and can subsequently lead to eating disorders. Both adults and young people learn from what ~~is~~^{is} aired in the media. Surmises[?] from media create ultra-thin idiocy as beauty. The Star Online News observed that out of ten Malaysian girls, one of them suffers from eating disorder. The Independent Online News estimates that approximately 60,000 individuals in Britain have an eating disorder. The thin images of people in media create that perception that being thin is sheer beauty (Levine & Murnen, 2009). This understanding creates an unnecessary focus on body image where people will tend to indulge in any action to reduce their weight. The easiest of all that people will tend to adopt is dieting. A preponderance of media users will go online and search foods that do not increase weight with others being misguided by their peers who suggest that they should reduce their meals. Barlett

al. (2008) observes that these ideologies will inculcate into eating disorders where others will start inducing vomiting when they feel they have taken a lot of food.

Media to a more significant extent ^t ^s lower self-esteem of those who feel incompatible with what media portrays as ideal body image. In essence, the majority of ads in media present body images that hardly represent the general population in our societies. The sizes of the body are usually not realistic creating far-reaching effects to the general population. Yamamiya et al. (2005) posits that certain individuals in the society will acknowledge that the images presented in the media are not ideal but rather animated and have lots of modifications in displaying a high definition image. However, a good percentage of people in the society, especially young people, believe in these unrealistic body images and try to identify themselves with such models. Ultimately, such misinformation leads to confusion that has widespread impacts on the life of an individual. A good number of people will go ahead and try to look like the models. Some will bleach themselves to remove tint like what the media taught them, which at the end of the day might have reactions with the skin further complicating matters. When they fail to fit the shoes of their models, depression, and anxiety follow, which substantially affecting their lives.

Most people fail to appreciate the greater effect of media on body image, most importantly, ladies. A large proportion of ladies experiences difficulties on how they perceive themselves as a consequence of what they saw on media channels. Levine et al. (2009) indicate that some of them they have difficulties in accepting self the way they are with another fraction having challenges in presenting themselves in a positive light. Music, films and other forms of media have their different ways of perceiving body images. Most make women look thinner with men being muscular thus describing an ideal body image which many people in the society will fail to appreciate that are all but lies. Some ladies will go ahead to have reconstructive surgeries

awk

with efforts of gaining that ideal body images that the media has inculcated in their mind. Such reconstructive surgeries are available including implants on buttocks and the breasts.

Importantly, all efforts in improving body image are usually directed on fulfilling what the society call ideal body image. Fortunately, the perception of body image acquires description from both sexes in such a way that people are concern^{ed} about how people of their sex and those of the other sex look (Barlett et al., 2008). Sadly, some people will tend to have suicidal ideations when they fail to maintain that body image that the society wants.

With media presenting obtuse effects on the perception of body image, health impacts and health problems are explored continuously. Through the psychological impact of media on the person, media comes with a preponderance of effects that affects people of all sexes and ages. The modern society is facing confusions of the unrealistic and the acceptable as far as body image is concerned. There is insufficient information that supports the fact that people are perfect and elegant the way they are regarding body image. Unfortunately, you have to take a particular appearance and look in a certain way peculiar to the unrealistic image portrayed in the society to be accepted by a group of people. Therefore, it is significant to careful^{ly} understand~~y~~ what you infer from the media, and it's advisable to limit exposure of children to the media ads.

Good info, but I don't see a con section or definition section. What happened?

Argumentative Evaluation (Value Claim thesis) grade sheet **Criteria:**

Introduction and Conclusion

5 pts. Introduction is attention getting, sets up the content of the paper, and addresses the significance of the issue. Conclusion reminds reader of important concepts and leaves the reader thinking about the issue (if Hegelian logic is used in the paper's con section, it will be required to discuss your new, broader thesis at this point). Thesis is clear and a value claim.

3 pts. Introduction is boring, or does not set up the content of the paper, or does not address the significance of the issue. Conclusion does not remind the reader of important concepts or does not leave the reader thinking about the issue. Paper does not have a thesis or Introduction or Conclusion missing

2 pts. Introduction is boring, and does not set up the content of the paper, and does not address the significance of the issue. Conclusion does not remind the reader of important concepts and does not leave the reader thinking about the issue. Thesis is clear but not a value claim.

0 pts. Introduction and Conclusion missing

Research Integration

5 pts. Quotation is correct and MLA format, Paraphrase and Summary are correct, Works Cited page is correct, research quality is appropriate and credible

4 pts. Quotation has some small problems with punctuation or formatting or Works Cited page has small problems with punctuation or formatting

3 pts. Research quality is not appropriate or not credible or Paraphrase and Summary are not cited properly

2 pts. Quotation has some major problems with punctuation or formatting and Works Cited page has major problems with punctuation or formatting, and research quality is not appropriate or not credible

Grammar

5pts. Virtually no mistakes

4 pts. A few mistakes which do not limit the readability

3 pts. Many mistakes that limit readability

2 pts. Virtually unreadable

Content (CON Body)

APA
Format

5Pts. Con points are clearly stated and logically refuted using either standard, Rogerian, or Hegelian (creates the need for a new thesis in the paper's conclusion) forms of analysis. Refutation clearly supports the paper's thesis.

3pts. Con points are unclear or not refuted well or do not clearly support the thesis

2 pts. Con points are unclear and not refuted well and do not clearly support the thesis

1 pts. Con points are stated but not refuted

0 pts. Missing

Content (PRO Body definition section)

5 pts. Value is defined adequately using at least three methods of definition (stipulation, negation, dictionary quote, or example).

3 pts. Value is defined but remains unclear. Uses only two methods of definition. Paper does not have a thesis.

2 pts. Value is defined but remains unclear. Uses only one method of definition.

Content (PRO Body topical section)

5 pts. Content argues the thesis in a way that is Unified, Coherent, and Cohesive, reflecting careful contemplation and logical analysis on the part of the reader.

4 pts. Problems with Unity or Coherency, and may not be very Cohesive but reflects careful contemplation and logical analysis on the part of the reader.

3pts Content does not reflect careful contemplation and logical analysis on the part of the reader due to insufficient analysis or points which are too simplistic or not enough research being used. No Thesis.

2 pts. Major problems with Unity and Coherency, and may not be very Cohesive, and does not reflect careful contemplation and logical analysis on the part of the reader.

0 pts. Missing

This paper can / cannot be rewritten

Rewrite policy: To rewrite, fix the mistakes noted and make the corrections suggested on this paper. Submit your corrected paper along with this paper by 2-7-18. The maximum grade you can achieve on the rewritten paper is a B. Rewrites will not be accepted after the date given and without this original paper resubmitted.

Total point: 17 out of 30

You never
define
"Obtuse"

0pts