

Jennifer Morales

PSY342

March 7, 2022

Self- image and body

Dissatisfaction

Social media platforms like Facebook and Instagram have become ingrained in the lives of countless individuals. With adolescents and young adults, particularly young women, being the primary users of such platforms, it is an important question whether social media use has impacted on self- concept, self-esteem, body image, and body dissatisfaction.

Body dissatisfaction plays a major part of suffering among women of all ages. Some researchers have drawn links between body dissatisfaction and eating disorders with exposure to social media, fashion magazines, T.V shows etc. Results have shown that the obsession of the social media world is linked to those with depressive symptoms, self-esteem, physical appearance anxiety and body dissatisfaction and is mediated by social comparison situations. Social media has increased dramatically over the past decade and continues to climb being the number one platform of social interaction.