

# Body perception

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Body Perception Who has more serious body issues, men or women? Women have far more serious body issues than men. This is evidenced by statistics that show that women account for 90 to 95% of all cases of anorexia nervosa (Tiemeyer 1). Furthermore, Tiemeyer points out that more women are affected by eating disorders (1). However, men today are becoming more concerned with their bodies and physical appearances because media's barrage of male images with incredible looks. (Roberts 1).

2. What kinds of social pressure do men and women feel today about their bodies?

One of the greatest social pressures imposed on men and women about their bodies is through media. A proliferation of ideally-shaped women and men can be found in almost all forms of advertising. There is so much emphasis today in the body image of both men and women. For women, the only acceptable body shape is to be thin (Tiemeyer 1). On the other hand, men should have “rippling abs, bulging biceps and pumped-up pectorals” to be considered ideal (Roberts 1). Another form of pressure felt by men & women with regards to having a “beautiful body” is the peer pressure or pressure from friends. Some friends can be overly critical about physical appearances.

3. Is that social pressure greater now than it was in the past? Why?

Yes, the social pressure to have a “model-like” body is greater now than before. This could be attributed to the over exposure of men and women with “ideal” body figures in various forms of media like the TV, magazines and billboards. There is today a cultural emphasis on body image unlike in the past (Tiemeyer 1).

Works Cited

<https://assignbuster.com/body-perception/>

Roberts, Dan Paul. " MEN: A new brand of body issues and body image problems." 4 July 2007. InsightJournal. com. 7 March 2012 .

Tiemeyer, Matthew. " Eating disorders." 18 February 2009. about. com. 7 March 2012 .