

What can a feminist perspective add to our understanding of body image over-and-a...

[Psychology](#)



Body Image The feminist understanding of self-perception comprehends social issues supporting body hating around women. For instance, young women are standardized more than young men to concentrate on the physical appearance (National Centre of Eating Disorders n. d.). Thus, they spend more time figuring out on making their hair, cleaning their nails and other feminine actions as part of the transition period. In common cases, women have more control over the body, its capacity, shape and size, than men. Open dialog and showcase of characteristic body capacities such as sweating, belching and scratching are male traits that are not satisfactory for women.

According to Weiss (2013), the shape of women is subsequently structured by influence, feelings, and desires interceded by other women in the society. Also, Wajcman (2013) states that, women have nonexistent body that outlines the social and particular centrality of the body built by an imparted dialect and regular institutional practices. Sexual distinction in such a case is minimal and is always constituted out of the nonexistent speculations in distinctive significant parts (Lennon 2010). Such records of sexual distinction upgrade to a more general concern which have contrasts with distinctive modes of examples.

Self-governance, animosity, and practices carried out by young women are not well-thought-out in the society (Myers et al 2012). The society recommends maternal unease –Electra complex related to issues about raising a female child. This model assists a young woman in figuring out how to oppose the needs of her body, which eventually interpret into poor self-perception in later life (Smolak & Piran 2012).

According to Fredrickson et al (2011), counselors view poor self-perception in young women as a representation of defiance of being related to the "mother figure." As a component of ordinary mental improvement, young women adopt female figures at an early age but eventually differentiate from their mother (Malson et al 2011).

Self-perception around some women is evident through teasing by relatives or companions. However, the onset and intensifying of negative self-perception regularly happens throughout youth. In most cases, it is a period of vast physical and mental change joined by emotions, especially in women since the development is seen as a misfortune, while in men the progressions are connected with an addition force (Fikkan & Rothblum 2012). Traumatic occasions such as sexual ill-use have a negative effect on self-perception. Research has demonstrated that self-perception throughout developmental years in women is influenced by numerous diverse elements. Such elements involve the greatness of a woman in a given game, or how their guardian felt about their bodies (Holmquist & Frisen 2012).

In conclusion, it is evident that the amount of negative body encounters that a distinctive woman adopts instead of the severity is noteworthy in the development stages. On most occasions, women have self-perception that represents the variation of the child to the mother. Also, the unnecessary attention that women encounter makes it exceptionally troublesome for women to like their inner self. Thus, when women concentrate on their body, they are not fit to give much vitality to different parts of their lives.

## References

- Fikkan, J. L., & Rothblum, E. D. (2012). Is fat a feminist issue? Exploring the gendered nature of weight bias. *Sex Roles, 66*(9-10), 575-592.
- Fredrickson, B. L., Hendler, L. M., Nilsen, S., O'Barr, J. F., & Roberts, T. A. (2011). Bringing Back the Body A Retrospective on the Development of Objectification Theory. *Psychology of Women Quarterly, 35*(4), 689-696.
- Holmqvist, K., & Frisén, A. (2012). "I bet they aren't that perfect in reality:" Appearance ideals viewed from the perspective of adolescents with a positive body image. *Body image, 9*(3), 388-395.
- Lennon, K. (2010). *Feminist Perspectives on the Body*. Plato. stanford. edu. Retrieved 23 April 2014, from <http://plato.stanford.edu/entries/feminist-body/#BodlmaBodlma>
- Malson, H., Halliwell, E., Tischner, I., & RÚdólfsdóttir, A. (2011). Post-feminist advertising laid bare: Young women's talk about the sexually argentic woman of midriff'advertising. *Feminism & Psychology, 21* (1), 74-99.
- Myers, T. A., Ridolfi, D. R., Crowther, J. H., & Ciesla, J. A. (2012). The impact of appearance-focused social comparisons on body image disturbance in the naturalistic environment: The roles of thin-ideal internalization and feminist beliefs. *Body image, 9*(3), <https://assignbuster.com/what-can-a-feminist-perspective-add-to-our-understanding-of-body-image-over-and-above-sociocultural-models/>

342-351.

National Centre for Eating Disorders,. (n. d.). National Centre for Eating Disorders - Body Image.

Retrieved 23 April 2014, from <http://eating-disorders.org.uk/information/body-image/>

Smolak, L., & Piran, N. (2012). Gender and the prevention of eating disorders. Preventing eating-related and weight-related disorders: Collaborative research, advocacy, and policy change, 199-222.

Wajcman, J. (2013). TechnoFeminism. New York: John Wiley & Sons.

Weiss, G. (2013). Body images: Embodiment as intercorporeality. USA: Routledge.