

# Female celebrity body image in the media

[Media](#), [Television](#)



Female Celebrity Body Image in the Media When you are a celebrity and constantly in the spotlight, body image is one of the various imperfections the media focuses on. When entering this particular profession, most of the time celebrities aren't prepared for the constant harsh remarks from the tabloids. In some cases, celebrities often times develop depression or a disorder such as anorexia or bulimia. The rest of the population then sees how celebrities react to try to be what the media interoperates " perfect". But what is perfect? To the media, perfect is being 5'11 and 117 pounds, when the average American weighs about 130 pounds with the height of 5'4. Due to harsh tabloids, celebrity body image influences the public that you cannot be accepted in society unless you have a slender body. Remember the days when female celebrities were curvy and beautiful and people appreciated their unique appeal rather than critically dissecting it? Perhaps many of us cannot recall such a time. While some tabloids focus on identifying fat and cellulite on thighs and stomachs, others send readers conflicting messages by praising the supposed diet and workout routine of a nearly skeletal star, only to attack her later for developing an eating disorder. With the many issues that evolve the world we live in, body image is one of the various concerns that affect civilians. Currently, there has been an issue regarding Lady Gaga and her recent twenty-five pound weight gain, leaving her at a 120 pound weigh in. With no surprise, tabloids immediately got on the issue making harsh comments about the entertainer with the attempt of belittling her. With examples such as being on the front cover of People Magazine with editors emphasizing her ' flab' in areas it ' shouldn't' be, or episodes for shows such as The Soup or Tosh. 0 criticizing Lady Gaga

for her weight. Unfortunately, Lady Gaga is not the only victim of this horrendous crime. Celebrities such as Adele, Khloe Kardashian, and Amber Riley from Glee have been suffering from tabloids always picking on insecurities they have struggled for years to accept. However, many people forget about the talent and or entertainment they provide us with. Woman in the media are expected to have the whole package: perfect body, perfect personality and the ability to perfectly entertain. However, the media harps mainly on having the picture perfect body. A star, such as Adele, has an amazing voice and is not be looked at the same as Jennifer Lopez because she does not have that “ perfect" figure. The media focuses on superficial issues instead of looking at the talent they produce. If a star is known for her outrageous voice that should be the only thing the media should report. Instead, the media focuses on how she doesn't have a figure like Barbie's. This is unfair to the “ fuller" figured women because they tend to work harder for their success and are not nearly as appreciated as the anorexic looking star. Basically, the media doesn't consider woman to have self worth unless her appearance is perfect as well. A woman is judged more than a man mainly because of sexist reasons. A heavy woman could be just as powerful as a heavy man, but the male will automatically win because women are looked at as weak. The media sends out a negative perspective on the important things in life. Frankly, celebrities may not even have the perfect body the media is looking for, however, with the advanced technology we have photo shopping is more common than not. With the public constantly seeing celebrities conforming into something different, many people, including children will do the same. Many people who admire

particular celebrities will purchase their weight loss supplements that they advertise with hopes of results like their bodies. However, this will cause Americans to never learn to love their own body. They will constantly feel the need to change something because they are not good enough for society. Also, with the media always criticizing celebrities because of their image, it will prove to children that it is OK to bully people if they think their looks are not what they think is attractive. Many Americans will also develop depression and eating disorders because of never feeling good enough to fit into what society considers normal, which generally are celebrities so skinny they could be holocaust victims. Many may sadly even die with the result of suicide. The hard facts are simply this, everybody is their own person. Whether they were born to be twig-like or big-boned, it is who you are and you should be proud. Just because one may be a little heavier than the other does not affect the person you are. The media is a powerful communicative force with great power and a great way to influence citizens; many times in the wrong direction. However, everyone should not be fazed by the cruel and hypocritical comments the media makes. Like Lady Gaga proudly says, “ you were born this way”.