

Free essay on how far we will go to change our body image

[Art & Culture](#), [Artists](#)



"" Do Thin Models Warp Girls' Body Image?"-Analytic Response" StudyMode.com. 03 2013. 2013. 03 2013 Girls%27-Body-1542353. html>.

Do Thin Models Warp Girls' Body Image? (705)

Models have followers and fans in the name of young girls who are driven into wanting to look like a particular model. However, the course of a model's life is not an easy one that an ordinary girl would love to walk through. According to research, the issue of body has outgrown with time so that, when a girl is growing, there is one particular look that she would love to appear in. Take for instance, the cheerleaders in international functions like world cup and even Olympics and it is obvious to note that, most of the ladies who partake in these ceremonies are thin enough thereby elevating the image of a thin lady as opposed to huge one.

In fact, the mantra for one to have a small (thin) body hits the mind of a lady from when they are young. Adverts that are done so often on the television are graced with thin ladies who eventually send the message that thin body is a land of opportunities and there and then, girls will want to have a thin body. Today's society in a way, compels the young ladies to have a thin body without bearing in mind that genetic makeup of a person may make them to naturally grow bigger however much they try to grow a thin body.

The other influence is the ladies who are usually on the cover pages and the entire magazines. They are largely of the thin nature and that goes to influence the thin mentality into growing girls.

In reality though, the health conditions of the so called models depicts a weary personality who has cut down on the size of the meals and adopt an

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eating disorder in order to maintain a certain body status. What the young girls are missing out of the models' lifestyle is the fact that without all the pressure to stay fit for that course, how should their bodies look like?

Without that information, most of the young girls will push their self to a stop eating disorder which is considered destructive to the general life of a young girl who has a whole life to live.

Siegel JM, Yancey AK, Aneshensel CS, Schuler R. Body image, perceived pubertal timing,

and adolescent mental health. J Adolesc Health 1999; 25(2): 155-165.

Body Image and Adolescents (698)

Body image is crucial among most female adolescent and it is during this stage in their growth that most girls realize their taste of body image. In most cases, many girls are not satisfied with the way they look and in that regard some go as far as seeking therapy to change how they look.

Perception, emotional and physical feeling of how one's body is moving inspires the desire for a particular body image among the adolescent. The media messages that the adolescent are exposed to contribute to the mentality they grow with in the sense that in the united states for instance, youth adolescent are spend more time watching television than they do studying. It is through such programs that the ideology of self worth being associated with thin body is initiated in the minds of the growing adolescent. Every model carries along with her a societal standard and some cultural message that upcoming youth adolescent may feel fascinated to identify with. Take for instance, the body structure of the top models in the world

both male and female, for ladies, " the way I look " is very important while for a male adolescent, their abilities are what matters so that, each group will try to ape someone with a personality that matches those traits. One of the landmark events with the likes of Miss America contestants which have lasted from 75 years now, base their competitions on BMI and the reality is that most of the contestants and ultimate winners have a BMI in the region of 16, which is considered way off that of a healthy person. In fact, health practitioners have claimed that the same BMI can be associated with anorexia nervosa.

During adolescent also, girls in particular usually battle with identity crisis and this is part of how they feel about their physical appearance, who they think looks like them among public figures and vice versa. This circumstance tends to get them spinning too much for their mind to take control and in that regard, find themselves in a state of total confusion. In fact according to research the percentage of girls who are not comfortable with their current body sizes is 66% vs. 21%. The other parameter that has been used to understand the adolescent is the fact that they pay attention to acceptability from friends and according to statistic, out of 30% mature adolescent, 85% girls and 95% boys considered their body structure and outlook socially accepted. Occasionally when a girl adolescent find something in their body makes her unaccepted by friend, she will do anything that can get rid of that thing from their bodies.

Catholic World. Paramus, N. J., etc: Paulist Fathers, etc., 1865. Print.

On Pins and Needles Defending Artistic Expression (703)

Artistic expressions have taken the world by storms and that is why, in the United States, a greater percentage of youth are obsessed with tattoo on their bodies.

When the youth want to identify themselves with a movement, and or particular tradition in their country, they do it by the needle and dye. Asia, parts of Africa, South America, United States, and Europe have tattoo patterns that are exclusive of those regions although with movement of people from one continent to the other, these patterns have been peddled from one region to the other. Perhaps it serves to inform the world that tattoos have existed for over a thousand years following 57 tattoos identified on a man who was dug out by the people in. In some instances, people use such tattoos to differentiate their colleagues in a crowd and in particular whenever there is war and unrest. In fact, during the civil war in America, soldiers would later turn to wear tattoos as a sign of military prowess and that further promoted the desire for tattoos among the citizenry. In fact, most of the youth aged below 30 both female and male, have tattoos and the numbers indicate a number in the region of one third of the youth. Tattoos are also used to express one's feelings towards something for instance, when a famous artists who is adored by many dies, his or her fans will tattoo on their skin whatever that artist identified with, and or the portrait of that artist. This is actually done to express their affiliation to the work of art that artist did in his/her lifetime.

Traditionally, tattoos express a lot of things that relates to the live and experiences someone has gone through and the aesthetics value that a

community envisages in a tattoo. For instance, the pioneers of tattoo in Egypt and Libya do it for their own reasons as opposed to in other parts of world where people do it for personal expression. In Africa, these marks on the skin communicate a lineage and generation like those who underwent a ritual together will have a reminder in the name of a tattoo, and majorly aesthetic purpose. In the recent past, courts have been on the heels of tattoo vendors with the thought that tattoos should not be allowed.

This legal pursuit has been about ensuring that the procedure of getting a tattoo on someone is done in a hygienic manner after realizing that tattoo is a way of free expression of a person. The other issue that came up in the courts was whether or not employers would require employees to cover their tattoos. All these development have just but made the tattoo a famous means of expression.

Hashiloni-Dolev, Yael. *A Life (un)worthy of Living: Reproductive Genetics in Israel and Germany*. Dordrecht: Springer, 2007. Print.

The Tyranny of the Normal (717)

The tyranny of the normal is the conception of many people who believe that the way they are is perhaps not what they think they are and neither what others think they are instead, it is what others think of what someone else think of his or herself. For instance, in other places where people don't mind much about their body shape, someone from a region where body shape is overemphasized finds it a little awkward to see colleagues who are comfortable with their body shape. Another ideology is the interpretation of BMI according to different doctors in different countries. In the United States

for instance, the excess weight on the basis of BMI is considered a crisis in waiting while in Canada, obesity is yet to be associated with that kind of indicator.

When someone looks at herself in a mirror, most of the time, he or she gets a certain impression of themselves and that would either impact positively or negatively on the life of that person and that is influenced by the environment and culture one finds herself in. Take for instance, the kind of food one is able to access; to a larger extent this may determine the nature of growth that will take effect in the life of that person.

So that, if somebody is eating a lot of processed and chunk food, they will likely grow to have a body shape that will not make them impressed at all. Some of the measures that people take up with the intention of maintaining a particular body structure sometimes fail to bear fruits and that is what frustrates some of the young people. In this sense, as far as body shape is concerned, what is considered normal by one individual may be abnormal in the thoughts of the other.

The pursuit of a good shape has got people trying everything that they think can get there. However, before people can realize that our bodies vary they are busy working out in the gym and this under the guise of having admirable body shape. The health implications is what these people have not been able to grow with; in the end, when someone is not able to attain what was his/her target, they begin to live with a criticism inside them that drives them off their course. The tyranny of normal is thus a condition that we create for ourselves and end up becoming a distraction in the lives of other people. The challenge though is that once one admits a conviction from their

conscience that their body is not looking right, that thought will grow in bits and after sometime, it will take over the course of your life and you will be tied to that thought.

All to Be Tall (709)

Most of the challenges that come with wanting to keep a particular body structure may require unnecessary sacrifice from the person who wants to do so. For instance, people who are not comfortable with obese-like body sizes have in the past sought after a surgical operation that see the size of the stomach reduced by more than half to ensure they are able to control the amount of food they eat.

When a model is motivated by the prize tag that stands before her, she will do anything to earn herself that prize.

Some models on the extreme end do undergo plastic surgery to attain the look they desire and young girls aping these models will be surprised to learn this especially if they so want to look exactly like them. It is very obvious then that the all to be tall perception is what gets many youths battling with their body image. Sometimes, this results in setbacks in the sense that, not everyone can stand some of the processes involved in therapy to attain that most coveted image of a model.

The other challenge with the youth is the fact that the all to be all mentality sometimes drives people crazy to the extent that some forget that body image is not the only way to make a name if that is what keeps the burning insider. While the end product in what a person of a particular cadre appears in, the onlookers who occasionally are fans of that person, the idol in that

person leaves people thinking that anything can be done to get to attain that status. All to be tall has in real sense driven many people into confusion in pursuit of a body image.

Scientific American. New York: Scientific American, 1900. Print.

Smooth Operations (715)

Smooth operation is considered a high profile operation to attain certain fineness and this is mostly common with celebrities. Plastic surgeries come top in the list here. Numerous artists in the United States and even celebrities have at least done a nose or face plastic surgery to impart a certain look they admire of themselves. The other operation is the cosmetic surgery that targets one's vocals and in particular singers from developed countries. Among some youth, this may look to be the best thing a person can do to herself.

A host of current artists in the united states are fond of undergoing these cosmetic surgeries however, information that get to the readers and followers of these celebrities turns out to be a result of ill advice on the side of the celebrities. This therefore begs the questions that are these artists doing what is unnecessary to them, and hence sending the wrong message of themselves. The fans who are young and want to lose every part of their bodies to look like these artists will actually be copying a mistake in the name of identity. The money that these elite artists have with themselves is what keeps them thinking that smooth operation is a necessary part of the status they have acquired without having to remember that they have a long tail of youth looking up to them for inspiration. What motivates the artiste

into going for smooth operations is usually the enticement that sponsors of these artists. The young on the other side, not knowing anything behind these endorsements will want to look like these artists too.

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