

English annotated bibliography



**ASSIGN
BUSTER**

This essay will argue that the media influences people's self-image negatively. Bessenoff, Gayle. "Can the Media Affect Us? Social Comparison, Self-Discrepancy and the Thin Ideal." *Psychology of Women Quarterly* 30. 3 (2006): 239-51. Print. This article consults about women with high levels of body image self-discrepancy were more likely to engage in social comparison from exposure to thin-ideal advertisements. It also mentions how the media affects women with self-perception. It has some high-quality information that may be beneficial.

This piece of writing will give me some good statistics to use, although it will most likely not be a main resource for my essay. Dittmar, Helga. "How Do 'Body Perfect' Ideals in the Media Have a Negative Impact on Body Image and Behaviors? Factors and Processes Related to Self and Identity." *Journal of Social & Clinical Psychology* 28. 1 (2009): 1-8. Print. This article will be a considerable amount of assistance for me in my future writing. It talks about how body image has emerged as a core aspect of mental and physical well-being.

It questions whether body perfect ideals in the mass media are a core risk factor for negative body image, particularly in women. It discusses the media effects or influences, highlighting the importance of individual differences and also psychological processes of one's self. Holmstrom, Amanda. "The Effects of the Media on Body Image: A Meta-Analysis." *Journal of Broadcasting & Electronic Media* 48. 2 (2004): 196-217. Print. This article discusses that the media have been criticized for depicting the thin woman as ideal.

Their results from a study suggest that the description of thin women may have little to no effect on viewers. Nonetheless, images of overweight women seem to have a positive effect on women's body image. This article will help me see both the negative and positive effect the media has on the people, so I may find useful information from this citation. Houn G. , Fiona Monro. " Media-Portrayed Idealized Images, Body Shame, and Appearance Anxiety. " *International Journals of Eating Disorders* 38. 1 (2005): 85-90. Print.

This study was proposed to find out the effects of media-portrayed idealized images on young women's body shame and appearance anxiety. It also establishes the effects depending on advertisement type and on participant self-objectification. This journal has a lot of helpful information that I can use. It definitely will help me show the negative effect the media has on society. Kirkwood, Larry. " An Artist's Perspective on Body Image, the Media, and Contemporary Society. " *Journal of Nutrition Education & Behavior* 37. 2 (2005): 125-32.

Print. I believe this source will be an excellent aid for the approaching argumentative essay coming soon. This journal article discusses how our culture has grown to be obsessed with the image and keeping up appearances. In addition it points out how we are letting the media identify actuality for us and we need to turn those things around. This deals a lot with what I will be arguing about in the essay. Mandel N. , Dirk Smeesters. " Positive and Negative Media Image Effect on the Self. " *Journal of Consumer Research* 32. (2006): 576-82. Print.

This examines quite a few factors that determine whether exposure to thin or heavy media images positively or negatively affects consumers' appearance self-esteem. They find that the effects of exposure to models in advertisements depend on two moderate factors: the extremity of the model's thinness or heaviness, and the method by which self-esteem is measured. This has information that I could use. I do believe I will use this citation for the essay. Martin, Emily. "Woman in the Body. Self and Body Image. Boston: Beacon, 2001. 71-91. Print.

I will get most of my information from chapter 5 in this book. It explores women's body and self-imagery. It presents women's impressions of some of the concrete medical treatments and procedures they routinely experience. It considers how descriptions about the body vary by class or by the kind of work people do. It shows a fair amount of women's general conceptions of body and self. I will most likely use this citation for the argumentative essay. Radford, Benjamin. Media and Mental Health Myths: Deconstructing Barbie and Bridget Jones. "Scientific Review of Mental Health Practice 5. 1 (2007): 81-7. Print.

This article talks about how the media negatively influences American women. How they are involved in a physically and psychologically damaging battle with their weight and inability to live up to social ideals. This in turn, is allegedly leading most women to eating disorders, body dissatisfaction, and low self-esteem. This will greatly help me with my essay, probably one of the best thus far. Shorter, Louise et al. Relationship between Body-Shape Discrepancies with Favored Celebrities and Disordered Eating in Young Women. "

Journal of Applied Social Psychology 38. 5 (2008): 1364-77. Print. This article talks about disordered eating, and how it is linked to body shapes and images presented in the mass media. It informs that favored celebrities may represent a strong source of influence. They also notify that celebrities create an unrealistic social comparison standard that contributes to disorder eating in society. This will be a good source that I will most likely need to use.