

# Effects of media on young girls

[Sociology](#), [Violence](#)



| Essay # 3 Review of Literature & Annotated Bibliography In today's society media has an overwhelming effect on our youth, flooding their minds with images of what society defines as perfection. Many people struggle with their appearance especially younger children who are easily influenced and want to be accepted by others. Many people are blaming this effect on TV, commercials, and books. The power of media is said to be largely at fault for teen violence (Effects of Media Violence, 2003) and an increase in sexualized teens (Loeffler, 2007). Violence is present everywhere in our society, but is it caused by the media? According to researchers, it is correct to say that media is a very large contribution to violence. There is a connection between violence and aggressive behavior found in younger people because they are reenacting what they see on TV and other forms of media. (Media & Suicide Prevention, 2004). Think about it; when you watch your little cousins or younger siblings, they automatically want to reenact what they see. Sometimes children even reenact what their parents do. Researchers have proved that a violent TV show verses a non-violent TV show, are the outcomes of a violent child. This type of experiment was done and they found that " During play afterwards, the researchers observed that the children who watched the violent cartoons were much more likely to hit other children and break toys" (Effects of Media, 2003, p. 2). This proves that violence is a large contribution to bad or violent behavior. Another common behavior that occurs when people are repeatedly exposed to violent shows is that when they are experiencing real world violence, they are less disturbed and have less sympathy for the victims. (Effects of Media, 2003). Media isn't only a factor in violence, it's also a factor in the way girls or boys perceive

themselves. Society floods their minds with these “ perfect" images of beauty which sink into the child’s head making them feel as if they aren’t as good or will never be. Media’s images are of young, slender, flawless women and men. Young teens see these images and feel like the need to dress sexier and more provocatively because their self esteem suffers when they are presented with these fake images of what beauty should look like (Where’s My Little Girl Gone, 2008). Young girls especially are maturing way too fast. “ It's almost like they're miniaturizations of adult women" (Parents, psychologists fear sexual media's effect on young girls, 2007, p. 1). Young children who are exposed to these images begin to judge their bodies and make it a life goal to become sexually desirable (Parents, psychologists fear sexual media's effect on young girls, 2007). All this exposure to unhealthy images can cause unhealthy behavior such as dieting when it’s not necessary to. They begin to diet and become obsessed with a more slender, better self [in their eyes]. This battle with body image can soon become an eating disorder such as anorexia or bulimia which can affect them for the rest of their lives (Where’s My Little Girl Gone, 2008). Once a child starts to binge/purge, it’s a very hard habit to stop since they still don’t feel like they have reached their ideal weight or beauty. All in all, media contributes to violent and self conscious teens. Both of these issues are caused mentally from all the images of bad media. Exposure to these negative images causes a mental battle with oneself. We are in control of ourselves but when we constantly see these things around us, we begin to wonder if that’s what we should be doing as well. It’s not hard to get caught up in society’s appealing

lifestyle, but we have to realize that images of media alter the idea of excellence (Social Comparisons, 1999).