

Beauty essay not
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By establishing unattainable standards of beauty and bodily perfection, the media drive ordinary people to dissatisfaction with their body images. This dissatisfaction can result in resorts to drastic measures, and even disorders of behavior, as people try to achieve these unreachable goals. While most people assume it is only women who are affected by this, the fact is that of the estimated 8 million Americans who suffer from eating disorders, one in ten is male.

While for women the anxiety centers around magazines, for men, they see the images of ultramarine action heroes and that may be affecting the body image ideals of young boys. The shape of the action figures' bodies had changed enormously over the decades. The action figures of the twenties century sport much bigger shoulders and upper bodies than those of the asses and asses. One study revealed that college age men wanted to add an average of 30 lbs. Of muscle to their bodies because they felt it would make them more attractive.

Even though for most of those men, that goal is unreachable for their body type. For both women and men, the more they look at unrealistic portrayals of the human body, the lower their self esteem and the lower their self-esteem. Christiansen et al. found that the higher their chances of developing an eating disorder, depression, anxiety or other mental illnesses. Today's young girls are bombarded by overly thin body image ads increasing their anxiety over living up to the "ideal" body image. An Australian study found that both sexes had similar body satisfaction levels until age thirteen.

After this age, the satisfaction rate of both sexes drops. By the time they are nineteen, males begin to feel more satisfied again, eventually surpassing their earlier adolescent score. Females, while improving, never again reach the distraction level they had as children. Can this all be blamed on the media? After all, it is likely that most young women have natural, reasonable fears about adulthood, especially Cecilia issues such as childbirth and aging. Does anyone really fear aging because most models are young, or do people fear it because aging leads to infirmity?

The "ideal" image portrayed for a woman's body is elongated and slender, with large breasts. Men are considered attractive when they are tall and muscular, with broad shoulders and a narrow waist. The problem of body image and the media is not restricted in North America. One study, conducted with 100 Australian girls aged nine through twelve, revealed that 49 percent wanted to be thinner, even though 85 percent of the girls who participated in the study were classified as being a healthy weight. So even girls who were perfectly healthy, still wanted to be thinner.

When young girls want to be skinny more than they want to be healthy, this should be a huge wakeup call for the world. However this has been going on for a while, and it still seems that there are significant changes in the media and the world. Parents need to reexamine their responsibility to serve as role models. In a 'Glamour' magazine survey only 13 percent of 33,000 girls responded that their mothers were satisfied with their bodies. In addition, many parents are allowing their extortionately daughters to get breast implants instead of counseling or therapy to address self-esteem issues.

Unfortunately, positive parental comments often are disregarded while negative remarks can be intensely internalized. While this may have terrible effects on a teenager's body image, but it can hardly be blamed on the media. Did you know that 95% of people who diet instead of following a healthy meal plan will gain back the weight they lose in between one and five years. 73% of teenage girls who abuse diet pills and 79% of teenage girls who fast frequently read women's fitness and health magazines. 1/10 of girls who are high school juniors and seniors diet while only 1/10 of high school girls are overweight. The twentieth century is when thinness has become the ideal. It most likely comes from women competing with men for jobs. Either thinner women were seen as more masculine, and therefore better suited for muscularly jobs, or it might have been a backlash driven by men in the fashion industry to force women to refocus on their looks at the expense of their careers. Regardless, either scenario is denigrating. Despite these stereotypes, many larger women have become very highly successful.

The majority of runway models meet the Body Mass Index (BMI) criteria to be considered anorexic. At 5'7 and 95 lbs. Kate Moss is 30% below her ideal weight. Based on their theoretical body percentages, most mannequins would cease to menstruate if they were real women. Many actors and musicians have admitted to struggling with eating disorders including Demi Lovato, Katie Couric, Lady Gaga, Kate Winslet's and Kelly Clarkson. In Allure magazine model and actress Elizabeth Hurley stated, "I've always thought Marilyn Monroe looks fabulous, but I'd kill myself if I was that fat. Some companies have made efforts to promote less unrealistic body images. Omega in the United Kingdom refused to run advertisements in "Vogue"

magazine because the models appeared anorexic. Brazil has tried setting body mass index (BMI) minimums for their models. Quebec magazine " Coup De Pouch" includes full size women , while " Chatelaine" no longer touches up photos and employs models only over the age of twenty five. Yet a certain amount of healthy criticism is still required.

Dove has received a lot of favorable press for their campaign to assign the " real" beauty moniker to wider ranges of women, but including the word "real" in their ads does not necessarily promote it. After all, they're still appealingly consumers to buy their personal care products. Actresses Cameron Diaz, Julia Roberts and the singer Diana Ross meet the BMI criteria for anorexia. When " New Women" magazine featured a filigreed model on their cover, readers overwhelmingly responded positively. Advertisers immediately threatened to pull their business, and authentic models were reinserted.

After all, they couldn't sell products to consumers who are satisfied with their looks. Although it is true, it just goes to show you that companies don't truly care if the products work for you, they only need your money. It is important to remember the unreal ways women are shown in the media. This can help you to accept yourself and feel better about your body. One out of 10 girls and women develops disordered eating behaviors such as anorexia, or bulimia. These disorders can have serious long-term health consequences on women's health, leading, in some cases to death.