

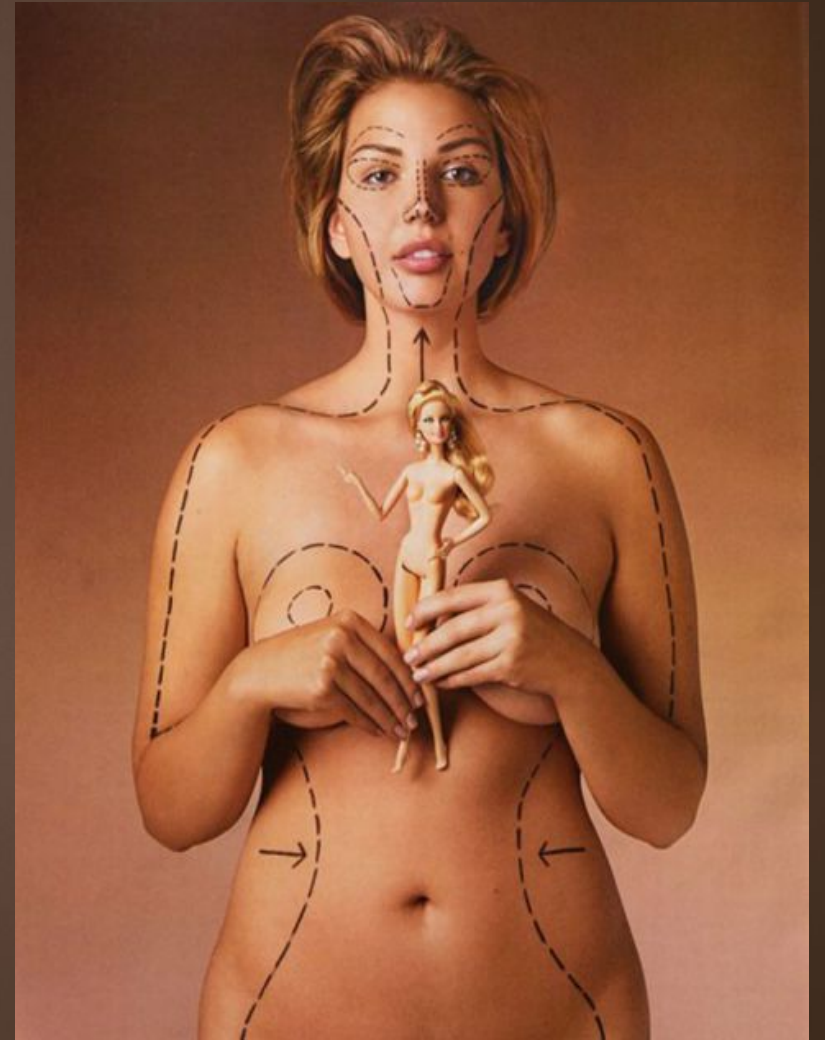
Research Topic:

# Media effect on beauty and body image?

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# THESIS

- ▶ It is generally agreed that the media portrays unrealistic and a most difficulty attainable standard of beauty and body. These standards are dangerously unhealthy and delivers hazardous message that includes sacrificing your health for being considered attractive by society standards. Multiple studies prove that the media exposes negative effects regarding body dissatisfaction and overall feeling of oneself.

# BACKGROUND OF THE STUDY

- The media play a critical role in people's self-image by informing and reflecting what people consider to be beautiful or attractive. The media portray thin and attractive models the ideal standard of physical beauty and body, which often leads people to believe they should be in order to be attractive and desirable to others.
- *"We are constantly surrounded by all sorts of media and we construct our identities in part through media images we see" (Osolla, 2010, para. 3).*

# RESEARCH OBJECTIVE

- ▶ To investigate whether or not media affects the ideals of beauty and body views
- ▶ To identify if women and men feel the media accurately portrays the ideal looks and body shape in magazines and social medias.
- ▶ To explore if media images manipulate people to imitate or change their lifestyles to look like them
- ▶ The goal of this study is prove and validate the influence of media portrayal in the development and encouragement of beauty and body image.

# RESEARCH QUESTION

How does the media influence our perspective on beauty and body image?

# HYPOTHESIS

- ▶ H1: Women and men compare themselves with the images shown in the media.
- ▶ H2: The internet or social media is the most influential media.
- ▶ H3: Men and women changed a specific appearance or lifestyle after watching or seeing something in the media.

# LITERATURE REVIEW

- ▶ Misleading advertisements
- ▶ false expectations, illusion and information about the truth of the physical beauty and body in the real world.
- ▶ Impacts adolescent boys and girl's growth development

# METHODOLOGY

- ▶ Primary resource
  - Statistical data
  - Pieces of creative writing
  - Online Survey
- ▶ Secondary resource
  - Articles
  - Websites



# SCHEDULE



September 4 -17	Brainstorm research topic and question
September 18 -24	Conduct online survey
September 15	Distribute online survey to participants
September 16 - October 1	Gather as many responds
October 2 - 8	Analyze Survey data
October 9 – October 22	Gather primary resource
October 23 – November 12	Gather secondary resource
November 13 - 19	Gather and Analyze data collected
November 20 - 26	Start writing process
November 27 – Dec 3	Revision

# REFERENCE

- Ossola, A. The Media's Effect on Women's Body Image - News. (2010, September 1). Retrieved December 01, 2017, from <https://www.hamilton.edu/news/story/the-medias-effect-on-women-s-body-image>