MY ENG RESEARCH PORTFOLIO
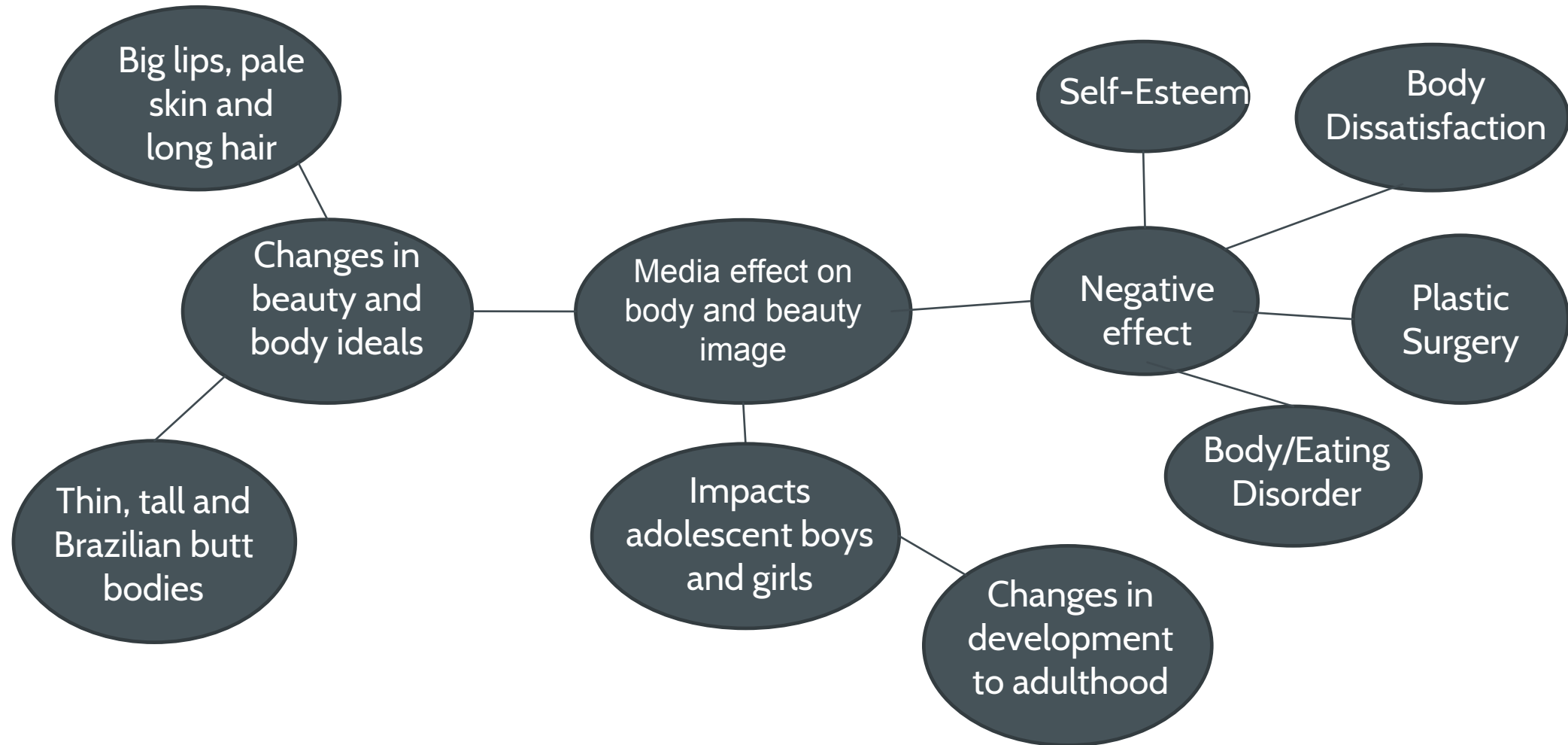
TOPIC: MEDIA EFFECT ON BEAUTY AND BODY IMAGE

RACHEL COTIN

EN101-ON01

NORTHERN MARIANAS COLLEGE

BRAINSTORM

Note Taking Sheet: Reading # __1__

_____EN101-ON01_____Course EN-COURSE NAM_____Section __1_____

Topic: Media effect on plastic surgery

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author'�s Name: Mia De Graaf
2. Author'�s Credentials: Daily Mail
3. Publisher [or title of organization]: Daily Mail

4. Heading of Section [title of reading]: *How SELFIES are driving plastic surgery boom among Millennials seeking a 'natural filter'*
5. Year Written: February 15, 2017
6. Pages: 1
7. Website URL: http://www.dailymail.co.uk/health/article-4228914/How-Instagram-selfies-driving-plastic-surgery-boom.html

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
• The plastic surgery industry is booming since young men and women are wanting to look better in selfies.	• "Around half the patients clinics see today are seeking a 'natural filter' so they look better on social media"	• There are two main reasons; First, a yearning to look good on social media or look like a celebrity. Second, a sway towards gradual age-defying tweaks, rather than waiting to do one major operation later.	• Many young people are influenced from the media to look good.

In this article, is it possible that any of the authors might have a bias about the subject matter? No____   provide examples if needed.

Yes, the author strongly agreed the media influence millennials to get plastic surgery. "There is a rise in young people coming here for fillers, Botox, and for sure surgery,' Dr Stafford Broumand, of 740 Park Plastic Surgery", " There's a general acceptance that doing, whether it's surgery or less invasive procedures... to make you feel better, look better, it's much more accepted"

Is the article timely or a bit outdated ? Timely, 7 months back.

Was it published in a reputable source? Yes.

Other important information : Referred readings and sources on the topic.

Note Taking Sheet: Reading # _2_

_____EN101-
ON01_____Course EN-
COURSE
NAM_____Section
_____1_____

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author'�s Name: American Society of Plastic Surgeons

2. Author'�s Credentials: American Society of Plastic Surgeons

3. Publisher [or title of organization]: American Society of Plastic Surgeons

4. Heading of Section [title of reading]: *Plastic Surgery Statistics Report*

5. Year Written: No date

6. Pages: 25

7. Website URL: https://www.plasticsur-

gery.org/documents/News/Statistics/2016/plastic-surgery-statistics-full-report-2016.pdf

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
• In 2016, Breast augmentation continues to be the top cosmetic surgical procedure and has been since 2006. • Top 5 procedure Breast augmentation (290,000) 4% Liposuction (235,000) 6% Nose Reshaping (223,000) 2% Eyelid surgery (209,000) 2% Face Lift (131,000) 4%	• "$16.4 billion was spent on cosmetic procedures in the U.S." • "Region with the most cosmetic procedures performed in the U.S. is Mountain/Pacific – 5 million procedures"	• Female 2016 vs. 2015 92% of all cosmetic procedures 14.2 million total cosmetic procedures 1% = 1.4 million surgical 4% = 12.8 million minimally-invasive 1% Male 2016 vs. 2015 8% of all cosmetic procedures 1.3 million total cosmetic procedures 1% = 214,000 surgical 1% = 1.1 million minimally-invasive 1% Ethnic 2016 vs. 2015 Caucasians (11.3 million) 4% Hispanics(1.6 million) 2% African Americans (1.3 million) no change Asian Americans (1.1 million) 6%.	• Statistics on plastic surgery procedure

Is the article timely or a bit outdated ? no date provided

Was it published in a reputable source? Yes.

Other important information : Referred readings and sources on the topic.

In this article, is it possible that any of the authors might have a bias about the subject matter? No____   provide examples if needed.

N/A, the article explains the statistics data of plastic surgery procedure per age, gender and ethnicity.

Note Taking Sheet: Reading # _3_

_____EN101-
ON01_____Course EN-
COURSE
NAM_____Section
_____1_____

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help

you when it is time to write both your outline, paper, and annotated bibliography.

1. Author'�s Name: Rachel Simmons

2. Author'�s Credentials: Time

3. Publisher [or title of organization]: Time

4. Heading of Section [title of reading]: *How Social Media Is a Toxic Mirror*

5. Year Written: August 20, 2016

6. Pages: 1

7. Website URL: http://time.com/4459153/social-media-body-image/

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
• New found evidence shows how social media impacts our body image concerns, dieting, body surveillance, a drive for thinness and self-objectification in adolescents.	• "Social media has also become a toxic mirror" • "This year, an analysis of 50 so-called "fitspiration" websites revealed messaging that was indistinguishable, at times, from pro-anorexia (pro-ana) or "thinspiration" websites."	• Popular social websites shows how Facebook, Instagram and Snapchat deliver the tools that allow teens to earn approval for their appearance and compare themselves to others. • Selfie addicts have the power to alter their bodies in pictures in a way that makes them look a lot better.	• Social media influence on appearance.

In this article, is it possible that any of the authors might have a bias about the subject matter? No____ provide examples if needed.
No, the author clearly included statements from

psychologists and further research.

Is the article timely or a bit outdated ? No, 1 year and 2 months ago

Was it published in a reputable source? Yes.

 Other important information : Referred readings and sources on the topic.

Note Taking Sheet: Reading # _4_

_____EN101-ON01_____Course EN-COURSE NAM_____Section _____1_____

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author'�s Name: Dave Chaffey

2. Author'�s Credentials: SmartInsights

3. Publisher [or title of organization]: SmartInsights

4. Heading of Section [title of reading]: Global social media research summary 2017

5. Year Written: April 27, 2017

6. Pages: 1

7. Website URL: http://www.smartin-sights.com/social-media-marketing/social-me-dia-strategy/new-global-social-media-re-search/

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
• Top 5 most used social media, Facebook, whatsapp, Facebook Messenger, QQ and WeChat	• "Among US users (the most advanced major market and thus a good bellwether for future global trends) Facebook is also retaining a huge lead on the competition. It actually increased it's penetration to 89% of US internet users, whilst Facebook-owned Instagram came 2nd with 52% penetration." • "TrackMaven analyzed 51 million posts from 40,000 different companies over 130 industries to establish which social networks achieve the greatest engagement per follower. The results show that Instagram absolutely dominates when it comes to interactions per 1,000 followers. In fact, it is so much higher than the other channels we've had to include a second chart just to show the difference between Facebook, LinkedIn and Twitter!"	• "Following from this, we have predominantly APAC favoured platforms, with QQ (9%), WeChat (8%) and Qzone (7%) all with over 600 million active users, highlighting the array of offerings the APAC. We then see a cluster of predominantly western social media networks in Tumblr (6%), Instagram(4%) and Twitter (4%). • Facebook's dominance is truly extraordinary. Not only does it take the top spot, it's other platforms also take 2nd and 3rd respectively. Facebook Messenger has an impressive 47 penetration, and Instagram (also owned by Facebook) comes 2nd for engagement.	• Social media influence on appearance.

In this article, is it possible that any of the authors might have a bias about the subject matter? No____ provide examples if needed.
No, the author included statistics data

Is the article timely or a bit outdated ? 7 months ago

Was it published in a reputable source? Yes.

Other important information : Referred readings and sources on the topic.

Media effect on beauty and body image

Research Proposal

EN101-ON01

Mrs. Kimberly Bunts-Anderson

Media effect on beauty and body image

The media is a great way to connect with others, share opinions, experiences and entertain us in our everyday lives. However, the media have portrayed beauty and body image in a negative way. People are exposed to countless images. Magazines, billboards, social media and TV all display an attractive, tall and thin women or muscular, lean men. "We are constantly surrounded by all sorts of media and we construct our identities in part through media images we see," says Arielle Cutler (2010, para. 3). The more our society is exposed to thin-ideal physical beauty and body, the more we are dissatisfied with our overall self. Following this essay, you will see a complete plan of research that will be conducted over the course of 12 weeks. The study will further investigate and validate whether or not media affects the ideals of beauty and body portrayal.

The present study will determine whether women and men feel the media accurately portrays the ideal looks and body shape in magazines and social medias. The study will also investigate if media images influence individuals to imitate their appearance or either change lifestyles to look like them. Students studying in Northern Marianas College are asked to participate in this study. It helped gather opinions based on body satisfaction, comparison with the media, types of media used and most influential media used. Below is a schedule and process of the study.

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

The evolution of ideal body and physical beauty has changed over the years. Each era had different ideals based from what is shown on the media. Before social medias existed, television and movies were widely popular back then. Actresses and actors were looked up to as sex symbols. So the physical qualities we embrace today are often different with those from previous generations. From 1910 to 1960's: Gibson girls, Marilyn Monroe, Elvis Presley and Twiggy where celebrities everyone wanted to look and be like (Hart, 2015). Today, modern people live in a media-saturated culture. As Tina Fey wrote in Bossy pants, "Now every girl is expected to have Caucasian blue eyes, full Spanish lips, a classic button nose, hairless Asian skin with a California tan, a Jamaican dance hall ass, long Swedish legs, small Japanese feet, the abs of a lesbian gym owner, the hips of a nine-year-old boy, the arms of Michelle Obama, and doll tits.", (Hart, 2015, para. 21).

There are Media Literacy programs such as National Organization Inc., which is designed to help women and men to look behind the scenes and messages that advertisements produce in order to reconcile their own bodies with the view of "perfection" presented by the media. According to Arielle Cutler, "Media literacy programs promote an understanding of the effect media has on individual consumers and society at large. These programs aim to reveal the ideologies and messages embedded in the media images that we encounter on a daily basis," (Ossola, 2010, para. 6). "When all you see is a body type that only two percent of the population has, it's difficult to remember what's real and what's reasonable to expect of yourself and everyone else." Arielle Cutler continues (Ossola, 2010, pg. 5).

Today, society has drastically cared more about looking good and keeping up with the current trends. Everyone has different body types and features, so it's unfair if society were to judge you based from what media call as the perfect ideal image of a body and beauty. Ideals, like everything else in pop culture, are a trend. It's extremely important to be satisfied with one self's physical features. Being different is all right, it's what makes a person unique.

Reference

Hart, M. (2016, June 06). See How Much the "Perfect" Female Body Has Changed in 100 Years (It's Crazy!). Retrieved December 01, 2017, from
    https://greatist.com/grow/100-years-womens-body-image.

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-womens-body-image

BRAINSTORM
EXPOSITORY ESSAY

The topic I chose explains how the media affects body and beauty image. In today's society, i noticed the change in how we perceive others and our self. I conducted a research proving how the media changes our perspective on body and beauty image. As I have researched, I found many articles that prove the media damages our view on how standard beauty in our society should look like. In my expository essay, I'll include the causes to why people are influenced by the media. So it can be balanced and i think it will fit well on my final research report.

_____
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OUTLINE
EXPOSITORY ESSAY

Introduction:
How does the media influence beauty and body image
Thesis: Although the media entertains us in our everyday lives, it however showcases negative impact on an individual's perspective on body and beauty image. The media displays unrealistic body images and false advertisements which would likely victimize adolescent boys and girls.

Body:
1. **Unrealistic beauty and body types** (Many ads shown in tv, billboards, magazine or the internet displays many unrealistic barbie dolls bodies/beauty. In the first body, I will explain how displaying unrealistic beauty and body types all over media will have a negative impact in an individual's life. Support will be provided)
2. **What the media promotes** (Most of the times, it depends on what kind of products the media promotes. I will include the most popular ads being bought and clarify if they bought it to look good. Support and examples will be provided)
3. **Adolescent young girls and boys** (Girls and boys ages from 10-19 goes through a phrase of puberty. For the last paragraph, I will explain how adolescent girls and boys are most likely to be victimized since it's the age where they are the most valuable and insecure. Support will be provided)

Conclusion:
1. **Why should we be aware**
2. **Restate the problems with unrealistic beauty/body images and advertisements**
3. **How we can change**

Media effect on beauty and body image

Expository Essay

EN101-ON01

Mrs. Kimberly Bunts-Anderson

Media effects on body and beauty image

Over the years, the media has presented sexually based images through movies, tv, and social medias. They let viewers think of false expectations, illusion and information about the truth of the physical body in the real world. Although the media has changed the way we view things, it however has a negative impact on an individual's perspective on body and beauty image. The media displays unrealistic body images and misleading advertisements which would most likely victimize adolescent boys and girls.

In reality, many desire to look as perfect as the unrealistic models shown on the media. The models are typically slim, tall, light skinned, and digitally altered to a more unrealistic proportions. The more we look at these images of others and then look to find those same idealized characteristics in ourselves and don't find them, the worse we feel about ourselves. Based from an ad critic Jean Kilbourne, "Women and girls compare themselves to these images every day and failure to live up to them is inevitable because they are based on a flawlessness that doesn't exist" (2015, qt on para.4). Also a statistic shows "one in four people is depressed about their body, a third of women say they would sacrifice a year of life to achieve the ideal body weight and shape, and almost half of girls in a recent survey think the pressure to look good is the worst part of being female" (Swinson, 2011, para. 3). The more discontent with how we measure up to the media's standard of beauty, the more negative we perceive ourselves.

Not to mention, ads particularly for fashion and cosmetics are often misleading. Children and teens are exposed to over 25,000 ads in a year, and companies spend over $17 billion a year on marketing toward children and teens. It's been reported that at least one out of every four advertisements sends a message about attractiveness. (Zeiger, n.d). Many misleading ads persuade wrong eating habits and makes males and females think that those with ideal body images have perfect lives. In this case, many luxury fashion labels and cosmetic brands around the globe have been using unhealthy looking models to capture female and male audience. Additionally, Rita Ching, a deputy executive director of The Women's Foundation notes, "Most ad campaigns from fitness centers are sending unrealistic ideas of what a perfect figure should be to the public. Not only do they imply that slim, or even skinny, equals beautiful, they also say that less skinny models are inferior" (Chan, 2014, para. 8). Since then slim figures and fair skin have always been the social standard of beauty.

Then again, with all the media exposure in adolescent boys and girls, they appear to be impacted the most. They are especially vulnerable to the media due to the biological changes undergoing in their bodies during puberty. In addition, the media plays an important role in their personality development and the development of a sense of identity (Vitelli, 2013). A registered dietician Julie Hanson stated, "If kids do not feel good about their bodies, they may focus too much on trying to change them, which can lead to eating disorders" (qt from Lampros, 2015). In fact, body image is central to adolescent girls' self-definition, because they have been

socialized to believe that appearance is an important basis for self-evaluation and for evaluation by others (Thompson, Heinberg, Altabe, & Tantleff-Dunn, 1999, 452).

In short, these evidences show how the media is manipulating and creates illusion to make us think the images in the media is reality. Most especially adolescent females and males who are the most innocent and sensitive in this age. Retouched images and false ads could cause harm to the society and In short, the demands of beauty routines are increasing, with perceptions of what we think is so called 'normal' body are rapidly changing fast. As a result, we are expected to keep up with the beauty routines, however the beauty standards are becoming harder to attain. Because of these adolescent female and males are pressured to keep up with the trend. It's doesn't help when all we see in the media are retouched bodies and faces and false ads flaunting around the media.

Work cited

Chan, J. (2014, May 9). The ugly side of the beauty industry. Retrieved on November 19, 2017, from http://www.marketing-interactive.com/features/mass-medias-toxic-influence-on-beauty-standard/.

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EN101-ON01
Rachel Cotin
Mrs. Kimberly Bunts-Anderson
10/21/17
Brainstorm

Think of a topic (media effect on body and beauty im-age)

Confirm if there's literature support and direct access for the data

Re-consider the research if it affects the community in Saipan

Create a topic question for the research essay

Research data

Think of the thesis statement

Create a data management plan

Input on PowerPoints and documents

Think of ways to collect data

Surveys, primary sources, secondary

Conduct a pre-test survey

Think of questions to include in the survey

Collect data from peers

Change questions that need to be revised

Let peers take the final version of the survey

Include data in the research paper

Start research on primary and secondary sources

Media effect on beauty and body image

Process Essay

EN101-ON01

Mrs. Kimberly Bunts-Anderson

Media effect on body and beauty image

The media has now become a major part of our life and we can't seem to go a day without it. However, with many new innovations does the media help influence on how we perceive ourselves? The purpose of this study is to validate the media's influence on beauty and body image. To do so, the research will conduct a survey portraying how the media impacts our perspective of how we should look. Throughout the essay, it will explain the steps to how the researcher collected data through surveys and how the primary data will be structured, developed and analyzed.

First, the researcher began by creating a general research topic, "Media effect on beauty and body image" along with a research question, "How does the media influence our perspective on beauty and body image". Next, the researcher started collecting data by conducting a survey through Survey Monkey. The survey includes 10 questions to help support the research question. It contains personal opinions about the participant's satisfaction with their body parts and types of media used. The survey was edited 2 times by peers and instructor through the course's survey link before being approved. Additionally, the researcher plans to approximately have 40 students in Northern Marianas College participate in the survey. If less than 40 participated by the expected date, the researcher plans to extend and let it open for 1 more week.

Moreover, by November 20 - 27, the researcher planned to analyze the data. The researcher will analyze the collected survey through Microsoft Excel in order to calculate the percentage and divide the different responses. The responses with multiple choices will be inputted in either a bar or pie graph to help the researcher identify the different feed-backs. As for open-ended questions, the researcher quotes it in the research paper. Finally, on November 28, the researcher will start writing and inputting all the results and feedbacks from the survey in the research paper.

Planning efficiently would make the primary research on media effect on body and beauty image successful. Through collecting data by surveys and gathering the participant's feedbacks the research will be proven accurate. So far, the researcher has begun distributing the survey to random students in Northern Marianas College by sending through via messenger. After collecting the responses from the participants, it will soon be analyzed. Analyzing data from the survey will hopefully be done by November 27.

End of document ■

23 Fitzjohn's Avenue
Hampstead
London
United Kingdom
NW3 5JY

October 21, 2017

Dear Dr. Susie Orbach

My name is Rachel Cotin. I am a business management major in Northern Marianas College. I'm doing a research project for my english composition class, and I'm writing this letter to request for assistance dealing with the topic media effect on beauty and body image. Based from your profession and skills, I would like to ask for your personal opinions towards the media effect on beauty and body perspective. If you're available or have spare time, I would love to have a short interview with you by online chat via messenger or skype.

If you're willing to do an interview, please feel free to email me. I will try to be flexible with my time. I have also attached a brief questionnaire in case you do not have enough time to chat online perhaps you can take a few minutes of your time to respond to some questions.

Sincerely

Rachel Cotin
rachel.marianas@my.marianas.edu

Questionare (3 questions): Media effect on beauty and body image

1. In your opinion, who/what do you think the idea of "the perfect body" is more influenced by?
2. Has the media affected your personal view of beauty and self-attractiveness?
3. Do you believe that the media plays a role in lowering people's self-esteem?

Maggie Wykes
University of Sheffield, UK

October 21, 2017

Dear Maggie Wykes

My name is Rachel Cotin. I am a business management major in Northern Marianas College.I'm doing a research project for my english composition class, and I'm writing this letter torequest for assistance dealing with the topic media effect on beauty and body image. Based from your profession and skills, I would like to ask for your personal opinions towards the media effect on beauty and body perspective. If you're available or have spare time, I would love to have a short interview with you by online chat via messenger or skype.

If you're willing to do an interview, please feel free to email me. I will try to be flexible with my time. I have also attached a brief questionnaire in case you do not have enough time to chat online perhaps you can take a few minutes of your time to respond to some questions.

Sincerely

Rachel Cotin
rachel.marianas@my.marianas.edu

Address Information

October 21, 2017

Contact Information

Dear Mrs. Jaci Wightman

My name is Rachel Cotin. I am a business management major in Northern Marianas College.I'm doing a research project for my english composition class, and I'm writing this letter torequest for assistance dealing with the topic media effect on beauty and body image. Based from your profession and skills, I would like to ask for your personal opinions towards the media effect on beauty and body perspective. If you're available or have spare time, I would love to have a short interview with you by online chat via messenger or skype.

If you're willing to do an interview, please feel free to email me. I will try to be flexible with my time. I have also attached a brief questionnaire in case you do not have enough time to chat online perhaps you can take a few minutes of your time to respond to some questions.

Sincerely

Rachel Cotin
rachel.marianas@my.marianas.edu

Media effect on beauty and body image

Cause and Effect Essay

EN101-ON01

Mrs. Kimberly Bunts-Anderson

Teen Pregnancy

Teen pregnancy is a major problem in today's society. Many teenagers are sexually active and it often leads to either a planned or unplanned pregnancy. According to a research, "91% of pregnancies ages 15-17-year-old are unintended pregnancy". Teen pregnancy affects millions of young teens around the world. This can cause a new chapter of happiness or a lifetime of regret. A teenage pregnancy can change a young girl's life. Becoming a parent is a huge responsibility and in order to raise a child, it involves lots of patience and sacrifices. Early pregnancy causes endless problems such as financial problems and substance abuse. With these situations, it affects the teen mom to become responsible and mature in a early age.

Teen parents would be facing numerous challenges dealing with finances. Many teen moms usually drop out of school. Only about 51% of teen moms earn a high school diploma compared to 89% of female students who did not give birth as a teen (The dropout crisis and teen pregnancy, 2011). Additionally, most teens have not started earning even before childbirth. According to the Bureau of Labor Statistics, "high school dropouts have weekly earnings of only $471, compared to high school graduates who earn $652 weekly". It will be especially difficult for mothers who live in poverty, relying the baby's expenses through welfare programs or child care. After childbirth, many bills pile up such as medical bill. When the parents don't have insurance to cover maternity care, the child and the family is burdened to pay for birth and postpartum care.

Moreover, having a child is extremely stressful, especially to teens who aren't mentally and physically ready to be a mother. This stress adds to the fact that teenagers are often immature and can leads to a high chance of substance abuse. Nearly 59% pregnant teens have been reported to have used one or more substances in the previous 12 months, compared to no pregnant teens (35%). The most commonly used substance is alcohol, followed by cannabis and cocaine (Many Pregnant Teens Use Alcohol and Drugs, Study Finds, 2015). Teen mom is more likely turn to drugs and alcohol to avoid reality and their problems. It also affects the child, if the mother is a drugs and alcohol addict. There's a possibility the child would be rebellious with the result of a neglected parent.

In contrast, becoming a teen mother can be difficult however, throughout all the challenges that comes, it lets them become mature and responsible in such an early age. "Having responsibility for things that matter and that contribute to the welfare of others is part of a teen's preparation for the future. It transforms the way they have been known to be and makes them a new person in all the aspects of their life." (How Teens Become Responsible Adults, 2014). Most often, teen mothers face the difficulty of managing school, work and taking care of a baby. The MTV Tv show "16 and pregnant" is a great example to spread awareness of how life of a teen mom would look like. It's a reality show that that follows a teen mom's life and shows the obstacles and challenges they faced be-

fore and after pregnancy. One of the most influential mom in the reality show is Catelyn. She gave up her child for adoption right after she gave birth. She felt like her child deserves a much better life under somebody's care. Despite of giving her child for adoption, she still keeps in touch with her baby's foster parents.

Society views teen pregnancy as a crime. However, in some areas around the world, early pregnancies are considered a blessing. Teen pregnancy impacts a young teen's life, it forces them to become an adult, including having to face the responsibility of financial problems. With all the stress that brings of being a teen mother, it causes them to turn to substance abuse. With young girls being pregnant in such a young age, it lets the teen become responsible and mature not only for herself, but also for the baby. It changes you as a person to be better for your child. Overall, being cautious and responsible about sexual intercourse in a young age is very important. You should be aware of the choices you make and the consequences of teen pregnancy.

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Centers for Disease Control and Prevention. Adolescent and School Health. (2017, August 04). Retrieved from https://www.cdc.gov/healthyyouth/sexualbehaviors/. 2017, September 30.

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Abstract

This is a quantitative study that explains the connection between the influence media has on society regarding beauty and body image. It also explains, if women and men feel the media accurately portrays the ideal looks and body shape in magazines and social medias. As well as if these images influenced them to imitate the look or change their lifestyles to look like them. Students in Northern Marianas College participated in a survey over a span of two weeks. The results showed mixed opinions towards the study. There are few individuals who care about their looks due to being pressured with all media play. However, there are also other people who doesn't care about what society think.

Rachel Cotin

Mrs. Kimberly Bunts-Anderson

EN101-ON01

Dec 2, 2017

Reflection

In the beginning of the semester, I struggled to keep up with all the work assigned each week since writing has been always one of my weaknesses. I would never submit an essay if I feel like it isn't ready or completed. I soon later found out we were expected to create a research report. The writing process was difficult at first, especially when I wasn't able to decide on a research topic early. It made me behind on some work.

I've gone through so many trials regarding on my research topic. At first I chose the topic plastic surgery but it had to be involved or related to Saipan. So, I switched it up to diabetes. However, I was informed by the instructor that the topic was overused. In the end, I ended up with media effect towards beauty and body image as my research topic.

We also had other writing practices during the course. It helped enhance with my writing skills but it wasn't a huge improvement. The 4 essay done, surrounded each section on the research. The essays include process, abstract, expository, argument and persuasive. These essay will eventually be useful for future use.

Regarding the research and study outcome, I feel like my final research report isn't complete. If I had enough time, and proper research and findings, I would be satisfied with my work. With the time given, there is more to be done. I believe it was one of my biggest mistake. I took my time with my literature research and didn't bother to organize my data well. In the future, if I

ever make another research report, I would know what to do and prepare for.

With our final week, I will remember all the lessons and lectures done throughout the course. It allowed me to critically reflect upon the way my writing skills stands. Along with the writing process for the research report. It will eventually enable us to express our knowledge towards the concept and methods in an essay.

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Media effect on beauty and body image

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Abstract

This is a quantitative study that explains the connection between the influence media has on society regarding beauty and body image. It also explains, if women and men feel the media accurately portrays the ideal looks and body shape in magazines and social medias. As well as if these images influenced them to imitate the look or change their lifestyles to look like them. Students in Northern Marianas College participated in a survey over a span of two weeks. The results showed mixed opinions towards the study. There are few individuals who care about their looks due to being pressured with all media play. However, there are also other people who doesn't care about what society think.

Introduction

The media is a great way to connect with others, share opinions, experiences and entertain us in our everyday lives. However, the media have portrayed beauty and body image in a negative way. People are exposed to countless images. Magazines, billboards, social media and TV all display an attractive, tall and thin women or muscular, lean men. "We are constantly surrounded by all sorts of media and we construct our identities in part through media images we see," says Arielle Cutler (2010, para. 3). The more our society is exposed to thin-ideal physical beauty and body, the more we are dissatisfied with our overall self. Following this essay, you will see a complete plan of research that will be conducted over the course of 12 weeks. The study will further investigate and validate whether or not media affects the ideals of beauty and body portrayal.

The present study will determine whether women and men feel the media accurately portrays the ideal looks and body shape in maga-

zines and social medias. The study will also investigate if media images influence individuals to imitate their appearance or either change lifestyles to look like them. Students studying in Northern Marianas College are asked to participate in this study. It helped gather opinions based on body satisfaction, comparison with the media, types of media used and most influential media used. Below is a schedule and process of the study.

September 4 -17	Brainstorm research topic and question
September 18 -24	Conduct online survey
September 15	Distribute online survey to participants
September 18 - 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

The evolution of ideal body and physical beauty has changed over the years. Each era had different ideals based from what is shown on the media. Before social medias existed, television and movies were widely popular back then. Actresses and actors were looked up to as sex symbols. So the physical qualities we embrace today are often different with those from previous generations. From 1910 to 1960's: Gibson girls, Marilyn Monroe, Elvis Presley and Twiggy where celebrities everyone wanted to look and be like (Hart, 2015). Today, modern people live in a media-saturated culture. As Tina Fey wrote in Bossy pants, "Now every girl is expected to have Caucasian blue eyes, full Spanish lips, a classic button nose, hairless Asian skin with a California tan, a Jamaican dance hall ass, long Swedish legs, small Japanese feet, the abs of a lesbian gym owner, the hips of a nine-year-old boy, the arms of Michelle Obama, and doll tits.", (Hart, 2015, para. 21).

There are Media Literacy programs such as National Organization Inc., which is designed to help women and men to look behind the scenes and messages that advertisements produce in order to reconcile their own bodies with the view of "perfection" presented by the media. According to Arielle Cutler, "Media literacy programs promote an understanding of the effect media has on individual consumers and society at large. These programs aim to reveal the ideologies and messages embedded in the media images that we encounter on a daily basis," (Ossola, 2010, para. 6). "When all you see is a body type that only two percent of the population has, it's difficult to remember what's real and what's reasonable to expect of yourself and everyone else." Arielle Cutler continues (Ossola, 2010, pg. 5).

Today, society has drastically cared more about looking good and keeping up with the current trends. Everyone has different body types and features, so it's unfair if society were to judge you based from what media call as the perfect ideal image of a body and beauty. Ideals, like everything else in pop culture, are a trend. It's extremely important to be satisfied with one self's physical features. Being different is all right, it's what makes a person unique.

Literature Review

Over the years, the media has presented sexually based images through movies, Television, and social medias. They let viewers think of false expectations, illusion and information about the truth of the physical body in the real world. Although the media has changed the way we view things, it however has a negative impact on an individual's perspective on body and beauty image. The media displays unrealistic body images and misleading advertisements which would most likely victimize adolescent boys and girls.

In reality, many desire to look as perfect as the unrealistic models shown on the media. The models are typically slim, tall, light skinned, and digitally altered to a more unrealistic proportions. The more we look at these images of others and then look to find those same idealized characteristics in ourselves and don't find them, the worse we feel about ourselves. Based from an ad critic Jean Kilbourne, "Women and girls compare themselves to these images every day and failure to live up to them is inevitable because they are based on a flawlessness that doesn't exist" (2015, qt on para.4). Also a statistic shows "one in four people is depressed about their body, a third of women say they would sacrifice a year of life to achieve the ideal body weight and shape, and almost half of girls in a recent survey think the pressure to look good is the worst part of being female" (Swinson, 2011, para. 3). The more discontent with how we measure up to the media's standard of beauty, the more negative we perceive ourselves.

Not to mention, ads particularly for fashion and cosmetics are often misleading. Children and teens are exposed to over 25,000 ads in a year, and companies spend over $17 billion a year on marketing toward children and teens. It's been reported that at least one out of every four advertisements sends a message about attractiveness. (Zeiger, n.d). Many misleading ads persuade wrong eating habits and makes males and females think that those with ideal body images have perfect lives. In this case, many luxury fashion labels and cosmetic brands around the globe have been using unhealthy looking models to capture female and male audience. Additionally, Rita Ching, a deputy executive director of The Women's Foundation notes, "Most ad campaigns from fitness centres are sending unrealistic ideas of what a perfect figure should be to the public. Not only do they imply that slim, or even skinny, equals beautiful, they also say that less skinny models are inferior" (Chan, 2014, para. 8). Since then slim figures and fair skin have always been the social standard of beauty.

Then again, with all the media exposure in adolescent boys and girls, they appear to be impacted the most. They are especially vulnerable to the media due to the biological changes undergoing in their bodies during puberty. In addition, the media plays an important role in their personality development and the development of a sense of identity (Vitelli, 2013). A registered dietician Julie Hanson stated, "If kids do not feel good about their bodies, they may focus too much on trying to change them, which can lead to eating disorders" (qt from Lampros, 2015). In fact, body image is central to adolescent girls' self-definition, because they have been socialized to believe that appearance is an important basis for self-evaluation and for evaluation by others (Thompson, Heinberg, Altabe, & Tantleff-Dunn, 1999, pg. 452). These evidences show how the media is manipulating and creates illusion to make us think the images in the media is reality. Most especially adolescent females and males who are the most innocent and sensitive in this age. Retouched images and false ads could especially harm them

In short, the demands of beauty routines are increasing, with perceptions of what we think is so called 'normal' body are rapidly changing fast. As a result, we are expected to keep up with the beauty routines, however the beauty standards are becoming harder to attain. Because of these adolescent female and males are pressured to keep up with the trend. It's doesn't help when all we see in the media are retouched bodies and faces and false ads flaunting around the media.

Research Questions:

1. 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.

Methodology

The media has now become a major part of our life and we can't seem to go a day without it. However, with many new innovations does the media help influence on how we perceive ourselves? The purpose of this study is to validate the media's influence on beauty and body image. To do so, the researcher conducted an online survey portraying how the media impacts our perspective of how we should look. Throughout the essay, it will explain the steps to how the researcher collected data and how the primary data was structured, developed and analyzed.

The researcher began by creating a general research topic, "Media effect on beauty and body image" along with a research question, "How does the media influence our perspective on beauty and body image". Next, the researcher started collecting data by conducting an online survey through Survey Monkey. The survey includes 10 questions to help support the research question. It contains personal opinions about the participant's satisfaction with their body parts and types of media used. Students in Northern Marianas College took part in the study and was done during their free time. Females and males of all ages were open to participate in order to gather different opinions from both genders. The online survey takes approximately 3-5 minutes to be done. Before distributing the online survey, it was edited 2 times by peers and instructor

through the course's survey link before being approved. Additionally, a total of 40 students in Northern Marianas College took part in the online survey.

The researcher analyzed the collected answers through Microsoft Excel in order to calculate the percentage and divide the responses. The responses with multiple choices will be inputted in either a bar or pie graph to help the researcher identify the feedbacks. As for open-ended questions, the researcher included it on the research paper.

Planning efficiently would make the primary research on media effect on body and beauty image successful. By collecting data through surveys and gathering participant's feedbacks, the study will be proven accurate.

Findings

Hypothesis 1:

The first hypothesis was that women and men compare themselves with the images shown in the media. On the online survey conducted, it revealed that both gender do not compare themselves with images from the media. About 40.54% responded yes and 59.46% answered no. It's a significantly 18.92% difference. The online survey did not indicate the number of male and females who responded no or yes. **(see table 1)**

Table 1

women and men compare themselves with the images shown in the media.

Answer choice	Responses	# of responses
No	59.46%	15
Yes	40.54%	22

Hypothesis 2:

The second research hypothesis was that the internet or social media is the most influential media. On the online survey conducted, it revealed that the internet is the most used and is vulnerable to images that displays ideal bodies and physical beauty. Based on the online survey 82.35 % or 29 respondents choose the internet, 26.47% or 8 respondents picked Magazines/books/Newspapers and 58.82% or 20 respondents decided on Movies/Television. **(See Table 2)**

Table 2

The internet or social media is the most influential media.

Answer Choice	Responses	# of responses
Internet (online articles, social networking sites)	82.35%	29
Magazines/Books/newspapers	26.47%	8
Movies/Television	58.82%	20

Hypothesis 3:

The third research hypothesis was that men and women changed a specific appearance or lifestyle after watching or seeing something in the media. On the online survey conducted, it revealed that both gender has tried changing their look or lifestyle. (No = 39.47% or 15 respondents), (Changed Hairstyle = 34.21% or 13 respondents), (Changed Clothing Style = 42.11% or 16 respondents), (Put on Makeup = 23.68% or 9 respondents), (Started exercising daily = 28.95% or 11 respondents), (Begin a diet = 36.84% or 14 respondents). The study shows how individuals have tried changing something in themselves. There is a 2.64% difference with females and males who answered between "no" and who picked changed clothing style. **(See Table 3)**

Table 3:

Men and women changed a specific appearance or lifestyle after watching or seeing something in the media.

Answer choice	Responses	# of responses
No	39.47%	15
Changed Hairstyle	34.21%	13
Changed Clothing style	42.11%	16
Put on Makeup	23.68%	9
Started exercising daily	28.95%	11
Begin a Diet	36.84%	14

Analysis Critique

There were some limitations to this study. First, there was not enough time to conduct the experiment with more participants for the online survey. As this research developed in a span of 12 weeks. I hope I had more time to gather more data. Also, it's hard to direct and prove if the media has affected beauty and body ideals as questions on the online survey didn't directly answer the data I needed. Even though the surveys were anonymous, some questions were not answered, which made me it hard for me to find findings.

Future research is needed to better examines the effects that the media has on

Individuals. Body satisfaction and self-esteem should have been studied more closely. Since each gender is affected with the standard ideal portrayed, studying this topic would be helpful. Gender differences should be explored in order to better understand the pressures they struggle with.

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Appendix

Online Survey

Appendix

1. Gender

○ Male

○ Female

2. Age

○ 15-20

○ 21-30

○ 31-40

○ 41 and up

3. In a typical day, about how much time do you spend using the media

[   ]

4. Which of the following social networking sites/apps do you currently have accounts with? (Select all that apply)

☐ Facebook

☐ Instagram

☐ Snapchat

☐ Twitter

☐ Pinterest

☐ Tinder

☐ Tumblr

☐ Google+

Other (please specify) [_____]

5. Rate the following:

	Proud	Satisfied	Neutral	Dissatisfied	N/A
Body (in general)	☐	☐	☐	☐	☐
Face	☐	☐	☐	☐	☐
Teeth	☐	☐	☐	☐	☐
Belly	☐	☐	☐	☐	☐
Breasts	☐	☐	☐	☐	☐
Butt	☐	☐	☐	☐	☐
Waist/Hips	☐	☐	☐	☐	☐
Legs	☐	☐	☐	☐	☐
Arms	☐	☐	☐	☐	☐

other (please specify) [_____]

6. Do you compare yourself to women/men in the media?

○ Yes

○ No

Please explain answer [_____]

7. What media has the strongest influence in you? (Select all that applies)

☐ Internet (online articles, social networking sites)

☐ Magazines/Books/newspapers

☐ Movies/Television

Other (please specify)

8. Have you ever changed yourself because of something or someone you saw in the media? (Select all that applies)

☐ No

☐ Changed Hairstyle

☐ Changed Clothing style

☐ Put on Makeup

☐ Started exercising daily

☐ Begin a diet

Other (please specify) [_____]

9. Do you think the media has an effect on the way we perceive our selfs? Please explain answer.

[_____]

10. In today's society, do you think the beauty/body standards has changed compared to 5 to 10 years ago in terms of women/men wanting to look good? Please explain answer.