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A Women’s Weakness in the Media

 In today’s society everything and everyone revolves around a media platform. Social media has socially determined how the world views women, and everyone who takes part in social media platforms has been influenced. We all follow famous stars, and models, and see their posts and comments and it shapes our identity and how new want ourselves to be and how other people view us. Sex, fame, wealth, love, lust, and beauty is how women are portrayed, however every woman wants to be views beautiful. The medias influence on young women exhibits toxic behaviors making them feel insecure and unable to be as powerful as a young male.

 Women in the media are portrayed as skinny, and beautiful. Most young women watch television, and own social media accounts in which we scroll through every day. We see pictures of models, celebrities, and political figures, and strive to be and look like them. However, our goal to look like the skinny model has affected the way girls view their bodies and making them feel ugly, or fat. A research study was conducted called “The effects of active social media engagement with peers on body image in young women” the study focused on young women aged 18-27 years old who viewed and liked or commented on people’s social media posts that they felt were more attractive then themselves (York University). The results were not shocking, the study showed that young adult women felt dissatisfied with their bodies and feel worse about themselves after viewing other people’s social media pages they felt were more attractive then themselves (York University). Many young women can agree that appearance is a very important way on how you are perceived, and post on social media hoping to get positive reinforcement for what they are posting (York University). Young women much like myself have fallen into societal pressures of looking perfect. I soon began to realize that there is no perfect woman.

 Growing up there were always so many societal pressures of how to look, dress, and act in a public manner. Societal pressures have become problematic to young girls that do not meet the “perfect girl” expectations and result in toxic behaviors such as self-harm, depression, eating disorders, etc. However, behind the scenes most young girls do not know what really is put into effect for models and celebrity’s photos on social media. What we see on the other side is typically covered up with makeup and photo editing. The analysis of GP data published by the British Medical Journal suggested that a dissatisfaction over physical appearance among young girls was a factor driven by self-harm (Bodkin). In 2011, 45.9 girls per 10,000 harmed themselves, a number rose from 68 percent to 77 percent per 10,000 in 2014 (Bodkin). The number of self-harms in young females have risen dramatically throughout the years, and young girls that have social media profiles are more likely to engage in self-harming behavior do to their dissatisfaction of their bodies and appearance. People all over the world are even sharing and encouraging suicide over social media influencing young adult but more particular young women in general. Social media has normalized something such as self-harm. I have known many people who have self-harmed, because of societal pressures and being bullied by parents and peers. All of which stemmed from depression of “not being good enough” or “thin enough”. Social media platforms have been a source in which we as females post a picture to just simply get a like to receive a comforting feeling that others have noticed our photographs. Even I am guilty of posting pictures of myself for the satisfaction. However social media has brought young women all over the world to the conclusion that they cannot be themselves and have to live up to societal pressures, which can and has resulted in self harm, depression, and eating disorders.

 In our country The United States of America we express our freedoms and liberties, however females achieving positions in power particularly in government have created controversy on whether or not they can be powerful and a woman at the same time. It seems unconstitutional to me for the media and our government systems to bias genders in such a way that females cannot hold powerful positions without being objectified as a sex object, or unable to do the duties of their positions. Nancy Pelosi says, “if they can see young women who share their experience, raising a young family, speaking for them, identifying with their aspirations. We're creating new leaders, and they're going to not look like how they always did...an older, white male. They're gonna look like a woman, and they're gonna look like people of colour, and that is the true reflection of this country and of this world (Miss Representation 2011). This statement caught my attention to the fact that she is advocating for the people, the minority, and the women of our country. We have seen this time and time again of people creating gender roles through the media bias against women and their capabilities. It is 2019 and women should be able to hold positions of power in government without the media drawing attention to her beauty and figure, what it all comes down to is the job and how it is being done.

 Social media has become a social norm all over the world with the expectations of being a perfect human. However, the medias bias against young women has affected today’s youth. A simple social media account or new channel could change someone’s outlook on themselves or others. What we made to be just an innocent account with friends, has turned into a negative view on life. We consume ourselves in these apps and websites, but never stop to see if the good outweighs the bad. Ultimately the negative connotations of social media have outweighed the bad creating a gap in today’s society by treating women as less than a man in powerful positions, and making young women fell anything less than beautiful, which can later result in self harm, depression, eating disorders, etc. The media should not determine our everyday lives and we as women should not pass negative behavior down to future generations.

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