



**JOSHA's Critical Review of "The Role of the Media in the Construction of Body Image and its Contribution to the Development of Restrictive Anorexia in Female Adolescents" by Alaide V. C. Garcia, Maria E. R. V. Pinheiro**

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Abstract:

The research, by Alaide Vitória Cardoso Garcia and Maria Eduarda Rangel Vilela Pinheiro, guided by Fernanda Lima Monteiro, explores how media, particularly social media, significantly influences female adolescent behavior regarding self-esteem and body image, correlating this influence with the rise of restrictive anorexia. The methodology involves an integrative bibliographic review using databases like Google Scholar, Scielo, and LILACS to establish a connection between social media use and anorexia development in female adolescents. The research emphasizes the historical imposition of beauty standards and the intensified impact of contemporary media on body image.

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## **Abstract**

The research, by Alaide Vitória Cardoso Garcia and Maria Eduarda Rangel Vilela Pinheiro, guided by Fernanda Lima Monteiro, explores how media, particularly social media, significantly influences female adolescent behavior regarding self-esteem and body image, correlating this influence with the rise of restrictive anorexia. The methodology involves an integrative bibliographic review using databases like Google Scholar, Scielo, and LILACS to establish a connection between social media use and anorexia development in female adolescents. The research emphasizes the historical imposition of beauty standards and the intensified impact of contemporary media on body image.



The study underscores the profound influence of media, particularly social media, on shaping body ideals, noting a surge in eating disorders, especially anorexia, among female adolescents due to these influences. It discusses adolescence as a crucial period for susceptibility to external influences in conforming to societal standards and the consequent psychological and social impacts.

Additionally, it explores the construction of body image, emphasizing how societal perceptions and media representations contribute to an unrealistic pursuit of an ideal body, leading to dissatisfaction and harmful behaviors. The anorexia discussion delves into its psychological aspects, including fear of weight gain and distorted body image perception, connecting these traits with the contemporary cultural emphasis on extreme thinness.

Furthermore, the research investigates the role of social media, highlighting its power as a tool for disseminating specific body standards and creating an illusion of attainable perfection, perpetuating a cycle of dissatisfaction and disordered eating behaviors. It emphasizes the need for multidisciplinary research to not only analyze media influence but also strategize on addressing and mitigating its impact.

In conclusion, the study underscores the urgency for societal change, advocating for a collective effort to regulate media, curb the influence of unrealistic body standards propagated through various platforms, and promote healthier body image perceptions among adolescents. It highlights the responsibility of influencers and media industries in portraying realistic body images, calling for a shift in societal norms and attitudes toward body ideals.

**JOSHA'S conclusion:** The study effectively connects the dots between the societal obsession with extreme thinness, the distorted body images perpetuated by social media, and the increased prevalence of eating disorders among young women, considering not just psychological factors but also cultural, and historical influences. However, one area for potential improvement lies in the exploration of practical solutions or interventions. While the study effectively identifies the problem and its multifaceted influences, offering tangible strategies or recommendations for mitigating these influences could further strengthen its impact. Providing actionable steps for media regulation or guidelines for positive body image portrayal would enhance the study's applicability and relevance. Overall, this study serves as a valuable contribution to understanding the complex interplay between media, body image, and eating disorders among female adolescents. Its multidimensional approach and emphasis on societal responsibility make it a compelling and insightful piece of research.



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