



Goal of This research

- To understand that social media can have a direct relationship with how teens eat.
- To weigh the pros and cons of social media's impact on teens' eating habits and body image.
- To provide the information needed to identify media that may cause or worsen a teen's eating disorder.



Methods

- Research questions
- Literature review
- Case Study review
- Statistical analysis

Demographic

- U.S. Teenagers
- Male
- Female

Findings

What affects teenagers' eating habits?

- Eating habits are heavily impacted by an adolescent's environments such as school, friends, and now the internet.

What affects body image?

- Peers
- Media consumed
- Age
- Background
- Abuse

How social media makes this worse:

- Lack of regulation
- Promotes unrealistic beauty standards for young men and women
- Hard to discern what is real and what is not
- Promotion of unhealthy dieting

- There is strong evidence that social media has a negative impact on its users (Magner, 2018).
- I argue that because adolescents are experiencing a time in life of critical identity development, they are more likely to engage in social comparisons than older Adults (Magner, 2018).
- Participants who were never on the computer had significantly higher body image (Hogan).
- Social comparison has changed in the past few years because adolescents compared themselves to people around them; now they compare themselves to other people via photos with filters showing the best of people (Magner, 2018).
- People with mental health disorders are often preoccupied with thoughts of food and weight (Int J Environ Res Public Health, 2019).

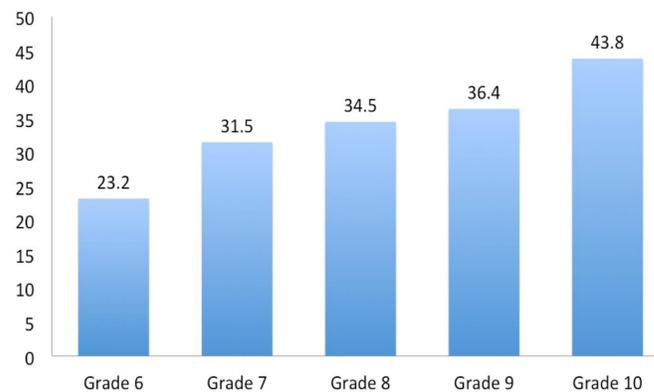
What can be done?

- Following pages that promote things such as self-love, recovery, encourage recovery and listening to your body (Cigna).
- Looking for social-support through family, good friends, and support groups.
- Avoiding pictures of food with inappropriate portions (Cigna).
- A new page might need to be made to create a new algorithm that does not show disordered content (Cigna).
- More regulation for social media platforms.

Research problems

- There is very little studies for young men compared to women.
- There are not very many studies that compare social media and eating habit.
- There is also not much information on intervention.

Percentage of Girls Grade 6-10 Who Rated Their Body Image As Too Fat



Do you think Instagram affects your body image?

YES
51%

NO
49%

References

- Melissa Harvey, Shelby Maniccia Wachtel, "Social Media Literacy and Eating Disorders."
- Sean R. Hogan PhD, "The Effect of Social Media on Body Image Among Adolescents."
- Melissa Magner, "Social Media's Effect on Mental Health: How America's Youth are More Vulnerable to its Negative Implications."
- Aparicio-Martinez, Pilar et al. "Social Media, Thin-Ideal, Body Dissatisfaction and Disordered Eating Attitudes: An Exploratory Analysis."