



# Social Media's Influence on Body Image

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## Introduction

The way we have perceived ourselves physically from social media has taken a negative effect. In recent research it has shown that among both young men and women have experienced how their physical self-worth, self-appearance, and emotional behaviors can be damaged by social media sites (Valentina et al. 2020). With this study showing how through various sites such as Facebook, Instagram, snapchat, etc. many people are feeling dissatisfied with their appearance. This study helps prove that many of the digital platforms people are using to connect and feel better are in fact having lower sense of physical appeal about themselves

Our purpose is to see how social medias impact on peoples interpersonal perception about themselves and see if they felt dissatisfied.

## Hypotheses

We predicted that social media had a effect with causing body dysmorphia.

## Method

### Participants

Our participants included 41 female and male students from Cypress College. Since we did not add any demographic questions, we are not able to provide the average percentage for each gender, as for age they ranged from 18 and onward.

### Measures

Our team used two different questionnaires' in our research. First we used Social Physique and Anxiety Scale (SPAS) (Hart, Leary, & Rejeski 1989), the survey contained twelve questions that measures the variable of the participants' satisfaction in their overall emotional response to their physical appearance in a negative outlook. The second questionnaire we used was the Body Image Control in Photos (BICP) (Pelosi A. et al.2014). Each of these questionnaires used the Likert Scaler for their response anchored from 1 (not at all characteristic of me) to 5 (extremely characteristic of me).

### Procedure

The participants were recruited from each members classes at Cypress College, the survey was done online and was completely anonymous, We added the informed consent in the beginning of the survey to inform them of the possible risks, discomforts, and any other important information. We had asked each student to answer each question to their best ability

## Results

Table 1

Bivariate Correlation for the five factors.

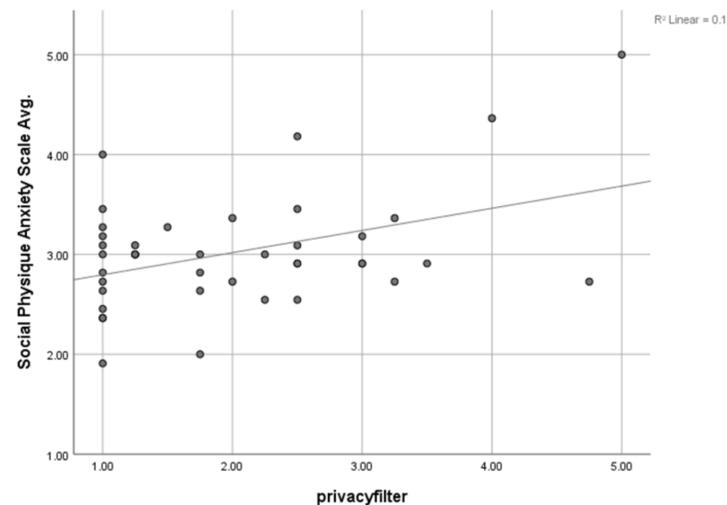
	N	Minimum	Maximum	M	SEM	
Social Physique Anxiety Scale Avg.	41	1.91	5.00	3.02	.09	
privacyfilter	41	1.00	5.00	2.02	.17	1
positiveBI	41	1.00	5.00	2.67	.13	
sexualattraction	41	1.00	5.00	1.88	.17	1
NegativeBI	41	1.17	5.00	2.43	.15	
selfierelated	41	1.00	5.00	2.69	.14	
Valid N (listwise)	41					

Note. Selfie related had similar likelihoods but the difference was not significant.

It is seen that privacy filter had a moderate correlation with our results, as privacy filters kept rising social anxiety will increase.

Graph 1

Scatterplot for Privacy Filter and SPAS.



Note. The relationship between SPAS and Privacy Filter, Privacy filter was moderate.

## Discussion

We found that within our participants answers that our results did not support our hypothesis. Our participants are not as effected by social media as predicted because they are secure about their looks. In contrast to our work, a previous study done by Anisha Khanna and Manoj Kumar Sharma (2017) indicated there were effects in their experiment. Our results have shown in be consistent with what has been found in past research.

### Limitations

We had limitations when it came to our study such as a lack of demographic knowledge of our participants, possible biases, and time sensitive gathering of results. If we conducted a similar study in the future we would add demographic knowledge to our questionnaire.

### Implications

Our findings taught us that within psychology theory it teaches us that people's behavior towards social media is not as negative as we claimed it would, though these are our current findings the results could possibly increase in the future. For future recommendations that would be best to include into this study would be to create a survey that would cover more areas among the participants such as time spent on social media.

## References

Khanna, A., & Sharma, M. K. (2017). Selfie use: The implications for psychopathology expression of body dysmorphic disorder. *Industrial psychiatry journal*, 26(1), 106–109. [https://doi.org/10.4103/ipj.ipj\\_58\\_17](https://doi.org/10.4103/ipj.ipj_58_17)

Valentina, Gioia, Griffiths, & D., M. (2020, January 20). Objectified Body Consciousness, Body Image Control in Photos, and Problematic Social Networking: The Role of Appearance