

@instagram + body image

“Both the human drive to express oneself and the drive to compare oneself can explain the enormous popularity of Social Networking Sites” (Bij de Vaate, Veldhuis, Konijn, 2019).

Michaela Welch

Instagram is most popular among the ages of 18-29, but adolescents use the app as well

(Cohen, Fardouley, Newton-John, Slater, 2019).

Adolescents, specifically girls are more vulnerable to influences by the media because they liken their own bodies with images from the media

(Kleemans, Daalman, Carbaat, Anschutz, 2018).

The effects of media messages depend on how the user interprets the message

(de Vries, Merthe, Wieringa, Eigenraam, Hamelink, 2018).

important!

Browsing social media has negative effects when users compare themselves and believe that they are worse off

(de Vries, Merthe, Wieringa, Eigenraam, Hamelink, 2018).

Spending more time on Instagram may be associated with higher self-objectification because of the importance it places on physical appearance

(Fardouley, Willburger, Vartanian 2018).

Brief exposure to body positive content on Instagram was associated with an increase in young women's positive mood and satisfaction.

Brief exposure to thin-ideal posts had a decrease in young women's positive mood and body satisfaction

(Cohen, Newton-John, Slater, 2019).

Self-representation on Instagram allows users agency and control over processing images to empower themselves. Users have the ability to free themselves of society's beauty standards.

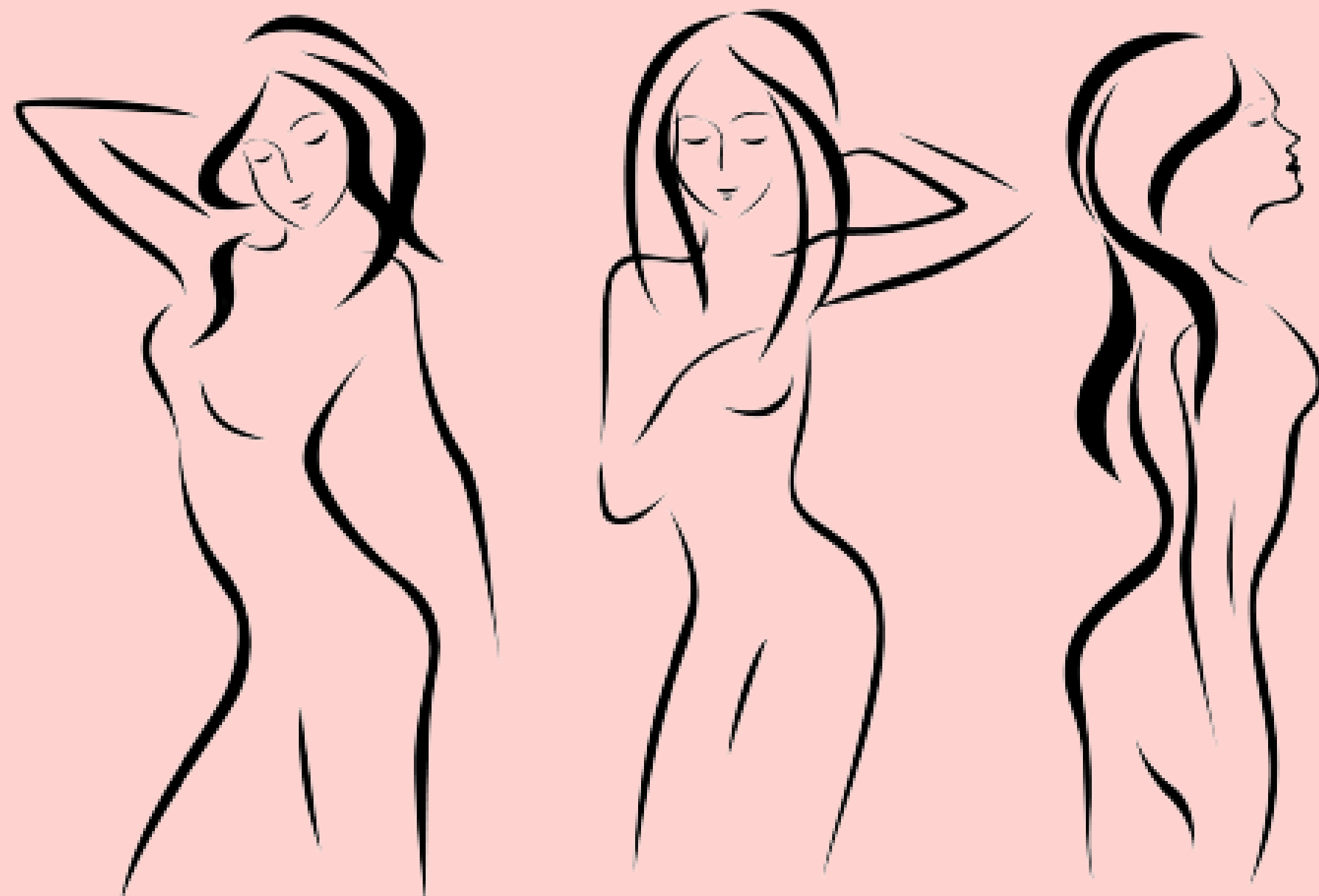
(Calderia, De Ridder 2017).

A recent study found that participants who had an Instagram account reported higher self-esteem than participants that did not have an account.

(Mackson, Brochu, Schneider, 2019).

So...what?

Instagram has negative and positive effects. How social media affects YOU depends on how YOU use it and how susceptible you are to comparing yourself to others. Try not to lurk; it can be harmful. Interact with your friends and family. Remember that everyone likes to present their best life. If you find yourself feeling negative emotions, log off and take a break.



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