

Why Adolescents Are Not Happy With Their Body Image?

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Abstract

Adolescent girls are highly aware of their appearance and invest significant cognitive and emotional resources in their relation with the physical body. A plethora of studies illustrate that in this developmental period, girls are over-concerned with weight and shape and are susceptible to adopt unhealthy appearance management strategies. The article aims to investigate characteristics of body image in adolescence as well as factors that contribute to body image dissatisfaction. We analyze the importance of appearance for adolescent girls by looking at its effects on self-esteem and at its role in social relations. We also focus on the mechanisms that shape the attitude toward body image by exploring how messages from media and significant others are received and internalized. Last, we analyze empirical data available for Romanian girls and suggest possible key areas for interventions

Keywords: adolescence, body image, thinness ideal, social relations