

Relationships of Body Image and Eating Attitudes with Sociodemographic, Psychologic and Nutritional Factors in University Students Attending First Classes

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Abstract

Senior Seminar students for their research project investigated, “Perceptions of college students on the effects of body image in today’s society.” In this study, student researchers focused on the way body image was exemplified amongst college students from five factors: 1) their mental development, 2) realistic fashion sense, 3) athletics, 4) nutrition, and 5) the physical wear and tear of its image. The study consisted of 100 individuals on the campus of The University of Arkansas at Pine Bluff who had given time and knowledge to the situation. Through a series of analyses on the surveys administered as well as a graphing, student researchers were able to connect the survey with their general assumptions and theories on the perspectives of body image. While researching, key concepts were identified which provided a better clarification of perspectives on the body’s image. Students who experienced the judgment of their body’s image were prone to being affected in each of the five brackets mentioned above. The five areas focused on were important in understanding just how a person was affected, and the stages they endured as well. The researchers observed that the image society displays as the perfect body is viewed through different lenses around campuses today. This topic was not only important to research, but also a step forward in building stronger confidence amongst growing individuals in college today.

Introduction

Jess S. Scott, author of multiple novels has described the body as “the best work of art.” The human anatomy is one of the most complex builds in the world today. With its ever fascinating and unique designs, it is needless to say that this system is the most well put together of all. The image we display both outside and inside account for a masterpiece. Just think of how different everyone is physically, but how similar we are structurally. The body is a study that will never be taken lightly. Throughout history, people have founded ways to display their body and all of its glory in the best way they know how. Clothing, art, and

many more things account for the outside glory that is displayed. The image that people spend hours perfecting is not only a masterpiece, but a craft that is special to themselves and their pride.

Introducing body image to any person can be both confusing and disappointing. Televisions, magazines, photo shoots, billboards, commercials, and many more sources account for the seemingly endless images that are displayed in references to a body's image. The amount of advertisements that surface to broadcast the diverse human body is what makes things that much more interesting. However, many have found themselves belittled, bashed, and confused on what it truly means to be happy with their body's image. The ability to be self-confident and accepting of the one thing that gives us encouragement is little to none in today's world. Who could think that the unique structure we carry with us day by day could be mistaken as a disappointment. True body image is not the ability to conform to the world's desires and standards of image, but to accept the beauty that is paired with uniqueness in one's self-features.

This capstone research project was an exploratory conductive study of the perceptions of college students on the effects of body image in today's society. The student researchers felt that the most attacked and effected group of individuals in today's society are college students. Through the transitioning time that college students are going through they often find themselves confused on who they are, what they want, and where they are going in their young lives. On top of the weight that is already upon their shoulders, they must be concerned with their outward image that is constantly judged, looked upon, and examined by their peers, elders, and many more. The open study and its effects on young minds will be examined through several key aspects that they believe are a priority in body image.

First, the mental development of college students when affected by body image will be detailed by finding out just how it takes a toll on their everyday thoughts and feelings. Secondly, the researchers want to exemplify just what it means to have a realistic yet fashionably popular body image by discovering the key components in clothing. Next, they would be remise in their abilities to note body image criticisms if they did not take into consideration the hard working student athletes. Of course, there are also the struggles with healthy eating, and day to day practices that many college students encounter. Lastly, the component of true effects may weigh on the physical health of these students in order to display the image they want. Each and every delicate topic is a battle that college students in their time of growth struggle with. It is all important that our study is conducted with the upmost respect and consideration of each unique individual.

Statement of the Problem

The rate of young individuals who face body image insecurities is large in number and constantly at growth. Advertisements highlight the joys of the perfect figure that everyone seeks. Members in society today are told that they are not at their full capacity until they have attained that dreamy body. But, what prices are we truly willing to pay just to add up to what society wants us to be like? The condition of our health and our mental development are at risk just so that we may be granted a body that is beyond expectations.

The true problem that our study is geared towards highlighting is the effects it takes on college students in today's society. The young, fruitful minds, are often hindered by the floods of nature's society. Development, reality, dietary confusion, and physical expectations are negatively impacted because of the

stereotypes that are placed in college students in today's society. The problem is evident in the growth of students and their ability to focus on who they are meant/want to be in life. Not reaching your full potential is a problem alone, but to be disgraced because of your image brings self-confidence down to a zero.

The hindrance of the mind and body's development in fault of society is corrupt to say the least. Entitled "Perceptions of college students on the effects of body image in today's society," the problems listed will be examined for further authentication through our elaborate research study on college campuses today. We want to highlight the ongoing issue that students in their developmental phase face on a daily basis. The problem is not the diversity of body images amongst students, but the unfair image that is pressed upon them at their influential age.

Purpose of Study

Research conducted should never be unnecessary and almost always meaningful in the betterment of the world and the way it works. The purpose of a study is to give a particular topic further knowledge so that it may increase in size and importance. Our study, "Perceptions of college students on the effects of body image in today's society," is not only purposeful but complimentary to the development of self-worth in today's society. The researchers chose this particular study so that they may be able to further investigate just how college students interpret the emotions associated with judgment of their body. It's one thing to administer the judgment of another person, but to receive it is an entire new field of study. If they can pinpoint exactly what it means to college students who undergo such judgment, it is hoped that they just may be able to turn society's perception of self-image around for good. Throughout this investigation, the researchers would like to not only highlight the aspects that make living through this time period difficult for college students but to also provide answers for the situations that they encounter everyday of their busy lives.

Significance of the Study

The study of the perceptions of body image has been detailed by many authors and researchers who want to know similar things that we do. The study conducted is important because it truly pinpoints the effects that individuals encounter at the expense of body image. Not only is the topic significant in the furtherance of understanding mind development, but also towards future concerns as well. As we raise the generations to come, it is important to instill in them the knowledge necessary to be successful in their society as well.

The study does not generalize its research, but narrows it down to college students who are typically in the younger stages of their lives. The importance of focusing on these individuals allows their feelings towards body image to be relevant in discussion. Lastly, they believe that the benefits that come with this study is that of a more open-minded thought process for the ones to come after them. Training the next generation to be happy, confident, and certain of the image they display with their body is all important in determining their future success. The ability to be a quality individual in society stems from the roots that created your persona, not your image.

Research Questions

1. How do the perceptions of body image in today's society effect college students?
2. What are the most important and detailed topics that highlight what college students encounter in relation to body image on and off campus?
3. Why does society limit individuals into believing that there is only one acceptable stereotype that your body must meet?

Review of Literature

The literature review of this research paper is a strong comparison of several articles and their opinions on the topic selected. These sources are believed to be the cornerstone of this study, and the basis of our argument. To begin, they reviewed the topic of the mental development that occurs through body image. In the journal article, "Body Image Concerns and Contingent Self Esteem in Male and Female Students," the author (Grossbard, 2017) studied dissatisfaction in body image with male and female college students. As college students, they understand that there are negative things about themselves that they do not like, which can lead to lack of self-esteem. Throughout this article, the author (Grossbard, 2017) found that "females reported higher levels of contingent self -esteem, and greater concerns about weight, and males have a great drive for muscularity" (p. 1).

Contingent self -esteem is based on the approval of others or social comparison. In the same article it was proven that female college students are affected more than college males when it comes to being accepted with body image. More females experience depression, bad eating or dieting habits, and mental health issues (Grossbard, 2017). "Moreover, a survey of college students had indicated 7.6% of females and 2.8% of males reported vomiting, taking laxatives, or diet pills to lose weight in the previous month (American College Health Association, 2006)" (p. 2). Gaining or losing weight to fit a popular body image is not healthy. Socio-cultural perspectives on body image propose that gender differences in body dissatisfaction likely represent different cultural standards for ideal body types. For most females being thin seems to be more attractive, and for males having muscles resemble power and success. Thoughts of not having a popular body image can cause mental confrontation, making a person feel like they will never fit the standard of having the perfect body.

Throughout their study, 359 first-year college students participated in a study assessing alcohol use and other health risk behaviors during their first-year in college. The participants completed a screening survey assessing alcohol use and completed a baseline survey. It was reported having poor self-esteem and a sense of low self-worth can result in emotional distress, which can prompt young people to seek a 'solution', such as changing/controlling their body image to attempt to feel better about their selves (Grossboard, 2017). "Thus, individuals with greater contingent self-esteem may view their physical appearance as most influential for their self-worth, compared to one who values the importance of academic success, power, or social acceptance" (p. 9). Conversely, an intense focus on body that is encouraged by media exposure can lead to a sense of self overly focused body image resulting in anxiety and depression.

Grossbard (2017) stated, "researchers have suggested utilizing self-determination theory as a framework for the development of interventions aimed at enhancing "true" self-esteem to reduce the

influence of external standards and expectations on one's sense of self-worth" (p. 9). College students face so much in today's society, and they may not always open up about it. It is important to make sure that they have someone in their corner to let them know change is fine, but they are also perfect the way they are.

With social media being at an all-time high, the things college students see and hear have a huge impact on the perspective they have. Mass media uses unrealistic images that send a powerful and explicit message: a message that students must sacrifice their health and even money to be considered attractive. According to the article "Photoshop: The Tool to Being Unrealistically Gorgeous" (Shen, 2015), men and women are held to different body standards. Mediocre images constantly reinforce a discrepancy between most people's actual size and the "ideal" body size. Magazine and beauty campaigns have been a powerful influence on self-satisfaction in appearance. Shen (2015) stated, "In today's commercial world, adjustment and digital manipulation have simply become an expectation, even as the public still continues to believe and demand that photographs represent the real" (p. 2). The people who are portrayed through certain beauty campaigns are referred to as direct representation of what society believes is beautiful.

The social comparison theory explains why images in the media are translated into body dissatisfaction in many women and even men. It examines why/how an individual examines themselves in comparison to others. Moreover, Shen (2015) stated, "It is easy to forget that regular men and women cannot be held to the same standard of maintaining strict diets, workouts, and even surgery" (p. 2). Television, advertisements, movies and other forms of media provide a plethora of references to make comparisons. What is outside the frame of a photo is commonly forgotten in the face of a beautiful image.

Cultivation theory also plays a part on how we may perceive ourselves in today's society. An author from the article "A Critical Analysis of Cultivation Theory" (Otter, 2014), indicated "the repetitive exposure we have to the images we see influence people's inability to recognize that such standards are unrealistic and that media's institutional practices shaped meanings in the mass production of messages that were then widely disseminated and thereby shaped public knowledge and beliefs over the long term" (p. 1016). People who watch television while indulging in other forms of mass media display greater dissatisfaction with their appearance. It is apparent that the true recognition of our beauty is sheltered through images displayed by media.

While the average student can attest to such problems, we would be wrong to neglect the college athlete. The perception of body image among college athletes is to be fit, muscular, and toned. The author of the article, "Dissatisfaction and Body Checking in Sports Scale: A New Measure for Athletes" (Fortes, 2017), explained the purpose of finding a psychological measurement of body image among student athletes. A sample size of over 1,197 athletes participated in an investigation to analyze the psychometric properties of the Dissatisfaction and Body Checking on a Sports Scale (DBCS). Results showed more positive relationship between the DBCS scale and Eating Attitude Test scores.

College athletes maintain their sport performance by training, weight lifting and therapy/yoga. They are consistently working on their craft by having intensive workouts, and lots of weight training. Fortes (2017) reported, "Trainers frequently require that their athletes improve their output during trainings and competitions. To a certain extent, the sports performance depends on the body morphology" (p. 110). These athletes are commonly stereotyped as toned, strong, and in-shape. Some athletes who have concerns about their weight can have issues with their body image. According to Fortes (2017), he explained "In that sense,

one can presuppose that the athletes demonstrate a “double” body image: one associated with the sports context and the other related to the general culture” (p. 111). It is shown that some athletes can struggle with their athletic body image and perceptions of how their bodies should be.

Even famous athletes like Serena Williams have received criticisms for not being built like the rest of her tennis peers. Due to the muscularity of her body, some people feel like she’s not the typical women’s tennis athlete. Ms. Williams has received countless body shaming comments over the course of her career while also facing obstacles like racism, and sexism. However, not all athletes have to look the same or obtain a certain look based on their sport.

The certain stereotypes college athletes have about themselves has changed the look through social media. General perceptions that we choose to place on athletes are outdated and say a lot about social media. Our author, Fortes (2017), recognizes “One important limitation for the use of these measures in athletes is that they have not been appropriately validated in the athletic population and, therefore, may not be suitable to analyze the body dissatisfaction in that audience” (p. 111). Stereotypes such as: basketball/football players being big and tall, baseball players that are slim and quick, and track athletes having muscles, long legs, and stamina are what narrows mindsets in today’s media. Social media can influence an athlete’s perception of how to train to mirror the body image in sight.

Nutrition, dietary guidelines, and weight are terms typically associated with the life sustaining substance known to mankind as food. The researchers believe that to live a healthy and encouraging life that one must take into account the food that is ingested as well. Countless sweets, fast-food eateries, alcoholic beverages are more than just a resource for college students, but a necessity. The convenience of these typically unhealthy habits is at an all-time high. The outward image is not taken into consideration until the aftermath of unsatisfactory images are displayed on their body’s surface.

The article, “Relationships of Body Image and Eating Attitudes with Sociodemographic, Psychologic and Nutritional Factors in University Students Attending First Classes,” by ÖZenoĖLu (2013), explored the true domain of college students and their viewpoints and practices of the ingestion of food. The study takes place on a college campus to get the most recent and knowledgeable student’s opinions on the subject matter at hand. ÖZenoĖLu (2013) stated, “In recent years, especially with the influence of media, eating disorders in young people, health problems caused by nutritional deficiency and imbalance have been increasing gradually” (p. 973). The ability to pinpoint practices of college students is displayed in the research to enhance our understanding of the issue.

The more students continue to struggle with what they are ingesting, the higher they are prone to be victims to health issues as well. The author goes on to state according to ÖZenoĖLu (2013), that “individuals who frequented pro-eating disorder sites had showed higher levels of body dissatisfaction and eating disturbance than a control group” (p. 973). Not only do these students have access to sites that support the disapproval of their body, they are also being told to deprive themselves of a nutritious meal. Proceeding towards further development the author concludes, “Inadequate; and unbalanced nutrition during adolescence not only affects physical performance, but also adversely affects mental health, cognitive functions and so the quality of life” (ÖZenoĖLu, 2013, p. 973).

Finally, ÖZenoĖLu (2013) found that “Dieting, body dissatisfaction, disordered eating and exercise behaviors are well documented among male and female university students worldwide” (p. 976). The

obsession to attain the perfect body image is forced down the throats of students instead of the promotion of living a healthy lifestyle. It is needless to say that students find themselves struggling every day to make the right food choices that will complement their body in more ways than one. The struggle continues for college students to find a nutritional balance that gives them happiness and confidence in their body's image.

Our final point of discussion includes the physical effects that body image places on college students. In the article "Social Media Use, Body Image, and Body Weight Status Comparison Between University Students With and Without Disordered Eating in University Putra Malaysia" (Eow & Gan, 2018), a break down on the physical aspect of college students on the effect from social media in today's society is studied. According to Eow and Gan (2018), "disordered eating, body dissatisfaction, and social media use are increasingly common among university students" (p. 129). Disordered eating was defined as fasting, dieting, binge eating, and laxative use. The reasoning behind this common issue is the ideal image that social media portrays on society. This issue has occurred due to the standards and expectations of social culture. The pressure from this area has affected our male and female college students due their approach of the issue. Eow and Gan (2018) have stated, "The general, individuals who develop eating concerns may consequently use more social media compared with those who do not" (pp. 130-131). It is crucial to understand the roles of body image, disordered eating, and social media used among university students due to the increasing prevalence rate.

From the article "Bones, body parts, and sex appeal: An analysis of #thinspiration images on popular social media" by Ghaznavi, & Taylor (2015), the authors present research of "#thinspiration" pictures which are visual images of the inspiration of being thin while promoting weight loss. Although it promotes weight loss, it has negative aspects of glorifying the dangers of eating disorder behaviors. This theory alone causes college students to have a negative condensation about their personal being. Social media has a cause and effect on body perceptions due to the way a person views themselves by its standards.

To conclude, this literature review has brought forth depictions of mental development, realistic fashions, student athletes, nutrition, and also eating disorders. The articles provided not only displayed the perceptions of college students on the effects of body image in today's society, but also highlighted the negligence to solutions that college students in today's world need.

Definition of Terms

Cultivation- the process of trying to acquire or develop a quality or skill.

Social media- websites and applications that enable users to create and share content or to participate in social networking.

Photo shop- alter (a photographic image) digitally using Photoshop image-editing software

Disordered eating (DE) - includes behaviors that are common features of eating disorders

Cognitive- is the mental action or process of acquiring knowledge and understanding through thoughts and experience, and the senses.

Thinspiration- the inspiration on being thin.

Methodology

The methods used to enhance a research study are what give it the substance necessary to be effective. First, the researchers reviewed several different validated sources that provided the background information necessary to explore our topic. Second, a series of questions were gathered to express exactly what we would like to study. The questions detail the perceptions of body image amongst college students in today's society. Next, the group created a survey to administer to 100 different individuals who were currently enrolled at a college campus. Their surveys were collected, analyzed, and assessed to benefit the study. Finally, the results will be discussed that will lead to a conclusion and better understanding of this study. It is hoped that the student researchers' methods will be clear, concise, and effective.

Population and sampling

The population of a research study consists of the participants who willingly chose to be a part of our study. The population for this study is defined as college students whose body images are affected by social media. With today's ever-changing society moving as fast as it is, we must always take into mind what our next generation is experiencing in their day to day exchanges. In reference to sampling, the researchers took a quantitative approach in ensuring quality results. The study took place on the campus of The University of Arkansas at Pine Bluff, with a student population of at least 2300. Clearly, a purposive focus was on the upper-class student population who had at least experienced one year on the college campus. With the assistance of 100 students, they were able to collect data and results on this particular campus.

Instrumentation

The instrumentation of this research study was a fifteen answer questionnaire.* A 15-itemed survey was designed from an infrastructure of supporting the topics that the researchers believed to affect college students (e.g., mental development, fashion, athletics, nutrition, and physical effects). These five topics were all sufficient enough to support the mass impact of social media on students today. The survey answers obtained may reveal the knowledge available to identify just how students think on this research study topic.

*See Appendix A.

Procedure and time frame

The procedure of the research study played a role in the effectiveness of our study. The researchers have gained knowledge only dating five years back. Reviews were recent and up to date with today's society. The study had begun March 1, 2018 and ended April 1, 2018. They had ample enough time to gain knowledge, conduct research, and draw conclusions on the research study in the time allotted. Their procedures provided no harm to any of the participants, and was simply a matter of opinion. If ever the participants would feel uncomfortable or neglectful to answering the questions presented in the study, they

were given the option for their survey to be destroyed and considered void in this study. A consent letter stating all such facts was provided.*

*See Appendix B.

Analysis plan

The analysis plan is described as the plan associated with determining the accuracy of the results. We have chosen to take on a quantitative approach in determining and breaking down the answer choices given to us by our study participants. A scale of “strongly agree, agree, disagree, strongly disagree, and N/A” were used for selection. Fifteen questions have been put together to answer the direct topic questions of mental development, realistic inputs, nutrition, student athletes, and also physical health. Each question was made relevant to one of these five topics to ensure that we stayed on task with what is most important throughout our research study. The effectiveness of the study is depicted from the answers given to us. We’ve decided to use a bar graph to ensure that the most popular selected answers were displayed. Our bar graph will highlight the unanimous answer choice chosen from each question on the survey administered to the participants. From these conclusions, we can merge together prior results and similar results to come up with answers from the study we have chosen to seek furtherance in.

Validity and reliability

Since our survey was not taken from another study we were tasked with creating a survey of our own. Having chosen the topic of “Perceptions of college students on the effects of body image in today’s society” we have decided to use a fifteen lined questionnaire to assist in gaining the necessary for results needed for evaluation. To test the validity and reliability of the questionnaire, we have all completed one ourselves to see just how similar our results are to the ones given to us by our participants. Graciously, the researchers can say with much confidence that their results concurred with that of the ones tested. Similar standpoints of body image, self-worth, and physical desires have made the survey more than reliable in conducting this research study. No questions were misinterpreted, nor were they misconstrued to change the outcome of the study. Our results were consistent with one another, as well as with the study that has been exemplified.

Assumptions

From the background information developed from this study we can assume that most college students endure similar problems in relation to our topic. The assumptions are as follows: college students will always struggle with the media’s perception of their image because of the constant images that are placed in front of them. The battle that college students experience with social media, their bodies, and health is an ongoing battle that needs a system to assist in getting their minds to more positively influential things.

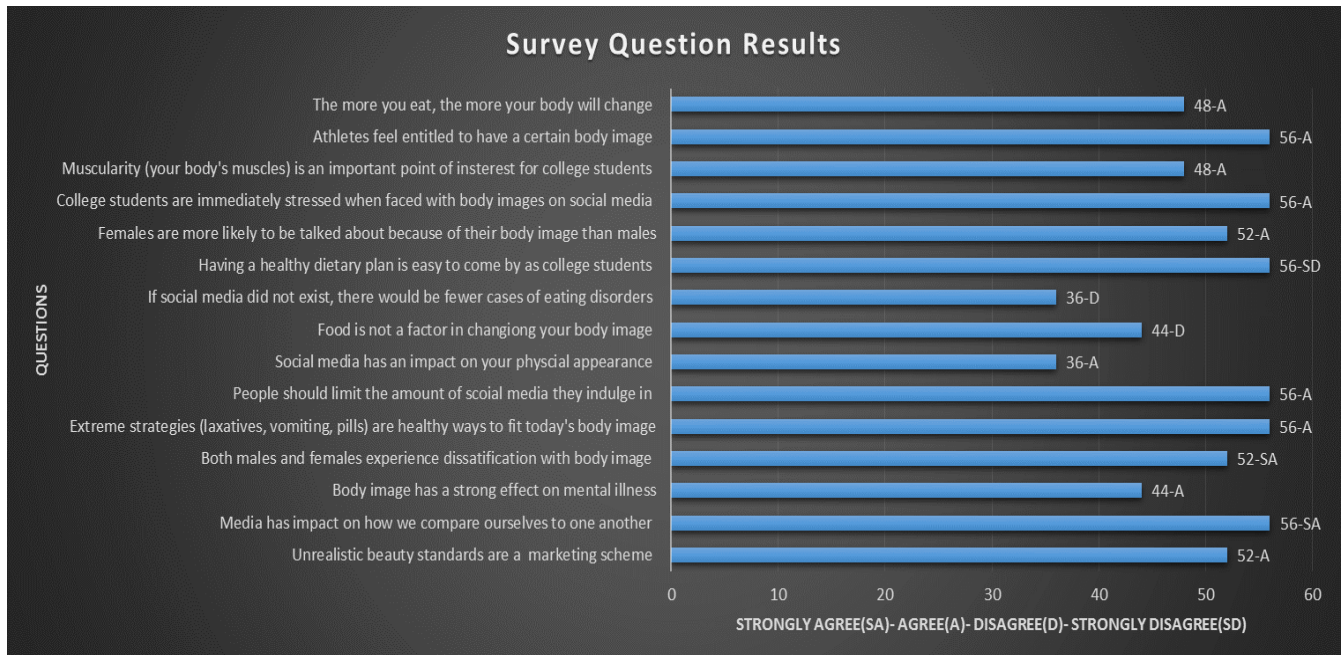
Scope and Limitations

The limitations of our study were as follows: the time frame in which our participants were studied, the amount of students surveyed as well as the campus population, the extent of research students could

perform on the individuals, the understanding of material presented to our participants, as well as the perception of these individuals on the topic presented. It is believed that the common factor in the limitations was the viewpoints of body image. No body’s image is perfect, and not one body is the same. Although the researchers had ideal aspirations of what they would like to appear as, neglecting one’s actual state of health is unnecessary in the perspective of physicality.

Results

Description of the sample



Analysis

The analysis of this study refers to five simple topics that were chosen to display the researchers’ interest in this study. Questions one, six, and seven all proved that social media has an effect on a person’s body image, while also highlighting that unrealistic body standards were goals for most college students. Questions two, three, four, and eleven proved that college students strongly agreed with the notion of social media impacting the comparison between student’s bodies which change the positive mental development of students. Although those survey questions indicated both dissatisfaction between males and females, it proved the female college students’ negative viewpoints of body image were far more developed than males. Questions five, nine, and twelve also believed that the disappearance of social media will not affect eating disorders and early sicknesses amongst college students. But, these questions also agree that stress of body image contributes to the development of extreme strategies to lose weight. Questions eight, ten, and fifteen all highlighted the importance of a healthy diet despite what social media believes, but also agrees on the statement of these meals being hard to attain. Finally, questions thirteen and fourteen proved that having a strong physique was important to college athletes on campus today.

Conclusions and Recommendations

The theory of college students and their perceptions of body image in today's society was a topic of great interest. The researchers spent much time and deliberation on the subject and believed that its significance was important. College students are consistently faced with new task daily that prove to be productive in the development of their minds. This study not only highlighted a growing issue amongst most students, but a necessity in self-development and esteem.

The study took place on the campus of The University of Arkansas at Pine Bluff. The researchers sampled 100 students on campus who have been on a college campus for at least one year. A consent letter and 15-question survey were administered to our willing participants to ensure accurate results. The time frame was one month, with special emphasis on reviews of the topic dating only four to five years back.

Results from our survey have concluded that college students, although picky in most subject matters, could all agree on the impact of social media in reference to body image. It was unanimous that unrealistic body standards were goals for most college students. Participants also indicated both dissatisfaction between males and females, but proved the female college students' negative viewpoints of body image to be far more developed than males. While the researchers thought that ridding the world of social media would be beneficial to physical health, the results revealed that the disappearance of social media will not affect eating disorders and early sicknesses amongst college students. The importance of a healthy diet is very important to college students but still remains hard to attain. Lastly, it was concluded that college athletes are at a constant battle with themselves and today's society continues to emphasize how their bodies should look.

In conclusion of this study, it was well indicated that body image is a well-known problem amongst college students and social media. Body shaming is real, disapproval is rapid, and unhealthy habits were results. Based on the results, this exploratory investigation of perceptions of college students on the effects of body image in today's society was successful and beneficial to the Senior Seminar students' knowledge.

Discussion

The findings of this study indicate the presence of social media on the impact of body image in today's society. The findings support existing theories in today's world of research. A connection was found between this study and studies presented earlier in the review. The reasoning of the student researchers' findings was due to the similarity between college students all around the world today. Although college students live in different locations and often times do not share similar views, majority still are of the same generation. The questions asked were relatable to the students and easily answerable as well. The reasoning of the results ending as such was a matter of opinion with our participants. The findings presented were structurally sound and key to the study.

Recommendations

The recommendations from this study are supported by the data and results. Actions should be taken in order to ensure proper development of college students today. More companies should aim to present a

more realistic body image that is relatable to everyone's body. Companies might even find themselves more successful if they relate to college students today. The researchers further also recommend that social media use should be turned down a few notches to ensure self-authenticity amongst the younger generation. In reference to our study, more campuses around the world should be surveyed to ensure relativity. The more students' opinions that are gathered, the more solutions are believed can be drawn from this research study. Future research is suggested.

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Appendix A

Dear Student,

Our names are Bridgette Jones, Kelsie Kelsey, Jatoya Thompson, Demetrius Thompson, and Miles Hawley. We are currently UAPB students from the department of Human Sciences enrolled in a Senior Seminar Course. We are writing a letter in request of your participation in our research. Our research topic: “Perceptions of college students on the effects of body image in today’s society” is the focus of our study. This survey will include 15 questions that are based on your personal experience and opinions. We have chosen you because we feel that you live the everyday life of a college student. Your involvement in class, social settings, and much more account for the testimonies of situations that relate to body image. With your approval, we are asking you to sign and date this letter, as well as include your major. It is with great importance that we stress your confidentiality in this survey. If ever you feel uncomfortable with the questions asked you have the option to discontinue the survey, and your answers will be discarded. The survey will immediately follow after your approval. Thank you for your time, consideration, and thoughts on a topic that we believe is important in today’s society.

Respectfully,

Human Sciences Senior Seminar Research Students

Signature _____

Date _____

Major _____

Appendix B

Survey Questions:

Perceptions of college students on the effects of body image in today's society.

Please circle the choice that your opinion best correlates with using the following scale:

- Strongly Agree (SA) Agree (A) Disagree (D) Strongly Disagree (SD) -

1. Unrealistic beauty standards are a marketing scheme.

SA A D SD N/A

2. Media has impact on how we compare ourselves to one another.

SA A D SD N/A

3. Body image has a strong effect on mental illness.

SA A D SD N/A

4. Both males and females experience dissatisfaction with body image.

SA A D SD N/A

5. Extreme strategies (laxatives, not eating, vomiting diet pills) are healthy ways to fit today's body image.

SA A D SD N/A

6. People should limit the amount of social media they indulge in.

SA A D SD N/A

7. Social media has an impact on your physical appearance.

SA A D SD N/A

8. Food is not a factor in changing your body image.

SA A D SD N/A

9. If social media did not exist, there would be fewer cases of eating disorders.

SA A D SD N/A

10. Having a healthy dietary plan is easy to come by as college students.

SA A D SD N/A

11. Females are more likely to be talked about because of their body image than males.

SA A D SD N/A

12. College students are immediately stressed when faced with body images on social media.

SA A D SD N/A

13. Muscularity (your body's muscles) is an important point of interest for college athletes.

SA A D SD N/A

14. Athletes feel entitled to have a certain body image.

SA A D SD N/A

15. The more you eat, the more your body will change.

SA A D SD N/A