Abstract
Adolescent development is a critical life-stage that research has seen as highly impressionable. This study focused on the amount of time spent on social media and how the adolescent's body image is being affected. This secondary analysis research gathered data from the Health Behavior in School-Aged Children survey from 2009-2010. The original study conducted it as a cross-national survey for students 5th through 10th grade and staff and faculty targeting health-related attitudes and behaviors. Social media was broken down into two categories: computer time and gaming time; as well as trichotomy time variables: no time, less than 3 hours, and 3 or more hours. Results of this study showed that more time spent with social media correlated with a lower body image score. Social media, with the right amount, has the potential to promote healthy lifestyles and behaviors and a positive body-image.

Literature Review
The combination of internalized body standards that are not healthy nor realistic puts adolescents at high risk in developing a negative body image (Salomon & Brown, 2019; Vandenbosch & Eggermont, 2016). When someone develops a negative body image they are more likely to develop symptoms of depression, anxiety, or eating disorders (Paraskeva et al., 2017; Vilhjalmsdottir et al., 2012).

Social Media, Body Image, and Adolescents
-Social Media enforces a cultural standard and ideal physical body type that is not only unobtainable but a depiction of perfection that is not rational to biological possibilities (Paraskeva et al., 2017; Salomon & Brown, 2019)

Body Image and Adolescents
-Adolescents are at a higher risk when they become dissatisfied with their body, negatively affecting their overall well-being (Salomon & Brown, 2019; Vilhjalmsdottir et al., 2012).

Gaps in Research
-Research has explored social media and other internet-based platforms but has not kept up with the advancing technologies and their societal effects.

Methods
-Participants who were never on the computer had significantly higher body image (M = 17.88, SD = 5.33) than study participants who were on the computer 3 or more hours (M = 16.76, SD = 21.55).

Participants who were on the computer less than 3 hours (M = 17.81, SD = 5.01) also had significantly higher body image than study participants who were on the computer for 3 or more hours.

Research Design: This secondary data analysis with a cross-sectional design due to the use of one specific measurement point. This study utilized the same set of data collected from the 314 schools included in the Health Behavior in School Aged Children’s design. This study’s sample size is 8,069 students of the 14,627 students from the original study.

Sampling Method: This study’s sample size was 8,069 students from the Health Behavior in School Aged Children, Inclusion criteria for the sample: full completed responses, body image, and media use questions, and demographic information.

Research Question:
What are the effects of social media on body image among adolescents?

Hypothesis:
It is hypothesized that social media has more negative than positive effects for adolescents about their overall body image. A part of these negative effects is impacted by peer judgment, cyberbullying, and unrealistic standards. Some benefits include peer support, connectivity, and community with social groups and role models, and aid in identity formation.

Results
-Participants who were never on the computer had significantly higher body image (M = 16.59, SD = 5.63) than study participants who played games less than 3 hours (M = 17.55, SD = 5.15).

-Participants who were never on the computer had significantly higher body image (M = 16.99, SD = 5.67) than participants who played games less than 3 hours.

-Participants who played games 3 or more hours also had a significantly lower body image (M = 16.75, SD = 5.5) than study participants who played games less than 3 hours (M = 17.55, SD = 5.15).

-Participants who never played games had significantly lower body image (M = 16.28, SD = 5.33) than study participants who played games less than 3 hours.

Body Image: Body image was self-reported from participants on a scale. 6 questions related to frustrated with appearance, satisfied with appearance, hate my body, feel comfortable with body, feel anger towards my body, and like appearance in spite of flaws.

Conclusion
-This research will add to the growing body of literature about the powerful effects of social media.

References


