



# Dissatisfaction With The Body



Body image issues have increased around the world over the past 30 years and affect not only young people but people of all ages. People who experience body dissatisfaction can tend to change their body shape, which can lead to unhealthy actions with food and exercise. These methods usually do not achieve the desired result (physically or mentally) and can lead to feelings of hopelessness, shame, and guilt, and ultimately increase the risk of eating disorders.

## ► Causes of dissatisfaction with the body ◀

When a person has negative thoughts and feelings about their body, dissatisfaction with the body may occur. Body dissatisfaction is an internal process but can be influenced by several external factors. For example, family, friends, acquaintances, teachers, and the media all influence how a person sees and feels about themselves and their appearance.

People who are in an appearance-oriented environment or people who receive negative feedback about their appearance are at risk for increased body dissatisfaction.

One of the most common external factors in body dissatisfaction is the media and, more recently, social media. People of all ages are bombarded with television, magazines, the Internet, and advertisements.



These images often promote unrealistic, unattainable, and highly subtle visual ideas created by stylists, art teams, and digital manipulators that are not accessible in real life. Those who feel that they do not measure in comparison to these images can experience severe dissatisfaction with the body that harms their mental and physical health.

While some aspects of your appearance may change, others, such as height, muscle composition, and bone structure, are genetically fixed. Challenging beauty ideals and learning to accept body shape is a fundamental step towards a positive body image.

While changing your true appearance may not have a positive effect, improving your body image is a constructive goal. We have the power to change the way we look at, feel and think about our bodies.