

Is beauty *really* in the eye of the beholder?

Chapter 8-Eating Disorders

• Exam 3-NEW Testing Period:

- April 12-19th
- Chapters 8 & 9

• CLASS OBJECTIVE:

- Can body image impact the development of eating disorders?

What is Body Image?

When you look in the mirror what do you see?

Do I Look FAT in This??

- I'd be happy if... _____
- _____ of women ages 18-35 believe they were fat
 - only _____ were medically overweight
- _____ of underweight women say that they are too fat.

Social Dimensions of Eating Disorders

- For many young women (especially) looking good is often more important than being healthy.
- Anorexia and Bulimia are the _____ of all psychological disorders.
- For many young women self-worth, happiness and success are determined largely by body measurements and body fat percentage.
 - This directly results _____

The Search for "BEAUTY"

Magazines have the ability to make an exaggerated form of the ideal seem like the norm.



The diet industry alone is worth \$100 BILLION a year in the United States.



How do we see ourselves?

- This modern emphasis on “extreme thinness” is a phenomenon

- Levine & Smolak (1996) refer to “the glorification of slenderness” in magazines and on TV, where the vast majority of females are thinner than the average American woman.

- Overweight men are 2-3 times more common as TV characters than overweight women.

How much influence can the media really have?

- Stice et al. (1994) established a strong relationship between the amount of

- Research also found that 3 minutes spent looking at a fashion magazine caused _____ of women to feel depressed, guilty and shameful.

- Also, girls who watched more than 8 hours of TV per week reported significantly greater body dissatisfaction than girls who watched less TV (Gonzalez, 1996).

Are we all guilty of this behavior?

Take the body image quiz...
Answer yes or no

1. Have you avoided sports or working out because you didn't want to be seen in gym clothes?
2. Does eating even a small amount of food make you feel fat?
3. Do you worry or obsess about your body not being small, thin or good enough?
4. Are you concerned your body is not muscular or strong enough?
5. Do you avoid wearing certain clothes because they make you feel fat?
6. Do you feel badly about yourself because you don't like your body?
7. Have you ever disliked your body?
8. Do you want to change something about your body?
9. Do you compare yourself to others and "come up short?"

Models by Era	Average Height and Weight
1950 & 1960's	
1970 & 1980's	
1990's- Today	

• These weights are 13 - 19% lower than the average North American woman

• There has been a dramatic increase in diet and exercise among women since the 1950's

• _____ expressed the desire to be thinner and 81% of ten-year-olds are "afraid of being fat."

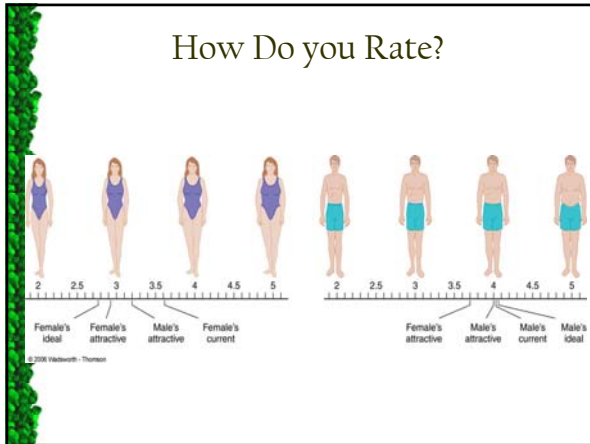
• _____ of female high school seniors wished to lose weight-30% report actively dieting.

- Males do not display the same behaviors- fewer than _____

Hold on ladies, the men might be right!
(when it comes to body perception)

• Fallon and Rozin (1985) found that men rated their current size, their ideal size and the size they believed to be most attractive to women as _____

- They rated their ideal weight as _____



How Do Women Self-Rate?

- Women rated their current figures as much _____
- The women's judgment of the ideal female body weight was less than the weight men thought was most attractive.
- Greenberg and Portman (1996) observed that young white males preferred a thinner figure than _____

Barbie has nothing on G.I Joe

- Research has shown a difference in the standards of male body perception...bigger is better.

Today's GI Joe

1970's GI Joe

Next Class...

- Anorexia and Bulimia