

Between Aspiration and Distress: A Study on Fitness Content, Weight Dissatisfaction, and Mental Health Outcomes on Social Media

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ABSTRACT

Aim of the Study: This study is about role of social media on body image and mental health. The aim of the study is to aware public about social media content that how influencers attract social media users through their filtered content and raise the standards of beauty.

Methodology: Quantitative research design is used in this research in which researcher conducted survey question from people of Rawalpindi in survey form, researchers survey from 108 people included male and female.

Findings: This research came to the result that social media affect users who follow more influencers and get influenced from that content. More of social media teenager, younger or also an adults dissatisfied with their existing appearance and start doing experiments to become thinner which lead to bad health and effect mental health.

Conclusion: The researchers concluded that mental health affected when users influenced from filtered bodies and feel dissatisfied with their own bodies. Social media have a power full impact on society .Through social media people connect with masses. Social media shows unrealistic beauty standards to society that cause negatively to users and lead them to body dissatisfaction and mental health. to get rid of this fake beauty standards we need to aware society or literate people about this beauty propaganda or stop sharing or watching this content and try to be realistic and simple as we are to make a society positive.

Keywords: Aspiration and Distress, Fitness Content, Weight Dissatisfaction, Mental Health, Social Media.

1. INTRODUCTION

Now, social media transformed the way of communication. In this era people communicate through social media platforms like Facebook, Twitter, Whatsapp, Instagram, Snapchat etc. where content is shared by users and perceived. These platforms are used daily or most of the time specially adolescents (Safdar, 2023; Hassan and Safdar, 2022). These platforms help to connect through text, images or videos etc. In

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social media every content which is shared have some message either its positive or negative, the point which we want to discuss is fake beauty standards who idealized public, or try to influence society or make a wrong perception of beauty, they set their fake beauty standard by using filters, or uploading edit photos or videos in which they look beautiful and attractive or shape and transformed public opinion about bodies and beauty. Which destroy a mental health of viewers or affect negatively on society?

There is a lot of researches on impact of social media on body image and mental health in which they explain how it can affect society but they cover all genders, groups and ages but this research basically follow impact of social media on adolescents that how social media bodies effect teenagers either it is in a positive side or negative. The researchers compare all social media platforms to figure out the more effected platform from which and how teenagers influenced either its heavy viewers or less viewers. Also the researcher want to literate a society that media content is fake or propagated (Syed et al, 2023; Khan et al., 2023; Fardouly, 2006).

Social Comparison Theory is relevant to my study role of social media impact on body image and mental health this theory explains how people compare themselves to others (Leon Festinger, 1954). On social media influencers show their life style and exposed to idealized images and appearances, which leads to upward comparison where individuals compare themselves to social media bodies as more attractive or successful (Mallarm, 2023). This type of comparison can create feelings of dissatisfaction, especially when users view their own body image as inferior. Such exposure can lead to unhealthy body perceptions in young users and lead to negative mental health outcomes, such as low self-esteem, anxiety, and depression.

Social media has become a part of our daily lives, where users continuously influence from social media bodies or want to become these. Social media is used by trillions of people included Facebook, twitter, Whatsapp, Instagram, Snapchat etc. (Jiotsaet , 2021) where a lot of content is uploaded by every individual which shape public opinion because know people though that ever information uploaded on social media is true or they have to follow it otherwise they are not acceptable in society. There is a lot of other content on social media like entertainment, informative content like news or current happenings but it become challenging then is reached to beauty standards.

Every time we saw content on social media in a form of pictures and videos shown perfect or eye catchy or attract viewers but we forget that these pictures are edited or filtered to make which is not possible in real lives or most of this content is watched by teenagers who influenced most or they try to look like these fake generated bodies which are most possible in real life (Jiotsaet, 2021; Shabir et al., 2015; Shabir et al., 2014). In this study researcher come to the point that the user who watch more social media influenced more from social media bodies or have negative impact on their bodies and mental health. They feel worthless, lower self-esteem or cause anxiety and depression.

Social media bodies influence social media user through their filtered content or promote fake beauty standards or distract viewers or lead them to anxiety, depression low self-esteem (Boima, 2024; Shabir et al., 2014a). On social media every individual shape opinion of others by their content which is set through a specific propaganda or try to change values of beauty or reality and simplicity to modern or filtered life. This propaganda is only done through social media platforms by setting beauty standards.

The researcher explores how powerful social media content is that they totally change their opinion or transform them and they start demanding bodies like starts which are also fake. The researcher focuses that how social media content destroy mental health of adolescents and they want these flawless bodies which is not possible in real and effect negatively to their life. Now we cannot get out from social media because it became a part of our life like eating meal. Those people who do not use social media or follow trends are not acceptable in society which destroys social norms and values. Social media connect people globally but at the same time they finished social gatherings know people only chat on digital media shared pictures and did live calls and never met months or thought we are connected but it's not like that. Social media promote un realistic beauty standards to society through their content of influence them ,this

increase pressure to society to look perfect which lead a person to body dissatisfaction or self-comparison, anxiety and depression. The researcher discusses how this fake standards pressurize teenagers to change their appearance.

2. LITERATURE REVIEW

Jiotsaet al., (2021) In this article the researchers investigated that how people influenced from social media bodies and compare their selves with them or change their diet to become thinner. The researchers chose a general public around 131 aged 15-35 and 193 patients those who suffer from eating disorder. The researcher did online questionnaire on social media and reached to that result that people are not satisfied with their physical appearance because they daily saw thin people on social media and want to become like these or start following diet plan or cause many diseases. So the researchers concluded that by using more of social media teenager, younger or also adults dissatisfied with their existing appearance and start doing experiments to become thinner which lead to bad health.

Martinez et al., (2019) the researchers conducted a research to examine whether the eating disorder caused by social media and any other reason. The researchers adopted quantitative research and survey was conducted to collect the data from the target public. Sample of the study was (n=168) people who were regular user of the social media and analyze data through using chi-square and come to result that disorder eating linked with self-esteem, people influenced with social media bodies and desired to achieve that bodies also. The study was concluded that majority of the respondents found eating disorders due to the heavy social media use. Also results showed that respondents were concisions to reduce their wait and shape body image.

Fardouly, et al.,(2006) The researcher introduce about laws and policies related to social media and try to protect society from harming users mental health. The researcher guide about policies and regulation and research recommendations to try to mitigate the risk of social media to users' body image and vulnerability to eating disorders. The researcher try to stop this type of content which is harmful for users and lead to body dissatisfaction .The researcher guide about policy and researchers to drive positive change within social media and recommend to do more researches and awareness to society so people never hitched to disorder eating

Mallarm M et al.,(2023) The researcher discuss the psychosocial outcomes associated with body on social media they try to find out the strategies that can reduce the harms of social media on adolescent mental health and discusses strategies to reduce risks associated with social media use. They conclude that there is a strong need to conduct further research identifying optimal approaches to reduce the harms of social media for adolescent body image and eating behavior.

Mazzeo et al (2024) in this research the researcher determine the impact of eating disorders behavior occurrence. The researcher examine personal perspectives and experiences regarding body image, based on phenomenological one-on-one interviews with 13 active women participants between the ages of 18 and 49 and come to result that females believe that social media affects body image in both positive and negative ways they conclude that psychological factors are affected when users interact within a sphere of optimized ideals and feel dissatisfaction with their own bodies.

Boima, (2024) the researcher said that social media tell us what to eat, when to eat and how to eat to look smarter and attractive and make boundaries. On social media they make an ideal body from which people influenced, eating habits of youth have become unpredictable or resulting in various physical and mental health issues. They use the quantitative survey method with qualitative data of open-ended opinions in the survey and in-depth online comments collected exploring the knowledge about the commercial objects of the Facebook's operations through user data commodification and advertising, they collected data through an online survey and online data on Facebook or collect data from sharing in Facebook and Whatapp groups and proved that eating disorders are associated with nutritional problems. They survey from

women and proved that women are more involve in eating disorders, body dissatisfaction, negative body image, and weight concerns.

In this article the researcher research that how body dissatisfaction increase among teenage girls more than boys by using social media ,how social media objectify images of bodies or influenced teenagers or disturb their mental health. In west Australia the researcher did in depth interviews from teenagers aged 14-17 they interview from 24 people. The researcher come to result that body image as a major concerned and conclude that people compare their selves with viewing images on social media and teenagers try to change their body to look like celebrities. The message of this research is to educate or aware youth on body image that these are not exist in realities and emphasized on social platforms or use strategies to promote attractive body image to distract users.

Weinstock et al. (2024) in this article the researcher research about the relationship of body image, perceiving platform and eating disorder. Eating disorders cause health issue and disturb quality of life. In this article the researcher research on females who are medical students. They survey from 777 females in a form of questionnaire. The researcher find a co relation with these three things mentioned in start ad aware these students about social media body ideals so these people never came in this scheme and save their health or life and help them seek timely medical help.

In this study the researcher investigated the relationship between commonly used social media platforms, eating disorder and body ideals. The researcher did an online questionnaire survey from 16-19 age teenagers who include 53% girls and 47% boys and come to the result that eating disorders are most common in girls they conclude that girls attract to thin bodies and boys attract to muscular bodies. The researcher fined that girls used more of social media and attract with body images instead of boys. The results illustrate that there is a need to keep addressing the risks of social media use in teenagers.

Dahlgren et al. (2024) this study aimed to determine how body dissatisfaction and social media use influenced the risk of developing eating disorders among adolescents. The researchers determine the influence of body dissatisfaction and social media usage on the risk of developing eating disorders. The researcher conducted survey across 12 schools in Almería, Spain, involving 605 students aged 12 to 17 years in Compulsory Secondary Education. The sample includes 48.42% females and 51.52% males. Cross-tabulation tables were created to examine the relationship between sex, age, and the risk of developing eating disorders, followed by a two-factor ANOVA with eating disorder risk as the dependent variable. The results shows that 29.3% of participants suffering from an eating disorder. The study concluded that self-perceived body image, influenced by social media content, plays a crucial role in adolescents' risk of developing eating disorders. The finding highlighted the importance of early interventions to promote self-esteem and a well-rounded self-image that prioritizes personal qualities over physical appearance.

2.1 Theoretical Framework

Social comparison theory suggests that people value their personal and social worth by assessing how they compare to others. First introduced in 1954, this psychological theory describes the comparison processes people utilize to evaluate their actions, accomplishments, and opinions in contrast to those of other people.

The theory explains how individuals evaluate their opinions and abilities by comparing themselves to others to reduce uncertainty in these domains and learn how to define the self. Comparing oneself to others socially is a form of measurement and self-assessment to identify where an individual stands according to their own set of standards and emotions about themselves. Research began to focus on social comparison as a way of self-enhancement, introducing the concepts of downward and upward comparisons and expanding the motivations of social comparisons. The social comparison theory is the belief that media influence, social status, and other forms of competitiveness can affect our self-esteem and mood. This can affect individuals' outlook on themselves and how they fit in with others.

Social Comparison Theory is relevant to the role of social media impact on body image and mental health because it explains how people comparing themselves to others. On social media, users show their life style and exposed to idealized images and appearances, which leads to upward comparison where individuals compare themselves to social media bodies as more attractive or successful. This type of comparison can create feelings of dissatisfaction, especially when users view their own body image as inferior. Such exposure can lead to unhealthy body perceptions in young users and lead to negative mental health outcomes, such as low self-esteem, anxiety, and depression.

3. RESEARCH METHODOLOGY

3.1 Research Design

The method which I used for my research is quantitative method. In which I make a questionnaire to conduct data from audience. In my research I want to figure out the result in numbers so i chose quantitative method to collect data.

3.2 Population

The population for my research is Rawalpindi, I chose city Rawalpindi from where I collect data for my research. I chose an area of Rawalpindi 6th road commercial market Rawalpindi Women University from where I conduct survey in a form of questionnaire.

3.3 Sample Frame

I chose general public for my research; I select people from aged 18-32 of Rawalpindi both male and female.

3.4 Sample Size and Technique

I collect data from 108 people, participants aged 18-32 .I use probability method to choose participants In which participants are chose randomly through, this everyone individual can get chance of being included.

3.5 Data Collection Tool

I used self-design questionnaire for my survey. My survey based on likert scale system which based on two parts one is about respondents details and second one have questions

3.6 Data Analysis Technique

Statistical package for the social science SPSS was used to analyze and interpretate a data. I put output of survey in SPSS sheet or analyze data and made tables.

4. RESULTS

Table 1: Respondents Information

Sr.	Demographics of Respondents	Responses	f	%
1	Gender	Male	14	13
		female	94	87
2	Age	18-22	40	37.0
		23-27	53	49.1
		28-32	15	13.9
3	Qualification	Matric or below	3	2.8
		Intermediate	10	9.3
		Graduation	64	59.3
		Masters	25	23.1
		Above master	6	5.6

4	Which application you used more	Facebook	8	7.4
		YouTube	25	23.1
		Instagram	46	42.6
		TikTok	24	22.2
		Snapchat	5	4.6
5	How much time you spent on mobile	1-2 hours	21	19.4
		2-3 hours	87	80.6
		4 hours or more	0	0.0
6	From how many years you are using social media	1 year	3	2.8
		2 year	10	9.3
		3 year	12	11.1
		4 year	26	24.1
		5 years or more	57	52.8

Table 2: Independent variable (Social media)

Sr.	Questions	Options	f	%	M	SD
1	I spend more time on social media than I intend to.	Strongly disagree	6	5.6	3.66	.968
		Disagree	3	28		
		Neutral	30	27.8		
		Agree	52	48.1		
		Strongly agree	17	15.7		
2	I feel anxious or stressed when I am not able to access social media.	Strongly disagree	3	1.9	3.71	.821
		Disagree	2	4.6		
		Neutral	20	26.9		
		Agree	63	53.7		
		Strongly agree	20	13.0		
3	Social media helps me stay informed and educated about important topics	Strongly disagree	2	2.8	3.88	.828
		Disagree	5	1.9		
		Neutral	29	18.5		
		Agree	58	58.3		
		Strongly agree	14	18.5		
4	Social media provides me with a sense of community and belonging.	Strongly disagree	2	1.9	3.90	.785
		Disagree	2	1.9		
		Neutral	21	19.4		
		Agree	63	58.3		
		Strongly agree	20	18.5		
5	I often compare myself to others on social media.	Strongly disagree	9	8.3	3.50	1.098
		Disagree	7	6.5		
		Neutral	30	27.8		
		Agree	45	41.7		
		Strongly agree	17	15.7		

I spend more time on social media than I intend to,” the majority of respondents (48.1%) agreed, followed by 27.8% who remained neutral, and 15.7% who strongly agreed. A smaller proportion disagreed (5.6%) or strongly disagreed (1.9%). The mean score for this question was 3.66, with a standard deviation of 0.968.

I feel anxious or stressed when I am not able to access social media,” over half of the participants (53.7%) agreed, while 26.9% were neutral. Only 4.6% disagreed, and 1.9% strongly disagreed. The mean score was slightly higher at 3.71, with a standard deviation of 0.821.

Social media helps me stay informed and educated about important topics,” the majority of respondents agreed (58.3%), with 18.5% strongly agreeing and 18.5% remaining neutral. A smaller percentage disagreed (2.8%) or strongly disagreed (1.9%). The mean score was 3.88, with a standard deviation of 0.828.

Social media provides me with a sense of community and belonging,” 58.3% agreed, and 18.5% strongly agreed. About 19.4% were neutral, while only 1.9% disagreed and 1.9% strongly disagreed. The mean score was slightly higher at 3.90, with a standard deviation of 0.785.

I often compare myself to others on social media,” 41.7% of participants agreed, 15.7% strongly agreed, and 27.8% remained neutral. Meanwhile, 6.5% disagreed, and 8.3% strongly disagreed. The mean score was 3.50, with a standard deviation of 1.098.

Table 3: *Dependent variable (Fitness and health influencers)*

Sr.	Questions	Options	f	%	M	SD
1	Fitness influencers inspire me to adopt healthier habits.	Strongly disagree	5	4.6	3.63	.968
		Disagree	2	1.9		
		Neutral	29	26.9		
		Agree	59	54.6		
		Strongly agree	12	11.1		
2	Fitness influencers inspire me to adopt healthier habits.	Strongly disagree	3	2.8	3.79	.774
		Disagree	1	.9		
		Neutral	25	23.1		
		Agree	66	61.1		
		Strongly agree	13	12.0		
3	I follow workout routines shared by fitness influencers.	Strongly disagree	3	2.8	3.53	.942
		Disagree	10	9.3		
		Neutral	37	34.3		
		Agree	43	39.8		
		Strongly agree	15	13.9		
4	Comparing my-self to fitness influencers negatively impacts my body image.	Strongly disagree	6	5.6	3.46	1.018
		Disagree	10	9.3		
		Neutral	34	31.5		
		Agree	44	40.7		
		Strongly agree	14	13.0		

Fitness influencers inspire me to adopt healthier habits,” 54.6% agreed, while 11.1% strongly agreed. A smaller portion remained neutral (26.9%), disagreed (1.9%), or strongly disagreed (4.6%). The mean score was 3.63, with a standard deviation of 0.968.

Fitness influencers inspire me to adopt healthier habits,” a majority agreed (61.1%), followed by 12.0% who strongly agreed and 23.1% who were neutral. Only 0.9% disagreed, and 2.8% strongly disagreed. The mean score was 3.79, with a standard deviation of 0.774.

I follow workout routines shared by fitness influencers,” 39.8% agreed, 13.9% strongly agreed, and 34.3% were neutral. Disagreement was noted by 9.3%, while 2.8% strongly disagreed. The mean score was 3.53, with a standard deviation of 0.942.

“Comparing Me to fitness influencers negatively impacts my body image,” 40.7% agreed, 13.0% strongly agreed, and 31.5% were neutral. A smaller proportion disagreed (9.3%) or strongly disagreed (5.6%). The mean score was 3.46, with a standard deviation of 1.018.

Table 4: Low Self-esteem

Sr.	Questions	Options	<i>f</i>	%	M	SD
1	I feel like I am not as good as others.	Strongly disagree	5	4.6	3.55	.980
		Disagree	10	9.3		
		Neutral	57	25.0		
		Agree	53	49.1		
		Strongly agree	13	12.0		
2	I often focus on my flaws rather than my strengths.	Strongly disagree	3	2.8	3.63	.892
		Disagree	6	5.6		
		Neutral	34	31.5		
		Agree	50	46.3		
		Strongly agree	15	13.0		
3	I frequently compare myself to others and feel I don't measure up.	Strongly disagree	6	4.6	3.45	.970
		Disagree	10	9.3		
		Neutral	36	33.3		
		Agree	45	41.7		
		Strongly agree	12	11.1		
4	I feel worthless or insignificant.	Strongly disagree	5	3.7	3.64	1.018
		Disagree	6	5.6		
		Neutral	40	37.0		
		Agree	33	30.6		
		Strongly agree	25	23.1		

Table 5: Self-comparison

Sr.	Questions	Options	<i>f</i>	%	M	SD
1	When I see someone who is more successful, I feel less confident in myself.	Strongly disagree	5	4.6	3.58	1.033
		Disagree	8	7.4		
		Neutral	35	32.4		
		Agree	39	36.1		
		Strongly agree	21	19.4		
2	Seeing others' lives on social media makes me feel less satisfied with my own.	Strongly disagree	5	4.6	4.00	1.111
		Disagree	5	4.6		
		Neutral	21	19.4		
		Agree	31	28.7		
		Strongly agree	46	42.6		
3	I often compare myself to others to see how I measure up.	Strongly disagree	2	1.9	4.07	.964
		Disagree	3	2.8		
		Neutral	25	23.1		
		Agree	33	30.6		
		Strongly agree	45	41.7		
4	Self-comparison often makes me feel stressed or anxious.	Strongly disagree	2	1.9	3.97	.932
		Disagree	2	1.9		
		Neutral	30	27.8		
		Agree	37	34.3		
		Strongly agree	37	34.3		

Table 6: *Wight Dissatisfaction*

Sr.	Questions	Options	<i>f</i>	%	M	SD
1	I am dissatisfied with my current weight.	Strongly disagree	1	.9	3.95	.921
		Disagree	5	4.6		
		Neutral	27	25.0		
		Agree	40	37.0		
		Strongly agree	35	32.4		
2	I feel ashamed or embarrassed about my weight	Strongly disagree	2	1.9	4.01	1.046
		Disagree	9	8.3		
		Neutral	19	17.6		
		Agree	34	31.5		
		Strongly agree	44	40.7		
3	I frequently think about dieting or losing weight to improve my appearance	Strongly disagree	3	2.8	4.05	.946
		Disagree	3	2.8		
		Neutral	18	16.7		
		Agree	45	41.7		
		Strongly agree	39	36.1		
4	I feel pressured by society or media to lose weight.	Strongly disagree	4	3.7	4.12	1.057
		Disagree	5	4.6		
		Neutral	15	13.9		
		Agree	34	31.5		
		Strongly agree	50	46.3		

Table 7: *Self-objectification*

Sr.	Questions	Options	<i>f</i>	%	M	SD
1	How my body looks is more important to me than what it can do.	Strongly disagree	1	.9	3.80	.818
		Disagree	3	2.8		
		Neutral	34	31.5		
		Agree	49	45.4		
		Strongly agree	21	19.4		
2	I care more about the appearance of my body than its health or strength.	Strongly disagree	3	2.8	3.93	.904
		Disagree	1	.9		
		Neutral	27	25.0		
		Agree	47	43.5		
		Strongly agree	30	27.8		
3	I feel anxious when I think my body does not meet societal standards.	Strongly disagree	3	2.8	4.01	.981
		Disagree	3	2.8		
		Neutral	24	22.2		
		Agree	38	35.2		
		Strongly agree	40	37.0		

How my body looks is more important to me than what it can do, mean score of 3.80 and a standard deviation of 0.818. Among the participants, 45.4% agreed, and 19.4% strongly agreed. Neutral responses accounted for 31.5%, while smaller percentages disagreed 2.8% or strongly disagreed.

I care more about the appearance of my body than its health or strength,” mean score of 3.93 and a standard deviation of 0.904. Of the respondents, 43.5% agreed, and 27.8% strongly agreed. Neutral responses made up 25%, with 2.8% disagreeing and 1% strongly disagreeing.

I feel anxious when I think my body does not meet societal standards,” yielded the highest mean score of 4.01 and a standard deviation of 0.981. A majority of participants strongly agreed (37%) or agreed (35.2%), while 22.2% were neutral. Smaller percentages disagreed (2.8%) or strongly disagreed (2.8%).

Table 8: *Dependent variable (Depression and anxiety)*

Sr.	Questions	Options	f	%	M	SD
1	I often feel nervous, anxious, or on edge.	Strongly disagree	2	1.9	4.08	.939
		Disagree	2	1.9		
		Neutral	25	23.1		
		Agree	35	32.4		
		Strongly agree	35	40.7		
2	I feel uneasy or restless, even in calm situations.	Strongly disagree	2	1.9	4.13	.918
		Disagree	4	3.7		
		Neutral	15	13.9		
		Agree	44	40.7		
		Strongly agree	43	39.8		
3	My feelings of depression or anxiety interfere with my ability to enjoy daily activities or complete tasks.	Strongly disagree	2	1.9	4.05	.931
		Disagree	3	2.8		
		Neutral	23	21.3		
		Agree	40	37.0		
		Strongly agree	40	37.0		
4	I find it difficult to control my worry or anxiety.	Strongly disagree	2	1.9	4.06	.899
		Disagree	1	.9		
		Neutral	25	23.1		
		Agree	40	37.0		
		Strongly agree	40	37.0		

I often feel nervous, anxious, or on edge, mean score of 4.08 and a standard deviation of 0.939. participants, 40.7% strongly agreed, and 32.4% agreed, while 23.1% were neutral. Smaller percentages disagreed 1.9% or strongly disagreed.

I feel uneasy or restless, even in calm situations,” mean score of 4.13 and a standard deviation of 0.918. Responses showed that 40.7% strongly agreed, and 39.8% agreed. Neutral responses accounted for 13.9%, while 3.7% disagreed and 1.9% strongly disagreed.

My feelings of depression or anxiety interfere with my ability to enjoy daily activities or complete tasks,” mean score of 4.05 with a standard deviation of 0.931. Respondents, 37% strongly agreed, and 37% agreed. Neutral responses accounted for 21.3%, while smaller percentages disagreed (2.8%) or strongly disagreed.

I find it difficult to control my worry or anxiety, means 4.06 and a standard deviation of 0.899. Similarly, 37% strongly agreed, and 37% agreed. Neutral responses made up 23.1%, with smaller percentages disagreeing (0.9%) or strongly disagreeing.

Table 9: *Resilience and copy mechanism*

Sr.	Questions	Options	f	%	M	SD
1	I believe that challenges help me grow and become stronger	Strongly disagree	3	2.8	3.94	.830
		Disagree	1	.9		
		Neutral	19	17.6		
		Agree	61	56.5		
		Strongly agree	24	22.2		
2	I tend to focus on the positive aspects of difficult situations.	Strongly disagree	2	1.9	3.96	.819
		Disagree	2	1.9		

		Neutral	20	18.5		
		Agree	58	53.7		
		Strongly agree	26	24.1		
3	I avoid or distract myself from stress by engaging in activities I enjoy (e.g., hobbies, exercise).	Strongly disagree	1	.9		
		Disagree	2	1.9		
		Neutral	23	21.3	3.96	.784
		Agree	56	51.9		
		Strongly agree	26	24.1		

The result of my survey question of I believe that challenges help me grow and become stronger, answer 3.94, standard deviation of 0.830. 55.5% agreed, and 22.2% strongly agreed, while 17.6% were neutral, and smaller percentages disagreed or strongly disagreed.

I tend to focus on the positive aspects of difficult situations, 3.96, standard deviation of 0.819. A total of 53.7% agreed, and 21.3% strongly agreed. Neutral for 18.5%, while 3.7% disagreed and 1.9% strongly disagreed.

I avoid or distract myself from stress by engaging in activities I enjoy (e.g., hobbies, exercise), and 3.96 and a standard deviation of 0.784. 51.9% agreed, and 24.1% strongly agreed. Neutral responses constituted 21.1%, smaller disagree or strongly disagree.

Table 10: Emotional regulation and mood

Sr.	Questions	Options	f	%	M	SD
1	When I feel angry, I can calm myself down quickly.	Strongly disagree	2	2.8		
		Disagree	2	.9		
		Neutral	30	17.6	3.87	.866
		Agree	48	56.5		
		Strongly agree	26	22.2		
2	I am able to control my emotions even when I am upset.	Strongly disagree	3	1.9		
		Disagree	3	1.9		
		Neutral	27	18.5	3.81	.880
		Agree	54	53.7		
		Strongly agree	21	24.1		
3	When I feel sad or upset, I have strategies to improve my mood.	Strongly disagree	4	.9		
		Disagree	17	1.9		
		Neutral	61	21.3	4.01	.743
		Agree	21	51.9		
		Strongly agree	26	24.1		

The result of my survey question of when I feel angry, I can calm myself down quickly answer 3.87 and a standard deviation of 0.866. 56.5% agreed, and 19.6% strongly agreed, while 22.2% were neutral. A smaller percentage disagreed 1.9% or strongly disagreed.

I am able to control my emotions even when I am upset answer 3.81 and a standard deviation of 0.880. Respondents, 54% agreed, and 21% strongly agreed. Neutral responses accounted for 18.5%, with 4% disagreeing and 2% strongly disagree.

When I feel sad or upset, I have strategies to improve my mood, answer is 4.01 and the lowest standard deviation of 0.743. Respondents agreed 51.9% or strongly agreed 24.1%, while 21.3% were neutral. A small percentage disagreed 1.9% or strongly disagreed.

5. DISCUSSION

In this article the researcher research on social media impact on body image and mental health. Now it's important to aware viewers that how social media manipulate or shape opinion of teenagers through their

variety of content which is filtered and raise fake beauty standards. The research said that social media platforms like Snapchat, Instagram, Facebook where there is a content related to beauty are uploaded daily badly influenced to society and lead to body disorders and face mental health due to fake content , these social media platforms show unrealistic beauty standards to society and society start believing it. Media users upload filtered or edited photos and videos and seem beautiful and flawless which may not be possible in reality. Teenagers start liking these flawless bodies and feel ashamed and worthless with their own existing bodies or lead to mental disorders.

In this study the researchers explains how social media affect mental health of adolescents and how they dissatisfied with their bodies and what the after effects are. The objective of my study is exploring low self-esteem, Martinez et al., (2019) the researchers conducted a research to examine whether the eating disorder caused by social come to result that disorder eating linked with self-esteem, people influenced with social media bodies and desired to achieve that bodies also. Also results showed that respondents were concisions to reduce their wait and shape body image. The result of this study is also relevant to this study and show reliability.

The second objective of my study is self-comparison, that adolescents compare their bodies with social media bodies. Dahlgren, et al. (2024) in this study the researcher said that how body dissatisfaction and social media use influenced the risk of developing eating disorders among adolescents. The researchers determine the influence of body dissatisfaction and social media usage on the risk of developing eating disorder and self-comparison. The study concluded that self-perceived body image, influenced by social media content, plays a crucial role in adolescents' risk of developing eating disorders. The recent study also shows the same result as this research or show the accountability.

Another objective of my study is Stress and anxiety, weight dissatisfaction. Weinstock et al., (2024) show in their article about relationship of body image, perceiving platform and eating disorder. Eating disorders cause health issue and disturb quality of life. The researcher find a co relation with these three things mentioned in start ad aware these students about social media body ideals so these people never came in this scheme and save their health or life and help them seek timely medical help. Both objective of this study also relate with this study or show same results.

There is a objective control over appearance. Jiotsaet al., (2021) explain in their article that how people influenced from social media bodies and compare their selves with them or change their diet to become thinner. So the researchers concluded that by using more of social media teenager, younger or also adults dissatisfied with their existing appearance and start doing experiments to become thinner which lead to bad health. This article also show the relevancy to existing study, these previous researches or this recent research have a same results like this research which proved that research is authentic and have clause.

Social media affect those people who use more social media and start influencing more and more day by day and applying these thing on their own bodies. So the purpose of my study is to aware society about social media propaganda and literate them so they keep balance in reel and real life.

6. CONCLUSION

In conclusion, social media plays a significant role in shaping body image and influencing mental health. Social media transformed the way of communication. In this era people communicate through social media platforms like Facebook, Twitter, Whatsapp, Instagram, Snapchat etc. where content is shared by users and perceived. These platforms are used daily or most of the time specially adolescents. These platforms help to connect through text, images or videos etc. In social media every content which is shared have some message either its positive or negative, the point which we want to discuss is fake beauty standards who idealized public, or try to influence society or make a wrong perception of beauty Which destroy a mental health of viewers or affect negatively on society. There is only unrealistic beauty standards which can negatively impact self-esteem and mental well-being.

In this digital age it's important to make a balance on what we see or what we adopt, think that the content you received is good for your health or make you uncomfortable. So be aware what you received or only follow positive things.

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