

Adolescent Body Image: A Literature Review

Sonia David^{1*}, Dr. Uma Warriar²

ABSTRACT

Rationale: Body Image amongst adolescents has been deeply researched. However, understanding the different aspects and the current research concerning body image amongst the adolescent population is lacking. **Objective:** The main aim of this review is to explore the current state of research in body image among the adolescents. **Data Source:** An intersection of the keywords “adolescent body image” AND “body image dissatisfaction” as well as “comorbidity” was conducted in the Scopus, Web of Science, PubMed and ScienceDirect databases. The detailed review studies from 2021-2018 using the PRISMA flowchart for the selection process to verify the most current investigations on the subject. **Results:** The three main facets analysed from the 34 studies were the prevalence of body image concerns, body image dissatisfaction, and comorbidity. The review also analysed the studies in terms of place of research, methods used in the study, variables used, and assessed three body image aspects. **Implications:** The study may have implications in body image research concerning more practical concerns of adolescents with the changing times and creating additional theoretical models to help researchers understand how adolescents make sense of their body image.

Keywords: *Body Image Dissatisfaction, Comorbidity, Adolescent Psychology, Literature Review, Prevalence*

According to Feldman (2012), adolescence is the developmental period that occurs between childhood and maturity. It is a time when an individual is transitioning from childhood to adulthood. Although puberty is universal, many variables make each individual's experience as subjective as possible. The beginning of puberty may be indicated biologically by entering the period of adolescence. However, this relies on many variables such as culture, family, life events, environment, and peers. Consider many elements of a teenage child's social development, including growing independence from their parents, selective attention and concentration on the peer group, mood swings, family disputes, and dangerous or reckless behaviour. Body image among teenagers is one of the main issues and elements that has been well-researched. However, there are many research gaps since different variables are not included or proved in research studies.

Adolescence is a transitory stage between childhood and adulthood, with a beginning characterised by pubertal development and an end highlighted by parental independence.

¹Ph.D Scholar, Department of Psychology, Jain (Deemed-to-be University), Bangalore, India

²Professor, CMS Business School, Jain (Deemed-to-be) University, Bangalore, India

**Corresponding Author*

Received: October 11, 2021; Revision Received: December 16, 2021; Accepted: December 28, 2021

© 2021, David S. & Warriar U.; licensee IJIP. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License (www.creativecommons.org/licenses/by/2.0), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.

Adolescent Body Image: A Literature Review

While human teenagers are stronger, quicker, more resistant to illness, and possess superior thinking and decision-making abilities than children, their death rate rises by 200 per cent throughout this period (Dahl, 2001). This rise in mortality is not due to illness but rather to avoidable causes of death such as accidents, suicide, and murder (CDC, 2006), all of which are associated with problems in regulating behaviour and emotion (Steinberg, 2008)

Body image has long been a popular study subject among teenagers and adults since it encompasses a broad range of views, including gender, socioeconomic position, the prevalence of the problem in various cultures, individual perceptions and the degree to which they connect to it. However, studies have exhausted the definition and meaning of body image, attempting to bridge the massive gap of individual differences in research. Studies are about a particular country or culture and the global perspective of understanding the gravity of the concern, among the repertoire of studies conducted on Body Image. There have been studies done to look at the prevalence of body image in India.

The main aim of this review is to explore the current state of research in body image among the adolescent populations concerning body image dissatisfaction and comorbidity.

METHODS

Following Souza and his colleagues' definition (2010, pp. 102-106), the researchers conducted an electronic search of publications indexed in Scopus, Web of Science, PubMed and ScienceDirect. The researchers combined the terms "adolescent body image" AND "body image dissatisfaction," as well as "adolescent comorbidity and body image" (all indexed in Google Scholar) results. All the studies included in this paper were empirical and were conducted between 2017-2021 to enhance the accuracy of recent and current research in the field of body image. The studies were narrowed down to 34 empirical studies.

The following were the exclusion criteria of the studies for this review:

- Articles in duplicate
- Abstracts that were not available
- Studies that did not use empirical methodology include review studies, letters to the editor, critical comments.
- That did not evaluate any component of body image
- The sample that did not include adolescents and young adults as the participants in their studies
- Studies that were not available in full

After screening the studies, they were analysed according to the authorship, place of study, methods used, variables used, and the aspect of body image assessed accordingly. According to the screening of the articles as per the themes, the findings were divided into three themes: prevalence of body image concerns, body image dissatisfaction and comorbidity, to include the various aspects of body image while containing the heterogeneous nature of the counted studies.

RESULTS

Out of 59 studies, 34 were empirical and analysed the body image of individuals, body image dissatisfaction and comorbid symptoms. The studies were also categorised in Indian and Non-Indian research studies on adolescents from all phases involving early to late adolescents. It also involves adolescents and young adults as part of the sample in each

Adolescent Body Image: A Literature Review

reviewed study included in this review. Out of 34, 13 studies were Indian and based on Indian populations, while 21 were Global and based on non-Indian populations.

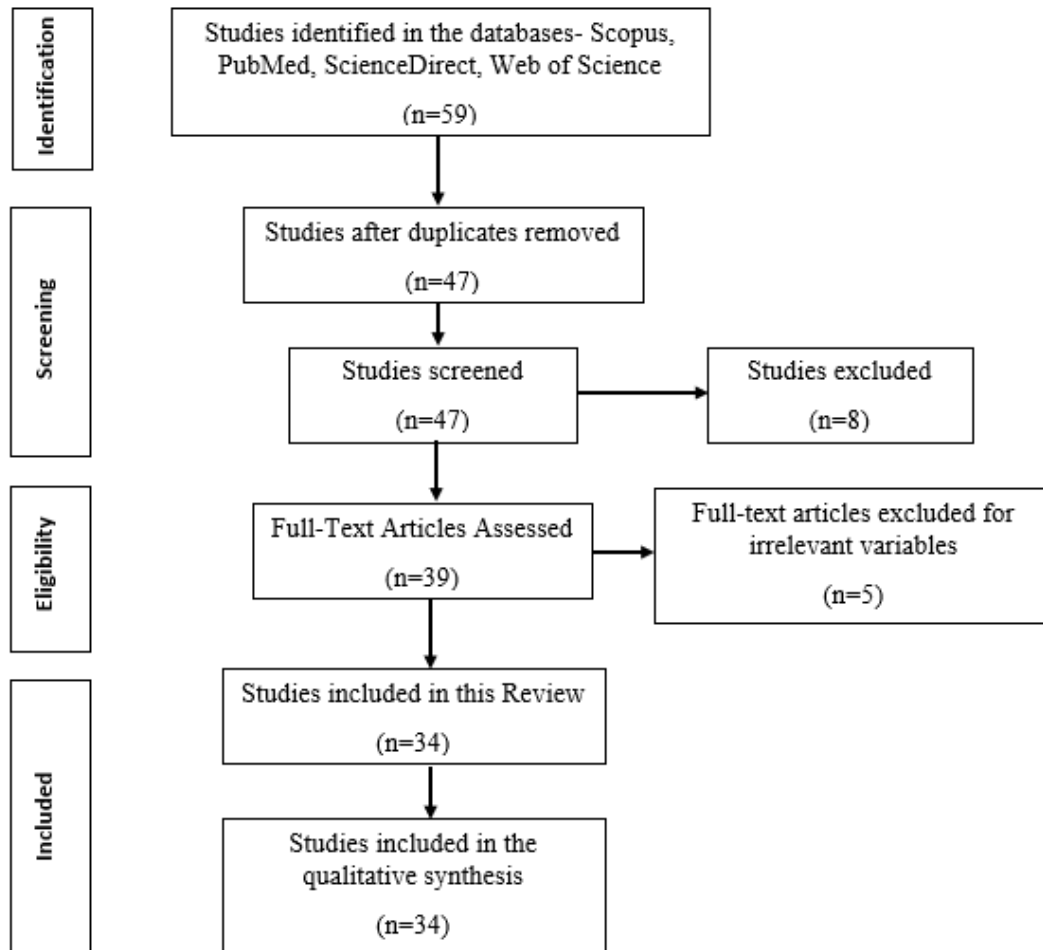


Figure 1: PRISMA Flow-Diagram of Selection Process for Review

Figure 1 shows the selection process of studies for analysis in the present review. This review used the PRISMA Flow-diagram for the selection criteria of the studies. It is important to mention that the initial survey of the research of adolescent body image identified 59 articles between the years 2018-2021. After the application of the exclusion criteria, 34 publications were analysed.

The studies involved in this review are shown in **Table 1**.

Table 1: Studies included in this review on Adolescent Body Image from 2018 to 2021

Authors	Year	Aim of the Study	Sample Age Group	Type of Study/ Method	Variables	Assessed Aspect
Dutt et al.	2021	To assess the perceived body image and degree of dissatisfaction among different BMI group of adolescents and study the other factors associated with it.	13–18-year-olds	Correlational	BMI, socio-demographic variables	Prevalence
Tung & Rahman	2021	to determine the perceived body image and its relationship with body mass index, self-	10 - 19-year-olds	explorative study	Body Image	Prevalence

Adolescent Body Image: A Literature Review

Authors	Year	Aim of the Study	Sample Age Group	Type of Study/ Method	Variables	Assessed Aspect
		esteem, body change strategy, and social network usage among rural adolescents.				
Wilksch & O'Shea	2019	To explore rates of Disordered Eating (cognition and behaviours), Social Media usage (Facebook, Instagram, Snapchat, and Tumblr), and the relationship between these variables in young-adolescent girls and boys	11–15-year-olds	correlational	disordered eating, social media	Prevalence
Kelly et al	2019	To assess whether social media use is associated with adolescents' depressive symptoms, and investigates multiple potential explanatory pathways via online harassment, sleep, self-esteem and body image	14-year-old	Correlational	sleep deprivation, online harassment, body image, and self-esteem	Prevalence
Winter et al.	2019	To add to the existing body of knowledge a better understanding of the relationship between eating behaviours (eating breakfast regularly and eating meals with one's parents) and body image	10-17-year-olds	descriptive, cross-sectional, survey	decision-making, having meals	Prevalence
Himmelstein et al.	2019	To examined links between Weight-Based Victimization, maladaptive eating behaviours, and weight-related health in Sexual and Gender Minority adolescents	13-17-year-olds	correlational	stress, weight management, binge eating, identity, gender, BMI	Prevalence
Ganesan et al	2018	To find out the proportion of girls dissatisfied about body image, and the association of various factors with body image dissatisfaction and to ascertain the weight control behaviours adopted by adolescent college girls	18–19-year-olds	Correlational	weight-control practices, BMI	Prevalence
Glashouwer et al.	2018	to investigate whether a computer-based evaluative conditioning intervention improves body image in adolescents with an eating disorder.	16–19-year-olds	Intervention, Correlational	computerised intervention, self-esteem	Prevalence
Deshmukh & Kulkarni	2017	To evaluate association of body mass index with perception and attitude towards bodyweight, shape and body image among adolescents	13-16-year-olds	Correlational	BMI, socio-demographic variables	Prevalence
Yadav	2017	To understand the various aspects and issues of body image among adolescents	10-17-year-olds	explorative study	identity	Prevalence

Adolescent Body Image: A Literature Review

Authors	Year	Aim of the Study	Sample Age Group	Type of Study/ Method	Variables	Assessed Aspect
Delgado-Floody, et al.	2021	To determine the association between depressive symptoms with physical activity (PA), body image dissatisfaction and weight status in preadolescents.	11-13-year-olds	Correlational Study	BMI, Depressive symptoms, Physical activity	Comorbidity
Arumuganathan et al.	2021	To compare the psychiatric comorbidity and Body image disturbances of obese adolescents with age and gender matched normal weight controls.	11-17-year-olds	Correlational Study	socio-demographic details, depressive symptoms, social phobia	Comorbidity
Gonzaga et al.	2021	to compare the adolescents' body dissatisfaction with physical activity, teasing during physical activity and social support.	15-19-year-olds	Correlational Study	social support, physical activity, teasing	Comorbidity
Salazar	2021	To examine cyberbullying victimization through communication technology as a predictor of cyberbullying perpetration, body image, healthy eating and dieting behaviours, and life satisfaction of sixth-, seventh-, and eighth-grade level middle school students.	12-14-year-olds	Intervention, Correlational Study	cyberbullying victimization, life satisfaction, socio-demographic details	Comorbidity
Cushman, et al.	2021	To examine demographic, medical, and psychosocial variables related to body image dissatisfaction (BID) in paediatric patients diagnosed with IBD and to determine which variables are most predictive of higher dissatisfaction.	8- 17-year-olds	Correlational Study	inflammatory bowel disease	Comorbidity
Sari, et al.	2020	To investigate adolescents with polycystic ovary syndrome (PCOS) in terms of body perception, self-esteem, and comorbid psychiatric diseases by comparing them with their healthy peers.	12-18-year-olds	Correlational Study	PCOD, self-esteem	Comorbidity
Bornioli et al.	2020	To assess the influence of body dissatisfaction on the occurrence of later depressive episodes in a population-based sample of British adolescents.	14-18-year-olds	Correlational Study, Survey	depressive symptoms	Comorbidity
Clayton, et al.	2018	To determine the prevalence and risk factors for BID in CCFA Partners Kids & Teens cohort.	5-18-year-olds	Correlational Study, Intervention	Depressive symptoms, paediatric ulcerative colitis activity index,	Comorbidity

Adolescent Body Image: A Literature Review

Authors	Year	Aim of the Study	Sample Age Group	Type of Study/ Method	Variables	Assessed Aspect
					Crohn's disease	
Flores-Cornejo et al.	2017	To determine the association between body image dissatisfaction (BID) and depressive symptoms in adolescents from a school in Lima, Peru.	13-17-year-olds	Correlational Study	depressive symptoms, substance abuse	Comorbidity
MacNeill, et al.	2017	To examine gender differences in the relationship between personality, disordered eating, and body image dissatisfaction	16-24-year-olds	Correlational Study	personality, unhappiness	Comorbidity
Alharballah & Dodeen	2021	To determine the prevalence of BID among youth in the UAE and how it is affected by three variables: sex, age, and body mass index (BMI)	19-26-year-olds	correlational study, survey	BMI, socio-demographic details	Body Image Dissatisfaction
Parmar, et al.	2021	To determine the prevalence of disordered eating behaviours (DEBs) and body image dissatisfaction (BID) according to sexual minority youth (SMY) status and describe healthcare utilization patterns by SMY status.	13-18-year-olds	Correlational Study	Disordered eating behaviours, sexual minority	Body Image Dissatisfaction
Swami	2020	To examine the effect of allotment gardening on state body image in a sample of allotment gardeners.	19-82-year-olds	Intervention	gardening	Body Image Dissatisfaction
Klinck, et al.	2020	To examine the relationship between appearance-related teasing and the use of alcohol and marijuana	11-14-year-olds	Correlational Study, survey	substance abuse, appearance-related teasing	Body Image Dissatisfaction
Swami, et al.	2020	to assess women's breast size dissatisfaction and breast experiences from a cross-national perspective	12-20-year-olds	Correlational Study, survey	breast size discrepancy	Body Image Dissatisfaction
Sampson, et al	2020	To investigate the effect of a social networking site (SNS) on body dissatisfaction, facial and smile dissatisfaction, and face-related discrepancy, and whether these effects differ from the use of appearance-neutral Instagram images	17-22-year-olds	Correlational study	social media	Body Image Dissatisfaction
Hogue & Mills	2019	To examine the effects of engaging on social media with attractive female peers on young adult women's body image	17-27-year-olds	Correlational study, survey	visual analogue, social media	Body Image Dissatisfaction

Adolescent Body Image: A Literature Review

Authors	Year	Aim of the Study	Sample Age Group	Type of Study/ Method	Variables	Assessed Aspect
Wu, et al.	2019	To investigate the moderating role of body image flexibility on the association between photo related activities on SNS (social networking site) and body dissatisfaction among female adolescents in China	13–16-year-olds	Correlation al Study, survey	social media	Body Image Dissatisfac tion
Posavac & Posavac	2019	To focus on internalization of the societal thin-ideal standard for feminine attractiveness, a construct that has proven to be especially important in women’s psychological health.	18-23-year-olds	Correlation al Study	Separation anxiety disorder, self-concept	Body Image Dissatisfac tion
Ariel-Donges, et al.	2019	To evaluate the efficacy of yoga as a novel treatment for body-image dissatisfaction in otherwise healthy U.S. college-aged women	18–23-year-olds	Interventio n	Yoga	Body Image Dissatisfac tion
Fortis Healthcar e	2019	to gain an insight into the attitudes and perceptions of women towards the concept of body image, as well as the impact that body shaming has on their psychological well-being and at times leading to stress.	15-65-year-olds	Survey	attitudes and beliefs of body image	Body Image Dissatisfac tion
Skakoon-Sparling et al.	2019	To examine the association between body image and genital self-image with a broad range of sexuality-related outcomes; explore whether genital self-image is a more salient influence on sexual satisfaction and functioning than body image and determine whether this would hold true for both men and women.	18 to 40 years old	Correlation al Study	sexual identity	Body Image Dissatisfac tion
Latiff, et al.	2018	To identify body image dissatisfaction and its associated factors among primary-school students.	11-12-year-olds	Correlation al Study, Cross-sectional	BMI, sexual identity	Body Image Dissatisfac tion
Bortamul y	2017	To conduct research on body image and self-esteem among adolescents in Guwahati.	11 to 19 years old	Correlation al Study, Interventio n	Self-esteem, self-confidence, connection to nature	Body Image Dissatisfac tion

Source: Online Sources

Prevalence of Body Image amongst Adolescents

From an adolescent’s viewpoint, the variables affecting body image include self-perception of body image; peer and colleague views; family member assumptions; school environment features; possibilities recognised in the mass media; and body image practises, self-management, and tactics. Dutt et al. (2021, pp. 336-340) examined the perceived body

Adolescent Body Image: A Literature Review

image and degree of dissatisfaction among teenagers with varying BMIs and the related variables. There was a substantial correlation between height and mean BIQ among all and school-aged adolescents, but no correlation was found among non-school-aged adolescents. It was found that adolescent body image may be predicted by body mass index, gender, and weight-gain method. On the other hand, self-esteem was unrelated to the observed body image. However, compared to previous studies in Malaysia, the degree of dissatisfaction with one's body image among rural adolescents was minimal or insignificant. However, if not appropriately managed, it may represent a health concern to adolescents (Tung & Rahman, 2021)

(Wilksch & O'Shea, 2019) indicated that the most common symptoms among individuals were disordered eating behaviours, such as skipping meals and adhering to rigorous exercise regimens. The majority of participants had at least one social media account. The most popular was Instagram. Additionally, it was found that girls with Tumblr and SnapChat pages and men with Facebook, Instagram, and Snapchat profiles were much more prone to acquire both over-evaluation of shape and weight and disordered eating behaviours in therapeutic settings. Kelly et al. (2019, pp. 59-68) examined a range of potential reasons, including sleep deprivation, online harassment, body image, and self-esteem.

Additionally, the research examined the association between depressive symptoms and social media usage. The study discovered a higher correlation between depressive symptoms and social media usage in females than in males. Winter et al. (2019, pp. 230-238) debunked the myth of teenage autonomy by "leaving youngsters alone" and allowing for autonomous decision-making. It discovered that having meals with parents more often and consistently affects developing a good body image. Additionally, the cross-sectional nature of this research indicated that some strategies and schemes encourage families and teenagers to have meals together regularly to promote a good body image. Himmelstein et al. (2019) discovered that more than half of all individuals experienced weight-based victimisation at the hands of peers and family members. Weight-based victimisation by family members was associated with dysfunctional eating patterns that promoted binge eating.

Additionally, it includes unhealthy diets, weight-control behaviours, and poor weight-related health, including avoidance of exercise, stress, decreased physical activity, and insufficient rest. Ganesan et al. (2018, pp. 42-46) substantiated the weight-control practices recommended by teenage girls in Coimbatore. Depression, an increased BMI, and social pressure to be slim were linked to unhappiness with one's body image. The researchers found and provided substantial evidence that body image dissatisfaction was no longer a uniquely Western notion. However, it is gaining traction in India as well. Glashouwer et al. (2018) investigated whether a computer-based evaluative conditioning intervention changes adolescents body image with eating disorders. Six five-minute online training sessions were used to conduct the computerised intervention, during which participants clicked on pictures of their own and other people's bodies. Following their photographs were portraits of pleasant, smiling faces. Respondents in the control group were exposed to similar stimuli. However, a stimulus was regularly followed by a stimulation of a different kind, resulting in their bodies being unpaired with happy faces. The intervention did not affect self-report questionnaires assessing worry about weight and form, body satisfaction, and overall self-esteem.

(Deshmukh & Kulkarni, 2017) examined the connection between body mass index and perceptions and attitudes about body form, weight, and body image. The research discovered

a significant difference in participants' views and behaviours about fitness, health, attractiveness, weight, and body regions across a range of body mass indexes and socioeconomic classes. Additionally, it was concluded that teenage females expressed considerably more unhappiness than adolescent boys. Another recent study paper (Yadav, 2017) discussed the diverse possibilities and concerns associated with body image among Indian teenagers. With the growing prevalence of these problems among teenagers in India, the researcher emphasised the different aspects, namely positive and negative body image, that play an enormously important and basic part in an individual's identity.

Body Image Dissatisfaction Among Adolescents

A majority of individuals lack a good comparable match between their perceived appearance and their actual appearance. It indicates that the individual's look and how they seem to others are inconsistent with their real appearance. (Alharballeh & Dodeen, 2021) surveyed and found 36.7 per cent of pupils were dissatisfied with their body image. The analysis of gender differences revealed that males experience more body image dissatisfaction than women. However, erroneous thought patterns show as a significant aspect of having body image difficulties.

Additionally, Parmar et al. (2021, pp. 470-476) discovered unhappiness with one's body image in 20,763 teens, disordered eating behaviours were identified in 1,458 adolescents, and sexual minority youth were observed in 5,363 adolescents. They were more prone than the others to have disordered eating behaviours and unhappiness with their body image. Adolescents who were older, female, non-white, or increased BMI were more likely to have eating disorder risk factors. They were independent of sexual minority youth status. (Swami, 2020), which showed that appropriation-gardening had a good impact on body image and that exposure to natural settings promotes a positive body image. It proved that allotment gardening significantly improved state body image and that spending more time on the allotment was associated with greater advances. Klinck et al. (2020) examined the relationship between substance abuse and appearance-related teasing on 1,344 adolescents. However, after controlling for gender, age, ethnic origin, race, body mass index scores, perceived socioeconomic level, general peer victimisation frequency, depressive symptoms, and drug use, these results were unrelated to changes in marijuana usage. It found that appearance-related teasing may affect the origins of early adolescent alcohol use. It emphasised the need of mitigating the effects of avoiding early substance use and appearance-related teasing.

(Swami, et al., 2020) examined the reasons (local media exposure, western media exposure, personality, and demographic status proxies) and consequences of the current-archetype breast size discrepancy (breast awareness, weight and appearance discontentment, and mental well-being). Also, lower socioeconomic stability, less exposure to Western media, younger age, and greater exposure to local media were associated with higher breast size dissatisfaction in various nations. Higher levels of pure unhappiness with breast size were associated with increased degrees of appearance and weight dissatisfaction. Symptoms involve unhappiness with one's body, facial and smile dissatisfaction, and face-related inequalities, as well as if these impacts vary from consumption of appearance-neutral Instagram images, as Sampson et al. suggest (2020). People's pleasure in their faces is reduced when exposed to 'perfect' facial images on social media. Individuals with a high baseline self-discrepancy score are dissatisfied with their appearance and physical characteristics. The effects of interacting with beautiful female peers on young adult women's body image were studied through social media (Hogue & Mills, 2019).

Adolescent Body Image: A Literature Review

Participants completed a pre-manipulation visual analogue scale measure of state body image, then browsed and commented on the social media profiles of an attractive female peer ($n = 56$) or a family member ($n = 62$) before completing a post-manipulation visual analogue scale measure of state body image. To appreciate the severity of the issue and the extent to which basic social media activities affect one's self-perception (Sarwari, 2019). According to the latter, seeing such "idealised and unrealistic" images may be detrimental to self-esteem and mental health. Wu et al. (2019) investigated the role of body image flexibility in moderating the relationship between photo-related behaviours on social media sites and body dissatisfaction in 646 Chinese female adolescents. The study showed that photo-related activities were positively associated with body dissatisfaction.

Similarly, (Posavac & Posavac, 2019) examined the relationship between adult separation anxiety disorder (ASAD) symptomology and self-concepts and young women's propensity to internalise the thin-ideal beauty standard. Increased ASAD symptoms were shown to be associated with an increase in thin-ideal internalisation. The study contributed by finding a novel risk factor for developing thin-ideal internalisation, elucidating a previously unknown vulnerability in women with ASAD symptoms, and demonstrating a connection between ASAD and decreased self-concept clarity.

Numerous studies on yoga and its impact on different areas of physical and mental health have been performed. Ariel-Donges et al. also investigated yoga as a novel therapy for body image dissatisfaction in alternately active US college-aged women (2019, pp. 41-51). Participants in the yoga postures reported a significant decrease in their time and energy spent thinking about their looks. In India, 12444 women between the ages of 15 and 65 were surveyed in twenty cities, including Mumbai, Delhi, Bangalore, Chennai, Hyderabad, and Amritsar, as well as Ludhiana, Jalandhar, and Mohali (Fortis Healthcare, 2019). The study was undertaken to get a better understanding of women's opinions and beliefs about body image and the effect of body shaming on their psychological well-being and, at times, stress. Media literacy is a critical component in recognising this attitude and promoting a more gender-neutral and pleasant work or school environment for each person.

Skakoon-Sparling et al. describe teenagers' growing interest in sexual encounters and sexual identity (2019). Correlations between body image and genital self-image were investigated in this study. The researchers examined various sexual outcomes to see if genital self-image had a greater impact on sexual pleasure and function than body image did. A good genital self-image is associated with overall favourable feelings about one's body and a decrease in body-related concerns particular to sexual interactions. Latiff et al. (2018, pp. 34-41) examined body image dissatisfaction and the factors contributing to it among early primary school students. Female individuals reported greater dissatisfaction with their bodies than male participants. Overweight students expressed 4.07 times the unhappiness with their body image as those with a healthy BMI. It was easily inferred that a substantial frequency of body image dissatisfaction among primary-school children correlates with sex and BMI. Since negative body image and dissatisfaction with one's appearance are associated with poor self-esteem and self-confidence, (Bortamuly, 2017) study results indicated that exposure to nature has a beneficial effect on one's health. According to the results, body appreciation is related to their exposure to and connection with nature, both directly and indirectly through self-esteem. Affinity for nature also had a role in the relationship between nature exposure and body pleasure.

Body Image and Comorbidity

Comorbidity may not always be the primary focus of study on body image dissatisfaction, particularly among teenagers, since the transitional stage may emphasise the primary sentiments and emotions that need to be addressed. In preadolescents, the relationship between depressive symptoms, physical activity (PA), body image dissatisfaction, and weight status was examined (Delgado-Floody, et al., 2021). The research looked at BMI, waist circumference, unhappiness with body image, physical activity, and depressive symptoms. According to the research, depression was associated with low physical activity levels, obesity, and body image dissatisfaction among Chilean adolescents. Arumuganathan et al. (2021, pp. 235-239) indicated that the most common diagnosis in the obese group of 976 adolescents was a social phobia, followed by specific phobia and severe depressive disorder. 90% of obese individuals expressed worry about their looks, compared to just 29% of non-obese people. Sixty-six per cent of obese individuals expressed moderate worry, 36 per cent expressed serious concern, and 19 per cent expressed severe concern over their physical shape.

Gonzaga et al. (2021, pp. 1651-1660) investigated the effects of physical activity, teasing during physical activity, and social support on adolescents' body dissatisfaction. There was no difference in body dissatisfaction between adolescents who exercised and those who did not. On the other side, those who had been taunted expressed more unhappiness with their bodies. Adolescents who had a family or friend with whom they could interact and receive love reported feeling less dissatisfied with their bodies. (Salazar, 2021) examined the role of communication technology in "cyberbullying victimisation" as a predictor of cyberbullying perpetration, body image, healthy eating and dieting, and life satisfaction. There was no correlation between student eating habits and victimisation by cyberbullying. Cyberbullying victimisation has been associated with cyberbullying, unhappiness with body image, eating habits, and life satisfaction.

Additionally, (Cushman, et al., 2021) determined which characteristics most predict greater body image dissatisfaction. On the other hand, the young showed moderate overall BID concerns but expressed the greatest dissatisfaction with their abdomen, chest, and arms, the study found. The older the child, the more severe the patient-reported sickness symptoms, and the worse the depressed symptoms were the variables most strongly associated with overall body dissatisfaction in a hierarchical regression model.

Sari et al. (2020, pp. 691-696) portrayed those adolescents with PCOS had a greater prevalence of psychopathology than their peers. They exhibited lower self-esteem and more unfavourable body attitudes than their peers. Bornioli et al. (2020, pp. 343-348) portrayed that body dissatisfaction predict women's mild, moderate, and severe depressive episodes. In 18-year-old males, body dissatisfaction predicted moderate and severe depressive episodes. Similarly, Claytor et al. (2018, pp. 6-10) examined the effect of body image dissatisfaction and predisposing variables on the CCFA Partners Kids & Teens cohort from Glaner et al. (2009, pp. 13-25). Individuals who responded "I look terrible" or "I look bad" were categorised as having body image dissatisfaction. The paediatric ulcerative colitis activity index (PUCAI) and the shortened activity of Crohn's disease were employed (sCDAI). Depression and anxiety were assessed using the patient-reported outcome measurement information system (PROMIS). Patients with body image dissatisfaction were more likely to be female, older, and have inflammatory bowel disease. Separately, female gender depression and body image dissatisfaction were found to be associated. Female gender, advanced age at diagnosis, active disease, current steroid use, higher BMI, and co-occurring

Adolescent Body Image: A Literature Review

mood disorder were significant risk factors for body image issues. Flores-Cornejo et al. (2017, pp. 316-322) evaluated the incidence of depressive symptoms among individuals who drank or smoked. According to the findings, 19.9% of individuals were depressed, and there was a significant correlation between body image dissatisfaction and depressive symptoms. Participants who reported dissatisfaction with their body image were 3.7 times more likely to suffer from depression symptoms than those who did not. Participants who had never used alcohol were 40% more likely to have depressive symptoms, while those who had smoked were 50% more likely to experience such symptoms. MacNeill et al. examined gender variations in the relationship between personality and unhappiness with one's body image, as well as disordered eating (2017, pp. 1-9). In both women and men, personality characteristics were strongly associated with a feeling of body dissatisfaction. Personality characteristics such as a high level of neuroticism and a low level of conscientiousness were significant predictors of male body image dissatisfaction. Numerous studies have examined the connection between disordered eating, body image dissatisfaction, and personality in females, but the relationship may differ in men.

The profile of the several aspects involved in the studies taken into consideration for this review are shown in **Table 2**

Table 2: Characterisation of the studies considered by absolute and relative frequency

	n	%
Place of Research		
Indian	13	38.24
Non-Indian	21	61.76
Methods Used in the Study		
Explorative Study	2	5.88
Correlational Study	28	82.35
Cross-sectional Study	2	5.88
Survey	8	23.53
Intervention	6	17.65
Variables Used		
Socio-demographic Variables	5	14.71
BMI	7	20.59
Depressive Symptoms	6	17.65
Social Media	5	14.71
Disordered Eating	3	8.82
Quality of Life	9	26.47
Assessed Body Image Aspect		
Prevalence of Body Image	10	29.41
Body Image Dissatisfaction	14	41.18
Comorbidity	10	29.41

Source: Primary Source

DISCUSSION

The 34 research papers considered in the study demonstrated considerable variability. The articles included in this study demonstrated the prevalence and current state of the art in body image. Although there were perception assessments and the worry was increased insensitivity, most studies cannot be applied to the teenage population alone since individual variations always exist. It is undeniable that India has grown very adept at popularising and

Adolescent Body Image: A Literature Review

publicising body image issues among children and adolescents, which have been shown to affect their identity and overall development. However, more study on body image is needed, including researchers from many areas of the globe, to emphasise the cultural element and increase knowledge of teenagers' views and the sociocultural effects on the child's identity development.

From the studies included in this review, it can be stated that research has been conducted to assess adolescents' and young adults' body image, particularly in terms of perceptual and attitude dimensions, with a particular emphasis on body dissatisfaction. The three main facets examined were the prevalence of body image dissatisfaction, the prevalence, and the relationship between body image and comorbidity.

Supporting Evidence

Some supporting data, such as the prevalence of body image problems in India, can be found in (Singh et al., 2015), which examined teenagers' perceptions of body image related to body shape, self-esteem, and BMI. The research demonstrated that body mass index is independently linked with perceptions of one's body image. The relationship between body image and self-esteem is substantial and does not vary by gender or class. Additionally, (Quittkat et al., 2019) demonstrated the importance of gender in an individual's body image assessment and shown that men's and women's body images are distinct and seem to change with age. Men, it was expected, would have a greater appreciation for their bodies than women. Age, on the other hand, predicted a decreased degree of significance for looks exclusively in males.

In comparison to males, women said that they would devote more time to achieving their ideal look. Age was a predictor of the number of years individuals would give up to attain their perfect look for both sexes. It is also consistent with current studies in the area of body image. (Dixit et al., 2011) also examined teenage girls' body image awareness and discovered that the desire to lose weight is greater in adolescent females, even those who previously considered their body image to be too thin.

Contradicting Evidence

(Mellor et al., 2004) shown the pervasiveness of body image problems among indigenous Australian teenagers. However, the researchers discovered that rural residents place a higher premium on weight than their urban counterparts, and no impact was seen on satisfaction levels with any of the body components. (Holmstrom, 2010) also examined the impact of media influence on teenagers' body image and discovered that although pictures of slim women may have little to no effect on viewers, images of overweight women seem to have a favourable effect on women's body image. Additionally, (Danthinne et al., 2021) investigated the effects of a Dove-produced video named 'Real Beauty ID' on body image and its potential to buffer future exposure to renowned social media images of young women on body image. The Dove Real Beauty ID video, on the other hand, was shown to be unsuccessful in promoting positive body image and only moderately helpful at mitigating the effects of exposure to celebrity social media images among Japanese young women.

IMPLICATIONS AND SUGGESTIONS

Theoretical Implications

While there is little study on the incidence and popularity of adolescent-related disorders, especially body image, which is affected by various variables, there are many studies on adolescents' perspectives on these issues. To better understand the relationship between

body image and physical health, articles on body image and comorbidity were added to highlight the essential significance of research gaps in these areas. The study concludes and infers that further research on different individuals from diverse cultures and traditions will aid in clarifying an enlarged perspective and identifying the worldwide prevalence of body image and related problems.

Practical Implications

Given that the most critical research gap in psychology is bridging the gap of individual differences across many dimensions, the studies mentioned above listed in the article have also done an excellent job bridging the individual differences gap. However, the study gap continues to grow wider due to a lack of studies on Indian and other Asian populations. It is suggested that additional research on adolescent issues, body image concerns, and the impact of emotions and attitudes on adolescents' physical conditions can also help promote and enhance a comprehensive and unobstructed understanding of various adolescents' mental outlooks and temperaments.

Limitations and Scope for Future Research

One of the limitations stems from the methodology's nature, which is associated with various qualitative designs. However, in this review, we will concentrate on the substantive area covered by each study. Researchers can build a model to aid in understanding how teenagers make sense of their body image. Additionally, additional intervention programmes that target unhappy people and the general public may have a major effect on the area of body image research. While adolescents and young adults have been extensively studied, studies often overlook other developmental stages of human life, including older adults, older adults, children, and toddlers. Preventing problems and promoting public health through the provision of information, instruments, and strategies would assist adolescents in developing the most positive body image possible and motivating them to engage in healthy behaviours that would maximise their satisfaction with their body image (Tort-Nasarre et al., 2021).

REFERENCES

- Alharballeh, S., & Dodeen, H. (2021). Prevalence of body image dissatisfaction among youth in the United Arab Emirates: gender, age, and body mass index differences. *Current Psychology*. doi:<https://doi.org/10.1007/s12144-021-01551-8>
- Ariel-Donges, A. H., Gordon, E. L., Bauman, V., & Perri, M. G. (2019, January). Does Yoga Help College-Aged Women with Body-Image Dissatisfaction Feel Better About Their Bodies? *Sex Roles*, 80(1-2), 41-51. doi:<https://doi.org/10.1007/s11199-018-0917-5>
- Arumuganathan, S., Rajesh, S., Mehta, M., & Ilango, S. T. (2021). Psychiatric Comorbidities and Body Shape Dissatisfaction in Adolescents with Obesity - A School-Based Case Controlled Study. *Indian Journal of Paediatrics*, 88(3), 235-239. doi:[10.1007/s12098-020-03367-z](https://doi.org/10.1007/s12098-020-03367-z)
- Bornioli, A., Lewis-Smith, H., Slater, A., & Bray, I. (2020, December 7). Body dissatisfaction predicts the onset of depression among adolescent females and males: a prospective study. *Journal of Epidemiology and Community Health*, 75, 343-348. Retrieved from <https://jech.bmj.com/content/75/4/343.info>
- Bortamuly, G. (2017, May 19). A study on the relationship between body image and self-esteem among adolescents in Guwahati, ASSAM. *Assam Don Bosco University Repository*. Retrieved March 9, 2019, from <https://hdl.handle.net/123456789/52>

Adolescent Body Image: A Literature Review

- Claytor, J., Kochar, B., Kappelman, M., & Martin, C. F. (2018, January). Body Image Dissatisfaction In Pediatric Patients With Inflammatory Bowel Diseases. *Gastroenterology*, 154(1), 6. doi:<https://doi.org/10.1053/j.gastro.2017.11.047>
- Cushman, G., Stolz, M. G., Shih, S., Listerick, Z., Talmadge, C., Gold, B., & Reed, B. (2021). Age, Disease Symptoms, and Depression are Associated with Body Image Dissatisfaction in Newly Diagnosed Pediatric Inflammatory Bowel Disease. *Journal of Paediatric Gastroenterology Nutrition*, 72(3), 57-62. doi:10.1097/MPG.0000000000002943
- Danthinne, E. S., Giorgianni, F. E., Ando, K., & Rodgers, R. F. (2021). Real beauty: Effects of a body-positive video on body image and capacity to mitigate exposure to social media images. *British Journal of Health Psychology*. <https://doi.org/10.1111/bjhp.12547>
- Delgado-Floody, P., Guzmán-Guzmán, I. P., Caamaño-Navarrete, F., Jerez-Mayorga, D., Zulic-Agramunte, C., & Cofré-Lizama, A. (2021). Depression is associated with lower levels of physical activity, body image dissatisfaction, and obesity in Chilean preadolescents. *Psychology, Health and Medicine*, 26(4), 518-531. doi:<https://doi.org/10.1080/13548506.2020.1817958>
- Deshmukh, V. R., & Kulkarni, A. (2017, August 24). Body Image and its Relation with Body Mass Index among Indian Adolescents. *Indian Paediatrics*, 54(12), 1025-1029. Retrieved March 7, 2019, from <https://www.ncbi.nlm.nih.gov/pubmed/28849771>
- Dutt, R., Verma, Y. S., Yadav, B., & Gaur, A. (2021). Relation of Body Image perception and Nutritional status of school-going and Not school-going Adolescents. *International Journal of Health and Clinical Research*, 4(5), 336-340. Retrieved from <https://ijhcr.com/index.php/ijhcr/article/view/1156/987>
- Feldman, R. (2012). Adolescence: Becoming an Adult. In R. Feldman, *Understanding Psychology* (11 ed., pp. 388-389). New Delhi: McGraw-Hill Education (India) Pvt Limited.
- Flores-Cornejo, F., Kamego-Tome, M., Zapata-Pachas, M., & Alvarado, G. (2017, June). Association between body image dissatisfaction and depressive symptoms in adolescents. *Revista Brasileira de Psiquiatria*, 39(4), 316-322. doi:10.1590/1516-4446-2016-1947
- Fortis Healthcare. (2019). *90% of women recognise body shaming as a common behaviour, cites a study by Fortis Healthcare*. Fortis Healthcare, Corporate Communications. Avian Media. Retrieved July 8, 2019, from <http://cdn.fortishealthcare.com/April-04-2019-90-women-recognise-body-shaming-as-a-common-behaviour-cites-study-by-Fortis-Healthcare.pdf>
- Ganesan, S., Ravishankar, S., & Ramalingam, S. (2018, December 19). Are body image issues affecting our adolescents? A cross-sectional study among college going adolescent girls. *Indian Journal of Community Medicine*, 43(5), 42-46. Retrieved from <http://www.ijcm.org.in/article.asp?issn=0970-0218;year=2018;volume=43;issue=5;page=42;epage=46;aulast=Ganesan>
- Glashouwer, K., Neimeijer, R., de Koning, M., Vestjens, M., & Martijn, C. (2018). Can we improve body image in adolescents with eating disorders with online training on the basis of evaluative conditioning? *International Conference of Eating Disorders*. 86 (12). Chicago: Journal of Consulting and Clinical Psychology. doi:<http://hdl.handle.net/11370/67f03262-7254-4627-b78d-8965e3ce6c52>
- Gonzaga, I., Claumann, G. S., Scarabelot, K. S., Silva, D. A., & Pelegrini, A. (2021). Body image dissatisfaction in adolescents: Comparison with physical activity, teasing and social support. *Journal of Health Psychology*, 26(10), 1651-1660. doi:<https://doi.org/10.1177/1359105319887796>

Adolescent Body Image: A Literature Review

- Himmelstein, M. S., Puhl, R. M., & Watson, R. J. (2019, October 1). Weight-based victimisation, eating behaviours, and weight-related health in Sexual and Gender Minority Adolescents. *Appetite*, 141. doi:<https://doi.org/10.1016/j.appet.2019.104321>
- Hogue, J., & Mills, J. S. (2019, March). The effects of active social media engagement with peers on body image in young women. *Body Image*, 28(28), 1-5. doi:[10.1016/j.bodyim.2018.11.002](https://doi.org/10.1016/j.bodyim.2018.11.002)
- Holmstrom, A. J. (2004). The effects of the media on body image: A meta-analysis. *Journal of Broadcasting & Electronic Media*, 48(2), 196–217. https://doi.org/10.1207/s15506878jobem4802_3
- Kelly, Y., Zilanawalla, A., Booker, C., & Sacker, A. (2019, January 4). Social Media Use and Adolescent Mental Health: Findings From the UK Millennium Cohort Study. *EClinicalMedicine*, 6, 59-68. doi:<https://doi.org/10.1016/j.eclinm.2018.12.005>
- Klinck, M., Vannucci, A., Fagle, T., & Ohannessian, C. M. (2020, February 10). Appearance-related teasing and substance use during early adolescence. *Psychology of Addictive Behaviours*, 34(1). doi:<https://doi.org/10.1037/adb0000563>
- Latiff, A. A., MMed, J. M., & MMed, R. R. (2018, February). Body image dissatisfaction and its determinants among young primary-school adolescents. *Journal of Taibah University Medical Sciences*, 13(1), 34-41. doi:<https://doi.org/10.1016/j.jtumed.2017.07.003>
- MacNeill, Best, & Davis. (2017, October 18). The role of personality in body image dissatisfaction and disordered eating: discrepancies between men and women. *Journal of Eating Disorders*, 5(44), 1-9. doi:[10.1186/s40337-017-0177-8](https://doi.org/10.1186/s40337-017-0177-8)
- Mellor, D., McCabe, M., Ricciardelli, L., & Ball, K. (2004). Body image importance and Body dissatisfaction among Indigenous Australian adolescents. *Body Image*, 1(3), 289–297. <https://doi.org/10.1016/j.bodyim.2004.05.003>
- Parmar, D. D., Alabaster, A., Vance, S., Weintraub, M. R., & Lau, J. S. (2021). Disordered Eating, Body Image Dissatisfaction, and Associated Healthcare Utilization Patterns for Sexual Minority Youth. *Journal of Adolescence Health*, 69(3), 470-476. doi:[10.1016/j.jadohealth.2021.02.002](https://doi.org/10.1016/j.jadohealth.2021.02.002)
- Posavac, S. S., & Posavac, H. D. (2019, February 11). Adult Separation Anxiety Disorder Symptomology as a Risk Factor for Thin-Ideal Internalisation: The Role of Self-Concept Clarity. *Psychological Reports*. doi:<https://doi.org/10.1177/0033294119829440>
- Purse, M. (2018, November 6). *Dysphoric Mania in Bipolar Disorder*. Retrieved March 12, 2019, from VeryWell Mind: <https://www.verywellmind.com/what-is-dysphoria-378817>
- Quittkat, H. L., Hartmann, A. S., Düsing, R., Buhlmann, U., & Vocks, S. (2019). Body dissatisfaction, the importance of appearance, and body appreciation in men and women over the lifespan. *Frontiers in Psychiatry*, 10. <https://doi.org/10.3389/fpsy.2019.00864>
- Salazar, L. R. (2021). Cyberbullying Victimization as a Predictor of Cyberbullying Perpetration, Body Image Dissatisfaction, Healthy Eating and Dieting Behaviors, and Life Satisfaction. *Journal of Interpersonal Violence*, 36(1-2), 354-380. doi:<https://doi.org/10.1177/0886260517725737>
- Sampson, A., Jeremiah, H. G., Andiappan, M., & Newton, T. J. (2020, February 7). The effect of viewing idealised smile images versus nature images via social media on immediate facial satisfaction in young adults: A randomised controlled trial. *Journal of Orthodontics*, 47(1). doi:<https://doi.org/10.1177/1465312519899664>
- Sari, S. A., Celik, N., & Cicek, A. U. (2020, December 1). Body Perception, Self-Esteem, and Comorbid Psychiatric Disorders in Adolescents Diagnosed with Polycystic

Adolescent Body Image: A Literature Review

- Ovary Syndrome. *Journal of Paediatric and Adolescent Gynecology*, 33(6), 691-696. doi:<https://doi.org/10.1016/j.jpbg.2020.08.018>
- Singh, M. M., Ashok, L., Binu, V. S., Parsekar, S. S., & Bhumika, T. V. (2015). Adolescents and body image: A cross-sectional study. *The Indian Journal of Pediatrics*, 82(12), 1107–1111. <https://doi.org/10.1007/s12098-015-1768-5>
- Skakoon-Sparling, S., Komarnicky, T., Milhausen, R. R., & Breuer, R. (2019, March 5). Genital Self-Image: Associations with Other Domains of Body Image and Sexual Response. *Journal of Sex and Marital Therapy*, 45. doi:<https://doi.org/10.1080/0092623X.2019.1586018>
- Swami, V. (2020, March 3). Body Image Benefits of Allotment Gardening. *Ecopsychology*, 12(1), 19-23. doi:<https://doi.org/10.1089/eco.2019.0032>
- Swami, V., Tran, U. S., Barron, D., Afhami, R., Aimé, A., Almenara, C. A., . . . Vorachek, M. (2020, March). The Breast Size Satisfaction Survey (BSSS): Breast size dissatisfaction and its antecedents and outcomes in women from 40 nations. *Body Image*, 32, 199-217. doi:<https://doi.org/10.1016/j.bodyim.2020.01.006>
- Tort-Nasarre, G., Pollina Pocallet, M., & Artigues-Barberà, E. (2021). The meaning and factors that influence the concept of body image: Systematic review and meta-ethnography from the perspectives of adolescents. *International Journal of Environmental Research and Public Health*, 18(3), 1140. <https://doi.org/10.3390/ijerph18031140>
- Tung, W. L., & Rahman, M. M. (2021). Perceived Body Image and Its Relationship with Body Mass Index, Self-Esteem, Body Change Strategy, And Social Network Usage Among Rural Adolescents In Sarawak, Malaysia. *Malaysian Journal of Public Health Medicine*, 21(1), 198-207. Retrieved from <http://www.mjphm.org/index.php/mjphm/article/view/781/259>
- Wilksch, S., & O'Shea, A. (2019, December 3). The relationship between social media use and disordered eating in young adolescents. *International Journal of Eating Disorders*, 53(1), 96-106. doi:<https://doi.org/10.1002/eat.23198>
- Winter, V. R., Jones, A., & O'Neill, E. (2019). Eating Breakfast and Family Meals in Adolescence: The Role of Body Image. *Social Work in Public Health*, 34, 230-238. doi:<https://doi.org/10.1080/19371918.2019.1575314>
- Wu, L., Niu, G., Ni, X., Shao, X., & Luo, Y. (2019, November 26). Body image flexibility moderates the association between photo-related activities on WeChat moments and the body dissatisfaction of female adolescents in China. *Current Psychology*, 38(6). doi:<https://doi.org/10.1007/s12144-019-00553-x>
- Yadav, V. P. (2017, May 15). Understanding the body image of adolescents: A psychological perspective. *International Journal of Applied Research*, 3(6), 588-594. Retrieved from <http://www.allresearchjournal.com/archives/2017/vol3issue6/PartI/3-6-165-557.pdf>
- Zigler, C., Ardalan, K., Hernandez, A., Caliendo, A., Magee, K., Terry, M., . . . Torok, K. (2020, January 18). Exploring the impact of paediatric localised scleroderma on health-related quality of life: focus groups with youth and caregivers. *Qualitative and Outcomes Research*. doi:<https://doi.org/10.1111/bjd.18879>

Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

Adolescent Body Image: A Literature Review

How to cite this article: David S. & Warriar U. (2021). Adolescent Body Image: A Literature Review. *International Journal of Indian Psychology*, 9(4), 1721-1738. DIP:18.01.165.20210904, DOI:10.25215/0904.165