As said by Kamila Czepczor-Bernat et al (2022), this research paper focuses on the connection between negative emotions and body image and the influence it has on the life of a person. People tend to face embarrassment and fear when they face societal standards and understand that they have not toned their bodies accordingly. As a result of this shame and fear, depression starts coming into existence in the minds of an individual, and the feeling of being left out will follow. The major emphasis that we are trying to set in this paper is that an unhealthy person should be given treatment to improve their quality of life and remove the negativity from their surroundings to build a better life culture for everyone.[1]

According to Tylka (2018), body image disruption, also known as negative body image, can manifest in various ways, including appearance displeasure, self-objectification, body shame, and internalisation of advertising beauty standards. A cross-sectional investigation identified that the prevalence of negative body image among youngsters could reach 71%, especially among female and overweight respondents. In other studies, the prevalence of body dissatisfaction in developed countries ranges from 16% to 55% in boys and 35% to 81% in girls. (Finato et al., 2013; Lawler & Nixon, 2011, as cited in Moehlecke et al., 2020). Aziz (2017) stated that past studies had discovered the relationship between media exposure and negative body image. The new media, mainly social media such as Instagram, provides instant access to a wide range of idealised physical appearances, which leads to negative body image among users. Since the number of body image dissatisfaction is relatively high, raising awareness about positive body image is essential.[2]

The process continues, with each new participant referring others. This technique is useful in situations where the population is hard to reach or when no comprehensive sampling frame exists.[3]

The questionnaire was distributed using various types of social media applications like Gmail, Instagram, Twitter, WhatsApp to the students in various universities and many working professionals. Since the survey form was created online, it was easily accessible for everyone and emphasis was put on everyone to share the form as much as possible. Statistics and visualizations were created with the help of PowerBi and Google Form. The data obtained was clean and raw, therefore it was later analysed to gather various insights and tables. The analysed data were discussed by relating it to the research objectives and past studies. Participants were assured of their confidentiality.[2]

High school students who are overweight are more likely to suffer from depression and suicidal thoughts than their normal-weight peers, according to research from the Centre for Advancing Health.[4]

Body shaming behaviour factor is a trigger for stress in students but if the student is able to control his mindset and is able to adapt to the environment or the problems, they experience will actually reduce the level of stress on these students.[5]

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