

# Term Paper

ENG102

Section: S17

Group: 6

## Template for Argumentative Term Paper

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**Revised, Narrowed Down Argumentative Topic:** Psychological Effects of Unrealistic Beauty

Standards on Young Women are Devastating

Arguments 'FOR' the topic	Arguments 'AGAINST' the topic
Creates low-self esteem	Can make women healthier
Makes to acquire unhealthy ways	Can make women confident about themselves
Promotes body shaming in the society	Can encourage women to look more beautiful
Failing to balance the beauty standard with reality which initiates self-criticism tendencies	Can encourage women to look more presentable

**Selected Essay Model (based on the above table):** \_\_\_\_**MODEL A**/ **MODEL B**\_\_\_\_

**Thesis Statement:** Hence, it is sure that unrealistic beauty standards have detrimental effects on the psychology of young women since it creates low self-esteem, makes them acquire unhealthy ways and promotes body shaming in the society.

## **Outline**

### **Introduction: (Jannatul Ferdousi Shayba)**

**Grabber:** We surely do remember about Sahar Tabar who had plastic surgery to look like Angelina Jolie. Sahar Tabar was a huge fan of Jolie and she would have done anything to look like her. As she wasn't satisfied with her own natural beauty, she had gone through about fifty cosmetic surgeries and transformed herself not to Angelina Jolie but rather to "Zombie Angelina Jolie". Later, she was charged for "Cultural and Social Moral Corruption" (India Today, 2020)

**Thesis Statement:** Hence, it is sure that unrealistic beauty standards have detrimental effects on the psychology of young women since it creates low self-esteem, makes them acquire unhealthy ways and promotes body shaming in the society.

### **Body Paragraph 1: (Jannatul Ferdousi Shayba)**

**Reason1:** Make them feel their beauty standard is not enough

**Reason 2:** Make them depressed

### **Supporting detail:**

**Example 1:** unable to accept who they are (Behind the quest, 2020)

**Example 2:** depression based on the social media culture promoting unrealistic body structures (Evans, 2010)

### **Body Paragraph 2: (Mahira Mobashwera)**

**Reason 1:** Extreme diets give rise to numerous other health concerns

**Reason 2:** Whitening products and cosmetic surgeries risk our health in long term

#### **Supporting detail:**

**Example 1:** Diet industry pushes women to lose weight in a unacceptably short time (Pharm Easy, 2018)

**Example 2:** Blindness due to unregulated lip fillers (The Sydney Morning Herald [SMH], 2018)

### **Body Paragraph 3: (Nowshin Sumaiya)**

**Reason 1:** Unrealistic standards of beauty set by society

**Reason 2:** Social media platforms encourage body shaming and promote many unrealistic beauty products.

#### **Supporting Detail:**

**Example 1:** No perfect body! Why we need to stop stereotyping beauty (Birla, 2018)

**Example 2:** How social media is increasing a person's exposure to body shaming and body image (Datar, 2019)

### **Body paragraph 4: (Mahira Mobashwera)**

#### **Conclusion: (Nowshin Sumaiya)**

**Summary Statement:** Unrealistic beauty standards have much negative impact on the young woman subconscious mind because they cause poor self-esteem, encourage them to adopt unhealthy strategies of fitting in, and promote body shaming.

**Clincher:** By following all those things, we will be able to change our society and we won't have to deal with any other failure cases like Tahar.

### **Psychological Effects of Unrealistic Beauty Standards on Young Women are Devastating**

We surely do remember about Sahar Tabar who had plastic surgery to look like Angelina Jolie. Sahar Tabar was a huge fan of Jolie and she would have done anything to look like her. As she wasn't satisfied with her own natural beauty, she had gone through about fifty cosmetic surgeries and transformed herself not to Angelina Jolie but rather to "Zombie Angelina Jolie". Later, she was charged for "Cultural and Social Moral Corruption" (India Today, 2020). There are many such young women out there like Tabar, who are not happy with their own beauty standard and there are a lot of reasons behind it. Sometimes, they are influenced by society and get a misconception about their beauty level. And sometimes different media like advertisements and social media are affecting their mentality negatively and they are wanting to alter their natural beauty level. Altering beauty level is not bad or harmful. But it becomes harmful when

we are influenced by the wrong source and try to follow that. Henriques and Patnaik (2020), had mentioned in their book that, some uninformed decisions to modify one's body standard disregarding genetic and nutritional conditions and by getting influenced by unreliable sources can leave some severe effects. However, these unrealistic beauty standards are actually damaging many young women psychologically and they. As a result, sometimes they become less confident. Hence, it is sure that unrealistic beauty standards have detrimental effects on the psychology of young women since it creates low self-esteem, makes them acquire unhealthy ways and promotes body shaming in the society.

Unrealistic beauty standards make a woman have low self-esteem by making them feel that their beauty standard is not enough and by making them depressed. Now-a-days in the market, there are a lot of unreasonable beauty products or beauty treatment processes. These things are getting promoted by showing their good sides through advertisements or social media. But, in practical life, they don't actually have any good sides, rather they are making the young women doubt their own beauty standards. These unrealistic beauty standards which are shown to us are so ingrained into the psyche of the young women that they are unable to accept who they are (Behind the quest, 2020). They want to look like the models who had been advertised. As a result, they don't remain confident and conscious about their own beauty anymore which gradually impacts on their self-assurance. Again, these young women who are very much engaged in the show cases of the unrealistic beauty standards, suffer from a long time of mental pain. Eventually, this long term mental suffering of not being enough makes them depressed for the whole time. Young women or teenagers start having depression based on the social media culture promoting unrealistic body structures (Evans, 2010). So, we should not encourage the

spreading of these fake beauty standards which are actually very harmful to the mental health of young women. Because these are the barriers to the confidence of a woman as herself and these are one of the reasons behind their depression.

The unrealistic beauty standards not only affect young women's mental stability but also force them psychologically to undertake unhealthy ways to fit into its conditions. This mindset makes them follow extreme diets and choose cosmetic surgeries although those are detrimental to their physical health in the long run. According to Pharm Easy, the diet industry is the creator of those trends that claim to help people achieve their desired weight in a really short time stressing them physically. Young women being of desperate mindset to reach the so-called beauty standard ignores the harmful effects knowingly. As a consequence, women are seen to suffer more from health concerns like, electrolyte imbalance, malnutrition, irregular sugar level along with some neurological disorders. Again, the beauty industry is the main culprit behind promoting health depleting cosmetic treatments and skin whitening products. At present, the most common cosmetic surgery among young women is lip fillers. According to The Sydney Morning Herald, lip injections done by inexperienced practitioners can cause deformation of facial structures and conditions as severe as blindness. Almost 50 cases of blindness have been reported across the globe till date. Therefore, unrealistic beauty standards design women's perspectives in such a way that they do not hesitate to choose unhealthy options like extreme diets and cosmetic surgeries consciously.

Unrealistic beauty standards have negative psychological consequences on young women because it encourages body shaming. Many unrealistic beauty standards have been constructed

by society, making us feel as if we are not perfect. Basically, women have become conditioned to believing in the unrealistic standards of beauty set by society. Being skinny or size Zero should never be regarded as the gold standard for attractiveness. Every bodily kind and shape is unique, with its own set of balances (Birla,2018). Being fit and healthy is more important than being skinny. Furthermore, body shaming is a type of bullying that focuses on a person's physical appearance. Again, nowadays, social media continues to play a significant influence on the lives of teenagers, young women, and girls. Young girls are exposed to particular beauty standards on social media, and they are also encouraged to adopt cultural ideas of womanhood or perfect womanism (Datar, 2019). The social media platform is ultimately harmful to one's body image since it fosters the possibility of being the subject of others' body-shaming comments. Moreover, social media platforms promote many unrealistic beauty products. Tons of celebrities, influencers, models and brands, also use it to sell those products by creating an image of perfection. Additionally, in today's stereotype world, loving your body without discovering self-love is difficult, and it might take a lot of effort to get there (Datar, 2019). The true definition of beauty is that which emanates from inside. Persons with a pure heart are the most beautiful people in the world. So, Social customs should never influence one's identity and self-esteem should never be based on one's physical looks.

Most people believe that beauty standards should exist. Because once people aim to follow the beauty standard, they try to improve themselves. In brief, it gives a healthy stress to focus on self-care activities. But at the same time, people fail to acknowledge the fact that most young women fail to balance the unrealistic sides of beauty standards and the reality of human body shape and structure. As a result, they are seen to show self-criticizing behaviors like negative self



imaging and perfectionism. According to a survey by Yahoo Life, a woman criticizes herself eight times a day. More surprisingly, this mindset is induced by the unrealistic beauty standards portrayed by social media as well as negative self-image. Additionally, perfectionism, an obsessive compulsive personality disorder, becomes evident among teens and young women due to this toxic beauty standard. The Conversation reports that these beauty standards make women question themselves about their self worth and validation. Thus, they join the unhealthy competition of looking perfect and flawless ultimately leading to complex personality disorders. To sum up, unrealistic beauty standards definitely promote self criticism by negative self-image and pushing women towards perfectionism which most people fail to realize.

Unrealistic beauty standards have many negative impacts on the young women's subconscious mind because they cause poor self-esteem in women , encourage them to adopt unhealthy strategies of fitting in, and promote body shaming. This is totally wrong. We should love the way we are. We don't need to change ourselves for others. It is high time we need to stop chasing unrealistic beauty standards. First of all, we need to practice recognizing beauty in all women, of all shapes and sizes, while we're out in the world or watching television. Recognize this as cultural indoctrination if a judgment about size or form arises. Then make the decision to notice the beauty that surrounds us. When learning to recover our subjective notions about beauty and eliminate societal conditioning, this technique is very beneficial (Clegg,2017). Secondly, everyone aspires to be attractive, but we can also strive to be something else - successful, charismatic, or creative. Instead of focusing on our physical appearance, we may focus on those elements of ourselves that will always matter more (Alexiz,2020). Again, the beauty industry fully understands the best way to stay profitable is to keep women sexually insecure, hungry, and self-hating. So, we should stop using those beauty products. Moreover,

although negative comments might consume us, the good news is that positive comments have the same effect. Rather than listening to negative comments from others, surround ourselves with positivity: follow all the powerful women who promote authenticity and body positivity. By following all those things, we will be able to change our society and we won't have to deal with any other failure cases like Tahar.

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