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| Conclusions  The results of the graphs show that for females, their body image is poorer when they watch more then 5.9 hours of television per week. For males, it shows that their body image stays almost the same for any amount of television that they watch. At one point, the amount of females who thought they were overweight reached over 70% of the females. The last graph can not be used as a fair judge of the effect more television has on body image because there were only a few people who watched that much television, therefore, the last graph does not adequately portray the effect television has on body image. The graphs also show that most females find themselves average or overweight while the majority of males find themselves average with some underweight and very few as overweight. It can be concluded that that is a result of the amount of television that influences girls to feel like they need to be thin, and petite, and boys like they should be muscular, brawny and strong.  The data is another interesting piece of data. If you look closely at the heights and weights, one will notice that not one child on the sheet could be considered obese, and very few could be thought of as overweight. Many of the girls and some of the boys who viewed themselves as average weight were actually on the thin side, and would be called underweight by a medical professional.  Overall, from the data collected, my hypothesis was correct. The amount of television a female watches does in fact influence their body image negatively and the amount of television a male watches has little or no affect on their body image. There are some biases and other factors that could have affected the data, but the evidence is still substantial enough to suggest that the amount of television someone is exposed to has the power to alter their body image.  So is television to blame for disordered thinking and possibly eating disorders? It is definitely a factor that needs to be considered thoroughly. Our society is obsessed with the need to be thin, and look like the celebrities they see on television.  Hopefully, this information will not only be read as a biology project, but people will read this and realize the effect that too much television can have on their body image and ultimately self esteem. After realizing the harmful effects of too much TV, teens might fill their time and minds with more positive messages and parents will more closely monitor the amount and content of the television their children are watching. Television can be entertaining, but it also holds an immense power to alter the way we feel about ourselves and out bodies.    **Recommendations**  Before conducting the survey, I tried to predict the biases and alter the procedure so that the survey would be as scientific as possible, but there were still some problems with the survey. For the future, I would recommend:    1) A bigger sample size- this would ensure that people from all walks of life and family types were surveyed. This would also ensure that enough people to make accurate graphs were surveyed.    2) Test students from different schools and possibly cities. This would make sure that people from different environments are included in the survey and that it is not only about the people of Pleasanton.    3) Separate the data into grades as well as male and female and graph the results for each grade. This would show if certain grades were especially susceptible to media influences and if they contributed to swaying the data of all grades one way or the other.    4) Have more choices on the survey such as extremely overweight, extremely underweight etc. This would make sure that the results reflected exactly how people felt about their bodies.    [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2002 Projects](http://docs.google.com/AP2002/index.html)][[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |