

Angela Ittel and Kate Drury: The Meaning of Media and Body Issues of Girls and Boys

Beitrag aus Heft »2011/06: Medien und Gesundheitsförderung«

Eine Untersuchung zu Wechselbeziehungen zwischen Medien, Peers und Körpererfahrung von Mädchen und Jungen im frühen Jugendalter liefert Hinweise auf geschlechterspezifische Varianzen hinsichtlich des Zusammenhangs zwischen Medien und Körpergefühl. Diese Untersuchung basiert auf einem querschnittlichen Untersuchungsdesign und die Daten erlauben daher keine Schlussfolgerungen, die Kausalitäten vermuten lassen. Dennoch betonen die Ergebnisse die Bedeutung, Fragestellungen um Körper und Körperbewusstsein mit gemischtgeschlechtlichen Stichproben zu untersuchen, um relevante Implikationen für geschlechtersensible Gesundheitspräventions- und Interventionsprogramme in Bezug auf den Umgang mit dem Körper in nicht klinischen Stichproben zu berücksichtigen. Our study provides a picture of how media, particularly media awareness and perceived media pressure, may differentially influence boys' and girls' experiences of their bodies in early adolescence. Interestingly, gender variances were found in the associations between media and body related concerns. The study is based on cross sectional data and hence does not allow drawing any conclusions suggestion causality of effects. Nevertheless, this study highlights the importance of including boys in investigations of body related issues and reveals important implications for gender specific health promoting programs in regard to body related concerns in non clinical samples throughout early adolescence.

Literatur

Baker, Christina N. (2005). "Images of Women's Sexuality in Advertisements: A Content Analysis of Black- and White- oriented Men's and Women's Magazines." *Sex Roles: A Journal of Research*. 52, pp.13-27.

Baldwin, Scott A./Hoffman, John P. (2002). The dynamics of self-esteem: A growth-curve analysis. *Journal of Youth and Adolescence*, 31(2), pp. 101-113.

Botta, Renée A. (2003). For your health? The relationship between magazine reading and adolescent body image disturbance. *Sex Roles*, 48, pp. 389- 399.

Brown, Jane D./Bobkowski, Piotr S. (2011). Older and Newer Media: Patterns of Use and Effects on Adolescents' Health and Well-Being. *Journal of Research on Adolescence*. Special Issue: Decade in Review. 21, 1, pp. 95-113.

Bukowski, William. M. (2003). Peer Relationships. In Bornstein, Marc H./Davidson, Lucy/Keyes, Corey L./ Moore, Kristin A. (Eds.), *Well-being: Positive development across the life course* (pp. 221-233). Mahwah, NJ, US: Lawrence Erlbaum Associates Publishers.

Buhrmester, Duane. (1990). Intimacy of friendship, interpersonal competence, and adjustment during preadolescence and adolescence. *Child Development*, 61(4), pp. 1101-1111.

Cash, Thomas F./Pruzinsky, Thomas (2002). Future challenges for body image theory, research, and clinical practice. In Cash, Thomas F./Pruzinsky, Thomas (Eds.), *Body Images: A Handbook of Theory, Research, and Clinical*

merz | medien + erziehung | Arnulfstraße 205 | 80634 München
| fon 089.68989120 | merz@jff.de | www.merz-zeitschrift.de

Practice (pp. 509-516). New York: Guilford Press.

Clay, Daniel/Vognoles, Vivian, L./Dittmar, Helga (2010). Body Image and Self-Esteem Among Adolescent Girls: Testing the Influence of Sociocultural Factors. *Journal of Research on Adolescence* (15),4, pp. 451-477.

Cusumano, D. L./Thompson, J. K. (2000). Media influence and body image in 8-11-year-old boys and girls: A preliminary report on the Multidimensional Media Influence Scale. *International Journal of Eating Disorders*, 29, pp. 37-44.

Eder, Donna/Evans, Catherine/Parker, Stephen (1995). *School Talk: Gender and Adolescent Culture*. Rutgers.Festinger/Leon. (1954). A Theory of Social Comparison Processes. *Human Relations*, 7, pp. 117-140.

Grabe, Shelly./Ward, Monique L./Hyde, Janet. S. (2008). The role of the media in body image concerns among women: A meta-analysis of experimental and correlational studies. *Psychological Bulletin*, 134, pp. 460-476.

Groesz, Lisa M./Levine Michael P./Murnen Sarah K. (2001). The effect of experimental presentation of thin media images on body satisfaction: A meta-analytic review. *International Journal of Eating Disorders*, 31, 1, pp. 1-16.

Halliwell, Emma/Dittmar, Helga (2004). Does size matter? The impact of model's body size on women's body-focused anxiety and advertising effectiveness. *Journal of Social and Clinical Psychology*, Vol. 23, No. 1, pp. 104-122.

Harrison, Kirstin/ Levine, Michael. P. (2008). Effect of media on eating disorders and body image. In Bryant, Jennings/ Oliver, Mary Beth (Eds.), *Media effects: Advances in theory and research* (3rd ed., pp. 490-516). Mahwah, NJ: Erlbaum.

Hoffmann, Dagmar (2010). Körperlichkeiten und Sexualität. In Vollbrecht, Ralf/Wegener, Claudia (Hrsg.), *Handbuch Mediensozialisation*. Wiesbaden: VS, S. 349-356.

Jones, Diana C./Crawford, James. (2006). The peer appearance culture during adolescence: Gender and body mass variation. *Journal of Youth and Adolescence*, 35, pp. 257-269.

Jones, Diana C./Vigfusdottir, Thorbjorg H./Lee, Yoonsun (2004). Body image and the appearance culture among adolescent girls and boys: An examination of friend conversations, peer criticism, appearance magazines, and the internalization of appearance ideals. *Journal of Adolescent Research*, 19, pp. 323-339.

Kling, Kristen C./Shibley Hyde, Janet/Showers, Carolin J./Buswell, Brenda (1999). Gender Differences in Self-Esteem: A Meta-Analysis, *Psychological Bulletin*, Vol.125(4), pp. 470-500.

Mask, Lisa/Blanchard, Céline M. (2011). The effects of "thin ideal" media on women's body image concerns and eating-related intentions: The beneficial role of an autonomous regulation of eating behaviors. *Body Image*, 8, 4, pp. 357-365.

merz | medien + erziehung | Arnulfstraße 205 | 80634 München
| fon 089.68989120 | merz@jff.de | www.merz-zeitschrift.de

McCabe, Marita/Ricciardelli, Lina (2005). A prospective study of pressures from parents, peers, and the media on extreme weight change behaviors among adolescent boys and girls, *Behaviour research and therapy*, vol. 43, no. 5, pp. 653-668, Elsevier, Amsterdam, The Netherlands

McCabe, Marita/Ricciardelli, Lina/Banfield, Sophie (2001). Body image, strategies to change muscles and weight, and puberty. Do they impact on positive and negative affect among adolescent boys and girls?, *Eating behaviors*, vol. 2, no. 2, pp. 129-149.

McVey, Gail/Lieberman, Melissa/Voorberg, Nancy/Wardroper, Diana/Blackmore, Elizabeth/Tweed, Stacy (2003). Replication of a Peer Support Program Designed to Prevent Disordered Eating: Is a Life Skills Approach Sufficient for All Middle School Students? *Eating Disorders*, 11, pp. 187-195

Medienpädagogischer Forschungsverbund Südwest (2010). JIM-Studie 2010. Basisuntersuchungen zum Medienumgang 12-19jähriger. Stuttgart: Medienpädagogischer Forschungsverbund Südwest.

Mendelson, Beverly K./Mendelson, Morton J./White, Donna R. (2001). Body-Esteem Scale for Adolescents and Adults. *Journal of Personality Assessment*, 76, S. 90-106.

Mueller, Anna S./Pearson, Jennifer/Muller, Chandra/ Frank, Kenneth/Turner, Alyn (2010). "Sizing Up Peers: Adolescent Girls' Weight Control and Social Comparison in the School Context." *Journal of Health and Social Behavior* (51), pp. 64-78.

Nichter, Mimi (2000). *Fat Talk: What Girls and Their Parents Say about Dieting*. Cambridge: Harvard University Press.

Paxton, Susan. J. (2002). Research review of body image programs. An overview of body image dissatisfaction interventions. Melbourne, Victoria: Victorian Department of Health and Human Services.

Rosenberg, Morris (1965). *Society and the adolescent self-image*. Princeton, NJ: Princeton University Press.

Salk Rachel H./Engeln-Maddox, Renee (2011). 'If You're Fat, Then I'm Humongous!': Frequency, Content, and Impact of Fat Talk Among College Women. *Psychology of Women Quarterly*, 35, pp. 18-42.

Schooler, Deborah/Ward, Monique/Merriwether, Ann/Caruthers, Allison (2004). Who's That Girl: Television's Role In The Body Image Development Of Young WhiteAnd Black. *Women Psychology of Women Quarterly*, 28, 1, pp. 38-47.

Striegel-Moore, Ruth H./Franko, Deborah L. (2002). Body image concerns among girls and women. In Cash, Thomas F./Pruzinsky, Thomas (Eds.), *Body images: A handbook of theory, research and clinical practice*. pp. 183-191. New York: Guilford Press.

Sullivan, Harry. S. (1953). *The interpersonal theory of psychiatry*. New York: Norton.

merz | medien + erziehung | Arnulfstraße 205 | 80634 München
| fon 089.68989120 | merz@jff.de | www.merz-zeitschrift.de

Thomsen, S.R./McCoy, J.K./Gustafson, R.L./Williams, M. (2002). Motivations for reading beauty and fashion magazines and anorexic risk in college-age women. *Media Psychology*, 4, pp. 113-135.

Thompson, Kevin J./Heinberg, Leslie. J. (1999). The media's influence on body image disturbance and eating disorders: We've reviled them, now can we rehabilitate them? *Journal of Social Issues*, 55, pp. 339-353.

Tiggemann, Marika. (2003). Media exposure, body dissatisfaction and disordered eating: Television and magazines are not the same! *European Eating Disorders Review*, 11(5), pp. 418-430.

Tiggemann, Marika/Slater, Amy. (2004). Thin ideals in music television: A source of social comparison and body dissatisfaction. *International Journal of Eating Disorders*, 35(1), pp. 48-58.