

The Effect of Social Media on Body Image and Self-Esteem in Teenagers

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Abstract

Background: The rapid growth of social media has led to increased concerns about its impact on teenagers' body image and self-esteem. This study aims to explore the relationship between social media usage and these psychological factors in a Rwandan adolescent population. Methods: A cross-sectional survey was conducted among 150 teenagers (aged 13-19) using a validated questionnaire that assessed social media usage, body image dissatisfaction, and self-esteem levels. Results: The study found a significant positive correlation between the frequency of social media use and levels of body image dissatisfaction (p < 0.001). Additionally, higher levels of social media use were associated with lower self-esteem scores (p < 0.01). Conclusion: Excessive social media use appears to be a risk factor for poor body image and low self-esteem in teenagers. Further research is needed to understand the underlying mechanisms and to develop effective interventions.

Keywords: Social media; Body image; Self-esteem; Adolescents; Body dissatisfaction; Digital influences; Social feedback; Teenagers; Online interactions; Media literacy

Introduction

In the digital age, social media has become an omnipresent force, profoundly shaping the lives and self-perceptions of its users. For teenagers, a demographic particularly susceptible to the influences of social media, these platforms play a pivotal role in shaping body image and self-esteem. The impact of social media on adolescent body image and self-esteem has garnered significant attention from researchers, educators, and mental health professionals alike, as it raises concerns

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Qualitative data: Focus group discussions and interviews were recorded and transcribed verbatim. Thematic analysis was used to identify recurring themes and patterns related to social media's impact [7].

Data analysis:

Quantitative analysis

counteract the harmful effects of idealized images.

Future research should continue to explore the long-term effects of social media on adolescent development and evaluate the effectiveness