# The Impact of Social Media on Self-Image Control in Adolescents and Relevant Factors

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**Abstract.** Adolescents increasingly used social media, and it was found to have a substantial impact on their self-image control. This review investigated the general impact of social media on teenage self-image, with a particular emphasis on the role of age and gender. Furthermore, the research analyzed the elements that contributed to negative self-image, which could be divided into two categories: social media and body shame, as well as a crucial cognitive aspect, notably appearance control beliefs. It also discussed the effects of the action of making social comparisons related to appearance on social media, along with the awareness of objectification of the body and the control of body image portrayed in images, which had a significant impact on how adolescents perceived themselves. It emphasized importance of the jurisdiction with people with their looking on adolescent self-image, with beliefs about appearance control influencing behavior and attitudes about body image. It has addressed cognitive issues like appearance control beliefs, which was critical in supporting positive self-image and mental health in teenagers. Finally, this review study underlined the importance of raising knowledge about the collision due to internet usage on the idea teenagers had for their looking, particularly girls. The research emphasized the necessity of addressing elements that contributed to problematic self-image, such as social media and body shame, as well as a crucial cognitive aspect, and proposed interventions that helped improve good self-image and mental health in teenagers.

**Keywords:** Social Media; Self-Image Control; Adolescents.

## 1. Introduction

Social media refers to internet tools and platforms that let users communicate and exchange information [1]. Websites and mobile apps that are part of these platforms let users publish material, connect with friends and family, join communities or groups with similar interests, and have real-time conversations with other users. There are currently tons of people using social media which have made it become an essential aspect of contemporary life, providing platforms for communication, information-sharing, and staying updated on news and events. However, social media can also lead to negative effects on people, such as mental health, physical health problems and more. Self-Image Control has a significant impact on adolescents. It is also the capacity to govern and regulate how people perceive themselves and how people behave around other people. It entails being conscious of how people feel about themselves and taking action to boost people's confidence and self-esteem. Self-image control encompasses a variety of facets, including people's physical characteristics, psychological traits, and aptitudes and capabilities [2].

It is critical to understand and get to known about this problem. During teenage youth period, they do have a huge change in physical, emotional, and social areas. And those changes do have an important influence in their future life on how they treat others and themselves. Individuals are constructing their identities and creating a sense of self during adolescence. Self-image control is essential to this development because it enables teenagers to control their feelings and self-talk. Negative consequences like low self-esteem, desperation, anxiety, and body dissatisfaction can result from poor self-image regulation [2]. As social media has become a fundamental aspect of the lives of teenagers, they put a lot of time on it which made it become a primary source of information and social interaction. And as mentioned before social media will create a negative effect on self-image control in adolescents. It may foster social comparison and unrealistic beauty standards. Teenagers

may experience pressure to meet these ideals, which can result in body dissatisfaction and poor self-image management.

By studying the effect on self-image control in adolescents due to the usage of internet and relevant factors can have important implications for developing interventions and systems to support positive self-image control in teenagers and other people? In light of this research and summary of this subject, more people will probably grasp it and learn more about it. In this paper it is outlined in three perspectives that could enhance teen intervention or system in this manner. Firstly, programs for education and awareness are one kind of potential intervention that may be created. Teenagers can learn how to use social media in a healthy way and about the possible harm social media can cause to self-image control. These initiatives could concentrate on elevating self-worth, a healthy body image, and self-acceptance. Also, they can teach teenagers how to identify and counteract negative self-talk and social comparison, as well as how to develop resilience and coping mechanisms. Another intervention that can be developed is counseling and therapy. Adolescents who struggle with poor self-image control can benefit from therapy that focuses on building self-esteem and confidence [2]. Therapy can also help adolescents develop coping skills and strategies for managing difficult emotions and situations. Last but not least, those internet application companies can also play an important role in developing systems to support positive self-image control. Companies can implement features that promote positive content and discourage negative content. For example, social media platforms can promote positive role models and body diversity. They can also implement features that allow users to filter out negative content and cyberbullying. In addition, companies can collaborate with mental health professionals to identify and address potential risks associated with social media use.

Existing study based on the ramification of social media with self-image control in adolescents suggests that social media may impact individuals in both positive and bad ways. Positive effects include access to positive role models and supportive communities, while negative effects include being subjected to unrealistic standards of beauty and society contrast. Research has also found a number of variables, such as gender, ethnicity, financial level, and familial environment that may have an impact on teenage self-image management. It is crucial to comprehend how these elements can affect self-image control since adolescents from marginalized groups may be more susceptible to the harmful impacts of social media. It has also looked into the advantages and disadvantages of various social media sites. In addition, little focus has been placed on the potential benefits of peer support in social media. This paper will inform this gap by synthesizing existing research on the potential benefits of peer support in social media for self-image control in adolescents. Specifically, it will explore how social media can provide a platform for positive peer support and role modeling, and how this support can promote positive self-image control and mental health outcomes in adolescents. By identifying the potential benefits of peer support in social media, this review will inform the development of interventions and systems that leverage the positive aspects of social media to promote positive self-image control in adolescents.

## 2. The Overall Effect of Social Media on Self-Image in Adolescents

The study by Jones and his coworkers looked at how Spanish teenagers display themselves online on two well-known social media sites, Instagram and TikTok [3]. The study aims to understand how adolescents use these platforms to construct their online identities and to compare their self-presentation practices on both platforms. The researcher's surveyed 2066 adolescents aged between 12 and 18 years old using their four dimensions questionnaire. In these four dimensions, three of them are examined variables. These three examined variables are socio-demographic variables, online connection scenarios, users and ten self-presentation practices. After conducting the study, it was found that adolescents are increasingly being influenced by innovative tendencies. [3]. As a result, self-presentation techniques may be less impacted by societal criticism, adolescents consider the number of followers or likes to be irrelevant. The findings also suggested that Spanish adolescents

use Instagram and TikTok for different self-presentation purposes, with Instagram being more focused on showcasing personal life and social status, while TikTok is more oriented towards creativity and entertainment. In order to interpret the passage's evidence, it can be seen that the research done by Jones and his colleagues sheds light on how Spanish teenagers use social media sites like Instagram and TikTok to create their online personas. And how self-presentation practices vary on each of these platforms. The research also suggests that adolescents may be giving honesty a higher priority in their self-presentation practices than was previously believed. Thus, that social feedback may have less of an impact than previously supposed. These results provide credence to the idea that social media affects teenagers' self-images generally and that the platforms they use and the feedback they receive have an impact on how they present themselves online.

The research by Paddock and Bell on how U.K. adolescents comprehend and use conversations or engagements on social media that pertain to physical appearance [4]. The study involved 64 British teenagers enrolled in secondary school. They employed a thematic analysis of three topics that capture their agreed-upon notion of interactions including outward appearance. The usual way is by providing positive feedback on outer looking, especially if they are popular and good-looking. When commenting on others' appearances, it is advisable to be complimentary, whereas when speaking of oneself, modesty and self-deprecation are more appropriate. Although negative comments on appearance can be upsetting, they are not always intended to be malicious. The researchers investigated how youths' comments on social media regarding their physical appearance reflect concerns related to self-presentation. Adolescent girls gave the example of how they appeared modest, self-deprecating, and unsure of themselves when communicating on internet. As an example, they may caption a selfie with the phrase "feel kind of pretty but might delete later." The collective results of the study illustrate how the way teenagers perceive feedback about their appearance goes beyond merely categorizing it as positive or negative. The study also emphasizes the significance of encouraging appropriate coping mechanisms among teenagers, particularly in those who use social media. The study gives light on how U.K. adolescents interpret and utilize social media appearance-related relationships, and how these interactions reflect self-presentational concerns, according to the text. These findings corroborate the hypothesis social media has a significant influence on young people's self-image. Because the way they show themselves online is influenced by a variety of factors such as appearance feedback and societal expectations.

## 3. The Role of Age and Gender

From the study by Vall-Roqu'e and colleagues it has shown the differences that age can bring to people. It has investigated the effects of the COVID-19 lockdown on the social media usage, body image, and self-esteem of young women [5]. The researchers believed that the pandemic and subsequent lockdowns had a significant impact on mental health, especially among vulnerable populations like adolescents and young women. The study involved 2601 young adults aged 14 to 35 who completed a survey during the COVID-19 lockdown in Spain. The survey measured their social media use, body image disturbances, and self-esteem. The results showed that social media use was linked to body image disturbances and lower self-esteem. The COVID-19 lockdown had a negative impact on the social media use, body image, and self-esteem of young women aged 25 to 35 and teenagers aged 14 to 24. The study also found that the lockdown contributed to an increased demand for thinness and a higher risk of eating disorders among teenage girls. These findings suggest that the negative effects of social media on body image and self-esteem are more pronounced among vulnerable populations like teenagers and young women. Overall, the study confirms that age and gender play a crucial role in the impact of social media on mental wellbeing.

In this study it has wrote about the gender differences that have to teenagers when they use internet. The study by Felice and his fellow workmates on the use of social networks by teenagers and the potential risks of doing so [6]. The study involved 296 Italian adolescents aged 13 to 18. Also, 130 boys and 166 girls were among them. In order to determine the outcome, the researchers used a total

of 24 focus groups and their discussions were recorded in audio format. Using a grounded theory approach, they abstracted the primary applications or purposes and risks of social networking sites from the transcripts. The study suggested a conclusive interpretation model for all categories examined. The results of the study revealed that gender actually does play an important role in the way social media is utilized by adolescents, with variations between boys and girls. It has turned out that young women using it more frequently for social comparison and validation, whereas young men tend to use it more for entertainment purposes. To analyze the facts offered in the section, it is worth noting that Felice and his colleagues' study looks into the usage of social networks by Italian youths and the potential problems that come with it. The study emphasizes variations in internet usage, with boys using it for fun and girls using social media for social comparison and validation. These findings support the hypothesis that age and gender influence how teenagers use social media and the impact it may have on their self-image and mental health.

It has also stated the differences that may exist with gender when coming to the topic of internet. Mahon and Hevey looked at how adolescent boys and girls process their images of the body that are presented on social media. In addition to the coping mechanisms, they employ when confronted with negative body image experiences [7]. The study was conducted on 29 adolescents aged between 15 and 16 years (23 of them are girls). The participants completed a survey measuring their social media usage, issues with body image, and coping strategies. The study's results indicate that it seems more likely for young girls to spend higher amount of time on social media involved in activities related to their appearance and are more prone to experiencing increased levels of body-related pressure, dissatisfaction, and self-criticism compared to young men. In addition, girls were more prone to use avoidance and rumination as passive coping mechanisms. On the other hand, young men tended to utilize proactive coping strategies, such as seeking social support and engaging in physical activity. It is clear from this paper's focus on adolescent boys' and girls' processing of their body images on social media and the coping mechanisms they use to deal with negative body image experiences that they encounter. The study highlights the differences in social media usage patterns among male and female teenagers. It notes that does' girls spend more time on social media participating in activities that relate to their appearance and experience greater levels of pressure, sadness, and self-criticism regarding their body image. The study also identifies the various coping strategies used by boys and girls. These results lend credence to the idea that teenagers' processing of their body images on social media and the coping mechanisms they employ to deal with negative body image experiences, which in turn might affect their self-image and mental health, are significantly influenced by age and gender.

## 4. Factors Contributing to Problematic Self-Image

### 4.1. Social Media and Body Shame

The research by Gioia and her colleagues explores the SNS, body shaming, and the manipulation of body image in photographs among adolescents [8]. The study makes the assumption that using social media has raised the pressure on teenagers to project an idealized picture of themselves, contributing to a rise in body shame and dissatisfaction. Six hundred ninety-three teenagers from Italy, ages 13 to 19, participated in the study. The participants answered questions on their usage of social media, control over their body image in pictures, and level of body shame. The study discovered that there is a negative correlation between body shame and the ability to manage one's body image in photos, while there is a positive correlation between body shame and the use of social media. Additionally, the study found that the effect of body shame on social media use was mediated by body image control in photos. Essentially, teenagers who experience body shame are more likely to use social media to make comparisons with others, which can lead to negative effects on their body image. These findings highlight the importance of regulating body image in photos to counteract the negative impact of social media on body image. This article investigates the correlation between body shame, social media use, and body image control in photos among Italian adolescents. The findings indicate that social media use is positively associated with body shame and negatively associated with

body image management in photos. This relationship can lead to increased feelings of body dissatisfaction and shame. The research also underscores that social media has varying effects on body image based on gender. According to the study, young women typically obtain higher scores in their opinion with their body in pictures, as well as positive and negative body image factors. In contrast, young men tend to score higher in sexual attraction and adverse consequences associated with some not preparate internet websites. These findings support the argument that social media and body shame are significant factors contributing to problematic self-image, and that addressing these factors is important in promoting healthy self-image and mental health among adolescents.

The study by Scully and their fellow workmates examines the correlation with the juxtaposition due to some sort of internet problems, behavior centered on looks, and body dissatisfaction among teenage females [9]. The study was conducted on 210 adolescent girls aged an average of 15 and 16 years old. The participants responded to a survey assessing their usage of social media, behavior related to appearance, and level of body dissatisfaction. The study's findings demonstrated a favorable correlation on the amount of time spent with its relationship with teenager's outer looking and body dissatisfaction. The study also discovered that social media activity linked to looks was positively correlated with body dissatisfaction, although social media usage was not. The study showed that teenage girls' Facebook activity linked to looks was highly correlated with their body dissatisfaction. Also, according to their research, they consider that the evaluation of one's own and other people's photos on Facebook was linked to body dissatisfaction which have relation both on the recurrent society and internet comparisons. To interpret the evidence presented in the passage, it can be observed that the study examines the relationship between social comparisons on the evaluation with body outer look due to social media among young teenage girls. These findings provide credence to the hypothesis that social media and body shame are substantial contributors to problematic self-image in adolescent females, and that addressing these issues is critical in promoting healthy self-image and mental health.

### 4.2. A Relevant Cognitive Factor

Problematic belief is a notion that has the potential to harm a person's beliefs, feelings, and actions. The link between problematic social networking, body image management in pictures, and objectified bodily awareness was discussed in the study by Boursier and his fellow workmates [10]. Six hundred ninety-three teenagers (55% female; mean age 16 years) who endorsed taking part in the study were examined. An online survey that was given to the participants examined their levels of objectified body consciousness, control over their bodies in images, problematic social networking, and views about appearance control. It has shown that the thoughts related to controlling one's appearance served as a mediator between the consciousness of body, the outer look dominate in pictures, the issues for network websites, and the conviction to outer look are essential factors. The results showed the relationship between their attitudes on their outer look and online body image monitoring. Particularly, women who believe they have some influence over their own body image seem to use fewer techniques to manage it in photographs. The research emphasizes the significance of appearance control beliefs in influencing the connection between these factors. What's more, their influence on internet body image tracking. The findings indicate that addressing cognitive factors, especially appearance control beliefs, is crucial in promoting positive self-image and mental health in adolescents, especially among girls who perceive they have some control over their body image.

## 5. Conclusion

Finally, this review study sheds light on the influence of internet on teenage self-image regulation. The first section of the study analyzes the overall the effect that social media has on teenage self-concept, emphasizing the importance of age and gender. The research underlines the importance of raising knowledge on the result on adolescent self-image control and recommends treatments that can promote healthy self-image and mental health among adolescents. The second section of the research

dives into the elements that contribute to negative self-image and classifies them into two categories: social media and body shame. Furthermore, appearance control beliefs are identified as an important cognitive element that can influence behavior and attitudes regarding body image in the review. According to the article, addressing these elements is critical in developing healthy self-image and mental health in teenagers. In general, this research review provides valuable insights into the impact of social media on teenagers' ability to manage their self-image and the primary factors that contribute to negative self-image. This study can improve the knowledge of how social media affects teen self-image and will guide future findings and therapy in this area.

One limitation is that the studies included were mostly cross-sectional. Longitudinal designs could be used in future study to gain a deeper understanding of how social media affects the regulation of self-image in teenagers over time. Furthermore, the studies examined were primarily focused on Western civilizations and may not be applicable to other cultures. Future studies could benefit from investigating social media's effects on teenagers' self-image management across different cultures. Another prospective study topic is to investigate the efficacy of therapies aimed at improving healthy self-image and mental health in teenagers. According to this review research, addressing elements that contribute to problematic self-image, such as social media and body shame, as well as a relevant cognitive aspect, is critical in fostering healthy self-image and mental health among adolescents. Future research should look into the efficacy of interventions aimed at addressing these characteristics, such as encouraging body positivity and questioning artificial beauty standards. Furthermore, study might look into the role of parents, educators, and mental health professionals in encouraging good self-image and assisting adolescents with social media use.

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