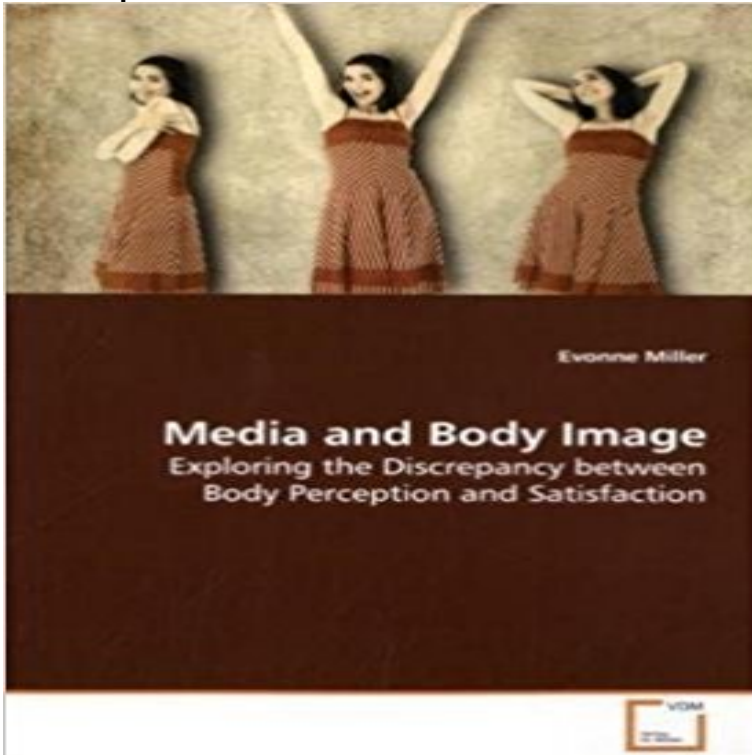


# Media and Body Image: Exploring the Discrepancy between Body Perception and Satisfaction



This research explores the relationships among media consumption, body satisfaction and perception. Correlational and experimental studies typically link exposure to the thin female body shape currently over-represented in the media with increased body dissatisfaction - contrary to this, however, my research demonstrates that women who view thin models perceive their bodies to be thinner (and closer to their ideal figure) than those who viewed control images. Yet, cognitive body dissatisfaction either did not change or increased. To explain this discrepancy, an anchoring explanation was postulated whereby exposure to thin women alters perceptions of their own weight, as well as what weight is 'normal?'. My research suggests that women's perception of, and satisfaction with, their body vary depending on the anchor provided by media images, their perceived similarity to the image and their perception of their relative body size.

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