

Disclaimer: This is a sample. Use this as an example and create your own reflective journal.

Reflective Journal 1

Student Name

Professor Julie Doar-Sinkfield

Society and the Media

Date

SAMPLE

When I was a teenager I was greatly affected by the women I saw in movies and magazines in a negative way. I remember watching beautiful actresses on the big screen and thought this was the way women should look and it became the way I wanted to look as well. The majority of actresses I watched in movies were tall and physically fit. I watched the beautiful girl always ended up with the cute guy and lived happily ever after. I was particularly affected by movies during my teenage years when I was developing a sense of self and learning about my body. I also read a lot of fashion magazines when I was a teenager and enjoyed looking at the models who wore new fashionable clothes. The advertisements in the fashion magazines showed tall and thin women in beautiful locations. “Studies examined exposure to media forms and body image to show that there may be a link between viewing images of thin bodies and personal body dissatisfaction” (Makwana, 1). I found this to be true with my own experience. My self-esteem lowered and I was extremely dissatisfied with my body as I realized that I would never grow to be six feet tall and develop a perfect body. I did not realize that the women I saw in movies and in magazines had a team of people working hard to make them look perfect for the few moments they were on camera. The images in magazines were photo shopped and their natural imperfections were erased and replaced with flawless images. “Social media not only exposes young girls to certain beauty standards and cultural ideals of womanhood, but emerging research shows it may contribute to the development of eating disorders and body dysmorphia.” (Tackett, 2). Luckily I did not develop an eating disorder but unfortunately a few of my classmates did. Sadly, as a teenager I didn’t realize that I was trying to obtain a body that was not possible and not real. It is sad to think that the media has this much impact on the public and the way we feel about ourselves, and a lot of people do not feel good about themselves unless they conform to the images that mainstream culture promotes.

Sources

1. Bindal Makwana. 2018. Selfie-Esteem: The Relationship Between Body Dissatisfaction and Social Media in Adolescent and Young Women. <https://www.in-mind.org/article/selfie-esteem-the-relationship-between-body-dissatisfaction-and-social-media-in-adolescent>
2. Brittany Tackett. .2019. Social Media and Body Image. <https://www.projectknow.com/eating-disorders/and-social-media/>

SAMPLE