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### RESEARCH ARTICLE

#### A PREEXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING REGARDING INSTAGRAM FITSPIRATION ON BODY IMAGE SATISFACTION AMONG ADOLESCENT STUDENTS AT SELECTED SCHOOL DEHRADUN

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#### Manuscript Info

##### Manuscript History

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#### Abstract

Body image relates to how people think and feel about their own body. It relates to a person's perceptions, feelings, and thoughts about his or her body and is usually conceptualized as incorporating body size estimation, evaluation of body attractiveness, and emotions associated with body shape and size. Fitspiration, an amalgamation of the word's —"fitness" and —"inspiration" has been put forward as a healthy antidote to thinspiration. Thinspiration, an unhealthy internet-based trend, idealises and promotes bodily thinness through harmful weight loss strategies. Despite fitspiration 's aims to inspire positivity and a healthy lifestyle.

##### Problem Statement:

"A Pre-experimental study to assess the effectiveness of video assisted teaching regarding Instagram fitspiration on body image satisfaction among adolescent students at selected school of Dehradun."

##### Objectives of the study:

1. To assess the body image satisfaction among adolescent students.
2. To assess the effectiveness of video assisted teaching regarding Instagram fitspiration on body image satisfaction among adolescent students.
3. To find out the association between post-test score of the adolescent students with selected socio- demographic variables.

**Methodology:** A quantitative research approach was used. The research design was pre-experimental. The study was conducted in Fylfot Public School Dehradun. The conceptual framework used for this study is based on system of model. The research design used for this study was one group pre-test post-test design. Data collection using nonprobability convenient sampling and sample size is 40. Pilot study was conducted with constructed tool with which it as found reliable respectively. The data was collected to assess the satisfaction level in a view to prepare a video assisting teaching by using knowledge questionnaire. The data collection was analysed and interpreted by using descriptive and inferential statistics.

**Results:** Majority 62.5% of samples were in the age group 16 years, 55% of samples were male, 97.5% of samples in 11<sup>th</sup> class, 100% of sample belong to urban area, 42.5% of samples family income was

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more than 30,000. 85% of samples had no previous knowledge regarding body image, 57.5% previous knowledge regarding Instagram Fitspiration. In the study the mean post-test satisfaction level of students was significantly higher than the mean pre-test scores. The calculated —t value! is 22.053 was more than the table value at 0.5 level of significance. There is significance association between previous knowledge regarding Instagram fitspiration but there is no association between age, gender, class, place of living, family income, previous knowledge regarding body image at significance level 0.05.

**Recommendation:**

1. The same study can be repeated with large samples.
2. The study can be done in adults who are studying in selected college of Dehradun.

**Discussion:** Based on the objectives of the study, a knowledge questionnaire was used to assess the effectiveness of video assisted teaching regarding Instagram Fitspiration on body image. It was considered to be appropriate instrument.

**Conclusion:** The study concludes that the satisfaction level regarding body image among adolescents was found 75% Good.

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**Introduction:-**

**“Say Goodbye to your inner critic, and take this pledge to be kinder to yourself and others”**

Body image relates to how people think and feel about their own body. It relates to a person's perceptions, feelings, and thoughts about his or her body and is usually conceptualized as incorporating body size estimation, evaluation of body attractiveness, and emotions associated with body shape and size.

Adolescents are particularly vulnerable to body dissatisfaction due to the physiological, social, and psychological changes they are going through. Perception of overweight and dissatisfaction with body size, rather than actual weight appears to be a potent force behind girls' dieting and weight control behaviours. Such behaviour is related to negative physical and psychological changes and can lead to life-threatening conditions including eating disorders.<sup>1</sup> such attention on health risk associated with obesity may also increase sensitivity to weight and cause one to perceive his/her body negatively leading to adverse effects on body image and self-esteem. Adolescents who are overweight are at increased risk for depression, poor body image, and reduced self-esteem.<sup>2</sup>

Many influences exist during the teen years including transitions (e.g., puberty) that affect one's body shape, weight status, and appearance. Weight status exists along a spectrum between being obese (i.e., where one's body weight is in the 95th percentile for age and gender) to being underweight. Salient influences on body image include the media, which can target adolescents, and peers who help shape beliefs about the perceived body ideal.<sup>3</sup> Other factors, such as ethical or familiar factors, contribute to the development of this disordered eating behaviours.<sup>4</sup>

Pattern of false thinking and belief about one's body can be recognized objectively and altered, thereby changing the response, and eliminating BID (body image dissatisfaction).

We should be grateful for our strength and things we can do with our body. Accept the way our body is today without changing anything.<sup>5</sup>

**“To keep the body in good health is a duty otherwise we shall not be able to keep our mind strong and clear.”**

The increasingly popular #fitspiration community on Instagram aims to promote body positivity and inspire health in its followers. However, fitspiration accounts often endorse unattainable, overly fit body ideals. Photos were sourced from public Instagram accounts. Exposure to fitspiration photos produced a significant reduction in state self-esteem, mood satisfaction and fit-ideal internalisation, but had no significant influence on body satisfaction. Instagram usage influenced fit-ideal internalisation, with specific Instagram factors, such as how the importance of a photo's —likes! were negatively associated with state self-esteem, mood, and body satisfaction. Instagram, has

placed larger emphasis on photo-related activities (i.e., sharing and —liking| photographs/videos). —” Likes” have become a form of social reinforcement, where individuals may view the number of —likes| received as direct evaluative feedback about attractiveness and self-worth. The hashtag (#) has also been used by Instagram users to post and search images in communities such as #Fitspiration or #fitspo.

Fitspiration, an amalgamation of the word’s —fitness| and —inspiration|, has been put forward as a healthy antidote to thinspiration. Thinspiration, an unhealthy internet-based trend, idealises and promotes bodily thinness through harmful weight loss strategies. Despite fitspiration’s aims to inspire positivity and a healthy lifestyle.<sup>6</sup> Who viewed self-compassion quotes showed greater body satisfaction, body appreciation, self-compassion, and reduced negative mood compared to women who viewed neutral images. Further, viewing a combination of fitspiration images and self-compassion quotes led to positive outcomes compared to viewing only fitspiration images.<sup>7</sup>

### Need Of the Study

**“You have been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.”- Louise Hay International**

A convenience sample of 141 undergraduate students with a mean age of 20.18 years (SD = 2.53, age range 16–28 years) was recruited from introductory psychology courses at a small eastern Canadian university. The majority of participants were female (78.7%), reflecting the institution’s student sex ratio, and between 18 and 23 years of age (85.9%).<sup>2</sup> HYPERLINK "<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4118941/>"Based on the HYPERLINK "<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4118941/>"World Health Organization's HYPERLINK "<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4118941/>"(2010) BMI classification, 5.0% of the participants were Underweight (<18.50), 66.2% in the Normal range (18.50–24.99), 22.3% Overweight (25.00–29.99), and 5.8% in the Obese class 1 range (30.00–34.99). Two participants did not disclose their height and weight. The ethnic composition of the overall sample was uniform, with 87.2% of the participants classifying themselves as Caucasian, 3.8% as African Canadian/American, 2.1% as Asian, and 4.2% representing other ethnic groups (2.8% did not reveal their background). Participants provided demographic information and completed self-report measures of the constructs examined in this study.<sup>8</sup>

People tend to underestimate their current weight and overestimate their height minimizing health risk factors. The researcher felt the need to conduct study to assess body weight satisfaction, acceptance of body image, weight concern and dieting habits among adolescent students So that the students would learn how their effect of Instagram fitspiration images on body satisfaction.<sup>9</sup>

### National

Adolescence, intermediary phase from childhood to adulthood, is a delicate phase of life. Unique changes may occur during this period. The never-ending sequence of physical and psychological adaptations of adolescents has a remarkable influence on the social and behavioural aspects of their lives. The standardized model of beauty in our society that prefers and emphasizes just particular physical aspects such as slimness and thinness influences adolescents’ beliefs of physical growth. The lack of connection between the real and the ideal perception of their own body (body dissatisfaction) and the firm willingness to modify their body and shape so as to standardize them to the social concept of thinness (drive for thinness) are some of the main reasons responsible for the determined and constant adolescents’ drive to follow such ideal standards.<sup>10</sup>

Previous studies suggest that physical appearance and body image may influence perceived health. Adolescence is a period of increased awareness of bodily cues and self-reflection, including evaluation of body and appearance. Gender differences in body dissatisfaction emerged between 13 and 15 years of age and were maintained at 18 years. Throughout this period, girls increased, and boys decreased body dissatisfaction. According to one previous study 79% boys and 44% girls were satisfied with their weight.<sup>11</sup>

A study was conducted in a college located in an urban area of Coimbatore. With an estimated prevalence of body image dissatisfaction of 33.3% from a study in Mangalore, sample size was calculated to be 978, with the precision of 3.3%, and nonresponse 20%. After approval by the Institutional Human Ethics Committee, 1220 college going adolescent girls in the age group of 18–19 years, were enrolled in the study by convenience sampling. After obtaining informed consent, a semi-structured questionnaire was used to collect the data on body image dissatisfaction and the associated factors namely demographic factors, socioeconomic and media influence,

sociocultural pressure, self-esteem, perfectionism, and depression. Furthermore, data regarding weight control measures adopted were collected.

The study showed that 947 (77.6%) girls were dissatisfied with their body image. Majority of the study participants (60.6%) were from an urban background. About 67.5% of them belonged to Class I and Class II and 32.5% of them belong to Class III and Class IV socioeconomic status according to modified Prasad classification.

Based on the BMI, about half (53.6%) of them were having normal BMI while 26.7% of them were undernourished, 15.7% were overweight, and 3.9% were obese. Among the 1220 students who participated in the current study, 791 (64.8%) of them had undertaken at least one weight control measure in the past 1 year. Of which 157 (19.8%) were satisfied and 634 (80.2%) were dissatisfied with their body image.

Among the multiple options of weight control measures adopted, the most common method was taking small meals (53.2%) followed by skipping meals (42.7%). Extreme measures such as taking laxatives (5.3%) and vomiting after meals (9.7%) were also seen.

Among participants who followed weight control measures, multiple reasons were given by them, of which 61.7% gave improving the appearance and body shape as the main reason for going in for weight control measures and 33.5% said to look better in clothes.<sup>12</sup> #fitspiration is a popular social media trend for sharing fitness-related content. To date, however, it is not clear how best to harness the power of this trend to improve users' health, including how best to tailor its content. In this study, a cross-sectional survey assessed intentions and perceptions of users who host fitspiration accounts on Instagram (n = 65), as well as young adult followers (n = 270). Fitstagrammers and men (across user groups) preferred messaging about earning fitness, whereas followers and women (across user groups) preferred messaging about the benefits of exercise efforts. Both fitstagrammers and followers also noted that they experience both positive and negative feelings in response to fitspiration images, with followers and women reporting more frequent negative feelings (vs fitstagrammers and men, respectively).

These findings can inform the use of fitspiration as a health promotion tool, particularly with respect to tailoring content to match user preferences #fitspiration is a popular social media trend for sharing fitness-related content. To date, however, it is not clear how best to harness the power of this trend to improve users' health, including how best to tailor its content. In this study, a cross-sectional survey assessed intentions and perceptions of users who host fitspiration accounts on Instagram (n = 65), as well as young adult followers (n = 270). Fitstagrammers and men (across user groups) preferred messaging about earning fitness, whereas followers and women (across user groups) preferred messaging about the benefits of exercise efforts. Both fitstagrammers and followers also noted that they experience both positive and negative feelings in response to fitspiration images, with followers and women reporting more frequent negative feelings (vs fitstagrammers and men, respectively).

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The reason for choosing this study is to improve body positivity and decreased negative mood among adolescents.

**Statement of the problem:**

“A Pre-experimental study to assess the effectiveness of video assisted teaching regarding Instagram fitspiration on body image satisfaction among adolescent students at selected school of Dehradun.”

**Objectives of the study:-**

1. To assess the body image satisfaction among adolescent students.
2. To assess the effectiveness of video assisted teaching regarding Instagram fitspiration on body image satisfaction among adolescent students.
3. To find out the association between post-test score of the adolescent students with selected socio- demographic variables.

**Hypothesis:**

**H<sub>1</sub>:** The Mean Post-test score of adolescent students will be significantly higher than the mean Pre -test score as evident by structured knowledge questionnaire.

**H<sub>2</sub>:** There will be a significant association between post-test score with selected demographic variable at 0.05 level of significant.

**Operational definition: -**

**Assess-** In this study assess refersto appraise body satisfaction among adolescent students and how Instagram fitspiration are effective on body image satisfaction among adolescent students.

**Effectiveness-** Inthis study effect refers to extent to which the video assisted teaching regarding Instagram fitspiration has impact on the body satisfaction among adolescent students.

**Video assisted teaching-** It is a teaching program consisting of lectures and videos together on the Instagram fitspiration effects on body image satisfaction.

**Instagram fitspiration -** In this study Instagram fitspiration referred to images, videos and words posted on Instagram App which presents informational material related to body satisfaction.

**Body image Satisfaction-** Body satisfaction construct from body image, it denotes concern with appearances, the amount of satisfaction you feel about your body shape and weight.

**Adolescent Students –** In this studyadolescent students are those people between 15 to 18 years of age whose awareness of bodily cues and self -reflection increased including evaluation of body and appearance.

**Assumptions:**

The study assumes that,

1. Adolescents may have less positivity about body image.
2. Adolescents may have lack of knowledge about body image satisfaction.
3. Video assisted teaching regarding Instagram fitspiration may improve their positive body image satisfaction.

**Delimitation:**

The study is limited to: -

1. The sample is limited to 40 school students.
2. Study is limited to only 11th class students.
3. Study conducted at Fylfot Public School Dehradun.

**Conceptual Framework**

It presents logically constructed concepts to provide general explanation of the relationship among the concepts of the research study, without using a single existing theory. Conceptual frameworks are usually constructed by using researcher’s own experiences, previous research findings or concepts of several theories or models.<sup>14</sup>

A conceptual framework is a written or visual representation of an expected relationship between variables. Variables are simply the characteristics or properties that you want to study.

Conceptual framework of this study is based on system theory model, for the effectiveness of video assisting teaching programm regarding Instagram Fitspiration on body image satisfaction among Adolescent students Dehradun. Aim of the study to evaluate the effectiveness of video assisting teaching programm regarding Instagram

Fitspiration on body image satisfaction among Adolescent students Dehradun. The Conceptual Framework for this study is based on the system of model.

It has 4 components.

1. Input
2. Throughput
3. Output
4. Feedback.

**Input:**

Input refers to the background of the student's age, gender, class, place of living, family income, previous knowledge regarding body image satisfaction, previous knowledge regarding Instagram fitspiration.

**Throughout:**

It is divided into 3 parts.

The first part refers to pre-test level of satisfaction regarding body image, second part include intervention (video assisted teaching program) and third part is post-test on body image satisfaction.

Video Assisted teaching Program includes introduction of body image, meaning, importance, benefits, how to promote body image positivity, body image affect in education, introduce Instagram, Instagram fitspiration, meaning of fitness, importance of fitness, positive effects of fitness.

**Output:**

it provides baseline information of intervention. Tool was prepared to assess the effectiveness of video assisted teaching program. The result of the knowledge was poor, average, good.

Feedback is not included in the study.

**Summary:**

This chapter dealt with the representation of introduction of the study, need of the study, statement of the problem, objectives of the study, hypothesis, assumption, operational definition, delimitation, and conceptual framework.

**Chapter II**

**Review Of Literature:-**

In the present research, the review of literature is presented under the following headings:

1. Literature related to body image satisfaction.
2. Literature related to Instagram fitspiration effects on body image satisfaction.

**Literature Related To Body Image Satisfaction.**

**Marla E Eisenberg. (2006):**

The study uses longitudinal data to examine changes in body satisfaction among male and female adolescents from baseline to 5 years. A diverse sample of 2,516 adolescents completed surveys in 1999 and 2004, reporting satisfaction with 10 body parts or attributes, height/weight, and other characteristics. Multivariable general linear modelling was used to estimate change in body satisfaction from Time 1 to Time 2, by age group, race, and change in body mass index (BMI) category.

Body satisfaction decreased over 5 years (mean satisfaction change=-0.79) in all groups except older adolescent females. Scores decreased significantly more among younger adolescents than older adolescents, among some racial/ethnic groups of males, and among those whose BMI increased. However, among males, change in body satisfaction depended on BMI category at baseline.

Different types of prevention programs addressing body image may be needed for males and females at different developmental stages and may need to address changes in BMI.<sup>15</sup>

**Vaquero-Cristobal RT Etal. (2013)**

In developed countries there are standards of beauty based on pro-thin models, which are internalized by adolescents and young people especially in the case of women, assuming it as risk factor for developing changes in body image and perception.

To analyse the current state of research in relation to body image, the sociodemographic variables that influence it, the relationship between body composition, conducting diets, eating disorders, sports and intervention programs and prevention, and the body image.

It was searched in Medline, Isi Web of knowledge and Dialnet as well as a manual search among the references of selected studies and in different libraries. An increased socio-cultural influence is associated with a greater perception of body fat, greater body image dissatisfaction and lower self-assessment of overall fitness. This leads to a lot of teenagers and young adults to abuse to the restrictive diets and to suffer eating disorders. Numerous studies have analysed the relationship between sports practice with body image disturbance; there are conflictive results. Moreover, it is necessary to design objective tools to detect changes and enhance the design of prevention and intervention programs in order to avoid distortion of body image, especially in those age ranges where the population is more vulnerable to this phenomenon.

The excessive current preoccupation about body image has resulted in the realization of diets and changes as eating disorders. There are other factors that influence body image and perception as the realization of physical exercise, although the results about the relationship between these factors are contradictory. Therefore, further work is needed on the issue by creating tools to detect changes and enhance the design of prevention and intervention programs.<sup>16</sup>

**Weinberger N.-A. a, b, c etal. (2016)**

Body dissatisfaction has been identified as a psychological correlate of obesity that is related to disordered eating, poor self-esteem, and depression. However, not all individuals with obesity are equally vulnerable to these correlates, and 'normative discontent' is present in individuals with normal weight, too. In this light, the complex relationship of body image and individual weight status seems like a worthwhile direction of research inquiry. As such, this review aims to systematically explore the degree of body dissatisfaction in individuals with obesity compared to normal-weight individuals. **Methods:** A systematic literature search was conducted. All quantitative studies of adult samples reporting results regarding differences in body dissatisfaction between individuals with normal weight and obesity were included. **Results:** 17 articles were found. Across studies, individuals with obesity reported higher body dissatisfaction than normal-weight individuals (questionnaires:  $d = 0.89$ , 95% CI =

0.63-1.16,  $p < 0.001$ ; silhouette scales:  $d = 1.41$ , 95% CI = 0.57-2.25,  $p < 0.001$ ).

Meta-regression revealed a significant association of female gender and higher body dissatisfaction ( $b = 0.60$ ,  $p = 0.007$ ).

**Conclusion:-**

The findings underline the severity of body dissatisfaction among individuals with obesity and especially among women. Future research recommendations are discussed.<sup>17</sup>

**PRAVINA SANTHIRA SHAGAR (2018)** systematic review investigates evidence on the association between body image concerns and weight-related behaviours of adolescents and emerging adults. It includes peer-reviewed journal articles reporting research involving body image concerns and weight-related behaviours of adolescents and emerging adults, published between 2005–2017, and located through systematic searches from four databases. This review includes studies from 11 countries or regions: United States ( $n = 13$ ), Asia ( $n = 9$ ), Europe ( $n = 8$ ), Middle East ( $n = 3$ ), South America (Brazil;  $n = 3$ ), Canada ( $n = 3$ ), Australia ( $n = 1$ ), New Zealand ( $n = 1$ ), Trinidad ( $n = 1$ ), Turkey ( $n = 1$ ) and Seychelles ( $n = 1$ ); 24 different countries ( $n = 1$ ); three Asian countries and the United States ( $n = 1$ ). Out of 46 studies included in this review, 45 studies reported a positive association between body image concerns and weight-related behaviours. Adolescents and emerging adults who misperceived their weight engaged in weight related behaviours. Higher body dissatisfaction had a significant association in the development of eating disorders and extreme weight-loss behaviours. Body image concerns play a significant role in adolescents and emerging adults engaging in weight-related behaviours. Experimental research designs are required to determine the causality of this association. Evidence strongly suggests policy makers and public health practitioners contemplate

strategies to promote positive body image and healthy weight-related behaviours among adolescents and emerging adults.<sup>18</sup>

**Hannah L. Quittkat, et, al (2019):**

Body image disturbance is associated with several mental disorders. Previous research on body image has focused mostly on women, largely neglecting body image in men. Moreover, only a small number of studies have conducted gender comparisons of body image over the lifespan and included participants aged 50 years and older. With regard to measurement, body image has often been assessed only in terms of body dissatisfaction, disregarding further aspects such as body appreciation or the importance of appearance. The aim of this cross-sectional study was to explore different aspects of body image in the general German-speaking population and to compare men and women of various ages. Participants completed an online survey comprising questionnaires about body image. Body dissatisfaction, importance of appearance, the number of hours per day participants would invest and the number of years they would sacrifice to achieve their ideal appearance, and body appreciation were assessed and analysed with respect to gender and age differences. We hypothesized that body dissatisfaction and importance of appearance would be higher in women than in men, that body dissatisfaction would remain stable across age in women, and that importance of appearance would be lower in older women compared to younger women. Body appreciation was predicted to be higher in men than in women. General and generalized linear models were used to examine the impact of age and gender. In line with our hypotheses, body dissatisfaction was higher in women than in men and was unaffected by age in women, and importance of appearance was higher in women than in men. However, only in men did age predict a lower level of the importance of appearance. Compared to men, women stated that they would invest more hours of their lives to achieve their ideal appearance. For both genders, age was a predictor of the number of years participants would sacrifice to achieve their ideal appearance. Contrary to our assumption, body appreciation improved and was higher in women across all ages than in men. The results seem to suggest that men's and women's body image are dissimilar and appear to vary across different ages.<sup>19</sup>

**HamidrezaShorka, Ali Amirkafiand BehshidGarrusi (2019):**

Body image is the perception of individuals of their own body, and it can be affected by many variables such as culture, social pressure, and media, but it is not limited to these factors. Body image disturbances are important because they lead to severe physical or psychological health problems. Development of body image dissatisfaction in Eastern communities has been increased in the past years. Despite many studies in Asian societies, In Iran, studies are scattered and limited. Our goal is a better understanding of this matter in Iran. A review of scientific literature about Body Image and Iran was conducted in PubMed, Web of Science, Science Direct,

Scopus, and ProQuest, also in Persian scientific databases such as Scientific Information Database (SID) and Thematic Guide to Iranian Publications

(MAGIRAN). This search has been conducted in January 2018. Out of 389 articles, 44 of them were selected. In these articles, study period, sample characteristics, type of study, contributing variables, type of statistical analysis, and the main result of each article were extracted. Despite using different methods for detection of body dissatisfaction, results showed that this problem has a high prevalence in Iranian population. Contributing factors were also similar to the world findings. Review of studies regarding body dissatisfaction in Iran, revealed a high prevalence of this problem. It seems there is a need for interventional programs to prevent the negative consequences of body dissatisfaction, especially in teenagers and young people. Future studies with scientific or longitudinal design, which lead to better results, are recommended.<sup>20</sup>

**Juan Gregoria Fernandez-Bustos. (2019):**

The aim of this study was to assess the differences in body dissatisfaction (BD) of male and female adolescents by body mass index (BMI) and the quantity, type and organisation of physical activity (PA). To do so, 652 adolescents aged 12–17 years participated in a cross-sectional study. The cognitive-affective component of BD was assessed with the Body Shape Questionnaire (BSQ) and the perceptual component with Gardner's scale for the assessment of, body image (BI). PA was measured with the International Physical Activity Questionnaire (IPAQ-SF) and the item 1 from the Physical Activity Questionnaire for Adolescents (PAQ-A). The results show that sex and BMI are key variables when determining BD. Moderate-to-vigorous PA (MVPA) was moderately associated with a greater body satisfaction in males, but no association was found between BD and the participation and organisation of PA. Moreover, the results suggest that participants in aesthetic/lean PA are at a higher risk of suffering from BD than

participants in other PA types. These findings provide useful information for the design of programmes promoting healthy lifestyles, weight control and BI concern during the school period.<sup>21</sup>

#### **Yolanda olivapena (2019)**

Adolescence constitutes a stage of changes and strong social pressures among peers, to adjust to a standard of beauty in which the perception of body image is of great relevance in comprehensive health behaviors as well as a risk factor for eating disorders. Regarding problem that is our interest to know (Body Image), we use a gender focuses, as the transversal analytical axis of the study, as well as the study of a region with a strong presence of Maya-speakers.

#### **Methodology:-**

This is a quantitative, cross-sectional study conducted on 1432 high school students in the eastern part of the state of Yucatan, using a self-administered questionnaire (BSQ and SFS scales), with the prior informed consent of parents and participants.

#### **Results:-**

It was obtained that 66.5% of the students are satisfied with their body image, and 32.7% are dissatisfied. It was obtained by means of the Kappa index that the perceptions of the body image of the studied students vs the desired body image have a moderate concordance. Significant differences on mean on dissatisfaction with their image were found between men and women  $p \leq 0.001$ .

#### **Conclusions:-**

In the area studied it is shown that gender constitutes a risk factor in which the condition of being the social pressure to adjust to beauty models, impacts regardless of the rural, urban or local culture, in this case of the Mayan zone.<sup>22</sup>

#### **Robert Wm Blum M.D. Etal. (2021):**

Study assesses the relationship between unequal gender perceptions, socioecological factors, and body satisfaction among early adolescents in six urban poor settings in four countries.

A cross-sectional study, part of the Global Early Adolescent Study, was conducted in Shanghai, China; Cuenca, Ecuador; Kinshasa, DRC; and three cities in Indonesia: Denpasar, Semarang, and Bandar Lampung. Bivariate and [HYPERLINK "https://www.sciencedirect.com/topics/social-sciences/multiple-linear-regression"](https://www.sciencedirect.com/topics/social-sciences/multiple-linear-regression) [multiple linear](https://www.sciencedirect.com/topics/social-sciences/multiple-linear-regression) [HYPERLINK "https://www.sciencedirect.com/topics/social-sciences/multiple-linear-regression"](https://www.sciencedirect.com/topics/social-sciences/multiple-linear-regression) [regressions](https://www.sciencedirect.com/topics/social-sciences/multiple-linear-regression) [HYPERLINK "https://www.sciencedirect.com/topics/social-sciences/multiple-linear-regression"](https://www.sciencedirect.com/topics/social-sciences/multiple-linear-regression) were conducted to assess the relationships between body satisfaction, perceptions of gender norms, and socioecological factors. A final sample of 7840 respondents aged between 10 and 14 years were included in the analysis.

Adolescents who endorsed more traditional sex roles and traits were more likely to be satisfied with their bodies in Kinshasa and Indonesia, while only endorsement of GST was associated with body satisfaction in Shanghai. Individual factors related to body satisfaction varied by site and included perceived health status, perception of body weight, height, and growth rate. Family and neighborhood factors related to increased body satisfaction varied by site and sex and included closeness to parents, parental communication, discussing bodily changes with anyone, parental awareness, and perception of neighborhood.

The results highlight the association between gender norms and social factors at individual, family, and neighborhood levels with body satisfaction. While associations differ significantly by site and sex, namely in perception of body weight and height, there exists commonalities that suggest body satisfaction, gender norms, and social context are intertwined.<sup>23</sup>

#### **Review Of Literature Related to Instagram Fitspiration Effects on Body Image Satisfaction.**

##### **Marika Tiggemann \*, (2015)**

Fitspiration is an online trend designed to inspire viewers towards a healthier lifestyle by promoting exercise and healthy food. The present study aimed to experimentally investigate the impact of fitspiration images on women's body image. Participants were 130 female undergraduate students who were randomly assigned to view either a set of Instagram fitspiration images or a control set of travel images presented on an iPad. Results showed that acute

exposure to fitspiration images led to increased negative mood and body dissatisfaction and decreased state appearance self-esteem relative to travel images. Importantly, regression analyses showed that the effects of image type were mediated by state appearance comparison. Thus, it was concluded that fitspiration can have negative unintended consequences for body image. The results offer support to general sociocultural models of media effects on body image and extend these to —” new media.”<sup>24</sup>

#### **Elise Rose Carrotte. (2017)**

“Fitspiration” (also known as —”fitspo”) aims to inspire individuals to exercise and be healthy, but emerging research indicates exposure can negatively impact female body image. Fitspiration is frequently accessed on social media; however, it is currently unclear the degree to which messages about body image and exercise differ by gender of the subject. The aim of our study was to conduct a content analysis to identify the characteristics of fitspiration content posted across social media and whether this differs according to subject gender. Content tagged with #fitspo across Instagram, Facebook, Twitter, and Tumblr was extracted over a composite 30-minute period. All posts were analysed by 2 independent coders according to a codebook. Of the 415/476 (87.2%) relevant posts extracted, most posts were on Instagram (360/415, 86.8%). Most posts (308/415, 74.2%) related thematically to exercise, and 81/415 (19.6%) related thematically to food. In total, 151 (36.4%) posts depicted only female subjects and 114/415 (27.5%) depicted only male subjects. Female subjects were typically thin but toned; male subjects were often muscular or hyper muscular. Within the images, female subjects were significantly more likely to be aged under 25 years ( $P < .001$ ) than the male subjects, to have their full body visible ( $P = .001$ ), and to have their buttocks emphasized ( $P < .001$ ). Male subjects were more likely to have their face visible in the post ( $P = .005$ ) than the female subjects. Female subjects were more likely to be sexualized than the male subjects ( $P = .002$ ).

Female #fitspo subjects typically adhered to the thin or athletic ideal, and male subjects typically adhered to the muscular ideal. Future research and interventional efforts should consider the potential objectifying messages in fitspiration, as it relates to both female and male body image.<sup>25</sup>

#### **Angela S. Alberga. et al (2018)**

Fitspiration, or images and text promoting health and fitness, and thinspiration, or images and text promoting thinness, have both received criticism for their negative effects on body image and dieting behaviours. In this study, we critically examined and compared the content of fitspiration and thinspiration on three social networking sites (SNS). Fitspiration and thinspiration posts ( $N = 360$ ) from three photo-sharing SNS (Instagram, Tumblr, and Twitter) were collected quasirandomly on four days over two weeks. Image and associated text content were coded for variables related to weight and shape, muscularity, thin ideal, and eating. Chi-square and Fisher’s exact tests compared content of fitspiration and thinspiration posts overall and among the three SNS.

Thinspiration images portrayed body parts more frequently than fitspiration (69.8% vs. 30.2%). Similarly, posts highlighting bony body features and references to mental illness appeared only in thinspiration. No differences were found between fitspiration and thinspiration posts with regard to sexual suggestiveness, appearance comparison, and messages encouraging restrictive eating. Fitspiration and thinspiration posts included similar images across the three SNS—focusing on appearance, sexually suggestive images, and restrictive eating—with three exceptions. Fitspiration posts exhibiting body positivity were found only on Tumblr. In thinspiration posts, references to mental illness were more frequent on Tumblr and Instagram than on Twitter, and bone emphasis was coded more frequently on Twitter than on Instagram.

Although fitspiration posts were less extreme than thinspiration posts on the whole, notable similarities in their content support that fitspiration endorses problematic attitudes towards fitness, body image, and restrictive eating in pursuit of a fit-and-thin body ideal.<sup>26</sup>

#### **Marika Tiggemann et al (2019)**

One recent trend on Instagram consists of posting ‘Instagram vs reality’ images containing side-by-side photographs of the same woman, one an idealized depiction and the other a more natural depiction. This study aimed to experimentally investigate the effect of such images on body image. Participants were 305 women aged 18–30 years who were randomly assigned to view one of three sets of Instagram images: ‘Instagram vs reality’ images, the ‘ideal’ side alone or the ‘real’ side alone.

As predicted, viewing the 'Instagram vs reality and real images resulted in decreased body dissatisfaction relative to the ideal images. Furthermore, the detrimental effects of appearance comparison were much less marked for the 'Instagram vs reality' and real images than for the ideal images. It was concluded that 'Instagram vs reality' and real posts have the potential to bolster women's body satisfaction, but more research is needed to assess their longer-term impact.<sup>27</sup>

**Elena Chatzopoulou et al. (2020)**

The current paper explores how male Instagram users' (MIU) perceptions of body image and behaviour are affected by the exposure to fitness hashtags, and the consequences on their wellbeing. For this purpose, in-depth interviews were conducted with #fitfam MIU with different levels of engagement. Low engagement

MIU with low body-esteem long for the —" instabod" and engage in body transformation efforts to follow the fitness trend popularized by Instagram, to emulate peers and Instagram celebrities, to gain popularity and to appear successful. Instagram community members use positive and negative reinforcements to strengthen body internalization. The body transformation effort motivates low-engagement MIU to engage more, which has various effects on wellbeing: on one side, they feel anxious and in competition with other peers which often leads to muscle dysmorphia symptoms; on the other side, they feel more masculine with higher self-confidence, they have higher motivation to stay fit and to eat healthily.<sup>28</sup>

**Ant.Vuong, et al (2021): -**

Internalisation of appearance ideals moderates the relationship between exposure to media images and body dissatisfaction. To date, the role of thin- and muscular-ideal internalisation in the context of social media remains under explored, particularly for boys. As such, we aimed to explore how social media use (Instagram and Snapchat) was related to body dissatisfaction, and whether thin- and muscular ideal internalisation would moderate this relationship in a sample of 1153 adolescent boys and girls (55.42% males;  $M_{age} = 13.71$ ,  $SD = 1.14$ ). As hypothesised, social media use, and thin- and muscular ideal internalisation were positively correlated with body dissatisfaction in both genders. In moderation analyses, thin-ideal internalisation emerged as the only variable that had a significant effect on body dissatisfaction in both genders. Additionally, the influence of social media use on body dissatisfaction was moderated by muscular-ideal internalisation in boys, whereby for boys with high muscular-ideal internalisation, greater social media use was associated with greater body dissatisfaction. The two-way (muscular x thin-ideal internalisation) and three-way interaction (social media use x thin-ideal internalisation x muscular-ideal internalisation) effects on body dissatisfaction were non-significant.

These findings emphasise the importance of considering the sociocultural environment (i.e., new media influences) as frameworks for understanding body dissatisfaction and suggest targeting of internalisation of appearance ideals in body dissatisfaction prevention programs.<sup>29</sup>

**Ilaria Cataldo et al (2021).**

The use of social media is popular in the health and the beauty industry, with an increasing number of brands using web platforms to promote their products.

Among the recently emerged trends, —fitspirationl (also abbreviated as —fitspol) has raised health concerns. Evidence suggested that fitspiration contents, although originally conceived to promote a healthier lifestyle, often portray distressful themes that can lead to unhealthy thoughts and behaviours (e.g., body image and eating disturbances, excessive exercising, misuse of supplements). Despite its popularity, the knowledge on this trend is limited and relatively few studies explored its psychological impact on young people below 25-year-old.

A narrative literature search was conducted in order to provide an overview of the evidence linking fitspiration trends on social media to mental health disturbances.

Various factors related to psychopathological risks have been associated with the exposure to fitspiration contents, which we have clustered in the following main topics: (i) exercise addiction and compulsive exercise; (ii) body dissatisfaction and objectification; (iii) appearance-related anxiety and depressive symptoms, self-esteem; (iv) excessive control of eating habits; (v) use of enhancing drugs; (vi) quality of life. A wide range of negative psychological effects associated with fitspiration contents on social media were identified. Additional research is

required to further elucidate the phenomenon, to determine the extent of the harm for young people, and to develop preventive mental health strategies.<sup>30</sup>

#### **Maria LimzniouEtal(2021)**

The increasingly popular #fitspiration community on Instagram aims to promote body positivity and inspire health in its followers. However, fitspiration accounts often endorse unattainable, overly fit body ideals. The aim of this study is to explore the effects of viewing fitspiration photos on body image and fit-ideal internalisation. We compared 109 British students' (18–50 years-old) responses on state self-esteem, mood satisfaction, body satisfaction and fit-ideal internalisation before and after viewing fitspiration photos. Online questionnaires exposed students to either five male or five female fitspiration photos, respectively for their given gender. Photos were sourced from public Instagram accounts. This study also examined the influence age and Instagram usage have on body image. Exposure to fitspiration photos produced a significant reduction in state self-esteem, mood satisfaction and fit-ideal internalisation, but had no significant influence on body satisfaction. Age had no effect on body image; however, gender impacted mood satisfaction and fit-ideal internalisation. Instagram usage influenced fit-ideal internalisation, with specific Instagram factors, such as how the importance of a photo's —"likes" were negatively associated with state self-esteem, mood and body satisfaction. Unexpectedly, Instagram frequency use and posting were related to higher levels of state self-esteem. Detailed explanations of the findings and potential future research opportunities are also discussed.<sup>31</sup>

#### **Bowles anna k (2021)**

Young adults across the United States struggle to meet physical activity recommendations and consume healthy diets, and they often suffer from issues related to body image. Social media influencers dedicated to fitspiration (i.e., fitness inspiration) are purported to have a goal of inspiring others to lead healthier lifestyles. The purpose of this study was to explore the relationships between fitspiration and exercise and body image perceptions amongst college students. Participants ( $n = 361$ , mean age = 20.2 years, 78% female) completed surveys that included sociodemographic information, social media usage, fitspiration content engagement, exercise, and body satisfaction. An independent samples t-test assessed differences in exercise by fitspiration viewership, and a chi-square analysis determined relationships between fitspiration and body satisfaction. Participants were routinely active on social media (91% use it for > 1 hour per day), and 61.5% were exposed to fitspiration content. Approximately 41% of respondents have followed exercise advice from fitspiration influencers, though only 11% reported having purchased products. No relationships were reported between following fitspiration and days per week of exercise ( $M\Delta = .02(.20)$ ,  $p = .91$ ). Participants that followed fitspiration were more likely to be dissatisfied with their bodies,  $X^2(1, n = 316) = 7.77$ ,  $p = .005$ , compared to participants who did not. Findings demonstrate fitspiration was not related to exercise and was related to poorer body image perceptions among college students. These results are supported by previous findings and indicate a critical misalignment between the purported purpose of fitspiration and the outcome of its viewing.<sup>32</sup>

#### **Giulia Fioravanti (2022)**

Sharing and viewing photos on social networking sites (SNSs) have been identified as particularly problematic for body image. Although correlational research to date has established that SNS use is associated with increased body dissatisfaction, only experimental studies can enhance confidence in the conclusions drawn. For this reason, this systematic review synthesizes data from 43 experimental studies ( $N = 8637$ ; %F = 89.56; mean age =  $21.58 \pm 1.78$ ) examining the effect of viewing idealized images (i.e., attractive, thin, and fit) and body positive content on SNSs on body image. Two studies were conducted on adolescents. Each study had slight variations in how the images were presented for each category (e.g., selfies and photos taken by others). The wide variability in experimental stimuli and psychological moderators used in the published research make a systematic review more feasible and meaningful than a meta-analysis. Findings indicate that viewing idealized images on SNSs lead to increased body dissatisfaction among young women and men. State appearance comparison (i.e., engaging in social comparison while viewing images) significantly mediated the effect, whereas trait appearance comparison (i.e., the relatively stable general tendency to engage in social comparison) was a significant moderator. Mixed results were found regarding the exposure to body positive images/captions. Viewing images on SNSs depicting unattainable beauty ideals leads young people to feel dissatisfied about their bodies, with appearance comparison processing playing an important role. More research is required to assess the long-term effects.<sup>33</sup>

**Summary:**

The Chapter deals with the literature review studies related to Instagram fitspiration effects on body image satisfaction.

**Chapter III****Research Methodology:-**

“RESEARCH METHODOLOGY” is a method to analytically explain the research problem. It may be described as a science of analysis how research is done systematically. Additionally, research methods are the tools and techniques for doing research. (Kothari,2004)

This section deals with the research approach, research design, variables, setting of the study, population, sample, sample size, sampling technique, sampling criteria, data collection, instrument, description of tools, development of tool, content validity of research instrument, pilot study, reliability of tool, data collection procedure, ethical consideration, plan for data analysis. Research methodology includes step procedure and strategies for gathering and analysis the data in a research investigation.

The selected study was conducted to assess the effectiveness of video on Instagram Fitspiration on Body Image Satisfaction among adolescent students at selected school of Dehradun.

**Research Approach**

A quantitative research approach was selected to assess the effectiveness of video assisted teaching regarding Instagram Fitspiration on Body Image Satisfaction among adolescent students at selected School of Dehradun.

**Research Design**

Pre-experimental one group pre-test -post-test research design was used to determine the effectiveness of video assisted teaching regarding Instagram Fitspiration on body image satisfaction.

**Pre- experimental one group pre -test -post-test research design can be represented as follows:**

Group	Pre-test	Intervention	Post- test
Students	O1	X	O2

**O1:** Assessment of satisfaction regarding Body image. (Pre-test)

**X:** Intervention (video on Instagram Fitspiration)

**O2:** Assess the effectiveness of video on Body Image Satisfaction (Post-test)

**Research Variables:**

- Dependent variable:** - The dependent variable is level of satisfaction regarding body image.
- Independent Variable:** - The independent variable is video regarding Instagram Fitspiration on Body Image Satisfaction.
- Demographic Variables:** - includes Age of students, Gender, Class, Place of living, Family income per month in Rs, any previous knowledge regarding body image, any previous knowledge regarding Instagram fitspiration.

**Research Setting of the study:**

The study was conducted at Fylfot Public School of Dehradun. The school is from Nursery to 12<sup>th</sup> class.

**Population**

The target population of the study consists of students from class 11<sup>th</sup> and total 40 students are studying this class.

**Sample**

The samples were selected according to criteria.

**Sample Technique and Sample Size**

The sampling technique was non – probability convenient sampling technique and sample size is 40.

**Sampling Criteria****Inclusion Criteria:**

Students who were present during the time of data collection.

Students who were willing to participate in the study.  
Boys and girls were included.

**Exclusion Criteria:**

students who were not available during the time of data collection.  
students who were not willing to participate in the study.

**Development and description of the tool:**

After extensive discussion with the experts and with the investigator personal and professional experience multiple choice questionnaires regarding Body image satisfaction is developed and validated. The tool consists of following sections.

The research tool develops and divided into two sections.

**Section A: Demographic Variables**

It comprised of 7 items seeking information on demographic characteristics of the students with their age, gender, class, place of living, family income per month in Rs., any previous knowledge regarding body image, any previous knowledge regarding Instagram fitspiration.

**Section B: Structured knowledge questionnaire on body image satisfaction.**

The study was conducted in selected school in 40 students with nonprobability convenient sampling technique. This section consists of structured questionnaire to assess the level of satisfaction among students at Dehradun. This part of the tool consists of 30 questions with meaning, importance, benefits of body image satisfaction and affects on education, meaning of Instagram and Instagram fitspiration, Positive effects and advice.

The type of questionnaire is multiple choice questions regarding Instagram fitspiration effects on body image satisfaction. The total score is thirty. Each correct response carries 'One Score'.

The knowledge of the respondents was arbitrarily categorized into three categories, poor, average, good the minimum score is 0 and maximum is 20.

Level of Knowledge	Score
Poor	1-10
Average	11-20
Good	21-30

**Development of Video assisted teaching:**

**Content of the blueprint:**

A blueprint was developed to assess the effectiveness of video regarding Instagram Fitspiration on body image satisfaction.

Session I- First I assessed Instagram fitspiration effects on body image satisfaction.

Session II – I gave video assisted teaching regarding Instagram fitspiration effects on body image satisfaction

Session III- In the last session I assessed the effectiveness of Instagram Fitspiration on body image satisfaction.

**Content Validity:**

Content validation is the degree to which the items in an instrument adequately represent the universe of content. The prepared instrument given for content validity includes statement of the problem, objectives of the study, blueprint of the tool and evaluation criteria check list and outline of content was submitted to 4 experts i.e., Mental health nursing experts, and 1 psychiatrist. Modifications were made on the basis of recommendation and suggestions of experts. After consultation with the guide, final tool was reframed.

The initials tools were given to 5 experts, along with criteria rating scale. The experts were requested to validate the tools based on structured questionnaire, and to give suggestion, on the adequacy and relevancy of contents. The Final questionnaire will prepare after incorporation the expert's suggestions.

**Pilot Study:**

Formal permission was obtained from the concerned authorities to conduct a pilot study and 10 students were selected by convenient sampling method.

The 10 samples were selected according to inclusion criteria. On first day the pre-test conducted, followed by video assisted teaching last for 10 minutes. On 7<sup>th</sup> day Post test was conducted.

**Reliability:**

Reliability of the research instruments define as the extent to which an experiment, test, or measuring procedure yields the same results on repeated trials. Reliability is a measure of the stability or consistency of test scores.

Karl Pearson's Formula: it is used to find out the reliability of the tool. R – value is 0.9. Hence the tool was found reliable.

**Ethical consideration:**

For the current study the investigator looks into consideration the ethical issue.

There were no ethical issues confronted while conducting the study.

1. The selected study was accepted by research committee and formal permission was obtained from the principal of the institution.
2. Consent was obtained and the subjects were informed that their participation was voluntary and have the freedom to withdraw from the study.
3. Privacy, confidentiality and anonymity of the subjects were guarded throughout the study.
4. Scientific objectivity of the study was maintained with honesty and impartiality.

**Data collection procedure:**

Formal written permission was obtained from the concerned authorities for conducting the main study. Data collection was done within the duration of 2 weeks. The 40 samples were selected from 11<sup>th</sup> class students on the basis of inclusion criteria by using non- probability convenient sampling technique.

The investigator introduced her and developed rapport with the subjects. The purpose of the study explained and reassured confidentiality, consent have taken from the subject prior to the study. The Pre-test level of satisfaction regarding body image gathered with the help of self- administering method.

The data collection was done in three sessions.

**Session I:** After obtaining permission from the concerned authorities and informed consent from the samples the investigator performed a pre-test with the help of structured questionnaire.

**Session II:** Then the video -assisted teaching was conducted by the investigator regarding Instagram fitspiration effects on body image satisfaction.

**Session III:** The Post test was conducted with the help of structured questionnaire.

**Plan for data analysis:**

The data obtained was planned to be analyze based on objectives and hypothesis of the study using descriptive and inferential statistics. Analysed data is represented in the form of tables, graphs and figures.

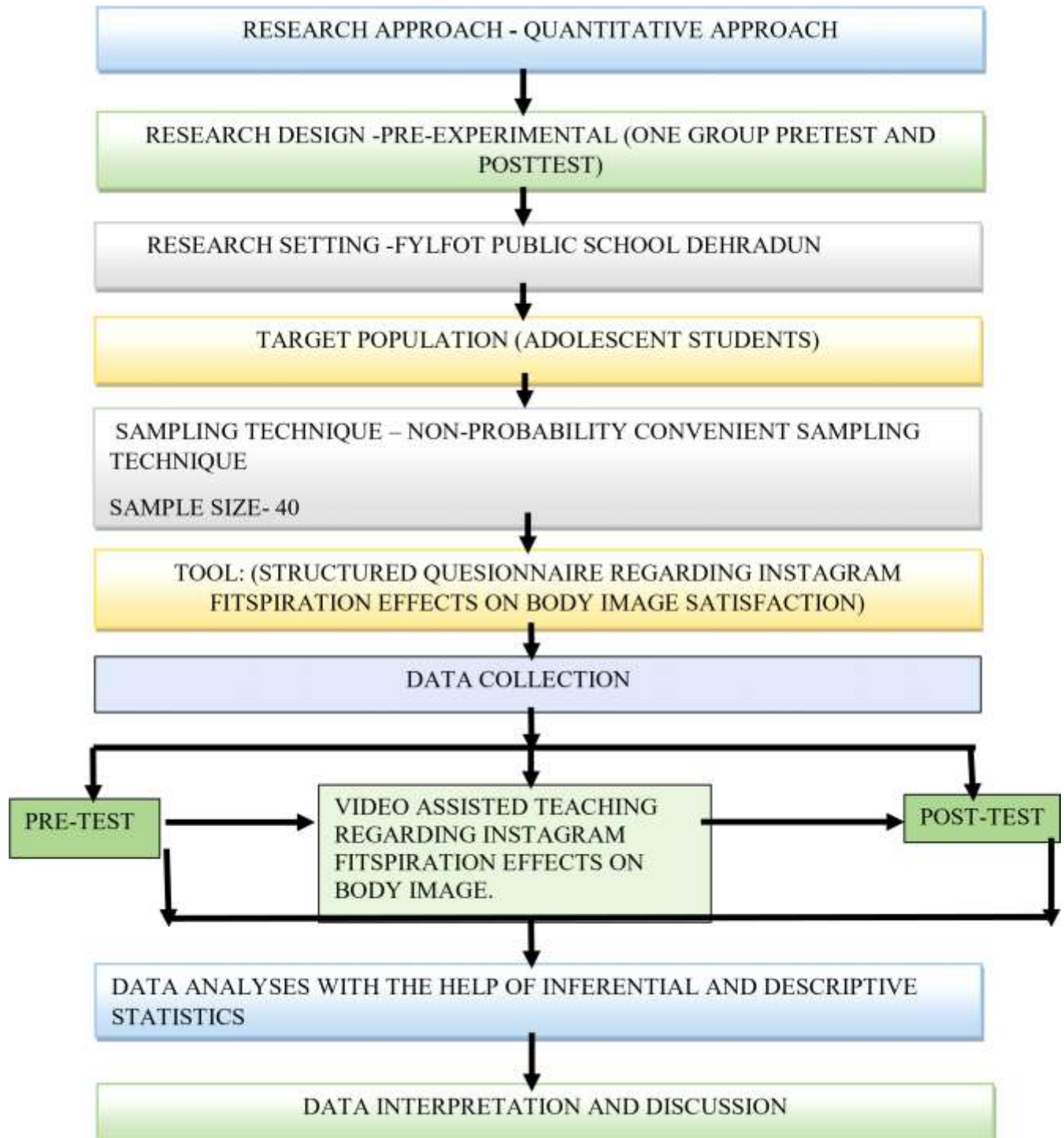
**Descriptive statistics:**

- Frequency and distribution of percentage were used to analyze the demographic variable regarding body image satisfaction such as Age, gender, class, place of living, family income, previous knowledge regarding body image, previous knowledge regarding Instagram fitspiration.
- Mean and standard deviation were used to assess the effectiveness of video assisted teaching regarding Instagram Fitspiration.

**Inferential statistics:**

- Paired t-test used to assess the effectiveness of video assisted teaching regarding Instagram fitspiration on satisfaction level of students.

- Chi-square used to find association between the satisfaction level with their demographic variables. Level of significance is set at 0.05 to interpret the hypothesis and finding.



**FIG 3.1:-** Schematic Representation of Research Design.

**Summary:**

This chapter dealt with research approach & design, variable, setting, population, sample, sampling criteria, sampling technique and description of tool. This chapter also deals with the validity and reliability of the tool, pilot study, data collection procedure and plan analysis.

## Chapter IV

### Data Analysis and Interpretation

This chapter deals with the data analysis and interpretation collected to assess the effectiveness of video assisted teaching regarding Instagram Fitspiration on Body image among adolescent students at Fylfot Public School, the purpose of this analysis is to reduce a data to a manageable and interpretable form so that the research problem can be studied and tested.

### Objectives of the study:-

1. To assess the body image satisfaction among adolescent students.
2. To assess the effectiveness of video assisted teaching regarding Instagram fitspiration on body image satisfaction among adolescent students.
3. To find out the association between post-test score of the adolescent students with selected socio- demographic variables.

### Hypothesis:

**H<sub>1</sub>:** The Mean Post-test score of adolescent students will be significantly higher than the mean Pre -test score as evident by structured knowledge questionnaire.

**H<sub>2</sub>:** There will be a significant association between post-test score with selected demographic variable at 0.05 level of significant.

### The Organization of data for analysis:

In descriptive statistics mean, mean percentage and standard deviation were used for analyzing the distribution of respondents according to their demographic characteristics i.e., age, gender, class, place of living, income per month in Rs, any previous knowledge regarding body image, any previous knowledge regarding Instagram fitspiration.

Chi-square test was employed to associate demographic characteristics between respondents' level of knowledge. Paired t- test was employed to compare the pre-test and post-test mean score of knowledge of respondents.

The result of the study was shown in the form of tables and figures. The level of significance selected for the study was  $p < 0.05$  level.

The analyzed data were organized according to the objectives and presented under the following sections.

**Section I:** Frequency and percentage distribution of respondents according to demographic variables.

**Section II:** Frequency and percentage distribution of pre-test and post-test satisfaction level.

**Section III:** Mean, standard deviation and Paired t test value of pre- test and post- test satisfaction level.

**Section IV:** Association between post-test levels of body image satisfaction with their demographic variables.

**Section I:** Frequency and percentage distribution of respondents according to their demographic variables.

The section deals about the distribution of demographic variables of subjects according to frequency and percentage; the details are given in the following table:

**Table 4.1:-** Frequency and percentage distribution of sample is according to their selected demographic variables N=40.

S.No.	Variables	Frequency (f)	Percentage %	
1.	<b>Age in years:</b>			
	15 years	6	15 %	
	16 years	25	62.5 %	
	17 years	8	20%	
2.	<b>Gender:</b>			
		Male	22	55 %
		Female	18	45%
3.	<b>Class:</b>			

	11 <sup>th</sup> 12 <sup>th</sup>	39 1	97.5% 2.5%
4.	<b>Place of living:</b> Urban Rural	40 0	100% 0
5.	<b>Family Income:</b> Rs. Less than 10,000 Rs. 11,000 -20,000 Rs. 21,000 -30,000 More than 30,000	1 9 13 17	2.5% 22.5% 32.5% 42.5%
6.	<b>Previous Knowledge regarding body image:</b> Yes No	6 34	15% 85%
7.	<b>Previous Knowledge regarding Instagram Fitspiration:</b> Yes No	23 17	57.5% 42.5%

**Table 4.1** depicts the demographic data details so according to their age in years depicts majority of the respondents 62.5% (25) were in the age group 16 years, 20% (8) were in the age group 17 years, 15% (6) were in the age group 15 years, 2.5% (1) were in the age group 18 years.

Highly distribution in percentage of students in gender depicted that majority of the respondents 55% (22) were Males, 45% (18) were females.

Maximum distribution in percentage of students according to their Class, respondents 97.5 % (39) were 11<sup>th</sup> class students, 2.5% (1) were 12<sup>th</sup> class students.

Majority distribution in percentage of students in relation to their place of living of the respondents 100% (40) were from urban, 0% (0) were from rural.

More distribution in percentage of students in relation to their family income per month that majority respondents 42.5% (17) earn more than 30000 per month, 32.5% (13) earn 21000-30000, 22.5(9) earn 10000-20000, 2.5 % (1) earn less than 10000.

Students in relation to their previous knowledge that majority respondents 85% (34) were had no previous knowledge regarding body image and 57.5% (23) respondents had previous knowledge regarding Instagram Fitspiration.

**Figure 4:1: - Diagram depicts percentage of students according to their age.**

**Table no1:** depicted that the demographic data details according to their age in years depicts that the majority of the respondents 62.5 % (25) were in age group 16 years, 20% (8) were in age group 17 years, 15 % (6) were in age group 15 years, 2.5% (1) were in age group 18 years.

**Fig 4.2:** - Diagram shows that majority of respondents 55% (22) were Male, 45% (18) were Females.

**Fig. 4.3:** - The Diagram shows that majority 97.5% (39) were 11<sup>th</sup> class students and 2.5% (1) were 12<sup>th</sup> class students.

**Figure 4.4:** - Diagram showing the percentage distribution of samples according to their place of living. The diagram shows that majority 100% (40) adolescent students' lives in urban place.

**Fig 4.5:** - Diagram showing the frequency distribution of samples according to their family income.

The diagram shows that majority of more distribution in percentage of students in relation to their family income per month that majority respondents 42.5% (17) earn more than 30000 per month, 32.5% (13) earn 21000-30000, 22.5% (9) earn 10000-20000, 2.5% (1) earn less than 10000.

**Fig. 4.6:** - Diagram showing the percentage distribution of samples according to their previous knowledge regarding body image.

Students in relation to their previous knowledge that majority respondents 85% (34) had no previous knowledge regarding body image, 15% (6) had previous knowledge regarding body image.

**Fig. 4.7:** - Diagram showing the percentage distribution of samples according to their previous knowledge regarding Instagram Fitspiration.

Students in relation to their previous knowledge that majority respondents 57.5% (23) had previous knowledge regarding Instagram Fitspiration, 42.5% (17) had no previous knowledge regarding Instagram Fitspiration.

## Section II: Frequency and percentage distribution of pre- test and post-test satisfaction level.

**Table 4.2:-** Frequency and percentage distribution level of satisfaction regarding body image N = 40.

LEVEL OF SATISFACTION	Pre-Test		Post -Test	
	Frequency	Percentage	Frequency	Percentage
Poor	10	25%	0	0%
Average	25	62.5%	10	25%
Good	5	12.5%	30	75%

It shows that above table depicts that (post-test) 30 of the subjects have good satisfaction level, 10 of the subjects have average satisfaction level regarding body image. It also shows that (pre-test) 25 of the subjects have average satisfaction level, 10 of the subjects have poor satisfaction level, 5 subjects have good satisfaction level regarding body image.

**Fig. 4.8:** Bar chart diagram showing the percentage distribution of sample according to their pre-test and post-test level of satisfaction regarding body image.

It shows that above diagram depicts that (post-test) 30 of the subjects have good satisfaction level, 10 of the subjects have average satisfaction level regarding body image. It also shows that (pre-test) 25 of the subjects have average satisfaction level, 10 of the subjects have poor satisfaction level, 5 subjects have good satisfaction level regarding body image.

## Section III: Mean, standard deviation and paired t-test value of the pre-test and post-test.

This section deals about the level of satisfaction regarding body image among adolescent students. The detail given in the following table.

### Research hypothesis $H_1$ :

There is significant difference between mean pre-test and post -test satisfaction level scores regarding body image.

### Null hypothesis $H_0$ :

There is no significant difference between pre-test and post-test mean score among students.

**Table 4.3:-** Mean, Standard Deviation and paired "t-test" value of the pre and post-test N=40.

Test	Mean	sd	df	t-value	Table value	Significance
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Pre-test	15.6	4.595	39	22.053	2.02	significant
Post-test	21.38	4.578		*Sig		

**Note:** \* Significant at <0.05%

Data show in Table 4.3 revealed that the mean post-test knowledge score of students was significantly higher than the mean pre-test scores. The calculated “t” value is 22.053 was more than the table value at 0.05 level of significance. Hence in this, the research hypothesis is accepted so there is a post test score more than a pre-test knowledge score regarding body image among adolescent’s students.

#### Section IV: Association between post-test level of satisfaction regarding body image satisfaction and their selected variable among samples.

This section includes the association between the post-test level of satisfaction score regarding body image satisfaction and selected variables sample such as age, gender, class, place of living, family income, previous knowledge regarding body image, previous knowledge regarding Instagram fitspiration among students. To test the research hypothesis stating with statically hypothesis.

#### Research hypothesis H<sub>2</sub>:

There is significant association between the post-test level of satisfaction regarding body image and selective demographic variables among sample.

#### Null hypothesis H<sub>0</sub>:

There is no significant association between the post-test level of satisfaction regarding body image and selective demographic variables among sample.

**Table. 4.4:-** Association between the post-test level of satisfaction regarding body image and selected demographic variables among sample N=40.

S.No.	Demographic variables	Post-test satisfaction level			X <sub>2</sub>	Table value	df	Level of association
		Poor	Average	Good				
1.	<b>Age:</b>				3.902	7.815	3	Not significant
	15 years	0	2	4				
	16 years	0	6	19				
	17 years	0	1	7				
	18 years	0	1	0				
2	<b>Gender:</b>				1.212	3.841	1	Not significant
	Male	0	7	15				
	Female	0	3	15				
3.	<b>Class:</b>				0.342	3.841	1	Not significant
	11 <sup>th</sup>	0	10	29				
	12 <sup>th</sup>	0	0	1				
4.	<b>Place of living:</b>						1	
	Urban	0	10	30				
	Rural	0	0	0				
5.	<b>Family income:</b>				0.621	7.815	3	Not
	Rs. Less than 10,000	0	0	1				
	Rs. 11,000-20,000	0	2	7				

	Rs.21,000-30,000 More thanRs. 30,000	0 0	4 4	9 13				significant
<b>6.</b>	<b>Previous knowledge regarding body image:</b> Yes No	0 0	0 10	6 24	2.353	3.841	1	Not significant
<b>7.</b>	<b>Previous knowledge regarding Instagram fitspiration:</b> Yes No	0 0	0 10	23 7	18.039	3.841	1	Significant

**df: degree of freedom, significant =< 0.05%**

There is significant association between level of satisfaction regarding body image with the demographic variable previous knowledge regarding Instagram Fitspiration. There is no significant association between level of satisfaction regarding body image and demographic variables samples such as age, gender, class, place of living, family income, previous knowledge regarding body image among adolescent students. Research hypothesis accepted only in previous knowledge regarding Instagram Fitspiration and statistical hypothesis accepted in other demographic variables at  $p < 0.05$ .

#### **Summary:**

This chapter deals with the analysis and interpretation of the data collection. The distribution of demographic variables was associated, and the purpose hypothesis have been tested here.

#### **Chapter – V**

#### **Discussion:-**

The discussion section contains the results and outcomes of a study. An effective discussion informs readers what can be learned from your experiment and provides context for the results. The meaning that researchers give to results plays a rightful and important role in the report. The discussion section is devoted to a thoughtful and insightful analysis of the finding, leading to a discussion of their theoretical knowledge.

This chapter deals with the discussion in accordance with the objectives of the study and hypothesis. The statement of the problem was pre- experimental study to assess the effectiveness of video assisted teaching of Instagram fitspiration on body image satisfaction among adolescents at selected school.

#### **Objectives:-**

- 1.To assess the body image satisfaction among adolescent students.
- 2.To assess the effectiveness of video assisted teaching regarding Instagram fitspiration on body image satisfaction among adolescent students.
- 3.To find out the association between post-test score of the adolescent students with selected socio- demographic variables.

#### **Objectives Of theStudy:-**

**Objective 1. The first objective of the study was to assess the body image satisfaction among adolescent students.**

In the study 62.5% of the respondent have average satisfaction level regarding body image, 25% of the respondent have poor satisfaction level regarding body image and 12.5 % of the respondent have good satisfaction level regarding body image.

A study showed that 23% of the underweight people were satisfied with their BMI, and among those who were dissatisfied 7.4% wanted to reduce their weight further. Similarly, 71% of the normal BMI category was dissatisfied with their appearance of which 58.3% wanted to reduce their weight. This clearly shows the tendency for liking toward thin body shapes.

**Boschi, et, al.** A study on consciousness of adolescent girls about their body image also indicate that only 26.6% girls are dissatisfied with their body image. It is very similar with the findings of showing 25% body dissatisfaction among adolescent girls. this dissatisfaction percentage was higher among the girls of urban and slum area. Body dissatisfaction is a highly significant mediator of the relationship between BMI and eating disorder risk. This may put these girls in an unwanted and undesirable weight correction tendency. They may engage themselves in physical activity to improve the body image, while the health improvement motive may left out in the second place (33.6%).

**Objective 2: Second objective of the study was to assess the effectiveness of video assisted teaching regarding Instagram fitspiration on body image satisfaction among adolescent students.**

**Data in table no. 2,** shows that the satisfaction level of students regarding body image. In the pre-test 25% students had poor satisfaction level; 62.5% students had average satisfaction level; 12.5% had good satisfaction level. In post-test 25% students had average satisfaction level; 75% students had good satisfaction level and none of the students had poor satisfaction level.

Fitspiration imagery is extensively documented and frequently used across multiple social media platforms. Due to conflicting research, it is unclear as to whether fitspiration has detrimental consequences on audiences. However, body image is a multi-dimensional, subjective representation of one's body, with body satisfaction being one of its major components. Therefore, it appears that fitspiration images may affect some areas of an individual's representation of themselves more than others, making its impact potentially less damaging than previously suggested. However, the current study suggests that even a small amount of exposure can negatively influence state self-esteem. Participants only viewed five fitspiration images; if extended out to the exposure one would come across during day-to-day Instagram use, the potential harm may become huge. These results coincide with the

Tripartite Influence Model's theoretical stance of media providing an influential pressure of unrealistic societal body ideals on its users and supports previous research concluding that fitspiration exposure reflects an accumulation of frequent, small-sized insults to one's esteem.

**Objective 3: The third objective to find out the association between post-test level of satisfaction with their demographic variables.**

Analysis of the data shows that there is association between the level of satisfaction regarding body image among adolescent students with demographic variables between the previous knowledge regarding Instagram Fitspiration. There is no significant association between level of satisfaction regarding body image and demographic variables samples such as age, gender, class, place of living, family income, previous knowledge regarding body image among adolescent students at the end significance of 0.05.

Systematic review investigates evidence on the association between body image concerns and weight-related behaviours of adolescents and emerging adults. It includes peer-reviewed journal articles reporting research involving body image concerns and weight-related behaviours of adolescents and emerging adults, published between 2005–2017, and located through systematic searches from four databases. This review includes studies from 11 countries or regions: United States (n = 13), Asia (n = 9), Europe (n = 8), Middle East (n = 3), South America (Brazil; n = 3), Canada (n = 3), Australia (n = 1), New Zealand (n = 1), Trinidad (n = 1), Turkey (n = 1) and Seychelles (n = 1); 24 different countries (n = 1); three Asian countries and the United States (n = 1). Out of 46 studies included in this review, 45 studies reported a positive association between body image concerns and weight-related behaviours. Adolescents and emerging adults who misperceived their weight engaged in weight related behaviours. Higher body dissatisfaction had a significant association in the development of eating disorders and extreme weight-loss behaviours. Body image concerns play a significant role in adolescents and emerging adults engaging in weight-related behaviours. Experimental research designs are required to determine the causality of this association. Evidence strongly suggests policy makers and public health practitioners contemplate strategies to promote positive body image and healthy weight-related behaviours among adolescents and emerging adults.

### **Summary**

This chapter deals with the discussion in accordance with the objective and hypothesis of the study. Related previous study is compared with the recent study.

**Chapter VI****Summary, Findings, Nursing Implication, Recommendation and Conclusion:-**

This chapter deals about summary, findings, nursing implication, recommendation and conclusion.

**Objective of the study:-**

1. To assess the body image satisfaction among adolescent students.
2. To assess the effectiveness of video assisted teaching regarding Instagram fitspiration on body image satisfaction among adolescent students.
3. To find out the association between post-test score of the adolescent students with selected socio- demographic variables.

**Summary of the study**

The quantitative research approach and pre-experimental research design was adopted for the study. Nonprobability convenient sampling technique used to draw the sample. The sample size was 40. The tool was used during data collection were, section A- Demographic variable and Section B- Structured Questionnaire. Video assisted teaching done in 3 session pre-test, intervention and post-test. Data collection was done with self-administrative nonprobability convenient sampling technique. The structured questionnaire tools were used to collect the data by multiple choice question. Then descriptive and inferential statistics were used for the data analysis. Data presents through table and chart and chi square used to find association with demographic variable sample.

**Major finding of the study****Demographic variables:**

Majority 62.5% of samples were in the age group 16 years, 55% of samples were male, 97.5% of samples in 11<sup>th</sup> class, 100% of sample belong to urban area, 42.5% of samples family income was more than 30,000, 85% of samples had no previous knowledge regarding body image, 57.5% previous knowledge regarding Instagram Fitspiration.

**Level of satisfaction:**

In the study the mean post-test satisfaction level of students was significantly higher than the mean pre-test scores. The main finding of the study is satisfaction level regarding body image in which 75 % score good satisfaction level, 25 % average satisfaction level and 0% poor satisfaction level.

**Association:**

The calculated —t value is 22.053 was more than the table value at 0.5 level of significance. There is significance association between previous knowledge regarding Instagram fitspiration but there is no association between age, gender, class, place of living, family income, previous knowledge regarding body image at significance level 0.05.

**Nursing Implication:**

The finding of this study has implicated for:

1. Nursing practice.
2. Nursing education
3. Nursing administration
4. Nursing research

**Nursing Practice:**

The result of the study shows the satisfaction level among adolescent students. Nursing can teach adolescents about body image satisfaction by showing video regarding Instagram fitspiration.

Nursing plays a vital role in improving body image satisfaction and increasing the knowledge of Instagram fitspiration.

**Nursing Education:**

Present health care delivery system emphasizes more on preventive rather than the curative aspect. Health personnel have to be taught about how to promote positive image by post positive affirmation, surround yourself with positive

people, shine a light on social media, refocus your energy, build a better habit, Keep to a healthy weight. This education upgrades their level of body satisfaction.

**Nursing Administration:**

In nursing administration should plan and organize the in -service education and continuing nursing education regarding body image to nursing staff so that they can provide enough knowledge regarding body image satisfaction in school, college and hospitals. Mostly such knowledge is focused to the students to improve body positivity.

**Nursing Research:**

There is an increased necessity to identify the underlying variables that might influence adolescents body image satisfaction. The study provides useful information that could be utilized by both researchers and those involved in research and should be used to raise awareness about body image among adolescent students and encourage them to build a healthy lifestyle and surround yourself with positive people, love and accept yourself as you are. Researcher can improve the knowledge regarding Instagram fitspiration and body image.

Educating the adolescents will help them to become more aware about their own health and body image.

**Limitation:**

The study is limited to: -

1. The sample is limited to 40 school students.
2. Study is limited to only 11<sup>th</sup> class students.
3. Study conducted at Fylfot Public school Dehradun.

**Recommendation:-**

1. The same study can be repeated with large samples.
2. The study can be done in adults who are studying in selected college of Dehradun.

**Conclusion:-**

The study concludes that the satisfaction level regarding body image among adolescents was found 75% Good. The calculated —t valuel is 22.053 was more than the table value at 0.5 level of significance. There is significance association between previous knowledge regarding Instagram fitspiration but there is no association between age, gender, class, place of living, family income, previous knowledge regarding body image at significance level 0.05.

**Summary**

The chapter deals with summary, finding, nursing implication, recommendation and conclusion.

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