

## Role of Media Literacy in Spreading Body Positivity and in Preventing Eating Disorder

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### ABSTRACT

"Eating disorders" refers to a group of complicated mental health concerns that can have a substantial impact on individual's health and social functioning. The Diagnostic and Statistical Manual of Mental Disorders classifies it as "feeding and eating disorders" (DSM-5). Eating disorders can create both emotional pain and serious medical issues due to the physical nature of their characteristic symptoms. Furthermore, of all mental disorders, they have the highest fatality rate. I discovered that by educating people about the condition and how the media plays a role in it, we can prevent them from succumbing to it. We should implement a program in schools that encourages young individuals to think critically. Because the media play such an essential role in the spread of eating disorders, media literacy activism and advocacy should be a part of prevention and treatment. While reading these papers, I noticed a few limitations, such as lack of accessibility because many social media platforms require a paid subscription, which is prohibitively expensive for social college students; Because some people lack the time and finances to maintain their social media accounts, not everyone has equal access to those networks. All of these researches had a very small sample size as its still a topic of discussion.

**Keywords:** *Media Literacy, Spreading Body Positivity, Preventing Eating Disorder*

The word "eating disorders" refers to a range of complex mental well-being issues that can significantly affect health and social functioning. It is technically classed as "feeding and eating disorders" in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Eating disorders can cause both emotional discomfort and serious medical issues due to the physical nature of their distinguishing symptoms. In addition, they have the greatest fatality rate of any mental illness. DSM recognize the following eating disorder.

### **Binge Eating Disorder (BED)**

The most frequent eating disorder is binge eating disorder, which was only recently accepted. It's marked by recurring episodes of binge eating, which is designated as consuming a huge amount of food while feeling out of control. In the advancement and treatment of BED, weight stigma is frequently a confusing factor.

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### **Bulimia Nervosa (BN)**

BN involves repeated episodes of binge eating tailed by compensatory behaviors, or those designed to make up for the calories consumed. These behaviors may include vomiting, fasting, excessive exercise, and laxative use.

### **Anorexia Nervosa (AN)**

AN is defined by a constrained food intake, resulting in a lower-than expected body weight, anxiety of weight growth. Many people are unaware that AN can also affect persons who are overweight. Even though anorexia is the most well-known eating disorder, it is also the least common.

### **ED Signs and Symptoms**

Although the symptoms of various ED varied widely, some may signal a need for further investigation. Furthermore, if your food, weight, or body image-related thoughts and/or habits are causing you distress and affecting your everyday functioning, it's time to seek treatment.

- Restriction of food intake
- Weight fluctuations on a regular basis or being substantially skinny
- Body image issues
- Binge eating is present.
- Excessive physical activity is present.
- Purging, laxative, or diuretic usage is present.

### **Eating Disorders and Their Causes**

Eating disorders are difficult to diagnose and treat. While we don't know for sure what causes them, there are some ideas.

Although it indicates that genes play a role in 50% to 80% of the risk of getting an ED, genes do not predict who will develop an ED. "Genes load the gun, but the environment pulls the trigger," as the saying goes.

In those who are genetically predisposed to eating disorders, certain conditions and events—often referred to as "precipitating factors"—contribute to or precipitate the development of ED.

It's not simple to recover from an ED. It takes bravery, but with the right support system in place, it is achievable. It's difficult to support a youngster with an ED, but there are options available. Even if your loved one has an ED and is an adult, you can still play a vital role in their recovery. Because many people with eating problems are unaware that they have a problem. Family members and significant others play an important role in finding assistance for them. Recovery from an ED can be difficult and time-consuming, but it is attainable.

### ***Body Positivity***

For decades, society has deemed particular body kinds and sizes to be the most acceptable. Those whose appearance conforms within a certain ideal have traditionally received respect, appreciation, and privilege in Western countries. This ideal is frequently associated with thinness, muscularity, or body shape.

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Many persons who do not fulfill these exact requirements can be harmed by messages about what is considered a beautiful or appropriate body type and size. These expectations can lead to mental health issues, body dissatisfaction, and harmful eating and exercise habits.

The body positivity movement ascended from a desire to expand the diversity of bodies that society accepts. The movement promotes the rejection of conceptions that bodies must conform to a specific mold and reassures individuals to be themselves.

### ***Media Promoting Body Positivity***

The impact of the media, social media, and messages about bodies and appearance on individuals and communities is becoming better understood. As a result, there has been a lot of backlashes against the kinds of messages and bodies that are represented in popular media. As a result of this backlash, there has been a rise in positive body image in the media. This involves diversity in the types of bodies exhibited on a regular basis, as well as depiction of different body shapes, sizes, and races. Several campaigns have increased awareness of how media can positively influence body image.

### ***Criticism Of Body Positivity Movement***

The body positivity movement, like most social movements, has received some criticism. Even though the movement has achieved significant progress in fostering acceptance of varied bodies, some detractors claim that body positivity promotes obesity. This criticism is based on the assumption that bodies that do not conform to the standard (such as slim or lean bodies) are the product of indifference or moral failing. Weight, according to critics, is a substantial health danger that should not be overlooked. The question of whether or not purposeful weight loss may be considered part of body positivity has sparked heated debate.

### ***Media Literacy***

media literacy is the ability to employ critical thinking skills to the messages, signs, and symbols transmitted through mass media. Media literacy, according to the Center for Media Literacy, is "a foundation for accessing, analyzing, evaluating, creating, and participating with communications in a variety of forms—from print to video to the internet." Media literacy fosters a grasp of the media's role in society as well as the critical inquiry and self-expression abilities required of democratic citizens. Educators and scholars, particularly media psychologists, regard media literacy as a critical 21st-century talent. The Society for Media Psychology and Technology, which is part of Division 46 of the American Psychological Association, has a mission statement that includes assistance for the development of media literacy. Interventions and education in media literacy help children and grownups identify the influence of media and equip them with the expertise and tools they need to reduce its effects.

### ***How to Practice Media Literacy?***

The research on the benefits of media literacy suggests that learning to be critical media consumers is beneficial for people of all ages. W. James Potter, a media specialist, points out that all media posts have four dimensions:

- The information that is being transmitted is cognitive.
- Emotional: the feelings that are being conveyed under the surface.
- Aesthetic: the message's overall precision and creativity.
- The values expressed by the communication are referred to be moral.

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This is one way to learn how to use media savvy in everyday situations. Remember, **the goal of media literacy is to provide people with the tools they need to be active media consumers, not to make them love media less.**

Media literacy not only enables us to notice, analyze, and assess bad or inaccurate media messages, but it also allows us to enjoy media more since it reclaims control over it. And, according to study, this is likely to improve our health and happiness.

### ***How Media Literacy, Eating Disorder and Body Positivity are Related?***

Media literacy educates people about the media's advancement of unattainable 'beauty' ideals and empowers them to critically analyze messages presented in the media. We can limit the internalization of body, weight, and form ideals and, as a result, the risk of developing disordered eating patterns and eating disorders by recognizing the unrealistic character of media portrayals.

It is a common misperception that eating problems are caused by media. Exposure to media-presented appearance ideals, on the other hand, can enhance body dissatisfaction, weight-loss behaviors, and internalization of the slim ideal, all of which are known modifiable risk factors for ED. Evidence-based media literacy initiatives try to address these issues through social media education and awareness.

### ***Justification of topic***

Role of media literacy in spreading body positivity and in preventing eating disorder.

Eating disorder were more common in young women 3.8% in comparison to 1.5% in US as of 2001-2004. It's a prevalent fallacy that eating problems are caused by media. This is not the case, and to say otherwise diminishes the intricacy of how an ED develops. Exposure to media-presented appearance ideals, on the other hand, can enhance body dissatisfaction, weight-loss behaviors, and internalization of the slim ideal, all of which are known modifiable risk factors for eating disorders (see Holland & Tiggemann, 2016, for a review). Evidence-based media literacy initiatives try to address these issues through social media education and awareness. Media literacy strives to raise understanding that media messages and pictures may not necessarily reflect reality, as well as to modify how people interact with and are influenced by media. The objective of this review of literature is to analyze and review how media platform can help in preventing eating disorder in young adults and review potential benefit of body positivity content on social media platform.

## **REVIEW OF LITERATURE**

Hans Wijbrand Hoek (2003) publish a paper titled review of prevalence and incidence of eating disorder the objective of this study is to find out prevalence of eating disorder she finds out that for young females, anorexia nervosa prevalence was determined to be 0.3% on average. For young men and women, the prevalence rates for bulimia nervosa were 0.1 percent and 1 percent, respectively. At least 1% of people are thought to have binge eating disorder. Anorexia nervosa occurs in 8 instances for every 100,000 people per year, while bulimia nervosa occurs in 12 cases for every 100,000 people per year. Over the past century, the prevalence of anorexia nervosa increased until the 1970s.

Katherine Henderson (2004) conducted research the objective of her research was to review role of media literacy in preventing eating disorders. Her research finds out that media do contribute in development of eating disorders and thus it's prevention and treatment should include media literacy, activism and advocacy. There are few limitations of her study like

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not much focus was given on ways to counter act the negative effect of media in order to improve body dissatisfaction and improve self-esteem.

Nancy D. Berkman (2007) publish a paper titled outcome of eating disorder: a systematic study. The objective of this study was to thoroughly examined the evidence to determine whether sociodemographic variables affected the outcomes for people with (AN), (BN), and (BED). She finds out that at follow-up, those with AN had higher rate of depression, autistic spectrum disorders, and anxiety disorders, including OCD, than those without the condition. The risk of mortality was much greater than would be projected based on the population, and the chance of self-destruction was unusually high. Depression was the only component that consistently predicted worse BN results across trials. Although BN was not linked to a higher mortality risk, a sizable minority of people continue to struggle with eating disorders throughout time. To make inferences about variables influencing BED results, there wasn't enough data. There were few or no data available to compare outcomes based on sociodemographic traits across illnesses.

McKayla (2008) present research on preventing eating disorders by promoting media literacy. The objective of her research was to find out effects of media literacy and suggest ways to become media literate. Findings of her research include ED prevention does not receive attention it deserves. Societal expectations dictate that every person should have same body size.

Limitations of her research are not much concrete work is present at the moment that can help in preventing eating disorders.

Paul E. Jenkins present a paper titled Eating disorders and quality of life in 2011 he finds out that one clear result is that having an ED significantly affects quality of life, especially in terms of psychological health. This appears to be the case even in instances that are subclinical or below the threshold for full-syndrome illnesses, with the level of reported impairment appearing to rise with the severity of ED symptomatology. There may be some variations in ED diagnosis, with self-reported QoL being poorer.

Media and disordered eating: an examination of media impact and implications for deterrence is the title of a 2012 paper written by James. This study's goal is to evaluate and assess how media influence has been conceptualized and quantified in psychosocial studies of women's media use and receptive behaviors. They discovered that by training girls and women to examine media more critically, the research can aid in the establishment of preventative programs to stop the emergence of eating disorders. This research has certain drawbacks, including its tiny sample size.

Kassandra Gratwick snarl, Caroline Bently (2013) published a paper titled advancing eating disorders “mental health literacy “in young people. Self-report questionnaire was used to Collect data. Objective of this research is to Seek to provide introductory evidence for the efficiency of an interventions designed to improve eating disorders mental health literacy (ED-MHL) in young people. She found out that a brief psychoeducational intrusion appears to be beneficial in improving ED- MHL in young people. Limitations are that the scale of study was small. And follow up results are required to come any conclusion.

Role of media literacy is paper published by W James Porter in 2013. The issue of media literacy has drawn the interest of a wide range of academics and laypeople. This study starts

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out by examining the many definitions of media literacy provided by the many authors who have contributed to the vast and expanding body of literature on the subject. The paper then provides a broad overview of media literacy interventions and discusses how media literacy has historically been seen within the context of public education.

Irene Howard (2013) presents a paper on media's role in eating disorders. Her research includes BMI calculator EAT-26 scores test. The objective of her research was to find out that what does media play in preventing and contributing eating disorders. Finding of her research include that by educating adults about disease as well as how media play role in it we can prevent them from falling prey to this disease. We should teach them about how they can become critical thinkers. Limitations of her research include cause of eating disorder appears to be much more varied and complex than it appears.

Susan Berle, Lori M. Irving (2015) published a paper. The objective of this research is to Examine and assess how media influence has been defined and measured in psychosocial research on women's patterns of viewing and ways of responding to media. They found out that the research can help in developing prevention program to avoid the progress of Eating problems by teaching girls and women to gauge media more critically. Limitations of this research is that small size of this research is relatively small.

Media literacy in prevention of eating disorder (2015) is paper published by Tracy D. Wade, the paper examines research that looked into the effectiveness of ML. The use of ML in the prevention of eating disorders (ED) is also reviewed. It is generally established that EDs can have a variety of multicausal routes, and it is uncommon for the media to be specifically identified as the cause of an ED in clinical settings. Because young teenagers typically view media analysis and debate as fun learning activities, it has been suggested that ML may be especially well adapted to younger, universal-selective audiences

Caroline Bently, Kassandra Gratwick (2015) published a paper titled perceived psychosocial impairment associated with eating disorders. Self-report questionnaire was used to collect data. The objective of this research is to find out Whether and to what extent young adults are aware of the adverse impact of (EDF) on psychosocial performance is unclear, although such awareness may affect the experience and conduct of sufferers. They found out that the female apparent greater damage associated with EDF than males did immediately after interventions, but awareness of adverse effects of excessive exercise may be poorer but agreeable to improvement to means of a relatively simple intervention.

A article titled Media and Disturbed Eating: An Analysis of Media Influence and Prevention Implications was published in 2016 by Susan Berle and Lori M. Irving. The goal of this study is to examine and assess how media influence has been defined and quantified in psychosocial studies of women's media viewing habits and responses. They discovered that the study could aid in the establishment of a prevention program to avoid the onset of eating disorders in girls and women by educating them to critically examine media. The study's limitations include its tiny sample size.

Michael P Levine (2016) publish a paper titled media literacy as an effective and promising form of eating disorders prevention. Interview method is used to collect data. The objective of this research is reviewing media platforms are preventing eating disorders in young adults. Research indicates that media interventions should be widely distributed because media literacy programs drastically reduce risk factor for ED in school girls and boys.

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Limitations of this papers are that Platforms that help in preventing eating disorders are not advertised enough to spread awareness about their usefulness. Only section of people knows about them, hence it's difficult to tell precisely what are their efficacy.

Pankaj Jain, Ganesh Kumar Tiwari (2016) published a research paper titled Positive body image and general health the objective of this study was to assess the impact of positive body image on the general health. To assess the gender difference in positive body image on the general health. The tools used in this study are Body appreciation scale (talkative 2006) and General health questionnaire (Goldberg &health 1979). The result of this study has substantial implication for interventions to improve observance to positive health behavior. The limitations of this investigation are the small sample size. Limited area of study and lesser number of variables are some of considerable limitations of the study.

An article titled "Media literacy and how it Prevent Eating Disorders" was published by Ravi Prasad in 2018 The purpose of this study is to determine how media literacy relates to eating disorders. The results of this study show that internet-based eating disorder prevention programs work well. Since children and teenagers are especially susceptible to the messages that the media conveys, promoting healthy body image through the media can help a great deal in stoping spread of eating disorders in this population. The research is limited by the depiction of treatment options for eating disorders in popular culture, which are often unrealistic and more harmful than helpful.

A paper titled Media literacy as an effective and promising technique of eating disorder prevention was published by P Levine (2017). Data is gathered using the interview method. The goal of this study is to see how media platforms can help young adults avoid eating problems. According to research, media literacy programs dramatically lower the likelihood of eating disorders in middle school girls and boys, thus they should be extensively distributed. The paper's limitations include the fact that platforms that aid in the prevention of eating disorders are not widely publicized enough to raise awareness of their value. Because just a small percentage of the population is aware of them, it's difficult to estimate their effectiveness.

The fight between the real and ideal: impact of acute media exposure on body image of young Indian women is the title of a research by Itisha Nagar and Rukhsana Virk from 2017. In this study, a sample of young adult Indian women will be used to evaluate the affect of acute media image. The subjects' internalization of the slender ideal, self-esteem, and image dissatisfaction were all tested. The results of this study demonstrate that young Indian women who are exposed to Western slim ideal images suffer from body dissatisfaction and low self-esteem. Despite the small sample size, this experimental study is the first to relate Indian sample participants' concerns about body image with media exposure. The sample size for this study was modest, and only university-educated, English-speaking participants were included.

Alyssa Cruz (2018) publishes a paper titled Media literacy and the prevention of eating disorders the objective of this research is to find out how does media literacy ties with eating disorders. The findings of this research are that internet-centered prevention plan for ED are effective. Children and adolescents are particularly vulnerable to message conveyed through the media so spreading positive body image through media can go a long run-in preventing eating disorders among them. The limitation of this research is that the movies and shows

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that talk about eating disorders show unconventional treatment methods that are not realistic, and they can do more harm than help.

Which is a good body? is the title of a study published in 2017 by Susan Smith. The goal of this study is to examine how the movements for fit inspiration and fat acceptance have struggled against negative body image. The study's findings reveal that the following five factors make up how influencers' understanding of figure positivity.

- 1) a link to the movement for fat tolerance.
- 2) a critique of the diet culture
- 3) the idea that everybody is a good body
- 4) enjoying self-love
- 5) Declaring that it's okay to be attractive for anybody.

This study's limitations include the fact that certain people may not have equal right to use to social media policies because they do not have the time or resources to maintain such accounts. Social media posts and comments exist in that,

Jin I Caddel (2018) published paper titled the impact of social media on body image concepts among active women. Tool used in this research is one on one interview process the objective of this research is to understand how active female believe that social media imagery affects body image. She found that all participants symbolized that they believed that social media imagery did impact body image construct in one way or another whether beneficial ways or detrimental regards. (*Fit +Inspirational*) image show participants tended to generate feelings of motivation, inspiration and empowerment. The limitation of this study is that the sample was small and inadequate. More study is needed to know about the outcome of fitspiration and thinspiration movement.

Sivapriya Vaidyanathan, Pooja Patnaik Kuppili, Vikas Menon (2019) aim to summaries Indian work related to ED, discern existing trends, and emphasize gaps in research that will deliver directions for future work in area. They found out that there is no need for development of culturally elusive instrument for identification of eating disorder. There is a lot of work that has been done last decade but it continues to be under research area. Research tool used in this study is EAT-26 EAT-40 eating behavior questionnaire DSM-IV. The limitation of this study is that ED continue to be under research area as evidenced by the relative absence of original research. Sample size was small, and it consist of mostly medical and nursing students, which is not a correct representation of total population.

The impact of social media on body image conceptions among active women is a paper by Jin I (2019) that was published. One-on-one interviews are the main research tool. This study aims to comprehend how active females believe that social media imagery impacts their perceptions of their bodies. She discovered that every participant indicated their belief that social media imagery does affect body image construct in some way, whether in positive ways or negative regards. Participants in inspirational picture shows tended to feel motivated, inspired, and empowered. The outcomes of the thinspiration image, however, led to anguish, sadness, and empathy. The tiny and insufficient sample size is a drawback of this study. To learn about the outcome of, more research is required.

Rachel Cohen, Amy Slater, Jasmine fardouly (2019) publish a research paper. Online survey method is used in publishing this paper. The objective of this research is to find out how social media is helping in spreading positive body image among young adults. She



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discovered that brief exposure to body-positive Instagram images, as opposed to idealized and appearance-neutral ones, resulting in enhanced body image and mood in young women. Women who saw encouraging postings felt better about their bodies and were happier. Limitations include the fact that it demonstrated how body-positive media might cause women to prioritize their physical beauty above other facets of their identity.

According to j. Fardouly, women may develop good body images by controlling what they see on social media (2019). Online polling was used to produce this research. This study aims to determine how social media might help spread a positive body image among young individuals. She found that young women who are briefly exposed to body-positive Instagram posts had better body images and moods than those who are briefly exposed to idealized and appearance-neutral postings. Women who viewed encouraging postings felt better about their appearances and were more optimistic. The study's limitations include the discovery that women may prioritize their physical appearance above other features when exposed to body-positive information.

2019 research from King University on the relationship between social media and body image. The goal of this study is to define the beneficial impacts of social media on body image. The results of this study demonstrate how poor body view might trigger additional mental well-being problems including anxiety and despair. The BBC advised social media users to shift the consideration of their followers and feed. Teach young people how to use networking channels appropriately and raise their understanding of the fact that social media may not always represent reality. The paper's limitations include the possibility that body-positive posts might boost women's self-esteem while simultaneously reassuring them to give their looks more thought.

Vikas Menon, Pooja Patnaik (2019) aim to summarize Indian work on ED, identify recent trends, and identify research gaps that will guide future work in the field. They discovered that there is no need to construct a culturally sensitive instrument for eating problem diagnosis. There has been a lot of work done in the last decade, but it is still in the research stage. The EAT-26 EAT-40 eating behavior questionnaire DSM-IV was employed as a research tool in this study. The study's weakness is that eating disorders remain a research-intensive field, as indicated by the scarcity of fresh research. The sample size was tiny, and it was largely made up of medical and nursing students, which is not a correct representation of population.

Garry published study on the relationship between body image and social image in 2019. This study's goal is to identify the beneficial benefits of social media on body image. According to the study's conclusions, bad body image can trigger anxiety and other mental health problems. likewise, depression. The BBC advised social media users to switch around the topics on their feeds and followers. To raise awareness and teach young people how to use social media responsibly social media may not constantly represent reality. This paper's limitations are that the body Positive posts could increase women's self-esteem, but the information would also put ladies in the position of giving their beauty more consideration.

Sathya raj Venkatesan (2020) presents a paper titled Reports of eating disorder from physician notes to Netflix. The objective of this study is to find out how social media is helping in promoting awareness about eating disorder. The findings of this research include that in later 20<sup>th</sup> century ED like other illness circumstances start gaining representations across various media platforms. An shot is made to create a comprehensive perception of the

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distinctive role of popular mass media representations in scattering the aura of unfamiliarity around ED in women. The limitations of this research include lack of accessibility because many social media platforms need paid subscription which is not economical for school colleges going adults.

Women can establish positive body view by regulating what they view on community media, according to Jasmine (2020). This paper was published using an online survey method. The goal of this study is to see how social media can aid in the dissemination of positive body image among young adults. She discovered that when young women are exposed to body positive Instagram photos for a short period of time, they have a better body image and mood than when they are exposed to idealized and appearance neutral posts. Women who saw positive posts were happier with their bodies and had a more upbeat attitude. The study's limitations include the finding that body-optimistic content can cause women to prioritize their bodily appearance above other parts of their identity.

Erin hedger (2020) explore the use of social media in boosting self-esteem and body positivity. Objective of her research was to do FPS out how to counter act negative effects of media. She found out that body positivity content seeks to show understanding and approval for all types of bodies. Research show that after viewing positive content women not only feel better but they are also in good mood. Limitations of her research was not much research has been done on how media is causing body dissatisfaction among men.

Toby Newton, John Amy Slate conduct a research The case for body positivity on social media: perspective on present advancements and future orientations is the title of a study conducted in 2020. Online surveys were one of the research's tools. Reviewing the possible advantages and pitfalls of body positivity on social media in support of this newly developing material is the goal of this study. Results of this study show that according to early research, social media body positivity may be one way to improve people's perceptions of their bodies. Themes of information filtering in body care and body appreciation were represented less frequently, according to a comprehensive content analysis of popular body positivity stories. The short-term benefits of seeing body-positive information on social media do not appear to last over time, and it is unknown if the increased attention to appearance after acute exposure ultimately leads to long-term self-objection. This is one of the paper's limitations.

Social media's role in promoting body positivity and self-esteem is examined by Roseline (2020). Her research sought to identify effective ways to mitigate the damaging impacts of media. She discovered that body-positive material aims to express respect and acceptance for all body shapes. According to research, women feel better and are in a better mood after seeing upbeat material. Her research had the limitation that not much research had been done on how media is creating male body dissatisfaction.

Eating disorder and disordered eating behavior in the LGBT population 2020 was a paper published by Lacie L. Parker. This recent review of the literature looked at the pragmatic investigation on the prevalence, kinds, and risk factors of ED and disordered eating behaviors among LGBT community, as well as on each subgroup individually. she finds out that in contrast to their heterosexual, LGBT adults and adolescents are more likely to develop eating disorders and disordered eating practices. Moreover, ED and disordered eating habits were more common in both adults and adolescents who identified as

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homosexual, bisexual, or transgender. For lesbian adults and teenagers, the findings were conflicting. The MSM's framework is used to describe the findings.

Media literacy in prevention of eating disorder (2020) is paper published by Simon wilksch. the paper examines research that looked into the effectiveness of ML. The practice of ML in the inhibition of (ED) is also reviewed. It is generally established that EDs can have a variety of multicausal routes, and it is uncommon for the media to be specifically identified as the cause of an ED in clinical settings. Because young teenagers typically view media analysis and debate as fun learning activities, it has been suggested that ML may be especially well adapted to newer, universal-choosy audiences. Using the PsycINFO folder, which includes the professional and academic works in psychology and allied fields, a literature search was carried out to find quantitative assessments of ML techniques with regard to altering ED risk variables.

### CONCLUSION

According to the paper that I have reviewed so far, it has been my common observation that higher media literacy is significantly beneficial for maintaining better self-esteem and being able to identify unhealthy views on food and physical appearance. I found out that by educating adults about disease as well as how media play important in it, we can prevent them from falling prey to this disease. We should introduce such program in school that encourage critical thinking among young adults. Since media play important role in spreading eating disorder, prevention and treatment should therefore include media literacy activism and advocacy. While reviewing this paper I come across few limitations such as, lack of accessibility because many social media platforms need paid subscription which is not economical for social colleges going students, not everyone has equal access to social media platform because they lack, they lack time and resources to cultivate those accounts. The sample size of all these studies was significantly small plus sample for these studies was a group of English-speaking university educated demonstrative of urban class section of population. Since body positivity movement is still in its initial phase the amount of literature available is not significant to come to any concrete conclusion. Supplementary research is needed to examine the spread of body positivity and prevention and treatment of eating disorder.

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