

How has Photography as a media and Practice explored the concept and condition of Body Dysmorphia?

Name: Nia Bronwen Aeronwy Williams

Student Number: 2204899

Module: Independent Project (ADAA6000/C)

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In this Thesis I will attempt to address how Photography and the media have had an impact on people living with body dysmorphia. I will discuss arguments and statements for and against this topic whilst also looking at how it has evolved over time. I had become interested in this topic as my main body of work is portraiture and taking photos of people in general. I wanted to speak about something I know a wide range about and can relate to as I want to address a topic that is not spoken about enough and it links in with various other topics. Working with people for much of my time and photographing them is what makes me want to speak about this more. I noticed that even nowadays the smallest changes in the media are having the biggest effects on people.

Body Dysmorphia also referred to as BDD is a term which refers to someone suffering from a mental health condition where the person will spend a majority of their time worrying and picking at the flaws in their appearance. I want to use photography to raise awareness and show the impact that BDD has on peoples lives. I also want to create a series of photographs which convey how someone with BDD would view themselves. I also want to show how

certain aspects of the media and photography have had an impact on people living with BDD. I want to delve into why the media have normalized unhealthy bodies as being healthy and how things have changed since the inception of photography and the media. Inspiration for this essay has come from a personal experience and experiences with other people. I want people to be able to understand my work and also connect with it in their own ways.

Photography was discovered in 1822 and had evolved in countless ways since its inception. The original and main purpose of photography was to capture memories, it was a good way to preserve your memories to look back on in the future. “The art form imprisons reality allowing us to share glimpses of the fleeting world” (1977). Photography also has a purpose of telling stories, in “*Camera Lucida*” explored by *Roland Barthes* (1980), viewers were able to take their own interpretation from the images. It was a way in which you could see people connecting the images to their own personal lives and experiences.” *Like a shop window that only shows one illuminated piece of jewelry, its completely constituted by the presentation of one thing, sex*” (*Roland Barthes, Camera Lucida, 1980*). This reflects how many photographs are taken to fit peoples desires and the male gaze. This was never the original purpose of photography, but it makes more people money and

sexualizes mainly women in the media. However, as photography progressed over time it started to have a bigger impact on people's lives. Along with social media platforms photography has changed the way people view themselves. In an organization for people suffering with BDD 10 artists were selected for the exhibition show. It became a regular occurrence to photoshop people's image to make the outcome of the artists images look more presentable and as something that looked better to the public eye and their expectations. *“Celebrities especially on social media platforms such as Instagram are very glamourized and also warped and photoshopped”* Ishewood speaks on how people's images have been completely changed to fit society but with their exhibition they hope to take people down another path and show that what those artists are doing to the images aren't normal. James Greens' take on this topic is taking a set of images where he uses the facial expressions of his subjects to convey the overwhelming feeling of being trapped. Photoshop has played a huge role in how we consume content as a society (2024). *Brendan Williams* argues that Photoshop has affected society in both a positive and negative light. (2024). Whilst it is an important tool, he uses in his everyday life it also has a negative impact on some people's lives. Williams stated that *“Photoshop creates a*

false alternative reality". It has become so common to change our images that they no longer are real. Whilst Photoshop is a good tool it also has a detrimental impact especially on people's lives. It seems to have the biggest impact on the youth as they spend most of their time online and 99% of the images, they will see online including their friends would have been Photoshopped. Although Photoshop is a good tool for artists is it needed, as in the early days of Photography technology was nowhere near as good as it is today, and Photoshop was not created until 1987 which arguably is quite late on. Photoshop is a tool that allows you to make your images aesthetically pleasing.

Wolf (1990 p.2) states "women breached the power structure, eating disorders rose exponentially, cosmetic surgery became the fastest growing medical specialty" this argues how a version of "beauty" was made up by the media. Everyone wants to look a certain way, Wolf describes how beauty standards have begun to be controlled by the *"beauty myth"* Wolf also writes (1990 p.2) *" Women told American researchers that they would rather lose ten to fifteen pounds than achieve any other*

goal” This displays how much power our image has over us. However, BDD affects both men and women equally. *Lonergan (2019, p.39) says “Research has suggested how greater levels of photo – editing behavior are associated with lower body image, higher body dissatisfaction, and body modification techniques such as dietary restraint or cosmetic surgery”*. He argues how spending a lot of time on social media causes these problems and is doing more damage than good. However, the number of people living with BDD has risen since editing has improved since its release. From release apps like Adobe Photoshop were extremely basic but also had a big impact on the art industry. It allowed people to manipulate their images and create more presentable images which were used for advertisements all across the globe. However, people had started to use this to their advantage to edit their images.



Figure one: “Jeph” by Metra Jeanson (2018)

Above is a photograph from Metra Jeanson's Identity portrait series (2018). In the photo we can see the subject with another image overlapping their face with the features slightly enlarged. The image conveys how people with body dysmorphia view themselves as they have a changed

perspective to how they look in real life and how other people view them. Jeanson has made the subject look “warped” by doing this as they want to display how people with BDD view themselves. I think this is a really great representation of body dysmorphia and is an image someone living with the condition would understand more than anyone else. Jeanson displays and addresses the unrealistic portraiture that is in the media that we constantly see all over the internet. Overall, the idea of this portraiture series reflects on the topic of identity just by applying cutouts of the faces and taping them onto the model's face which could also be representing a “mask”. The purpose of these set of images is to “highlight the difference between edited and real appearance”. Jeanson took the portraits of her models whilst nude which displays the idea of “natural beauty” whilst also showing how someone with BDD will notice all details of their bodies. This specific project was used at “*Zebra one gallery*” in London in 2018. This made people more aware of the situation and helped people open and create art based off their or other people's experiences with BDD.



Figure two: “Portraits exploring body perceptions by Meltem Isik”

Here we have an image by Meltem Isik also displaying body dysmorphia. In the image we can see the subject holding a piece of fabric with a close-up image of their

body on. This image holds a strong meaning showing what it is like to live with BDD. The image shows the model looking at themselves nude representing how they would look and judge their bodies whilst looking in a mirror or in general. The enlarged image held against their body represents how they see themselves differently whilst their body is behind the fabric representing how they look and how everybody else views them. In this image, the model has no eye contact with the photographer making the imagery more personal and less posed. It directs the eyes of the audience to certain parts of the image whilst also making it seem more real and not as if it were a photoshoot. The fabric held by the model also displays the idea of them wanting to hide their body. All of the images display a great sense of emotion giving the audience an idea of what people with BDD are going through in day-to-day life. Through intricate compositions of photographic images Isik explores the way we see and perceive the human body. Isik keeps realness in their images avoiding a straight up meaning. Isik displays the meaning of their work but also gives the audience a chance to interpret their own specific meaning and what certain things in the images could mean. BDD is described as one of the most distressing, disabling, and destructive of all psychiatric disorders (*Nicole Schnackenberg Sergio Petro, 2016*). It

takes over people's lives leaving them constantly thinking about their image.

The image hides the subject's body by another object reflecting the feeling of someone with BDD wanting to hide their bodies. The way the image shows the model looking down reflects on body checking and only focusing on how they look.



Figure Three: Mali, Sophie Tea Art

Sophie is an artist who paints nudes of women's bodies. Suffering from body image issues herself, Sophie began to create art that reflected this. Her aim is to make women feel more comfortable in their bodies and make them feel better about themselves. Sophie had began painting in

2014 and had built up her career from there. She had begun to paint through different eras which tell stories of the different milestones in her life. Her art really spoke to me as looking at her work she paints all different types of bodies whereas some other body painting artists only paint one type. Sophie is known for using a lot of colour in her work. The power of colour extends far upon the aesthetic appeal, it's a language of its own that speaks directly to your emotional response. (*Bryan Mullennix, 2024*). Colour is powerful in art and reflects on the artist's emotions depending on the colour palette they use. Sophie used a great collection of colours for this particular piece of work. The way the image is painted shows confidence, joy and self-love.

Sophie makes the use of flowers in her work to represent growth and being the best version of yourself. Flowers are often associated with growth, happiness and a fresh start. The flowers are also colourful which draws us back into the meaning of colour used in her art. The colour pink itself is often associated with self-love and self-appreciation. Flowers have always been a powerful symbol of femininity, representing both beauty and strength. It's a way in which individuals can celebrate diversity. (*April 14, 2024*). Flowers and nature have always been linked to

women and have some spiritual meaning too. A lot of artists are seen to use flowers in their work when painting images associated with self-love because of this. Growing up Sophie never had the best relationship with her body (*29 July 2024*) which is what led her to paint bodies on canvases and more recently objects. She speaks about the media how she has always suffered with body image issues and how the media would be posting women of a certain size who were labelled as having the “perfect bodies”. However, if she had seen someone who was flatter chested online it would have made teenage her a lot happier. (*July 2024*). This is a great way of understanding the impact that the internet has on women and how it pressurizes women to all look the same. The media hasn't normalized different bodies and instead normalizes unhealthy habits. Social media can lead to a distorted view of reality, comparisons to what you see online can lead to feelings of inadequacy, low self-esteem and heightened anxiety. (*Carmen Retief, July 22, 2024*). This is just an insight into the impact social media is having on our lives every day without even realizing it to begin with. The media should be normalizing all types of bodies and showing them more online as it is affecting people's lives every day.

A lot of artists have created art works to create awareness on BDD as they have suffered from it themselves, “Maybe it is the artist in me? I see things differently and in great detail” (*Reflections, Caroline p.16*). People living with BDD disorder are superior at appreciating art and beauty in comparison to others. They tend to notice smaller details that most people wouldn't notice. In research, 20% out of 100 patients with BDD had an education or occupation in art or design (*Reflections, Veale and Lambrou, p.16*). Art is a great way of expressing emotions and showing how you visualize things. People with BDD are able to express this more and educate people on the illness. Art can improve focus, assist with proceeding emotions, improve communication and increase self-esteem. (*Mayo Clinic, Oct 16 2023*). Using colours and patterns are ways of showing the artist's emotions. Artists suffering mental health disorders also smudge part of their painting to show their vision and feelings whilst making that artwork.



Figure Four: Jenny Saville

Jenny Saville focuses her work upon female body painting. She uses a wide variety of colour in all her works. Human perception of the body is so acute and knowledgeable that the smallest hint of a body can triggers recognition (Gagosian, 2022). In her depictions of human forms, Jenny

Saville transcends the boundaries of both classical figuration and modern abstraction. Saville uses oil painting in her work adding multiple heavy layers. This creates the feeling of wanting to hide your appearance whilst also creating a physical form of flesh like materials. Saville wants to create the idea of living and breathing bodies, and their painted representation begin to collapse. (Gagosian, 2022). She has exhibited in multiple shows including the Women painting Women exhibition (2022). Some features of the painting are missing this creates focus on the face features as this is the focus on many women's minds when looking at themselves, the message is put across strong particularly in this piece. Saville creates smudges, scratches and thick layers of paint in her work creating a broken image. The only things that are clear in this image is the features of the subject. She has also painted the eyes two different colours which I interpreted as being different visions of how they see themselves in comparison to how everyone else sees them. Saville had named this piece "Elpis" this is named after the Greek God in mythology. Elpis is the personification and spirit of hope. *Elpis is the Greek Goddess giving hope and optimism.* (Cedric Ferris, 2024). They are seen as a strong figure which is why I think

Saville had named her work after this Goddess as she wants women to feel hopeful and confident.

There is shame in growing older and for women it is a much bigger deal. "For the women of elderly had something to be ashamed of" (*Vile bodies, Chris Townsend, p.103,1998*) Growing older is when most women feel insecure. It creates imperfections for them and makes them want to cover up more. So, we live our whole lives insecure about the way we look because of what the media labels as ugly.

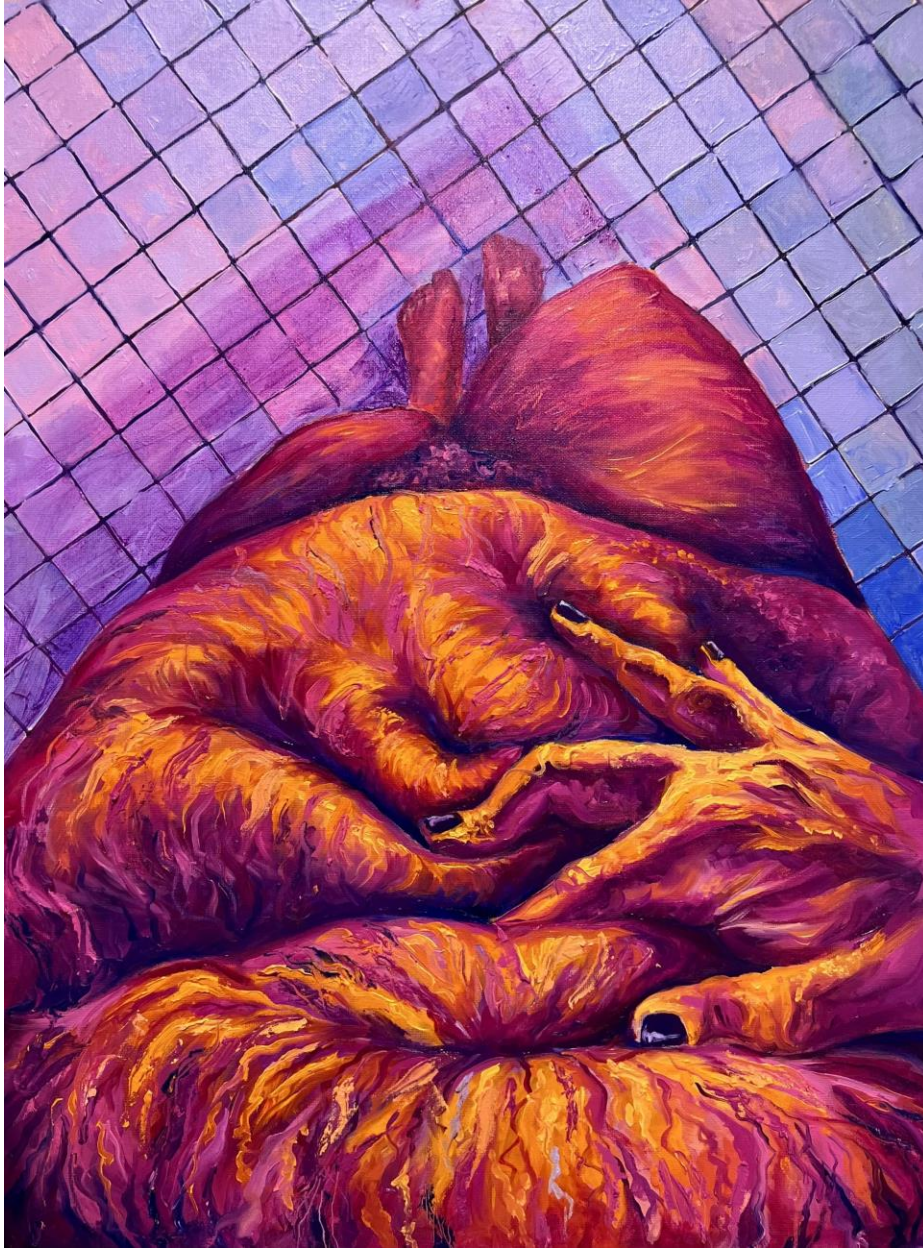


Figure Five: Corporeal Alter, Maria Cazzato

In this image the subject is grabbing at the skin on their stomach. This is a habit done when comparing and wanting to change our bodies; this is called body checking. Body checking is a compulsive behavior where you will seek information about your body weight, shape,

size or appearance. (*Healthline, 2020*). This is represented well in Cazzato's art. Everything within the image looks distorted which represents the vision of someone with BDD. The brush strokes replicate a look of stretch marks which are also seen as an ugly feature within the media. Online there are multiple articles providing information on how to get rid of stretch marks to draw the attention of young adults giving them ways to change their appearance. However, there is no actual way to get rid of them as they are a normal part of growing up and changing so often this tactic is used to sell products that are glamorized in the media. Brands also often get big influencers or celebrities to advertise their products using edited images. However, in recent years there has been a push by a group of people slowly building overtime to learn to love your stretch marks and natural scars of the body. "It's something of a glorious revelation to see the quiet but fervent rumblings of appreciation for them via social media these past few years" (Kathleen Baird – Murrey, 2021). It has come to surface that hiding the stretch marks along with other insecurities is doing more damage than better. This is why people with BDD suffer for longer and take longer to recover as they hide all of their insecurities.

Jamela Jamil had spent years covering up her stretch marks however she had stopped covering them up and whilst on set filming *The Good Place* she had refused to cover them with makeup “I was playing a sex symbol of sorts on a huge mainstream show, and it was so important to me to show others that giant track marks on my breasts do not negate that” (*Jamela Jamil, 2019*). But while change is taking place on social media there are still bigger steps that need to be taken and other things that need to be addressed. “I've not seen an advertisement for stretch mark cream in a while I don't think that means women have suddenly fallen in love with their silvery tracks” (*Alexia Inge, 2021*).

In more serious cases these advertisements on social media have a bigger impact on the people who have BDD. BDD is much more than having a negative body image, what sets BDD apart from having low self-esteem is the obsessive thoughts and compulsive behaviors that come with the disorder. (*Amber Putman, December 2021, temple university*). People with this disorder tend to fixate on the likes and comments they get on their posts more than someone not suffering from this disorder. It is social comparison that contributes to negative effects on self-esteem (*Amber Putman, Dec 2021, Temple University*). Another thing that is different about this image is the

viewpoint. The image is painted from the subjects point of view giving the audience the real idea and perspective of what it is like for someone with BDD. It gives the perspective as if you are the person looking down at your body, body checking. The idea of the person looking down at themselves reflects the thoughts of the artist and the story they are trying to tell reflecting the thoughts of the subject as looking down on themselves could reflect how they feel about themselves and is associated with negative thoughts. The image also looks as though the scene is set in the bathroom, this is a great representation of people who have BDD as they usually wouldn't body check in front of other people and would instead do it somewhere private and alone where they'd have the time and space to do so. I like how the artist hasn't created a distracting background as it helps the audience focus on the main point of the image and it doesn't give you too much to focus on leaving the audience look and find a deeper meaning within the image as most would pass it and just think it were an image of a body. The colours used in this image are not related to happiness or confidence and are instead related to sadness and anger. The image also looks as though it is set in the shower, which reflects on the idea that they have been forced to look at their body and it is not a choice.



Figure Six: James Green

James Green used the facial expressions of his subjects to convey the overwhelming feeling of being trapped (*BBC article, 2018*). Here we can see a silhouette of a face, however there is no detail to actually see the person's face but instead we are left with their expressions. The body

painted in this picture comes across as scribbles almost. It is almost not visible to the audience and you have to pay close attention to detail to be able to find it. This creates the thought of being trapped in your head and thoughts and what is most important to people with BDD is irrelevant to everyone else. The heavy layers of paint also suggest the feeling of wanting to hide your appearance and identity. This particular artwork joined other artists at the identity exhibition in 2018. The faces of his subjects come across as a blur as he uses thick layers of paint to create their identities. The subjects come across as ghostly looking with drained emotions on their faces. All of his artwork that is based around BDD has very little colour which I think represents his work well. He presents his work online also in order to try and spread awareness along with other artists. Ulrike Behrendt had created multiple ways to try and come at peace with BDD (2023). They had created an artwork (*The Shadow Dance, 2018*) which allowed her to confront her body indirectly simply by photographing her shadow. Twelve shadows are arranged as a group describing a story of curiosity, instability and peace (*Ulrike Behrendt, 2023*). These all have different ways of spreading awareness through exhibitions and social media. A clinician who specializes in the treatment of BDD, there are many benefits to social

media such as discussing and disseminating research-based information on BDD. (*Robyn L. Stern, June 2023*). For this purpose, social media is good for spreading awareness on the topic and different difficulties or triggers within this. However, with excessive use which is usually the case for people with BDD, this can become dangerous. They could spend hours scrolling through altered images comparing themselves to something fake which then could result in not eating, skipping meals or even excessive exercise. People spend a lot of time using social media comparing themselves to not real depictions of people. People with Body Dysmorphic Disorder are then susceptible of thinking this is a reality of what they should look like. (*Robyn L, Stern, June 2023*). This also happens with another form of BDD which is called muscle dysmorphia. This is when people see their bodies as weaker and smaller than what they actually are (*Sean Mowbray, Dec 3 2024*). This is usually the case with people especially men who excessively exercise daily to get their dream bodies and don't think they have gained enough when in reality they are bigger than what they visualize. This usually leads to unhealthy and dangerous habits that can be life threatening. This is also influenced by social media as gym has become a popularity on social media these past few years with people competing against

each other to become the biggest. People with this disorder also usually develop an eating disorder which is related to having an obsession with eating healthy foods. Its thoughts of perfectionism, low self-esteem, and social anxiety that lead to this (*Nathan Greene, November 13 2020*). Men are at higher risk of developing this type of body dysmorphia in comparison to women.



Figure Seven: Venus in the mirror, Titan

In this painting, Venus is seen posed nude whereas nowadays someone of that body type would be shamed and not put on the cover of a magazine. Throughout history, women who looked like they had a robust appetite

represented feminine perfection (*Tamara Ageeva, June 2023*). This was considered the beauty standard of the time. In fact, if you were a woman who was thin you would be frowned upon and considered poor. This was far before the time of social media which proves the negative impact it is having on people's lives. Nowadays people can compare themselves to others and may feel as though they are in competition with them to be skinner, prettier, more muscular etc. The subject is seen showing off their body rather than hiding it portraying confidence and knowledge. The pose is also in similarity to the Venus de' Medici statue (1815) depicting the Greek Goddess of love. For about 400 years, roughly between 1500 and 1900, bodily weight and volume, for both men and women, had a string visual appeal. (*October 1977*). Among the desirable quantities of the upper-class elegance, slimness did not figure except the property of hands, feet or noses, and occasionally the feminine waist all by itself, independent of other proportions. As for bones they were totally banished from the idealized feminine nude (*Anne Hollander, Oct 1977*). Beauty standards have changed drastically over time from desires to be bigger to desires to be the skinniest you can become.

Sculptures and paintings of this time were made nude to promote the ideas of modesty and innocence. (2023).

Often these artworks were made by men to fit the male gaze. Especially when men were making these artworks, they would make them to fit the male gaze gaining popularity within their works. This is why in many of the paintings and sculptures the women are nude and aren't covered up. This has carried onto modern day as photoshoots and advertisement are still pointing at the male gaze as this is where they will get most of their income from. Women have been objectified over the years wearing less and less, sexualizing themselves to gain more validation and have modeling careers etc. The male gaze is why women are often sexualized not only in art but in movies, books and television etc. The oversexualization of women due to male gaze has played a detrimental part in to how women view themselves. (2022).

Overall, after research it has become visible that the male gaze plays a big role in the oversexualization of women on and off social media. The male gaze has limited women's empowerment and self-advocacy. In the male gaze a woman is visually positioned as an “object” of heterosexual male desire, and her feelings and thoughts and her own sexual drives are less important than her being “framed by male desire”. (*Janice Loreck, Monash University, Jan 22, 2016*). The sexualized videos and photos that are posted all over social media which are

made for the male gaze plays a detrimental part in how women view themselves.

One of the common ways that the male gaze affects women, has to do with our body image and self-esteem. (*Makenzie Tavares, June 29, 2021*). Most women who put themselves in the media along with models, singers, dancers or even influencers are putting themselves out for the male gaze. Companies such as Playboy founded by Hugh Hefner based their brand around sexualizing women to meet the male gaze. Hefner fantasized about fun-filled days and sex-filled nights. Women became nothing more than objects for men. (Carrie Pitzulo, Instructor of History, Oct 4, 2017). Women have been objectified throughout the media resulting in them sexualizing themselves. In research, I have found that many of the female artists have struggled with their body since teens. This reflects upon the impact from social media as this is the age that most people join social media platforms. Not only this but comic characters such as Wonder Woman who was labelled as “Sex Symbol” were sexualized to also fit the male gaze. (*Ilana Kaplan, June 2, 2017*). “I wish we would all stop talking about and criticizing women's bodies in general” (*Shea Fontana, 1970*).

All artists I have explored in this dissertation have all related to each other. Each artist has suffered from insecurities surrounding their bodies whether it was online or in their personal lives. They all express their feelings through their art and show their own personal experience of BDD and how they envision it. Each artist has explored BDD through their art in different ways depending on their views or vision of BDD. One thing they all share is their views on how social media and the male gaze has had a detrimental impact on women and the way they view themselves. Although you could argue that social media itself isn't the only cause of this research has shown that the male gaze is the most impactful on how women feel about the way they look. The male gaze has had an impact on magazines and tv shows far before social media was a thing. However, social media escalates this and allows people to upload fake images of themselves whilst also pressuring people to look a certain way. Social media is far too accessible which is what leads to trends in the media. The male gaze theory posits that because men control the creation of the media, the media messages are dominated from a male point of view. (2015). The media has given men too much dominance over women and how they present themselves. Men also label women who are extremely edited or have a lot of cosmetic surgeries as

perfect which leads to a lot of women feeling bad about how they look and wanting to change their appearance to these unrealistic standards.

I was drawn to explore this project when finding something that I could relate to deeply in my practice. My work and themes have always been quite general so I wanted to find a theme that represented me and had meaning behind the images. After weeks of thoughts I had come to the theme of BDD and identity. I want to create my own version of this area of work as I want it to be personal and something I could do a lot of experimentation for. Each artist who has represented BDD or body confidence within their work has put their own twist on it, all the artworks look different. Through researching this topic and other artists I have found ways in which I am able to step out of my comfort zone with my work. Whilst also being inspired by my own struggles I was also inspired by mainly artists as they use a lot of materials in their work and techniques such as smudging and scratching. I would like to continue exploring this subject as I want to delve deeper into the topic and find new ways in which I could photograph this.

From this research I have learnt a lot more about this topic. To begin with, I have learnt that social media isn't the only or biggest impact on BDD but instead is a promoting tool for the male gaze. I have discovered that the male gaze has the most detrimental impact on women and how they view themselves and with them being in control of social media, they have the choice to how social media works and what happens on social media. I have also discovered different ways in which I can express my thoughts and feelings within my work. This has inspired me to push my abilities in my imagery and also my experimentation and find what works for me. The artists I have researched have all found their own way of spreading awareness of BDD through their work and I want to be able to do the same.

Further into my studies I will take what I have learnt into consideration to create as much work as possible. With the information I have learnt from research I will use it to educate myself further on the subject and find different ways in which I am able to photograph BDD. I will use the same techniques that I have learnt to research and experiment with any new area or theme I decide to work on in future projects. I will take new skills I have learnt about to create new work. I want to create some physical prints where I can make physical changes to them so that

way, I am able to link my artistic abilities into my work. This is an important topic for me, which is why I want to present it in the best way possible and the research I have done will really help me with this.

To conclude, Body dysmorphia has become more noticed over social media in recent years, however it is still not gaining attention and change for the better. Creators often create artwork based on BDD if they or someone they know suffers from it and they are trying to raise awareness. From research we can see that the male gaze has the most detrimental impact on people with BDD with a rise in the amount of people suffering from it.

Photography is usually used to promote certain products and from research I have found that they will put money before mental health. The edited images, small or large, have a detrimental impact on people's day to day lives affecting their mental health. If photoshoots and social media was less focused on the male gaze, then there would be an improvement in women's mental health and less cases of BDD. Social media itself would be less harmful to the younger generation as it is increasing over the years. People will post about BDD but still won't

change editing future images or trying to help more people. Women have been heavily sexualized for decades in different ways with little to no change. From research I can see where the male gaze originated and how there has been no change to modern day. Chapter Seven clarified how desired looks have changed over time and how to be skinny was to be poor whereas now skinny is the goal and is labeled as perfect on social media. I can see how the desirable features of a woman that men have found attractive have changed overtime but are still unrealistic to many females and leave women feeling bad about their appearance.

Another point commonly pointed out in this essay was objectifying women. From models to fictional characters being labelled as sex symbols women have been objectified throughout the media for decades. Wonder Woman being one of the most sexualized fictional characters (1970). Designers had redesigned her outfit to be more revealing for the male gaze. This proves how as a society the media relies on the male gaze to keep anything that includes women popularized. The male gaze is what keeps social media going, the concept of the male gaze

explores the ways viewers and consumers engage with visual media in a way that sexualizes women in order to empower men. (2019). The media is specifically targeted at heterosexual men who view women as the fulfilment of male desire. There is an emphasis on the importance of looking beautiful on social media, and currently it is rife throughout the media. Women are seen as men's property and objects.

Overall, The male gaze hold most power over the media resulting in women feeling badly about their looks and sexualizing themselves or being sexualized by men. However, as found social media is seen to promote imagery for the male gaze making it more accessible for men. This does have a detrimental impact on women's lives and how they live also in severe cases, leading them to have Body Dysmorphia.

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