Augusta University's Undergraduate Research Journal

ISSN 2380-5064 | The Arsenal is published by the Augusta University Libraries | <http://guides.augusta.edu/arsenal>

Volume 4, Issue 1 (2021)
Special Edition Issue

DIFFERENT TYPES OF INEQUALITY IN BODY IMAGE

Chloe Johnson and Melissa Powell-Williams

Citation

Johnson, C., & Powell-Williams, M. (2021). Different types of inequality in body image. *The Arsenal: The Undergraduate Research Journal of Augusta University*, 4(1), 16.
<http://doi.org/10.21633/issn.2380.5064/s.2021.04.01.16>

© Johnson and Powell-Williams 2021. This open access article is distributed under a Creative Commons Attribution NonCommercial-NoDerivs 2.0 Generic License (<https://creativecommons.org/licenses/by-nc-nd/2.0/>).

Different Types of Inequality in Body Image

Presenter(s): Chloe Johnson

Author(s): Chloe Johnson and Melissa Powell-Williams

Faculty Sponsor(s): Melissa Powell-Williams, PhD

Affiliation(s): Department of Sociology, Criminal Justice, & Social Work (Augusta Univ.)

ABSTRACT

This study's topic is a contemporary movement, the body positivity movement, and the inequality associated with body image. This study began by reviewing scientific articles discussing the body positivity movement and its effects. The body positivity movement started in response to the significant increase in cyberbullying, decreased body appreciation, and prevalence of negative body images within society. This paper is an overview of the body positivity movement and its effects on mental health. It includes a discussion of the differences in experiences relating to inequality in body image and how understanding these differences is essential for the movement to be successful. Communication is key to highlighting this issue and ending harmful body imagery. Research shows body positivity posts increase body acceptance, encourage healthy notions of body image, and create communities in which individuals can connect over similar experiences. However, to improve the positive effects of the movement, society must consider the many instances of inequality in body image. This study explores racial, gender, socioeconomic status, and sexual orientation-based differences in body image perceptions. A greater emphasis placed on the effects of differences in body image could highlight the issue and possibly connect individuals who can relate over their shared experiences.

Received: 01/31/2020 Accepted: 02/17/2020

Correspondence: Chloe Johnson, Augusta University, 1120 15th St. Augusta, GA 30912, chljohnson@augusta.edu