

Social Media's Impact on Physical Body Dissatisfaction and Objectified Body Consciousness: Investigating Miami's Adolescent Self-Perception from Exposure to TikTok

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Abstract

This paper examines the variables that led to the highest levels of objectified body consciousness (OBC) and physical body dissatisfaction (PBD) among adolescents aged 13-19 who were exposed to TikTok and attended school in Miami-Dade County after the COVID-19 pandemic. TikTok is used at high frequencies by various adolescent age ranges; however, previous studies identified that constant exposure leads to negative body image issues, ultimately resulting in long-term detrimental health effects. Factor analysis identified the correlation among variables collected through the distribution of a questionnaire in which adolescents shared their feelings about their body images from exposure to TikTok. The strongest variables identifying PBD and OBC among adolescents were the exposure before and after one's reported TikTok experience and the belief that one's TikTok experience affects an adolescent's perception of their physical appearance and the answer to this question, respectively. This study identified that users who engaged in higher frequencies of TikTok usage were more likely to rate themselves with a higher overall body satisfaction due to pre-established conditioning of harmful exposure from TikTok, regardless of one's gender. Conclusions drawn were that social media applications such as TikTok directly impact an adolescent's feeling of OBC and PBD, and increased exposure will only lead to lower PBD levels and higher OBC levels, altering one's self-perception.

Keywords

Physical body dissatisfaction, objectified body consciousness, TikTok, adolescents, body image issues

Introduction

As teenagers undergo the developmental stages of adolescence, they are vulnerable to peer influence, which could have physical and mental

impacts. Exposure to peer influence is prevalent in social media applications, especially on TikTok, “a popular social media app that revolves around the creation and sharing of short looping videos” (Stahl & Literat, 2022). Adolescents aged eleven through sixteen (Bucknell, Kottasz, 2020) are directly targeted as specific technological algorithms constantly reinforce their feed. Identifying this target on TikTok is significant because of its popularity among adolescents (Erizal, 2021). Many influencers on TikTok promote the beauty industry, leading to many adolescents attempting to achieve the same standards portrayed by their feed to boost their body satisfaction (Knauss et al., 2008). #Beautytok¹ emerged due to social beauty values and the desire to achieve them as adolescents, especially through cosmetics, dieting, and exercise, which may even be extreme (Kim & Lee, 2018). Adolescents are prone to compare themselves physically with influencers on the application, leading to negative body image thoughts such as physical body dissatisfaction (PBD) and objectified body consciousness (OBC).

In addition to mental health issues, physical issues occur as well, such as becoming underweight or gaining physical health complications. These issues lead to the research question: to what extent does exposure to TikTok affect adolescents' levels of physical body dissatisfaction and objectified body consciousness, particularly in Miami, Florida after the COVID-19 pandemic? The COVID pandemic has been correlated with behaviors like excessive weight gain or loss (Masciantonio et al., 2021). Along with weight changes, dietary alterations were prevalent during the pandemic, highlighted among different genders in high-school-aged adolescents. Females were significantly affected by societal expectations of presenting themselves as “beautiful” (Greenleaf & McGreer, 2006). Such desire to be beautiful leads to the inference that the increased exposure to social media among adolescents, especially from platforms such as TikTok, has led to increased issues regarding PBD and OBC. In addition to the algorithm that directly associates feed based on the interest of each viewer, the application also promotes the creation and usage of filters that alter one's physical body and face. These filters can convey drastic changes, such as making bodies thinner or changing hair and eye colors. However, they could also be controversial because adolescents utilize filters to gain popularity and have higher follower counts on TikTok, promoting expected social norms. These social norms continue to support the widely accepted belief of what is expected in beauty values, depicting high counts of PBD and OBC due to exposure from social media.

This study aimed to evaluate the extent to which TikTok affects adolescents and their overall feelings about their body image and to examine the percentage of negative results in a current era in which society engages and promotes social media usage at a very young age. It

¹ “Beautytok” refers to a user on TikTok filming and posting videos relating to content of the beauty industry, including elements such as hair, makeup, and skincare.

also aimed to evaluate the underlying and observable variables within adolescents' feelings about their body image to determine whether further exposure to TikTok has lasting effects in adolescent development regardless of the part-time satisfaction guaranteed as users continue to utilize the application.

A gap in the research existed due to the lack of knowledge of which variables directly impact adolescents' satisfaction levels with their bodies, specifically the factor analysis on adolescents' PBD and OBC based on the frequency of TikTok usage and other unobserved versus observed variables. While it was evident that social media affects adolescents because of their susceptibility to peer influence to alter their appearance, especially in terms of their environment, the frequency of social media use alone has no effect on adolescent well-being besides increased peer competition (Course-Choi & Hammond, 2020).

Background

Search Strategies

Sources were located via various databases, including EBSCO and Google Scholar, which consisted of peer-reviewed journals, to gain credibility for the research studied. Specific keywords utilized during the research process were adolescents and health, objectified body consciousness, physical body dissatisfaction, social norms, peer influence, and TikTok. For this study, definitions were assigned to OBC and PBD. OBC refers to one's desire to portray one's physical appearance for evaluation by others, while PBD refers to an individual's negative thoughts and feelings about their own body (Knauss et al., 2008).

GenZ on TikTok

Engagement with this social media app significantly increased because of the COVID-19 pandemic, where many turned to TikTok to fulfill entertainment desires. TikTok customizes an individual's feed based on the videos the user engages with the most. One prevalent video category among adolescents is #Beautytok on TikTok. Many influencers on this section of TikTok are connected to the beauty industry by promoting cosmetic brands and filming videos about different clothing styles, makeup, and more. However, this constant exposure leads to negative thoughts about body image among adolescents (Greenleaf, McGreer, 2006). In addition, many adolescents face the pressure of satisfying societal beauty expectations, especially among females.

American Beauty Standards and Female Expectations

Historically, women promoted the American beauty industry by associating themselves with various self-expressive methods such as clothing and makeup. Since then, beauty has remained essential among

females, and the necessity to be considered “beautiful” is constantly reinforced by excessive exposure to the industry. (Kim & Lee, 2018). Many female celebrities and influencers are portrayed wearing glamorous clothing and are widely associated with the beauty industry. Makeup, cosmetics, and other beauty products are advertised the most to women especially, ultimately creating a market from the advertisement of items. This industry is thriving because influencers wear and show specific products, persuading their audience to purchase what is being advertised to achieve the same look. TikTok constantly reinforces this expectation, especially its popularity in attracting users through the prevalence of video filters and altering one’s appearance due to #Beautytok.

Effects from Excessive Exposure to TikTok

Many forms of altering one’s appearance due to excessive exposure to the beauty industry can be detrimental to adolescents. These alterations can include the usage of steroids and extreme forms of dieting, resulting in potential eating disorders. Many American female college students primarily engaged in disordered eating attitudes and actions to change themselves physically due to increased self-objectification (Greenleaf & McGreer, 2006). Although this study focused on female college students, TikTok is not limited to this age group (18-24), as the number of adolescents (13-19) exposed to TikTok continues to increase. Appearance anxiety was also common, especially among females in college (Slater & Tiggemann, 2010). Due to the pandemic, however, the United States experienced a significant increase in adolescents suffering from mental health issues and even more significant numbers of self-inflicted insecurities (Hossain et al., 2020). These insecurities are so prevalent nationwide that previous questionnaires have been conducted to analyze general body dissatisfaction, with females scoring lower satisfaction than males (Knauss et al., 2008). With consideration that American culture has embedded the need for societal validation to appear “beautiful,” this study analyzed various factors to identify the most triggering causes that could result in such individual harm. Preventing/limiting further detriments can then be conducted by providing adolescents with materials and knowledge of how they are affected by social expectations.

This study also filled the behavioral research gap by examining adolescent impact from social media platforms, especially TikTok, regarding their PBD and OBC, utilizing a factor analysis to compare the correlation among different variables. Although variables were observed, such as one’s gender and frequency of TikTok usage, other unobserved underlying variables, such as personal feelings concerning video filters and preferences in video categories, had not been thoroughly considered prior. The discovery of such variables is essential in identifying TikTok’s impact and direct causes towards PBD and OBC to understand adolescent reaction towards TikTok exposure. Filling in these gaps evident within this

literature review would help identify methods that could aid adolescents in decreasing their levels of PBD and OBC.

Methods and Study Design

Study Design and Introduction

This study aimed to analyze the prevalence of negative body images among adolescents while identifying the primary factors of these feelings commonly found in social media. Some adolescents may have pre-established body image issues that are caused by unobserved variables significantly fluctuating mental health, which was not collected in this study. Variables were identified using factor analysis, which also aided in finding a correlation between these variables and the feeling of dissatisfaction from adolescents from exposure to social media. These variables then became cross-referenced and sorted to identify the correlation(s) present due to the findings. The generated data were collected through a questionnaire that preserved anonymity while containing questions related to answering the research question, ensuring that identity was protected to gain a deeper understanding of collective adolescent feelings. This questionnaire was virtually taken on Google Forms, so no physical contact was necessary. This sampling method was probability-based as the subjects were randomly selected from various schools with no bias in selection. No follow-up was needed; only a factor analysis was utilized for the questionnaire results. QR codes with a link to the questionnaire were developed through a QR code generator and shared amongst high schools in Miami to generate anonymous responses (Appendix A).

Sub-Questions

Various sub questions formed while developing the main research question. One prevalent subquestion was: How does an adolescent's gender affect their body dissatisfaction and body consciousness levels? Another sub question was: Which variable will have the most significant impact on PBD and OBC? The final sub question was: How does the frequency of TikTok usage weekly affect PBD and OBC?

Research Strategy

Factor analysis was used to depict observed versus unobserved factors in terms of correlation. This analysis was also inductive, allowing these variables to be considered in correlational analyses of other areas. The data was collected using a questionnaire provided to participants from several high schools in South Florida. Past researchers have similarly conducted experiments by utilizing questionnaires to collect data regarding adolescents and their body images; however, evidence was not

found on this method of data in hopes of analyzing the exposure of social media to adolescents.

Data were analyzed using a twenty-question survey regarding adolescents' dissatisfaction with social media exposure. After the surveys were completed, the data were organized to compare any correlations found among the observed and unobserved variables in identifying PBD and OBC.

Research Time Horizon

This study was cross-sectional as no follow-ups were needed after data collection. The questionnaire was virtually shared among adolescents using QR codes to scan or website links, not requiring them to complete it within a specific time frame. However, although there was no set time frame, there was an established date on which responses given after that time were not counted towards the data, ultimately providing the students with ten days, or two full school weeks, to respond.

Sampling Strategy

These data were collected with a convenience sample, with the only requirement that the participants must be traditional high-school-aged adolescents (thirteen through nineteen years old) and utilize TikTok. This sampling strategy also took into account various Miami adolescents in Miami-Dade County rather than focusing on one high school, maximizing the results in the region.

Data Collection

Data were collected using questionnaires developed using Google Forms. QR codes were printed out and sent with additional websites among various schools in Miami shared by teachers in multiple departments. This questionnaire provided consent and permission letters to collect data and ensure that answers were anonymous. These were produced virtually and presented before the questionnaire with an area for signing (typing) their name in agreement with consent. The questionnaire also asked for the participant's gender and age, which was also anonymous.

Data Analysis

Multiple variables were identified between the questions asked and separated between three factors to conduct an inferential statistical analysis to understand better the sample provided using factor analysis. Variables were divided based on how questions' data was collected in terms of answering them; the first factor consisted of questions that could be answered using a Likert scale, and factor two included questions that were measured by qualitative data: gender and the number of hours of usage time which cannot be gathered using a Likert scale. The third factor consisted of questions only applicable to a portion of the respondents due

to their usage of TikTok; those who followed beauty influencers and actively posted on TikTok were targeted in this group.

Step-by-Step Plan

The location chosen to gather information was Miami, Florida, due to the availability of many high schools in the Miami-Dade school district. For this study, the questionnaire was sent to teachers in multiple high schools via QR codes and links on Google Forms. Links were also shared through social media apps and communication methods such as Instagram, WhatsApp, and standard messages. The data were analyzed using three different factors.

The survey was first released on January 9th, 2023, and stopped accepting responses on January 19th, giving students ten days to answer within a reasonable period. This period was also the most practical because anyone with an electronic device could access the questionnaire. These data were then transferred to Google Sheets, allowing them to be organized and analyzed more efficiently. Closed-ended questions required responses in which the answer had to be on a rating scale of 1-5.

These data were then organized into three factors, each with a Pearson coefficient correlation conducted. Factor one consisted of questions that every participant who actively used TikTok could ask without differentiating questions to a particular sample among the participants. Letters were assigned for each question, each letter corresponding to its number. For example, A was given to the first question, B to the second question, and so forth. The Pearson correlation coefficient formula was used to find the correlation between letters or variables collected from the survey questions.

The data analyzed within factor two consisted of one's gender and weekly TikTok usage and its effects on body satisfaction levels. Results were separated into two groups: male and female. Subgroups within these groups were created, separating each gender by the amount of weekly TikTok usage. The average satisfaction level was then taken per subgroup of weekly TikTok usage among each gender to see which subgroup conveyed the highest PBD after an estimated weekly usage.

The correlations were found similarly for factor three as in factor one. Factor three consisted of questions that were only applicable to some of the participants, targeting those who were frequently exposed to TikTok's beauty industry.

Results

Since TikTok was utilized frequently by adolescents, especially in the increasing years after the COVID pandemic, the prevalence of influencers on social media could affect adolescents as they could gain or increase negative feelings towards their physical bodies. Factor analysis was utilized to find correlations among different variables in separate factors to observe the extent of peer influence on adolescents' feelings of PBD and

OBC regarding TikTok in Miami through components from principal component analysis. As hypothesized, the higher levels of peer influence from TikTok resulted in higher PBD and OBC. This section will evaluate the extent of the variables with the highest correlation to predict the highest factors of PBD and OBC in adolescents. There were seventy-five total respondents: forty-three females and thirty-two males.

Factor One: Identifying Physical Body Dissatisfaction

In factor one, variables were gathered based on the commonality of every individual's ability to respond. The correlation of values was then examined, with the highest correlation being 0.7882929895 or approximately 78.83% among letters C and D (Appendix D).

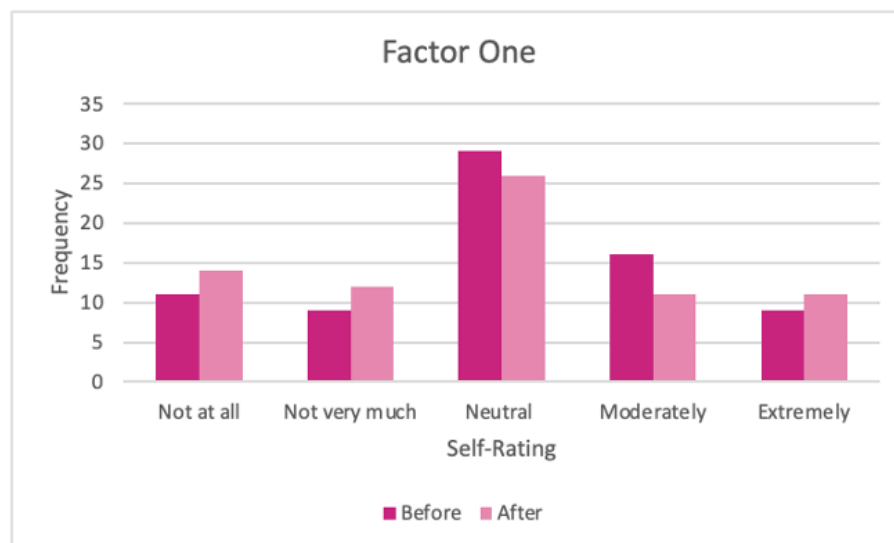


FIGURE 1.1. The responses for questions analyzing body satisfaction before/after one's TikTok experience.

There was a 4% increase in values 1 and 2, a 4.1% decrease in value 3, and a 6.7% decrease in value four. These data represented the post-effects of one's TikTok experience, where one's ultimate levels of satisfaction with one's body decrease based on exposure to social media. Results showed that while not everybody experiences lower rates of PBD, as seen in the 2.7% increase in the value 5, there was a correlational effect on adolescents' PBD and their TikTok experience, as seen within 85% of the sample. More exposure to TikTok led to higher levels of PBD, as there was a direct impact on the frequency of the application before and after one's experience.

Factor Two: Weekly TikTok Usage's Effects on Body Satisfaction Among Genders

Factor two consisted of gathering data based on gender, their weekly TikTok usage in hours, and their rating of their overall body satisfaction after exposure to TikTok.

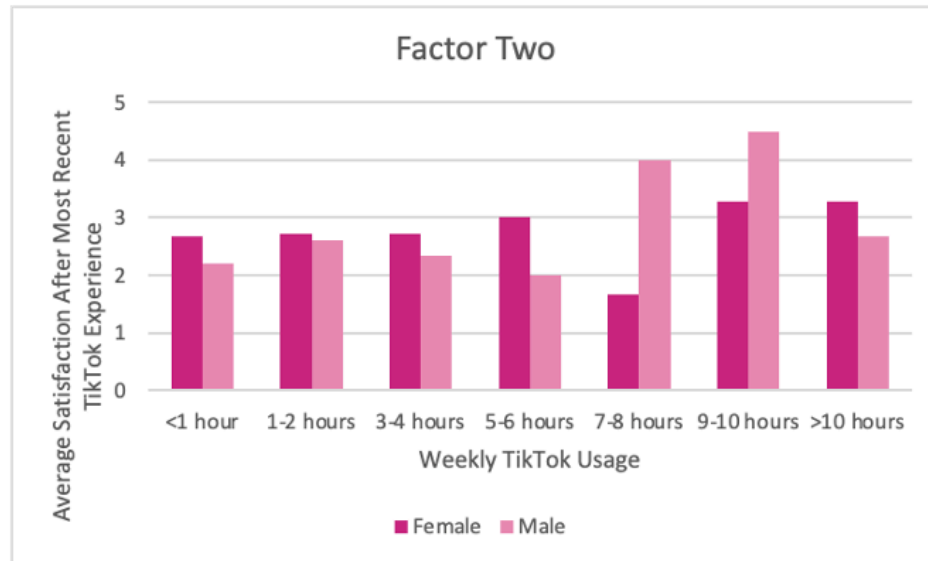


FIGURE 1.2. The average satisfaction levels of subgroups based on gender and weekly TikTok usage.

The average score for female satisfaction level was the highest from 9-10 hours and lowest between 7-8 hours. The average score for male satisfaction levels was highest between 9-10 hours, likewise, and lowest between less than one hour. Females had an overall higher satisfaction level when exposed to <1 hour to 6 hours, and then again between 9-10 hours of exposure. Males, on the other hand, experienced higher satisfaction, rated from 7 to 10 hours. Although the differences in averages among genders within different subunits are not significantly substantial, they still signify the differences among females and males regarding various exposure times from TikTok. On average, females did not rate their body satisfaction over four. Most of these responses ranged from values 1-3. The males, on the other hand, ranged from 1-4, meaning they had an overall average increase in body satisfaction. The results showed that males and females rated themselves with an average higher body satisfaction score when their TikTok weekly usage was higher. Overall, females were also more satisfied than males. Although there were higher scores of body satisfaction after a higher usage of TikTok, PBD was already on average low among adolescents, so TikTok did not necessarily increase one's satisfaction in everyone's experience; however, those that rated themselves with higher satisfaction levels were more likely to use TikTok weekly than those with lower scores.

Factor Three: Identifying Objectified Body Consciousness

Although the variables in factor one were open to everyone, factor three was only limited to a targeted sample, which was exposed to beauty influencers on the application.

The correlation was then examined to evaluate which variable in factor three was the most evident. The correlation for questions four and five showed the highest correlation, at 0.9852859867 or 98.53% (Appendix E).

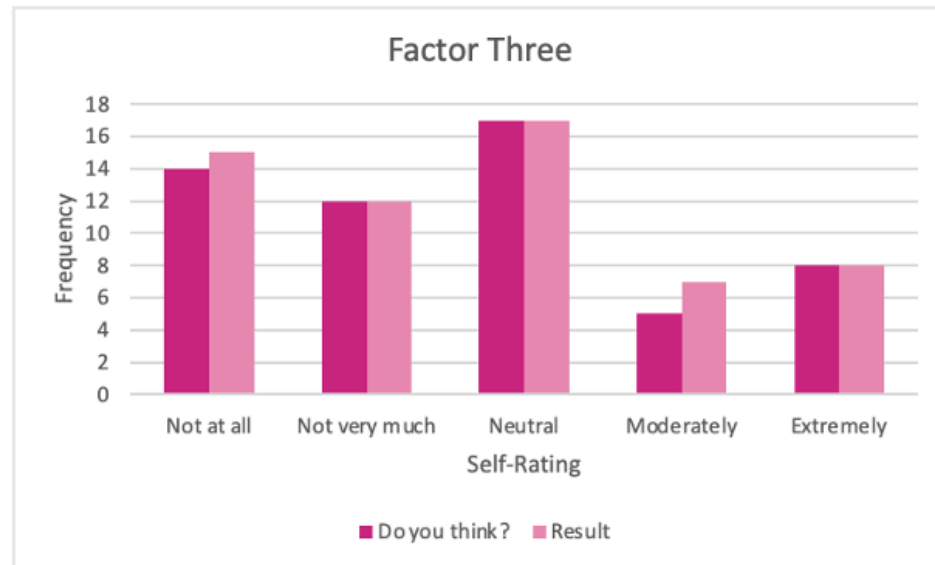


FIGURE 1.3. Responses analyzing the belief that video filters impact body satisfaction (body consciousness) and the direct impact.

74.58% of the respondents answered on a range of 1-3, signifying a correlation between one's awareness of watching videos with filters and the adolescents' feelings of body consciousness. Due to the extremely high correlation between these two variables, the more prevalent videos with filters are on TikTok, the higher the degree of one's body consciousness will become. Such exposure to TikTok had adverse effects on one's perception of their own body, in which most respondents felt less satisfied after watching videos on TikTok with filters; however, PBD was not always negatively affected, as the results only supported that there was a direct impact rather than a consistently negative impact.

Conclusion

Discussion

As adolescents engaged in TikTok usage, impacts on their PBD and OBC were evident, particularly when this study was conducted after the

COVID-19 pandemic. This study aimed to view the multiple variables that could have impacted an adolescent's PBD and OBC with factor analysis. As three separate factors were established to separate different possible variables, there was a correlation among various factors, resulting in adolescent perceptions of their bodies. Throughout factor one's questions, numbers three and four conveyed the highest correlation, possibly due to increased exposure and the resulting adolescent self-body perception (Appendix D). 85% of respondents ultimately answered in lower values in question four compared to question three, magnifying the extent that one's own TikTok experience could have on overall PBD. Although there was a 2.7% increase in the value five, this might have been due to a higher overall TikTok experience time, which was analyzed in factor two. Factor one conveyed that exposure time directly impacts one's PBD; however, the exact exposure time and responses could be seen in factor two.

Factor two analyzed that female satisfaction levels were below four, and lower exposure time led to lower satisfaction rates. Those who watched TikTok weekly for at least four hours or less showed these results. Subsequently, while male satisfaction levels were lower than females overall, the pattern continued that lower exposure time led to lower body satisfaction. Although the hypothesis presented was based on higher exposure time leading to lower satisfaction levels, it could be concluded that those who rated themselves as more satisfied with their bodies were likelier to have higher frequencies of TikTok usage.

Factor three's questions applied to only those who actively followed beauty influencers on TikTok and carried the knowledge that they were exposed to videos posted with filters in them, altering the content creator's appearance in one aspect. The highest correlation of questions was found between the belief that video filters are prevalent, leading to higher levels of personal body awareness versus the result of the question. The data showed that 74.58% of the respondents answered in less than the 3 on the scale implemented, signifying that the more exposure there is, the higher one's objectified body consciousness is. The level of OBC, thus, reflects an adolescent's vulnerability to peer influence with the desire to satisfy others' expectations of their appearance (Yoo & Yurchisin, 2018). Peer influence was analyzed based on the percentage of respondents in the questionnaire who posted often due to exposure to many beauty influencers and others who frequently post with video filters.

Although this study failed to support the hypothesis that higher exposure to TikTok leads to increased PBD, it does support the hypothesis that higher exposure time leads to OBC. Ultimately, although one's perception of their body might be higher than others on TikTok, they felt less satisfied with their bodies. The higher TikTok times and higher body satisfaction levels could ultimately stem from those already having a pre-established high satisfaction level with their body. A higher frequency of TikTok usage reinforces it.

In addition, the results conveyed that while PBD levels were already low, those who rated themselves with higher satisfaction were more likely to utilize the application weekly. Although the frequency of social media usage alone has no direct impact on adolescents (Course-Choi & Hammond, 2020), the coupling of multiple variables affects young users. Those who spend less time could avoid utilizing the application because of the fear of further damaging one's self-body perception. The body OBC was higher because of the advertisement of various cosmetics and appearance-altering behaviors promoting "beauty" on social media. (Kim & Lee, 2018). Because of the normalization of considering artificial appearance "beautiful" and one's comparison to one's own body without these artificial appearances, the overall consciousness is increased because of not being considered beautiful due to the need to follow routines seen on the application. American society and its standards on women achieving beauty play a vital role in OBC due to the constant pressure of having to appear beautiful to satisfy American society's standards, especially among adolescents who are exposed to this belief at a young age. This belief could ultimately harm future results, such as disordered eating attitudes and engaging in detrimental appearance-altering procedures to ensure the "beauty" validation (Greenleaf & McGreer, 2006). This study, however, also identified that while females were usually the group labeled with higher body dissatisfaction levels. Males also engaged in high, if not higher, levels than females, establishing that such exposure from TikTok affects most adolescents, especially in terms of pleasing societal expectations, regardless of differing genders. (Lindberg et al., 2007).

Implications

The results of this study could be used as a method of self-monitoring/regulation of one's TikTok experience due to their resulting PBD and OBC levels. If one wants to improve their levels of body satisfaction and OBC, one could attempt to alter their TikTok experience in terms of exposure times, as well as categories of videos that may trigger damaging levels of self-perception for monitoring (Slater & Tiggemann, 2010). Although social media applications such as TikTok are becoming increasingly more prevalent as technology becomes more applicable in everyday society, they could also cause further damage that may be reinforced with constant exposure, resulting in OBC. American society and its expectations of beauty standards also reinforced one's objectified body consciousness, as adolescents are in a state of comparison between themselves and their peers on TikTok. Additionally, adolescents with pre-established health needs such as diabetes or cyber fibrosis could benefit from this form of self-regulation as PBD from health needs might lead to an even higher amount of OBC than the level observed by this study (Jiang et al., 2021).

Limitations

Although this study succeeded in identifying variables regarding PBD and OBC, a few limitations were present. One of which was the sample size of the questionnaire itself. The analysis could have been more representative if there had been more respondents, especially in the case of factor two, where subgroups were created to measure the effect on TikTok experience time and one's gender. There were less respondents in the subgroups, and these limited answers could have been representative of outliers, which ultimately affects results. The distribution of genders was also slightly uneven, with more female respondents than males. In addition, the exact exposure time from TikTok might not be accurate, as respondents could have answered a different number than their accurate TikTok experience time or might not have known how to measure it² altogether and simply provided an estimate.

Furthermore, measuring one's exact TikTok experience is not feasible because of the infinite number of video combinations that could appear on one's algorithm. Although the questionnaire for this study asked users to record the categories they considered the most engaging, the exact combination of such videos cannot be accounted for. Specific videos might trigger more PBD or OBC levels that could not precisely be recorded individually but collectively due to estimates based on TikTok experiences and measurements of one's self-perception based on a Likert scale. Respondents' self-reports throughout their experience with the questionnaire could also have not been accurate, which would have disrupted the results. Finally, this study was based on a convenience sample, as the responses were gathered only in Miami. Many adolescents could experience their TikTok usage differently based on their environments, especially the local culture in their cities. In addition, unobservable variables such as mental health affecting body image may affect overall levels of PBD and OBC, which are not collected in the study.

Areas for Future Research

Due to this study being a factor analysis on a small number of traditionally aged high-school students (13-19), longitudinal studies could draw further results. Analyzing an individual and viewing their exact levels over time could lead to further accuracy in identifying one's PBD and OBC.

Furthermore, more variables could be examined in addition to the ones utilized in this study by including other types of questions to view adolescent opinion on PBD and OBC. This study targeted GenZ, so older generations, such as millennials, could be focused on. As this study also identified variables within TikTok, other social media platforms, such as Instagram and Snapchat, could be explored. Furthermore, while this study

² Digital Well-being and Screen Time are ways to measure one's exact experience in various applications in minutes, implemented by Android and Apple, respectively.

aimed to highlight the adverse effects of TikTok usage, it could also be directed to view the positive impact, such as expanding the reach of communications, especially among individuals not close to each other. Further research could also expand on adolescents in various regions, not those who reside in Miami, and could further view social media's impact on a national scale.

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Appendix

Appendix A: Attended High Schools of Respondents

1. TERRA Environmental Research Institute
2. Academy for Advanced Academics (AAA)
3. School for Advanced Studies (SAS)
4. John A. Ferguson Senior High School
5. Coral Reef Senior High School
6. Coral Gables Senior High School
7. Gulliver Preparatory School
8. Miami Senior High School
9. G Holmes Braddock Senior High School
10. Felix Varela Senior High School
11. Ronald W. Reagan High School
12. South Dade Senior High School
13. South Ridge Senior High School
14. Homestead Senior High School
15. Coral Park Senior High School

Appendix B: QR Code & Questionnaire Link

QR CODE:



LINK TO QUESTIONNAIRE:

https://docs.google.com/forms/d/e/1FAIpQLSed7HySggtclPCM4STF-8QkM-NWMCuLJnxEtKKWk9289uA1Dw/viewform?usp=sf_link

Appendix C: Questionnaire Consent Form

Social Media's Impact on Physical Body Dissatisfaction and Objectified Body Consciousness

Amaya's AP Research (Capstone) Project.

Questionnaire Consent Form:

I, _____ (participant's name), understand that I am being asked to participate in a questionnaire activity that forms part of Amaya Garcia's required coursework as a part of AP Research in the AP Capstone Program. It is my understanding that this questionnaire has been designed to gather information about the following subjects or topics:

- The extent of social media and its impact on adolescents
- Adolescents' opinions on their objectified body consciousness
- Adolescents' opinions on their physical body dissatisfaction
- Unobserved and observed variables among adolescents and their opinions about their bodies

I have been given some general information about this project and the types of questions I can expect to answer. The questionnaire will be conducted online and will take approximately five to ten minutes to complete. Your participation is voluntary and answers are guaranteed to be anonymous. You will not be required to answer anything you are uncomfortable with sharing. The scientific study's benefit is that it will aid in understanding social media's impact on adolescents and how this affects their opinions about themselves.

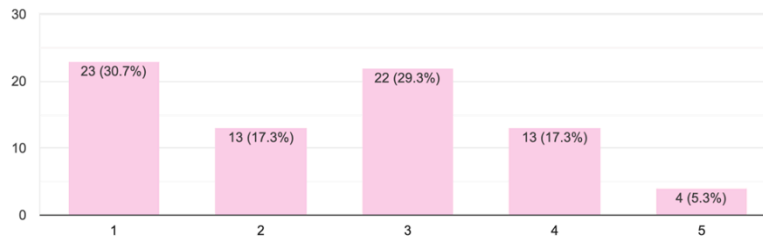
I agree to participate in this study. I understand my participation is voluntary and that my name will not be associated with my responses. By signing below, I acknowledge my consent to participate in this study.

Participant's Signature and Date:

Appendix D: Full Results from Factor One

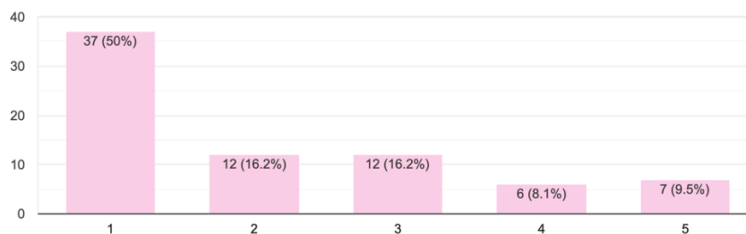
Do you think that TikTok affects your motivation in any positive way?

75 responses



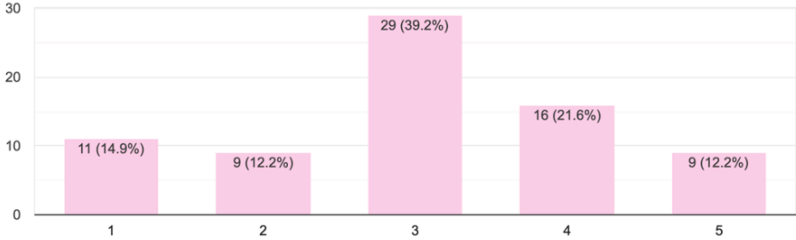
Do you want to set aside time only to watch TikTok?

74 responses



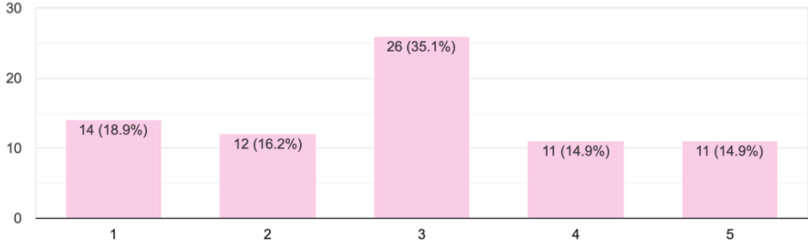
Before your most recent TikTok experience, how satisfied do you feel with your own body?

74 responses



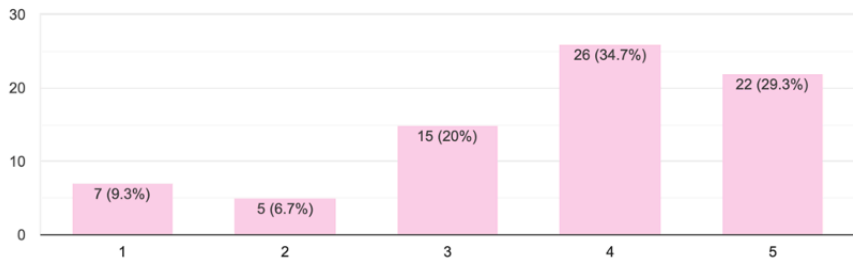
After your most recent TikTok experience, how satisfied do you feel with your own body?

74 responses



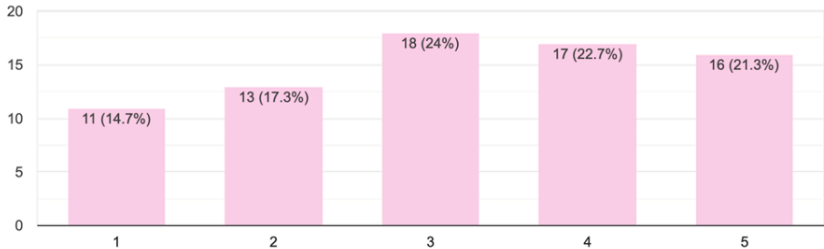
Do you think that your "for you page" consists of videos to your liking?

75 responses



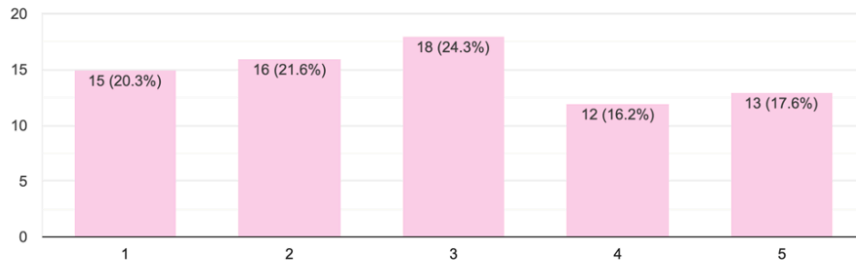
Do you think that TikTok changes your mood positively?

75 responses



Overall, do you think that TikTok makes you more aware of your physical appearance such as facial features and body types?

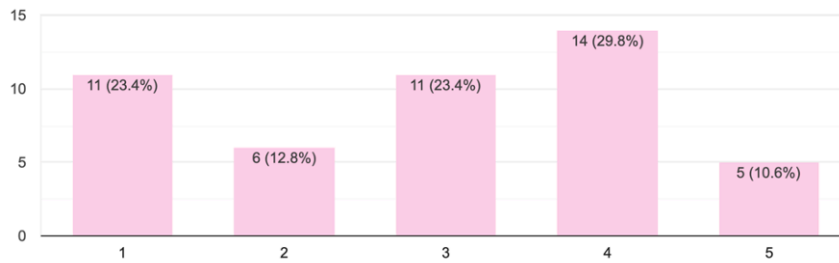
74 responses



Appendix E: Full Results from Factor Three

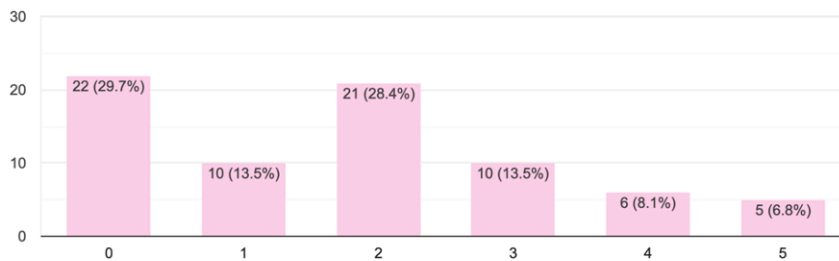
Skip the question if you answered "no" to the previous question: How engaging do you find the content from the influencers that you follow?

47 responses



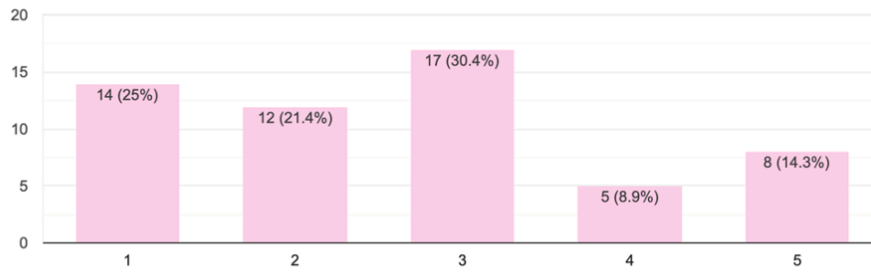
Do you often watch videos that display that filters are used? (There is a section above the caption that would list if a certain filter was used in the video)

74 responses



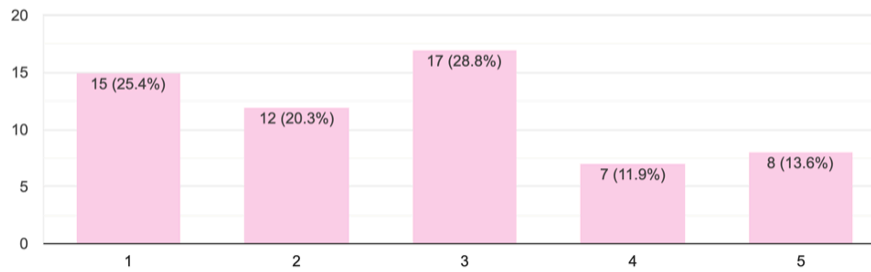
Skip the question if you answered "no" to the previous question: Do you think that video filters make you more aware of your physical appearances such as facial features and body types?

56 responses



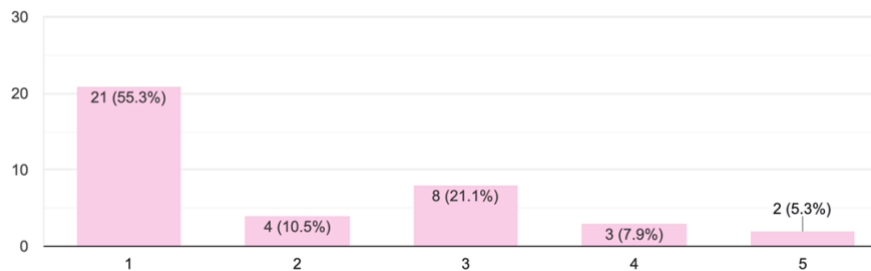
Skip the question if you did not answer the previous question: After watching videos of content creators using filters, how satisfied do you feel with your own body?

59 responses



Skip the question if you answered "no" to the previous question: Do you feel the need to post videos?

38 responses



Appendix F: Frequency of TikTok Usage Weekly

How many hours a week do you use TikTok? (on a seven-day period)

75 responses

