

Level of Self Objectification in Teenage School Girls: Causes, Consequences and Concerns

^aMansi Dwivedi, ^bDr Shivali Sharma, and ^cDr Laxmi Vajpeyi

^aResearch Scholar, Amity University Uttar Pradesh, Lucknow, 226010.

^bAssistant Professor- II, Amity University Uttar Pradesh, Lucknow, 226010.

^cAssociate Professor & Head Department of Humanities & Professional Communication, Babu Banarasi Das Northern India Institute of Technology, Lucknow, 226028.

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Abstract: Self-Objectification is the tendency to encounter one's body principally as an item, to be assessed for its appearance rather than for its effectiveness. The objectification theory suggests that females more so than males consider a spectator's viewpoint as their primary view on their actual selves. This self-objectification often prompts expanded sensations of shame, anxiety, and disgust toward oneself. It decreases opportunities for top inspirational states, and reduces familiarity with inner bodily states. Self-objectification is fundamentally a manifestation of sexual objectification which is highly prevalent in the society. Calogero (2005) claimed that the females view themselves through the lens of an external spectator and this habitual monitoring leads to body shame, appearance anxiety, depression and disordered eating. Adolescents and specially females are more worried about their physical appearance as opposed to their merits and capabilities. The Aim of this study was to assess the level of Self Objectification among 100 adolescent girls of Uttar Pradesh. The data was collected using Objectified Body Consciousness Scale by McKinley, N.M., & Hyde, J.S. (1996). A comparative analysis of the level of self-objectification in adolescent girls of Lucknow and Agra was also conducted. The results revealed that 77% of girls fall under the category of moderately high objectification and the adolescent girls of Lucknow city are scored more on self objectification as compared to the adolescent girls of Agra. The subscales used in the OBC scale are (a) surveillance (viewing the body as an outside observer), (b) body shame (feeling shame when the body does not conform), and (c) appearance control beliefs. The scores were obtained separately for the three sub scales. The study points towards the need for Intervention at the school level for empowering the females to focus their attention on their inner capabilities rather than external appearances.

Keywords: Sexual-Objectification, Self-Objectification, Adolescent girls.

1. Introduction

Objectification theory (Fredrickson and Roberts, 1997) recommends that various women are expressly objectified and treated as an object to be regarded for its use by others. Sexual objectification happens when a female's body or body parts are singled out and disengaged from her as an individual and she is seen on a very basic level as an actual thing of male sexual need (Bartky, 1990). Objectification theory sets that sexual objectification of females is likely going to add to mental prosperity gives that excessively impact women (i.e., dietary issues, distress, and sexual brokenness) through two essential ways. The principle way is prompt and self-evident and incorporates sexual objectification experiences. The resulting way is underhanded and unassuming and incorporates females' disguise of sexual objectification experiences or self-objectification (Fredrickson and Roberts, 1997).

Sexual objectification is the exhibition of seeing a person as an inconsequential object of sexual need. Objectification even more exhaustively infers viewing a person as an item or an object paying little heed to their character or respect. Objectification is most conventionally broke down at the level of an overall population, yet can in like manner imply the lead of individuals and is a sort of dehumanization. But the two people and females can be expressly objectified, the objectification of women is a critical idea in various ladies' activist speculations and mental hypotheses got from them. Sexual objectification of youngsters and women adds to sex difference, and various clinicians accomplice objectification with a large group of physical and emotional well-being dangers in women.

2. Literature Review

2.1 Sexual objectification of Women-

The sexual objectification of women incorporates them being seen essentially as an object of male sexual need, rather than with everything taken in all in all person. (Barry, Kathleen, 1984.; LeMoncheck, Linda, 1997.; Szymanski, Dawn M., Moffitt, Lauren B., Carr, Erika R. January, 2011.) Although ends diverge from regard to which conditions are problematic, many see objectification of women happening in the expressly organized portrayals of women in advancing, craftsmanship and media, sex amusement, the occupations of stripping and prostitution, and women being improperly surveyed or judged unequivocally or gorgeously visible to everyone spaces and events, for instance, excellence challenges. (Jhally, Sut, 1997).

Objectification theory (Fredrickson and Roberts, 1997) proposes that numerous ladies are explicitly objectified and treated as an item to be valued for its use by others.

A couple of ladies' activists and psychologists (Fredrickson, Barbara L; Roberts, Tomi-Ann, June 1997), battle that sexual objectification can provoke negative mental effects including dietary issues, wretchedness and sexual brokenness, and can give women negative mental self perspectives because of the conviction that their understanding and wellness are starting now not being, nor will at any point be, perceived by society (Szymanski, Dawn M., Moffitt, Lauren B., Carr, Erika R. January, 2011).

Sexual objectification of women has moreover been found to unfavorably impact women's presentation, sureness, and level of position in the work environment. What objectification has meant for women and society all things considered is a topic of insightful conversation, with some expression youngsters' understanding of the meaning of appearance in the public field may add to conclusions of fear, shame, and disgust during the change to womanhood, and others saying that young women are especially vulnerable to objectification, as they are oftentimes trained that impact, respect, and wealth can be gotten from one's outward appearance.(Report of American Psychological Association, 2010).

Expert ladies' activist social pundits, for instance, Robert Jensen and Sut Jhally censure expansive correspondences and publicizing for propelling the objectification of women to help advance products and enterprises(Jhally, Sut, 1997; Jensen, Robert, 1997; Frith Katherine and the TV and film adventures are routinely reprimanded for normalizing the sexual objectification of women (<https://my.vanderbilt.edu/wgs272/2013/04/portrayals-of-ladies-in-actuality-television>).

The issue with the objectification of women is definitely not a continuous marvel. In the French Enlightenment, for example, there was a conversation concerning whether a woman's chests were only an extraordinary charm or rather a trademark favoring. In Alexandre Guillaume Mouslier de Moissy's 1771 play, *The True Mother (La Vraie Mère)*, the title character denounces her loved one for viewing her as a thing for his sexual joy: "Are your senses so gross as to look on these breasts – the respectable treasures of nature – as merely an embellishment, destined to ornament the chest of women?"(Schama, Simon, 1989).

The issues concerning sexual objectification ended up being first problemized during the 1970s by ladies' activist social events. From here on out, it has been fought that the wonder of female sexual objectification has extended drastically since its problematization on the whole levels of life, and has achieved negative consequences for women, especially in the political circle. In any case, a rising kind of new third-waver women' dissident get-togethers have moreover taken the extended objectification of women as an opportunity to use the female body as a strategy for power. (Heldman, Caroline, August 2011)

Some have fought that the women's activist development itself has added to the issue of the sexual objectification of women by propelling "free" love (for instance individuals choosing to have non-regenerative sex outside of marriage and for their own special pleasure).(Fredrickson, Barbara L; Roberts, Tomi-Ann, June 1997; Abrams, Dominic; Hogg. Michael A., 2004). One research found that men introduced to media content in which women were externalized will undoubtedly recognize those practices than men who were introduced to content where women were not objectified.(Galdi, Silvia; Maass, Anne; Cadinu, Mara, September 2014)

Sexual objectification happens when an individual is recognized by their sexual body parts or sexual capabilities. Essentially, an individual loses their character, and is seen only by the actual characteristics of their body. The inspiration driving this affirmation is to convey fulfillment to others, or to fill in as a sexual article for society. Sexual objectification can occur as a social create among individuals.

Researches shows that the media routinely depicts a confined and often out of reach standard of women's actual greatness and associations this norm with a woman's provocativeness and worth.(APA,2007b). Presentation to unequivocally objectification media has been related to more critical meaning of radiance and appearance in describing an individual's own personal confidence similarly as in portraying the assessment of female all things considered among African American juvenile youngsters (Gordon,2008) and to self-objectification, body shame, appearance anxiety, mask of social measures of greatness, body frustration, and cluttered eating indications among predominately White woman (Moradi and Huang, 2008).

2.2 Phenomenon of Self-Objectification

Objectification hypothesis is a construction for understanding the experiences of women in social orders that sexually objectify them, proposed by Barbara Fredrickson and Tomi Ann Roberts in 1997 (Fredrickson, B.L.; Roberts, T., 1997). Inside this theory, Fredrickson and Roberts arrive at inductions about women's experiences. This speculation communicates that, because of sexual objectification, women sort out some way to mask a pariah's point of view on their bodies as the fundamental viewpoint on themselves. Women, they explain, begin to consider their to be as things separate from their person. This mask has been named self-objectification. This hypothesis doesn't hope to exhibit the presence of sexual objectification; the theory acknowledge its situation in culture. This self-externalization by then, as shown by objectification theory, prompts extended steady body checking. Taking into account this framework, Fredrickson and Roberts suggest explanations for results they acknowledge are the delayed consequences of sexual objectification. The outcomes proposed are: extended slants

of shame, extended sentiments of anxiety, reduced apex motivational state, and diminished consciousness of interior substantial states.

One of the very first research that endeavored to address Self-Objectification hole in the writing demonstrated that expectation of the male look compared with expanded body disgrace and social body anxiety in women (Calogero, 2004).

Sexual objectification has been inspected reliant on the idea that youngsters and women develop their fundamental point of view on their actual selves from watching others. These discernments can occur in the media or through up close and personal arrangement (Fredrickson, B.L.; Roberts, T.A., 1997). Through a blend of expected and authentic introduction, women are related to sum up their own special actual characteristics from a third-singular acknowledgment, which is perceived as self-objectification (Kaschak, Ellyn, 1992). Women and youngsters develop a typical actual appearance for themselves, considering view of others; and realize that others are most likely going to see moreover. The sexual objectification and self-objectification of women is acknowledged to affect social sex occupations and disparities between the sexes (Goldenberg, Jamie.; Roberts, Tomi-Ann, 2004)

Ariel Levy battles that Western women who abuse their sexuality by, for example, wearing revealing attire and taking part in vulgar lead, partake in female self-objectification, which implies they externalize themselves. While a couple of women believe such to be as a sort of reinforcing, Levy fights that it has incited more noticeable complement on an actual premise or sexualization for women's obvious confidence, which Levy calls "classlessness culture".(Levy, Ariel, 2006)

Duty talks about this marvel in *Female Chauvinist Pigs: Women and the Rise of Raunch Culture*. Toll sought after the camera group from the *Girls Gone Wild* video plan, and battles that contemporary America's sexualized culture not simply externalizes women, it urges women to sum up themselves. (Dougary, Ginny, 25 September 2007). In the current culture, Levy makes, the chance of a woman participating in a wet T-shirt challenge or being content with review unequivocal sex diversion has become a picture of women' activist quality.

Jordan Peterson has asked with regards to why women need to wear make-up or high-heels in the work places, that a twofold standard exists for wrong conduct and females who self-objectified themselves in the public arena.(<https://studybreaks.com/news-legislative-issues/jordon-peterson-2/>).

In accordance with this exploration, Teng et al.(2016) in their investigation with Chinese subjects showed that the more materialistic ladies are, the almost certain that they receive on an externalizing look at themselves and show more observing of their body.

In a research article named "Maxims or myths of beauty?" a meta-scientific and theoretical review the author claimed that (a) raters concur about who is and is not attractive, both within and across cultures; (b) alluring youngsters and grown-ups are passed judgment on more decidedly than ugly kids and grown-ups, even by the individuals who know them; (c) attractive children and adults are treated more positively than unattractive children and adults, even by those who know them; and (d) attractive kids and grown-ups show more positive behaviors and characteristics than ugly kids and grown-ups (Langlois, J. H., Kalakanis, L., Rubenstein, A. J., Larson, A., Hallam, M., and Smoot, M.,2000).

3.3 Body Image in Adolescents -

Past research has shown that self-perception is a notable issue for young people and that body disappointment increments with age during this formative period (McCabe and Ricciardelli, 2001). Immature females of any age are fundamentally progressively disappointed with their bodies contrasted with pre-adult guys (Barker and Galambos, 2003; Paxton et al., 1991), and this sex distinction proceeds into early adulthood (Frederick, Forbes, Grigorian, and Jarcho, 2007; Mellor, Fuller-Tyszkiewicz, McCabe, and Ricciardelli, 2001; Muth and Cash, 1997; Ostovich and Rozin, 2004). Other research proposes that the two sexual orientations experience issues with self-perception, in spite of the fact that the course of disappointment is unique (Stanford and McCabe, 2002): youthful grown-up ladies demonstrate a perfect body that is littler than their ebb and flow size, though youthful grown-up men show a more noteworthy scope of perfect body sizes. Moreover, juvenile guys and females embrace diverse body change procedures: guys attempt to turn out to be increasingly strong though females attempt to shed pounds (McCabe and Ricciardelli, 2001; Muris, Meesters, van de Blom, and Mayer, 2005).

Not all teenagers have a negative self-perception. In an investigation of body fulfillment, 27% of pre-adult females supported high body fulfillment (Kelly, Wall, Eisenberg, Story, and Neumark-Sztainer, 2005). Though underweight females were destined to have high body fulfillment and large females were most unrealistic, 16% of overweight females and 12% of hefty females had high body fulfillment.

3.4 Causes of Body Consciousness/Self objectification in Women-

Toward the start of the twentieth century, American therapists investigated the thought of the mirror self, which says that an individual's feeling of self is a social development and reflects how others see the person in question. This point of view is a forerunner to objectification hypothesis, which takes the mirror, or mirror, segment of this analogy actually. The field's previous thoughts of self-ignored the physical body as a significant

part of self-idea and concentrated solely on frames of mind, qualities, inspirations, and so forth. In any case, reads show that for ladies, positive self-respect depends on apparent physical engaging quality, while for men, it relies on physical viability. Objectification hypothesis contends that, with the sexualization of the female body as the social milieu wherein young ladies are raised, young ladies are associated to regard themselves as articles to be taken a gander at and assessed for their appearance. The outside weights that empower young ladies' own distraction with their physical appearances flourish. Observational proof shows that provocative, eye-getting ladies get huge prizes in American culture. For instance, contrasted and normal weight or thin young ladies, heavier young ladies are less inclined to be acknowledged to school. Physical engaging quality likewise relates all the more profoundly with prevalence, dating experience, and even marriage open doors for young ladies and ladies than for men. It seems as though physical magnificence means power for young ladies and ladies. Along these lines, what Sigmund Freud called vanity in ladies, externalization hypothesis investigates as an endurance system in an explicitly generalizing society; an endurance technique that may bring quick rewards, yet conveys noteworthy mental and wellbeing results.

Present day society constantly and unavoidably generalizes the female body, and numerous ladies have come to see themselves through the viewpoint of an outside onlooker, routinely observing their very own appearance in public or private settings. Given the negative impacts related with self-generalization, for example, body disgrace, appearance tension, despondency, and disordered eating-an experimentally based way to deal with exploring and neutralizing self-externalization is basic.

Ladies screen their appearance in such a case that their appearance is viewed as satisfactory, there is a more noteworthy plausibility of being dealt with better by others. Therefore ladies become their "very own first surveyors" (Berger, 1972, p. 46). Ladies will screen and condemn their own appearance first, before others have the chance. This enables them to make changes or acclimations to be progressively worthy (i.e., closer to the perfect) and to improve the probability that they will be dealt with all the more well by others. Be that as it may, steady appearance observing can build reluctance, and subsequently expanded attentional assets are committed to physical appearance.

3.5 Physiological Impact of Objectification-

Research shows not all ladies are impacted similarly, because of the anatomical, hormonal, and hereditary contrasts of the female body; in any case, ladies' bodies are regularly objectified and assessed all the more every now and again (Fredrickson, Barbara L.; Harrison, Kristen, 2005). Self-objectification in young ladies will in general originate from two primary driver: the disguise of customary excellence guidelines as interpreted through media just as any occurrences of sexual generalization that they may experience in their everyday lives (Mckay, Tajare', 2013). It isn't extraordinary for ladies to decipher their nerves over their steady feeling of objectification into fanatical self-reconnaissance. This, thus, can prompt numerous significant issues in ladies and young ladies, including "body shaming, nervousness, negative frames of mind toward feminine cycle, an upset progression of cognizance, decreased attention to interior substantial states, sorrow, sexual brokenness, and eating disordered." (Calogero, Rachel M.; Davis, William N.; Thompson, J. Kevin, 2005)

3.6 Psychological Impact of Objectification-

Being seen or treated as a thing can viably influence a person's brain, especially when this treatment joins encroachment or abuse of an enthusiastic, physical, and also sexual nature.

For instance, kids who bear sexual maltreatment regularly make some troublesome memories seeing themselves as anything over sexual items intended for the joy and fulfillment of another. With individual limits broken and nobody to support or guide the advancement of a sound feeling of self-esteem, these kids frequently grow up with critical psychological well-being issues encircle confidence. They may likewise create damaging propensities including substance misuse and self-hurt.

For the individuals who have not experienced maltreatment however are basically individuals from a general public that shells them with pictures and messages of generalization as a social standard, the impacts are progressively unobtrusive. Issues related with self-perception and dietary problems frequently come from a craving to accomplish the to a great extent unattainable degree of physical engaging quality and evident flawlessness reflected in the media and promoting industry. At the point when individuals are over and again molded to accept they should look a specific way and that route is distant by normal or organic methods, this can prompt a large group of difficulties concerning self-acknowledgment and confidence.

As per a few, "the experience of being female in a sociocultural setting that explicitly typifies the female body" implants females with a large group of one of a kind mental troubles. Specialists refer to self-externalization, appearance uneasiness, body disgrace and disappointment, and confused eating as being among the issues that present themselves in the lives of these ladies, particularly youthful young ladies (Szymanski, Moffitt, and Carr, 2011).

3. Objectives

The study was following two objectives:

- To study the level of self-objectification in School Going Indian adolescent girls.
- To assess the Surveillance, Body shaming and Control Beliefs in the School Going Indian adolescent girls.
- To compare the level of Self objectification in the adolescent girls from All girls Convent schools of Agra and All girls Convent School of Lucknow.

3.1 Hypothesis

There would be no difference in the levels of self objectification in the Convent School Going Adolescent girls from Lucknow and Agra.

3.2 Research Methodology

Sampling- Purposive Sampling was used for sample selection based on following inclusion and exclusion criteria

Inclusion criteria

- Enrolled in the selected schools at the time of data collection.
- Adolescent girls from 9th, 10th, 11th & 12th standard of Convent English Medium Schools from Lucknow & Agra.
- Adolescent girls studying in All-girls school.
- Adolescent girls who were willing to participate in the study.

Exclusion criteria

- Adolescent girls studying in Hindi Medium Schools.
- Adolescent girls who are from classes other than 9th, 10th, 11th & 12th.
- Adolescent girls studying in co-ed school.
- Adolescent girls who are not belong to Lucknow & Agra.
- Adolescent girls affected with any physical or mental illness.
- Adolescent girls who are not willing to participate in the study.

Participants – 100 adolescent girls from All-Girls Convent schools of Lucknow and Agra.

3.3 Procedure

The study was conducted on 100 adolescent girls from All-girls convent schools of Lucknow and Agra. The Participants were appropriately informed about the purpose of the study. The data was collected online using a Google form due to COVID 19 situation as the schools were closed due to lock down. The participants were requested to answer all the questions genuinely. They were assured of the confidentiality of the information given by them. They were also informed that their analysis would be shared with them if they were willing to know the results.

3.4 Measures-

3.4.1 The Objectified Body Consciousness Scale-

The Objectified Body Consciousness Scale created and approved by Nita Mary McKinley and Janet Shibley Hyde in 1996. This scale is a self-report proportion of body awareness. The OBCS has three subscales;

Body Surveillance – A proportion of characterizing the body by what it looks like, rather than how it feels.

Body Shame- A proportion of whether somebody accepts they are a terrible individual since they don't fulfil the social guideline for what a body ought to resemble.

Appearance Control Beliefs – A proportion of whether an individual accepts they can control their own appearance, or in the event that it is constrained by different things.

The Objectified Body Consciousness Scale (OBCS) has 24 things each utilizing a 7-point likert scale from 1 "Unequivocally Disagree" to 7 "Firmly Agree."

3.4.2 Statistical Analysis Used

Statistical analysis was completed by gathered information were coded, arranged, and analyzed by utilizing Z-test on MS Excel sheet were interpreted by inferential and descriptive analysis on the basis on the objectives and the hypothesis of the study.

4. Results

Table 1. Shows the Surveillance Score(Self Objectification Score) of 100 adolescent girls taken by administration of Objectified Body Consciousness Scale

Variable	Mean	SD	Low Objectification (8-24) (%)	Moderate Objectification (25-40) (%)	High Objectification (41-56) (%)
Girls (N=100)	28.57	9.34	33	56	11
Z-test	0.5				

The self-reported scores of the participants ranged between 8 to 56. On average, the participants scored 28.57 with the standard deviation of 9.34. Indicating that the standard deviation from mean is higher than the prescribed range. While the majority of the individuals are in the moderate objectification group, the low objectification group also has a significant number of participants. The high objectification group has a lowest number of individuals. The majority of the individuals lie in the moderate objectification cohort.

Table 2. Shows the comparison the Surveillance Score (Self Objectification Score) of adolescent girls from Agra and Lucknow

Variable	Mean	SD	Low Objectification (08-24) (%)	Moderate Objectification (25-40) (%)	High Objectification (41-56) (%)
Adolescent Girls (Lucknow) (N=50)	30.16	9.208	13	30	07
Adolescent Girls (Agra) (N=50)	26.98	9.347	20	26	04
Z-test	1.21				

The mean of Surveillance Score which indicates the self objectification score of 50 girls from an English medium all-school girls is 30.16 and Standard Deviation score is 9.208 while the corresponding mean of 50 girls from an all girls convent school at Agra is 26.98 and Standard Deviation is 9.347 (Chart:1). 13 out of 50 girls from Lucknow fall in the category of low objectification, while 20 out of 50 adolescent girls from Agra fall under low objectification. 30 adolescent girls from Lucknow fell in the category of moderate self objectification, whereas 26 adolescent girls from Agra are falling in the moderate objectification category. When we talk about highly objectification, 07% of adolescent girls from Lucknow fall under the highly objectified self-objectification while only 04% of adolescent girls from Agra are focusing upon self-objectification showing how girls from Lucknow are more focused on self-objectification. Since it is observed that significant level=0.5, $z= 1.21$, (p-value), it is concluded that the null hypotheses is rejected.

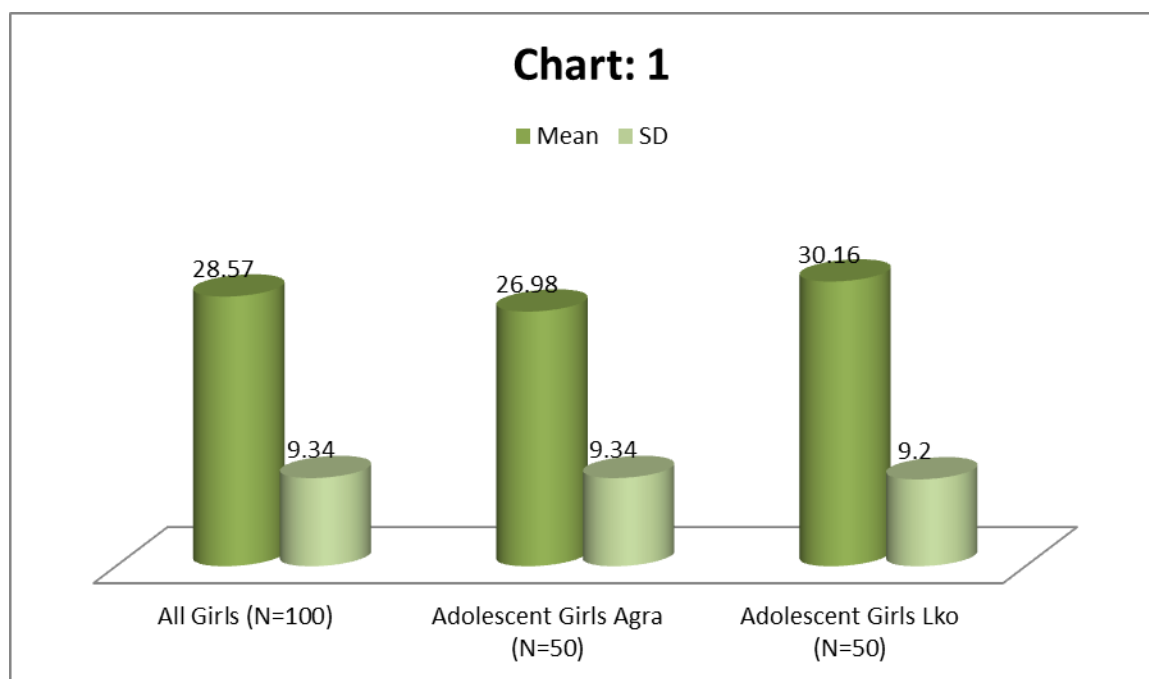
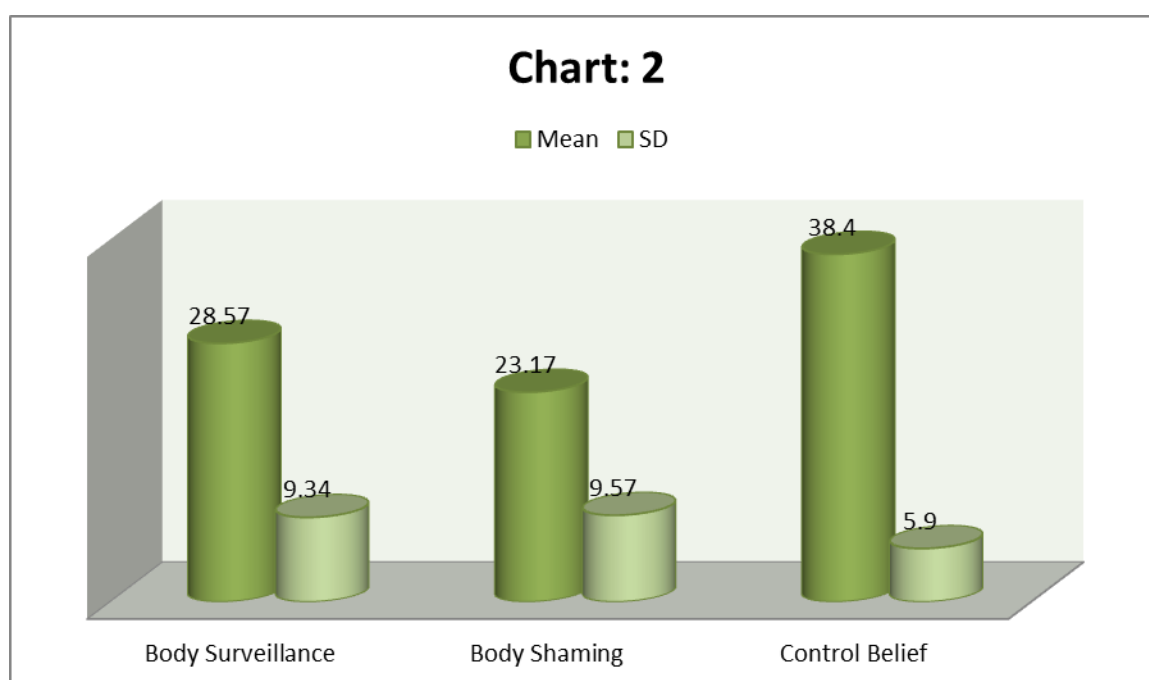


Table 3: Control Belief and Body Shaming score of adolescent girls from Lucknow and Agra

Sub-Scales	Mean	SD
Control Belief	38.4	5.90
Body Shaming	23.17	9.57

The mean of Control-Belief in the sample is 38.4 and Standard Deviation score is 5.90 while the Body Shaming mean is 23.17 and SD score for the same is 9.57.(Chart: 2)These scores indicate that Adolescent girls believe that they can control their external appearance and looks while the body shaming is low in the sample of Lucknow.



5. Discussion

The present research focuses more about the level of self-objectification in adolescent girls in India. The mean estimations of OBS scale score is 28.57 which clarifies highly moderately score in adolescent girls. The research also says that girls from Lucknow are having more self-objectification than girls are from Agra. Fredrickson and Roberts (1997) track down that self-objectification can lead not exclusively to despondency, yet additionally to body disgrace, eating disorders. They express that "ladies' progressing endeavors to change their body and appearance through diet, work out, style, beauty products and maybe most perilously, medical procedure and eating messes, uncover what might be an unending and scarcely versatile body-based disgrace, which results from a combination of negative self-assessment with the potential for social exposure" The results are showing that the condition is not so bad yet in our country and if the steps are taken in the right direction the girls may start discovering their abilities and strengths rather than objectifying themselves.

To put self-objectification in setting intends to discuss the positive, yet fleeting and shallow advantages granted to those in the public arena who participate in self-objectification. Overseeing triggers happens by discovering what circumstances or natural settings trigger one to self-objectify. To scrutinize the dainty ideal is to take a position against past reasoning that being slender is the attractive body type. Regarding one's body includes appreciating and respecting the body by partaking in sound practices, turning negative considerations into positive, like changing "my thighs are colossal" into "my thighs are solid and permit me to appreciate moving" (Tylka and Augustus-Horvath, 2011, p. 199). To eat to honor the body, one should regard and value her body rather than manhandling it or feeling dishonorable towards it. By distinguishing and adapting to feelings, a lady can challenge the substance of her unreasonable convictions and supplant them with normal ones (Tylka and Augustus-Horvath, 2011). Professional interventions in schools can help in setting self-objectification in context, overseeing triggers, studying the flimsy ideal, regarding their body, eating to respect the body, and recognizing what's more, adapting to feelings.

6. Conclusion

Self-objectification is something most women experience at some point in life because society sends many such messages in many ways, offering an idealized version of the perfectly shaped woman that is, for most, unattainable or inadvisable to seek. Preventing and treating self-objectification in girls and women will lead to increased societal rewards and social powers (Breines, Crocker and Garcia, 2008). This research finds out that girls in their adolescent age are more focused in their external beauties rather than their inner capabilities as adolescent age is the time where one can build-up their self-identities, their life-goals, this is the matter of concern. When a girl starts to self-objectify and think about her body to others she may in the long run quit doing certain things, for example, meeting with companions, dating, going to class/work, and so on, which may lead to a point where she isn't fit for making the most of her life. The research focuses towards the needs for intervention at the school level for educating the adolescent girls to concentrate on their internal abilities instead of outside appearances.

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