Does This Book Make Me Look Fat? The Effect of Protagonist Body Esteem and Body Weight in Novels on Female Readers' Body Esteem

Abstract
The effects of visual representations of the thin ideal in movies, magazines, and television have been widely explored, but strictly textual representations of the thin ideal in novels have received scant attention. The genre of chick literature has been criticized for depicting characters that constantly worry about their body weight and have poor body esteem. Excerpts from two popular chick lit novels were used to examine the effect of a protagonist's body weight and body esteem on participants' overall body esteem, sexual attractiveness, weight concern, and physical condition. In Study 1 (N = 159), underweight protagonists made participants feel less sexually attractive. Furthermore, protagonists with low body esteem caused participants to report significantly low body esteem scores compared to protagonists with high body esteem. Study 2 (N = 251) examined the role of transportation and identification with the protagonist. Identification with the protagonist with low body esteem was a significant predictor of participants' lower reported scores of body esteem, lower evaluations of appearance, and increased weight concern. The results suggest that textual representations of body size and body esteem in novels have an effect that is similar to the effect of visual images prevalent in movies, television, and magazines. Implications and future directions are discussed.

Materials to help parents discuss body image issues with teenagers, supporting them to help with self-esteem and the negative effects of media and bullying. By focusing less on weight and body shape in your conversations, greetings and compliments, you can break the habit of reinforcing beauty stereotypes. If your friend picks up a new sport, try asking them how it makes them feel rather than how much weight they've lost. 3. Beauty in the Media. Encourage your child to understand that media images are frequently manipulated, and rarely representative of reality. Your child can start to see through them and realise that it's not worth comparing the way they look to the unrealistic images in the media. 4. Celebrate the 'Real Me'. Esteem among Young Adolescents. KEYWORDS:: Adolescents, Body Im Present study aimed at evaluating body image among school-going adolescents and assessing the strength of relation-, ship between body image, self-esteem and psychological distress among adolescent population. Materials & Methods: A cross sectional research study was
carried out in students of IX and X Standard of an English Medium High School (CBSE). Using a longitudinal design, adolescent females were initially evaluated then retested after a three-year period for levels of body image disturbance, eating dysfunction, psychological functioning, and multiple developmental variables (maturational status, level of obesity, history of being teased about appearance). New research from Virginia Tech, published in the journal Body Image, analysed "the effect of protagonist body weight and body esteem on female readers' body esteem", and concluded that "scholars and health officials should be concerned about the effect chick lit novels might have on women's body image". Co-author Melissa Kaminski, a chick lit fan, said she was prompted to launch the study after noticing that "body image research frequently looked at how visual images of thin women negatively affected women's body esteem, [but] no research had examined h Start your review of Does This Book Make Me Look Fat? Write a review. Feb 09, 2009 Laurie rated it it was amazing. The stories all focus on the weight and body image issues that most everyone has at one point in their life. Whether it's feeling overweight or thinking you're too skinny, how you feel that your breasts are either way too small or way too big, everyone has issues with their bodies. Not much else I Reviewed by Breanna F. for TeensReadToo.com. And the final page's 'No, this book does not make you look fat.' just made me queasy. ...more. flag 2 likes · Like · see review. Apr 25, 2013 Brianna Bizzaro rated it it liked it.