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Unit 2 Annotated Bibliography

Deciding to exercise was a personal journey for me to improve myself and live a healthier life. Like many other people, my first reason for going to the gym was to improve my health, get stronger, and develop a healthy connection with my body. The gym wasn't just a place to exercise; It was also a place to develop mental toughness. It was a place where problems were faced head-on and personal growth occurred. But as I learned more about the fitness community, I couldn't avoid the growing concern looming over it: the fact that more and more young people are using steroids. What used to be a safe place for personal growth and health is now facing a complicated problem that goes beyond the walls of the gym. The increasing use of steroids among younger people has become an important issue that needs all our attention, knowledge and a group effort to solve the problems that are causing this worrying trend.

First Source

Pope, H. G., Jr., Phillips, K. A., & Olivardia, R. (2000). This is the secret crisis of male body obsession, called the "Adonis Complex." For Simon and Schuster.

Part 2: "The Adonis Complex: The Secret Crisis of Male Body Obsession" by Pope, Phillips, and Olivardia is a good look at the problem of male body image and how it affects mental health which isn't talked about much. The writers look into how media portrayals, including those on social media, make people feel even more pressure to reach idolized body standards which are pushed by society. The "Adonis Complex" is a term for a man's obsession with having the perfect body, which is similar to the pressure women feel about how they look. Real-life case studies and clinical insights are used in this book to show how societal expectations can hurt the mental health of young guys. It brings to light the hidden crisis of body dissatisfaction and its possible link to extreme behaviors like steroid use. It also gives us new ways to think about the complicated relationship between social norms, body image, and men's mental health.

The writers not only describe the issue, but they also suggest ways to deal with and solve the Adonis Complex. By using both psychological analysis and cultural criticism, they question the norms that are already in place and push for a more accurate and inclusive portrayal of male bodies. The book is an important resource for researchers, mental health professionals, and anyone else who wants to learn more about how societal expectations affect men's body image. It makes a big contribution to the conversation about the psychological problems men face in a culture where unrealistic body goals are becoming more common.

Part 3: "The Adonis Complex: The Secret Crisis of Male Body Obsession" is a powerful and eye-opening look at the secret struggles men have with their bodies. The writers do

a great job of navigating the complicated world of societal expectations, especially those that are shaped by media portrayals and the growth of social media sites. When you read about the Adonis Complex, you realize how much pressure men are under to meet a desired body standard. You also realize how much cultural norms affect mental health. The book's real-life case studies give the clinical findings a human touch, making the problem more real and understandable. The book's main point is that social norms need to be reevaluated and a more open and accepting view of different male bodies needs to be spread. Overall, "The Adonis Complex" is a work that makes you think about how society shapes our ideas of beauty and how that affects men's mental health in ways that are often ignored.

Part 3: "Disappointingly superficial, however, is the authors' analysis of feminism's complicity with male body image problems"

"He demonstrates how people, throughout history and throughout the world, have modified their bodies to "pass," to signify that they belong to their era's prevailing social group.

Second Source

Part 1: Karazsia, B. T., Murnen, S. K., & Tylka, T. L. (2017). Does body unhappiness change over time? This is a cross-temporal meta-analysis. 143(3), 293–294 in Psychological Bulletin.

The second part is Karazsia, Murnen, and Tylka's 2017 paper called "Is Body Dissatisfaction Changing Across Time? This paper, "A Cross-Temporal Meta-Analysis," looks closely at how body dissatisfaction has changed over time and how social views on body image have changed as well. The writers use a careful cross-temporal meta-analysis of data from several decades to find patterns in how unhappy people are with their bodies across generations. The study shows a worrying trend of rising body dissatisfaction over time. This suggests that modern societal norms and effects may be making people feel worse about their bodies in general. The meta-analysis is a great resource for researchers who want to learn more about the history of body image issues. It also gives us useful information about how changes in society, like the influence of media and social media, might affect how people think about their bodies. The authors' method includes a lot of different studies, which helps us get a better idea of how changes in culture, media portrayals, and beauty standards may be linked to the rising number of people who are unhappy with their bodies. By combining information from different sources, Karazsia, Murnen, and Tylka add to the ongoing discussion on body image by showing that more study and targeted interventions are needed to deal with the growing problem of body dissatisfaction in modern society. Karazsia, Murnen, and Tylka's meta-analysis of how body dissatisfaction has changed over time is an interesting and timely look at how social views on body image are changing. The results, which show that body unhappiness is consistently rising across generations, show how much cultural and media factors affect how people think about their bodies. This study makes us think deeply about the effects of modern beauty standards, which

are often spread by social media, and it shows that we urgently need interventions and awareness efforts to deal with the rising number of people who are unhappy with their bodies. The authors' thorough method of combining data from many different studies makes their conclusions more reliable. This piece is a great resource for anyone wanting to learn more about how cultural changes and body image issues have affected people throughout history.

Part 3: "Overall, these findings highlight the importance of considering multiple dimensions of body dissatisfaction"

Third Source

Part 1: The source is Perloff, R. M. An agenda for study and some theoretical views on how social media affects young women's body image issues. 71(11–12), 363–377.

Part 2: In her 2014 piece "Social Media Effects on Young Women's Body Image Concerns: Theoretical Perspectives and an Agenda for Research," Perloff looks at the complicated link between young women's use of social media and their worries about

their bodies. Through communication theory, social comparison theory, and self-schema theory, the piece looks at how social media affects body image and how these theories can be used to explain these effects. Perloff takes a close look at how social media sites like Facebook and Instagram keep ridiculous beauty standards alive and make it easier for people to compare themselves to others. She says that more research needs to be done to fully understand this complicated relationship. This study should look at both the good and bad effects of social media on young women's body image worries. The piece gives researchers a complete guide by outlining important theoretical perspectives and suggesting lines of future research that could help shape interventions that aim to help young women in the digital age have healthier body image perceptions.

Perloff's work shows how social media sites like Instagram and Facebook can completely change how people think about beauty and their bodies. By looking at the theoretical bases, the article gives us a solid base for understanding how young women's minds work when they interact with appearance-related material on social media. Furthermore, by suggesting a research agenda for the future, Perloff encourages researchers to delve deeper into the complex dynamics of social media effects. This will lead to a fuller understanding of how these platforms contribute to the development and maintenance of body image issues among young women.

Part 3: “Yet given the heavy online presence of young adults, particularly women, and their reliance on social media, it is important to appreciate ways that social media can influence perceptions of body image and body image disturbance.

To sum up, the gym has been a safe place for many people, including myself, who want to improve their health and look better. But among the clang of weights and the cheers of personal victories, a disturbing trend has emerged: younger people in the gym are using drugs more and more. When we think about how the journey of self-discovery and the worrying rise in steroid use are connected, it's clear that this problem goes beyond individual choices. It goes against the very core of what the exercise community stands for: strength, resilience, and health in every way.

The use of steroids, especially by young people, is not only bad for your health but also goes against the whole idea of exercise. These drugs have effects on more than just your health. They also affect your mental health and how people expect you to behave. We need to face this problem head-on because we are responsible for our health as a whole. There is more to it than just limiting people's choices. The gym community needs to create an atmosphere that encourages honesty, openness, and celebrating natural successes. By rejecting the allure of quick fixes and welcoming the beauty of real progress, we not only protect the health of current and future generations, but we also strengthen the foundations of a fitness culture that values long-term health over

short-term gains. At this point, we are all working together to stop the spread of steroids and keep the gym as a place for real growth and strength.