

An Examination of the Relationship between Adolescents' Social Media Use and Social Appearance Anxiety

Authors : Aynur Bütün Ayhan, Utku Beyazıt

Abstract : Adolescents can be heavily influenced by social media content as they develop their identities and body images. Therefore, the intensive use of social media platforms may have important effects on their body image beliefs. In this context, the objective of the present study was to assess the relationship between adolescents' social media use and their body image concerns. The study included 265 adolescents (133 girls and 132 boys) between the ages of 15 and 17 who were attending a high school in Ankara, Türkiye. In the study, the adolescents were administered the Social Media Addiction Scale to assess their level of social media use and the Social Appearance Anxiety Scale to assess their social appearance anxiety. Prior to analysis, a normality test was applied, and it was determined that the data displayed a non-parametric distribution. As a result, a significant positive relationship ($r=.322$, $p<.01$) was found between adolescents' level of social use and social appearance anxiety. It was also determined that social media addiction and social appearance anxiety significantly differed ($p<.05$) according to adolescents' opinions about their own bodies, being influenced by body images they see on social media and weight perceptions. The findings suggest that social media use should be managed carefully for adolescents to develop a healthy body image.

Keywords : social media, adolescent, social appearance, anxiety

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