

Has Airbrushing Affected Today's Society? by Ella Jurusz

The act of photoshopping or airbrushing has been used for many years, but has lately made a huge impact on society, while largely influencing young girls and their own body image. Airbrushing is the action of "fixing up," or "touching up" the pictures of models for the public eye. This includes making the models flawless or what some people would call "perfect." When young girls see these "perfect models, they may think they have to look that way to be beautiful. These girls look at the pictures of models that have been "fixed," and their body images become affected, which can lead to extreme measures being taken.

Living up to the standards of photoshopping, may lead to young girls developing various eating disorders. These girls strive to have the same skinny body as models and may take their devotion to the situation too far. There are two main eating disorders that some girls may result in developing while trying to lose weight. They are called anorexia and bulimia. When people have anorexia, they see themselves as overweight, even if they are clearly underweight. These people form obsessions with eating, food, and weight control. Most of the time, people with anorexia weigh themselves repeatedly, portion food carefully, only eat small amounts of certain foods, and take part in excessive exercising. For those with this disorder, there are many symptoms that can negatively affect their health. Some of these include: thinning of the bones, weakness, low blood pressure, damage to the heart and brain, and multi-organ failure. There are other people with the disorder called bulimia. When people have bulimia, they usually maintain a normal weight or are slightly overweight. But like people with anorexia, they often fear gaining weight and gravely want to lose weight. Also, these people have frequent episodes of eating unusually large amounts of food, followed by behavior that makes up for the overeating such as forced vomiting, fasting, excessive exercise, or a combination of these behaviors. This disorder can also negatively affect the lives of its victims. Some examples include chronically inflamed and sore throat, severe dehydration, heart attacks, and strokes. With pictures of models still being photoshopped, young girls might take these drastic measures to try to become very skinny and "perfect" like the pictures they constantly are seeing.

Young girls who strive to look like magazine models, may use cosmetic surgery, which can also negatively affect their lives. There are many young girls who try to resemble pictures of models that they may not know are actually airbrushed. They sometimes take it little too far and turn to cosmetic surgery. Some of the most common surgeries that these girls tend to have include: liposuction, eyelid surgery, nose jobs, face lifts, and Botox injections. Though like any other surgery, there can be a huge risk. Some of these risks include: infection, blood clots, nerve damage, and rarely, death. To make matters worse, scars will be left after every surgery. Many scars disappear after time, but some are permanent. Lastly, after one cosmetic surgery is done, patients may need follow-up surgeries to achieve the look they want. The more surgeries executed, comes higher health risks. Overall, cosmetic surgery may seem like it helps young girls achieve their goals of becoming the beautiful they want to be, but it really puts a negative impact on their lives and gives them many risks to worry about.

Some girls may take drastic actions to look like the skinny and beautiful models they are always seeing in magazines. Though others claim that some girls may lead healthier lives by exercising and dieting to attain this body. This may be true, but their healthy lifestyle can change very quickly. Young girls may start out by exercising a little at a time and then work their way up to becoming obsessed. They could take the act of exercising to the extreme, by constantly or excessively doing it. Young girls may also start diets to attain the "perfect" body, but could end up doing unsafe diets or dieting too much. Some examples of unsafe diets include: the cigarette diet and the Red Bull Diet. The cigarette diet is when a number of cigarettes are smoked instead of eating certain things, which can lead to lung cancer. The Red Bull Diet consists of barely eating anything and drinking ten to fourteen cans of the the energy drink per day. This diet can lead to heart and anxiety attacks. Furthermore, all of these things can lead back to issues with eating disorders and cosmetic surgery, young girls develop while trying to be beautiful in the eye of society.

In conclusion, when young girls see the photoshopping or airbrushing of models, it can affect their body images and lead to many issues. In today's age many young girls strive to resemble models and

sometimes make irrational decisions, which can lead to dire consequences. These girls try everything to be skinny, beautiful, and society's definition of "perfect." While trying to be "perfect," these girls can develop eating disorders or make the outrageous decision to have cosmetic surgery. Both of these things can negatively affect the health of these girls and change their lives in drastic ways. If the act of airbrushing is removed from society, it could help our youth live healthier and safer lives.