

The Impact of the Evaluation of Individual's Appearance from Social Media Platforms on Contemporary High School Student's Personality

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Abstract: The purpose of this study was to explore the effects of social media on self-perception and personality development of high school students, with an added focus on the positive correlation between social media usage and self-perception. While there are limitations to the data collection process, the analysis suggests that increased social media use is associated with increased pressure to adhere to appearance standards. High school students' self-evaluation of their own appearance, attention to peers' appearance, and media interactions with peers all contributed to changes in perception and personality. Understanding these dynamics is critical for educators, parents, and researchers when it comes to the impact of social media on adolescent development. Future studies should establish a target number for data collection to ensure more robust findings. This study provides insight into the complex relationship between social media, self-perception, and personality development among high school students.

Keywords: social media, self-perception, high school students

1. Introduction

With the advent of social media platforms and its widespread coverage in people's daily life, people gain an alternative approach to get in touch with others online. The evaluation of one's appearance plays a crucial role in shaping one's personality, especially among contemporary high school students. From the moment they need to receive different perspective in social media while they are in the school learning process, they are one of the target audience groups whose lives are inundated by social media. As high school students are currently in an essential stage of their life, they are growing from adolescent to adulthood soon. In the period after puberty, high school students of both sexes inevitably begin to focus on their appearance and grooming. While browsing social media, they get to see a lot of bloggers with a polished appearance. In this case, if their perceptions and evaluations of their own appearance are already not very high, photo videos on social media can stimulate them to make even lower evaluations of their own appearance. Also, the repercussions of their peers also play a huge role for them after they post social media themselves. Receiving more compliments and

encouragement from their peers may allow them to slowly increase their confidence level, further positively affecting their character.

This research essay is aimed to investigate how modern high school students' perceptions of their own appearance—which consider the impact of social media platforms—have a substantial impact on their personalities. Through investigating this topic, this work hopes to learn more about the psychological effects and consequences for teenagers in the contemporary digital era. This work seek to shed insight on the intricate relationship among high school students' self-perception, social media influences, and personality development through this investigation.

2. Literature Review

The research topic is “The Impact of the Evaluation of Individual's Appearance from Social Media Platforms on Contemporary High School Student's Personality” The purpose of this topic is to find the relation of the others’ evaluation from the social media and the personality mainly. Nowadays, the social media has a great impact in the daily life of the high school students. Finding the relation of these two is the purpose as well. There's not a lot of previous research to go around. The future experiments could be to explore the influence mechanism of appearance evaluation on character formation: To study how appearance evaluation affects factors such as self-esteem, self-confidence and self-identity of high school students, so as to influence their personality development. These influence mechanisms can be explored in depth through cross-sectional study by using the questionnaires.

2.1. The impact of Social media on high school students' degree of compliance

Firstly, this work needs to find how the social media would influence the high school students.

This work finds a lot of positive effects of the social medias. Listing the benefits of social medias: the social medias could help the teenagers to build a connection with their family. And what's more, when they couldn't see their friends, they could just call their friends on the social media when they want to. Social media could help the teenagers develop their social skills. The best part is that some of the friendship could begin from the social media because teenagers always would like to build new relationship with others and they want to know each other as much as they can. All of these are possible through the social media. The teenagers could express themselves very wisely. Because they may not allow to express some of their personalities in the daily life. But on the social media they may allowed to do that [1].

While there are numerous benefits of the social media there are several kinds of the social media as well: on the social media platform this work could only see the side of the person which means that it could only see a what people would like to show us. Many of the people would try to make them as others. Well, they're not actually. This means that most of the teenagers would be influenced and confused. The teenagers have the habit to bully on peers. It would be okay in some of the extent but when it comes to cyberbully it would have a very big negative effect on other peers because it would appear on the news-feed and it would be easy to spread. Sometimes these kinds of things would cause depression and suicide thoughts [2].

Study has found that the social media use intensity has impact on social comparison and envy in teenagers. The higher the social media use intensity is the higher the degree of social comparison and envy would be [3]. So, this work just jumps to a conclusion which is the use of the social media would have a roughly negative impact on the student's personality development.

2.2. The influence of others' evaluation on degree of compliance

People differ greatly in the degree to which they care about others' impressions of them, the types of impressions they try to convey, and their evaluations of their self-presentational effectiveness. Personality constructs such as public self-consciousness, approval motivation, and fear of negative evaluation are associated with the motive to manage one's impressions, and people who differ in self-disclosure and desire for privacy differentially reveal information about themselves to others. Other variables relating to people's self-concepts, interpersonal goals and traits influence the construction of specific images. Finally, the extent to which people believe they are capable of making desired impressions influences their impression management strategies and how they respond to other people's evaluations. So teenagers may change their personality to meet others' comment in order to meet the good impression of them.

2.3. The association between appearance degree of compliance

Today's young people live in an environment where "looks" are or are extremely important, social support is low, and pressure to live up to attractive cultural ideals is high. The average American woman is 5 feet 4 inches tall and weighs 140 pounds, while the average female model portrayed in the media is 5 feet 11 inches tall and weighs 120 pounds. While a survey of 224 college students showed that perfectionism and media use were not associated with students' physical self-esteem, higher family and peer pressure and high levels of perfectionism influenced women to compare themselves to models in fashion magazines and on television. Higher levels of family and peer pressure also affect men's physical self-esteem [4]. Because comparing yourself to models in fashion magazines can have a negative impact on a woman's body image, women should be encouraged to examine the fact that the bodies of magazine models may just be photo shopped images of unrealistic body sizes. Feminism may empower women and men to act together to eliminate sources of threats to their body satisfaction and healthy eating. The stereotype of the looks would force the teenagers who are not fitted with the contemporary standard to be not confident in themselves. Which would lead to a lower self-esteem and more introverted [5].

So it is obvious and some of the high school students would put their appearance on the social media platforms. The comments would be variable. There must be some bad comments on their appearance. The bad comment may hurt the teenagers' self-esteem. And then that would influence the personality development which would then relate to the social comparison and envy. They may be more sensitive to their appearance and they want to be more and more pulchritude to compare all the others.

3. Methods

To investigate the topic "How does the evaluation of their appearance by contemporary high school students, considering the influence of social media platforms, impact their personality?", this work can use self-report techniques to investigate high school students from China.

The table presents the coding systems used in the study and provides an overview of how the data was categorized and analyzed. (Table 2)

A questionnaire could allow access to a person's thoughts or experiences. (Table 1) This is a structured interview, aimed at collecting information on thoughts from high school students on well-looking peers of the same gender. Here are the questions:

- How satisfied are you with your physical appearance? Using the rating scale, from 0 (very dissatisfied) to 10 (very satisfied).

- How often do you compare your appearance to other peers in the post? Using a rating scale of 0 (never) to 10 (always)
- How often do you feel pressured to look a certain way or conform to certain beauty standards because of social media? Using a rating scale of 0 (never) to 10 (always)
- How often do you edit, filter, or enhance your images before posting them on social media? Using a rating scale of 0 (never) to 10 (always).
- Will you feel upset or self-doubt if, unlike your peers, you only get a few likes on your selfie posting? – fix choice scale (Yes/No)

For the question about the satisfaction of their own appearance, this work decided to use the rate from dissatisfied to satisfied. Considering the choice of words might influence high school students' perception of this research questionnaire, the designer avoid collecting this data by asking them to rate their appearance.

Some filler questions will be included. These questions have nothing to do with the aims of the investigation but are put in to distract the participant from guessing the real aim of the study, to eliminate demand characteristics. Here are the filler questions:

- How much time do you spend on average per day looking at or posting images of yourself or others on social media? - fix choice scale
- How much time do you spend on social media platforms such as TikTok, Instagram, The Red Book, per day? – fix choice scale
- How much do you feel appreciate to well-looking peers on social media? Using a rating scale, from 1 (not at all) to 10 (very).
- When you see a well-looking (in same gender with you) peers on social media, how much do you feel envy? Using a rating scale, from 1 (not at all) to 10 (very).

A pilot study can be carried out to ensure that the interview is suitable and if not amendments and improvements can be made.

4. Data Analysis

By referencing Likert scale to form a related questionnaire, this work acquire data from it after collecting answers from high school students. In total, this work designed nine quantitative and qualitative questions for participants. In the published questionnaire, there are variables could include self-evaluation of appearance, social media usage, personality traits and other demographic factors. After the completion of making questionnaire, this work first distributed the questionnaire to students around the school to fill out using convenient sampling. After the number of respondents had increased a bit, the students who had already filled out the questionnaire were then commissioned to share it with their friends to fill it out. This effectively spread the questionnaire and ensured that the participants were not limited to the familiar people around them.

However, because of the lack of thought that went into making the questionnaire, this work did not directly cite Rosenberg's scale of self-esteem as part of the questionnaire for the participants. This limited this work's ability to formally analyze the participants' ratings of self-esteem, and therefore the study as a whole would not have been as accurate as it could have been in terms of the high school students' self-ratings of self-esteem. In this case, there is only one relevant entry point in the questionnaire, which is Question 5, which provides a relatively indirect picture of high school students' self-esteem. Before the questionnaire began to be collected, it was assumed that those who were more satisfied with their appearance would have higher self-esteem. However, as this work began to analyze the data for a more in-depth study, this work realized that our previous assumptions were superficial and one-sided.

5. Descriptive statistics

Table 1: Statistics analysis for 8 questions

Question number	Data type	Mean	Median	Mode	Standard deviation
4	Quantitative /Qualitative	5.45	≤ 5.5	≤ 10	$\sqrt{3.477} = \sim 1.865$
5	Quantitative	5.45	5.5	5	$\sqrt{3.477} = \sim 1.865$
6	Quantitative	4.68	5	3, 5	$\sqrt{5.94647} = \sim 2.439$
7	Quantitative	5.8	5.5	5	$\sqrt{9.484} = \sim 3.08$
8	Quantitative	4.55	5	2, 6	$\sqrt{9.302} = \sim 3.05$
9	Quantitative	7.17	6	6, 9	$\sqrt{3.64} = \sim 1.91$
10	Quantitative	5	5	5	$\sqrt{7.264} = \sim 2.69$
11	Qualitative				

Table 2: Coding systems

Qualitative questions	1	1.5	0
4	10 minutes	30 minutes	1 hour or more
11	No		Yes

* 1 = positive self perception

* 0 = less positive self perception

6. Results and Findings

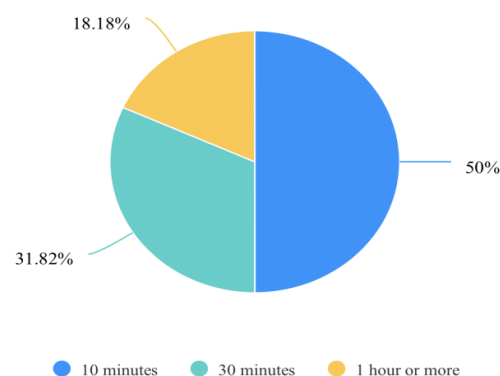


Figure 1: 4. How much time do you spend on average per day looking at or posting images of yourself or others on social media?

According to Figure 1, half of the respondents (50%) spend less than ten minutes on social media daily. The proper usage could have some benefits. Limiting the time spent on social media can help individuals focus on more productive activities, such as work, hobbies, or spending quality time with friends and family.

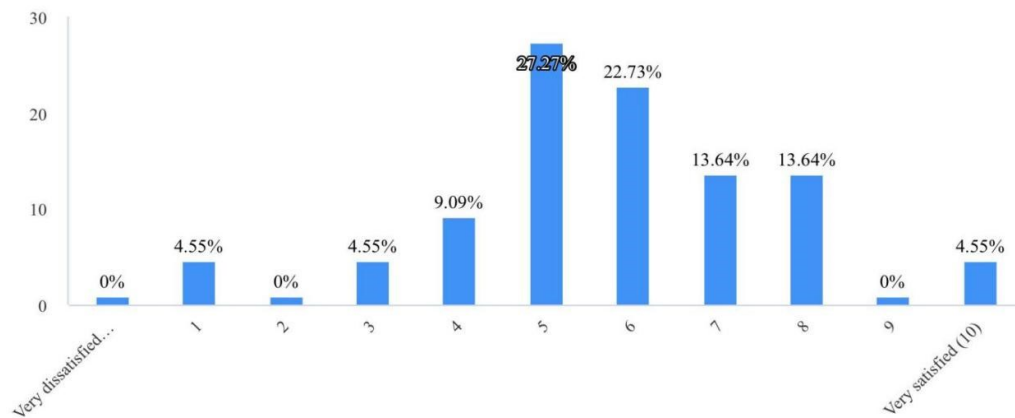


Figure 2: 5. How satisfied are you with your physical appearance?

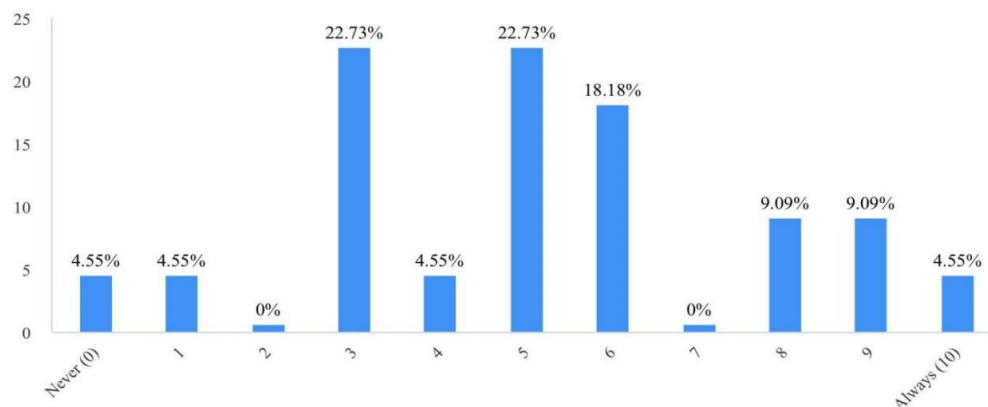


Figure 3: 6. How often do you compare your appearance to other peers in the post?

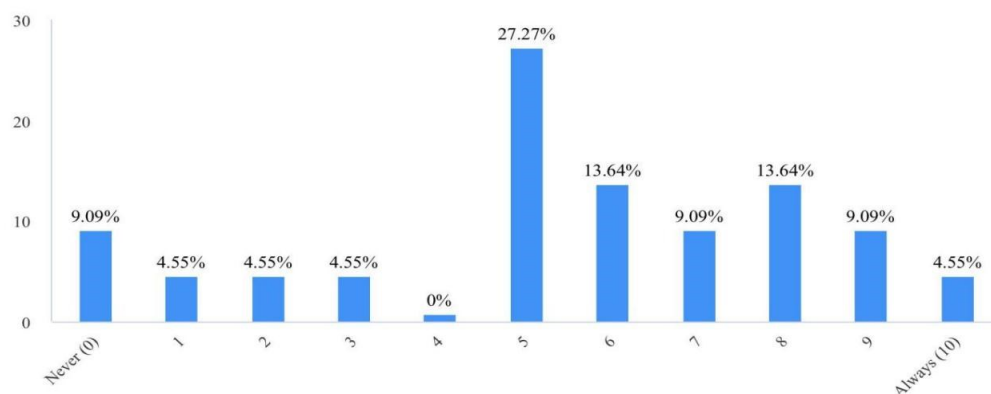


Figure 4: 7. How often do you feel pressured to look a certain way or conform to certain beauty standards because of social media?

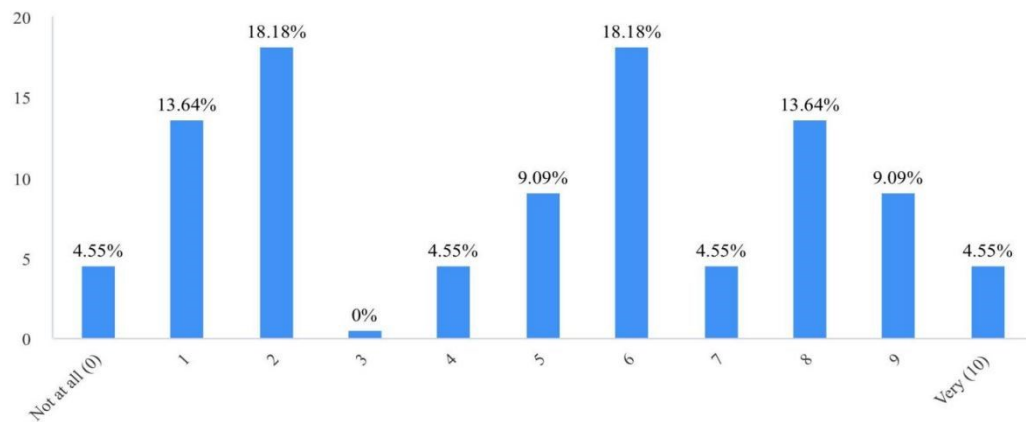


Figure 5: 8. When you see a well-looking (of the same gender as you) peers on social media, how much do you feel envy?

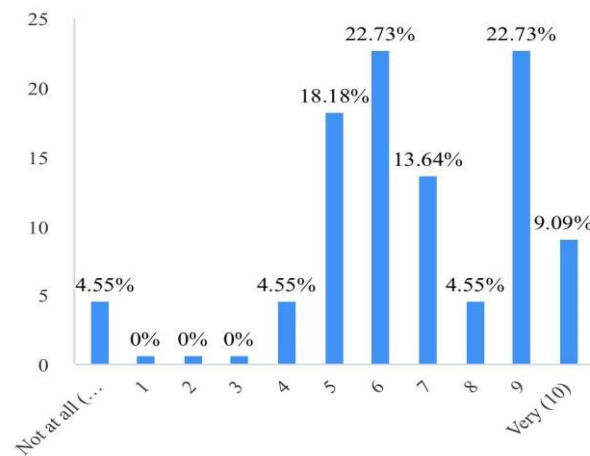


Figure 6: 9. How much do you feel appreciate to well-looking peers on social media?

In the data shown in Figure 6, participants show a high level of appreciation towards well looking peers on average, at the same time of feeling envy (Figure 5).

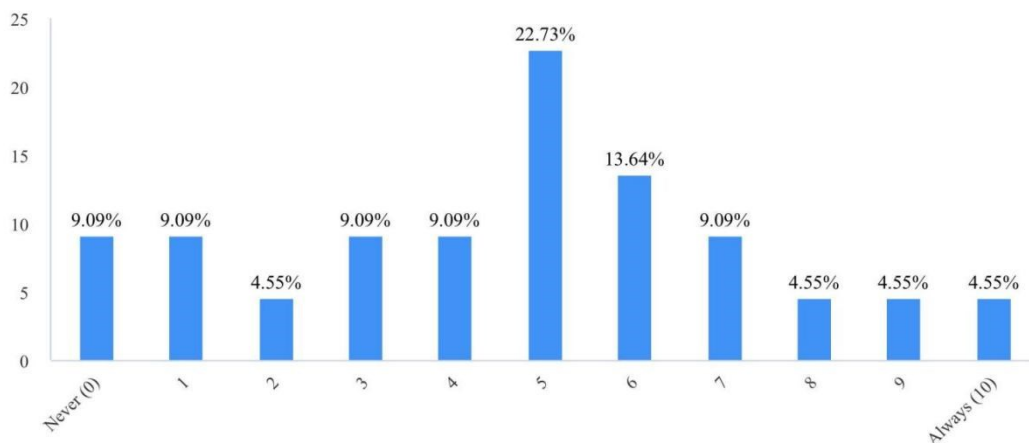


Figure 7: 10. How often do you edit, filter, or enhance your images before posting them on social media?

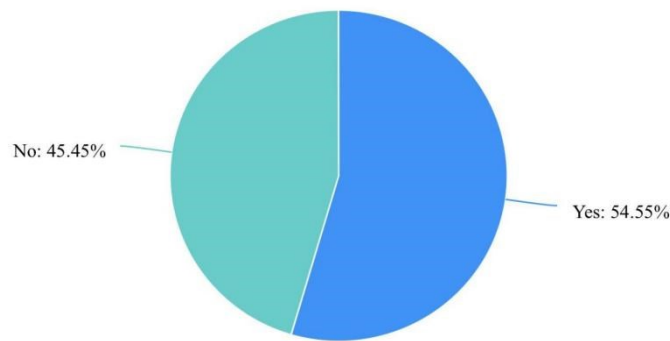


Figure 8: 11. Will you feel upset or self-doubt if, unlike your peers, you only get a few likes on your selfie posting?

According to Figure 1 (mean = 5.45, standard deviations = ~ 1.865), participants spend around 5hr 27min looking at or posting images on social media on average. The standard deviation indicates that the responses vary around the mean by approximately 1hr 52min. According to Figure 4 (mean = 5, standard deviation = ~ 3.05), participants feel a moderate to high level of pressure to conform to certain beauty standards because of social media on average. The standard deviation indicates a significant variation in responses around the mean. This shows a positive correlation between social media usage and self-perception. [6]

The satisfaction score (Figure 2) is slightly above the midpoint, indicating a general moderate level of satisfaction with physical appearance. However, the overall data shows a wide range of satisfaction levels, which implies a diversity of perceptions within the teenage group.

Besides from the satisfaction score, the data from comparing appearance (Figure 3), pressure of conformity to beauty standards (Figure 4), and envy towards well looking peers (Figure 5) all has data close to the midpoint, and with wide range of data, again shows the association between diversity of perception and teenagers.

The data from the sixth visualization indicates a high level of appreciation on average, as well as a concurrent feeling of envy towards well-looking peers on social media (Figure 5). This suggests a complex emotional response among participants when encountering well-looking peers on social media.(Figure 6)

Insights into the frequency at which participants edit, filter, or enhance their images before posting them on social media are provided by the seventh visualization. (Figure 7) This sheds light on the extent of image editing practices among high school students, influencing their self-perception and conformity to beauty standards.

Lastly, the eighth visualization explores the participants' emotional response when they receive fewer likes on their selfie postings compared to their peers. (Figure 8) It helps to examine the potential impact of social media on self-esteem and self-doubt among high school students.

7. Conclusion

This essay is a study conducted after observing the current state of the high school student population as they are affected by social media. However, this study was not completed in an idealized manner. The whole data collection process did not follow up precisely and closely, which led to the fact that the lack of numbers of people who filled out the questionnaire at the end. In future research papers, a target number of data collection will be firstly planned to avoid the same situation as this time.

Finishing analyzing the collected data, the result demonstrates that spending more time on social media might be associated with feeling more pressure to look in a certain way. High school students' self-evaluation on their own appearance, degree of concerns about peer appearance and also media interactions between them and peers could all impact on adolescents' perception, eventually leading to their personality variations.

References

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Appendix

Title: High school students' perception of their own and peers' appearance

Inform consent:

This questionnaire is a research study about high school students' perception of appearance. Your participation involves completing the following questionnaire, it should take about 2 minutes and is entirely voluntary. Your responses will be anonymous.

By continuing with this questionnaire, you are confirming that you understand and agree to these terms.

1. Are you a high school student?
2. Your gender:
3. How much time do you spend on social media platforms such as TikTok, Instagram, The Red Book, per day?
4. How much time do you spend on average per day looking at or posting images of yourself or others on social media?
5. How satisfied are you with your physical appearance? Using the rating scale, from 0 (very dissatisfied) to 10 (very satisfied).
6. How often do you compare your appearance to other peers in the post? Using a rating scale of 0 (never) to 10 (always)
7. How often do you feel pressured to look a certain way or conform to certain beauty standards because of social media? Using a rating scale of 0 (never) to 10 (always)
8. When you see a well-looking (in same gender with you) peers on social media, how much do you feel envy? Using a rating scale, from 1 (not at all) to 10 (very).
9. How much do you feel appreciate to well-looking peers on social media? Using a rating scale, from 1 (not at all) to 10 (very).
10. How often do you edit, filter, or enhance your images before posting them on social media? Using a rating scale of 0 (never) to 10 (always).
11. Will you feel upset or self-doubt if, unlike your peers, you only get a few likes on your selfie posting?

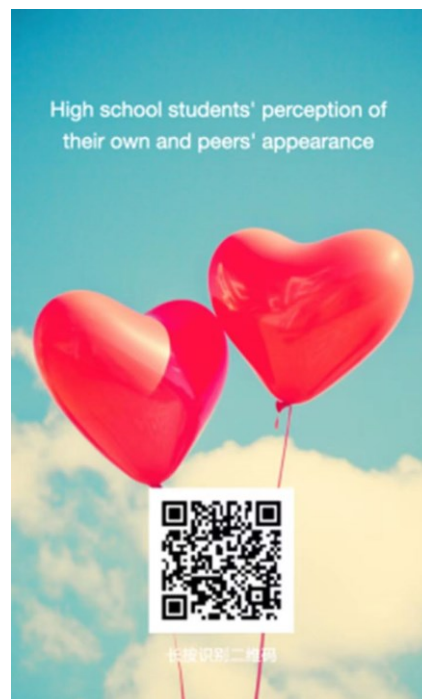


Figure 9: QR code to the questionnaire