The Perception Of Perfection

Nobody is perfect,
you have to accept them
for who they are...

The perception of perfection affecting huge number of young people has become one of the leading social problems among teenagers.

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With the judgmental yet influential society we live in today, women feel the constant pressure to change who they are. It is almost an expectation for women to be perfect. They strive to look like the models in magazines. They strive to have the perfect hair, skin, nails, body, outfit and personality. But the reality is that there is no such thing as perfection. However, the illusion of perfection is taking a toll especially on young women.

FreakingNews.com

There is a certain expectation for girls who are blessed with perfect skin and a slim figure. They are expected to keep that image forever. They will be ridiculed for gaining even five pounds or going to the grocery store without makeup on.

But, society doesn't seem to understand that these girls are human too. One cannot be expected to maintain the same weight for the rest of their life nor can they be expected to have their makeup and hair done around the clock. These expectations are unattainable and absurd, even for the most "perfect" of humans.

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Who is guilty for this perception?

◈ **Society?**

◈ **Media ?**

◈ **Magazines ?**

◈ **Companies such as cosmetics, fashion,etc?**

◈ **Film industry ?**

The girls in magazines aren't perfect either. Each and every photo in a magazine is retouched. Women are made to look slimmer, their pores are erased, and their teeth are whitened. We never understood the extent of this concept until we saw a video of how each picture in a magazine is manipulated .These photos create a perception of perfection that is physically impossible to achieve.

With society creating this label of perfection comes a countless number of issues that young women face. Girls feel pressured to paint their faces with makeup to get perfect looking skin, just like the models in the pictures. Girls starve themselves in order to look as thin as the models in the pictures. Some even go as far as to get surgery to morph their bodies in order to look like the models in the magazines.

But think about this. What if society didn't care about what other people looked like? Or better yet, what if people didn't care if society judged them by their looks? What if magazines showed pictures of real people? We would all of a sudden live in a world where girls would not have to starve themselves to see a certain number on the scale. We would live in a world where women wouldn't have to change themselves to meet society's expectations. Society would finally come to realize that there is no such thing as perfection.
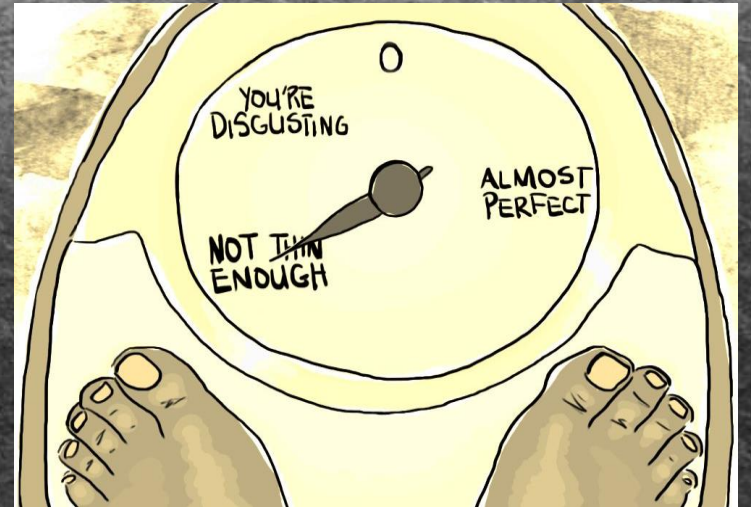
Possible Risks and The Reasons Why the Problem Occurs

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Why have obesity and eating disorders become so common in children and adolescents? Along with an unhealthy obsession with food, diet, and appearance, there also seems to be an underlying belief in an "ideal" body weight and shape. For the experts, the reason of this is the advertisements in our life. Because of these advertisements we feel ourselves always in a need. The massive number of advertisements also shapes our culture. There are advertisements everywhere. They are on television, on the Internet, in magazines, in newspapers, on billboards, on cars, on city buses, etc.

No matter how hard one may try, there is no way to avoid all advertisements. But some of them are not even noticed. The ones that are noticed, portray the classic dreams of most people. They show people getting married, growing old together, and being adventurous and living dangerously. They also portray the bodies that people desire most, and many argue that we desire those bodies because of advertisements. They show perfectly shaped models, and that is what most of our culture strive for. Stereotypes are became a part of of our cultures. Most of the people have the perception of perfection. And they are using all the time in their short lifes to be perfect. But they don't realise even the idea of being perfect is impossible.

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The media has brought with it amazing advantages in all aspects of people's lives, but it has also created certain unexpected troubles—one of which is a detrimental change in society's perception of beauty. From the minute we wake up to the minute we go to sleep, we are surrounded by expectations and perceptions from everyone around us. From Disney princesses to Photoshop perfection in magazines, either way; we are taught what "perfect" is from a very young age.When you hear the word 'beautiful' what do you think of? Size zero with long luxurious blonde hair and a 5ft 11" physique? Nobody ever really acknowledges the beauty of the little things. The short, or plus sizes, or as society claims 'ugly'. Many teenagers struggle through everyday life because they do not or cannot match up to what everyone else wants to see. So therefore, this is what we would like to eradicate from the 21st century. Firstly, our question is: is beauty really skin deep?

We see hundreds of advertisements each and every day; from television ads to magazines articles, media all around us changes our individual perceptions of beauty. From the way we dress to the weight that we must be in order to feel pretty. Anybody whom is deemed different can be considered as 'weird', 'ugly', or 'outcasts'. Most people that society perceives as 'odd' are just misunderstood, but that doesn't stop them from being beautiful. Beauty is completely influenced by personal opinion, feelings and taste and yet, so many people objectify it and place it in categories. Who can really say what is really beautiful when one opinion is that beauty is pale skin on a slim figured person with big round eyes… and then another opinion is that beautiful is a blazing winter sunset that sets the sky on fire? Why classify something so abstract and so intangible? The same goes for ugly: what is ugly? Who has the right to deem what is ugly? No one, and yet everybody does.

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THE GOOD, THE BAD AND THE UGLY

◈ Why do we feel pressured to look good? What difference does it actually make? Marie Claire delves into the subject to find the real reason behind why we crave 'pretty.'"Poison them, drown them, bash them on the head. Got any chloroform? I don't care how you kill the little beasts. Just do it, and do it now!" barks the wretched Cruella De Vil, one of the most hated women in the history of imaginary evil characters. How did she garner so much hatred – was it only because she was an evil dog-hater? We feel it was necessary for author Dodie Smith to garnish her personality with a good dose of hate symbols – an angered heart, unkempt hair and a haggard face. How could we possibly justify hating a pretty damsel-in-distress even if she can't do without coats that come from Dalmatian puppies?Perceptions about good and bad have been played around with since ancient Grecian times. What is interesting about these perceptions is that they are almost always correlated to the way you look. The good girls of the golden, silver and bronze screens have to not only look good, but also have perfect hair and skin. On the contrary, the vamp cannot be a vamp without jarring facial expressions that are further exaggerated by trashy makeup.InceptionSo what are these projections trying to tell us? Are they saying that beautiful is good and ugly is bad? Dr. Rachna Khanna Singh, Lifestyle expert cum Psychologist, Artemis Hospital thinks that this comes from an age old conditioning that is deeply rooted within us. For example, when a mother of a wailing child warns him to stop crying, else the ghost/ devil/ Satan will come and take matters into his own hands, instinctively the child imagines an ugly-scary person.

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The Possible Solutions

◈ Correct role models

◈ Brave people fighting against this perception

◈ Young people having a good command of criticism

◈ Media literacy

◈ More responsible media leaders and fashion designers.

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The Brave One : <u>Jamie Brewer</u>

Actress Jamie Brewer was the first model with down syndrome, which was appear on the podium

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Jamie Brewer

Brewer known for her roles in the TV series

''American Horror Story'', hopes that her example will

inspire other young girls who suffer from the disease.

She is

not afraid of being seen as an example. ''Young girls

and

[wo]men...see me and say : 'H[...]

do

it, so can I.'''

Before acting career Jamie Brewer worked as a lawyer defending the

rights of people with intellectual diabilities. Additionally, she writes fiction

and is engaged in painting. She is the most perfect example about

'perception of perfection'. She doesn't care about that. She is so brave and

confident. We should be like her. We have to understand, nobody is the

are ses, kens or models so w try

to be the Perfe

Body Image and the Media

Our differences make us beautiful.

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Thank you for your attention

Greetings from Türkiye

Best wishes

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