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The psychological effects correlated with exposure to the portrayal of the female body imagery in the music media: A look at the developmental influence of images using Erikson’s theory of self identity and ego development

By Carrie Anne Edwards

This study seeks to add to the existing literature on social influence and ego development. Using the imagery of music media as the independent variable, the purpose of this study is to explore the psychological effects of imagery as it portrays the female body and its degree of influence on the development of feelings of self-worth in women. The goal of this research is to document the perceptions women have to nudity, exposure, body sizes, and risqué attire of women in the music media. Erik Erikson’s theory on development of ego and identity, specifically the effects of social influence on human development, guided this project. Imagery, as portrayed in the music media, is the focus of this research, because it is hypothesized that it may influence perception of self-worth. The hypothesis of this study is that the music media influences women’s perceptions of what is the ideal female form and affects self-worth. More specifically, that the music media is a social influence and contributes to the development of self-image in women. Through quantitative data collection in surveys and qualitative data in interviews an analysis was taken of the perceptions of self-worth and identity in comparison to the amount of music media watched. The empirical findings supported the hypothesis of this research.

Introduction

This study seeks to add to the existing literature on social influence and ego development. It is supported by the California State University, Monterey Bay and the Social and Behavioral Sciences Department. Does the music media have an affect on women’s perceptions of the ideal female? This question has resulted in an explosion of research and theoretical debate over the past decades. Using the imagery of music media as the independent variable, the purpose of this study is to explore the psychological effects of imagery as it portrays the female body and its degree of influence on the development of feelings of self-worth in women. The goal of this research is to document the perceptions women have to nudity, exposure, body sizes, and risqué attire of women in the music media. Erik Erikson’s theory on development of ego and identity, specifically the effects of social influence on human development, guided this project. Imagery, as portrayed in the music media, is the focus of this research, because it is hypothesized that it may influence perception of self-worth.

The hypothesis of this study is that the music media influences women’s perceptions of what is the ideal female form and affects self-worth. More specifi-
cally, that the music media is a social influence and contributes to the development of self-image in women. During the psycho-social moratoria period, a social phenomenon that occurs during the adolescent stage of development, the self-identity is at its most significant stance and the community of an individual is of greatest influence.

**Theoretical Stance**

According to Erik Erikson’s ‘theory of stages’, the human development is a lifetime process. In each stage, there are virtues that an individual develops that are necessary for the formation of personality. Erikson theorized that an environmental influence may affect progression through any of the life stages. Interruptions and interferences with this process can hinder the developmental process immensely.

“A little like the unfolding of a rose bud, each petal opens up at a certain time, in a certain order, which nature, through its genetics, has determined. If we interfere in the natural order of development by pulling a petal forward prematurely or out of order, we ruin development of the entire flower” (Boeree, 1997, p. 1).

There are many different interferences within our developments that can alter the balances that contribute to our psyche. When these unbalances occur there is a maladaptation – too much of the positive aspects, or a malignancy – too much of the negative aspects. For example, during the first stage trust vs. mistrust, the maladaptation for the attribute is to be too trusting, and the malignancy is not trusting at all. Social influence can be one of these interferences (Boeree, 1997).

Focusing on stage five, adolescence, of Erikson’s theory which begins when the individual starts puberty and ends around 18-20 years of age, we take a closer look at social influence and the ego identity (Erikson, 1994, 1968). The developmental ‘task’ of this phase is the ego identity, which can be easily mistaken by the negative opponent, role confusion. “The adolescent process, however, is conclusively complete only when the individual has subordinated his childhood identifications to a new kind of identification achieved in absorbing sociability and in competitive apprenticeship with and among his age-mates” (Erikson, 1968, p. 118). The ego identity, social psychologically defined, is the knowledge of the self in an individual aspect, as well as the role the self plays in society. It is the glue and paste stage, taking all other development outcomes from the previous stages and molding them together into a unified self-image (Erikson, 1994).

“In postulating a ‘latency period’ which precedes puberty, psychoanalysis has given recognition to some kind of psychosexual moratorium in human development--a period of delay which permits the future mate and parent first to ‘go to school’” (Erikson, 1994, p. 119). Erikson describes within the adolescent stage of development there are requirements of sanctioned intermediary periods institutionalized into the psycho-social moratoria. This is when a lasting pattern of ‘inner identity’ is scheduled for relative completion. The individual, through free role experimentation is to

1 Belonging to a lower or inferior class or rank; secondary.
2 Of or relating to the mental and emotional aspects of sexuality.
3 A suspension of an ongoing or planned activity.
“find a niche that uniquely defines him” (Erikson, 1994, p. 120). This establishes the sense of ‘inner continuity’ and ‘social sameness’ which creates the connection between what he was as a child, and what he will become. At the same time of reconciling his conception of self, it contributes to the community’s recognition of him.

Erickson emphasizes the importance to have adult role models in the adolescent’s life as they learn from the ‘community’ how to be and where to belong. “The fate of childhood identifications in turn, depends on the child’s satisfactory interaction with a trustworthy and meaningful hierarchy of roles as provided by the generations living together in some form of family” (Erikson, 1994, p. 122). He used the examples of the older traditions of ceremony at this stage that allows the adolescent to ‘find’ herself at the same time showing and acknowledging her (Erikson, 1994). Such as: a Jewish Bar Mitzvah for a guy, and a Native American inspirational vision for a woman. This way the distinction between the powerless, irresponsible childhood and the powerful, responsible adulthood is made clear to him/her.

“Identity formulation begins where the usefulness of multiple identification ends. It arises from the selective repudiation of childhood identifications, and their absorption in a new configuration, which in turn, is dependent on the process by which a society (often through sub-societies) identifies the young individual, recognizing him as somebody who had to become the way he is, and who, being the way his is, is taken for granted” (Erikson, 1994, p. 122). The adolescent’s community has great importance on the development of their self-identity and self-concept. During this precious time of adolescence, social influence, which can also be in form of peer pressure, can be the individual’s worst enemy.

**Literature Review**

This theoretical perception of the community’s influence is especially prevalent in the modern world of today with forms of influence wherever a child’s head turns. For example the music media is a revolution in its own existence. It has the power to be influential through the radio, through computer technology and even politics. Most importantly and most relevant to this research is the influence that it has through imagery on the television. There are many messages sent to the youth daily through the images they see in the music videos. These messages tell the children who they should be and how they should act, and even how they should look.

A study by Rentfrow and Gosling (2003) compared individual’s music preferences to personality traits. They found that there was a relationship between personality characteristics and genres of music. For example, people with aggressive tendencies tend to prefer rock and roll or heavy metal style of music. Persons with “laid-back and mellow” behaviors preferred country music. They concluded that music is important in everyday life and that music reflects a person’s personality. Although Rentfrow and Gosling protected for threats to construct validity by defining the music preference and activities in the first
study of the six, threats to external validity still exist. Four out of the six studies used samples of convenience taken from the University of Texas in Austin and had the mean age of 18.9 years (SD = 2.3). The results of this research are only generalizable to other college populations within this age range. However, the cross-sample generalizability was tested to be good using two separate samples from the same population.

A 1996 comparison by Gow of the gender roles in the music video industry showed that performances by men outnumber women; that women’s roles are seductive, submissive, sexy, and that women were used in the background as posers and dancers. Gow wrote,

“The popular music videos suggested that for women to star in music videos in the early 1990s they had to affect an attitude or demonstrate physical talents, rather then exhibit the musical skills typically displayed by the men who appeared in lead roles” (Gow, 1996, p. 160).

To summarize Gow’s results, for women to be successful in the music video industry, they must rely on physical features and sexuality. Consequently, women are portrayed as having less value than their male counterparts. Although this retrospective research study has good validity, the reliability is threatened by the temporal stability of the results. The music videos that were studied in the sample were taken from the top 100 hits of the years 1990, 1991, and 1992. These results are reliable for these videos in this time, but the time sampling is not extendable to music videos presently.

In a similar study by Siedman (1999), researching the sex-roles played in music videos by both men and women, he found that the effects of imagery in music videos might affect the behavior of adolescents. “Sex-role behavior and stereotyping of occupational roles are learned beginning at an early age, with the mass media, especially television, exerting a powerful influence,” (Sidman, 1999, p. 23). Women shown in the videos portrayed the roles of wife, mother, or sex object. This study is cited here because of the relevance of the portrayal of images sent to the population through the medium of music television. This study appears to be a non-experimental probability study, randomly selecting the hours of MTV to be recorded and it is empirically supported by many studies in this related area concluding similar results. This study used trained coders to attain the results and the inter-rater reliability was found to be good ranging between .92 and .99 using Scott’s Pi method. As this was Siedman’s follow up study after the first 1993, with the results being practically the same, it seems as though that the temporal stability is as well, a good reliability.

In examination of today’s female images, Reviving Ophelia, Pipher describes the ‘worship of the gods of thinness.’ “The more I looked around, the more I listened to today’s music, watched television and movies and looked at sexist advertising, the more convinced I became that we are on the wrong path with our daughters. America today, limits girls’ development, truncates their wholeness and leaves many of them traumatized” (Pipher, 1994, p. 12). She describes different case studies throughout the book that she has done as a clinical psychologist, of issues with being
thin and analyzes the problems each girl had. These cases ranged from Bulimia, Anorexia, and Compulsive Eating. “Anorexia is both the result of and a protest against the cultural rule that young women must be beautiful” (Pipher, 1994, p. 174). As a fellow woman, Pipher despises the centralistic value of beauty in the United States.

“Beauty is the defining characteristic for American women. It’s necessary and often sufficient condition for social success. It is important for women of all ages, but the pressure to be beautiful is most intense in early adolescence... but most of all they worry about their weight... the omnipresent media consistently portrays desirable women as thin... they have been culturally conditioned to hate their bodies, which are after all themselves” (Pipher, 1994, p. 183-189).

A study on the effects of rap music videos on young African American adolescents’ health by Winwood, DiClemente, Ralph, Bernhardt, Harrington, Davies, Robillard, and Hook (2003) showed that out of the 92.2 percent that remained with the study through the twelve month period, 37.6 percent acquired a new sexually transmitted disease, 4.8 percent hit a teacher, 12.1 percent were arrested, 14.8 percent had cheated on a partner, 44.2 percent had used drugs and 44.4 percent used alcohol. These authors concluded that the glorification in videos of violence, drugs, sex and alcohol accounted for some of these deviant behaviors. “Logistic regression analyses illustrated that after controlling for covariates, greater exposure to rap music videos was independently associated with a broad spectrum of health outcomes,” (Winwood et al., 2003, p. 438). This was a non-probability study because it used a sample of convenience from public health centers and educational health courses, and then screening further for particular characteristics such as sexually active in the last six months. It is a prospective design with a single group study of African American adolescent girls which may limit the generalizability because the sample was limited to people who seek for sexual health. There was found a high covariate (p < .5), between health risk and exposure to rap videos in the bivariate factor analysis which suggests good internal validity.

Contrary to the results of these studies some critics argue that music videos portray women having admirable qualities and characteristics. Roberts (1991) examined the dynamics of the rap genre that enables the female artist to present herself as a powerful self-promoter. Black women during the blues era initiated this movement, and contemporary Black female rappers continued this trend. Some new female rappers express struggles of sexism and racism, and “assert the rights of women to control their own bodies and to proclaim their desires... to present an alternative to the sexist depictions of women as objects” (Roberts, 1991, p. 148). Roberts performed her study by collecting interviews, articles and videos of female rap artists to study herself in a single group representation of this population. While her research is a non-experimental study, it is a culmination of information and she presents empirically supported data throughout supporting her findings. This data is relevant to the literature regarding this research article, however, would not be externally valid to other populations but that of the African American female rapper.

7 Present everywhere simultaneously.
In a similar study by Shelton (1997), images of the African American women in rap videos were studied to understand the struggle they have in a male-dominated world. Within the videos of these artists are found classic representations of sexism, racism and classism. In order to achieve higher status than objects, these female rappers are donning the clothes and language that make them appear more masculine in physique, less feminine and more aggressive. More recently, Shelton found evidence of male and female artists working together as equals in videos, thus portraying a more positive image in media. Shelton’s research is also a non-experimental study, as she analyzed rap videos and the meaning of the African American female role as portrayed throughout different eras that the rap genre has gone through. Although the findings of this research demonstrate the influence of the music media which pertains to this paper, the results are not generalizable to other populations or genres of music.

The book, *Disruptive Divas* is theoretically, methodologically, and analytically grounded, in an attempt to produce close readings of the chosen songs. With the combinations of socio-cultural and musicological perspectives, two vastly different approaches to the analysis of popular music, the two authors, Burns and Lafrance, combined in an expositional strategy. They analyzed the female artists, Tori Amos, Courtney Love, Me’Shell Ndegeocello, and P.J. Harvey, to find how each negotiated their manifold axes of identity through popular musical expression, moreover, to interpret the chosen songs for their ‘disruptive’ meaning and potential. For example, Love discussed in the following songs: “Violet,” “Asking for It,” and “Jennifer’s Body,” the politics of sexual violence. With her other songs, “Doll Parts,” “Miss World,” and “Plump,” directly attacks the male supremacist beauty standards of the female body as a fragmented postmodern commodity, consistently re-territorialized and re-invested with oppressive norms and desires. While the musicians disturb and destabilize dominant discourses, norms, and values, the authors also disrupt “disciplinary norms and blur conjectural boundaries” through the authors’ transdisciplinary approach and unconventional theoretical appropriations.

The research collected has created an extensive background to research question of what influences can the music media have on the society. The specific influence on adolescents has been found to be supported, as well as the direct influence of the images on the self image. There have been found connections with body issue diseases and the societal influence of the beautiful woman. Several directions for future studies can be identified when examining the relationship between music media images and the development of the self identity. For example, researchers could design a study to examine whether or not there is a correlation exists between the amount of specifically music media watched and body issues like bulimia, anorexia or compulsive eating.

While there are arguments that challenge the idea that the music media is a negative influence on woman, the majority of research emphasizes its impact on

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8 Of or relating to art, architecture, or literature that reacts against earlier modernist principles, as by reintroducing traditional or classical elements of style or by carrying modernist styles or practices to extremes.
woman. This body of research’s goal was to collect the data formally produced in this area and analyze it with the preparation to expand the study. The next step in research is to connect the two variables, music media images and self identity concepts including depression and body issues.

Methodology
This study was performed as a qualitative and quantitative research experiment. All research was conducted on the campus of California State University, Monterey Bay in the Social Behavioral Sciences course on Research Methods and Clinical Psychology as well as an introductory freshman Pro-seminar. The variety was used in order to obtain a more diverse and large sample group of the college population. This was a non-probability sample of convenience.

The population was chosen for this study because of the significance of their age level and the music media during their adolescence. The young college student is completing or has completed their individual journey through the adolescence stage and has a better understanding of their self-identity. They have reached a development level of comprehension and are beginning to understand the power of social influence. This provides for a more true collection of data for analysis.

In this day and age this generation has grown up with music videos being part of their culture. They have lived with the influential power of music with little left to the imagination from the images provided. They have been desensitized to the language and art of the videos and the messages that they deliver have flowed though. What exactly have these messages been saying?

A survey using a questionnaire was distributed to all students who volunteered to participate. Each volunteer was told the purpose of the study and to answer each question to the best of their ability being as honest as possible. The survey asked questions about the students’ health, eating habits and exercise. In the section reserved for the women there were questions regarding their opinions of the women in music videos and their own body type in comparison. Did they ever wish they were like those women in body type or attitude? Following the survey they were asked for their body measurements, height and weight. In the section reserved for men there were questions that asked the men if they had ever compared their female friends to the women in videos, or wished that they were comparable. [See Appendix A for a copy of the survey.]

In the second study, the qualitative method of interviews was used. A small sample group of women from the community ranging from the age 18 to 25 were interviewed using similar questions as the survey, with a bit more in depth analysis. Each woman was asked to reflect on her experiences throughout her life pertaining to the music industry and to describe these thoughts and feelings verbally. They were also asked, ‘which female artist do they identified themselves most with and why.’ If there was none that they could think of, that was also taken into account. The interviewer wrote down their individual answers as well as body language and emotions detected within the voice of the woman. All of this data was taken into consideration when analyzing the final results. [See Appendix B for a copy of the initial interview questions.]
The expected findings of this study were that the sexual imagery in the music videos and in the music industry itself helped to send messages of what beauty standards are to the generation of young women. Also, that these messages caused negative feelings in the young women and their self-identity, having affected them through the ego development stage. This in turn, caused low self-esteem issues, leading to greater psychological problems like depression.

Survey Results
Out of 34 total in the population to take the survey, 26 of them were woman and 8 of them male. The majority of the woman, 69.2% reported to watch 0-2 hours of music videos a week with a close second of 23.1% watching 3-5 hours. The men agreed with the majority, 75% reported 0-2 hours. When asked the question do you consider yourself overweight, the majority of women were a tie, 34.6% reporting ‘sometimes,’ as well as ‘almost always.’ The majority of women marked that others consider them as overweight ‘sometimes.’ When cross examining these two variables, feelings of overweight and hours of television watched, there was no correlation. In the section marked specifically for women the results were varied. Question 19, “Do you compare yourself to these women in music videos” the majority reported an astounding 42.3% always. However, 34.6% reported that they never wished they were one of these women. When asked if they thought others compared them to these women 30.8% said never and 26.9% always. The women answered that they don’t feel influenced by these women in music videos that much, 38.5% said never and 30.4% said sometimes.

In table 1 is the data collection of the women’s opinions towards the female music image.
The correlation\(^9\) between the variable of gender and the variable of question 19 is shown in Table 1. It shows that there is a significant positive relationship between the feelings towards the female images and the gender variable at the 0.01 level (2 tailed).

Finally we asked if the women thought that these woman images portrayed in the music media were beautiful by their own standards, not by society. 42.3% reported sometimes, 38.5% almost always and 15.4% always. Table 2 shows these results.

Table 3 shows the negative correlation found in the data between the variables of happiness and self-conscience image issues. The correlation is significant at the 0.05 level (2 tailed). This correlation was found without the variable of gender.

Not relevant to this study on the feelings of women’s self-worth, but interesting to use as a comparison are the men’s results of feelings toward these television women. In a separate section the men were asked if they thought that these women were beautiful, and if they compared their female friends and/or relatives to these women. 37.5% of the men claimed that these women are beautiful ‘sometimes’ and ‘almost always.’ 14.7% said that they almost never compared their female friends to the women and 8.8% said that they almost never wish that their future girlfriends compared to them. However, 11.8% aid that they sometimes feel attracted to them. These results are shown in table 4.

According to the research done in this preliminary study, we can conclude that the images in the music videos do have an effect on the young women. The majority compares themselves to the images; however it is very close when assessing other’s thoughts towards the self. This study supports the hypothesis that the images standardize what is beauty to

\(^9\) A causal, complementary, parallel, or reciprocal relationship, especially a structural, functional, or qualitative correspondence between two comparable entities. *Statistics.* The simultaneous change in value of two numerically valued random variables.
the women, and when comparing themselves it can cause self-worth issues, like self-consciousness and unhappiness.

**Interview Results**

The presented research describes the impact of the imagery of the female body in the music media has on the women’s self-identity. In this study, the focus was on the personal (i.e., impact on self) and interpersonal (i.e., impact on relationships between self and others). At times, the findings touch on the framework for meaning, or existential perspective, of the respondents as well.

The majority of participants reported that the imagery affected society’s perception of beauty. However, each woman had her own opinion of beauty and that, reportedly, was not affected by these images. Across the interviews, the women described the music media girls to be slutty, unrealistic and fake. One woman described them as “attractive but not beautiful.” Another woman said when answering this question of who thinks they are beautiful “Societies, it’s just not tasteful, you can dress beautiful with keeping body parts covered” (interview 1).

The consensus of the women when asked, “Are other women influenced by the images” was that the imagery targets the younger women. They described girls on the street trying to ‘imitate’ the look, even if it was not flattering for their body types. However, many of the women did not feel influenced themselves to behave in these manners. The majority of the women interviewed wished to not be singers, actresses or dancers, but to have their bodies. When one woman was asked why other women and herself feel this ‘desire’ as she put it to have that image she said “because it’s all we ever see, not even in reality shows are they reality [real people] anymore” (interview 2).

The findings showed a positive correlation between the amount of hours of music media watched weekly and the feelings of low self-esteem and depression. When a woman who reported watching about 12 hours of MTV, VH1, and BET weekly was asked if she thinks others see her as a happy person she said...
“Sometimes, I like to make others happy which I think makes them see me happy.” However, she previously told the interviewer that she is not happy (interview 6). Another woman who watched eight hours weekly reported herself as sometimes happy. She described herself as influenced by the images because she is jealous of their bodies, but not their personalities (interview 7).

Many of the women described the opinions men have of these ‘hot, sexy’ women being influential towards ‘everyday’ women. “Most music media people look the same and men expect that from regular every day people, women know this” (interview 8). “Guys think that’s how women should be; girls know that’s what guys want” (interview 9). The majority concluded that it is still a male dominated society and therefore the beauty standard is a derivative from men. “Men think they are gorgeous, [therefore] they’re reality. [They are] always looking for them, not exactly comparing, so therefore women try to be them” (interview 7).

Out of the sample of women interviewed the average number of hours watched weekly of music television was 3.55 hours. 70 percent of them wished that they were one of these women and out of this percentage 71.43 percent did not describe themselves as happy. When asked if they saw themselves as overweight 70 percent said yes and 42.86 percent of that group watched the average or above amount of music television in this study. Positive correlations were found between the amounts of hours watched weekly, feelings of happiness and belief to be overweight.

Discussions/Conclusions
According to Erikson, a child while going through their developmental stages creates different identifications for him/herself, and as an adolescent it is the task of this child to put all of these identities together into one. Erikson describes this process as being one of individuality as well as community based. “The community supports such development to the extent to which it permits the child, at each step, to orient himself toward a complete ‘lifespan’ with a hierarchal order of roles as represented by individuals of different age grades. Family, neighborhood, and school provide contact and experimental identification with younger and older children and with young and old adults. A child, in the multiplicity of successive and tentative identifications thus begins early to build up expectations of what it will be like to be older and what it will feel like to have been younger – expectations which become part of an identity as they are step by step, verified in decisive experiences of psychosocial ‘fittedness’” (Erikson, 1994, p. 123).

The development of the child’s self identity is based on the identities of his community and his and the expectations of adults in his life expectations of the identities of adults. In the culture of the United States, media is one medium that children, when watching begin to formulate identity. The music media with its flashy and provocative images influences identity development in a negative twist towards self-worth and perception of self.

This study examined women’s feelings of self-worth and the importance of body image as portrayed by the music media. The results from the survey data collec-
Psychological Effects

The findings provided many varied answers. As hypothesized, there is a significance between the feelings of appearance and happiness that is possibly related to the amount of hours watched weekly of music videos. The feelings of self-consciousness and overweight statistic are related to being happy. There was no found correlation between feeling overweight and the number of hours of music videos watched; however, there was a significant representation between the variables of happiness and number of hours watched.

However, within the qualitative interview data collection, the findings made a positive correlation between the feelings of depression, low self-esteem, and the amount of hours watched of music media. There was also a slight connection between the women who believed to be overweight and the admitted influence of the media on their perception of body types. Although the women were aware of the images and the influence it could have on women in behavior, they did not wish to be in their places or exhibit the same behaviors; rather they wanted to have the same bodies. The subjects understood the difference between society’s standard of beauty and their own, within which many did not describe physical attributes. However, many contradicted themselves when describing their wish to be the women on music television. The consensus of the interview sample was that the society is still dominated by men (another research topic to be discussed) and what men perceive as beautiful is society’s standard. From this research, it is concluded that through the music media on MTV, VH1, BET, and CMT, women are influenced in the perceptions of the identity of women and body types. The psychological results lean toward feelings of depression, unhappiness, overweight, and not beautiful. This empirical research study is an addition to the existing literature on social influence and ego development. The findings of this study support the hypothesis that the music media negatively influences the development self-identity of women.
References


Appendix A
Survey/Questionnaire

The purpose of this survey is to assess a general feeling among the young adult population of the music media’s portrayal of the female body. The results will be used and published in a capstone project. Please answer the following questions as honestly as you can; all results are anonymous.

Questions: (circle the appropriate selection)

1. Estimated hours spent watching music videos weekly:
   - 0-2
   - 3-5
   - 6-8
   - 9-11
   - 12-14
   - 15+

2. Do you see yourself as a happy person?
   - Never
   - Almost Never
   - Sometimes
   - Almost Always
   - Always
   - Don’t know

3. Do others see you as a happy person?
   - Never
   - Almost Never
   - Sometimes
   - Almost Always
   - Always
   - Don’t know

4. Do you consider yourself to be overweight?
   - Never
   - Almost Never
   - Sometimes
   - Almost Always
   - Always
   - Don’t know

5. Do others see you as overweight?
   - Never
   - Almost Never
   - Sometimes
   - Almost Always
   - Always
   - Don’t know

6. Do you feel you are self-conscious about your appearance (image) at all times?
   - Never
   - Almost Never
   - Sometimes
   - Almost Always
   - Always
   - Don’t know

7. Do you feel you are self-conscious about your appearance (image) in places of public? Where you might be seen?
   - Never
   - Almost Never
   - Sometimes
   - Almost Always
   - Always
   - Don’t know

8. Do you feel you are self-conscious about your appearance (image) when you are alone?
   - Never
   - Almost Never
   - Sometimes
   - Almost Always
   - Always
   - Don’t know

9. Do you regulate what you eat?
   - Never
   - Almost Never
   - Sometimes
   - Almost Always
   - Always
   - Don’t know
10. Do you understand the basic concepts of good nutrition?

Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

11. Do you exercise?

Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

12. Do you binge eat?

Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

13. Do you binge exercise?

Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

14. Do you usually eat following exercise?

Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

15. Do you think that the women in music videos portrayed by the industry are beautiful by your standards?

Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

16. Do you think that these women are in a healthy state?

Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

17. Do you think that they eat well?

Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

18. Do you think that they exercise?

Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

Questions for women: (men skip to question 23)

19. Do you compare yourself to the women you see in music videos?

Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

20. Do you wish you were one of these women dancers, singers and actresses?

Never       Almost Never       Sometimes       Almost Always       Always       Don’t know
21. Do you think people compare you to women in music videos?
Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

22. Do you feel influenced by the women in the music videos to act and be like them?
Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

Questions for men:

23. When looking at the women in music videos, do you feel attracted to them?
Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

24. Do you compare your girlfriends, female friends and relatives to these women in videos?
Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

25. Do you wish your girlfriend or the girl you will be with some day is comparable to what you see in the music videos?
Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

26. Do you compare yourself to the male artists, dancers and background in music videos?
Never       Almost Never       Sometimes       Almost Always       Always       Don’t know

Who you are: (circle the appropriate selection)

Gender:
Female-heterosexual       Male-heterosexual       Male-homosexual
Female-homosexual       Bisexual       Transgender

Age: 18-21       22-25       25-28       29-32       33+

Ethnicity: ______________________________________________________

Estimated Height:
-5’       5’1”-5’4”       5’5”-5’8”       5’9”-6’       6’+

Estimated Weight:
-100 100-120       121-140       141-160       161-180       181-200       200+

THANK YOU FOR TAKING THE TIME FOR THIS SURVEY FOR ME!!!!!!!!!!!
Appendix B
Interview Questions

The purpose of this interview is to assess a general feeling of your opinion and thoughts surrounding the music media’s portrayal of the female body. The results will be used and published in a capstone project. Please answer the following questions as honestly as you can; all results are anonymous and confidential. At any time you feel uncomfortable with a question and would like to skip please tell me the interviewer and we will move on. Also at any time you feel the need to end the session and discontinue it is alright and is your right as a volunteer.

1. What is beautiful to you?
2. What is beautiful to society? Is there a difference?
   a. Why or why not?
3. What is the social norm for a woman in your position to be like? Dress, behavior, etc?
4. Who has the most influence to you in your life?
5. Do you see yourself as a happy person?
6. Do you think others see you as a happy person?
   a. Why or why not?
7. Do you think about body issues a lot? Like weight, image, and appearance issues?
8. Do you consider yourself to be overweight?
9. Do you think others see you as overweight?
   a. Why or why not?
10. Do you feel you are self-conscience about your appearance (image) at all times?
    a. In public places?
    b. In private places?
11. Do you understand the basic concepts of good nutrition?
12. Do you regulate what you eat?
13. Do you exercise?
14. Do you understand what binge eating is and do you ever partake in it?
    a. If so, why do you feel you need this?
15. Do you understand what binge exercise is and do you ever partake in it?
   a. If so, why do you feel you need this?

16. Do you usually eat following exercise?

17. Estimated hours spent watching music videos and other music media?

18. What do you think of the women in the videos, etc?

19. Do you think that the women in music videos portrayed by the industry are beautiful by your standards or societies or both?
   a. Why or why not?

20. Do you think that these women are in a healthy state?
   a. That you think that these women eat well?
   b. That you think that these women exercise?

21. Do you compare yourself to the women you see in music videos?

22. Do you wish you were one of these women dancers, singers and actresses?

23. Do you think people compare you to women in music videos?
   a. Significant others, Parents, Friends

24. Do you feel influenced by the women in the music videos to act and be like them?
   a. In what ways do you feel this?

25. Do you think that other women are influenced by women in the music videos?
   a. Why?

26. What do you think men think about the women in the music media? And how does this help to influence women?

27. Has anyone in your life helped to push the image of the women in the music media on you? No names, and in what way have they done this?

28. What music artist do you identify the most with?

**Who you are: (circle the appropriate selection)**

**Gender:**
- Female-heterosexual
- Male-heterosexual
- Male-homosexual
- Female-homosexual
- Bisexual
- Transgender

**Age:**
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<thead>
<tr>
<th>Ethnicity (fill in the blank):</th>
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<tr>
<td>Estimated Height:</td>
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Appendix C
Interview 1

1. What is beautiful to you?

Thin but not way thin, curvy, muscular, healthy, Cindy Crawford you know?

2. What is beautiful to society? Is there a difference?
   a. Why or why not?

Large breasts, small waist, big hips, flawless skin.

3. What is the social norm for a woman in your position to be like? Dress, behavior, etc?

Casual, Student.

4. Who has the most influence to you in your life?

Husband.

5. Do you see yourself as a happy person?

Over-all.

6. Do you think others see you as a happy person?
   a. Why or why not?

Yes.

7. Do you think about body issues a lot? Like weight, image, and appearance issues?

Wish more muscular, curvy. Sometimes I feel like a 12 year old boy.

8. Do you consider yourself to be overweight?

No.

9. Do you think others see you as overweight?
   a. Why or why not?

No.
10. Do you feel you are self-conscious about your appearance (image) at all times?
   a. In public places?
   b. In private places?

   In public yes, but private never.

11. Do you understand the basic concepts of good nutrition?

   Yes.

12. Do you regulate what you eat?

   Yes.

13. Do you exercise?

   Yes.

14. Do you understand what binge eating is and do you ever partake in it?
   a. If so, why do you feel you need this?

   Thanksgiving, but not otherwise.

15. Do you understand what binge exercise is and do you ever partake in it?
   a. If so, why do you feel you need this?

   No.

16. Do you usually eat following exercise?

   No.

17. Estimated hours spent watching music videos and other music media?

   1 hr weekly.

18. What do you think of the women in the videos, etc?

   Slutty, not enough clothes.

19. Do you think that the women in music videos portrayed by the industry are beautiful by your standards or societies or both?
   a. Why or why not?

   Societies, it’s just not tasteful, you can dress beautiful with keeping body parts covered.
20. Do you think that these women are in a healthy state?
   a. That you think that these women eat well?
   b. That you think that these women exercise?

I’m not sure they eat well, but they do exercise to get those curves.

21. Do you compare yourself to the women you see in music videos?

Yes.

22. Do you wish you were one of these women dancers, singers and actresses?

No.

23. Do you think people compare you to women in music videos?
   a. Significant others, Parents, Friends

Men probably.

24. Do you feel influenced by the women in the music videos to act and be like them?
   a. In what ways do you feel this?

No.

25. Do you think that other women are influenced by women in the music videos?
   a. Why?

Yes, I think a main issue is the age, younger are more influences, because I can see it in their dress and attitudes; trying to copy the women.

26. What do you think men think about the women in the music media? And how does this help to influence women?

Attractive physically, damages the way they see and treat regular day women. Women try to live up to the men’s standards.

27. Has anyone in your life helped to push the image of the women in the music media on you? No names, and in what way have they done this?

No.

28. What music artist do you identify the most with?

Nora Jones.
Who you are: (circle the appropriate selection)

Gender: Female-heterosexual
Age: 25-28
Ethnicity: Caucasian
Estimated Height: 5’1”-5’4”
Estimated Weight: 100-120

Interview 2

1. What is beautiful to you?

The spark in individual, I find that it has nothing to do with the exterior, I have found the spark in someone and it just exhumes beauty.

2. What is beautiful to society? Is there a difference?
   a. Why or why not?

Tits and ass, tits and ass (laughs). And muscle in between.

3. What is the social norm for a woman in your position to be like? Dress, behavior, etc?

Have children, conservative/professionally dressed, career women.

4. Who has the most influence to you in your life?

In the 7th grade we studied Ghandi and I decided that I would always live with the same morality and values. And my son.

5. Do you see yourself as a happy person?

Yes.

6. Do you think others see you as a happy person?
   a. Why or why not?

Yes.

7. Do you think about body issues a lot? Like weight, image, and appearance issues?

Yes, it sucks, I don’t want to.
8. Do you consider yourself to be overweight?

Yes.

9. Do you think others see you as overweight?
   a. Why or why not?

Yes, rolls are obvious, if you’re rolling people see it, you can’t hide (she grabs her stomach). But I’ve gotten over it, I will always have this but I just don’t care any more.

10. Do you feel you are self-conscience about your appearance (image) at all times?
    a. In public places?
    b. In private places?

Not really in public, I’m too busy. At home is when I notice it, in the mirror, and say ‘wait a minute, is that my ass?’

11. Do you understand the basic concepts of good nutrition?

Yes.

12. Do you regulate what you eat?

Yes.

13. Do you exercise?

Yes.

14. Do you understand what binge eating is and do you ever partake in it?
    a. If so, why do you feel you need this?

Yes, both. I used to emotional eat; just eat all night to make myself feel better. I used to be pushing 300 pounds! I have lost over a hundred pounds, but when I was up there it was not a happy or fun time.

15. Do you understand what binge exercise is and do you ever partake in it?
    a. If so, why do you feel you need this?

Yes, both, for events that I would need a bathing suit, like a vacation.

16. Do you usually eat following exercise?

No.
17. Estimated hours spent watching music videos and other music media?

7 hrs weekly.

18. What do you think of the women in the videos, etc?

Unrealistic, Surgically altered, Bitches for having the money to do it too! (laughs)

19. Do you think that the women in music videos portrayed by the industry are beautiful by your standards or societies or both?
   a. Why or why not?
   Societies, I don’t understand it, its abnormal.

20. Do you think that these women are in a healthy state?
   a. That you think that these women eat well?
   b. That you think that these women exercise?

No, they aren’t they are programmed to be this way.

21. Do you compare yourself to the women you see in music videos?

Yes.

22. Do you wish you were one of these women dancers, singers and actresses?

Well, Yeah.

23. Do you think people compare you to women in music videos?
   a. Significant others, Parents, Friends

None in my life, but over-all yeah.

24. Do you feel influenced by the women in the music videos to act and be like them?
   a. In what ways do you feel this?

No.

25. Do you think that other women are influenced by women in the music videos?
   a. Why?

Yes, because it’s all we ever see, not even in reality shows are they reality.

26. What do you think men think about the women in the music media? And how does this help to influence women?

Strong sense of desire towards the women, which in turn is a huge influence to women, we still look at men to tell us what is beautiful.
27. Has anyone in your life helped to push the image of the women in the music media on you? No names, and in what way have they done this?

Junior high boys. I was large breasted and realized the influence their attention for me was based on that. I was athletic but it didn’t matter; most men I have come across in my life.

28. What music artist do you identify the most with?

Joan Osborn

Who you are: (circle the appropriate selection)

Gender: Female-heterosexual

Age: 29-32

Ethnicity: Caucasian

Estimated Height: 5’5”-5’8”

Estimated Weight: 161-180

Interview 3

1. What is beautiful to you?

Everyone has own beauty, I am not the one to distinguish.

2. What is beautiful to society? Is there a difference?
   a. Why or why not?

Society is biased. Media portrays what real society looks like. It’s wrong to see skinny, and young, it does not represent the population.

3. What is the social norm for a woman in your position to be like? Dress, behavior, etc?

College student- ‘don’t care,’ as is. Casual, depends on plans for the day.

4. Who has the most influence to you in your life?

Mom
5. Do you see yourself as a happy person?

Yes

6. Do you think others see you as a happy person?
   a. Why or why not?

   Yes.

7. Do you think about body issues a lot? Like weight, image, and appearance issues?

   At times, when I have time to think, definitely when I am shopping I think about weight, but I am how I am.

8. Do you consider yourself to be overweight?

   Yeah, in high school I weighed less and I reminisce.

9. Do you think others see you as overweight?
   a. Why or why not?

   Don’t know, people say that I don’t look like I weigh as much as I do, but it’s not them and their thoughts, it’s me.

10. Do you feel you are self-conscious about your appearance (image) at all times?
    a. In public places?
    b. In private places?

   Seldomly in public, not very much in private.

11. Do you understand the basic concepts of good nutrition?

   Yes, don’t practice it though.

12. Do you regulate what you eat?

   Sometimes, when menstruating definitely don’t

13. Do you exercise?

   I used to but I have too many time constraints

14. Do you understand what binge eating is and do you ever partake in it?
    a. If so, why do you feel you need this?

    Yes and no
15. Do you understand what binge exercise is and do you ever partake in it?
   a. If so, why do you feel you need this?

   Yes and no.

16. Do you usually eat following exercise?

   I think that I did, but fruits or healthier types of food.

17. Estimated hours spent watching music videos and other music media?

   1 hr, I don’t have time.

18. What do you think of the women in the videos, etc?

   They’re skinny model girls that are basically in media.

19. Do you think that the women in music videos portrayed by the industry are beautiful by your standards or societies or both?
   a. Why or why not?

   Both, they are pretty.

20. Do you think that these women are in a healthy state?
   a. That you think that these women eat well?
   b. That you think that these women exercise?

   They could, I don’t know, Maybe eating disorders are some problems.

21. Do you compare yourself to the women you see in music videos?

   No.

22. Do you wish you were one of these women dancers, singers and actresses?

   No.

23. Do you think people compare you to women in music videos?
   a. Significant others, Parents, Friends

   No.
24. Do you feel influenced by the women in the music videos to act and be like them? 
   a. In what ways do you feel this?
   
   Dance moves, I try until I feel foolish.

25. Do you think that other women are influenced by women in the music videos? 
   a. Why?
   
   Could be, but it’s their own decision. Some people are influenced by their clothes and stuff.

26. What do you think men think about the women in the music media? And how 
   does this help to influence women?
   
   They’re fine! But the men do realize that they are perfect and society is not perfect.

27. Has anyone in your life helped to push the image of the women in the music me- 
   dia on you? No names, and in what way have they done this?
   
   No.

28. What music artist do you identify the most with?
   
   Aalyah

Who you are: (circle the appropriate selection)

Gender: Female-heterosexual

Age: 22-25

Ethnicity: Filipino

Estimated Height: 5’1”-5’4”

Estimated Weight: 200+

Interview 4

1. What is beautiful to you?
   
   Nice physical appearance, sense of self.

2. What is beautiful to society? Is there a difference?
a. Why or why not?

Skinny, lean, tall, but it’s not realistic, it’s all airbrushed.

3. What is the social norm for a woman in your position to be like? Dress, behavior, etc?

Student, active, energy, pressure.

4. Who has the most influence to you in your life?

Sister – shared a room

5. Do you see yourself as a happy person?

Yes

6. Do you think others see you as a happy person?
   a. Why or why not?

Yes

7. Do you think about body issues a lot? Like weight, image, and appearance issues?

No, unless jeans don’t fit.

8. Do you consider yourself to be overweight?

No.

9. Do you think others see you as overweight?
   a. Why or why not?

Don’t know.

10. Do you feel you are self-conscience about your appearance (image) at all times?
    a. In public places?
    b. In private places?

Probably, not all time in public, but it’s uncontrollable. In private don’t care.

11. Do you understand the basic concepts of good nutrition?

I think so.

12. Do you regulate what you eat?
No.

13. Do you exercise?
No.

14. Do you understand what binge eating is and do you ever partake in it?
   a. If so, why do you feel you need this?
Yes and No.

15. Do you understand what binge exercise is and do you ever partake in it?
   a. If so, why do you feel you need this?
No.

16. Do you usually eat following exercise?
No.

17. Estimated hours spent watching music videos and other music media?
   .5 hr weekly.

18. What do you think of the women in the videos, etc?
   Portrayed like sex objects.

19. Do you think that the women in music videos portrayed by the industry are beautiful by your standards or societies or both?
   a. Why or why not?
   Societies, cause you don’t have to be naked to be pretty.

20. Do you think that these women are in a healthy state?
   a. That you think that these women eat well?
   b. That you think that these women exercise?
   Probably, but I don’t know.

21. Do you compare yourself to the women you see in music videos?
   No.

22. Do you wish you were one of these women dancers, singers and actresses?
No.

23. Do you think people compare you to women in music videos?
   a. Significant others, Parents, Friends

No.

24. Do you feel influenced by the women in the music videos to act and be like them?
   a. In what ways do you feel this?

No.

25. Do you think that other women are influenced by women in the music videos?
   a. Why?

   Yes, they think that these are social norms, and probably people with low self-esteem or more self conscious.

26. What do you think men think about the women in the music media? And how does this help to influence women?

   That they are pretty and it makes it harder for women not to try to be like them, when the boyfriend tells them.

27. Has anyone in your life helped to push the image of the women in the music media on you? No names, and in what way have they done this?

   No.

28. What music artist do you identify the most with?

   Can’t think of one.

Who you are: (circle the appropriate selection)

Gender: Female-heterosexual

Age: 18-21

Ethnicity: ____________ Hispanic ______________________

Estimated Height: 5’1”-5’4”

Estimated Weight: 121-140

Interview 5
1. What is beautiful to you?
   Feminine, sex appeal, intelligence

2. What is beautiful to society? Is there a difference?
   a. Why or why not?
   No, not really.

3. What is the social norm for a woman in your position to be like? Dress, behavior, etc?
   High quality clothing, maturely dressed, sense of knowledge of everything.

4. Who has the most influence to you in your life?
   Husband

5. Do you see yourself as a happy person?
   Yeah.

6. Do you think others see you as a happy person?
   a. Why or why not?
   Yes

7. Do you think about body issues a lot? Like weight, image, and appearance issues?
   Yes.

8. Do you consider yourself to be overweight?
   Yes.

9. Do you think others see you as overweight?
   a. Why or why not?
   As a few extra pounds.

10. Do you feel you are self-conscious about your appearance (image) at all times?
    a. In public places?
    b. In private places?
Yes all the time.

11. Do you understand the basic concepts of good nutrition?

Yes.

12. Do you regulate what you eat?

No.

13. Do you exercise?

Not consistently, but yes.

14. Do you understand what binge eating is and do you ever partake in it?
   a. If so, why do you feel you need this?

Yes and no

15. Do you understand what binge exercise is and do you ever partake in it?
   a. If so, why do you feel you need this?

Yes and not really, before events, like wedding.

16. Do you usually eat following exercise?

No.

17. Estimated hours spent watching music videos and other music media?

2 hrs weekly

18. What do you think of the women in the videos, etc?

Beautiful, sexy, desirable, I wish, I want to look like them physically.

19. Do you think that the women in music videos portrayed by the industry are beautiful by your standards or societies or both?
   a. Why or why not?

Both, I am always thinking, does my husband think they are beautiful? But more so society.

20. Do you think that these women are in a healthy state?
   a. That you think that these women eat well?
   b. That you think that these women exercise?
Don’t know

21. Do you compare yourself to the women you see in music videos?

Yes, again thinking about my husband’s opinion, even though he says no, I still think it.

22. Do you wish you were one of these women dancers, singers and actresses?

No, I just wish for the appearance.

23. Do you think people compare you to women in music videos?
   a. Significant others, Parents, Friend…

   In my mind yes.

24. Do you feel influenced by the women in the music videos to act and be like them?
   a. In what ways do you feel this?

   No.

25. Do you think that other women are influenced by women in the music videos?
   a. Why?

Yes, I see wannabees all of the time. Girls in public imitate the ‘looks’

26. What do you think men think about the women in the music media? And how does this help to influence women?

   Hot, given women high standards to live by and it sucks for us.

27. Has anyone in your life helped to push the image of the women in the music media on you? No names, and in what way have they done this?

   Nobody.

28. What music artist do you identify the most with?

Beyoncé

**Who you are: (circle the appropriate selection)**

Gender: Female-heterosexual

Age: 25-28
Ethnicity: Hispanic

Estimated Height: 5’1”-5’4”

Estimated Weight: 141-160

**Interview 6**

1. What is beautiful to you?

   Caramel skin, light brown eyes, 5 foot something – tall, slim, size D boobies.

2. What is beautiful to society? Is there a difference?
   a. Why or why not?

   Skinny, pretty, butlicious, big boobies.

3. What is the social norm for a woman in your position to be like? Dress, behavior, etc?

   Nice dressed, hair done, eyebrows plucked, make up.

4. Who has the most influence to you in your life?

   Mom

5. Do you see yourself as a happy person?

   No

6. Do you think others see you as a happy person?
   a. Why or why not?

   Sometimes, I like to make others happy which I think makes them see me happy.

7. Do you think about body issues a lot? Like weight, image, and appearance issues?

   Yes, no brainer.

8. Do you consider yourself to be overweight?

   Yes.

9. Do you think others see you as overweight?
   a. Why or why not?
Yeah, but it’s probably me just being self conscious

10. Do you feel you are self-conscious about your appearance (image) at all times?  
   a. In public places?  
   b. In private places?  

   Both.

11. Do you understand the basic concepts of good nutrition?  

   Yes.

12. Do you regulate what you eat?  

   Sometimes.

13. Do you exercise?  

   No.

14. Do you understand what binge eating is and do you ever partake in it?  
   a. If so, why do you feel you need this?  

   Yes and no.

15. Do you understand what binge exercise is and do you ever partake in it?  
   a. If so, why do you feel you need this?  

   No and no.

16. Do you usually eat following exercise?  

   No.

17. Estimated hours spent watching music videos and other music media?  

   12 hrs.

18. What do you think of the women in the videos, etc?  

   Degrading, disgusting, but at the same time always wanted to be them, jealous.

19. Do you think that the women in music videos portrayed by the industry are beautiful by your standards or societies or both?  
   a. Why or why not?
Both, society makes them beautiful and videos help this idea.

20. Do you think that these women are in a healthy state?
   a. That you think that these women eat well?
   b. That you think that these women exercise?

Don’t know, I don’t think so, some yes and some no, but they over do it.

21. Do you compare yourself to the women you see in music videos?

Sometimes.

22. Do you wish you were one of these women dancers, singers and actresses?

Sometimes.

23. Do you think people compare you to women in music videos?
   a. Significant others, Parents, Friends

Family yeah, peers more like it.

24. Do you feel influenced by the women in the music videos to act and be like them?
   a. In what ways do you feel this?

Yes basically, by wanting to feel attractive to other people, and they get that so I want it too.

25. Do you think that other women are influenced by women in the music videos?
   a. Why?

Yeah, we are told every day they are beautiful, the way TV portrays them and men look at them.

26. What do you think men think about the women in the music media? And how does this help to influence women?

All are beautiful, all want them, only exception is when music shows violence towards women and then they are possibly disgusted but not always. This influences the women by being able to manipulate them a lot easier.

27. Has anyone in your life helped to push the image of the women in the music media on you? No names, and in what way have they done this?
Myself. Yes, family, telling me to do my hair, more interest in the way I look, sometimes overweight jokes and I need to lose weight. Remind me I’m getting fatter.

28. What music artist do you identify the most with?

Shakira.

Who you are: (circle the appropriate selection)

Gender: Female-heterosexual

Age: 22-25

Ethnicity: ___ Latina _________________________________

Estimated Height: 5’1”-5’4”

Estimated Weight: 121-140

Interview 7

1. What is beautiful to you?

Strong, Full-bodied, big eyes, long hair, beaming face.

2. What is beautiful to society? Is there a difference?
   a. Why or why not?

Skinny, model-like people, piercing more than tattoos, jewelry and money… big boobs.

3. What is the social norm for a woman in your position to be like? Dress, behavior, etc?

Trendy and business like, top of fashion at work, ‘student’ conflicts with ‘work.’

4. Who has the most influence to you in your life?

Brother.

5. Do you see yourself as a happy person?

Sometimes.

6. Do you think others see you as a happy person?
   a. Why or why not?
Sometimes, look very stressed or rushing all the time.

7. Do you think about body issues a lot? Like weight, image, and appearance issues?

When roommate is dressed up.

8. Do you consider yourself to be overweight?

No.

9. Do you think others see you as overweight?
   a. Why or why not?

No, only roommate does, sometimes she can be a real bitch.

10. Do you feel you are self-conscience about your appearance (image) at all times?
    a. In public places?
    b. In private places?

In public most of the time, in private not really.

11. Do you understand the basic concepts of good nutrition?

Yes.

12. Do you regulate what you eat?

No.

13. Do you exercise?

Yes.

14. Do you understand what binge eating is and do you ever partake in it?
    a. If so, why do you feel you need this?

Yes and no.

15. Do you understand what binge exercise is and do you ever partake in it?
    a. If so, why do you feel you need this?

Yes and no.

16. Do you usually eat following exercise?
Yes.

17. Estimated hours spent watching music videos and other music media?

8 hrs weekly.

18. What do you think of the women in the videos, etc?

Good dancers, hot, but ugly. Good but not good.

19. Do you think that the women in music videos portrayed by the industry are beautiful by your standards or societies or both?
   a. Why or why not?

Societies; stereotypical goddess women. Not realistic.

20. Do you think that these women are in a healthy state?
   a. That you think that these women eat well?
   b. That you think that these women exercise?

I think that they exercise but nothing else.

21. Do you compare yourself to the women you see in music videos?

Yes and no. Sometimes.

22. Do you wish you were one of these women dancers, singers and actresses?

Yes.

23. Do you think people compare you to women in music videos?
   a. Significant others, Parents, Friends

Stranger boys, I mean boys that are strangers, you know what I mean?

24. Do you feel influenced by the women in the music videos to act and be like them?
   a. In what ways do you feel this?

I do, but only when going out, to be like them and stand out, have my own personality but look like them to stand out like them.

25. Do you think that other women are influenced by women in the music videos?
   a. Why?

Yes, they are popular and talked about, and they look rich and happy.
26. What do you think men think about the women in the music media? And how does this help to influence women?

Men think they are gorgeous, they’re reality. Always looking for them, not exactly comparing, so therefore women try to be them.

27. Has anyone in your life helped to push the image of the women in the music media on you? No names, and in what way have they done this?

Yes, telling me how to wear my hair, what clothes and how to present myself.

28. What music artist do you identify the most with?

Indie Arie, Jessica Simpson

Who you are: (circle the appropriate selection)

Gender: Female-heterosexual

Age: 18-21

Ethnicity: _____Caucasian______________________________

Estimated Height: 5’9”-6’

Estimated Weight: 141-160

Interview 8

1. What is beautiful to you?

Eyes, strong soul, hair, but not body hair, just head hair.

2. What is beautiful to society? Is there a difference?
   a. Why or why not?

I guess ‘cause they focus more on the physical. It is easier to pin point physical attributes, in general beautiful to most.

3. What is the social norm for a woman in your position to be like? Dress, behavior, etc?

Student-age range, provocative to pajamas in clothing, timid, shy presumably weak.

4. Who has the most influence to you in your life?
Best friends, two of them.

5. Do you see yourself as a happy person?
   Today, yes/no, not really today, generably.

6. Do you think others see you as a happy person?
   a. Why or why not?

   Yes because I fake it, I put up a front.

7. Do you think about body issues a lot? Like weight, image, and appearance issues?
   Yes

8. Do you consider yourself to be overweight?
   Yes

9. Do you think others see you as overweight?
   a. Why or why not?

   Yes, (laughs)

10. Do you feel you are self-conscious about your appearance (image) at all times?
    a. In public places?
    b. In private places?

   Yes both.

11. Do you understand the basic concepts of good nutrition?
    Yeah

12. Do you regulate what you eat?
    Sometimes

13. Do you exercise?
    Sometimes

14. Do you understand what binge eating is and do you ever partake in it?
    a. If so, why do you feel you need this?
Yes and Yes

15. Do you understand what binge exercise is and do you ever partake in it?
   a. If so, why do you feel you need this?

Yes and yes, events special occasions

16. Do you usually eat following exercise?

Yes

17. Estimated hours spent watching music videos and other music media?

I don’t have cable so I don’t presently

18. What do you think of the women in the videos, etc?

Talented, most often I wish I had their bodies

19. Do you think that the women in music videos portrayed by the industry are beautiful by your standards or societies or both?
   a. Why or why not?

Both, they’re the successful ones, with thin, hard bodies, so I guess I need that.

20. Do you think that these women are in a healthy state?
   a. That you think that these women eat well?
   b. That you think that these women exercise?

Some yes and some no

21. Do you compare yourself to the women you see in music videos?

Yes

22. Do you wish you were one of these women dancers, singers and actresses?

Yes, body wise, but not to be famous.

23. Do you think people compare you to women in music videos?
   a. Significant others, Parents, Friends

No

24. Do you feel influenced by the women in the music videos to act and be like them?
   a. In what ways do you feel this?
No

25. Do you think that other women are influenced by women in the music videos?  
a. Why?

Yes, Younger girls are, more than woman are, it’s what I see.

26. What do you think men think about the women in the music media? And how  
does this help to influence women?

Hotties. Most music media people look the same and men expect that from regular  
every day people. Women know this.

27. Has anyone in your life helped to push the image of the women in the music me-  
dia on you? No names, and in what way have they done this?

No

28. What music artist do you identify the most with?

Tori Amos, Wynona Judd

Who you are: (circle the appropriate selection)

Gender: Female-heterosexual  
Age: 25-28  
Ethnicity: Mesopotamian  
Estimated Height: 5’5”-5’8”  
Estimated Weight: 200+

Interview 9

1. What is beautiful to you?

Funny, good person, confident, Brad Pitt, put him in there a lot.

2. What is beautiful to society? Is there a difference?  
a. Why or why not?

Brittany Spears, I say her because that’s the basic package, and yes there is a definite  
difference. I don’t know why it’s the emphasis they put on it.
3. What is the social norm for a woman in your position to be like? Dress, behavior, etc?

Covered up and silent

4. Who has the most influence to you in your life?

Mom

5. Do you see yourself as a happy person?

Yes

6. Do you think others see you as a happy person?
   a. Why or why not?

Yes, it’s what I show

7. Do you think about body issues a lot? Like weight, image, and appearance issues?

Yes

8. Do you consider yourself to be overweight?

Yes

9. Do you think others see you as overweight?
   a. Why or why not?

Yes

10. Do you feel you are self-conscious about your appearance (image) at all times?
    a. In public places?
    b. In private places?

Yeah in public, no not really in private

11. Do you understand the basic concepts of good nutrition?

Yes

12. Do you regulate what you eat?

Yes
13. Do you exercise?

Yes

14. Do you understand what binge eating is and do you ever partake in it?
   a. If so, why do you feel you need this?

Yes, monthly with my period, I crave pizza and I don’t even like pizza. So occasionally.

15. Do you understand what binge exercise is and do you ever partake in it?
   a. If so, why do you feel you need this?

Yes… Yeah… not weirdly, but like before Christmas.

16. Do you usually eat following exercise?

About 1 hour after

17. Estimated hours spent watching music videos and other music media?

Less than an hour I think, in the break room of work

18. What do you think of the women in the videos, etc?

Skankily dressed and behavior. Naked Girls

19. Do you think that the women in music videos portrayed by the industry are beautiful by your standards or societies or both?
   a. Why or why not?

Pretty, attractive but not beautiful ‘cause they are not real. Society says they are.

20. Do you think that these women are in a healthy state?
   a. That you think that these women eat well?
   b. That you think that these women exercise?

I’m sure they do.

21. Do you compare yourself to the women you see in music videos?

Yes

22. Do you wish you were one of these women dancers, singers and actresses?

Yeah sure
23. Do you think people compare you to women in music videos?
   a. Significant others, Parents, Friends

   Sure they do, but I don’t care, especially strangers.

24. Do you feel influenced by the women in the music videos to act and be like them?
   a. In what ways do you feel this?

   No

25. Do you think that other women are influenced by women in the music videos?
   a. Why?

   Yes, happiness revolves around being like that, unfortunately.

26. What do you think men think about the women in the music media? And how does this help to influence women?

   Fine, hot. Guys think that’s how women should be. Girls know that’s what guys want.

27. Has anyone in your life helped to push the image of the women in the music media on you? No names, and in what way have they done this?

   Step mother, really into image. Extremely self conscious and always is saying stuff.

28. What music artist do you identify the most with?

   Lisa Minely

Who you are: (circle the appropriate selection)

Gender:  Female-heterosexual

Age:  22-25

Ethnicity:  White

Estimated Height:  5’5”-5’8”

Estimated Weight:  200+

Interview 10

1. What is beautiful to you?
The inside thoughts, not necessarily the outside.

2. What is beautiful to society? Is there a difference?
   a. Why or why not?

   Society is based on looks, I think it was the way I was brought up and the personal experiences I have dealt with all of my life.

3. What is the social norm for a woman in your position to be like? Dress, behavior, etc?

   Society still looks down on single moms, but also show a lot of respect. Conservative, be at home.

4. Who has the most influence to you in your life?

   Mom

5. Do you see yourself as a happy person?

   Sometimes, I am on anti-depressants.

6. Do you think others see you as a happy person?
   a. Why or why not?

   For the most part yes, I don’t let too many people in.

7. Do you think about body issues a lot? Like weight, image, and appearance issues?

   Yes

8. Do you consider yourself to be overweight?

   Yes

9. Do you think others see you as overweight?
   a. Why or why not?

   No

10. Do you feel you are self-conscience about your appearance (image) at all times?
    a. In public places?
    b. In private places?
Just in public.

11. Do you understand the basic concepts of good nutrition?
Yeah

12. Do you regulate what you eat?
No

13. Do you exercise?
No

14. Do you understand what binge eating is and do you ever partake in it?
   a. If so, why do you feel you need this?
Yes and no

15. Do you understand what binge exercise is and do you ever partake in it?
   a. If so, why do you feel you need this?
Yes and sometimes I do

16. Do you usually eat following exercise?
No

17. Estimated hours spent watching music videos and other music media?
   3 hrs

18. What do you think of the women in the videos, etc?
Don’t like it much, they show too much, it’s……dirty, can I say that? Like short shorts.

19. Do you think that the women in music videos portrayed by the industry are beautiful by your standards or societies or both?
   a. Why or why not?
Maybe to men, because I think that is what videos pull to, what the men want to see.
20. Do you think that these women are in a healthy state?
   a. That you think that these women eat well?
   b. That you think that these women exercise?

   Probably not.

21. Do you compare yourself to the women you see in music videos?

   No

22. Do you wish you were one of these women dancers, singers and actresses?

   No

23. Do you think people compare you to women in music videos?
   a. Significant others, Parents, Friends

   No

24. Do you feel influenced by the women in the music videos to act and be like them?
   a. In what ways do you feel this?

   No

25. Do you think that other women are influenced by women in the music videos?
   a. Why?

   Younger girls. They want to be accepted by society.

26. What do you think men think about the women in the music media? And how does this help to influence women?

   Attracted to them, they don’t want sluts but are still attracted to the look.

27. Has anyone in your life helped to push the image of the women in the music media on you? No names, and in what way have they done this?

   No

28. What music artist do you identify the most with?

   Christina Aguilera, her song Beautiful.

Who you are: (circle the appropriate selection)

Gender: Female-heterosexual

Age: 25-28
Ethnicity: ___Hispanic______________________________

Estimated Height: 5’1”-5’4”

Estimated Weight: 141-160