

Why do teenage girls have more appearance anxiety than teenage boys?

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Abstract:

A field experiment was performed to investigate the effect of three variables on appearance anxiety level. More and more people have developed varying degrees of anxiety about their appearance. This article summarizes the understanding of this issue and explores the influence on teenagers' anxiety about appearance from three factors: social media, family, and peers. A total of 160 questionnaires of teenagers' answers were received, with 48.75% being male and 50.63% being female. Through data analysis, it was found that social media and family are the main agencies influencing the degree of body image anxiety among teenagers of different genders. For social media, girls receive more comments about appearance, because business believes that girls have stronger consumer ability, if girls worry about their appearance, they will spend more. Also, in the family parents' harsher evaluations of girls lead to more anxiety among them. Regarding the influencing factors of teenagers' appearance anxiety, there are still many aspects that require in-depth research. By reviewing the existing literature and the knowledge obtained from the research conducted so far, this project provides research directions that are likely to lead to future advances.

Keywords: appearance anxiety, social media, teenagers, family

1. Introduction

Over recent years, body image concerns have affected both boys and girls. Research suggests that girls are more likely to be dissatisfied with their appearance and weight than boys (Delfabbro et al., 2011). 46% of girls reported that their body image causes them to worry 'often' or 'always' compared to 25% of boys (Chiu et al., 2017). Appearance anxiety has

become an increasingly prominent issue among teenagers. Teenagers' body dissatisfaction not only leads teenagers to try to make themselves more beautiful at all costs, but also impacts their cognitive development and social interactions during the growth stage, which poses a significant problem in preventing teenagers from having good mental health.

Societal and cultural norms play a significant role in this gender disparity. From a young age, fairy tales

often depict heroines as beautiful princesses. This early cultural edification gives girls a superficial understanding of their appearance. In contrast, boys are more likely to be praised for their achievements, skills, and personality traits rather than just their looks. The media also exacerbates this difference. Social media platforms and television shows are filled with images of idealized female beauty (Xia, 2024). These images create an unrealistic standard that many teenage girls strive to meet. Moreover, peer pressure can be more acutely felt by teenage girls. In school environments, girls may be more likely to compare themselves to their female classmates regarding appearance. This constant comparison can lead to feelings of inadequacy and heighten appearance anxiety (Webb & Zimmer-Gembeck, 2013).

Therefore, this research aims to investigate these three factors to determine why they are the primary reasons for teenage girls experiencing more appearance anxiety than teenage boys, as well as how these factors affect their lives. It also seeks to identify ways to alleviate teenage girls' anxiety so that they can make peace with their looks. This dissertation will review relevant literature, distribute questionnaires among peers, and analyze the influences of these three distinct factors on the appearance anxiety of students of different genders.

2.Literature Review

2.1 What is appearance anxiety?

Physical appearance anxiety is a form of body dysmorphic disorder that manifests as distress over perceived physical defects (Apppsychology, 2024). Beauty provides people with joyful emotions or pleasurable perceptions. It is the symbol of people pursuing idealization, including transcendence and self-renewal, and elicits aesthetic emotions during the process (Yang&Zhou, 2021). Contemporary young women are increasingly keen to create a better body image (Mo&Bai, 2022). So that more and more girl want to have plastic surgery to satisfy their inner ideal appearance, which makes them feel self-gratification. On the one hand, teenagers are associated with negative social influences in childhood and adolescence, and living in a negative environment for a long time. Thus, teenagers lack confidence in their appearance, fear of showing themselves in public, fear that others will judge or laugh at their appearance, and avoid social activities (Papapanou et al., 2023). In addition, they are also influenced by today's society, such as social media, social culture, people surrounding, individual psychological influence, and so on. Some people like to follow the social trend that can help them blend with the group(Liao et al., 2023).

2.2 The factors to influence teenager appear-

ance anxiety

2.2.1 Social media

In these social platforms full of pictures and videos, the attention of young people is captivated by the visual manifestations of individuals blessed with remarkable aesthetic appeal. This visual eminence engenders an unspoken realm of comparison wherein individuals inadvertently develop an implicit sense of inadequacy regarding their own physical appearance, ultimately leading to the emergence of facial insecurities through covert comparison (Wu et al., 2024). In this research, the author only considers how social media in our lives influences people. By contrast, another article presents research on service marketing, which heavily influences women's internalized views of body image and feminine beauty. Celebrities and models in the media "exemplify" the good life since they are considered good-looking. People, particularly women, tend to re-examine their own appearances and seek surgeries to conform to the dominant aesthetic standards prevalent in this kind of consumer culture (Wang, 2023).

According to the comparison of the two articles, they describe the influence of social media on people from different angles. In the current digital information age, people often use electronic devices to obtain information. Compared with the past, today's society has increased access to information, and people also have behavioural and psychological changes in this process. How social media influences people can be discussed. For mental health, the standards on social media are often much higher than in real life. Because social media is full of carefully selected photos, and because people can speak freely online, many people can be very critical and even offensive (Wu et al., 2024). Some girls are sensitive and vulnerable. When adolescent girls see these negative comments, they may magnify their negative emotions because of these negative comments.

2.2.2 People surrounding

For a healthy social life, young people need to be approved by their peers and share their feelings and thoughts. Teenagers, who care about their friends more than family members, share their bodily changes with friends and begin to understand others (Uslu, 2013). Adolescence is a period of rapid cognitive, social, and physical transformation that may increase the perceived need for similarity with peers, leaving adolescents vulnerable to peer influence (Laursen & Veenstra, 2021). Among the same-age group, teenagers may be excluded by others due to differences in appearance or body shape. As a result, some teenagers experience an increase in appearance anxiety and even suffer from mental health problems in such

an environment (Schaefer & Salafia, 2014)..

2.3 The influence of appearance anxiety

Appearance anxiety can easily plant the seeds of inferiority in the hearts of teenagers. Firstly, when they compare themselves with the unreachable “perfect looks” on the internet, the occasional acne on the face, or not having a straight nose, all can be a source of self-denial (Chen & Ma, 2022). This kind of long-term self-depreciation can seriously damage the self-confidence of adolescents, causing them to fall into self-doubt and have a false sense of self-worth, believing that they are less than others because they are not attractive enough. Also, the appearance anxiety can lead to increased mood swings. Teenagers will worry about their appearance, which can lead to long-term depression and anxiety, and a negative evaluation can affect their emotions and normal sleep (Demkowicz et al., 2025). Secondly, the teenagers spend a lot of time and energy on their appearance, which will distract their attention from studying. In this process, they reduce the time spent studying and the rate of study, which unavoidably affects teenagers’ marks at school. The rise of social media has largely exacerbated this phenomenon (Liao et al., 2023). Open various social media platforms, the screen is full of carefully modified “perfect” faces and bodies, and teenagers are unconsciously comparing themselves socially to these “perfect looks” on social media.

2.4 Appearance anxiety caused by gender differences.

For the research, the aim of this five-wave (2.5 years), multiple-informant longitudinal study was to first examine growth trajectories of appearance anxiety symptoms and appearance esteem. Second, identify whether trajectories differed by gender, and examine several residual factors. Participants were 387 adolescents (44% boys) aged 10 to 13 years at first assessment. Steep growth in appearance anxiety symptoms was found for both girls and boys, but there was no change in appearance esteem. Girls had more elevated appearance anxiety symptoms and lower appearance esteem than boys (Zimmer-Gembeck et al., 2018). Some girls will develop and mature earlier, be talked about by their classmates, and experience shame. Some boys who mature later may be ridiculed for being short in height. This can also lead to boys’ lack of confidence in their appearance and their desire to grow taller quickly. Because the early or late physical changes make them feel out of step with their peers, this uniqueness causes them to have a strong abnormal sense of their own appearance (Rapee et al., 2023).

2.5 Summary

According to the findings of these former researchers’ articles. It can be seen from the literature that the research contents and methods of the researchers are rich and colourful, and they all show that they have different effects on teenagers affected by different factors. However, according to the literature, the shortcoming of the dissertation is that the literature comparing the appearance anxiety of teenagers of different genders is limited. In addition, the descriptions of male and female adolescents in some articles are superficial, and it is not possible to understand the viewpoints mentioned in the articles in depth. Most of the literature describes the phenomenon through words and a lack of data charts to more clearly show the differences in appearance anxiety of adolescents of different genders. The article relies more on secondary data and less on understanding the changing psychology of today’s teenagers. In current research, the researcher wants to find out why teenage girls have more appearance anxiety than teenage boys. The research value of this paper lies in that it can analyze the views of adolescents on appearance anxiety and how they deal with different degrees of appearance anxiety in their daily lives by reading different secondary materials and using questionnaires. In today’s society, more and more teenagers are paying more attention to their appearance. Some sensitive adolescents may develop a stronger love of beauty, such as: Some girls want to be beautiful because they hear their favourite people explain their ideal type, or girls hear from boys that they overevaluate themselves. However, some girls will have excessive behaviours, such as dieting, affecting their health, and failure of plastic surgery, which will deepen their anxiety, despair, and suicidal thoughts. Therefore, by analyzing data and a questionnaire survey, this paper finds out why different factors affect the different anxiety levels of adolescents of different genders.

3. Methodology

The researcher employed a combination of secondary data collection and questionnaires to analyze the levels of body image anxiety among teenagers of different genders.

3.1 Secondary research

The researcher looked up information on Google Scholar, Safari browser, and Bing to find out the main reasons and make hypotheses about possible influencing factors. The researcher believes that the documents can help enhance the credibility of the argument because it is impossible for the researcher to guarantee the validity of the dissertation. Secondly, the documents can help researchers fully un-

derstand the issue of body image anxiety and also enable them to analyze the reasons for the anxiety when people encounter such problems in the future. The researcher read around 50 articles about appearance anxiety, and the literature was evaluated using the CRAAP method.

H1: In a family environment, girls are subject to more demands regarding their appearance than boys.

H2: Among peers, the topic of appearance is more important than that of men.

H3: Girls are pushed more videos related to appearance anxiety on social media than boys, and among the information on social media.

3.2 Questionnaire design

This research is designed to find out why teenage girls have more appearance anxiety than teenage boys. The researcher set up a questionnaire for the target population. The main target population is teenagers who are aged from 14 to 18. The questionnaire focused on the three aspects that may influence teenagers' appearance anxiety level, such as social media, family, and peer group. Also, the questionnaire adopted the Likert scale from 1 to 5, 1 is strongly disagree and 5 is strongly agree. This questionnaire referred to the Social Appearance Anxiety Scale (Hart, 2008), the Youth Appearance Anxiety Scale (Luo, 2014), and the Appearance Anxiety Inventory and selected 15 questions from these three existing scales for questioning. The questionnaire used WJX to send to teenagers. A total of 160 questionnaires were received in this survey. 48.75% were from male participants and 50.63% from female participants, with the proportions being roughly equal. Moreover, the majority of the participants were aged between 15 and 20. These two questions were mainly intended to provide a preliminary understanding of the participants.

The collection of this questionnaire is carried out anonymously throughout the process and will not disclose the privacy of the respondents. Meanwhile, the questions designs are all derived from existing studies and will not have a negative impact on the Youth group. Also the process of filling out the questionnaire was all voluntary participation.

3.3 Data analysis

The design of the questionnaire followed a systematic step-by-step approach, incorporating insights from the literature review and aligned with the research objectives. The SPSSAU software was used for analysing questionnaire data. Due to the data the level of appearance anxiety, peer group, family, social media is quantitative data and the ages, genders are the qualitative data so the researcher

using normality test that all data was passed meets the testing requirements.

4. Findings and Results

4.1 Gender of the participants

Table 1 The percentage of difference gender of participants

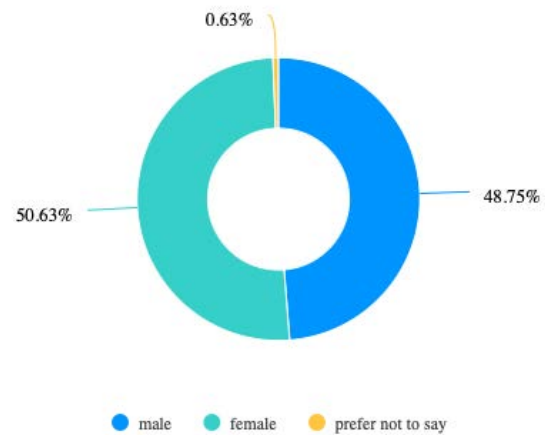


Table 1 t shows 48.75% of males and 50.63% of females took part in the study and 0.63 of teenager preferred not to say.

4.2 Age of participants

Table 2 The percentage of the range ages for participants

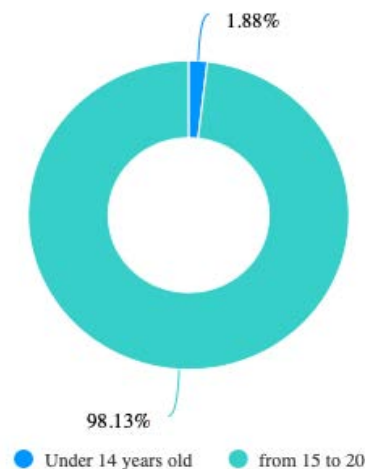


Table 2 shows the ages of teenagers that researcher to investigated and the data display 98.13% teenagers that age are in the range of 15 to 20 and 1.88% teenagers under 14 years old.

4.3 Mean score of questionnaire

Q1 Social media observations of body shape and appearance

The mean score was 3.53. This suggests that participants were more likely to agree that they observed frequent discussions of body shape and appearance on social media.

Q2 The comments from online users after I uploaded photos

The mean score was 2.54. This suggests that participants were more likely to agree that they were many comments from online users about their appearance.

Q3 Parents judge participant appearance

The mean score was 2.38. This suggests that participants did not agree that their parents often judged their appearance.

Q4 Encounter negative comments for teenage that parents may comfort

The mean score was 3.38. This suggests that participants were more likely to agree that their parents often comfort them appearance when they encounter negative comments.

Q5 Classmates often comment on teenage appearance

The mean score was 2.4. This suggests that participants did not agree that classmates often judge their appearance.

Q6 The extent to which participants talk about appearance-related topics with their peers.

The mean score was 2.02. This suggests that participants did not agree that most of the topics they chat about are related to appearance.

Q7 Tendency to make friends

The mean score was 2.99. This suggests that participants were more likely to agree that they tend to make friends with good-looking people.

Q8 Self-assessments

The mean score was 2.94. This suggests that participants

were more likely to argue that they are good looking.

Q9 The physical factors influence teenage social activities
The mean score was 1.93. This suggests that participants did not agree that they will reduce participation in social activities because of their figure.

Q10 Searching social media to maintain or improve teenage figure

The mean score was 2.69. This suggests that participants were more likely to agree that they often search for topics related to improving and maintaining a good figure online.

Q11 Make up to improve themselves

The mean score was 2.24. This suggests that participants were more likely to disagree that they spend a lot of time and energy covering up their physical flaws.

Q12 Taking photos makes teenage nervous

The mean score was 2.73. This suggests that participants were more likely to agree that they feel nervous when taking photos.

Q13 Stay together with good-looking teenage that makes them feel uneasy

The mean score was 2.37. This suggests that participants were more likely to disagree that someone who is more attractive in appearance, they feel uneasy.

Q14 Not taking photos causes teenage figure and appearance
The mean score was 2.79. This suggests that participants were more likely to agree that they would rather not take photos because of appearance and figure.

Q15 When others notice shortcomings in teenage appearance that they feel unhappy

The mean score was 3.19. This suggests that participants were more likely to agree that when others notice teenage shortcomings in appearance, they feel unhappy.

4.4 Teenage girls have more appearance anxiety than boys.

Table 3 The anxiety level of difference gender for teenager

	variance		F	p
	1, Gender(Mean±Standard deviation)			
	Boy(n=78)	Girl(n=81)		
anxiety level	18.06±7.45	23.57±7.35	21.983	0.000**
* p<0.05 ** p<0.01				

The first research was carried out to compare the different anxiety levels of different genders of teenagers. As can be seen in table 3, evaluated there is a significant difference between the genders as the p value of 0.000 is less than 0.05. This clearly shows that girls have more anxiety level than boys.

4.5 Factors why girls have higher appearance anxiety than boys.

4.5.1 girls receive more evaluation

Table 4 Anova test for the social media influence difference gender of teenage

	1, Gender(Mean±Standard deviation)		F	p
	Boy(n=78)	Girl(n=81)		
social media comments on appearance	3.24±1.12	3.79±1.09	9.715	0.002**
information related to appearance.	2.17±1.10	2.88±1.26	14.316	0.000**

Table 5 The linear regression of social media that influence teenage girls and boys.

Results of linear regression analysis (n=160)							
	Non-standardized coefficient		Standardization coefficient	t	p	collinearity diagnostics	
	B	standard error	Beta			VIF	tolerability
constant	11.964	2.073	-	5.772	0.000**	-	-
social media comments on appearance	1.339	0.500	0.209	2.679	0.008**	1.087	0.920
information related to appearance.	1.587	0.546	0.227	2.907	0.004**	1.087	0.920
R ²	0.122						
Adjustment R ²	0.111						
F	F (2,157)=10.896,p=0.000						
D-W 值	2.015						
Note: Dependent variable = anxiety level							
* p<0.05 ** p<0.01							

According table 4 and 5 the researcher can see p values was lower than 0.01.

There are significant difference in the information received by boys and girls on social media, girls receive

more information about appearance.

4.5.2 Girls receive more parental judgment from parent than boys.

Table 6 Anova test for parents that influence different gender of teenage appearance anxiety level

Analysis of variance results				
	1, Gender: (Mean±Standard deviation)		F	p
	Boy(n=78)	Girl(n=81)		
judges of appearance from parents	2.13±1.21	2.59±1.24	5.694	0.018*
* p<0.05 ** p<0.01				

Table 7 The linear regression of family influence on appearance anxiety among children of different genders

Results of linear regression analysis (n=160)							
	Non-standardized coefficient		Standardization coefficient	t	p	collinearity diagnostics	
	B	standard error	Beta			VIF	tolerability
constant	18.444	1.336	-	13.801	0.000**	-	-

judges of appearance from parents	1.063	0.497	0.168	2.140	0.034*	1.000	1.000
R^2	0.028						
Adjustment R^2	0.022						
F	$F(1,158)=4.580, p=0.034$						
D-W 值	1.983						
Note: Dependent variable= anxiety level							
* $p<0.05$ ** $p<0.01$							

As can be seen from table 6, it is significant difference when parents judge teenage girls and boys appearance. The P value was lower than 0.05 and the result is parents' harsher evaluation of girls lead to more anxiety among

them.

4.5.3 There is no difference in the frequency with which boys and girls receive evaluations of their appearance from peer groups.

Table 8 The linear regression of peer group influence teenage appearance anxiety

Results of linear regression analysis (n=160)							
	Non-standardized coefficient		Standardization coefficient	t	p	collinearity diagnostics	
	B	standard error	$Beta$			VIF	tolerability
constant	13.994	1.230	-	11.373	0.000**	-	-
peer conversation about appearance	3.458	0.542	0.453	6.382	0.000**	1.000	1.000
R^2	0.205						
Adjustment R^2	0.200						
F	$F(1,158)=40.728, p=0.000$						
D-W 值	1.935						
Note: Dependent variable = anxiety level							
* $p<0.05$ ** $p<0.01$							

Table 9 Anova test for peer group may influence teenage appearance anxiety

Analysis of variance results				
	1, Gender : (Mean±Standard deviation)		F	p
	Boy(n=78)	Girl(n=81)		
peer conversation about appearance	1.91±1.06	2.09±0.98	1.189	0.277
* $p<0.05$ ** $p<0.01$				

According table 8 and 9, Peer group was relevant with teenage appearance anxiety level. However, the influence of peers on teenagers' appearance anxiety has nothing to do with gender differences, and there is no significant gap between boys and girls.

As results, the information shows how the three factors that influence difference gender of teenage. Girls receive more appearance topic in social media and parents' harsher evaluation of girls lead to more anxiety among them, for peer group teenage do not have significant difference.

So that girls have more appearance anxiety than boys in social media and family.

5. Discussion

5.1 The impact brought about by the information bubble created by social media

In the research, the researcher identified the similarities and differences. The first similar point is that the ap-

pearance anxiety of girls was higher than that of teenage boys. The reasons why researchers argue that the essay is similar. Firstly, the media's excessive promotion of the "slim figure" will shape the social perception that thinness equals beauty, health, and success (Wu et al., 2024). Teenagers have a social attitude where the ideal image for boys is being tall, slim, and handsome, while for girls, it is being fair-skinned, young, and slim. Social media can provide different content based on different genders. During the booming trend of the "she economy", the beauty industry has become an important market for female consumption, demonstrating strong growth momentum. According to the data, the scale of China's cosmetics market is expected to reach 582.6 billion yuan in 2024, with a year-on-year growth of 8.7%. Behind this data, female consumers undoubtedly are the core driving force behind the market growth (Yang, 2025). According to the article, the girls have a high consumption ability. Therefore, social media can send more relevant information that can stimulate girls' anxiety levels and encourage them to spend more money by themselves; also, these messages are just sent to girls, and boys do not receive them.

5.2 The influence brought about by traditional family values

Secondly, a family atmosphere that overly focuses on weight or appearance, for instance, parents frequently comment on their children's body shape and force them to lose weight (van Oort et al., 2009). This may lead to children developing anxiety about their weight (Farmakopoulou et al., 2024). In traditional families, parents and elderly family members tend to compare their children with others. They believe that criticizing their children can give them the motivation to overcome difficulties, so that when children encounter similar problems later, they will not be afraid. However, the outcome is not what they expected. Their criticism causes teenagers to start doubting themselves, and their self-esteem declines, resulting in problems with their mental health (Astrom, 2024). According to the literature, it has been proven that traditional family environments have a significant impact on teenagers' health. Teenage girls tend to be more sensitive in family settings. Furthermore, in families that favor sons over daughters, elderly family members and parents often show a stronger preference for boys. When girls go to school, if the family resources are limited, in families with a preference for sons over daughters, they will prioritize sending their sons to school. No matter how intelligent or eager the girls are to study, educational resources will be given priority to the sons (Teng, 2024). This phenomenon shows that girls' appearance anxiety levels are higher than those

of boys. The family provides the first and most influential relationship in a child's life. Teenagers rely on parents and family members for support and guidance.

5.3 Peer influence

Thirdly, among adolescents, peer evaluations of body shape and the imitation of weight-loss behaviors, such as the sharing of dieting methods and the comparison of weights, may intensify the pursuit of thinness (Madhobi Pramanik & Chakraborty, 2025). This phenomenon is particularly salient in contexts where there is an atmosphere of weight shaming or a societal inclination to idealize thinness (Mercan Isik, Ozturk & Bestas, 2025). The extant literature contains arguments that are congruent with the results obtained by the researcher. In contrast, the present study has two distinguishing features. Firstly, the analysis is conducted through the lens of three distinct influencing factors that have become increasingly prevalent in the lives of adolescents. Secondly, the present study differs from previous research in its focus on a distinct audience group. Previous studies have examined a wide range of teenagers' appearance anxiety levels. In contrast, the present study focuses on a specific demographic of adolescents between the ages of 15 and 20. The target participants are expected to remain within the same country and to have similar ages.

6. Evaluation

6.1 Strengths

Firstly, with the rising impact of social media on adolescents' self-perception, investigating why teenage girls experience more appearance anxiety than boys addresses a critical gap in understanding gendered mental health issues. The study effectively integrates theoretical foundations and empirical data, grounding its analysis in existing literature—such as citing (Delfabbro et al., 2011) and highlighting gender differences in body dissatisfaction—and complementing it with original questionnaire data, enhancing the work's credibility.

Secondly, the research on questionnaire design targets 14-18 years old difference gender of different genders that are in good balance. There are 79 males and 81 females, and the question responses show a clear gender difference. About the questionnaire, it has more validity because the questions in the questionnaire are derived from the reference questionnaires that have already been developed on the website, ensuring accuracy.

Thirdly, the researcher believes that the research uses of field experiments has enhanced the authenticity of the ex-

perimental results, and it has also prevented participants from feeling nervous, thereby reducing their need for characteristics, while creating the questionnaire to protect the privacy of individuals. Also, this experiment is closely related to our lives; it can help us reduce concerns about appearance and attempt to reconcile with our physical appearance and body shape. As participants have personal experience with appearance anxiety and make the project about appearance anxiety, the researcher can better understand the inner struggles and distress of those who are anxious. When helping others analyze the causes or propose solutions, also better understand and comfort them from their perspective.

Fourthly, the findings are insightful and well-supported. The study identifies social media as the primary factor that girls more frequently encounter appearance-related discussions and comments online, followed by family evaluation, while peer influence shows no significant gender difference. The arguments in the literature are the same as those in my research results.

6.2 Limitations

According to the current essay, although the researcher used a field experiment, this experiment has some limitations. For example, unlike a laboratory experiment, which can control variables, but a field experiment cannot control all variables. It not only needs to control the independent variable but also has to deal with uncontrolled variables that may affect the experimental results.

Secondly, the field experiment also have individual difference. In the participant family they may face to difference environment, such us : In some families without traditional feudalistic thinking, parents have the same expectations and care for their children. They never treat their children differently due to their individual differences. This kind of family education approach adheres to an encouraging educational method, allowing teenagers to continuously develop a strong sense of social identity and a complete self-awareness in this living atmosphere. On the contrary, in some families with feudalistic thinking, parents and older generations hold social biases towards children. They pay more attention to the higher expectations of boys for them and treat girls in a suppressing manner, resulting in girls' lack of confidence and self-esteem in their social identities when they grow up.

Thirdly, moreover, social media influence is treated as a single variable without distinguishing between platforms for example short-video apps compare with social networks, ignoring potential differences in how content types like beauty tutorials or daily posts that affect anxiety level. While family evaluation is identified as a secondary fac-

tor, the study does not differentiate between positive and negative parental comments, because for different comments that make participants have differ anxiety level for they life. Similarly, the discussion of peer group influence being non-significant could benefit from qualitative data like interviewing some target participants to explain why gender differences are absent here. In the current research, questionnaire did not clearly show data to evaluate that peer groups may affect teenage appearance anxiety levels. While nowadays peer group may also effect teenage mental health or behaviour but for some teenagers did not realize the potential influence of their peers words on them.

6.3 Improvement

Regarding the improvement of the research, researcher believed that the experiments need to gradually evolve into laboratory experiments, which can effectively control a single variable and will not be affected by many uncontrollable factors such as the environment. Secondly, the experiments can include more interviews and face-to-face communication with the participants to understand their inner thoughts, which can make the research more effective. The video content watched by social media platforms and the target audience needs to be refined.

7. Conclusion

Overall, the dissertation aims to investigate why teenage girls have more appearance anxiety than teenage boys. So the results is that family and social media may let girls to have more appearance anxiety. This was shown in the current research, where there were significant differences found in the p-value in the ANOVA test for different factors. First, for the family ANOVA test, the p value was lower than 0.01, so that the differences in gender of teenagers have a significant difference in the family, and parents' harsher evaluations of girls lead to more anxiety among them. And in social media, there are significant differences (P value < 0.05) in the information received by boys and girls on social media. Girls receive more information about appearance. Also, the manager believes that girls have stronger consumer ability, which may send more information to make girls have more anxiety, whereas pushing girls to consume more appearance anxiety than boys. However, the influence of peers on teenagers' appearance anxiety has nothing to do with gender differences, and there is no significant gap between boys and girls. This dissertation can provide a combination of secondary and primary data to help teenagers better understand the causes of appearance anxiety and enable them to learn how to reduce the negative impact of self-appearance anxiety on themselves. It also aims to help them reconcile

with their own appearance. If there are more in-depth related research papers and experiments in the future, the researcher will continue to explore the subtle differences between men and women and implement the improved methods from this experiment into more in-depth experiments.

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