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# The Effect of Media Coverage of Female Athletes and the Impact on How These Athletes View Their Body

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The Effect of Media Coverage of Female Athletes and the Impact on How These Athletes  
View Their Body

A Synthesis of the Research Literature

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A Synthesis Project

Presented to the

Department of Kinesiology, Sport Studies, and Physical Education

The College at Brockport

State University of New York

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In Partial Fulfillment

of the Requirements for the Degree

Master of Science in Education

(Physical Education)

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by

Hannah Rehbaum

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THE COLLEGE AT BROCKPORT  
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Department of Kinesiology, Sport Studies, and Physical Education

Title of Synthesis Project: The Effects of Media Coverage of Female Athletes  
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### **Abstract**

Research indicates that in today's society media has a powerful effect on the body image of female athletes. The purpose of this synthesis was to review the literature on the effect of media coverage of female athletes and the impact on how these athletes view their body. Results indicate that there is an overall detrimental relationship between the influences of media and the way female athletes view their bodies.

***Keywords:*** media, body image, female athletes

## **Chapter 1**

### **Introduction**

In today's society media has an immense influence on the world's population. This media comes in many different forms, such as television, newspapers, magazines, and internet. Regardless of the source it can have either a positive or negative effect on people of all ages.

One topic that is generally discussed in the media is the physical appearance of women, and more specifically about their bodies. According to Fortes, Paes, Neves, Meireles, and Ferreira (2015), in more recent years there is a cultural preference, which is portrayed through the media, for females to have slim and slender bodies. With this external pressure placed on females to have an ideal body type, it has become common for females to be dissatisfied with their own body image. Swami, Steadman, and Tovee (2009), state that body image is the internal perception of one's own physical or outer appearance. A survey in *Psychology Today* revealed that 56% of women were displeased with their own body image (Swami et al., 2009). Taking it one step further, one subgroup that receives a surplus of attention related to body image dissatisfaction is female athletes. Swami et al., (2009) writes that the extra pressure to attain and maintain athletic physiques can lead to unhealthy eating and exercise habits. Beals and Manore (2002) note that in addition to the unhealthy eating and exercise habits, women may also experience menstrual dysfunction and musculoskeletal injuries.

Research shows that sports are divided into three different categories based on the nature of the sport and the competitive requirements. These categories are comprised of aesthetic (cheerleading, diving, and gymnastics), endurance (basketball, cross-country and track, field hockey, crew, soccer, swimming, and water polo), team/anaerobic (track,

golf, softball, tennis, and volleyball). According to Beals and Manore (2002), evidence shows that when it comes to aesthetic sports there is a prevalence of disordered eating and places pressure on athletes to maintain a low body weight and lean figure.

There is also the additional pressure on female athletes to have lean figures because “sex sells” in the sports world. One example that portrays this is *ESPN’s Body Issue*. The mission of the magazine is to “celebrate and explore the athletic form through powerful images”. The editors typically take a female athlete and have her pose naked on the cover of the magazine. However, Weaving and Samson (2018), state that this type of media is controversial and promotes hyper-sexuality towards women. Another publication that promotes the body of females is *Sports Illustrated Swimsuit Issue*. Even though the target audience of these magazines is males, they still reach the female population. This in turn creates a sense of pressure for other females to look like the women on the cover of the magazines.

### **Statement of the Problem**

The output of media related to female athletes’ physical appearance will carry on for years to come, because it is what the consumers want to see. Research suggests that this constant media attention plays an immense role in the way that women view their bodies in a negative way. Specifically, causing unhealthy eating habits, menstrual dysfunction, musculoskeletal injuries, excessive workout patterns, and lower self-esteem (Beals & Manore (2002).

### **Research Questions**

1. What effect does the media have on the way female athletes view their bodies?

### **Purpose of the Study**

The purpose of this synthesis project was to review the literature on the effect of media coverage of female athletes and the impact on how these athletes view their body.

### **Operational Definitions**

For the purpose of this paper, the following definitions will be used:

1. Media- is a means of communication such as radio, television, magazines and the Internet, that reaches or influence people widely.
2. Body image- how you see yourself when you look in the mirror or when you picture yourself in your mind.
3. Female athlete- a human that identifies as a female and participates in some type of sporting activity, at the youth, college, or professional level.

### **Delimitations**

The following are the variables that have been delimited in this synthesis review:

1. Female athletes including youth, college and professional.
2. Peer reviewed articles related to effects of media on female athletes
3. Articles published between 2002-2019.

## **Chapter 2**

### **Methods**

The purpose of this chapter is to review the methods used to study the influences that media has on female athletes' perceptions of their bodies. The studies collected for this synthesis were located using the EBSCO database from The College at Brockport's Drake Library. Within the EBSCO database the following databases were searched: SPORTDiscus and Academic Search Complete.

Within these databases a total number of ten articles met the criteria for inclusion as part of the critical mass within this literature review. In order for an article to meet the criteria for selection in this synthesis it must have been published between 2002-present, this will provide the synthesis with the most up to date and current information available. Other criteria for selection included scholarly and peer reviewed articles that were full-text. Having scholarly and peer reviewed articles provides more validity within the articles and better overall quality. Other articles or sources selected as part of this literature review provided context about the topic, background information and supplemental information to complete the review. All articles and sources are appropriately cited in the reference section of this paper.

In order to gather valuable articles for this synthesis certain keywords and phrases were used when searching the data-base. The first keyword searched was "media influences" that resulted in 967 number of hits. Next, to continue to specify the number articles that were originally searched the key word "body image" was used and it brought the article total down to 42. The final key word inserted was "female athletes" and it lowered the article number to 3. To find additional articles a second search was completed. The first key word searched was "body dissatisfaction" and 427 hits appeared,

after narrowing down the publication dates from 2000-2019. The next key phrase inputted to the search engine was “female athletes in media” and it brought the total down 6 articles. Still needing additional articles for my critical mass a third search was completed in SPORTDiscus. The first keyword search was “eating disorders” and 2,234 hits appeared. The second keyword searched was “female athletes” and that brought the total number of articles to 303. The concluding keyword inserted was “body image” and that lowered the count to 76. The final search that was completed consisted of two keyword searches.

Articles that were selected for use in this synthesis were scholarly and peer reviewed articles that were full-text. Also when selecting articles for use in this synthesis it was important that each article selected had valuable information related to the effects that media can have on a female’s perception of her own body.

Specific criteria were used in order to be a part of the literature review. All of the articles selected were based on how the media can influence the way a female athlete views her body. Participants in the studies reviewed were both female athletes, who participated in a vast array of sporting activities, and non-athletes. Their ages ranged from adolescents, college athletes, at the Division I, II, and III level, and professional athletes.

For this synthesis a total number of ten articles were used to compile data on the influence that media has on female athletes in regards to their body image. Articles came from a variety of journals including *Mass Communication & Society*, *International Journal of Sport Nutrition and Exercise Metabolism*, *Psychology of Sport and Exercise*, *Journal of Adolescent Research*, *Journal of Clinical Sport Psychology*, *Journal of Sport*

Behavior, Journal of Exercise Physiology, International Journal of Sport Communication, International Journal of Sport Nutrition and Exercise Metabolism, and Sportlogia.

The critical mass for this synthesis is comprised of 1,533 participants. Within the 10 articles used for the literature review there was a total of 1,533 female. This vast group of females ranged from athletes who participated in various activities, such as track and field, basketball, dancing, synchronized swimming, etc., at the college level, to non-athletes.

Data were analyzed using the following methodologies for the studies under review, Tukey HSD post hoc tests, MANCOVA, MANOVA, ANOVA with Bonferroni post hoc tests, Kolmogorov-Smirnov, Shapiro-Wilks, PASW Statistic 18, and SPSS 20.

### **Chapter 3**

#### **Review of Literature**

The purpose of this chapter was to review the literature related to the influence media has on the way female athletes view their bodies. When reviewing the literature there were three topics that stood out in relation to the effect that media has on female athletes. Those specific areas include the sexual objectification, disordered eating behaviors, and self-esteem.

#### **Sexual Objectification**

Riebock and Bae (2013), posed that the American media culture is set on taking the strong, toned, and highly fit body of female athletes today and over sexualizing it. To study this phenomenon they examined how the sexualized representation of females in the media, both athletes and non-athletes, affected collegiate athletes' perceptions of their own bodies. There were a total of 103 female athletes, from Division I and III colleges and universities that participated in this study. The participants came from all different cultural backgrounds and competed in various sports, such as basketball, softball, tennis, cross-country, track and field, volleyball, golf, and soccer. These athletes were instructed to complete a ten-question survey using a 5-point Likert scale (1=strongly disagree and 5=strongly agreed), that asks questions about their own body shaming, consequences of body shaming, and their overall goal of appearance. One question that had the greatest response of strongly agree was related to goal of appearance. The question read "female athletes who appear in a sexualized manner in the media project the type of appearance that I see as my goal." Furthermore, this data showed that regardless of the cultural background one comes from, the sport they participate in, and the level in which they play at, female athletes are affected in the same way based on how the media portrays

other women. These athletes feel a need to look like the women exposed in the media because the physical beauty and sex appeal is what consumers want to see (Riebock & Bae, 2013).

The media typically portrays an unrealistic standard for physical appearance that women believe that they need to live up to. This standard has a problematic impact on female viewers' body image. Daniels (2009) described this topic as contradictory because often women are found posing nude or provocatively in national magazines, which can be seen in two different ways. First, these images can illustrate that the female body is strong and powerful, but on the other hand it can be seen as a sexual object. The purpose of this study was to investigate the impact of performance versus sexualized images of female athletes on adolescent girls' and college women's tendency to self-objectify. There were 350 adolescent girls and 225 college women, all from different ethnic backgrounds that participated in this study. First the participants were asked to fill out a questionnaire related to their background and their own sport participation. Then, they were instructed to look at a pile of photographs provided by the researcher. Printed on these photographs were a variety of pictures of women, which fell into a category of sexualized athletes, performance athletes, sexualized models, and nonsexualized models. After observing each picture they were asked to write a short paragraph about the picture they just looked at and how it made them feel. Finally, they were asked to finish the sentence "I am \_\_\_\_\_." in 20 different ways. Daniels (2009) discovered multiple conclusions in relation to this study. The first outcome was positive, the majority of the results related to the performance athletes images showed to have a positive impact on the female viewers. The participants stated that when seeing these athletes they felt

empowered. However, when they observed the pictures of the sexualized athletes they felt undesirable toward their own appearances and completed negative “I am \_\_\_\_\_.” statements. Overall, the primary finding from this study was that women’s sports receive far less attention in the media when compared to men. Therefore, when women are the face of various media outlets it tends to be a more sexualized portrayal, which ultimately affects their body image. Again, women felt that they need to meet a specific body standard that is set through media outlets. In addition to the sexual objectification that women face in the media, there is research that supports development of various eating disorders.

### **Disordered Eating Behaviors**

There is a growing concern in today’s society with body aesthetics and an unreal appearance of thinness, which is a result of media. In addition, there are certain sports that are characterized by flexibility, balance, lightness of movements, low body weight, and fat percentage. The sports that value these characteristics show that female athletes present a greater occurrence of dissatisfaction with their body image and tend to adopt harmful health measures to control body weight (Oliveria et al., 2017). The researchers created a study to analyze the prevalence of syndromes related to eating disorders and the dissatisfaction of body image in 101 athletes of different sports. This study was comprised of 101 female athletes who participated in rhythmic gymnastics, running, rowing, and synchronized swimming. The researchers used two questionnaires to obtain a variety of data. The first instrument they used was the Eating Attitudes Test (EAT-26), which was meant to evaluate the prevalence of eating disorders. It was composed of 26 questions with six responses ranging from “never” to “always”. To evaluate body image

dissatisfaction the Body Shape Questionnaire-BSQ was used. This contained 34 questions with six responses from “never” to “always”. Based off the response from the questionnaires, the researchers discovered that the athletes from the various sports are at a high risk for the development of an eating disorder(s) because they are displeased with their weight and body image. This is due to the promotion of leanness and the pressure put on athletes to obtain a specific body type suitable for their sport by the media.

According to Robbeson et al., (2015), females who tend to internalize the “thin” ideal body type in addition to the external pressure placed by the media, often practice disordered eating behaviors. These behaviors can include bingeing, vomiting, exploitation of laxatives, diuretics and diet pills. The purpose of this study was to investigate disordered eating behavior and energy status in female student dancers. The population for this study was a total of 26 dancers and 26 non-dancers. They were split in half evenly in an experimental (dancers) and a control group (non-dancers). Each member of the control group was matched with someone from the experimental group, who was similar in age and body mass index. The study took place during a high intensity-training phase that included auditioning and training for productions. Using the Eating Disorder Inventory-3 (EDI-3) Questionnaire, which was a self-report measure, the researchers assessed distorted eating behaviors, as well as attitudes and emotions typically associated with eating disorders. In addition, the Three-factor Eating Questionnaire (TFEQ) and the Cognitive Dietary Restraint (CDR) were used to try and control food intake to attain/maintain a desired body weight. Based on the results from the various questionnaires the researchers concluded that more than two-thirds of the dancers were identified as being at risk for a disordered eating behavior. They also

determined that the participants in the control group did not use any extreme exercise or eating habits, unlike the experimental group. Furthermore, athletes who participate in lean sports have a negative body image due to the influence of media. This is because they tend to see themselves as objects of desire, which is the main reason for wanting to change their physical appearance.

There is research that suggests that the media is one of the potential variables related to body image distortion (Bissell, 2004). To investigate this phenomenon the researcher conducted a study, which investigates Division I, female athletes' exposure to two different types of media, entertainment, and sports. She then examined her findings for possible association with body image distortion and eating disorders. For this study there were a total of 78 female participants. These athletes played a wide variety of sports including soccer, basketball, track and field, softball, swimming and diving, and gymnastics. The athletes were asked to respond to surveys based on an expansive variety of topics. First they were asked to record the number of minutes they spent viewing entertainment television each day. Then, using a 5-point scale they were asked to rate how often they watched 40 different programs that represented a diverse sampling of females with varied body types. Next, to analyze the exposure to the "thin" ideal the participants were asked to indicate their frequency in reading different types of entertainment magazines. Afterwards, the athletes had to specify the amount of time they spent watching/looking at both men's and women's sports on TV, in magazines, and sports media in general. They were then instructed to fill out a questionnaire based on their interest in men and women's sports. Lastly, in order to evaluate any distorted eating behaviors the participants were asked to fill out the Eating Attitudes Test and the Eating

Disorders Inventory. With all this data Bissell (2004), was able to identify that athletes who have high exposure to the “thin” ideal entertainment media content are more likely to have a distorted body image, a drive for thinness, and higher levels of negative eating behaviors. She attributes these results to the social comparison theory and the social cognitive theory. The social comparison theory states that people look to images, which they perceive are attainable and realistic. With that being said, women tend to see images in the media that they would like to model, they then begin to behave in a way that makes that image achievable for them. The social cognitive theory suggests that when “attractive” people are in the public eye they are rewarded for their behavior. In entertainment and sports media, typically, the people receiving the greatest awards are “attractive”. Therefore, individuals believe that in order to be successful they need to meet the specific physical standard set by those in the media. This in return has the potential to cause both unhealthy eating and exercise habits.

Ponorac et al., (2018) posed that one significant factor that leads to the disordered eating and the Female Athlete Triad is the increased sensitivity to socio-cultural pressures (media) to achieve a specific body composition. To study this, the researchers wanted to identify the risk for the development of eating disorders by determining body composition parameters and harmful eating habits, then identify risk factors suggested by American Academy of Family Physicians. This study encompassed a total of 117 females broken up into a control and experimental group. The control group was comprised of 27 females who do not participate in any sporting activities. The experimental group was comprised of 84 elite female athletes who play a variety of sports from basketball, handball, distance running, and dance. The researchers used an assortment of self-report

questionnaires to obtain data. When comparing the control group to the experimental group, the control group is at statistically lower risk for the development of eating disorders. This is due to the following factors causing a higher risk; attitude toward looks and body weight, influence of environment, and the usage of weight loss products.

A female athlete, who is driven to excel in her sport and is also willing to go to any length to achieve the highest level of success, may be at a risk for developing disordered eating behaviors (Beals & Manore, 2002). This study examines the prevalence of and relationships between the disorders of the female athlete triad in collegiate athletes participating in aesthetic, endurance, or team/anaerobic sports. The subjects for this study consisted of 425 female college athletes from 7 universities with a representation from 15 different sports. Disordered eating patterns were measured with the Eating Attitude Test-26 and the Eating Disorder Inventory Body Dissatisfaction Subscale (EDI-BD). In addition, a self-developed diet and weight history questionnaire was used to determine current practices. Lastly, the participants were asked to answer various questionnaires based on their menstrual history, health and medical history. About 50% of the athletes in the study denoted that they were terrified of being overweight. However, the research suggests that in sports where there is an emphasis on a lean physique/low body weight there is a high prevalence of eating disorders.

There are many adverse psychosocial and psychological consequences that come along with negative body image and body dissatisfaction. A few concerns that coincide with negative body image/body dissatisfaction are disordered eating habits, depression and anxiety, and poor self-esteem. Gaines & Burnett (2002), state that 50% of females express dissatisfaction with their bodies, which is due to the pressure of obtaining the

“ideal” body type. The purpose of this study was to examine the differences in body image, eating behaviors, and social pressures in college female athletes and non-athletes at a moderately sized Division II university. The participants of this study consisted of 58 female athletes and 196 non-athletes who varied in age, ethnicity, and sport backgrounds. The researches used a variety of questionnaires measuring disordered eating (The Eating Attitudes Test (EAT: Garner & Garfinkel)), self-esteem (The Self-Esteem Scale (Rosenberg)), body dissatisfaction (The Contour Drawing Rating Scale (CDRS: Thompson & Gray), and social pressures (The Peer Pressure and Eating Scale (PPES: Lieberman)). The findings revealed that there are multiple differences between athletes and non-athletes. Athletes reported a lower disordered eating behavior and higher body image perception than non-athletes. However, peer pressure significantly effected females’ body image perception, self-esteem, and disordered eating behaviors. Furthermore, research suggest that there are meaningful education and intervention programs that will help enrich females’ body image perceptions, decrease disordered eating behaviors, and increase self-esteem.

### **Self-Esteem**

According to Fortes et al., (2015), there is a current cultural stigma that associates social acceptance and happiness with being thin and slender. This is attributed to the fact that models and actresses possess these body types and they have a large presence in the media. The purpose of their study was to compare and analyze the media-ideal and the athletic internalization of gymnasts to track and field sprinters. There were a total of 133 female participants in this study. Of the 113 there were 83 track and field sprinters and 50 gymnasts. In order to collect data the participants were instructed to fill

out multiple questionnaires. First was the Sociocultural Attitude Toward Appearance Questionnaire-3 (SATAQ-3), which assessed the influence of media on body image. Secondly, the body shape questionnaire (BSQ) was used to measure body dissatisfaction. The results revealed that gymnasts and sprinters had similar levels of body dissatisfaction since both sports place an importance on body aesthetics. Furthermore, the pressure placed on these athletes to obtain an aesthetically pleasing body causes their overall self-esteem to descend. In addition, the data showed that gymnasts wanted to appear more similar to the women that are portrayed in the media. Overall, the findings revealed that the media-ideal internalization was similar for both track and field sprinters and gymnasts. However, the gymnasts did show a greater athletic internalization.

Swami, Steadman, and Tovee (2009) state that 56% of females are dissatisfied with their overall appearance. This is most prevalent among female athletes who compete in “judged” sports and sports that promote leanness like dance, gymnastics, figure skating, swimming, track, etc. The purpose of this study was to examine body size ideals, body dissatisfaction, and media influence among female recreational athletes and non-athletes. There were 132 females who participated in this study ranging from 41 track athletes, 47 women involved in Taekwondo, and 44 non-athletes. The participants completed multiple questionnaires that consisted of three sections; Photographic Figure Rating Scale, Sociocultural Attitudes Towards Appearance Questionnaire and a questionnaire based on their own sport involvement. In the Photographic Figure Rating Scale the participants were asked to identify what figure they considered to be most physically attractive, the thinnest and largest female figures they consider to be the most

attractive physically, what figure they think their body matches with, and which body they would like to possess. On the Sociocultural Attitudes Toward Appearance Questionnaire there were four dimensions of media that were measured. The participants were asked to identify which media sources they considered the most important, the level of pressure they felt to meet the ideal of cultural beauty, and the endorsement and acceptance of a toned and athletic body. Furthermore, the results showed that martial artists have similar levels of body dissatisfaction to non-athletes. This is due to the emphasis that is placed on physical strength in martial arts. On the other hand, track athletes have a high degree of body dissatisfaction when compared to the other groups since track is a sport that promotes leanness. Overall, based on these findings the researchers discovered that body image disorders are much more prevalent among athletes that are involved in sports that promote leanness.

### **Summary**

The purpose of this chapter was to review the literature on the effect that media has on the way female athletes view their bodies. The first part reviewed the sexual objectification women face when they are displayed in the media. Next, was the role media plays in the disordered eating behaviors that female athletes may develop. Lastly, literature was presented to help comprehend how media affects the self-esteem of female athletes. After completing the research on those three areas, it is concluded that media coverage has an overall negative effect on the way female athletes observe their body.

## **Chapter 4**

### **Discussion and Recommendations**

The purpose of this chapter was to review the effect of media coverage of female athletes and the impact on how these athletes view their body. Specifically the effects related to the sexual objectification of women, disordered eating behaviors, and the development of self-esteem issues. Based on the review, the following conclusions were discovered. Overall, the media has a negative impact on the way that women view their bodies. In addition, female athletes feel they need to live up to the physical expectations set by media outlets.

### **Discussion**

Based on the variety of articles that were reviewed in this synthesis, one prominent conclusion was presented; many female athletes are at a high risk for eating disorders. This is especially true for females that participate in sports that promote leanness (Oliveria et al., 2017). These athletes feel that they need to live up to the standard that is set by media channels. Women see the “thin” ideal body on the covers of magazines, on television, various social media platforms and believe that is what they need to look like. Similarly, many women felt they are just objects of desire and that they need to meet a specific image based on what the media puts out. In return they take to extreme measures of eating and exercising to achieve the “ideal body”. Peer pressure may also play a significant role especially for young impressionable girls. Researchers suggest that one way to help negate this behavior is to educate female athletes on dangers of taking extreme measures and to enrich their body image perceptions.

However, according to Daniels (2009), there was one positive outcome based on the finding in her study. Unlike the other studies where women felt negatively towards their bodies and took to extreme measures to change them, there is an affirmative connection between female athletes' influence on other female athletes. When female athletes see other female athletes as the face of a media campaign in an encouraging way they believe it is empowering. These women feel they can achieve their goals in a healthy way rather than using excessive exercise and unhealthy eating habits.

The studies included in this synthesis contained some limitations and weaknesses, which could be improved upon to create a more impactful and precise study. One weakness is the vast number of people included in the studies, which was over 1,500 women/girls of various ages. Utilizing women of a certain age who participate in specific sports could regulate that number better, in order to create more accurate results.

### **Recommendations**

The following are recommendations for future research on the effect of media coverage of female athletes and the impact on how these athletes view their body.

1. To analyze the ethnic and cultural difference on body image perceptions.
2. To examine the effect that education about healthy eating habits and weight management practices would have on female athletes.
3. To discover different ways to combat the harmful messages found in the media targeted specifically at females.

4. To identify situations in which sport participation can improve the overall well-being and body image among female athletes.
5. To determine whether or not there are types of sexualized images of female athletes that lower self-objectification.

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**Appendix A**

**Article Grid**

Author	Title	Source	Purpose	Methods & Procedures	Analysis	Findings	Discussion/ Recommendations Research Notes
Kimberly L. Bissell	Sports Model/Sports Mind: The Relationship Between Entertainment and Sports Media Exposure, Sports Participation, and Body Image Distortion in Division I Female Athletes	Mass Communication & Society, 7:4, 453-473, 2004	The purpose of this study was to investigate Division I female athletes' exposure to two different types of media, entertainment and sports, then look for possible association with body image distortion and eating disorders.	<p>There were a total of 78 females who participated in this study. These athletes participated in a wide variety of sports including soccer, basketball, track and field, softball, swimming and diving, and gymnastics.</p> <p>The participants were asked to answer a variety of surveys based on a wide range of topics.</p> <p>--Record the number of minutes the spent viewing entertaining TV/day</p> <p>--Using a 5-point scale they were asked to rate of often they watched 40 different programs (programs represented a diverse sampling of body types)</p> <p>--To analyze the exposure to thin ideal magazines the participants were asking to indicate their frequency in reading different types of magazines</p> <p>--To examine exposure to sports on TV, in</p>	The overall results were analyzed using various regression analyses.	The key finding in this study is that athletes who have high exposure to the thin ideal entertainment media content are more likely to have a distorted body image, drive for thinness, and higher levels of negative eating behaviors.	<p>*social comparison theory (457)</p> <p>*social cognitive theory (459)</p> <p>Look at the long-term and gradual effects of constant thin ideal media exposure.</p> <p>To discovers different ways to combat the harmful messages found in the media targeted specifically at females.</p>

				<p>magazines, and sports media in general the participants were asked to specify the amount of time they spent observing both men's and women's sports/day and then fill out a questionnaire based on their interest in men's and women's sports</p> <p>--The participants were also asked to specify the amount of time/day they spend practicing their sport</p> <p>--Lastly, to evaluate any distorted eating behaviors the participants were asked to fill out the Eating Attitudes Test and the Eating Disorders Inventory</p>			
Katharine A. Beals, Melinda M. Manore	Disorders of the Female Athlete Triad Among Collegiate Athletes	International Journal of Sport Nutrition and Exercise Metabolism, Vol. 12, 281-293, 2002	This study examines the prevalence of and relationships between the disorders of the female athlete triad in collegiate athletes participating in aesthetic, endurance, or team/anaerobic sports.	<p>The subjects consisted of 425 female college athletes from 7 universities with a representation from 15 different sports.</p> <p>Disordered eating patterns were measured with the Eating Attitude Test-26 and the Eating Disorder Inventory Body Dissatisfaction Subscale (EDI-</p>	Results were reported as mean values with standard deviations (SD). Then a one-way analysis of variance, ANOVA was used to make comparis	About 50% of the athletes in the study denoted that they were terrified of being overweight. However, the research suggests that in sports where there is an emphasis on a lean physique/low body weight there is a high prevalence of eating disorders.	A further recommendation would be to examine the prevalence of more than one of the disorders of the Triad concurrently.

				BD). In addition, a self-developed diet and weight history questionnaire was used to determine current practices. Lastly, the participants were asked to answer various questionnaires based on their menstrual history, health and medical history.	ons between sports, and lastly, Tukey HSD post hoc test to determine which groups differed.		
Viren Swami, Laura Steadman, Martin J. Tovee	A comparison of body size ideals, body dissatisfaction, and media influence between female track athletes, martial artists, and non-athletes	Psychology of Sport and Exercise, Vol. 10, 609-614, 2009	The purpose of this study was to examine body size ideals, body dissatisfaction, and media influence among female recreational athletes and non-athletes.	<p>The participants in this study were 132 women ranging from 41 track athletes, 47 women involved in Taek Won Do, and 44 non-athletes.</p> <p>The participants completed multiple questionnaires consisting of three sections, photographic Figure Rating Scale, Sociocultural Attitudes Towards Appearance Questionnaire and a questionnaire based on their own sport involvement. The purpose of these three questionnaires was to analyze physical attractiveness, body dissatisfaction, media influence, and the predictors</p>	The data was analyzed using post-hoc Tukey HSD and MANCOVA.	The overall results show that martial artists have similar levels of body dissatisfaction to non-athletes because there is an emphasis on physical strength in martial arts. On the other hand track athletes have a high degree of body dissatisfaction when compared to the other groups because track is a sport that promotes leanness. Overall, based on the levels of body dissatisfaction there is a high percent chance that these athletes may develop an eating disorder or female athlete triad.	The authors' recommendation for future research is to attempt to identify situations in which sport participation can improve overall well-being and body image among female athletes.

				of body dissatisfaction.			
Elizabeth A. Daniels	Sex Objects, Athletes, and Sexy Athletes How Media Representations of Women Athletes Can Impact Adolescent Girls and College Women	Journal of Adolescent Research, 24:4, 399-422, 2009	The purpose of this study was to examine how images of performance athletes, sexualized athletes, sexualized models, and non-sexualized models impacted adolescent girls' and college women's tendency to self-objectify.	<p>The members in this study were 350 adolescent girls and 225 college girls coming from various ethnic groups.</p> <p>The participants were instructed to look at a pile of photographs. On these photographs were a variety of picture of women who fell into a category of sexualized athletes, performance athletes, sexualized models, and nonsexualized models. After they looked at each image they were instructed to write a short paragraph about the picture and how it made them feel.</p> <p>In addition, the participants were asked to fill out various questionnaires about their background and their own sport participation. Lastly, they were asked to complete this sentence 20 different ways, "I am _____".</p>	The data was analyzed by using two-factor ANOVAs with Bonferroni post hoc tests.	One finding from this study is that performance athlete images positively impacts female viewers and can help to empower them. They see these images as a promotion of female athletes' bodies. However, women's sports receive less attention in the media when compared to men, so when women are in the media it tends to be a more sexualized portrayal. On the other hand when these women saw pictures of sexualized athletes it led to them making negative statements about their own appearances.	<p>Pg: 403</p> <p>Athlete to athlete can be very positive for body image</p> <p>The author suggests that future research should be done on girl's/women's thoughts and reactions to sexualized and performance images of female athletes. This can help to understand how the images may impact girls along other dimensions.</p>
Leonardo	A Comparison	Journal of	The purpose of this study	The participants in this study were 83	The data was	The results revealed that the media-ideal	Are there differences in the

Sousa Fortes	on of the Media-Ideal and Athletic Internalization Between Young Female Gymnasts and Track and Field Sprinters	Clinic al Sport Psychology, Vol. 9, 282-291, 2015	<p>was to compare the media-ideal and the athletic internalization of gymnasts to track and field sprinters.</p> <p><b>Objectives-</b> Compare media-ideal and athlete internalization between track and field sprinters and gymnast.</p> <p>Analyze the prevalence of media-ideal and athletic internalization in two types of sports.</p>	<p>track and field sprinters and 50 female gymnasts.</p> <p>In order to test the hypothesis the researchers had the participants answer multiple questionnaires. First was the Sociocultural Attitude Toward Appearance Questionnaire-3 (SATAQ-3), which assessed the influence of media on body image. Second was the The Body Shape Questionnaire (BSQ), which measured body dissatisfaction.</p>	analyzed using Kolmogorov-Smirnov and MANOVA.	internalization between gymnasts and sprinters was similar. However, the data showed that gymnasts displayed a high athletic internalization.	internalization (media-idea and athletic) between aesthetic, combat, and team sports?
Stacey A. Gainer s, Taylor Beth S. Burnett	Perception s of Eating Behaviors, Body Image, and Social Pressures in Female Division II college Athletes and Non-athletes	Journ al of Sport Behavi or, 37:4,	<p>The purpose of this study was to examine the differences in body image, eating behaviors, and social pressures in college female athletes and non-athletes at a moderately sized Division II university.</p>	<p>The participants of this study consisted of 254 female, 58 were athletes and 196 were non-athletes. The participants varied in age, ethnicity, and sport backgrounds.</p> <p>The researches used a variety of questionnaires measuring disordered eating (The Eating Attitudes Test (EAT: Garner &amp; Garfinkel)), self-esteem</p>	The data was analyzed using MANOVA to determine the differences between groups on body image and disordered eating.	<p>The findings revealed that there are quite a few differences between athletes and non-athletes. Athletes reported a lower disordered eating behavior and higher body image perception than non-athletes. However, peer pressure did significantly effect females body image perception, self-esteem, and disordered eating behaviors.</p> <p>The researchers suggest that there are meaningful education and intervention</p>	Future recommendations are to examine the ethnic and cultural difference on body image perceptions.

				(The Self-Esteem Scale (Rosenberg)), body dissatisfaction (The Contour Drawing Rating Scale (CDRS: Thompson & Gray), and social pressures (The Peer Pressure and Eating Scale (PPES: Lieberman)).		programs that will help enrich females' body image perceptions, decrease disordered eating behaviors, and increase self-esteem.	
Glauber Laameira de Oliveria, Talita Adao Perini de Oliveria, Patricia Soares de Pinho Goncalves, Joao Refael Valente Silva, Paula Roqueti Fernanda, Joes Fernandes Filho	Body Image and Eating Disorders in Female Athletes of Different Sports	Journal of Exercise Physiology, 20:2, 2017	The purpose of this study was to analyze the prevalence of precursor syndromes of eating disorders and dissatisfaction with body image in 101 athletes of different sports.	The subjects in this study were 101 female athletes who participate in rhythmic gymnastics, running, rowing, synchronized swimming and university athletes.  The Eating Attitudes Test (EAT-26) and the Body Shape Questionnaire (BSQ) were the instruments used to collect data from the athletes.	Shapiro-Wilks, ANOVA ONE-WAY and Tukey's posterior test were used to analyze the data.	Athletes from various modalities, such as runners, swimmers, gymnasts, and rowers present a high occurrence of symptoms for at risk development for an eating disorder because there is a promotion for leanness and a specific body type. The athletes also revealed discontent with their weight and the need to lose weight.	Coaches and family members try not to exert pressure on the athletes in regards to body weight or image for their particular sport.  In addition, it is recommended that athletes in specific disciplines should consult with doctors, psychologists, nutritionists, and exercise physiologists to promote longer and healthier performance.
Andrea Riebold	Sexualized	International	The purpose of this study	The participants in this study were	Data was evaluated	Overall, the results showed that only	One future recommendation

k, John Bae	Representation of Female Athletes in the Media: How Does IT Affect Female College Athletes' Body Perceptions	Journal of Sport Communication, Vol. 6, 274-287, 2013	was to examine the effect of the sexualized representation of female athletes in the media on the body perception of the collegiate female athletes.	103 female college athletes, from different cultural backgrounds, from Division I and III colleges and universities who participated in basketball, softball, tennis, XC, track and field, volleyball, golf, and soccer.  These participants were asked to fill out a 10-question Likert scale survey with questions pertaining to body shame, consequences of body shame, and goal of appearance.	using PASW Statistic 18 software and MANOVA.	females of different ethnicities were found to be affected significantly when viewing sexualized pictures of female athletes in the media. One question from the survey showed that many female athletes have a goal of trying to appear like the sexualized women they see in the media. This ultimately shows that regardless of age or ethnicity no one can be exempt from one of the greatest sociocultural factors of how women view their bodies and how the mass media portrays them.	is to find out if there are types of sexualized images of female athletes that lower self-objectification?
Justine G. Robbeson, Herculina Salome Kruger, and Hattie H. Wright	Disordered Eating Behavior, Body Image, and Energy Status of Female Student Dancers	International Journal of Sport Nutrition and Exercise Metabolism, Vol. 25, 344-352, 2015	The purpose of this study was to investigate disordered eating behavior and energy status in female student dancers.	The population for this study was a total of 52 volunteer female dancers. They were split in half evenly with an experimental and a control group. Each member of the control group was matched with someone from the experimental group, who was similar in age and BMI. The study commenced during a high intensity training phase where the dancers were practicing and auditioning.	STATISTICA analysis software	The main finding was that more than two thirds of the dancers were identified as being at risk for having a disordered eating behavior. The participants in the control group did not use excessive exercise, vomiting, or laxatives to promote weight loss. However, bingeing was the most common method for both groups. Another finding from this study was a main reason women want to change their appearance is based off the medias influence.	Future research should combine two methods of dietary data such as a food record as well as a food frequency questionnaire. By doing this it will provide more accurate data because it will cross validate the information.  Also to examine the effect that education about healthy eating habits and weight management practices would have on female athletes

				<p>Eating Disorder Inventory-3 (EDI-3) was used to assess distorted eating behaviors as well as attitudes and emotions typically associated with eating disorders. In addition, the Three-factor Eating Questionnaire (TFEQ) and the Cognitive Dietary Restraint (CDR) were used to try and control food intake to attain/maintain a desired body weight.</p>			
<p>Nenad Ponora c, Mira Spremo, Tanja Sobot</p>	<p>Body Composition, Eating Habits and Risk Factors for the Development of Eating Disorders in Female Elite Athletes</p>	<p>Sportologia, 14:1, 66-77, 2018</p>	<p>The purpose of this study is to identify the risk for the development of eating disorders by determining body composition parameters and harmful eating habits and identifying risk factors suggested by American Academy of Family Physicians.</p>	<p>This study encompassed a total of 117 females broken up into a Control group and an Experimental group. The control group was comprised of 27 females who don't participate in any sporting activities. The experimental group was comprised of 84 elite female athletes who play a variety of sports from basketball, handball, distance running, and dance. The researchers used a variety of self-report</p>	<p>The results were statistically analyzed using the SPSS 20 program to find the standard statistical variables.</p>	<p>When comparing the control group to the female elite athlete group the control group is at statistically lower risk for the development of eating disorders. This is due to the following factors causing a higher risk, attitude toward looks and body weight, influence of environment, and the usage of weight loss products.</p>	<p>Future recommendations for a new study would be to see how a coach could affect how an athlete's feels about their own body image.</p>

				questionnaires to obtain data.			
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