

Conferência de Abertura

Imagem Corporal: Passado, Presente & Futuro

Body Image: Past ,Present & Future

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Modern body image research is an outgrowth of at least three major themes. The first is that any society has a broadly agreed upon definition of what constitutes an attractive appearance. This preferred appearance is associated with higher social status and thus becomes a valued commodity. The second theme is that people have an image of their own body and appearance that is related to this social ideal. This body image has perceptual, cognitive, and affective components. Third, and finally, there are biopsychosocial causes, correlates, and consequences of body image. These range from genetic and media influences to outcomes that include depression and eating disorders. After describing these three themes, this talk will briefly trace their historical roots. The focus will then turn to the identification of major issues in current body image research with a special emphasis on media, gender, cultural differences, and genetic/neurochemical correlates. Finally, future research issues will be delineated, including discussions of positive psychology and developmental trajectories. Throughout the discussion, the importance of body image to psychological well-being and the crucial need for prevention of body image problems will be emphasized.