

Self-Objectification in Women: Causes, Consequences, and Counteractions

(Editors: Rachel M. Calogero, Stacey Tantleff-Dunn, & J. Kevin Thompson)

Summary

Modern industrialized society chronically and pervasively objectifies the female body, and many women have come to view themselves through the lens of an external observer, habitually monitoring their own appearance whether in public or private settings. Given the negative effects associated with self-objectification—such as body shame, appearance anxiety, depression, and disordered eating—an empirically based approach to researching and counteracting self-objectification is critical. This book integrates recent research developments and current clinical knowledge on self-objectification in women. Using Barbara L. Fredrickson and Tomi-Ann Roberts' objectification theory as a framework, the contributors address various aspects of the theory, including evidence for and causes of self-objectification across the life span, psychological consequences, and associated mental health risks. The book also discusses various scales for measuring self-objectification, as well as approaches to prevent and disrupt this phenomenon. With research from a variety of disciplines—psychology, sociology, anthropology, women's studies, and political science—this book should be read by everyone interested in the well-being of women.

I. Introduction and Assessment

1. Objectification Theory: An Introduction

Rachel M. Calogero, Stacey Tantleff-Dunn, and J. Kevin Thompson

2. Operationalizing Self-Objectification: Assessment and Related Methodological Issues

Rachel M. Calogero

II. Sexual and Self-Objectification

3. The Sexualization of Girls and Women as a Primary Antecedent of Self-Objectification

Linda Smolak and Sarah K. Murnen

4. *The Birthmark*: An Existential Account of the Objectification of Women

Jamie L. Goldenberg and Tomi-Ann Roberts

5. Continuity and Change in Self-Objectification: Taking a Life-Span Approach to Women's Experiences of Objectified Body Consciousness

Nita Mary McKinley

III. Consequences of Self-Objectification

6. Performance and Flow: A Review and Integration of Self-Objectification Research

Diane M. Quinn, Stephenie R. Chaudoir, and Rachel W. Kallen

7. Mental Health Risks of Self-Objectification: A Review of the Empirical Evidence for Disordered Eating, Depressed Mood, and Sexual Dysfunction

Manika Tiggemann

IV. Prevention and Disruption of Sexual and Self-Objectification

8. Embodying Experiences and the Promotion of Positive Body Image: The Example of Competitive Athletics

Jessie E. Menzel and Michael P. Levine

9. Fighting Self-Objectification in Prevention and Intervention Contexts

Tracy L. Tylka and Casey L. Augustus-Horvath

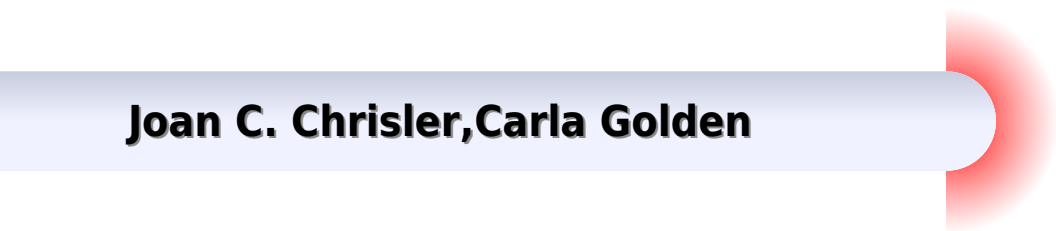
V. Concluding Remarks

10. Future Directions for Research and Practice

Rachel M. Calogero, Stacey Tantleff-Dunn, and J. Kevin Thompson

Self Objectification In Women Causes Consequences And Counteractions

Joan C. Chrisler, Carla Golden



Self Objectification In Women Causes Consequences And Counteractions:

Self-objectification in Women Stacey Tantleff-Dunn, J. Kevin Thompson, 2011 Modern industrialized society chronically and pervasively objectifies the female body and many women have come to view themselves through the lens of an external observer habitually monitoring their own appearance whether in public or private settings Given the negative effects associated with self objectification such as body shame appearance anxiety depression and disordered eating an empirically based approach to researching and counteracting self objectification is critical This book integrates recent research developments and current clinical knowledge on self objectification in women Using Barbara L Fredrickson and Tomi Ann Roberts objectification theory as a framework the contributors address various aspects of the theory including evidence for and causes of self objectification across the life span psychological consequences and associated mental health risks The book also discusses various scales for measuring self objectification as well as approaches to prevent and disrupt this phenomenon With research from a variety of disciplines psychology sociology anthropology women s studies and political science this book should be read by everyone interested in the well being of women Publicity materials PsycINFO Database Record c 2010 APA all rights reserved **Self-objectification in women** ,2011 **Lectures on the Psychology of Women** Joan C. Chrisler, Carla Golden, 2018-01-12 Twenty two distinct essays prepared especially for Lectures on the Psychology of Women present readers with topics often not covered in depth in standard texts Essays are written by feminist psychologists all of whom are active and committed teachers and researchers within the psychology of women More than half the lectures are new to this edition and the others have been significantly updated to include recent research and contemporary examples The book s organization aligns with core texts making it ideal supplemental reading However each lecture stands alone so instructors can assign readings to meet their own course needs Part I on the diversity of women includes lectures on women with disabilities social class immigration relational race privilege aging sexual fluidity and mothering Part II delves into body images and female embodiment with lectures covering such topics as the sexualization of girls PMS weight and body image media representations of Black women genital anxieties and the hairless ideal Part III addresses women s physical and mental health with lectures on depression multicultural therapy Black women s health in the U S and institutional corruption in psychiatry Part IV focuses on discrimination control and violence against women with lectures on slut shaming online gender harassment and microaggressions Part V on social justice and activism includes lectures on awareness of intersectional identities and the relation between the psychology of women and feminist activism

Research Handbook on Digital Sociology Jan Skopek, 2023-03-02 Exploring the social implications of digital transformation as well as demonstrating how we might use digital transformation to further sociological knowledge this incisive Handbook provides an extensive overview of cutting edge research on the digital turn of modern society This title contains one or more Open Access chapters **Clinical Practice at the Edge of Care** Laura Smith, 2016-12-07 This book

brings together psychological and psychotherapeutic contributions in clinical practice with at risk children and their families Chapters by experts working in a range of edge of care settings give an essential account of real world clinical challenges and dilemmas whilst drawing on relevant theory and the growing evidence base for edge of care work with children and families This title will be of interest to both clinical and social work practitioners those commissioning and developing best practice in edge of care services scholars and students of Clinical Psychology Systemic Psychotherapy and related disciplines

The End of Love Eva Illouz, 2021-09-15 Western culture has endlessly represented the ways in which love miraculously erupts in people's lives the mythical moment in which one knows someone is destined for us the feverish waiting for a phone call or an email the thrill that runs down our spine at the mere thought of him or her Yet a culture that has so much to say about love is virtually silent on the no less mysterious moments when we avoid falling in love where we fall out of love when the one who kept us awake at night now leaves us indifferent or when we hurry away from those who excited us a few months or even a few hours before In *The End of Love* Eva Illouz documents the multifarious ways in which relationships end She argues that if modern love was once marked by the freedom to enter sexual and emotional bonds according to one's will and choice contemporary love has now become characterized by practices of non choice the freedom to withdraw from relationships Illouz dubs this process by which relationships fade evaporate dissolve and break down unloving While sociology has classically focused on the formation of social bonds *The End of Love* makes a powerful case for studying why and how social bonds collapse and dissolve Particularly striking is the role that capitalism plays in practices of non choice and unloving The unmaking of social bonds she argues is connected to contemporary capitalism which is characterized by practices of non commitment and non choice practices that enable the quick withdrawal from a transaction and the quick realignment of prices and the breaking of loyalties Unloving and non choice have in turn a profound impact on society and economics as they explain why people may be having fewer children increasingly living alone and having less sex *The End of Love* presents a profound and original analysis of the effects of capitalism and consumer culture on personal relationships and of what the dissolution of personal relationships means for capitalism

The Wrong Prescription for Women
Maureen C. McHugh, Joan C. Chrisler, 2015-07-14 This groundbreaking book challenges the medicalized approach to women's experiences including menstruation pregnancy and menopause and suggests that there are better ways for women to cope with real issues they may face Before any woman diets douches botoxes reduces reconstructs or fills a prescription for antidepressants statins hormones menstrual suppressants or diet pills she should read this book Contesting common medical practice the book addresses the many aspects of women's lives that have been targeted as deficient in order to support the billion dollar profits of the medical pharmacological industry and suggests alternatives to these remedies The contributors psychologists sociologists and health experts are also gender experts and feminist scholars who recognize the ways in which gender is an important aspect of the human experience In this eye opening work they challenge the marketing and science

that increasingly render women's bodies and experiences as a series of symptoms, diseases and dysfunctions that require treatment by medical professionals who prescribe pharmaceutical and surgical interventions. Each article in the book addresses the marketing of a specific condition that has been constructed in a way that convinces a woman that her body is inadequate or her experience and behavior are not good enough. Among the topics addressed are menstruation, menopause, pregnancy, post partum adjustment, sexual desire, weight, body dissatisfaction, moodiness, depression, grief and anxiety.

Encyclopedia of Body Image and Human Appearance, 2012-04-11 This scholarly work is the most comprehensive existing resource on human physical appearance: how people's outer physical characteristics and their inner perceptions and attitudes about their own appearance/body image affect their lives. The encyclopedia's 117 full-length chapters are composed and edited by the world's experts from a range of disciplines: social, behavioral and biomedical sciences. The extensive topical coverage in this valuable reference work includes: 1. Important theories, perspectives and concepts for understanding body image and appearance; 2. Scientific measurement of body image and physical attributes (anthropometry); 3. The development and determinants of human appearance and body image over the lifespan; 4. How culture and society influences the meanings of human appearance; 5. The psychosocial effects of appearance-altering disease, damage and visible differences; 6. Appearance self-change and self-management; 7. The prevention and treatment of body image problems including psychosocial and medical interventions. Chapters are written in a manner that is accessible and informative to a wide audience including the educated public, college and graduate students and scientists and clinical practitioners. Each well-organized chapter provides a glossary of definitions of any technical terms and a Further Reading section of recommended sources for continued learning about the topic. Available online via ScienceDirect or in a limited-release print version. The *Encyclopedia of Body Image and Human Appearance* is a unique reference for a growing area of scientific inquiry. It brings together in one source the research from experts in a variety of fields examining this psychological and sociological phenomenon. The breadth of topics covered and the current fascination with this subject area ensure this reference will be of interest to researchers and a lay audience alike.

Yoga for Positive Embodiment in Eating Disorder Prevention and Treatment Catherine Cook-Cottone, Anne Elizabeth Cox, Dianne Neumark-Sztainer, Tracy L. Tylka, 2022-09-19 There is a growing body of research exploring the effectiveness of yoga as a pathway to positive embodiment for those at risk for and struggling with eating disorders. This book provides a comprehensive look at the state of the field. This book begins with an introduction to positive embodiment, eating disorders and yoga. It also offers insights into the personal journey of each of the editors as they share what brought them to this work. The first section of this book explores the empirical and conceptual rationale for approaching eating disorder prevention and treatment through the lens of embodiment and yoga. The next section of the text integrates the history of embodiment theory as related to yoga and eating disorders, provides the logic model for change and guidance for researchers and offers a critical social justice perspective of the work to date. The third section addresses the efficacy of

yoga in the prevention and treatment of eating disorders including a comprehensive review and meta analysis as well as five research studies demonstrating the various approaches to exploring the preventative and therapeutic effects of yoga for disordered eating The final section of this book closes with a chapter on future directions and offers guidance for what is next in both practice and research The chapters in this book were originally published as a special edition of Eating Disorders The Journal of Treatment Prevention

Yoga as Embodied Mindfulness Catherine Cook-Cottone, Tracy L. Tylka, 2025-05-30

This book examines yoga as embodied mindfulness introducing and explicating the concepts of yoga and embodiment and the associated theoretical and empirical developments in the field It focuses on such issues as embodiment yoga application of embodiment models to yoga and the mechanism of change in yoga for the development of positive embodiment In addition the book introduces research based measures that may be useful in the practical applications of yoga for embodiment It addresses assessment domains including interoception body appreciation developmental embodiment yoga assessments and mindful self care Chapters review research applications such as social justice diversity equity and inclusion cultural appropriation research protocols body image eating disorders and substance abuse and addiction The volume provides practical and clinical considerations specific to teaching yoga classes sessions and contextual considerations e g developing a yoga space that supports positive embodiment Key topics featured include A conceptual overview of yoga and embodiment Mechanisms of change in yoga for positive embodiment Yoga and secularity Assessment and measurement in yoga and embodiment Research review of yoga applications for embodiment for those with substance use and addiction depression and anxiety Practical guidance for yoga teaching and delivering yoga protocols Yoga as Embodied Mindfulness is a must have resource for researchers professors and graduate students as well as clinicians therapists and other practitioners in psychology complementary and alternative medicine and social work as well as all interrelated research disciplines and clinical practices

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Table of Contents Self Objectification In Women Causes Consequences And Counteractions

1. Understanding the eBook Self Objectification In Women Causes Consequences And Counteractions
 - The Rise of Digital Reading Self Objectification In Women Causes Consequences And Counteractions
 - Advantages of eBooks Over Traditional Books
2. Identifying Self Objectification In Women Causes Consequences And Counteractions
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Self Objectification In Women Causes Consequences And Counteractions
 - User-Friendly Interface
4. Exploring eBook Recommendations from Self Objectification In Women Causes Consequences And Counteractions
 - Personalized Recommendations
 - Self Objectification In Women Causes Consequences And Counteractions User Reviews and Ratings
 - Self Objectification In Women Causes Consequences And Counteractions and Bestseller Lists
5. Accessing Self Objectification In Women Causes Consequences And Counteractions Free and Paid eBooks
 - Self Objectification In Women Causes Consequences And Counteractions Public Domain eBooks
 - Self Objectification In Women Causes Consequences And Counteractions eBook Subscription Services
 - Self Objectification In Women Causes Consequences And Counteractions Budget-Friendly Options
6. Navigating Self Objectification In Women Causes Consequences And Counteractions eBook Formats

- ePub, PDF, MOBI, and More
 - Self Objectification In Women Causes Consequences And Counteractions Compatibility with Devices
 - Self Objectification In Women Causes Consequences And Counteractions Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Self Objectification In Women Causes Consequences And Counteractions
 - Highlighting and Note-Taking Self Objectification In Women Causes Consequences And Counteractions
 - Interactive Elements Self Objectification In Women Causes Consequences And Counteractions
 8. Staying Engaged with Self Objectification In Women Causes Consequences And Counteractions
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Self Objectification In Women Causes Consequences And Counteractions
 9. Balancing eBooks and Physical Books Self Objectification In Women Causes Consequences And Counteractions
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Self Objectification In Women Causes Consequences And Counteractions
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Self Objectification In Women Causes Consequences And Counteractions
 - Setting Reading Goals Self Objectification In Women Causes Consequences And Counteractions
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Self Objectification In Women Causes Consequences And Counteractions
 - Fact-Checking eBook Content of Self Objectification In Women Causes Consequences And Counteractions
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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