

The Ugly Side of Beauty

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Outline

Problem:

The unhealthy obsession of beauty is driving women to become less of themselves.

Thesis Statement:

Women need to be aware that not everything is beautiful about beauty especially when you fall into obsession.

Stand:

Obsession with beauty is a danger that women should strive to overcome.



INTRODUCTION	Article 21	Article 9	Article 26	Article 22
Definition of Beauty	<p>Oxford English Dictionary (1989) defines the word beauty as</p> <p><i>"Excelling in grace of form, charm of coloring, and other qualities, which delight the eye and call forth admiration: a. of the human face and figure: b. of other objects."</i></p>	<p>Freedman (1986); Hatfield & Sprecher (1986) states that</p> <p><i>"Beauty cannot be quantified or objectively measured; it is the result of the judgments of others. The concept is difficult to define, as it is equated with different, sometimes contradictory, ideas."</i></p>	<p>Naomi Wolf (1991), an American author and former political consultant defines beauty as</p> <p><i>"Beauty is a currency system like the gold standard. Like any economy, it is determined by politics, and in the modern age in the West it is the last, best belief system that keeps male dominance intact."</i></p>	<p>Sones (2002) explains beauty in women evolved as a psychological desire to attract and hold the interest of men, to gain access to a man's resources for herself and her offspring in order to ensure their survival.</p>
	Article 5	Article 11	Article 7	Article 13
Factors driving women to be obsessed over beauty	<p>Dion, Berscheid & Walster (1972); Eagly, Ashmore, Makhijani & Longo (1991); Hatfield & Sprecher (1986); Watkins & Johnston (2000) agree that</p> <p><i>"The bias in favor of physically attractive people is robust, with attractive people being perceived as more sociable, happier and more successful than unattractive people."</i></p>	<p>Based on his research and data collected from several countries, Daniel Hamermesh (2013), author of Beauty Pays and an economist found out that</p> <p><i>"..beauty is absolutely connected with success – well, at least financial success. Companies that place a premium on hiring very attractive people had on average higher revenues than similar companies which did not."</i></p>	<p>A quote by Plato explains that it is natural for every human to desire to be beautiful.</p> <p><i>"The three wishes of every man: to be healthy, to be rich by honest means, and to be beautiful."</i></p> <p>Nancy Etcoff (1999) also states that</p> <p><i>"Appearance is the most public part of the self. It is our sacrament, the visible self that the world assumes to be a mirror of the invisible, inner self...Beauty has consequences that we cannot erase by denial "</i></p>	<p>Kilbourne (2002) pointed out that mass media which is a powerful source of communication has great influence on the female society and how they view themselves. Women displayed in adverts are widely accepted as the general concept of beauty. Through mass media, women will compare themselves and come to the conclusion that their bodies and faces would be lacking and would require alterations and changes .</p>

ARGUMENTS	Article 1	Article 16	Article 10	
Financially Draining	Dale Archer, M.D. (2012), a medical doctor, psychiatrist and Distinguished Fellow of the American Psychiatric Association mentions that it is financially costly to be a beautiful woman. About one third of their income is spent on maintaining those good looks.	Mohsen Mahmelbaf (2013) tells a real life story about Hanieh, a 35-year-old office worker obtained a bank loan of 70m rials to pay for a nose job. She bought the car and sold it like many other women in order to have sufficient funds for the procedure. Until now, she stills worries about post-surgery difficulties such as respiratory problems, dented nose and loss of the sense of smell.	Palash Ghosh (2014) states that "...Venezuelan girls who will do anything -- including placing their families deeply into debt -- to "improve" their looks, through attendance at finishing schools and modeling classes and expensive cosmetic surgery on their noses, lips, teeth, breasts, bottoms and various other body parts."	
Pessimistic Outlook and Warped Judgment	Dale Archer, M.D. (2012), a medical doctor, psychiatrist and Distinguished Fellow of the American Psychiatric Association says that <i>"Low self esteem is more common in beautiful women than you would expect. Some just don't believe they are attractive. They have a distorted self image and don't believe others who tell them how stunning they are."</i>	Saltzberg and Chrisler (1995) states that <i>"Physical costs of dieting include constant feeling of hunger that leads to emotional changes, such as irritability; in cases of very low caloric intake, dieters can experience difficulty concentrating, confusion, and even reduced cognitive capacity...Psychological effects of the pursuit of the perfect female body include unhappiness, confusion, misery and insecurity. Women often believe that if only they had perfect looks, their lives would be perfectly happy; they blame their unhappiness on their bodies."</i>	Ira M. Sacker (2012), an eating disorders specialist at Langone Medical Center at New York University and author of <i>Regaining Your Self: Understanding and Conquering the Eating Disorder Identity</i> mentions that <i>"People who develop eating disorders feel as people that they're not good enough. They become obsessed with perfectionism. That perfectionism begins to focus on what they eat. But underlying it is depression and anxiety. Often, these patients have suffered a lot of emotional trauma."</i>	Article 12 An analysis on patients' psychological and psychosocial functioning before and after cosmetic surgery by social worker Roberta Honigman and psychiatrists Katharine Phillips, MD, and David Castle, MD (2004) discovers that patients who are dissatisfied with surgery may request repeat procedures or experience depression and adjustment problems, social isolation, family problems, self-destructive behaviours and anger toward the surgeon and his or her staff.

ARGUMENTS	Article 15	Article 23	Article 24	
<p>Damaged Relationships</p>	<p>D'Arcy Lyness (2013), a PhD holder, behavioural health editor and kids health child and adolescent psychologist talks about body dysmorphic disorder (BDD), an obsession whereby patients becomes distress about their appearance flaws explains that</p> <p><i>"Avoidance behaviors are also a part of BDD. A person might stay home or cover up to avoid being seen by others. Avoidance behaviors also include things like not participating in class or socializing, or avoiding mirrors."</i></p>	<p>San Diego State University psychologist Jean Twenge (2009), who wrote <i>The Narcissism Epidemic: Living in the Age of Entitlement</i> mentions that</p> <p><i>"A society with more narcissists would include less empathy, fewer long-term relationships, more incivility, more aggression and more cheating. Many of these things have already happened. The bottom line: narcissism is toxic to society. A society in which everyone is just looking out for themselves cannot function."</i></p>	<p>Patrick Wanis (2011), a Ph.D. holder and Celebrity Life Coach, Human Behavior & Relationship Expert & SRTT Therapist says that</p> <p><i>"Women strive to look perfect (ignoring the real glue of the relationship and what they truly have to offer – love, affection, sensitivity, nurturing, creativity, humor, vulnerability, compassion, tenderness and so forth); Men conclude that it is natural to be attracted to younger and younger women & girls (viewing women as consumable disposable bodies) and; Children are seeking out and having plastic surgery because they believe they are incomplete, flawed or seriously damaged. The result for children and young adults is body image and eating disorders, drug abuse and extreme mental and emotional problems. Friendships are artificial and two-dimensional because selfishness and narcissism prevent meaningful connections and devoted relationships."</i></p>	
	Article 6	Article 10	Article 3	Article 4
<p>Suffering of Women blindly following a certain era's or culture's beauty ideology</p>	<p>Saltzberg and Chrisler (1995) states that</p> <p><i>"Those women who do succeed in matching the ideal thinness expected by modern beauty standards usually do so by exercising frenetically and compulsively, implementing severely restrictive and nutritionally deficient diets, developing bizarre eating habits, and using continuous self-degradation and self-denial."</i></p>	<p>Freedman (1986); Hatfield & Sprecher (1986); Lakoff & Scherr (1984) mentions the the painful custom of foot binding during the olden days by the Chinese. The more tightly bound a woman feet, the more petite they became and the more attractive they were considered to be.</p>	<p>Baker (1984) mentions a few beauty practices that cause inconveniences to our daily lives. European women during the sixteen century bound themselves into corsets of whalebone and hardened canvas. This garment made it impossible to bend at the waist and difficult to breathe. A farthingale, which was typically worn over the corset, held women's skirts out from their bodies. It made such simple activities as sitting nearly impossible.</p>	<p>Brain (1979) explains that when tight corsets came back into fashion in Europe and North America during the mid-19th century, many women choose to wear them when aware that the tight lacing often leads to pulmonary disease and internal organ damage. Fainting and miscarriages among pregnant women was also common. Some would even go to the lengths whereby they remove their lower ribs so that their waists could be more tightly laced.</p>

ARGUMENTS	Article 19	Article 25	Article 7	Article 17
<p>Heath Risks and Death</p>	<p>Schwartz (1986) explains the dangers of cosmetic products</p> <p><i>"Many women have been poisoned by toxic chemicals in cosmetics (e.g., ceruse, arsenic, benzene, and petroleum) and have died from the use of unsafe diet products such as rainbow pills and liquid protein."</i></p>	<p>Claire Webber (2012) in her article mentions that in the African nation of Mauritania, fat women grew to be the ideal of beauty, as it meant that a woman is healthy enough to withstand period of famine. Hence, young girls were sent to fattening farms where they were force fed in the hopes to get married.</p>	<p>Nancy Etcoff (1999) states that</p> <p>During 1996 a reported 696,904 Americans underwent voluntary aesthetic surgery that involved tearing or burning their skin, shucking their fat, or implanting foreign materials. Before the FDA limited silicone gel implants in 1992, four hundred women were getting them every day.</p>	<p>Health activist Astrid De La Rosa believes the Miss Venezuela pageant has negatively impacted Venezuelan women into taking extreme measures to enhance their bodies. Many Venezuelan women are trying reach this ideal body type that in many ways does not exist. They are not aware of the dangers they are facing doing surgeries that ruin their lives.</p> <p>CCTV correspondent Martin Markovits (2013) also states that breast enlargements are most common. However, there are new cosmetic surgery nowadays. One of which doctors inject silicon into the buttocks of their patients. Since 2011, 15 women have died from this procedure .</p>

CONCLUSION	Article 6	Article 18	Article 14	
<p>Changing Your Perception To Yourself and True Beauty</p>	<p>Elayne A. Saltzberg and Joan C. Chrisler (1995) in their article stresses that women should be conscious of the effects to their lives coming from the pursuit of the perfect female body, challenge the culture, and stop being a slave to the society's beauty standard. Each woman must define their own beauty which should create a more diversify view. Then, only women would be able to live life more freely and experience the world more genuinely.</p>	<p>Cathy Newman (2000) explains how beauty is only temporary and personal achievements would be valued when a woman reaches old age by pointing out that</p> <p><i>"Beauty is based on youth and on a certain look. When you're old, you're invisible. No matter how they lie to us and tell us Barbra Streisand is beautiful, if you woke up without her enormous talent would you rather look like her or Michelle Pfeiffer?"</i></p>	<p>Elizabeth Landau (2012) mention in her article that Philosopher Edmund Burke wrote,</p> <p><i>"We must conclude that beauty is, for the greater part, some quality in bodies, acting mechanically upon the human mind by the intervention of the senses."</i></p> <p>Burke wrote that in 1756, but it's still being quoted today.</p>	
	<p>Article 2</p>	<p>Article 8</p>		
<p>Simple and Healthy Measures to Make One Beautiful from Within</p>	<p>Axelsson (2010) stresses that getting enough sleep is something everyone should do for beauty. He refers to an experiment conducted by a group of Swedish and Dutch researchers in which observers rated the attractiveness (as well as health) of participants who were photographed both after a period of sleep deprivation and after a good night's sleep. Individuals who were sleep deprived were rated significantly less attractive and healthy than those who were rested.</p>	<p>Victoria Feddenon (2013) advices women to be kind, calm, compassionate and sincere. Negativity is beauty's enemy. We must banish fear, hate, bitterness, anxiety, cruelty or lies in order to be prettier. Joy is radiant, when we are happy, we emit positive energy and people will be attracted to us.</p>		

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