

## Relational Problems Faced By Young Adults

Growing up can be really tough for adolescents in the United States. The media portrays perfect celebrities which many children feel dwarfed by, causing them to experience a poor self image. In this article, we'll be discussing some of the risks faced by those who are growing up in this time where perfection is pushed upon us 24 hours a day.

A poor body image is faced by many adolescents in America. This can be due to numerous reasons, including depression, anxiety, low self-esteem and weight issues. America is facing an obesity epidemic due to much of the junk-food that has permeated our culture. More children are obese in America right now than there ever have been in its history. Add that to the fact that the media glorifies low weight, and you end up with a result of a child who doesn't like the skin that they are in. While often more in the spotlight, women aren't the only ones who have a poor body image. Both men and women can be affected emotionally by their state of being. Approximately 5 million people in America are estimated to have an eating disorder due to poor body image.

Studies have shown that a full 60% of all high school aged girls have attempted to lose weight at one point. This is a very believable statistic until you weigh it against another: only 34% of these girls considered themselves overweight. The rest were merely trying to fit into the overly-too-skinny image that the media has portrayed for young women. Of the 60% that attempted losing weight, 49% did it via attempting to adhere to a diet. The remaining 11% used unhealthy means of losing weight, with 8% vomiting or using laxatives to wreak havoc on their bodies and 9% of them using possibly dangerous diet pills. Factors that have shown to decrease the possibility of a low self-image in young adults include the participation in sports. In addition to providing a team atmosphere in which confidence can thrive, regular exercise leads to a healthier physique and a lessened chance of depression. For that reason, it is highly recommended for all parents to push for some sort of athletic activity for their children. In addition to giving your child something that they can be proud of, you are aiding their development both physically and mentally and helping them to avoid the perils of low body image and eating disorders.

Source: <http://www.articlecircle.com>

### About the Author

Jonathon Hardcastle writes articles for <http://learntobecloser.com/> - In addition, Jonathon also writes articles for <http://baseballstuff.net/> and <http://worldofartandleisure.com/>