

How Much Pressure Do Men Face to Have the Perfect Body?

When we are talking about body image and having a perfect body, we mainly mean that women are the ones who face tons of pressure. While this is still true, and women do have to put up with lots of expectations in regards to how they are supposed to look, men actually feel a lot of pressure to have the perfect body as well.

According to a new study conducted by the American Psychological Association (APA PsycNET), a large number of men are not satisfied with the way they look and would like to change their body or appearance. The things which men would like to change typically include their weight, muscle tone, as well as the influence of body dissatisfaction on their personal lives.

Being dissatisfied about how one looks has a huge impact on an individual's psychological and even physical well-being. In the case of men, a lot of them who are not happy with their bodies tend to experience psychological distress, eating disorders, symptoms of depression, a lower quality of life, and lower self-esteem (Chicago Tribune). What is more, the majority of men are afraid to talk openly about it, which makes the problem even worse. Thus, it remains an invisible problem men cannot complain about, even when they want to share it with their closest friends and family. The ideal of having a perfect body has a huge effect on the lives of so many men. However, the main reason why men choose not to talk about it is that they are afraid that discussing this issue will somehow violate their masculinity.

One of the most logical solutions to this problem is to stop focusing so much on appearance. Being open with others, especially with one's partner, helps a lot due to the fact that both of them typically

share the same insecurities about their bodies. They are just afraid to admit them. Besides, no one has a perfect body. Usually, it is pop culture which brings us these fake ideals of how a perfect human body should look like. So, it seems reasonable to change the way the world of advertising and mass media works, as people typically find out a lot about so-called perfect bodies from magazine covers. None of them demonstrate how an average body of a man or a woman looks like. So, why are we so keen on looking exactly like those people on covers?

Taking everything into account, men face as much pressure to have the perfect body as women do. The only difference is that men are typically afraid to discuss this issue publicly, which creates the illusion that this problem is non-existent. It is time to change that. It is time for men to be open about their insecurities. This is the only way for others to find out that they are not the only ones who feel like this.

Works Cited

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