A Mother’s Influence vs. The Media’s Influence

Over the years women have become more and more aware of the pressure and the struggle to be a set standard of beautiful or healthy. The media floods the public's minds with skinny models with perfect skin and hair and some magic item that will make a woman feel and look beautiful. This will destroy a girl’s self-esteem, and corrupt her image of true beauty. Unlike the media's version of beauty and self care; healthy mother-daughter relationships can be helpful to a girl's self-esteem, care habits, and image of beauty.

Girls often see the perfect glow of a model’s skin or her effortlessly gorgeous hair, and think that they must look like that if they wish to be beautiful. Females watch the advertisements of these models with looks that are considered very desirable, but fail to realize that such an image is unattainable without a bit of Photoshop and surgery. Their self-esteem gets crushed, but a bond with their mother could help to change their view of themselves and others.

Ads today show self care products that “really work,” but they hire actresses to show the “real results.” They try to fool women into thinking this is all they need to care for their skin or body. However, instead of extreme dieting and phony creams, a motherly figure could share their experience and tips on how to really take the best care of one’s self.

When young girls see that the media has created a standard of what beautiful should be, they get highly discouraged if they do not make the cut.  Having a strong and caring relationship with one’s mom, or any important motherly figure, can help to boost a girl’s self-esteem. Mothers can teach their children that beauty is not all one certain set standard.

While many believe the expectations of beauty and health that the media has conjured are true, others do not. Beauty is not simply something that can be bought. However, mother-daughter relationships can help girls’ self-esteem, care habits, and image of beauty.

Reading for Better Writing question answers:

1. My mother and other motherly figures had a significant impact on my life. Sara Wiebenga’s essay was very true to my experience and relationships, because the media can be so cruel to a person’s confidence, but a mother figure can change that as well.
2. Wiebenga disagrees with the media’s standards of beauty, and stands with those who believe a mother-daughter relationship is the best thing for a girl’s self-esteem issues. She uses main ideas such as commercials and campaigns and the testimonies of real women. The most memorable evidence she used was the Dove campaign.
3. She uses the Dove campaign to show the experience of real women; whereas the media uses hired actresses. They are so effective because nearly all of the women in the campaign admitted that the media does or has had a harmful influence on them and their self-esteem.
4. Modern media platforms such as popularly played commercials, television shows, and social media apps like Instagram and Snapchat have a harmful effect on many lives. They show unreal expectations of not only beauty but living as well.