**Social Media Play Regarding Body Image: An Adolescents Battles Regarding Beauty Standards**

**Abstract:** Social Media has been one of the major factors that have been influencing the emotional and mental wellbeing of young adolescents in our current generation. Social Media's profanity into leading said beauty standards online has left such a major impact within a teenager's self esteem and confidence as these said 'perfect body image' being advertised, isn't something that is easily attained by everyone. This study aimed to bring light upon the Social Media’s play regarding Body Image and how it affects young adolescents, along with finding: a.) The influences of social media regarding the perspective of adolescents towards their own body image; b.) The challenges that adolescents encountered as they went through the standards of social media in terms of body image; c.) The coping mechanisms of adolescents towards the media’s influence on beauty standards. Furthermore, due to the COVID-19 pandemic, the researchers utilized a qualitative type of research wherein we have gathered our data using a semi structured interview with open-ended questions using an online questionnaire that is constructed through Google Forms. After gathering the data, the researchers used Thematization to analyze our collected data information from our participants. The encountered major challenges and influences of adolescents mainly derived from them being easily persuaded to follow the current beauty standards they see online. Moreover, the results imply that social media has left such great influence on adolescents as these unattainable beauty standards they see online made their insecurity fluctuate and lower their self-confidence further. Nonetheless, the respondents managed to overcome these challenges by having coping mechanisms like social media detoxification, reflection, and interaction with family and friends. With that being said, the researchers would like to advocate towards the adolescents to terminate themselves from living up to the ideal world and appreciate what they have and what their body can do.

**Keywords:** Social Media, Beauty Standards, Adolescents, Influences, Challenges, Coping Mechanisms

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