The Relationship Between Peer Relationships and Social Appearance Anxiety in Teenagers

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ABSTRACT

Friendship relationships contribute to teenagers' psychological, physiological, social, and emotional aspects. This study aimed to examine the relationship between peer relationships and social appearance anxiety in teenagers. The study sample comprised 412 teenagers. A "Personal Information Form," "Social Appearance Anxiety Scale (SAAS)," and "Peer Relationship Scale (PRS)" were used to collect the data. One-way ANOVA, t-test for independent groups and correlation analyzes were used in the analysis of the data. The results show that both friendship relations and social appearance concerns of teenagers are moderately positive. A non-significant relationship was obtained between social appearance anxiety and friendship relations. In the study, it was also determined that there was a significant, negative and low level relationship between the social appearance anxiety of teenagers and the variables of being satisfied with their gender and weight. Research findings also show that girls' mean social appearance anxiety levels are significantly higher than boys' mean. As a result, it can be stated that teenagers should be supported so that they are not adversely affected by social appearance anxiety.

There are several definitions of adolescence that cover a crucial developmental period. Adolescence is a critical transition period between childhood and adulthood, which includes physiological, psychosocial, historical, and cultural components. It is characterized by the onset of growth and physical development, and social independence of a dynamically changing individual (Steinberg, 2014). The most widely accepted definition of adolescence covers the ages of 10-18, which can also be extended to a range of 9-26 years, depending on developmental characteristics (American Psychological Association-APA, 2002). Biological maturation, emotional changes, and social independence are among the critical developmental characteristics of adolescence (Dinçel, 2006), during which adolescents frequently ask, "Who am I?". The answers to eh questions help them get to know themselves. According to Gökçe (2017), young people who become well aware of their identity can express themselves better in the social environment. According to Modell and Goodman's (1990) classification, the years between the ages of 14-17 are middle adolescence and developmentally the age of 14 is an important psychosocial point as teenagers are expected to develop multi-dimensional perspective skills at this age (Petersen & Leffert, 1995). In cultural terms, the high school period covers ages 15-18.

Friendship relationships are fundamental components of adolescence. Strong friendships contribute to teenagers' psychological, physiological, social, and emotional aspects. They can adapt to the environment by

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expressing themselves better and getting along well with their peers (Çiftçi, 2018). As a member of a friend group, they feel safe and protect themselves against harmful external factors. Thus, being a member of a group is vital for young people. Teenagers who develop positive relationships with their peers in a group setting also socialize (Çiftçi, 2018). For a healthy social life, young people need to be approved by their peers and share their feelings and thoughts. Teenagers, who care about their friends more than family members, share their bodily changes with friends and begin to understand others (Boyraz, 2019). The sense of belonging is at the heart of peer friendship, and they tend to join the groups they feel close. Steinberg (2014) indicated that teenagers prefer to be with those who have similar characteristics in choosing groups. According to Üstündağ (2021), the situations of teenagers also affect their behaviors toward their friends. Bayhan and Işıtan (2010) describe these situations as "being popular," "being argumentative," "not attracting attention," and "being rejected ."According to the researchers, popular teenagers are more welcomed and accepted by their peers than argumentative teenagers, because popularity and acceptance bring self-confidence and thus those teenagers spread positive energy through their gestures and mimics. On the other hand, rejected or argumentative teenagers tend to reflect negativity due to dissatisfaction and not being loved or accepted by peers.

Adolescence which begins with bodily changes can cause adolescents to become highly sensitive to those changes and others' opinions. Physical changes stimulate adolescents to care more about their appearance. According to Güney (2018), teenagers, who are in an adaptation process of bodily changes, are aware of the importance of physical appearance in making friends, and they have concerns about whether peers would accept them. Adolescents' belief that the more physical attention they attract, the more they will be accepted by peers is defined as social appearance anxiety (Çakmak and Sakarya, 2020). According to Doğan (2010), social appearance anxiety results from an individual's negative body image and appearance. In short, for adolescents, physical appearance and others' opinions about them have an important place in their lives (Çivilidağ, 2013). Physical appearance has become very important for young people who compare themselves with their peers. Since the acceptance of physical appearance is among the developmental tasks of adolescence, bodily dissatisfaction may indicate an unhealthy development, discontentment with body image, and experiencing social anxiety. Those who are dissatisfied and worried about their appearance may assume a passive role, be timid about establishing friendships, and have insecure and avoidant attachments with friends, which can be considered a negative impact of social appearance anxiety on friendship relations (Santrock, 2012). A fresh high school student is expected to adapt to a social environment by making friends. According to Çakmak and Sakarya (2020), even a slightly negative comment about appearance in high school years can cause teenagers to isolate themselves and experience social appearance anxiety. Güney (2018) indicates that teenagers with negative body image perception are likely to perceive a social environment or others as a threat and become sensitive to negative criticism.

In light of the mentioned above, adolescence is a critical period for adolescents in terms of both friendship relations and how they are perceived in their social environment. Peer feedback affects adolescents' self-perceptions and thoughts about themselves. In this sense, this study aimed to examine the relationship between peer relationships and social appearance anxiety in teenagers. The problem statement is: "Is there a significant relationship between friendship and social appearance anxiety in teenagers?". Answers to the following questions were sought.

1. What is the level of peer relationship and social appearance anxiety in teenagers between the ages of 15 and 18?

2. Is there a significant relationship between peer relationship and social appearance anxiety in teenagers between the ages of 15-18 years?

3. Is there a significant relationship between peer relationship and social appearance anxiety in teenagers between the ages of 15-18 years in terms of gender and being contented with weight and height?

4. Do peer relationship and social appearance anxiety differ significantly by gender, being contented with weight and height, and having a partner?

Method

Research Model

This study employed a relational survey model, which is used to determine the relationship between two or more variables. Relational survey model is a research model that aims to determine the relationship between two or more variables and to obtain clues about cause and effect (Metin, 2014).

Participants

The participants comprised 44.041 high school students between the ages of 15 and 18 years in Keçiören, Ankara. The G*Power method was used to determine the sample size, which yielded that the total number of samples should be at least 198. Accordingly, the study sample comprised 412 volunteer teenagers selected using a random sampling technique.

The data obtained from a personal information form were analyzed using descriptive statistics. The results are shown in Table 1.

Table 1. Demographic İnformation of the Teenagers

Variables	Girls		Boys	
	f	%	f	%
Class				
9	80	37,0	63	32,1
10	32	14,8	36	18,4
11	51	23,6	45	23,0
12	53	24,6	52	26,5
Type of school				
Anatolian High School	142	65,7	112	57,1
Science High School	1	0,5	1	0,5
Anatolian Vocational High School	73	33,8	83	42,3
Education Status (Mothers)				
Literate	5	2,4	5	2,6
Primary school	60	27,7	45	23,0
Middle school	67	31,0	41	20,9
High school	69	32,0	69	35,2
Master's/PhD	15	6,9	36	18,3
Education status (Fathers)				
Literate	6	2,8	4	2,0
Primary school	42	19,4	20	10,2
Middle school	63	29,2	48	24,5
High school	80	37,0	80	40,8
University	25	11,6	41	20,9
Master-PhD	0	0,0	3	1,5
Family structure				
Nuclear Family	169	78,2	148	75,5
Extended Family	26	12,0	29	14,8
Divorced	21	9,8	19	9,7
Sibling				
Only child	15	6,9	15	7,7
2 siblings	87	40,3	112	57,1
3 or more	114	52,8	69	35,2
Hobbies				
There is	194	89,8	165	84,2
None	22	10,2	31	15,8
Their satisfaction with their weight				
I am not satisfied at all	23	10,6	16	8,2
I'm not satisfied	40	18,5	40	20,4
I'm undecided	63	29,2	42	21,4
I'm satisfied	69	32,0	71	36,2
I am very satisfied	21	9,7	27	13,8

(Table 1 continued)

Their satisfaction with their height				
I am not satisfied at all	24	11,1	10	5,1
I'm not satisfied	33	15,3	28	14,3
I'm undecided	40	18,5	39	19,9
I'm satisfied	89	41,2	83	42,3
I am very satisfied	30	13,9	36	18,4
The state of paying attention to branded clothing				
I do	58	26,9	83	42,3
I don't	158	73,1	113	57,7
State of doing sports				
I do	102	47,2	153	78,1
I don't	114	52,8	43	21,9
Do you have a partner?				
Yes	140	64,8	114	58,2
No	76	35,2	82	41,8

As seen in Table 1, most participants were ninth-graders studying at Anatolian High School. In terms of parents' education status, the majority of mothers and fathers were high school graduates. All teenagers were from nuclear families. It was found that while the girls had three or more siblings, the boys had two siblings. Most teenagers had hobbies. The number of girls and boys who were contented with their weight and height was higher than those who were not. Both girls and boys often did care about wearing famous brands. While half of the girls did not do sports, most boys did sports. The number of students with a partner was higher than those without a partner.

Data Collection Tools

A "Personal Information Form," "Social Appearance Anxiety Scale (SAAS)," and "Peer Relationship Scale (PRS)" were used to collect the data.

Personal Information Form. The researchers prepared the form, including questions about gender, class level, school type, parents' education status, family structure, monthly allowance, hobbies, satisfaction with weight, satisfaction with height, the number of siblings, whether wearing famous brands, doing sports, and having a partner.

Social Appearance Anxiety Scale (SAAS). The self-report scale was developed by Hart, Flora, Palyo, Fresco, Holle, and Heimberg (2008) to measure emotional, cognitive, and behavioral anxiety about physical appearance. It was adapted to Turkish by Doğan (2010). The 5-point Likert-type scale has 16 items, scored as "Very Often=5, Frequently=4, Sometimes=3, Almost Never=2, and Never=1". The highest score obtained from the scale is 80, and the lowest score is 16. High mean scores indicate a high level of anxiety and vice versa. Since the first item in the scale was negative, it was reverse-coded. Doğan (2010) performed an exploratory factor analysis to determine the scale's construct validity. Accordingly, the factor loads ranged from .35 to .87 and had a one-factor structure. The internal consistency coefficient of SAAS was α=.93, the test-retest reliability coefficient was .85, and the reliability coefficient calculated by the test-half method was .88. The Cronbach Alpha internal consistency coefficient was calculated as α=.93 in this study.

Peer Relationship Scale Scale (PRS). The scale was developed by Kaner (2002) to investigate adolescent peer relationships according to social control and social learning theory. It has 18 items, scored as "Always" (5 points), "Often" (4 points), "Sometimes" (3 points), "Rarely" (2 points), and "Never" (1 point), and four sub-scales: "Commitment," "Confidence and Identity," "Self-disclosure," and "Loyalty." Kaner (2002) performed principal component analysis for the construct validity of the scale and found that the factor loads were.538-.760 for the "Commitment"; .41-.78 for the "Confidence and Identity"; .542-.742 for the "Self-Disclosure" and .534-.807 for the "Loyalty." The significance was set at the .000 level for each item. The reliability results suggest that the Cronbach Alpha internal consistency coefficient was α=8.6 for "Commitment," α=.6.9 for "Confidence and Identity," α=.58 for "Disclosure," and α=.5.8 for "Loyalty." It was measured α=. 86 for the total scale. High scores on the scale indicate positive relationships with friends.

Data Collection

Researchers obtained ethics committee permission from the Ankara Provincial Directorate of National Education before the data were collected in March. Then, they visited the high schools in Keçiören and interviewed school principals who were informed about the purpose and method of the study. In volunteer schools, the school psychological counselor helped deliver the surveys to the students, and the data were collected face to face.

Data Analysis

It was quantitative correlational research in which the SAAS and PRS total scores were calculated. First, skewness and kurtosis values were calculated, and a normality test was performed to determine whether the data had a normal distribution. The results yielded a normality distribution as it was in the range of +-1.5 (Tabachnick, Fidell, & Ullman, 2007). The results are shown in Table 2 below.

Pearson correlation analysis was performed to determine the relationship between social appearance anxiety and peer relationships. The point biserial correlation coefficient was used to determine the correlation between social appearance anxiety and peer relationships in terms of gender and being contented with weight and height. The relationship between social appearance anxiety and peer relationships by gender and dating status was checked by performing an independent groups t-test. One-way ANOVA was performed to determine teenagers' social appearance anxiety levels and peer relationships according to their satisfaction with height and weight.

Ethical Approval

Ethics committee approval was obtained from the Health Sciences University Hamidiye Scientific Research Ethics Committee with decision number 21/792 on 31.12.2021.

Findings

The findings are presented in tables. The descriptive values of the peer relationships and social appearance anxiety levels and the skewness and kurtosis values are given in Table 2.

Table 2. Descriptive Value Table of Scales

Scales	SAAS	PRS
n	412	412
Mean	2.39	2.50
SD	.887	.806
Minimum	1.00	1.00
Maximum	4.94	4.78
Skewness	,605	,367
Kurtosis	-,461	-,304

In five-point Likert type scales, the average score between1.00 and1.80 is low, 1.81-2.60 is below medium, 2.61-3.40 is medium, 3.41-4.20 is above medium, and 4.21-5.00 is high. As seen in Table 2, the SAAS average score was 2.39±0.887; the PRS average score was 2.50±0.806. Since the mean scores from both scales were between 1.81 and 2.60, friendship relations and social appearance concerns of teenagers were below the medium level.

The findings regarding whether there was a relationship between teenagers' social appearance anxiety levels and peer relationships are shown in Table 3.

Table 3. The Relationship Between Teenagers' Social Appearance Anxiety Levels And Peer Relationships

Scales	SAAS	PRS
SAAS	1	
PRS	-.021	1

Table 3 presents a negligible, negative, and non-significant correlation between social appearance anxiety levels and peer relationships.

A point biserial correlation analysis was performed to determine the correlation between social appearance anxiety and peer relationships by gender. The results are shown in Table 4.

Table 4. The Correlation Between Social Appearance Anxiety And Peer Relationships By Gender

Variables	SAAS	PRS	Gender
SAAS	1		
PRS	-.021	1	
Gender	-.123*	-.036	1

According to the point biserial correlation analysis results, there was a significant, negative, and low-level relationship between social appearance anxiety and gender (r_{pb}=-.123, p<.001).

A point biserial correlation analysis was performed to determine the correlation between social appearance anxiety and peer relationships by their satisfaction with their weight. The results are presented in Table 5.

Table 5. The Correlation Between Social Appearance Anxiety And Peer Relationships By Their Satisfaction With Their Weight

Variables	SAAS	PRS	Their satisfaction with their weight
SAAS	1		
PRS	-.021	1	
Their satisfaction with their weight	-.165*	.035	1

According to the point biserial correlation analysis results in Table 5, there was a significant, negative, and low-level relationship between social appearance anxiety levels and weight satisfaction (r_{pb}=-.165, p<.001). The relationship between teenagers' social appearance anxiety levels and peer relationships could be ignored, and it was not statistically significant.

A point biserial correlation analysis was performed to determine the correlation between social appearance anxiety and peer relationships by height satisfaction. The results are shown in Table 6.

Table 6. The Correlation Between Social Appearance Anxiety And Peer Relationships By Height Satisfaction

Variables	SAAS	PRS	Height satisfaction
SAAS	1		
PRS	-.021	1	
Height satisfaction	-.093	-.051	1

According to the point biserial correlation analysis results shown in Table 6, there was no significant correlation between social appearance anxiety levels, peer relations, and height satisfaction.

The independent groups t-test results, which were conducted to determine whether teenagers' social appearance anxiety levels and peer relationships differed by gender are shown in Table 7.

Table 7. *The İndependent Groups T-Test Results On Social Appearance Anxiety And Friendship Scores By Gender*

Scales	Gender	N	x̄	SD	t	df	p	Effect size
SAAS	Girl	216	2.49	.922	2.51	410	.012	.015
	Boy	196	2.27	.834				
PRS	Girl	216	2.52	.833	.726	410	.468	.001
	Boy	196	2.46	.777				

As seen in Table 7, the social appearance anxiety levels differed significantly by gender. The average of the girls was higher than the boys ($\bar{x}$=2.49, SD=.922, p=.012), and the effect size was small (d>1 very large, 0.8<d<1 large, 0.5<d<0.8 medium, 0.2<d<0.5 small). The peer relationships did not differ significantly in terms of gender.

Table 8 shows the independent samples t-test results, which were conducted to determine whether the peer relationships and social appearance anxiety levels differed by having a partner.

Table 8. The Independent Groups t-test Results on Social Appearance Anxiety and Friendship Scores by Partnering Variable

Scales	Situation	N	$\bar{x}$	SD	t	df	p	Effect size
SAAS	There is	254	2.38	.917	-.143	410	.887	.000
	No	158	2.39	.840				
PRS	There is	254	2.48	.838	-.565	410	.573	.001
	No	158	2.52	.755				

The SAAS scores of those with a partner ($\bar{x}$=2.38) and those without ($\bar{x}$=2.39) did not differ significantly. Similarly, the PRS scores of those with a partner ($\bar{x}$=2.48) and those without ($\bar{x}$=2.52) did not differ significantly. Accordingly, there was no significant difference between teenagers' social appearance anxiety levels and peer relationships by partnering variable.

The results of the ANOVA performed to determine whether the social appearance anxiety levels and friendship relationships differed by body weight satisfaction are shown in Table 9.

Table 9. ANOVA Test Result on Social Appearance Anxiety and Friendship Scores According to the Variable of Weight Satisfaction

Scales	Situation	N	$\bar{x}$	SD	f	p	Significant difference	Effect size
SAAS	a.I am not satisfied at all	39	2.70	1.07	3.05	.017	a>d> e	.029
	b.I am not satisfied	80	2.49	.794				
	c.I'm undecided	105	2.46	.946				
	d.I am satisfied	140	2.26	.828				
	e.I am very satisfied	48	2.18	.830				
	Total	412	2.39	.887				
PRS	a.I am not satisfied at all	39	2.55	.855	.969	.424		.009
	b.I am not satisfied	80	2.34	.752				
	c.I'm undecided	105	2.54	.867				
	d.I am satisfied	140	2.53	.778				
	e.I am very satisfied	48	2.50	.799				
	Total	412	2.50	.806				

As seen in Table 9, the social appearance anxiety levels differed significantly according to body weight satisfaction (p=.017). The results of the Bonferroni post hoc test performed to determine the difference across groups yielded a significant difference between the responses of "I am not satisfied at all" and "I am satisfied." Those not at all satisfied with their body weight had higher social appearance anxiety. Another significant difference was between "I am not satisfied at all" and "I am very satisfied." Those not at all satisfied with their body weight had higher social appearance anxiety, and the effect size was small. It was also found that the peer relationships did not differ regarding body weight satisfaction.

Table 10 shows the results of the ANOVA test performed to determine whether teenagers' social appearance anxiety levels and peer relationships differed by the variable of being satisfied with height.

Table 10. ANOVA Test Result On Social Appearance Anxiety And Friendship Scores According To The Variable Of Height Satisfaction

Scales	Situation	N	x̄	SD	f	p
SAAS	I am not satisfied at all	34	2.64	.971	1.06	.374
	I am not satisfied	61	2.44	.904		
	I'm undecided	79	2.37	.858		
	I am satisfied	172	2.36	.859		
	I am very satisfied	66	2.28	.933		
	Total	412	2.39	.887		
PRS	I am not satisfied at all	34	2.51	.835	.877	.477
	I am not satisfied	61	2.67	.891		
	I'm undecided	79	2.46	.771		
	I am satisfied	172	2.45	.752		
	I am very satisfied	66	2.50	.888		
	Total	412	2.50	.806		

As seen in Table 10, there was no significant difference between the social appearance anxiety levels and peer relationships by being satisfied with height.

Discussion and Conclusion

This study found that teenagers had a moderate level of social appearance anxiety and peer relationships, which overlaps with several findings in the relevant literature. For example, Arslan (2019), Kalemoğlu Varol, Erbaş, and Ünlü (2014), and Vural, Keskin, and Çoruh (2017) found a moderate level of social appearance anxiety. Similarly, Doğan, Karaman, Çoban, and Çok (2012) determined a moderate level of peer relationships and that gender was a predictor of friendship relationships in adolescents. However, in their studies, Kılıç (2020), Kılıç and Karakuş (2016), Senna (2019), and Yüceant (2013) determined low level of social appearance anxiety. When considered in the context of developmental psychology, peer groups play an important role in supporting the healthy social development of teenagers (Aytekin, 2021). The quality of friendship relations contributes to adolescents' self-seeking motives. While positive peer relationships support healthy and consistent identity acquisition, negative peer relationships may lead to problematic manners (Ateşpolat & Bıçakçı, 2020). Thus, it can be suggested that meeting peer-related needs in adolescence may have an impact on the healthy development of young people as well as internalizing an optimistic worldview.

Our findings suggest that girls' social appearance anxiety mean scores differed significantly compared to boys' mean scores. Şimşir, Seki, and Dilmaç (2019) examined the correlation between social appearance anxiety and gender variable in their meta-analysis study and concluded that gender has a low effect on social appearance anxiety. It was also seen that boys' social appearance anxiety levels were higher than girls' (Şimşir, Seki, & Dilmaç, 2019). Similarly, Alımcı (2018), Atik, Atik, Asaf, and Çınar (2015), Dönmez (2018), Erdemir, Bağcı, Yüksel İnan and Turan (2013) and Hagger and Stevenson (2010) found a significant difference in favor of girls. However, there are various findings regarding the issue in the literature, some of which are in favor of males while some are in favor of females. There are also results showing no correlation between gender and social appearance anxiety. In adolescence, teenagers spend more time with their friends, and friend feedback is very important for them (Aytekin, 2021; Van Der Aar, Peters, & Crone, 2018). Adolescents tend to be closely engaged in body image and impression, especially in peer groups (Cillessen, 2011). Teenagers develop a self-perception through social comparison in peer groups, and friends play a central role in shaping a self-perception (Van Der Aar et al., 2018). In short, peer relationships open a place for developing social relations (Gowers, 2005). In this regard, the reasons mentioned above may influence girls' high social appearance anxiety levels. In addition to the "beauty image" created by peer groups, the " beauty image" on social media may also impact girls' anxiety.

Our findings revealed no significant relationship between peer relations and social appearance anxiety in teenagers. Contrary to friends, gender was the actual determinant of social appearance anxiety. The correlational analysis yielded a significant, negative, and slight correlation between social appearance anxiety and gender. It was also determined that social appearance anxiety differed significantly in favor of girls. Alımcı

(2018) examined the relationship between peer bullying, social appearance anxiety, and self-esteem in secondary school students and found that girls' social appearance anxiety levels were higher than boys. From a developmental perspective, it is well-expected for teenagers to care about their physical appearance and others' opinions about them. Thus, dissatisfaction with appearance and negative feedback from others can be critical issues for teenagers (Doğan, 2010). In this sense, the finding indicating the girls' high anxiety levels can be understood as there is a belief that physical appearance is more important for girls than boys. Teenagers with a negative self-perception in adolescence, when physical appearance is vital for social relations, are likely to be socially introverted (Aslan & Koç, 2018). Hart et al. (2008) define social appearance anxiety as an individual's concerns about how others appreciate his/her physical appearance. In this sense, our finding indicating a significant, negative, and low-level relationship between social appearance anxiety and satisfaction with body weight is in parallel with the literature. It was also found that teenagers' social appearance anxiety levels differed significantly by the variable of being satisfied with body weight. The results of the post hoc test performed to determine the difference across groups revealed that it was between "I am not at all satisfied" and "I am satisfied" in favor of those who chose the option "I am not at all satisfied ."There was a significant difference between "I am not satisfied at all" and "I am very satisfied" in favor of those who chose the option "I am not satisfied at all ."Doğan (2010) argues that social appearance anxiety originates from the fear of being negatively evaluated by others. In light of our findings, it can be said that the girls had higher social appearance anxiety levels, especially those unsatisfied with their body weight. It is believed that the "beauty" image imposed by social media plays a role in the high social appearance anxiety levels in young girls because the use of social media has become a common daily activity, especially among teenagers who are engaged in sharing visual content. Üstündağ (2022) determined that teenagers spend much time on the screen outside the classroom, and girls mostly use the internet to share photos while boys play games. According to Koçyiğit and Koç (2021), teenagers' top three social media applications are Instagram, WhatsApp, and Twitter. In this regard, the most popular engagements in social media involve taking selfies and sharing them with others on social media. Boursier, Gioia, and Griffiths (2020) examined social appearance anxiety and problematic social media use in adolescents and found that girls had higher levels of social appearance anxiety than boys. Thus, it is essential to carry out awareness-raising interventions to support healthy self and body perceptions and mindful screen use.

It was concluded that 15-18 aged participants had a moderate level of peer relationships and social appearance anxiety. In addition, no relationship was found between social appearance anxiety and friendship relations. There was a significant, negative, and low-level relationship between social appearance anxiety and the variables of gender and body weight satisfaction. The findings suggested that girls' social appearance anxiety mean scores differed significantly from boys' mean scores. That is, girls had higher levels of social appearance anxiety.

Suggestions

In light of the findings, the following suggestions would be beneficial for teenagers, parents, and researchers. Accordingly, awareness-raising training and programs on adolescent development characteristics, body image, self-esteem, and social appearance can be organized for teenagers. Parents also should be encouraged to take such training to support their children's healthy development. Bodily changes in adolescence become noticeable between 12-14. Therefore, researchers can also conduct similar studies in this age group. Additionally, studies on the relationship between social appearance anxiety and self-esteem can be conducted. This study was limited to the volunteer high schools in the Keçiören district. Therefore, extensive studies can be conducted with a larger sample and by involving high schools in different districts.

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