

DARK

SIDE OF MODERN

BEAUTY



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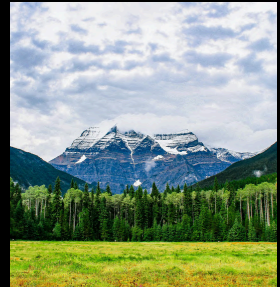
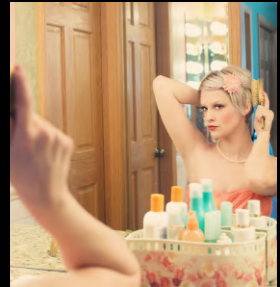
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CHAPTER ONE

What is Beauty ?

If I say, "Beauty is only inner beauty," many people will say, "Well said, inner beauty is the real beauty." If the heart is good, everything is good, but these are just bookish things or you can even say filmy things. Because in today's time everything has changed. Nowadays people don't want inner beauty but outer beauty. This means that people don't want a beautiful mind, they just want a beautiful body. For this, they try all sorts of things. Many chemical products. Which makes them think that they will look beautiful.



CHAPTER TWO

What is the real meaning of beauty ?



In my opinion, the true meaning of beauty lies in how different it is from the ordinary. This can apply to physical appearance, objects, or even ideas. By different, I mean how skilled you are compared to the other person, how knowledgeable you are, how much you love yourself or your loved ones. You help others. What is right for you is right, no matter what lengths you have to go to for it. The person who is living and enjoying life.

As far as the beauty of the body is concerned, how much care do they take of their body? Waking up on time, eating a healthy diet, exercising.

For me, this is the beauty of the body.

"But in today's time, the standards of beauty have changed."



CHAPTER THREE

Past and Today

In the Past:

- Natural beauty was given more importance.
- Personality and self-confidence were considered symbols of beauty.
- Beauty was expressed through art, music, and literature.

Present:

- Physical beauty is given more attention.
- Beauty standards are defined by the media and social media.
- People use various methods to achieve beauty, such as makeup, surgery, and Photoshop.

CHAPTER FOUR

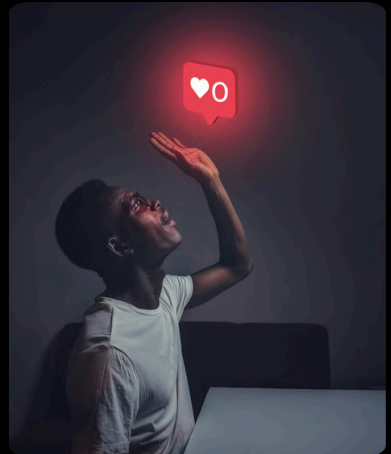
The Modern Perception of Beauty

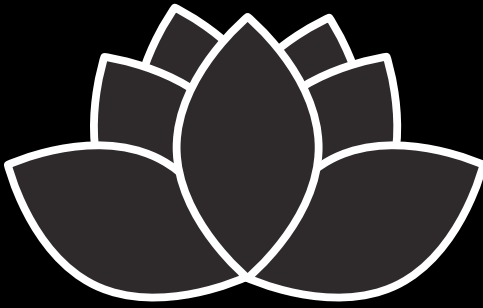
Today's people have a more complex and, in some ways, conflicted mindset on beauty compared to the past.

Here's a breakdown of some key aspects:

Focus on Physical Appearance:

- **Media and Social Media Influence:** Social media and advertising heavily influence beauty standards, often promoting specific body types and facial features. This creates a pressure to conform to a narrow definition of beauty.
- **The Rise of Cosmetic Enhancements:** There's a wider acceptance and accessibility of cosmetic procedures and products, leading some to believe achieving "perfect" beauty is attainable.





Shifting Values:

- **Body Positivity Movement:** There's a growing movement promoting self-acceptance and embracing diverse body types and ethnicities. This challenges traditional beauty standards.
- **Inner Beauty Recognition:** While physical appearance plays a role, there's a renewed appreciation for inner qualities like confidence, kindness, and intelligence contributing to overall attractiveness.



The Pressure to be Perfect:

- **Curated Online Reality:** Social media often showcases a heavily edited version of reality, creating unrealistic expectations of beauty. This can lead to feelings of inadequacy and low self-esteem.
- **The Comparison Trap:** The constant bombardment of "perfect" images on social media can lead to people comparing themselves to unrealistic standards, causing dissatisfaction with their own appearance.

Overall, today's people are caught between societal pressures to conform to specific beauty standards and a growing movement towards self-acceptance and celebrating diversity. It's a complex and evolving landscape.



CHAPTER FIVE

Is this change good or bad ?

"In my opinion, this change isn't as bad as we might think. But the question remains: how do we navigate it? The simple answer is that we shouldn't compare ourselves to others and feel inferior. What God has given us is perfect for us. If we keep looking at others, we won't be happy ourselves, nor will we be able to make our loved ones happy. We just need to remember that we are unique, no matter what the world says."



**“Always Happy
with your Own
Identity”**

