Examining Female and Male International Students’ Perceptions of their Body Image
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| Faked Body Ideal           | “Most of the time they [models] are really all made up, you know, they are perfect” Yugoslavia  
“In the US you have these two ideals like this beautiful in shape woman and the guy is ripped. You know, pretty faces, fancy clothes and half naked” Russia | International students see the faked body ideal in the U.S and agree this ‘perfection’ is unrealistic to achieve |
| Fashion is more Important  | “When we walk out the door, we walk out the best way we can” Georgia  
“For university, it’s not like here, you don’t wear like shorts. You never wear shorts in university. You have to be a bit formal” Sri Lanka | The participants dress more ‘casual’ than what they are used to in their home country |
| Diet and Exercise          | “Nobody diets in Yemen. Everybody is skinny for some reason” Yemen  
“I try to eat controlled portions here in the States, this is how I diet or try to diet here in the States, because in my culture, in Yugoslavia you always have to finish your plate” Yugoslavia  
“I thought about running in the morning but literally they would all start laughing as soon as I said that out loud” Georgia | Dieting and exercising is not common in their home countries, yet all participants now practice dieting and certain exercises. |
| Ideal Body                 | “Women have to be round, or have to have some body shape” Congo  
“In the middle between crazy work out and super skinny would be the one I prefer” Yugoslavia | Participants have changed from their home country body ideal to one closer to the American body ideal |
| Talking about Body Image   | “My Australian friends don’t really care about this sort of things” Australia  
“I think the peers I’ve had [U.S] influence the way I am now.” Congo | Most of the international students did not talk about ‘body image’ until they arrived to the United States. |

Methods
- Face-to-face interviews.
- 7 Participants: Russian, Congolese, Sri Lankan, Yemenis, Georgian, Australian, and Yugoslavian

Recommendations
- More participants are needed for following studies.
- Have a male and female participate for each culture in order to have both perspectives on body image.
- Have photos as visual aids for the participants to describe certain things and avoid misunderstandings.
- Following research should look specifically at the importance of ‘fashion’ for international students in the U.S.