



Body Narratives from Posters and Popular Culture

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ABSTRACT

The dichotomy of physically fit to fit in physical standards has emerged as a new question. Does the bikini industry promote the idea of appealing sizes or competitions that show beauty pageants and bodybuilders on popular media? The body has always been the contested site of people as whenever we meet someone after the first acquaintance, they ask *why you are so thin. Or why do you look so fat?* This narration is now changing into the new mold of being fit into that new dress. What if it doesn't, the detrimental effect of not losing or not fitting into the set criteria has emerged in new disorders. The most recurring is the body dysmorphism which evolves due to the rule created by these competitions. *Double XL* movie produced in 2022, showcases a narrative about the body and for the body. *Fashion* movie produced in (2008), on models and beauty pageants that tries to cover the deformity of being the best yet ruins the foundation of being human. Bodybuilders and beauty pageants either create history and fame through steroids, unnecessary medication, and surgeries or just distort themselves physically as well as mentally. Physical attractiveness, prowess, and aesthetic appeal are just words that would wipe but talent, capability, and personality would stay forever. Thus, the body is nude yet crude, and therefore, the paper attempts to unwrap the problems staying in the heads of pageants and bodybuilders.

Keywords: Body, beauty pageants, body builders and dysmorphia

Introduction:

The paper will not pandulate back in the history as it opens with the curtain of contemporary era where the body is shining more than the mind. The body was made beautiful not for aesthetic appeal but for its transformation. The productive change in the body has an arrow towards men because the change in the women's body whether it's through clothes or make-up, it has been targeted due to the increased interest in men. Women's body acted as power to control men, and this was realized after a great humiliation. Charles Dickens sketched a character in *Great Expectations*, Estella who says, "I am what you designed me to be. I am your blade. You cannot now complain if you also feel the hurt". The women when revolted has suffered insignificantly as they were acting against the wind but when there was no one to listen they took the humility as their strength and started striking through their body. This story started from corsets, full-coverage, heavy gowns, heels, and pancakes baked on the face. The journey from a girl to lady was difficult but the most annoying act was women discouraging women. *I went through the tide so, let the world know how the tide look like*. With this mind-set all the women suffered even more, then there was a voice which came forward and little by little everything changed. Furthermore, the body was free but only for its own eyes and not for men.

The body created many eyes,
then the same body fought many eyes,
but still there are eyes left,
don't change the body, but the eyes

After decades the body is not installing nudity but celebrating the freedom which was once the part of natural order when we were nomadic tribes. "Beauty is not universal or changeless, though the west pretends that all ideals of female beauty stem from one Platonic Ideal Woman; the Maori admire a fat vulva, and Padang, droopy breasts" (Wolf, 2015). The women wearing bikini by choice becomes her freedom but if she wears it for competing, movies, entertaining others becomes a humility. The force changes the course of action, because in

Body Narratives

Guillaume Favre



Body Narratives:

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