

TAPESCRIPT

Narrator: *Listening Test*

Body Image

Section 2

You will hear the presenter interview Dr Jones about his study on body image.

The recording will be played twice. Do as much as you can the first time and answer all the questions the second time.

You have 30 seconds to look at your questions.

[30 sec music]

Listen and answer the questions.

Catherine: Dr Jones is here in the studio now. Good afternoon, Dr Jones.

Dr Jones: Good afternoon.

Catherine: Dr Jones, what have you been studying?

Dr Jones: I've been trying to find out why some people have a negative body image.

Catherine: Please tell us what you've found.

Dr Jones: Nowadays, people see their favourite singers or movie stars on television and in magazines. The pictures they see are of perfect looking men and women. Everybody wants to look like those stars.

For example, when men see Brad Pitt or Tom Cruise on television or in magazines, they want to look like them and have perfect bodies and perfect hair because it means that they can be as successful as their heroes.

Catherine: Does this only happen to men or can it happen to women, too?

Dr Jones: Oh, it can happen to women, too. For example, when women see Angelababy or Gigi Leung on television or in magazines, they see examples of women with no faults, and feel like they should also look like that.

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Catherine: So because we see men and women with no faults, we feel pressured to look the same.

Dr Jones: Yes, but it is not realistic. The pictures we see in magazines have often been changed to hide acne, add muscles, or reduce weight.

Catherine: Really?

Dr Jones: Yes, and when we see those pictures, we think we should look like that – that it is normal, but it is in fact very close to impossible.

Catherine: So this causes us to have a negative body image?

Dr Jones: Exactly.

Catherine: How can having a negative body image affect us?

Dr Jones: Well, with regard to women, it could mean that they feel uncomfortable about their weight. Even if a woman is attractive and not overweight at all, she may think she is. This may cause her to feel unhappy and lose confidence and so go on a diet. However, this can sometimes be dangerous and as a result women would eat too little and become unhealthy.

And men can feel under pressure to have big muscles. Because of the pictures they see every day they will believe that this is how a “normal” man should look. This is unreasonable and may cause them to feel unhappy about their bodies.

Now listen to the recording again.

[repeat recording]

You have 30 seconds to check your answers.

[30 sec music]

This is the end of Section 2.