



Body Image Dissatisfaction is the Predictor of Social Physique Anxiety and Self-Esteem

Ghulam Aysha^{1*}, Syeda Maryam², Niaz Ahmad³

Abstract

The objective of the current research was to explore the relationship among body image dissatisfaction, social physique anxiety, and self-esteem. The sample included 145 males and 145 females from The University of Lahore and University of Sargodha. The Sample was selected through stratified random sampling technique. In this study survey research design and co relational method were used. Body image state scale (Cash et al,2002) Social Physique Anxiety Scale (Hart et al, 1989) and Rosenberg self-esteem scale (1989) were used to collect data. Study was carried out in two parts. In part-I pilot study was conducted to examine the psychometric properties of the scales and correlation of variables on a selected sample of 72 university students. In part-II main study on sample of 290 was conducted to test the hypotheses. The findings indicated that image dissatisfaction positively predicted social physique anxiety and negatively predicted self-esteem.

Keywords: Body Image Dissatisfaction, Social Physique Anxiety, And Self-Esteem

1. Introduction and Literature Review

Body dissatisfaction is an individual's negative view about one's own body. This includes judgments regarding height, shape and weight. It commonly encompasses an incongruity between perceived body type and an ideal physique. (Grogan,2008). It is well documented that Overweight young adults tend to be more dissatisfied with their physiques because they are more preoccupied with their appearance (Goldhaber, Rubinfeld, & Bhattacharya, 2013). Body dissatisfaction arises from evaluation, self-judgment and self-refusal, which can be addressed through education and management (Baile, Guillen & Garrido, 2002). Negative body evaluations are associated with low mental and psychical health which is connected with quality of life. (Griffiths & Mitchison, 2016).

Body image dissatisfaction is predominantly an issue of females. Studies have demonstrated that compared to males, females of undergraduate level experience more negative body image evaluations and spend a lot of money on self enhancement and experience more body image dysphoria (Muth & Cash, 1997). Media emphasis on smartness affects people and creates more negative feelings towards their self-image. A recent meta-analysis revealed that after viewing pictures of smart models, girls experienced more negative body image perceptions than to viewing images of normal and obese models (Groesz, Levine, & Murmen, 2002, Heinberg & Thompson, 1995). Body dissatisfaction, defined as personal unhappiness with one's own physiques, appearance and body mass is now being recognized as a public health concern (Paxton, 2000). It has also been noted that currently, obsession with body image has become prominent, driven by media and societal standards of beauty (Griffiths & Mitchison, 2016).

Second major variable of the study is social physique anxiety. Social physique anxiety is a type of social worry originated from immense body image dissatisfaction. Striegel-Moore, Silberstein and Rodin (1993) explained that individuals after evaluating their body negatively experience awkwardness and social fear. Izgiç, Akyüz, Doğan, and Kugu (2004) reported this that people suffering with social phobia have a different body image perception compared to normal individuals. Being preoccupied with one own self can also lead to heightened social anxiety (Ingram, 1990). Social physique anxiety is caused when people compare themselves with media standards and people feel that they are being negatively evaluated by people of their society which is a totally emotional response (Leary, 1992).

Female representation on social media as smart and for males to be muscular leads towards self-presentation concerns (Crocker, Snyder, Kowalski, and Hoar 2000). Such generalizations by media have led people towards social obsession, making them feel that they must meet the prevailing standards of beauty in society (Stice & Shaw, 1994).

Third variable of the study is self-esteem. Self-esteem is described as a constructive or pessimistic technique towards identification (Rosenberg, 1965). low self-esteem is fostered by unachievable standards of thinness (Martin and Gentry 1997; Grabe, Ward, and Hyde 2008). Poor self-esteem and poor body image exacerbate the issues of ingestion and behavioral deterioration (Furnham and Calnan 1998; Leeper Piquero et al. 2010). According to Martin, Veer, and Pervan (2007), over two-third of American adults are already above the normal weight, representing a 36% increase over the last 30 years. In addition to that fifty percent of the females are unhappy with their figure and body size as well as obesity (Grabe and Hyde 2006). While a significant portion of males, also struggle with their body image, their concerns seem to center more around muscular build and shape than body mass (Furnham, Badmin, and Sneade 2002; Carleson-Jones and Crawford 2005). Studies have suggested a negative correlation between body image dissatisfaction and self-esteem (Kostanski and Gullone 1998). Furthermore, Kostanski and Gullone (1998) found that a strong indicator of perceived body image

^{1*} Lecturer, Minhaj University Township, Lahore, Punjab, Pakistan

² Lecturer, Minhaj University Township, Lahore, Punjab, Pakistan

³ Assistant Professor, Minhaj University Township, Lahore, Punjab, Pakistan

dissatisfaction is self-esteem. Childhood and adolescence are common times when the battle with low self-esteem and unsatisfactory body image starts, and it often intensifies into harmful behavioral illnesses as disorders of eating, mood disorders and extreme anxiety (Kostanski and Gullone 1998; DeLeel et al. 2009).

Body image dissatisfaction is also related to low self-worth (Fabian & Thompson, 1989; Lawrence & Thelen, 1995). Our trusted people tell us about our body images and this has a great impact on our body perceptions (Leary & Kowalski, 1990). Low self-esteem is associated with low body image in today's youngsters. Beauty and handsomeness has a great impact on others as its gain praises for them, people want to have an impact of their aura and charm of their personalities on others, this state is known as self-presentation and impression management (Leary,1995).

1.1. Hypotheses

- Body image dissatisfaction will positively predict social physique anxiety.
- Body image dissatisfaction will negatively predict self-esteem.
- Females will show higher body image dissatisfaction than males
- Females will show higher social physique anxiety than males
- There will be no gender difference on self-esteem

2. Method

2.1. Research Design

The study was conducted using a survey research design and correlation method.

2.2. Sample

The sample of the study was consisted of 290 University students. The sample included 145 males and 145 females from University of Sargodha and University of Lahore. For this study stratified random sampling technique was used to gather data.

2.3. Assessment Measures

The Body Image States Scale: The body image States Scale (BISS) developed by Coins, Fleming, Alindogan, J, Steadman, Whitehead (2002). The Body Image States Scale (BISS) is a 6-item measure that asks respondents to choose the expression that most effectively summarize their views about their appearance. Respondents are instructed to carefully read each statement and select the one that most accurately reflects their current feelings about their body. Alpha reliability of this scale is .80.

Social Physique Anxiety Scale: Social physique anxiety Scale was developed by Hart, Leary, Rejeski, (1989) The Social physique anxiety Scale is a 12 items scale designed to quantify the level of anxiety a person has about his or her own body. Alpha reliability of this scale is .70.

Rosenberg Self-Esteem scale: Rosenberg self-esteem scale developed by Dr. Morris Rosenberg in 1965 was used. It is a 10-items scale that measures positive and negative feelings about one's self. Alpha reliability of this scale is .85.

2.4. Procedure

Data was collected from the university students. Written permission was taken from concerning authorities. Consent was obtained from the participants and they were informed about the nature and purpose of research. Hard copies of questionnaires were given to them and they filled all questionnaires actively.

2.5. Data analysis

Statistical analysis was carried out by using SPSS (statistical package for social sciences). The descriptive statistics were applied to outline the fundamental characteristics of data. Correlational analysis was conducted to examine the direction of relationship among variables. Regression analysis was conducted to explore the relationship between predictor and outcome variables. Independent samples t test was used to evaluate the similarities and difference between males and females on the study variables.

3. Results

Table 1: Frequency and percentage of demographics (N=290)

Demographics	F	%
Gender		
Male	145	50
Female	145	50
Education		
B.A	90	31
M.A	125	43
M.Phil.	75	26

Table 1 shows Frequency and percentage of demographic variables of the study. The frequency of male and female is 145 for both and 49.7 percentage respectively. Frequency for educational level B.A, M.A and M.Phil. Is 90, 124 and 75 and percentage is 30.8, 42.5 and 27.7 respectively.

Table 2: Mean, standard deviation, range and skewness of study variables (N=290)

Range							
Scales	N	M	SD	A	Potential	Actual	Skewness
BISS	290	19.96	6.10	.89	1-5	6-30	.28
SPA	290	32.03	7.67	.70	1-5	12-53	.18
SE	290	26.22	3.71	.61	1-4	16-36	.05

Note: BISS= Body Image State Scale; SPA= Social Physique Anxiety; SE= Self-esteem

Table 2 shows internal consistency Index (alpha coefficients) for all the scales. Alphareliability of all the scale range between .60to .89. The value of skewness for all the scales are

.04 to .28 which indicate that there are no concerns regarding univariate normality

Table 3: Correlation among Study Variables (N=290)

Sr	Variables	1	2	3
1	BISS	-	-.50**	-.30*
2	SPA	-	-	.44*
3	SE	-	-	-

BISS= Body Image State Scale; SPA= Social Physique Anxiety; SE= Self-esteem

Table 3 shows Pearson correlation among study variables. The finding indicate the body image dissatisfaction is, positively correlated with social physique anxiety and negatively correlated self-esteem.

Table 4: Linear regression analysis predicting effects of body image dissatisfaction on socialphysique anxiety among university students (N=290)

		Outcome: social physique anxiety	
		95% CI	
Predictor	Model B	LL	UL
Constant	33.32***	[30.29	,6.36]
BID	.27**	[.21	,.08]
R ²	.03*		
F	6.7		

Table 4 shows the analysis of linear regression BID is computed as predictor variable and self-esteem. The R² value .30 shows that there is 30% change in self-esteem the BID with F(1,288)=5.6,p<.001. Analysis finding shows that is a significant and positive effect of body imagedissatisfaction(β =.17,p<.05)on Self-esteem.

Table 5: Linear regression analysis predicting effects of body image dissatisfaction on self-esteem among university students (N=290)

		Outcome: Self- esteem	
		95% CI	
Predictor	Model B	LL	UL
Constant	25.83***	[24.35	,27.30]
BID	.17*	[.05	,.09]
R ²	.30**		
F	5.6		

Table 5 shows the analysis of linear regression BID is computed as predictor variable and self-esteem. The R² value .30 shows that there is 30% change in self-esteem the BID with F(1, 288)=5.6,p<.001. Analysis finding shows that is a significant and positive effect of body image dissatisfaction(=.17,p<.05)on Self-esteem

Table 6: Comparison between female and male on all variables (N= 290)

Scale	M	SD	M	SD	t(288)	LL	UL	Cohen's d
BISS	8.90	5.53	21.08	6.44	-3.08*	.57	.78	0.36
SPA	33.95	7.77	30.12	7.13	4.36**	.10	.55	0.51
SE	26.08	4.11	26.33	3.28	-.58*	.11	.60	0.06

Male (n = 145) Female (n = 145) 95% CI

Table 6 shows that the significant gender differences were recorded in responses of male and female participants of the study. Results show that, mean gender difference on body image dissatisfaction and social physique anxiety. Results also indicated that there is significant meandifference on self- esteem {(288) = 26.08}, mean of female is higher on body image dissatisfaction as compared to male

4. Discussion

The present research was carried out to measure the relationship of body image dissatisfaction on social physique and self-esteem among university students. One of the key purposes of this study was to investigate the relationship among study variables. Inferences drawn from of this study indicated that substantial relationship was found among variables. The results indicated positive correlation between the Body Image State Scale (BISS) and negative correlation with Social Physique Anxiety (SPA) ($r = -.50, p < .01$). This suggests that individuals who are dissatisfied with their body image to a higher degree have tend to have high level of anxiety related to their figure. Results are consistent with a research study in which Canpolat, Catikkas, Koyuncu, & Tok (2010) reported that body image dissatisfaction has been found to be positively co-related with social physique anxiety.

The linear regression analysis indicates that body image dissatisfaction is a significant predictor of social physique anxiety among university students. The positive coefficient ($B = .27, p < .01$) highlights that as body image dissatisfaction increases, so does social physique anxiety. This finding aligns with the hypothesis that negative perceptions of one's body are likely to lead to increased anxiety regarding how one's physique is perceived by others. A large number of people are facing difficulty due to their distortion in the perception of their body image, both the genders are facing mental and physical challenges due to these distortions (Griffiths & Mitchison, 2016). Researches have proven that young people are in particular predisposed to, and dissatisfaction with body image and are extremely worried (Kostanski, Fisher, & Gullone, 2004).

Results proved that body image dissatisfaction is negatively correlated with self-esteem. Other research by Furnham (1998) and Button (1990) have shown that low self-esteem, in men and women is associated with negative body image. A significant negative correlation was also found between the Body Image State Scale (BISS) and Self-Esteem (SE) ($r = -.30, p < .05$). This indicates that individuals with greater body image dissatisfaction are likely to have lower self-esteem. This relationship highlights the detrimental impact that negative body image can have on an individual's overall self-worth and confidence. Numerous detrimental psychosocial outcomes, such as low self-esteem, depression, eating disorders, and obesity, have been related to body dissatisfaction (Darby et al. 2007; Stice 2002; Wiederman and Pryor 2000).

Results suggest gender differences in all the variables of the study. Research shows that this gender difference is robust outside of Australia, in a variety of non-Westernized cultures like China (Chen and Jackson 2008) and India (Iqbal et al. 2006), as well as a number of Western cultures like the USA (Chang and Christakis 2003) and France (Parnot et al. 2006). Similar consistent results have been found in studies looking into gender differences in body image importance: women report being more concerned about their physical appearance than men do in a variety of contexts (e.g., Canada, Morry and Staska 2001; United States, Noll and Fredrickson 1998).

Men in these studies also show body image issues, despite the fact that women express more body dissatisfaction than men do (e.g., the USA, Forbes et al. 2001; Australia, McCabe and Ricciardelli 2004a). According to Forbes et al., concentrating solely on women suggests that body dissatisfaction affects women differently than it does men or that it is somehow a problem unique to women. Forbes and colleagues hypothesized that although male body dissatisfaction plays a significant role in the widespread use of anabolic steroids, female body dissatisfaction may be more likely to have serious consequences (such as clinical eating disorders).

McCabe and Ricciardelli (2005), write that looks and appearance is crucial for adolescent boy and female's improvement of self-self-worth. The argument by using way of Allgood-Merten, Lewinsohn, and Hops (1990) that body image is an important issue of self-confidence (SE) shows that it's far possible to say that body image (dis)pride (BID/BIS) and associated affective states additionally play a key function in retaining self-esteem.

5. Limitation and Suggestions:

Every study has some limitations and this study also has potential limitations. The study used survey research design, and based on cross sectional method which cannot capture changes over time. This can limit the ability to draw conclusion about causality. Longitudinal studies are needed to determine the directionality and causality of these relationships. The sample included university students which may not be represented of the border population. The finding may not generalize to the other age group, cultural back ground and educational levels. Future researches are needed to include diverse sample to improve generalizability.

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