



Body Dissatisfaction and Anxiety among Males and Females

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ABSTRACT

Body dissatisfaction is an unfavorable mindset toward one's own physical appearance that is believed to arise from a perceived difference between one's intended ideal condition of the body and one's actual physical appearance. Conversely, anxiety is defined as intense, overwhelming, and ongoing concern and terror regarding one's own body. The study investigated interrelated issues of body dissatisfaction and anxiety among sixty subjects (30 men and 30 women) aged 20 to 35 years of age. It is aimed at assessing and comparing the incidence of bodily discontentment and anxiety, focusing on gender specificities. The findings are informative because they focus on different factors that affect gender relations in society and their impact on mental health. Anxiety and body shape are positively correlated, meaning that as one rises, the other will follow suit. Gender disparities were not seen, indicating that men and women experience the same levels of

stress connected to their bodies. The findings of this study can be used by interventionists' and counselors in formulating measures that suit the peculiar conditions of male and female adolescents living in the urban areas.

KEYWORDS: Body Dissatisfaction, Anxiety, Males, Females

INTRODUCTION

Body dissatisfaction is defined as a negative attitude toward one's own physical appearance. It is believed that a perceived difference between one's real physical appearance and their idealized body condition is the root cause of body dissatisfaction. These parameters may make people build in their minds unfounded and unobtainable opinions regarding their bodies. Anxiety encompasses various disorders associated with unreasonable anticipation of danger and nervousness. This may be in the form of physical signs including rapid pulse, sweating, shaking and psychological symptoms like racing thoughts and feeling of imminent danger. Anxiety is a condition of negative expectancy that is both mental and bodily. It manifests physiologically as uncomfortable activation of many bodily systems and psychologically as elevated arousal and fear twisted into excruciating concern, all to enable reaction to an unknown danger, real or imagined.

Body dissatisfaction as well as anxiety have some negative thoughts that reinforce each other. For example, the anxieties about social situations might be translated into concerns about one's body image that could exacerbate discontent with the body features. Body Dysmorphic Disorder may develop into severe and persistent body dissatisfaction or anxiety, or it can manifest itself along with mental health disorders like Eating Disorders like Binge Eating Disorder, Anorexia, Bulimia, Obsessive Compulsive Disorder or Generalized Anxiety Disorder.

Centre for discovery Research has shown that girls as young as three years old demonstrate a preference for thinness (Gorgan, 2010), while 41% of first through fourth graders in a sample expressed a desire to be thinner (NEDA, 2013).

BODY DISATISFCATION

According to Psychology Research Net Body Dissatisfaction (2016) can be defined as “negative subjective assessments of one's body in relation to size, form, muscularity or tone, weight, and fitness are known as body dissatisfaction. It is believed that one significant negative emotional element connected to body image is body dissatisfaction. Dissatisfaction is usually caused by a perceived difference between one's ideal and present bodies, which breeds unhappiness and negative feelings.”

Negative thoughts and feelings about one's body and appearance are referred to as body dissatisfaction (Grogan, 1999). It has been discovered that body dissatisfaction is linked to eating disorders, depression, and low self-esteem in addition to eating disorders (Stice et al. 2000; Stiegel-Moore & Franko, 2002). Our cultural surroundings have a significant impact on the degree of body dissatisfaction we encounter (Jung & Lee, 2006). To put it simply, the context in which our body dissatisfaction arises is the cultural environment in which we live.

Studies have shown that certain personal characteristics, such as depression and poor self-esteem, together with having a higher body mass index (BMI), might put one at risk for developing body dissatisfaction (Field et al., 2001; Paxton, Eisenberg, & Neumark-Sztainer, 2006; Presnell et al., 2004).

Holmqvist and Frisén (2009) study titled "Body Dissatisfaction Across Cultures: Findings and Research Problems." The review had two objectives. The initial goal was to summarize the body dissatisfaction literature that has been written about in various cultural contexts. Three broad trends that were prevalent in the literature at the time of the research' organization and presentation were derived, in part, from the varying levels of wealth and lifestyles seen in the cultures under investigation. The second goal of the study was to shed light on some of the particular issues that studies of body dissatisfaction across cultural boundaries address and to offer recommendations for better research.

Whitenton and Stice (2002) research titled "Risk factors for teenage females' unhappiness with their bodies: a longitudinal study." Using longitudinal data from 496 teenage girls, researchers examined the potential predictive power of a collection of socio cultural, biological, interpersonal, and emotional variables for increases in body dissatisfaction. Research has examined factors that are associated with body dissatisfaction, which is recognized as a risk factor for eating disorders. Elevated adiposity, internalization of the slim ideal, felt pressure to be thin, and a lack of social support were predictive of increases in body dissatisfaction; early menarche, weight-related teasing, and depression were not.

ANXIETY

The American Psychological Association (2008) defines anxiety as "an emotion characterized by tension-filled feelings, worried thoughts, and physical changes like elevated blood pressure." Although, they are not the same thing, anxiety and fear are frequently used interchangeably. While

fear is a suitable, present-oriented, transient reaction to a clearly defined and particular threat, anxiety is thought of as a future-oriented, long-acting reaction centered on a diffuse threat.

Anxiety is a condition of negative expectancy that is both mental and bodily. It manifests physiologically as uncomfortable activation of many bodily systems and psychologically as elevated arousal and fear twisted into excruciating concern, all in an attempt to enable reaction to an unknown danger, real or imagined (Psychology Today).

Anxiety related to body dissatisfaction is often associated with body image concerns and can manifest in various ways. This dissatisfaction can contribute to heightened levels of anxiety and distress. Some common symptoms of Anxiety related to Body dissatisfaction are Social Anxiety, Constant Comparisons, Racing thoughts, and Avoidance behaviors.

According to Cooper and Goodyer (1997), mood (such as sadness) and anxiety symptoms are frequently experienced by individuals with or without eating disorders as a result of fasting, and they have been proven to be strongly connected with problems linked to weight and body image. Additionally, it has been discovered that people with eating disorders often experience anxiety problems (such as social anxiety and obsessive-compulsive disorder). It is highly indicative that the mood and anxiety disturbances were a result of the eating disorders because only a tiny proportion of individuals had the eating disorders prior to the disturbances (Cooper & Goodyer, 1997, Ivarsson et al., 2000). Adversity in the family and in the socioeconomic sphere has typically been linked to both anxiety and mood disorders (Goodyer & Altham, 1991; Cohen et al., 1998; Twenge & Nolen-Hoeksema, 2002).

Ivarsson et al. (2006) researched on paper titled “Weight concerns, body image, depression and anxiety in Swedish adolescents.” The adolescents’ own positive attitude to slimness, negative mood (girls), and anxiety symptoms that reflect social fears (boys), and physical aspects of anxiety (girls and boys) were important correlates of lower BMI than ideal. Adolescent cultural norms need to be addressed in preventive work. However, in girls' separation anxiety might be a protective factor against underweight. In girls, overweight seems to be associated with negative self-esteem.

Jansen et al. (2008) researched on the paper titled “Mirror exposure reduces body dissatisfaction and anxiety in obese adolescents.” Many obese adolescents show intense body shape and weight concerns that render them vulnerable to cognitive biases, psychological distress and eating disorders. Current treatments, however, generally do not address negative body image in obese adolescents. The present pilot study tested if body exposure and describing one's body in a neutral way is an effective approach for increasing body satisfaction in obese adolescent.

PURPOSE

The purpose of the study is to assess Body dissatisfaction and anxiety among Males and Body dissatisfaction and anxiety among Females in age group of 20-35.

HYPOTHESIS

- There will be a negative relation in Body dissatisfaction and anxiety among Males.
- There will be a negative relation in Body dissatisfaction and anxiety among females.

- There will be a positive relation in Body dissatisfaction and anxiety among Males.
- There will be a positive relation in Body dissatisfaction and anxiety among females.

METHOD

SAMPLE

A total of 60 people participated from across Delhi in the study of which 30 were males and 30 were females. The age of the sample ranges from 25 to 35 years.

MEASURES

Appearance Anxiety Inventory (AAI)

This involves the use of a ten-item self-report scale referred to as The Appearance Anxiety Inventory (AAI), which was developed by Veale et al. (2014). Appearance anxiety scale in relation to Body Dysmorphic Disorder (BDD) is a conceptual instrument used to measure the cognitive and behavioral features. The AAI consists of two subscales: Avoidance and Threat Monitoring. The scores for each item can be added up and results will be between 0 and 40. A score equal or greater than 19 has been suggested as the optimum cutoff score for identifying BDD.

The Body Shape Questionnaire (BSQ)

Cooper et al. (1987) developed the Body Shape Questionnaire (BSQ), which measures weight and shape related concerns and has been frequently used for research and clinical purposes. The survey includes an abbreviated scale of 8 items and a detailed scale of 34 items. Body dissatisfaction,

weight worry, and drive for thinness are measured by means of BSQ. The maximum score is 204, with higher scores indicating greater body dissatisfaction.

PROCEDURE

The participants were informed about the purpose of the research and the questionnaires were filled through Google forms, each participant was thanked for their cooperation. Standardized Psychological Tests were administered to the participants.

ANALYSIS OF DATA

RESULT

Table 1

N, Mean and Standard Deviation of Appearance anxiety and Body Shape issues

	Appearance anxiety	Body shape Issues
<i>N</i>	60	60
<i>Mean</i>	11.6	21.0
<i>Median</i>	7.00	15.0
<i>Standard deviation</i>	11.2	13.2
<i>Minimum</i>	0.00	8.00
<i>Maximum</i>	40.0	50.0

Table 2*Correlation between Appearance anxiety and Body shape Questionnaire*

	Appearance Anxiety	Body Shape
<i>Appearance Anxiety</i>	—	
<i>Body Shape</i>	0.760 ***	—

*Note. * $p < .05$, ** $p < .01$, *** $p < .001$*

Table 3*Independent samples T test*

	Group	T-statistics	Statistic	df	p
<i>Appearance anxiety</i>	Female	Student's t	-1.74	58.0	0.087
	Male				
<i>Body shape</i>	Female	Student's t	-1.23	58.0	0.225
	Male				

DISCUSSION OF RESULTS

The result found that Body shape and Anxiety have significant positive correlation ($r=0.760$, $p < .001$). A positive relationship implies that when one variable increases or decreases, the other also tends to do so. In other words, there will be a coincidence of the movement for both variables that result in an increase or decline according to that of each variable. For instance, appearance concern rises when a person's bodily form is problematic. Table 3 examined gender differences. Since p is more than 0.05 (0.087 for anxiety) and (0.225 for body shape) that means no gender differences were found, Hence Hypotheses is rejected.

Pritchard et al. (2021) researched on paper titled “Untangling the associations between generalized anxiety and body dissatisfaction: The mediating effects of social physique anxiety among collegiate men and women.” Drive for thinness was positively and significantly correlated with social physique anxiety, which was found to be a significant mediator in both male and female drives for thinness. These findings draw attention to the disparities and similarities across genders' perceptions of their bodies, and they imply that social anxiety and the need to be skinny may be related to generalized anxiety. In treating patients who experience body dissatisfaction, medical professionals and researchers might want to concentrate on generalized anxiety.

CONCLUSION

Body dissatisfaction was an unfavorable mindset toward one's owned physical appearance that believed to arise from a perceived difference between one's intended ideal condition of the body and one's actual physical appearance. Conversely, anxiety is defined as intense, overwhelming,

and ongoing concerned and terror regarding one's owned body. The studied investigated interrelated issues of body dissatisfaction and anxiety among sixty subjects (30 men and 30 women) aged 20 – 35 years in Delhi. The result found significant positive relation between appearance anxiety and body shape. No gender differences were found.

The findings of this studied could have used by interventionists and counselors in formulating measured that suited the peculiar conditions of male and female adolescents lived in the urban areas.

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