

A Correlational Study on Body Image and Psychological Well-being among Emerging Male Adults in India

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Abstract

Psychological well-being is a state of mind desirable for everyone, and body image is one among the many factors that can influence it. The objective of the study was to find out the relationship between body image and psychological well-being among male emerging adults. In this study, we selected 101 samples aged from 20 to 24, through convenient sampling method, from India. The data collected were statistically analyzed using SPSS. We used Shapiro – Wilk test to assess the normality of the data. To assess the correlation of appearance and psychological well-being we chose Pearson's product moment correlation test. To assess the body area satisfaction and Psychological Well-being Spearman's rho correlation test was used. The test findings of normality suggest that the relationship to be linear while not all variables are normally distributed, as assessed by Shapiro - wilk's test ($p < 0.05$), and there were no outliers. There is no relationship between Appearance evaluation and psychological well-being among male emerging adults aged 20 to 24, $r(99) = .136$, $p < 0.177$, with appearance evaluation explaining 1.8% of the variation in psychological well-being. There was a statistically significant, moderate positive correlation between body area satisfaction and psychological well-being among male emerging adults aged 20 to 24, $r(99) = 0.440$, $p > .001$, with body area explaining 19% of the variation in psychological well-being.

Key words: Body image, Psychological Well-being, Body area satisfaction, emerging male adults

1. Introduction

Paul Schilder, an Austrian neurologist and psychoanalyst coined the term 'body image'. In *The Image and Appearance of human body*, Schilder (1950) argued that body image is not just a perceptual construct but also a reflection of attitudes and interactions. Body image can be defined as how people perceive their looks and their body functioning, which includes people's thoughts and feelings about their weight, shape, color, size, height and their appearance. The development of body image is complex and various studies show that an individual's mind-set, influence of peer groups, media, society and culture in which we live in can to a certain extent shape our body image. Thanks to these factors, two almost identical people can have a very different body image. The body image refers to the extent to which individuals perceive the facts pertaining to their body. This perception of the individuals on their body results either in satisfaction or dissatisfaction and has two components. The first component incorporates subjective knowledge of one's physical attributes. .

The second component is the degree to which an individual is satisfied with one's present body attributes. The level of body satisfaction determines the degree of one's body dissatisfaction, body confidence, and body esteem. Psychological well-being is a state of mind desirable for everyone. Some of the characteristics associated with psychological well-being are: optimism, positive work attitudes, understanding, reaching out to people, maintaining good health, ability to sustain relationships, able to handle crisis effectively etc. The above characteristics sound utopian in the context of present day life style. Society today is driven by competition and is putting pressure on the people. The result is: individuals of all ages experience stress from one source or another. There are certain crucial stages in life during which people are more prone to vulnerability. One such stage is late adolescence and young adulthood stage. (Ryff and Keyes, 1995). Every individual have different perceptions of their own body and their perceptions need not fit to the societal expectations. The self-realization of their personal attributes can affect their psychological well-being.

2. Literature Review

A study conducted by Anamika and Singh (2014) aimed to assess the relationship between eating behavior and body image among adolescents. A total of 120 samples were selected (60 adolescent male and 60 adolescent female) in different government and private schools of Lucknow city using random sampling technique. A self-made questionnaire was used to assess eating behavior and Rosenberg self-esteem scale was used to assess the body image. The study found that there was a significant differences between eating behavior among adolescent boys and girls, and body image was positively correlated with eating behavior.

Cristiana (2016), conducted a study on the topic "Self-Esteem and Body Image Perception in a Sample of University Students" This cross-sectional study was conducted to determine the relationship established between self-esteem and body image dissatisfaction, as subjective variables among young, female Romanian university students. The hypothesis is that young women's body dissatisfaction is related to their self-esteem level. The second major purpose of this study is to verify whether self-esteem level and body size acceptance, which are subjective variables, are significantly correlated with BMI as an objective variable. The data were collected using measurements and questionnaires from a random sample of 160 female students (19-21 y.o.) assumed to be healthy and educated, with constant physical activity and having an urban lifestyle.

Using descriptive statistics for each variable, we analyzed summaries of the sample and the collected data. For pairs of variables the Pearson correlation coefficient r was calculated, and its statistical significance was tested using the "t" test. Prevalence of body dissatisfaction was reported, with 79% of girls reporting being dissatisfied with their physical appearance. Self-esteem and body dissatisfaction were during a significant negative correlation: $r(158) = -0.36, p < .0005$. Consistent, statistically significant correlation between BMI and body dissatisfaction ($r(158) = 0.56, p < .0005$) was found. An important part (31%) of body dissatisfaction is decided by BMI and subsequently by weight and fat deposits.

Deanna R. Puglia, (2017) conducted a study on "Social media use and its impact in Body Image: The effects of body comparison tendency, motivation for social media use, and social media platform on body esteem in young women". The purpose of this study was to examine the effects of social media use on body esteem in young women. Through a self-report survey of college women ($n=339$), it

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was found that body comparison tendency was negatively correlated with body esteem and positively correlated with the motivation to use social media for body comparisons. This study also provided an exploratory investigation ($n=58$) of the impact that different social media platforms have on body satisfaction. Of the platforms examined, Facebook showed the largest negative correlation with body satisfaction ($r=-.204$). Participants who engaged in higher levels of Facebook use also displayed significantly lower body satisfaction than those with lower Facebook use ($p<.05$). This study suggests that social media is a new avenue for individuals to engage in maladaptive body comparison processes, creating a need for health communication and behavior change interventions that address this issue, especially among vulnerable populations.

Alitaya Abbasi, Aisha Zubaier (2017) conducted a study on the topic "Body Image, Self-Compassion, and Psychological Well-Being among University Students". The purpose of the present study was twofold; firstly, to determine the relationship between self-compassion, body image, and psychological well-being of university students; and secondly, to determine the role of various demographics (gender and parental education) in relation to variables of the study. The sample consisted of 123 male and 177 female students from universities in Rawalpindi and Islamabad. Self-Compassion Scale (Neff, 2003), Multidimensional Body-Self Relations Questionnaire-Appearance Scale (Cash, 2002), and Affectometer-2 (Naheed, 1997) was used to measure self-compassion, body image, and psychological well-being, respectively. Results of the study showed that self-compassion was significantly positively related with psychological well-being and body-image. Similarly body-image was positively related with psychological well-being. Self-compassion and body-image significantly predicted the psychological well-being among these students.

Yazdani, Negar Sayed, Hosseini, Amini, Sobhani, Khazraei, (2018) conducted a study on the "Relationship between body image and psychological well-being in patients with morbid obesity. The purpose of this study was to assess the relationship between body image and psychological well-being in morbid obese patients. This cross-sectional study, using simple random sampling method, was done on 124 morbid obese patients who referred to obesity clinic in Shiraz from 2016 to 2017. The data were collected by body image index and psychological well-being questionnaire. Results were analyzed using descriptive statistics, Pearson correlation coefficient test, ANOVA, and Regression analysis. The results showed a significant relationship between body image and psychological well-being ($r=0.43$) ($P<0.001$), and between the total score of the body image 1 and all the subscales of psychological well-being except autonomy and purpose in life.

Metin Argan, Mehpare Tokay Argan and Mehmet Tahir Dursun (2018), conducted a study on "Examining Relationships among Well-being, Leisure Satisfaction, Life Satisfaction, and Happiness" from Turkey in the year 2018. The aim of this study was to propose a theoretical model to examine the relationships among well-being, leisure satisfaction, life satisfaction and happiness. The results from a survey of 1230 respondents in Turkey indicate that there were significant relationships among national well-being, personal well-being, leisure satisfaction, life satisfaction and happiness. The results support the hypothesized relationships, suggesting that well-being as antecedents, directly affecting leisure, life satisfaction and indirectly affecting happiness. Consistent with previous empirical studies, the findings of this study suggest that leisure satisfaction and life satisfaction are the moderators of dimension of happiness, and significantly mediates the effect of well-being on happiness.

2.1 Research Gap:

From the review of available literature, it can be seen that "Comparative analysis on male and female adults' Body Image and its influence on Psychological Well-being" form a new area of study and it has not yet been covered anywhere in the earlier studies. The literature review indicates the study of body image among women obesity patients, and adult women and psychological wellbeing among mid adults, teachers and diabetes patients. But the comparative study of among male and female young adults in Mysore is uncovered and untapped by the researchers. Therefore, the present study is a virgin area.

The factors affecting this defined area are examined in detail by applying statistical tools.

3. Research Method

3.1 The Proposed Hypothesis

H1: There is no relationship between Appearance and Psychological well-being among emerging male adults.

H2: There is no relationship between body area satisfaction and Psychological Well-being among male emerging adults.

H3: There is a significant relationship between Appearance and Psychological Well-being among male emerging adults.

H4: There is a significant relationship between Body area satisfaction and Psychological Well-being among male emerging adults.

3.2 The Proposed Conceptual Framework

Figure 1 shows the proposed conceptual framework where body image is the independent variable and the psychological well-being is the dependent variable.

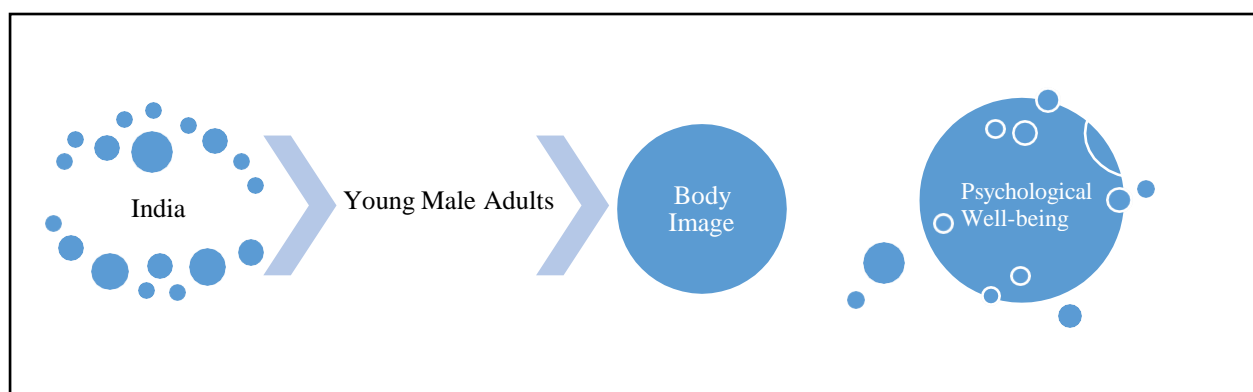


Figure 1: The Proposed Conceptual Framework

4. Procedure and Data Collection

The purpose of this study is to measure whether or not there is significant difference between body image and psychological well-being among male young adults in India. The scale is given to male

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young adults' age ranging from 20-24; random sampling technique is used to collect the samples of 101 young male adults residing in India. Variables were measured with The MBSRQ-Appearance Scales (MBSRQ-AS) is a 34-item measure that consists of subscales. The 12- page MBSRQ manual provides information about its scientific development, its subscales and their interpretation, scoring formulae, Gender-specific norms, and reliability data. Psychological well-being scale was developed by Sisodia and Choudhary (2012), using Likert technique. The final form of scale thus prepared comprising of 50 statements with a view to measure several aspects of well-being like satisfaction, efficiency, sociability, mental health and interpersonal relations. Collection of data and assessment were performed within the stipulated time. The demographic profile of respondents, measured using a nominal or ordinal scale.

5. Data Analysis and Results

Independent analysis was conducted on A Correlational Study on Body Image and Psychological Well-being among Emerging Male Adults in India to determine if there is any significant difference between body image and their psychological well-being in male young adults. The main variables of this study are body image and psychological well-being. The major objectives were, to find out the influence of Appearance evaluation on male emerging adults, to find out the of body area satisfaction (BASS) on male emerging adults, to find out the influence of psychological well-being on male emerging adults and to find the relationship between body image and psychological well-being among male emerging adults. In this study body image is considered as the Predictor variable and psychological well-being is considered as the Criterion variable. This research paper deals with the statistical analysis and interpretation of the data along with the discussion of the results.

5.1 Hypothesis 1

There is a significant relationship between Appearance evaluation and psychological well-being.

Table 1

Table 1 Shows the Mean Standard Deviation of Appearance evaluation and Psychological well-being

	N	Mean	SD
Appearance Evaluation	101	24.39	.334
Psychological Well-being	101	183.53	20.237

Note: N= Number of Data; SD=Standard Deviation

101 participants were surveyed about Appearance evaluation ($M = 24.39$, $SD = .334$) and psychological well-being ($M = 183.53$, $SD = 20.237$). A scatter plot diagram was used to assess the linearity of the variables. It was found that the variables had a positive linear relationship.

Table 2

Table 2 Shows the Normality of Body Image and Psychological Well-being using Shapiro -Wilk test

		Shapiro-Wilk		
		Statistic	df	Sig.
Appearance Evaluation		.974	101	.051
Psychological Well-being		.991	101	.741

Note: df=Degree of Freedom, Sig. = Significant Value

Shapiro - wilk test was run to assess the normality of the variables. Preliminary analyses showed the relationship to be linear with both variables normally distributed, as assessed by Shapiro-Wilk's test ($p > .05$), and there were no outliers.

Table 3

Table 3 shows the Descriptive Statistics Pearson's product moment correlation for each variables.

Appearance Evaluation			Psychological Well-being
Appearance Evaluation	Pearson Correlation	1	.136
	Sig. (2-tailed)		.177
	N	101	101
Psychological Well-being	Pearson Correlation	.136	1
	Sig. (2-tailed)	.177	
	N	101	101

Note: N= Number of Data

A Pearson's product - moment correlation was run to assess the relationship between Appearance evaluation and psychological well-being among male emerging adults aged 20 to 24.

There is no relationship between Appearance evaluation and psychological well-being among male emerging adults aged 20 to 24, $r(99) = .136$, $p < 0.177$, with appearance evaluation explaining 1.8% of the variation in psychological well-being.

Hence alternate hypothesis is rejected and null hypothesis is accepted.

5.2 Hypothesis 2:

There is a significant relationship between Body area satisfaction and Psychological well-being among male emerging adults.

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Table 4

Table 4 Showing the Mean Standard Deviation of Body area satisfaction and Psychological Well-being

	N	Mean	SD
Body area satisfaction	101	24.39	.334
Psychological well-being	101	183.53	20.237

Note: N= Number of Data; SD=Standard Deviation

101 participants were surveyed about Appearance evaluation ($M = 24.39$, $SD = .334$) and psychological well-being ($M = 183.53$, $SD = 20.237$). A scatter plot diagram was used to assess the linearity of the variables. It was found that the variables had a positive linear relationship.

Table 5

Table 5 Shows the Normality of Body area satisfaction and Psychological Well-being using Shapiro - Wilk test

	Shapiro-Wilk		
	Statistic	df	Sig.
BASS	.961	101	.004
Psychological Well-being	.991	101	.741

Note: df=Degree of Freedom, Sig. = Significant Value

Shapiro - wilk test was run to assess the normality of the variables. Preliminary analyses showed the relationship to be linear, not all variables were normally distributed, as assessed by Shapiro-Wilk's test ($p < 0.05$), and there were no outliers.

Table 6

Table 6 shows the Descriptive Statistics Spearman's rho for each variables.

BASS		Psychological Well-being		
Spearman's rho	BASS	Correlation Coefficient	1.000	.440**
		Sig. (2-tailed)	.	.000
		N	101	101
	Psychological being	Well-Correlation Coefficient	.440**	1.000

	Sig. (2-tailed)	.000	.
	N	101	101

** Correlation is significant at the 0.01 level (2-tailed).

Note: N= Number of Data

A spearman's rho correlation was run to assess the relationship between body area satisfaction and psychological well-being among male emerging adults aged 20 to 24. There was a statistically significant, moderate positive correlation between body area satisfaction and psychological well-being among male emerging adults aged 20 to 24, $r(99) = 0.440$, $p > 0.01$, with body area satisfaction explaining 19% of the variation in psychological well-being.

6. Discussion

The title of the research study is "A Correlation study on body image and psychological well-being among male emerging adults." The major objectives were, to find out the influence of Appearance evaluation on male emerging adults, to find out the of body area satisfaction (BASS) on male emerging adults, to find out the influence of psychological well-being on male emerging adults and to find the relationship between body image and psychological well-being among male emerging adults.. The hypothesis was that there is there is a significant relationship between Appearance and psychological well-being among male emerging adults, there is a significant relationship between body area satisfaction and Psychological Well-being among male emerging adults. The Multidimensional Body-Self Relations Questionnaire- Appearance Scales (MBSRQ-AS) developed by Thomas Cash (2000) was used to assess the body image of the participants while, psychological well-being scale developed by Sisodia and Choudhary (2012) was used to assess the psychological well-being to the participants. Shapiro - wilk's test was used to assess the normality of the variables and Pearson's product moment correlation test was used to assess the correlation of the Appearance evaluation and Psychological Well-being, while Spearman's rho was used to find the correlation of body area satisfaction and Psychological Well-being being.

7. Implications and Conclusion

This research paper has demonstrated that bodily concerns are relevant for younger men too, yet they may differ in key ways from the aspects of the body with which younger women demonstrate concern. The major objectives were, to find out the influence of Appearance evaluation on male emerging adults, to find out the of body area satisfaction (BASS) on male emerging adults, to find out the influence of psychological well-being on male emerging adults and to find the relationship between body image and psychological well-being among male emerging adults.. The hypothesis was that there is there is a significant relationship between Appearance and psychological well-being among male emerging adults, there is a significant relationship between body area satisfaction and

Psychological Well-being among male emerging adults. For this study, we selected 101 samples aged from 20 to 24, through convenient sampling method, from India. The Multidimensional Body-Self Relations Questionnaire- Appearance Scales (MBSRQ-AS) developed by Thomas Cash (2000) was used to assess the body image of the participants while, psychological well- being scale developed by Sisodia and Choudhary (2012) was used to assess the psychological well-being to the participants.

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There is no relationship between Appearance evaluation and psychological well-being among male emerging adults aged 20 to 24, $r(99) = .136$, $p < 0.177$, with appearance evaluation explaining 1.8% of the variation in psychological well-being.

There was a statistically significant, moderate positive correlation between body area satisfaction and psychological well-being among male emerging adults aged 20 to 24, $r(99) = 0.440$, $p > .001$, with body area explaining 19% of the variation in psychological well-being.

Hence it can be concluded that appearance do not have any effect on the psychological well-being of male emerging adults, whereas, body area satisfaction do affect the psychological well-being of male emerging adults.

Further studies will be strengthened by including much more sample size should be considered to generalize the result obtained from the study. Other psycho social variables such as socio economic status, education, family support and family background could have been considered to improve the quality of the study.

Other age groups especially adolescents should have been considered. The sample size could be increased in order to generalize it with a larger community. The study can be reproduced throughout different cultures and locations in India.

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