

Study of Body Image among Female Adolescent Students based on Personality

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Abstract: The body image of female adolescents was analysed in this study based on their personality characteristics. This study was carried out on 50 female adolescent students from Navi Mumbai Maharashtra. The average age of selected female adolescent students was 14.92 years. Eysenck's PEN inventory was used to assess psychoticism, extraversion and neuroticism dimensions of personality. To assess body image of the selected subjects, Modified Version of Self-Assessment Questionnaire for Body Image, prepared by Agashe and Karkare (2008) was preferred. The stepwise regression was used to analyse the data. The results indicate that psychoticism, extraversion and neuroticism was strongly associated with the body image of female adolescent students. The regression model prediction reveals that psychoticism, extraversion and neuroticism were able to generate 54.7% variance on body image of female adolescent students. It was concluded that personality dimensions viz. psychoticism, extraversion and neuroticism are very strong predictors of body image in female adolescent students

Keywords: Psychoticism, extraversion, neuroticism, body image, female adolescents

1. Introduction

The body image is thinking and feeling about our body. It is a mental picture of a body which determines positive or negative body image. Body image can either be positive or negative depending upon its mental representation. When someone is dissatisfied with his body size it is known as a negative body image. A healthy or positive body image refers to satisfaction with body size and appearance. Negative body image in children and adolescents can be due to several factors. Pressure from social media about ideal body size, different body composition as compared to peers, worried about others perception about their body, belonging to a community or a group which idealize certain body shape and appearance or some kind of physical disability. It is an important aspect of personality because negative body image affects self confidence and identifying self-worth. It is not possible to be 100% satisfied with our looks and appearance. Hence it is natural that we tend to change our appearance and body size according to ideal body type. The situation becomes worse when we think too much about body image because it then interferes with our daily routine, academics and eventually career prospects. Gender plays a part in defining body image because its effect is rather dissimilar in boys and girls. Men would like to have a muscular body while women thrive to be slim. The importance of the body image in the adolescent period is very critical because in this cycle of life they try to understand not only themselves but the surrounding environment. Biological changes occur in the adolescent period and adolescent is in process of making their identity in the society. It has been documented by researchers that negative body image affects adolescents mood states and they tend to avoid social gathering because they feel that their appearance and body size is not up to the standard set by the society or social media. When an adolescent is engrossed in the negative image of the body all the time, it makes him susceptible to mental health issues, eating disorder and in acute cases personality disorders. A number of studies have been conducted in the past to identify the factors that contribute immensely to body dissatisfaction. As per the results of a study conducted by Clay et al. (2005), the physiological, social and psychological transformation which takes place in adolescence are responsible for body dissatisfaction in adolescents. Lo et al. (2012) reported that the prevalence of negative body image is higher in upper socio-economic strata while Mishra and Mukhoparhyay (2011) reported that body image dissatisfaction is more prevalent in urban adolescents as compared to rural adolescents. The role of culture-related pressure, mental health problems such as depression and obesity were also identified by Calzo et al., 2012; Stice et al. 2002; Marsella et al., 1981, as risk factor towards negative body image. Groesz et al. (2002) reported explicit media image portraying thinness is the major cause of negative body image in adolescent girls. They also reported that undue emphasis on diet, exercise and beauty by social media also contributes to negative body image in adolescent girls. Tiggemann and Slater (2013) reported that internet and Facebook usage are strong predictors of negative body image in adolescents.

The association between personality and body image has also been found in the research literature. Allen and Walter (2016) in an exhaustive survey established a relationship of negative body image with neuroticism and extraversion dimension of personality while the relationship between negative body image and agreeableness and openness was inconclusive. Dalley et al. (2009) in their study found a significant relationship between neuroticism and body image dissatisfaction. Swami et al. (2011) reported a meaningful association between body image and extraversion. Despite vast literature, body image in female adolescents has not been assessed in the light of

Eysenck's personality dimensions viz. psychoticism, extraversion and neuroticism. Hence the present study was planned to investigate the body image in female adolescent student based on Eysenck's personality dimensions.

2. Objective of the Study

The main objective of the present study is to establish the relationship between body image and Eysenckian personality characteristics among adolescent female students.

Hypotheses

It was hypothesized that psychoticism, extraversion and neuroticism dimension of personality will emerge as significant predictors of body image in female adolescent students.

3. Methodology

Sample :

This study was carried out on 50 female adolescent students from Navi Mumbai Maharashtra. The average age of selected female adolescent students was 14.92 years. The female adolescent students were enrolled in different CBSE and ICSE affiliated schools. Purposive sampling was used for the selection of the sample.

Tools

(A) Self-Assessment Questionnaire for Body Image:

To assess the body image of female adolescent students, Modified Version of Self-Assessment Questionnaire for Body Image, prepared by Agashe and Karkare (2008) was preferred. It consists of 25 multiple choice questions and this questionnaire is highly reliable as well as valid. The scoring pattern provided in the author's manual. It is mentioned in this manual that body image becomes negative as the scores increases.

(B) Eysenck's PEN Inventory:

PEN inventory of Eysenck (1968) was used to assess psychoticism, extraversion and neuroticism dimension of personality. There are 78 items in this highly reliable and valid inventory.

Procedure:

Modified Version of Self-Assessment Questionnaire for Body Image, prepared by Agashe and Karkare (2008) and PEN inventory of Eysenck (1968) was administered to female adolescent students as per their convenience and in a peaceful environment. The scores on both the psychological instruments were tabulated. Correlation and step-wise regression were used to analyse the data. The results are shown in table 1, 2, 3 and 4 respectively.

4. Analysis and Interpretation:

Table 1 Correlation Coefficient Matrix

Personality Dimensions	Body Image
Psychoticism	.667**
Extraversion	.527**
Neuroticism	.634**

** Significant at .01 level

Correlation matrix presented in table 1 revealed a significant positive correlation of body with psychoticism, extraversion and neuroticism dimension of personality. As per the scoring pattern, it is evident that high psychoticism, high extraversion and high neuroticism leads to negative body image.

Table 2 Model Summary: Step-wise Regression

Predictive Values on Body Image in Female Adolescent Students Group Based on Psychoticism, Extraversion and Neuroticism Dimension of Personality

Model	R	R Square	Adjusted R Square
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1	.667 ^a	.444	.433
2	.752 ^b	.565	.547

Table 3 ANOVA: Step-wise Regression (N=50)

Model	F
1	38.38**
2	27.62**

** Significant at .01 level

a Predictors: Psychoticism

b Predictors: Psychoticism, Neuroticism

Excluded variables - Extraversion

Table 4 Standardized Coefficients

Model	Model	Unstandardized B	Standardized Beta	t
1	Constant	1.569		1.161
	Psychoticism	1.010	.667	6.19**
2.	Constant	-1.398		-.958
	Psychoticism	.707	.467	4.20**
	Neuroticism	.533	.401	3.61**

** Significant at .01 level

A perusal of entries shown in table 2, 3 and 4 reveals the following:

Psychoticism was found to be the single best predictor of body image in adolescent female students. Psychoticism alone was able to generate 43.3% variance on body image among female adolescent students. The F=38.38 give empirical weightage to this fact at .01 level of statistical significance.

Neuroticism along with psychoticism was found to be the second-best model for predicting body image in female adolescent students. These two variables were able to generate 54.7% variance on body image. The F=27.62 give empirical weightage to this fact at .01 level of statistical significance.

Extraversion dimension of personality was excluded from this regression model.

5. Result:

A significant and positive correlation was observed between body image with psychoticism, extraversion and neuroticism dimension of personality.

The overall stepwise regression yields significant variance by psychoticism and neuroticism on body image of female adolescent students with extraversion dimension of personality being excluded from this model.

6. Discussion:

In the present study, three personality dimensions were strongly correlated with the body image of female adolescent students. According to Eyseck's (1971) description, psychoticism is related to perfectionism, extraversion is related to attention seekers and neuroticism is related to emotional instability. So there is no surprise in an association of personality dimensions with body image. The results of the regression model exclude extraversion in predicting body image of female adolescent students which indicate that authenticity of extraversion was not proven along with psychoticism and neuroticism in predicting body image among female adolescent students.

7. Conclusion

Based on results following conclusions are drawn :

1. Eysenck's personality dimensions namely psychoticism, extraversion and neuroticism are strongly associated with the body image of female adolescent students.
2. Psychoticism emerged as the most powerful Eysenkian personality dimension for prediction of body image among female adolescent students.
3. Neuroticism was found to be a second-best predictor of body image among female adolescent students along with psychoticism.

Summarily it may be concluded psychoticism and neuroticism dimensions of personality significantly contributes towards formation in positive or negative body image in female adolescent students

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