

## **SOCIAL PHYSIQUE ANXIETY AND DEPRESSION: CORRELATES OF BODY IMAGE DISSATISFACTION**

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### **ABSTRACT**

**Background:** Body image refers to subjective perception towards own body structure and appearance. When a person finds discrepancy between perceived body image and real body image then it leads to development of body image dissatisfaction. Nowadays, both male and female students show less contentment with their body shape, size or colour, and which turn to be a cause for development of poor mental health, including body related anxiety, depression, low self-esteem or various eating disorders. **Aim:** The present study was designed to investigate whether body image dissatisfaction is correlated with social physique anxiety, and depression. **Method:** The present study was a cross sectional descriptive study design, conducted among a total sample of 350 both male and female undergraduate from Kamrup metropolis using convenience sampling method as per inclusion and exclusion criteria. **Tools:** socio demographic schedule, Body Area Satisfaction Scale (a subscale of MBSRQ-AS), Social Physique Anxiety Scale (SPAS), Beck's Depression Scale (BDI-II) were used to measure body image dissatisfaction, social physique anxiety, depression of students respectively. **Results:** Descriptive analysis showed that only 14% (49 students) were dissatisfied with their body image whereas, 86% (301 students) were satisfied. Pearson correlation was applied to see the relation of social physique anxiety and depression with body image dissatisfaction. It revealed significantly negative correlation of body image satisfaction with Social physique anxiety ( $r = -.420, p < 0.01$ ), and depression ( $r = -.304, p < 0.01$ ).

**Key Words:** Body image, Body image Satisfaction/Dissatisfaction, Social Physique anxiety, Depression.

### **INTRODUCTION**

Body image refers to subjective perception towards own body structure and appearance. When a person finds discrepancy between perceived body image and real body image then it leads to development of body image dissatisfaction. Body image disturbance, often viewed as a continuum of satisfaction and dissatisfaction with physical appearance (Thompson, Heinberg and Tantleff-Dunn, 1999) which become a causal factor of developing low self-

esteem, social anxiety, depressive symptoms and many more. (Cash, 1990; Frederick and Morrison, 1996; Thompson, 1992). Students who are dissatisfied with their body may diet unnecessarily, take pills to lose weight, and over-exercise, sometimes at damaging levels (Forrest & Stuhldreher, 2007; Maxwell & Cole, 2012). Behavioural aspect of body image is associated with body dysmorphic disorder and variety of eating disorders (bulimia, anorexia, binge eating). People with body image dissatisfaction more likely to develop negative emotions such as, depression, isolation, loss of self-confidence, obsession with loss (Alizade, Mohammadzadeh & Babai, 2016). In general, body image also found to be have an impact of all aspects of human personality (Anderson, Cohen, Naumova, Jacques, & Must, 2007). Social physique anxiety is a phenomenon relating to one's physique, which is experienced when an individual perceives that his/her body shape or figure is being negatively evaluated by others and it is a derivative of social anxiety directly related to the responses of the social judgment of one's physique (Hart, Leary & Rejeski, 1989). Additionally, Russel, W. D. (2002) conducted a study assessing the Prevalence of Social Physique Anxiety, self-esteem, and body image satisfaction among college-aged males. Results indicated that males scoring high in body dissatisfaction reported significantly higher Social Physique Anxiety than those with low body dissatisfaction. Another psychological distress that experienced by a body dissatisfied individual is depression. Depression is a "persistent period of depressed mood or markedly diminished interest or pleasure in all, or almost all, activities that predominates in the clinical picture" (DSM-V, pp. 180; American Psychiatric Association, 2013). The mood change can be ranges from temporary to long lasting. (Iqbal, Shahnawaz & Alam, 2006). It may range, from a relatively minor feeling of melancholy to a deeply negative view of the world and an inability to function effectively (Sarason, 2002). Being teased about appearance and weight by peers or family members may contribute to body dissatisfaction and later on this dissatisfaction with one's body image is found to be related with depression (Hamilton, 2008; Gleason, Alexander, & Somers, 2000; Grilo, Wilfley, Brownell, & Rodin, 1994; Thompson et al., 1995). Similarly, Allgood-Merten, Lewinsohn & Hops (1990) found the significant relationship between body image and depression for both sexes where, females reported to have more depressive symptoms and negative body image than males. Additionally, in previous study, a significant negative correlation between body image and depression was also found (Shin and Paik, 2003). Hence, present study was conducted to explore the relationship of body image with social physique anxiety and depression.

## **OBJECTIVES**

- To see prevalence of body image satisfaction/dissatisfaction, social physique anxiety, and depression among college students
- To see correlation between body image satisfaction and social physique anxiety and depression

## **HYPOTHESIS**

- There will be a significant correlation between body image satisfaction and social physique anxiety, depression.

## **METHOD**

The present study was a cross sectional study, descriptive in nature. Convenience sampling method was used in selection of colleges as well as students from Kamrup metropolis. The total sample consisted of 350 participants including both boys and girls. Participants, those who were studying undergraduate course in science, commerce and humanities stream in various colleges of Kamrup metropolis, affiliating to Gauhati University were selected in the present research.

## **MEASURES**

**Body Area Satisfaction Scale (BASS) (Cash, 2000):** Body Area Satisfaction scale is a subscale of Multidimensional Body Self Relations questionnaire- Appearance Scales (MBSRQ-AS). MBSRQ-AS developed by Thomas Cash and fellow researchers. This scale has 5 subscales, and BASS is one of them. Body Areas Satisfaction Scale (BASS) assesses satisfaction or dissatisfaction with specific areas of the body on a 5-point scale (Complete Satisfaction to Complete Dissatisfaction). BASS consists of 9 items. BAS scale has a good psychometric properties and high level of internal consistency where, Cronbach alpha is .82.

**Beck's Depression Inventory- II (Beck, A.T., Steer, R.A., & Brown, G.K. (1996).** Manual for the Beck Depression Inventory-II): The BDI-II is a widely used 21-item self-report inventory measuring the severity of depression in adolescents and adults (13-80 Years). Responses are rated on a 4-point Likert-type scale ranging from 0 to 3, based on severity of each item.

**Social Physique Anxiety Scale (R. Leary 2013):** social physique anxiety scale (SPAS) a 12 item self-report scale to measure social anxiety related to physique. SPAS was developed by M. R. Leary (2013). It demonstrated both high internal and test retest reliability.

## **PROCEDURE**

Prior to the beginning of the current research, permission was taken from college administration. The Participants were selected only after getting their consent to participate in the study and they were explained the nature and objectives of the study. Participants are assessed with a sociodemographic datasheet and followed by applying Body Area Satisfaction scale (BASS), beck's depression inventory and social physique anxiety scale. Administration of the scales took around 10 to 15 minutes for each individual.

### **STATISTICAL ANALYSIS**

Data was analysed using SPSS version 21 software system. Descriptive statistics including frequency, Percentage were applied to check prevalence of body image satisfaction/Dissatisfaction, depression, social physique anxiety among college students and t test were derived for the sample responses to check the differences of body image satisfaction, social physique anxiety and depression in both gender (Male and Female). Again, Pearson correlation method was implemented to determine the degree to which all the variable including social physique anxiety and depression are correlated with body image satisfaction.

### **RESULTS**

Table 1

*Prevalence of Body Image Satisfaction/Dissatisfaction*

<b>Body image</b>	<b>Frequency</b>	<b>Percent</b>
Body image dissatisfaction	49	14.0
Body image satisfaction	301	86.0
Total	350	100.0

Table 1 showed prevalence of body image satisfaction and dissatisfaction among college going youth and found that out of 350 students, majority of students i.e. 301(86.0%) were satisfied with their body image, while 49 students (14.0%) only reported that they had body image dissatisfaction.

Table 2

*Prevalence of Social Physique Anxiety*

<b>Social physique anxiety</b>	<b>Frequency</b>	<b>Percent</b>
Absence of social physique anxiety	77	22.0
Moderate social physique anxiety	265	75.7
High social physique anxiety	8	2.3
Total	350	100.0

Table 2 highlighted the prevalence rate of social physique anxiety among college going students and found high social physique anxiety among 8 (2.3%) college going students, 265(75.7%) students had moderate social physique anxiety; whereas 77(22.0%) students had low social physique anxiety.

Table 3

*Prevalence of Depression (N=350)*

<b>Depression</b>	<b>Frequency</b>		<b>Percent</b>	
Normal	120	120	34.3	34.3
mild mood disturbance	103		29.4	
Borderline clinical depression	43		12.3	
moderate depression	64		18.3	
severe depression	12	230	3.4	65.70
Extreme depression	8		2.3	
Total	350		100.0	

Table 3 showed prevalence rate of depression among college going youth. Out of 350 college going students, a total number of 230 (65.7%) students were found to have depression ranging from mild to severe depression whereas, approx. one third participants 120 (33.3%) were found normal. Prevalence of depression found that, 29.4% had mild mood disturbance, 12.3% had borderline clinical depression, 18.3% had moderate depression and rest 3.4% and 2.3% had severe depression and extreme depression respectively.

Table 4

*Correlation of Social Physique Anxiety, Depression with Body Image Satisfaction*

	<b>Social Physique Anxiety</b>	<b>Depression</b>
Body Image Satisfaction	-.420**	-.304**

Table 4 showed that, social physique anxiety ( $r = -.420, p < 0.01$ ) was significantly negatively correlated with body image satisfaction. Similarly, body area satisfaction ( $r = -.304, p < 0.01$ ) also had significant negative correlation with depression. It indicates that, those college students who are satisfied with their body image possessed lower level of depression or sometimes they might not have any depression and they had low social physique anxiety too. Hence, hypothesis that assumed “body image satisfaction will have a significant relation with depression and social physique anxiety” was accepted.

## **DISCUSSION**

### **Prevalence of Body Image Satisfaction/Dissatisfaction, social physique anxiety and depression**

In many Indian studies found that 28% young women had moderate body dissatisfaction (Soohinda, *et al.*, 2019), followed by Rashmi *et al.* (2016), Goswami *et al.* (2012). and Priya *et al.* (2010) also found that, 19%, 13.5% and 33.3% of participants respectively had body image dissatisfaction. These findings are inconsistent with our present study where only one third students were dissatisfied with body image rest were found to be satisfied.

Similarly, our present study showed that maximum students had normal social anxiety relating to their physical appearance and a very few only reported to have high social physique anxiety; hence in support of the present result, a study conducted by Chu, Bushman and Woodard (2008), showed that 38.27%, 31.15%, 30.56% had moderate, low and high anxiety respectively.

Additionally, while reviewed about depression level among students in the present study, it showed that, one third students only found to be normal in contrast rest students had mild to severe depression. This finding is consisted with Naushad *et al.* 2014, study, where depression was seen among 79.2% students and most of the students (41.2%) found to have moderate level of depression and 26.6% had mild depressive symptoms. Similarly, Kumar

and Narayan (2018) did a survey among medical students in Bihar and prevalence of depression found to be 56%.

### **Relation of between Body Image Satisfaction and Social Physique Anxiety, Depression**

Findings of the present research showed that, body image satisfaction had significant negative correlation with social physique anxiety and depression of college students belongs to Kamrup metropolis. Murphy, A. (2012) did a survey by using Pearson's correlation and found a strong correlation between body image dissatisfaction and social physique anxiety in males and females. According to present findings, body image satisfaction had negative correlation with depression. It was found to similar with a study by Hamilton (2008), which examined the relationship between body image and depression in college women at a large urban state college and they found a significant relation in body image with depression, which indicates that high in body image satisfaction, lowering the level of depression, and low in body image satisfaction leads to increase the level of depression. Similarly, Davis and Katzman (1997), also examined the relationship between depression and body image on Chinese men and women concluded that women had significantly lower body images and higher depression levels, when compared to men.

### **LIMITATION**

- Sample size was less.
- No gender difference was seen.
- It was conducted only among urban colleges of Kamrup Metropolis affiliating to Gauhati University.

### **CONCLUSION**

The current study showed the existence of correlation between body image satisfaction with social physique anxiety and depression, which suggested that students with high on body image satisfaction possessed low social physique anxiety and depression. Apart from this, in the present study significant gender difference was found in body image satisfaction, social physique anxiety and depression among male female undergraduate students. It revealed that, that female students perceived more body image dissatisfaction as well as social physique anxiety and depression compare to male counterparts. Therefore, it is suggested that in every college there should be a counsellor to help out the students in various domain of mental health and wellbeing, so that student can overcome their problems, maintain a balanced life

and show academic progress along with other co-curricular activities and also in field of sports.

### **CONFLICT OF INTEREST**

Nil

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