

## Body Image: How I see myself in the Mirror?

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### Abstract

Body image or how a person appears to self has been an important part of the lives of the people. Since 19th century where corsets were a part of life of a woman to achieve perfect "hour glass" waistline to today where products advertise if not in a perfect shape people will give you less of attention! So they market products that can make you "slim" not "healthy"! Earlier, rather even now it is a societal issue, but now there are more methods and ways which are more approachable than ever before, thanks to social media and marketing apps. So they don't let you realise how actually you are but they make you realise how important is their product for you to look that perfect as others in their advertising campaign. This is a literature review of the researches on body image and co relational studies with other variables.

**Keywords:** Body Image; Appearance; Body Dissatisfaction; Girls, BMI Women.

## INTRODUCTION

"Appearance related social pressure plays an essential part in the development of a negative body image and self-esteem as well as severe mental problems during adolescence," according to Helfert and Warschburger (e.g. eating disorders, depression). The goal of this study was to create a complete picture of gender, weight, and age related differences in peers' and parents' perceptions of appearance related social pressure. The Appearance Related Social Pressure Questionnaire (German: FASD) was completed by

1112 German students in grades 7 to 9 (mean age:  $M = 13.38$ ,  $SD = .81$ ). It considers numerous sources (peers, parents) as well as various types of social pressure (e.g. teasing, modeling, encouragement). Peer pressure proved to effect girls more than it did boys, whereas parental pressure seemed to have no gender differences. From early to middle adolescence, main impacts of grade level revealed a significant increase in indirect peer pressure (e.g. appearance related school and class norms). Peer taunting and exclusion, as well as parental encouragement to regulate weight and shape, had a greater impact on boys and girls with a higher BMI. The findings imply that school based measures to reduce body worries and disordered eating should bring up the topic of appearance pressure and reinforce those teenagers who are most vulnerable - in our study, girls and adolescents with greater weight status.<sup>1</sup>

Tiggemann and Slater also looked into the link between media exposure and body image problems in preteenage females, with an emphasis on the Internet. A total of 189 girls (ages 10 to 12) filled out

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questionnaires about media consumption and body image problems. In their homes, nearly all females (97.5%) have Internet access. Internalization of the thin ideal, body monitoring, reduced body esteem, and increased dieting were all linked to time spent on the internet (as was time spent reading publications and watching television). Internalization mediated the Internet's effect on body image problems, according to the sociocultural model. In addition, 14% of the girls had a My Space profile, while 43% had a Facebook profile. The amount of time spent on these social networking sites was linked to body image concerns more than overall Internet exposure. The researchers came to the conclusion that the Internet is a powerful sociocultural factor among preteenage girls.<sup>2</sup>

The researchers Seock and Merritt evaluated the relative impact of body mass index (BMI), perceived media pressure, and peer criticism/teasing on female adolescent body satisfaction/dissatisfaction and clothing related behaviours. The impact of body satisfaction/dissatisfaction on clothing related behaviours was also investigated in this study. A convenience sample of 320 high school girls from the southeast of the United States provided the data. Exploratory factor analysis, hierarchical regression analysis, and bivariate and multiple regression analyses were used in the data analysis. BMI was shown to be the least relevant factor in adolescent girls' body satisfaction when the relative importance of the three variables was examined. BMI was revealed to be a major driver of body satisfaction/dissatisfaction when used alone in the regression equation. BMI, on the other hand, was not a significant predictor when it was included in the regression equation with perceived media pressure and peer criticism/teasing. The findings revealed that adolescent girls' body satisfaction is significantly influenced by perceived media pressure and peer criticism/teasing. The findings also showed that media pressure has an impact on both self-enhancing and body concealing clothing related behaviours. Peer criticism/teasing was also found to be a significant driver of Body-Concealing Behavior. BMI, on the other hand, has no discernible effect on either self-enhancing or body concealing behaviours. Body satisfaction and self-enhancing actions have a strong positive link, whereas body satisfaction and body concealing behaviours have a large negative relationship.<sup>3</sup>

Quick et al. conducted a 10 years longitudinal study to determine prospective determinants of body dissatisfaction in young adults. Over a 10 years span from youth to young adulthood, this

study revealed longitudinal risk variables for body dissatisfaction (BD). Two waves of survey data were submitted by participants (N = 2134; age at baseline: M =15.0, SD =1.6 years). Time 1 BD, weight status, demographics, family and peer environmental factors, and psychological factors were all investigated in a 6 steps hierarchical linear regression analysis. Asian race/ethnicity, low self-esteem, higher BD, and higher body mass index during adolescence all played a role in predicting more BD at a 10 years follow-up (R2 = 0.27). Depressive symptoms, greater BD, higher body mass index, more parent communication, and less peer weight teasing during adolescence all contributed to BD at follow-up (R2 = 0.27), as did depressive symptoms, greater BD, higher body mass index, more parent communication, and less peer weight teasing during adolescence. The findings reveal who is most at risk for BD as a young adult and what variables should be addressed during youth.<sup>4</sup>

Mandich et al. carried out another study with the goal of describing psychological characteristics and dimensions related to body image in adolescents and young adults. During adolescent development, it is critical to acquire a positive body image. Several studies have revealed that body dissatisfaction is wide spread, particularly among women. Eating behaviour disorders are linked to this. The MBSRQ (Multidimensional Body Self Relations Questionnaire), which assesses body image, the Symptom Checklist (SCL-90), which assesses the presence of psychological and psychiatric symptoms, and the Eating Disorder Inventory (EDI-2), which assesses eating disorders, were administered to 1,438 students aged 19-27 years (53 percent women) from three Chilean regions. Sixty five percent of those polled desired to lose weight. Women had higher psychological anguish, concerns about their looks and weight, were more concerned with thinness, and had fewer behaviours targeted at treating these problems as compared to men. A large number of people said they wanted to lose weight. Women too had strong cravings and a desire to be skinny.<sup>5</sup>

Patil et al. looked at the idea of body image in the Indian setting, particularly among young girls. Body image is an important part of a young girl's self-definition and unique identity, and it is influenced by a variety of biological, psychological, and social factors. Excessive concern about one's appearance, as well as body image misconceptions, lead to dissatisfaction, disrupted eating behaviours, nutritional deficiency, and depression and anxiety

problems. This The study's goals were to use a visual analogue scale to assess body image perception among young college aged ladies, and to compare body image perception and satisfaction with their BMI levels and weight loss techniques. A cross-sectional study of 63 female students enrolled in a BBM course at a private commerce institution in Vijayapur was done. A self-administered questionnaire including basic socio-demographic information and a validated visual analogue scale was used to collect data. A Seca Stadiometer was used to measure height, a digital weighing machine was used to assess weight, and BMI levels were computed. For descriptive variables, percentages were determined. For categorical variables, the Chi-square test was used. For ordinal data, the Spearman Rank correlation test was used. A total of 39.7% of participants were underweight, while 15.9% were overweight or obese. The majority of underweight and overweight girls (72 and 89 percent, respectively) thought they were of normal weight. Participants' body image satisfaction was found to be linked to their body image perception, their moms' educational position, and their relatives' and peer group's views on their body weight. Study participants reported unhealthily modifying their weight patterns, such as skipping meals (13%), increasing the quantity and frequency of meals (17%). The difference between young girls' body image perception and their BMI levels is highlighted in this exploratory study, demonstrating body image misperception. The study participants' body image satisfaction was substantially influenced by their mothers' lower literacy level and the opinions of family and friends. The higher percentage of people who are underweight (39.7%), combined with the hazardous weight loss practises described by participants (30%), suggests that more research is needed to assist influence public health nutrition programmes.<sup>6</sup>

In a cross-sectional study of 69 girls in fourth through sixth grade and their mothers, Kichler and Crowther looked at the links between communication, modelling, body image dissatisfaction, and maladaptive eating attitudes and practises in preadolescent girls. Family and peer pressures, body image dissatisfaction, and maladaptive eating attitudes and behaviours were all assessed by questionnaires. Although positive communication was more common than negative communication, only negative communication was linked to body image dissatisfaction and maladaptive eating attitudes and behaviours. Negative communication was linked to body image dissatisfaction, while modelling was linked to maladaptive eating

attitudes and behaviours, according to hierarchical multiple regression analyses. The findings revealed that negative communication and modelling from family and peers may be linked to preadolescent girls' body image dissatisfaction and maladaptive eating attitudes and practises.<sup>7</sup>

Another study by Kim & Kim is the first empirical investigation into whether such a link exists in a group of East Asian teens. Specifically, the authors used a questionnaire survey to investigate the relationships between body weight and bully/victim experiences among a sample of 805 male and 835 female middle school students in South Korea. In comparison to normal weight guys, overweight male pupils were more likely to both physically bully others and be physically abused by peers. However, there was no link found between verbal or relational bully/victim situations. Body weight was not linked to any types of bully/victim experiences among female pupils.<sup>8</sup>

Multiple indicators of body dissatisfaction and behaviours linked with disordered eating were evaluated in 258 White girls, 223 White boys, 106 Black girls, and 82 Black boys in a study done by Jung and Forbes. All of the participants were unpaid volunteers between the ages of 12 and 15 who attended six Delaware and Maryland middle schools. Girls were more dissatisfied with their bodies than boys, and Whites were more dissatisfied with their bodies than Blacks on two self-ideal figure drawing discrepancy measures and four attitude measures of body dissatisfaction. Racial differences were more prevalent among girls than among boys. Measures of behaviours linked to disordered eating produced similar results. Gender and racial differences were similar to those seen in college groups, but they were far larger than those found in elder populations. The majority of Black and White girls and boys, like the majority of White girls and boys, were unhappy with their body size.<sup>9</sup>

The majority of studies on body image and disordered eating has been conducted on women. Gender differences in the link between personality, disordered eating, and body image dissatisfaction were investigated in this study. A total of 238 female and 85 male undergraduates (M age = 20.52 years, SD = 4.22) from a Canadian institution took part in the study. A battery of self-report questionnaires on personality, body image, and disordered eating were included in the materials. Females reported more body dissatisfaction and disordered eating than guys, as one might expect. In both genders, personality variables were found to be highly connected to body dissatisfaction. Beyond the



influence of body mass index, various personality factors significantly contributed to the prediction of male (high Neuroticism, low Conscientiousness) and female (high Neuroticism) body dissatisfaction (BMI). Personality factors were not substantially connected to disordered eating scores in men, contrary to findings with female individuals. High Neuroticism and Extraversion, as well as low Conscientiousness, were found to be significant predictors of disordered eating in women.<sup>10</sup>

Body image relates to how people think and feel about their own body. In today's society, with the growing sense of ideal body image, adolescents try to lose or gain body weight to attain that perfect body. Body image perception is still naive, and this research will try to understand these unexplored areas, where there is paucity of body image related studies. The objective of the study is to find out the proportion of girls dissatisfied about body image, and the association of various factors with body image dissatisfaction and to ascertain the weight control behaviors adopted by adolescent college girls. In Coimbatore, a cross-sectional study of 1200 college ladies was conducted. Data on several aspects linked with body image dissatisfaction was collected using a semi-structured questionnaire. The subjects' body mass index (BMI) was calculated. 77.6% of the girls expressed unhappiness with their body image. Body image dissatisfaction was found to be substantially connected with characteristics such as greater BMI, social pressure to be thin, and depression. Eating small meals and skipping meals were the most popular weight-loss strategies. Weight management behaviours were mostly motivated by the desire to improve one's look and body form. Body image dissatisfaction is no longer a Western idea, according to this study, and it affects Indian adolescent girls to a large level. Hence, effective interventions have to be planned to increase awareness on ideal body weight and protect our young generation from pressures of negative body image.<sup>11</sup>

Body image issues are linked to a variety of mental illnesses. Previous body image research has primarily concentrated on women, leaving men's body image largely unexplored. Furthermore, just a few research have looked at gender differences in body image across the lifespan, with participants aged 50 and up. When it comes to measuring, body image is frequently judged solely on the basis of body dissatisfaction, ignoring other factors like body admiration and the relevance of attractiveness. The goal of this cross-sectional study was to compare men and women of various ages and to explore different aspects of body image

in the broader German-speaking community. Participants answered questions on their body image in an online survey. Body dissatisfaction, importance of beauty, amount of hours per day and years participants would sacrifice to obtain their ideal look, and body appreciation were all examined and studied with gender and age disparities in mind. We expected that women's body dissatisfaction and importance of appearance would be higher than men's, that women's body dissatisfaction would be stable across age, and that older women's importance of appearance would be lower than younger women. Men were projected to value their bodies more than women. The impact of age and gender was investigated using general and generalised linear models. Body dissatisfaction was higher in women than in men, was unaffected by age in women, and the value of appearance was higher in women than in men, confirming our hypothesis. Age, on the other hand, only predicted a lower level of importance of looks in men. Women responded that they would devote more hours of their lives to achieving their ideal beauty than males. Age was a predictor of the number of years people would give up to reach their ideal appearance for both genders. Contrary to popular belief, women's body admiration improved and was higher than men's at all ages. The findings appear to indicate that men's and women's body images differ and appear to alter with age.<sup>12</sup>

Bodily image (BI) is defined as an individual's appraisal of both positive and negative emotion for his or her own body features and attributes. Because much current research has focused on the status of negative BI as a risk factor for mental health disorders rather than as a public health issue, little is known about how it affects quality of life. As a result, the goal of this study was to evaluate people's BI and Quality of Life (QoL) and look into the relationship between the two. The universe of this cross-sectional analytical study, conducted in 2014, includes people over the age of 15 who live in Isparta city centre. 25.7 percent had at least one chronic condition, and 17.7% took medicine on a regular basis. Having a good very excellent health perception, having more income than expenses, and exercising regularly were predictors of improving quality of life in specific aspects, but having a favourable body image was found to be a predictor of improving quality of life in all sub-domains. In all sub-domains, BI was found to be closely connected to QoL. Our findings show that BI should be given more attention as a powerful predictor of QoL.<sup>13</sup>

It's been suggested that the growth in the prevalence of eating disorders in women is due to a rise in women's body dissatisfaction. We used 222 research spanning the previous 50 years to conduct a meta-analysis of gender differences in beauty and body image. According to the findings, the number of women who have a negative body image has increased dramatically. Furthermore, these patterns were discovered across a variety of body image concepts, including self assessments of physical attractiveness.<sup>14</sup>

The factor structure of the Body-self Relations Questionnaire (BSRQ), an attitudinal body image measure, is examined in this research. A random stratified sample of 1,064 females and 988 males was taken from a national survey. Separate split sample factor analyses (principal components with varimax rotation) were done for each sex to assess the replicability of the BSRQ factor structure. The consequent components produced from each study were: Appearance Evaluation, Appearance Orientation, Fitness Evaluation, Fitness Orientation, Health Evaluation, Health Orientation, and Illness Orientation, all of which were mostly congruent with the conceptual underpinning of the BSRQ. Following concordance investigations, the factor structure was found to be highly stable both within and between sexes. Females showed slightly more differentiation in body image beliefs than males. The utility of the BSRQ is discussed relative to extant body image measures.<sup>15</sup>

To assess schizophrenic body image aberration, a 28 items true false scale was developed. 631 male and 718 female college students, as well as 100 male noncollege normal controls, were used to standardise the scale (mean age 31.7 yrs). The 74 male schizophrenia Ss had higher body image aberration than non-schizophrenic Ss, but only a small percentage of the schizophrenics were deviant. The scores of 20 nonpsychotic male clinic clients were not elevated. According to correlational data, schizophrenia body image aberration is part of a larger perceptual aberration. The period since the first hospitalisation was negatively connected with body image aberration scores. The Physical Anhedonia Scale (L. J. Chapman, J. P. Chapman, and M. L. Raulin) for schizophrenics had almost no connection with the Body Image Aberration Scale. Nonschizophrenics, on the other hand, had much fewer high scores on both measures than would be anticipated by chance. The two scores may indicate different forms of proneness to the same schizophrenia, according to the researchers.<sup>16</sup>

Most people want to modify something about their

bodies and appearance, but for some, it becomes an obsession. A person's physical and emotional well being are influenced by their skin, whilst a disfiguring look is linked to body image issues. Acne, psoriasis, and vitiligo cause cosmetic deformity, and individuals with these and other visible skin problems are more likely to experience despair, anxiety, stigmatisation, and self harm thoughts. Body image has an impact on our emotions, ideas, and behaviours in daily life, but it has the greatest impact on our relationships. It also has the ability to have an impact on our quality of life. Positive body image is vital for increasing people's quality of life, physical health, and health related activities, hence it's highly encouraged. Dermatologists play an important role in identifying body image issues and providing treatment options to patients.<sup>17</sup>

An integrative literature study was conducted to examine the scientific literature on the evaluation of children's body image. Scopus, Medline, and the Virtual Health Library (BVS: Biblioteca Virtual de Sade) databases were searched using the terms "body image" and "kid." In order to validate the most recent investigations on the subject, the electronic search was based on papers published between January 2013 and January 2016. Papers in duplicate; no available summaries; not empirical; not assessing any component of body image; the sample did not consider the target age of this research (0 to 12 years old) and/or clinical populations; and articles that were not fully available were also excluded. There were 7,681 references found, and 33 papers were examined once the exclusion criteria were applied. The perceptual and attitudinal components of body dissatisfaction were investigated, with silhouette scales serving as the primary evaluator. To avoid bad body image in youngsters, intervention programmes have been established all around the world. The studies in this review looked at specific components of children's body image, such as body perception and body dissatisfaction. To enhance individual psychological well-being throughout human development, it is proposed that particular methods for children to evaluate body image be developed.<sup>18</sup>

## CONCLUSION

Body Image has always been correlated with a female gender. The world has always demanded females to be a certain way. No wonder it turns out that Body Image is also a concern for the females around the world. So much so that it is a well proclaimed disorder. It is how we treat a person so a person becomes. And it how we have treated this

gender for over a period of multiple ages, so this gender has acquired this disorder.

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