

Study And Analysis Of Body Image Of Obese College Going Boys And Girls

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How to cite this article: Toijam Lakshmi Devi, K. Roshnibala Devi, Naorem Sandilal Devi (2024). Study And Analysis Of Body Image Of Obese College Going Boys And Girls. *Library Progress International*, 44(4), 1774-1785

ABSTRACT

When a person's weight has a negative impact on their health, doctors typically use the term "obesity." Obesity can be caused by both heredity and bad habits such as eating unhealthy foods and not exercising enough. When more calories are taken than are burned, excess fat is stored in the body. Obese adolescent girls often have a negative body image as a result of their obesity. Depression, anxiety, and low self-esteem, among other mental conditions, are all linked to poor body image. Eating disorders are more likely to develop in young people who have a negative body image. Some obese teenagers try to hide their bodies by dressing in larger sizes, which makes them appear sloppy and larger than they are. Others attempt to fit into clothing that is too small, resulting in odd lumps and bumps instead of smooth lines. The purpose of this essay is to investigate and analyse the body image of obese college-age boys and girls.

Keywords: Body image, Obesity, College going students

1.

INTRODUCTION

The body image is a complicated construct made up of many different factors. According to (Mazzeo, 1999), the multi-dimensional construct of body image is made up of three fundamental elements: Perception (a), attitudes (b), and preoccupation (c). Although the physical truth reveals how tall or short people are, their perceptions of their own height might be inaccurate. This inaccuracy is the result of cultural pressures, family and friends' activities in depicting the body in the media, or their own personal flaws. Attitudes, in particular, are connected to one's level of contentment (Mazzeo, 1999). People's physical appearance tends to be favourable if they believe their shape is desirable, liked, and appealing. However, if people believe their shaking is unattractive or insufficient by society's standards, their physical image may suffer as a result.

Body image disorder is best described as a spectrum of experiences, with the majority of people falling somewhere in the middle (Thompson et al., 1999). Anorexia and Bulimia have

revealed that the body is very unsatisfied and overrated on the pathological end, but there is a care for a person's appearance on the normative end. A range of negative mental outcomes have been linked to negative body views or physical unhelpfulness, including disordered nutrition, depression, social anxiety, hindered sexual behaviour, and a decline in quality of life (Cash et al., 2004). The concept that a person's physical size determines their personality and impacts their integrity is crucial to a body image disturbance. Failure to obtain an ideal physique, as a result, can lead to body dissatisfaction, low self-esteem, and extreme feelings of guilt in sensitive people (private).

Both children and girls will be affected by the psychological element of the body image. This is how your young person seems when they consider their appearance with their eyes closed. Detrimental thinking, as a result, might have a negative impact on your personality confidence and self-esteem. Because self-assurance and positive self-esteem are critical components of a healthy teen life, parents must assist their children in developing a favourable body image (Bretherton & Beeghly, 1982).

2. Body type

Beashel and Taylor described three body styles extremes in 2001.

Endomorph

- Body in the form of a pear
- Head circular
- Bracelets and hips
- Back to side to side, not back to front to side.
- Much body fat at top backs, and thighs

Usually, an endomorphic person has short arms and legs as well as a large mass on his body. Their mass is hampering their ability to participate in sports that require high agility or speed and perform aerobic activities like running. Pure strength sports are ideal for an endomorph like bodybuilding. If training stops, you can quickly obtain weight and lose situation quickly.

3. Mesomorph:

- A twisted body
- The head of cube
- Wide shoulders
- Arms and legs with muscles
- Tight hips
- Narrow on both sides of the front and back.
- Minimum fat content

A mesomorph person exalts strength, agility and speed. They can easily become a strong contender in any sport with their moderate structure and heights and their tendency to develop muscle mass and strength. They can maintain low body fat and quickly lose weight

and gain

Ectomorph:

- A tall front.
- Chin recession
- Firm hips and shoulders
- The belly and the chest are narrow
- Short arms and legs
- Minimal fat and muscle

Because a predominantly ectomorph person is long, slim, and fine, strength and power sports are ineffective because they are slightly harmful. Despite being sleek and challenging, their lack of muscle severely inhibits their ability to participate in mass sports. Ectomorphs dominate maximal aerobic sports and gymnastics. They can store low levels of fat in endurance sports, which can be harmful to their health and lead to iron shortage. It may result in low fat levels.

A person's body image is their view of themselves. (William James, 1780), one of the first persons to conjoin with his self-image, recognised the "empirical" or self-composed of the equipment, social, and spiritual. "The body is the core component of the material in many areas, and the rest looks to us closely related with body image," says the author of the material.

Body image is a self-perception of one's own physical characteristics. This perception may or may not be based on empirical evidence. The term "body image" was coined by Austrian neurologist and psychotherapist Paul Schilder in his work "The Image and Appearance of the Human Body" in 1935. Each individual considers a photo of the physically perfect candidate and compares the applicant's look to the ideal. A person is considered to be good about him if he is pleased with the form and look of his physique. It's a multifaceted phenomenon that emerges in a variety of ways, including perception, intelligence, behaviours, and efficacy (Cash & Deagle, 1997). This idea is based on a variety of ways. Our perceptions of our own bodies shift in reaction to our emotional state and other external factors.

The picture of one's mind's body is influenced by one's ever-changing interaction with the social environment (Sugar, 1993). A lot of study on body image in teenagers has been done, because that stage of development is not only one of spectacular physical transformation, but also one of often unpleasant testing for adolescents. Puberty changes and the resulting sexual maturation make adolescents feel self-conscious and uneasy about their bodies. Young males and females, according to Sugar, have a pretty intact articulated body sense, a sense of gender, a sense of "master" of the body, and a generally positive mind attitude toward the body.

Our feeling of and about our thoughts, imagination, emotions, and bodily reactions are all part of our body image. The sensitivity to mood, temperature, and physical experience is

dynamic, not static. It isn't accurate. The psychological personality is significantly more impacted by one's self-esteem than one's physical attractiveness as judged by others. It's not something you're born with; it's something you learn. This training occurs in the home as well as among peers, which only serves to reinforce what is culturally taught and expected (Barber, 1996)

Following are the three A's of body image:

- **Attention:** focuses on internal signs (e.g. malnutrition, satiety, tiredness);
- **Appreciation:** relates to gratitude of the body's enjoyment.
- **Acceptance:** means acceptance of what you are, rather than logging in for what you are not. (Pope Francis, 2000)

4.

5.

6. Body image and clothes

Fashion and body image are important factors to consider. The dominant style of clothes, as well as the type of fabric used, contribute to the competitiveness of the garment business. Fashion persuades millions of women that comfort and fantastic lines aren't what they're looking for in apparel. Modifications to design and image have a substantial impact on garment practises such as gathering, ordering, building, and clothing. Clothing habits have a significant impact on a family's socioeconomic status. Clothes are said to be one of the spending strategies that vary by income for everyone. Obese children are often fashion conscious and make an effort to dress appropriately.

Fashionable clothing is a widely utilised product that has a large popular appeal. The user is conscious of many social pressures to express and develop their own distinct and self-image in order to impress others. Products and clothing are purchased by people of various ages based on their state of mind, point of view, and sensibility.

The most visible specific factor that alters a man's or woman's perspective is consumer personality. Personality is a broad term that evolves over time to explain the development and evolution of human psychology, which frequently differs from one gender to the next. Personal qualities such as age, education, and social life, as well as many fundamental variances in personality, career, economic conditions, and age, education, and social life, all have an impact on a customer's comprehension. Based on their awareness and attitude toward certain things that rely on one or both of the above or a mix of two or more, the new brand or styles may be seen as a requirement, luxury, or ultra premium commodity.

Consumer fashion clothes markets in the modern global market have become increasingly diverse as a result of the emergence of designer labels, store brands, customs, and advertising. According to the survey, women are quite aware of the promoted clothing, and their purchasing habits indicate that they occasionally purchase these items. When it comes to purchasing, women have distinct perspectives and reasons. As a result of the retail

environment, customers are witnessing a movement in culture toward retail centres. Friends and family are the most important, followed by the Internet and advertising. One of the most essential components in a young person's self-esteem is their body image (Solomon and Rabolt, 2004). Overestimation of physical attractiveness and height can lead to unhappiness with one's body image. Physical changes that occur during puberty influence the relationship between teens and clothing. When it comes to body image, clothing is one of the most essential components in the construction of a healthier physical appearance for overweight and obese kids. You enjoy using clothing to conceal your body's assumed shape as defined by society. The more the body's self-perception resembles its own attraction, the more it resembles the societal ideal (Cash and Pruzinsky, 2002).

MATERIAL AND METHODS

Research Design

The current study is a descriptive study that looks at how obese male and female children behave when it comes to the clothes they wear, such as the pattern, pricing, purchasing, and planning. It also investigates their self-image in relation to their bodies, or how people feel about their bodies in relation to obesity.

Locale of Study

The research was carried out at Udaipur, Rajasthan, often known as "Venice of the East" or "Lake City." For the past several years, this city has evolved as an educational powerhouse, with both state and private universities, as well as numerous institutions spanning various faculties. As a result, Udaipur is an excellent location for gathering data from fat children.

Sampling Design

The current study's sample was acquired utilising a simple sampling approach. Researchers questioned each university student for their precise weight and height, and using this information, BMI was determined for each child, and those whose BMI was more than or equal to 30 were included in the sample.

Procedure For Sample Collection

Obese boys and girls were used to acquire the primary data for this investigation. The total sample size for this study was 240 obese children, 120 (50 percent) of whom were boys and 120 (50 percent) of whom were girls. Obesity is defined by WHO and F. Xavier Pi-Sunyer (2002) using the Body Mass Index (BMI), which is determined as the ratio of weight to squared height in metres. Those with a BMI of less than 18.5 kg/mtr² are considered underweight, while those with a BMI of 19 to 24.9 are considered "normal weight." Overweight people have a BMI of 25 to 29.9, whereas obese people have a BMI of 30 kg/mtr²

Data Collection Tools

The body image questionnaire was adapted from a tool created by Dr. Vijay Laxmi Chauhan and Pooja Surana. The first part of the questionnaire contained information such as name,

age, sex, education, college, and family type. The second portion included information such as name, age, sex, education, college, and family type. The second section has 30 questions about self-confidence, hesitancy, frequent physical changes in body, body weight, voice, and appearance, among other topics. Split-half reliability, test-retest reliability, and cross validity were calculated to determine the questionnaire's reliability, and the results were 0.84, 0.76, and 0.81, respectively.

Analysis of Data

Missing values were checked first, and questionnaires that were incomplete were rejected, and new replies were obtained. After then, the obtained data was coded, scored, and analysed.

Hypotheses of the Study

Body image of obese boys is better than obese girls.

RESULTS

In the second component of the body image study, participants learned what obese children thought about their bodies. Dr. V. L. Chouhan's Body Image scale and Pooja Surana's Body Image scale were utilised for this standardised instrument of body image, which consisted of a total of 30 statements relating to body image. On a scale of 1 to 5, the respondent Childs were asked to rate these body image issues on numerous items. Some of the remarks on this scale were affirmative, while others were negative. The items were assessed so that a high score represented a negative body image and a low score represented a favourable body image at the time of analysis.

Based on the features portrayed in these body image items, the 30 items of the body image scale were further divided into three components.

1. **First factor** was inferiority complex due to obesity;
2. **Second factor** was comfort or discomfort with physique
3. **Third factor** was self-satisfaction.

The item wise score obtained by male and female obese Childs under these three factors are given in the following tables.

6.1 Feeling of Inferiority Complex

6.2 Table 1: Feeling Of Inferiority Complex

Body Image Statements	Male	Female
I feel hesitant when other people are looking at me.	3.88	3.75
If I were attractive, I would be full of confidence and satisfied	3.86	3.74
I think if my parents were more attractive then I would be the same	3.03	2.77
The way I sit and stand is weird	2.93	2.72
My face looks ugly when I laugh	3.16	2.80
I do not choose any dress because I look fatty in it	3.49	3.36
I get disturbed when someone comments on me personally	3.49	3.44

I try to avoid manual labor because it reduces my beauty.	3.85	3.47
I try new beauty products and powerful medicines.	3.29	2.86
Only those with attractive personalities should participate in cultural and social events.	3.19	3.15
My weight is obstacle in my personality development.	3.32	3.07
My weight is a barrier to my personality identity.	3.42	3.28
I look in the mirror many times before going out.	3.86	3.80
Overall Score	3.44	3.25

The table above displays the mean scores of male and female obese children who have an inferiority complex as a result of their obesity. The average score for both male and female Childs was over 3, i.e., higher than the national norm of 2.5, indicating that both male and female Childs felt inferior as a result of their chubby appearance (as stated above higher score represent poor body image). As can be seen from the table above, the score for male students is higher than the score for female students for every item in this factor, indicating that obese male students feel inferior to obese female students due to their obesity, and whether this difference in scores was statistically significant or not was tested later.

The sensation of inferiority complex differed little between males and females, with males feeling inferior to girls. They are afraid of being mocked in front of others. Another reason boys may feel inferior is that physical fitness and a decent body build are currently the most coveted body images among young people, and they find themselves lacking in these areas.

Obesity and self-esteem are linked, according to an article by outmed (2018) on method to better yourself.com. Due to a major shift in lifestyle, being overweight is becoming a widespread concern among teens and young people. Obesity may cause a lack of self-assurance. They are afraid to go out in public because they are afraid that everyone would label them fat. Obesity impacts these teens and young adults not just physically, but also emotionally. According to the report, obesity causes a slew of difficulties for people, including mental health issues and a loss of confidence.

Feeling of Comfort/Discomfort with One’s Body

Table 2: Feeling of Comfort/Discomfort with One’s Body

Body Image Statements	Male	Female
If any part of your face or if I could change some body part, I would have more self confidence	4.06	3.59
My physique is appropriate as per my age	2.62	2.75
I feel that people ridicule me for my physique and its body shape	3.43	3.38

If I were more attractive, of a shorter height, I would be more popular among friends.	3.20	3.04
I make many kinds of fantasies about my body shape	3.62	3.23
I feel safe with my body shape	2.32	2.69
My face is beautiful	2.63	2.65
My skin color and texture are satisfactory.	2.45	2.81
I like my hair.	1.96	2.28
I do not feel comfortable with the quick physical changes happening to me.	3.61	3.43
I have symptoms of many diseases.	2.96	2.93
I am dissatisfied with myself due to obesity.	3.47	2.96
Overall Score	3.03	2.98

The second aspect affecting body image is physical comfort, which refers to whether or not these obese male and female children are happy with their bodies. As can be seen in the table, both male and female scores were around 3, i.e., slightly higher than the middle value of 2.5, indicating that these obese children do not have extreme feelings about their bodies, nor do they have extreme feelings about their bodies, implying that they are more or less comfortable with their bodies.

Goodwin S.R. (2004) evaluated the BMI of 191 college students (male = 94, female = 82) aged 18 to 25 years and looked at the relationship between BMI, gender, body image, and attitude toward obesity. Female Childs regarded their bodies as being bigger than their ideal figure, according to the findings. There is no disparity reported by men.

Obesity, according to Scimeca G. et al. (2016), is linked to low self-worth and a worse degree of overall adjustment, particularly in women. Obese female children detest themselves and exhibit feelings of worthlessness, inadequacy, and low self-esteem. Male children do not demonstrate such a tendency as a result of obesity; rather, obese male students showed a better level of adjustment in this study.

Satisfaction with Body Image

Table 3: Satisfaction with Body Image

Body Image Statements	Male	Female
My body has enough energy to do its work	2.18	2.43
I am physically healthier and more capable than my friends.	2.11	2.38
I am satisfied with my body weight.	2.74	3.12
My voice is sweet	2.30	2.52

My dressing is more impressive than others.	2.48	2.53
Overall Score	2.36	2.59

The table above displays one's pleasure with one's physical appearance. This component assesses how satisfied male and female obese children are with their own body image. The mean scores for this aspect for both male and female children were practically equal, i.e., 2.5, implying that the obese male and female children in this study are neither content nor dissatisfied with their bodies. When the scores of males and females are compared, it is clear that males scored lower than females on every assertion. As previously stated, a higher score indicates greater unhappiness or pain; hence these ratings indicate that ladies are less content with their body image than guys.

In his study, Szabó M K. (2020) discovered that body image is an important component of one's self-concept, providing the possibility to achieve a good physical and mental condition. The way one perceives one's own body and the sentiments connected with it has a big impact on not only one's self-concept but also on one's self-esteem, which leads to self-satisfaction or discontent. The goal of this research was to figure out how body image and self-esteem are linked. The author employed the Stunkard et al. (1983) and Altable (1991) figure evaluation scales, as well as the Rosenberg Self-Esteem measure (1965). The study's findings revealed an adverse association between perceived and ideal body image, low self-esteem, and low self-satisfaction.

Swami et al. (2010) discovered that those with a lower socioeconomic background tended to have a higher level of body dissatisfaction, with individuals preferring heavier weight bodies. Women may not be able to seem more attractive since cultural expectations for women's attractiveness are unreasonable and exceedingly narrow.

To test the difference between body image of obese boys and girls following hypothesis was framed.

It consists of following aspects like feeling of inferiority complex, feeling of comfort/discomfort with one's body, satisfaction with body image.

6.3 H0: Body image of obese boys and obese girls is same

6.4 HA: Body image of obese boys is better than obese girls

Table 4: Test Results

Gender	N	Mean	SD	t	df	Result
Male (Boys)	120	3.10	0.37	1.40	238	NS
Female (Girls)	120	3.03	0.35			

To examine the influence of gender on obesity children's wardrobe management, the hypothesis "Wardrobe management of obese girls is better than obese boys" was developed, comparable to the clothing behaviour index. It includes elements such as the percentage of premade and tailored clothes in the wardrobe, as well as the proportion of items in the wardrobe that are current fashion, traditional clothing, party wear clothing, night suits, and domestic wear clothing.

An index was created based on the replies obtained for various proportions, and scores were compared using the Student's t-test. The test results in the table above reveal that there is no significant difference in scores between boys and girls ($t = - 0.18, p > 0.05$), indicating that the percentage of different types of clothing accessible in the wardrobes of boys and girls is obese. The hypothesis that "Wardrobe management of fat females is better than obese boys" is rejected, while the hypothesis that "Wardrobe management of obese girls and obese boys is the same" is accepted.

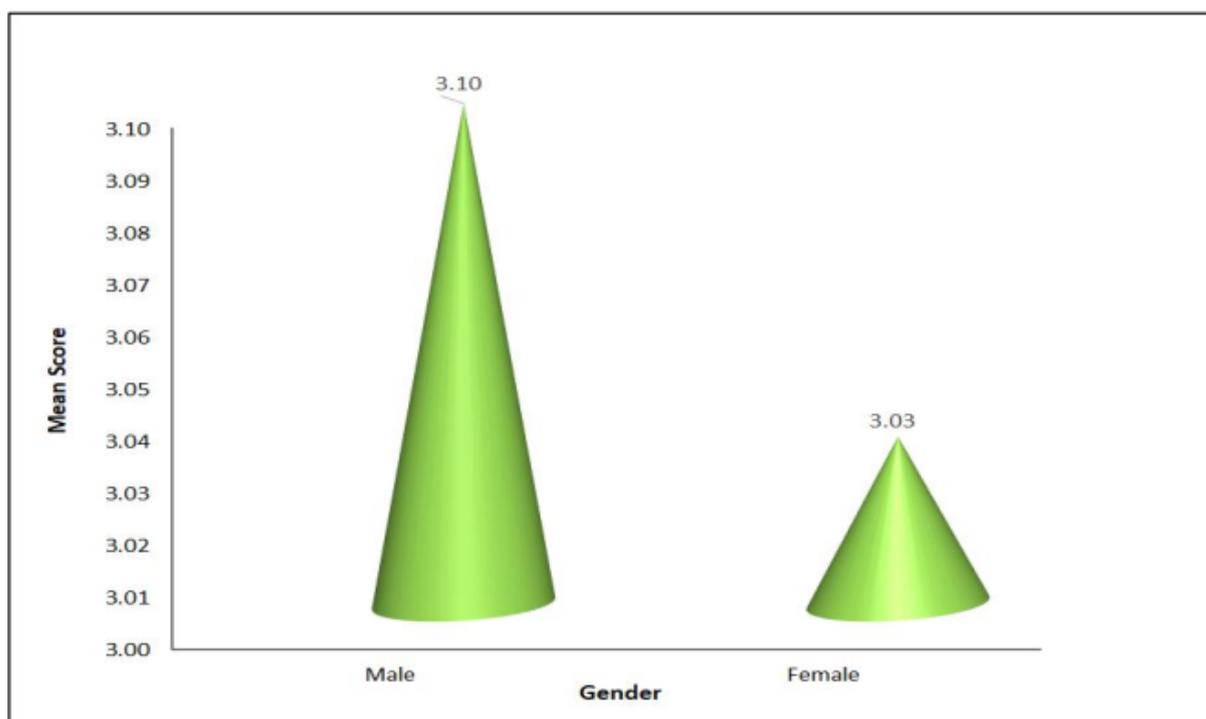


Figure 1: Body image of male and female obese students

DISSCUSSION

In this section findings related to body image analysis of male and female obese Childs is given.

Body image scale items were categorized in to three factors based on the characteristics depicted in these body image items. The first factor was inferiority complex due to obesity; the second factor was comfort or discomfort with physique due to obesity and third factor was self-satisfaction.

Inferiority complex - The average score for both male and female Childs were above

average level which showed that both male and female Childs sometimes felt bad about their fatty look. The score for male student is higher than the score for female Childs showed that obese male Childs felt more inferior than obese female student due to their obesity.

Comfort or discomfort with physique – The second factor related to body image was physical comfort i.e. whether obese male and female Childs are comfortable with their body or not. As seen in the table that scores for both male and female were around 3 i.e., little higher than middle value of 2.5 which showed that Both male and female obese Childs neither feel too nor too low about their body, which showed that they are more of less comfortable with their body.

Self-satisfaction - This factor measures the levels of satisfaction of male and female obese Childs with regard to their body. The average **scores** for this factor for both male and female were almost equal and near to middle level of score i.e. 2.5, which can be interpreted as that these sampled obese male and female Childs are not dissatisfied with their body. They feel energetic and healthier and they have good image about their body. There was slight difference in the feeling of inferiority complex between males and females as males felt more inferior to girls. They feel that they will be ridiculed infront of others. Female obese Childs feel more inferior about obesity as compared to male obese Childs. As far as physical comfort is concerned both male and female are satisfied. Both male and female obese Childs neither feel too high nor too low about their body which shows that they are more of less comfortable with their body. At an overall level the body image of male and female obese Childs is not much different.

CONCLUSION

The body image study was based on three factors: obesity-related inferiority complex, physical comfort or pain, and self-satisfaction.

Obesity makes both male and female children feel awful at times. Obese children, whether male and female, do not feel too high or too low, indicating that they are more or less at ease with their bodies. Obese children, both male and female, are neither content nor dissatisfied with their bodies, while females are less satisfied than men.

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