Effect of Body Image Satisfaction on the Level of Self-Efficacy in Female

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Abstract

Body Image often defined as “the multifaceted psychological experience of embodiment, refers to a person’s emotional attitudes, beliefs and perceptions of their own body which can be either positive or negative. Body image of a person is influences by the media and the culture in which he lives. Body image can also be negatively affected by past experiences of physical or sexual abuse, or if a person has been teased, bullied or harassed based on body size, gender, skin colour or physical abilities. Self-efficacy is defined as people’s belief about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives. Self-efficacy beliefs determine how people feel, think, motivate themselves and behave. Such beliefs produce these diverse effects through four major processes.

The present study aims to examine the correlation between effects of body image satisfaction and level of self-efficacy in women. Dresden Body Image Questionnaire (DBIQ) by Dresden is used to measure the perception for body image and The General Self-Efficacy Scale (GSF) by Matthias Jerusalem and Ralf Schwarzer was employed. It was hypothesized that body image will not influence the level of self-efficacy in women. Result findings indicate that the body image does not influence the self-efficacy of the women (r=0.074). Self-efficacy is determined by many other multifaceted factors and not by single factor of body image.

Keywords- Body Image Satisfaction, Self-efficacy.

Introduction:

Body Image refers to a person’s emotional attitudes, beliefs and perceptions of their own body. It has been defined as “the multifaceted psychological experience of embodiment”. Body Image relates to:

1) What a person believes about their appearance?
2) How they feel about their body?
3) How they sense and control their body as they move?
4) How they feel about their body, including their height, weight and shape.
It can be both positive as well as negative.

**Positive Body Image:** a person with a positive body image has a true and clear perception of their body shape and appearance that other people would agree with. The person is happy about the way they look, they accept and feel good about their body and their appearance even if it doesn’t match their appearance even if doesn’t match with the media, family or friends suggest is desirable. They are aware that how they look is not their personality. They are proud of the way they look and feel confident in their body. A healthy lifestyle, with a balanced diet and exercise can ‘contribute to a positive body image’.

**Negative Body Image:** can arise when a person feels that their looks do not measure up to what society, family, media and the friends expect. They may frequently compare themselves with others and may feel inadequate when doing so. They may feel ashamed, embarrassed and lacking in confidence. They obtain feel uncomfortable and awkward in their body. The individual often has an unrealistic view of themselves. Some people develop a disorder known as “BODY DYSMORPHIC DIAORDER (BDD)”. This can be dangerous if it leads to mental health problems such as depression.

Body Image is determined by four factors:

1) **Perceptual Body Image:** It relates how a person 'see' his body.
2) **Affective Body Image:** It relates to the amount of satisfaction or dissatisfaction a person perceives about his own body parts.
3) **Cognitive Body Image:** it relates the way a person thinks about his body.
4) **Behavioural Body Image:** it relates the behaviours in which a person engages as a result of body image.

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**Self-efficacy:**
Self-efficacy is defined as people’s belief about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives. Self-efficacy beliefs determine how people feel, think, motivate themselves and behave. Such beliefs produce these diverse effects through four major processes. They include cognitive, motivational, affective and selection process. A strong sense of efficacy enhances human accomplishment and personal well-being in many ways. People with high assurance in their capabilities approach difficult tasks as challenges to be mastered rather than as treats to be avoided. In contrast, people who doubt their capabilities shy away from difficult task which they view as personal threats. They have low aspirations and weak commitment to the goals they choose to pursue.
When faced with difficult task, they dwell on their personal deficiencies, on their obstacle they will encounter and all kinds of adverse outcomes rather than concentrate on how to perform successfully. They slarken their efforts and give up quickly in the face of difficulties.

People’s beliefs about their efficacy can be developed by four main sources of influence:

a) The most effective way of creating a strong sense of efficacy is through mastery of experiences.

b) The second way of creating and strengthening self-beliefs of efficacy is through the vicarious experiences provided by Social models.

c) Social Persuasion is a third way of strengthening people’s belief that they have what it takes to succeed.

d) The forth way of modifying self-belief of efficacy is to reduce people’s stress reactions and alter their negative emotional proclivities and interpretations of their physical state.

Review of Literature:

A research was conducted by Kinsaul, Curtin, et.al.,(2013) on “Empowerment, feminism, and self-efficacy: Relationships to body image and disordered eating”. The objective of this study was to explored the relationship between feminist ideology, empowerment, and self-efficacy in relation to body image and eating behavior. A sample of 318 U.S. undergraduate women was selected. The results demonstrate Self-efficacy as a booming indicator of positive body image and lower disordered eating.

Another significant finding was highlighted in a research conducted by Hadlington (2015) on “Cognitive failures in daily life: Exploring the link with Internet addiction and problematic mobile phone use”. Sample of 210 participants were selected. The results highlighted that being demonstrative of individuals in the higher Online Cognitive Scale and Problematic Mobile Phone Use Scale groups as being less resilient to the distractions produced by digital media and technology with a proposed link to lower working memory capacity and Attentional control.

Another research conducted by Alzubaidi and Kazem (2013) on “Perception of Physical Self-efficacy and Body Image among Omani Basic School Children”. A total sample of 359 children (12-18 years), consisting 169 boys and 190 number of girls were administered. The results highlight significant correlation between perceived physical self-efficacy and body image as whole and individually for both the groups and also, no gender differences in the body image were found, but there was a difference in the perceived physical efficacy favoring boys.

A research was conducted by CARGILL, BRIAN, CLARK, et.al.,(1999) on Binge Eating, Body Image, Depression, and Self-Efficacy in an Obese Clinical Population.
A sample of 159 clinic patients engaged in a multidisciplinary weight management program was selected and it was hypothesizing that depression and negative body image would be greater for binge eaters whereas weight self-efficacy would be lower. The results demonstrated that increased perceptions of poor body image is significantly related to binge eating and also, the higher levels of depression and lower weight self-efficacy were associated to binge eating.

Another research conducted by Noles, Steven W. Cash, et al., (1985) on “Body image, physical attractiveness, and depression.” A sample of 224 (17–63 years old) population was selected and Body-Self Relations Questionnaire, Center for Epidemiologic Studies Depression Scale (CES-D), a body parts satisfaction scale, and a self-labeling depression scale was employed to study the above. The results demonstrated that depressed school students were less satisfied with their bodies and perceived themselves as less physically attractive than nondepressed school students.

A research was conducted by Gretchen E. Wolff and Matthew M. Clark (2001) on “Changes in eating self-efficacy and body image following cognitive–behavioral group therapy for binge eating disorder”. A sample of 12 obese women who engaged in 15 weeks cognitive therapy was collected for analysis. The findings highlighted that there was a reduction in binge episode frequency and notable improvement in self-efficacy and body image in both pre- and post-treatment.

Another research conducted by Stice, Bearman, Kate (2001) on “Body-image and eating disturbances prospectively predict increases in depressive symptoms in adolescent girls”. A sample of 231 adolescent girls was collected. The results indicated that body-image and eating disturbances, functioning above and beyond gender-nonspecific risk factors, contribute to heighten depression in adolescent girls.

A research conducted by Hargreaves and Tiggemann (2004) on “Idealized media images and adolescent body image: “comparing” boys and girls”. A sample of 595 adolescents was selected. The results demonstrate the instantaneous effects of the media on body image is both stronger and more regulating for girls than in the case of boys.

Another research conducted by Jones (2001) on “Social Comparison and Body Image: Attractiveness Comparisons to Models and Peers Among Adolescent Girls and Boys”. A sample of students (both boys and girls) 9th to 10th in study 1 and in 2nd study students of class 7th to 10th was selected. The results demonstrated that in both boys and girls, weight comparisons to both peer and model targets, directly correlates to body dissatisfaction. Also, shape comparisons endorsed by the girls and facial comparisons reported by the boys correlated to body dissatisfaction. Gender differences in social comparison highlighted that girls reported more social comparisons than boys.


A sample of 84 women (18 to 29 years) was administered. The result demonstrated that more negative body attitude was associated with heightening sexual aversion which was associated with negative sexual adjustment.

Another research conducted by Jocelyne Matar Boumosleh and Doris Jaalouk on “Depression, anxiety, and smartphone addiction in university students”. A sample of 688 undergraduate university students was selected. The results demonstrate that the incidence rates of smartphone-related compulsive behavior, functional impairment, tolerance and withdrawal symptoms were substantial and also depression and anxiety scores resulted as an independent positive forecaster of smartphone addiction.

Another findings by Belén Martínez-Ferrer and David Moreno(2018) on “Are Adolescents Engaged in the Problematic Use of Social Networking Sites More Involved in Peer Aggression and Victimization?”, employing 1,952 adolescents highlighted that a) Associating to age, early adolescents with higher problematic use of online social networking sites reported high levels of overt verbal and relational victimization, b) the co-occurrence of problematic use of online social networking sites, peer aggression and victimization, c) the influence of gender and age had on peer victimization.

Methodology:

Problem:

In the present investigation an attempt was made study the of level of self-efficacy and the perception for body image among women.

Hypothesis:

In the present investigation following hypothesis was formulated:

1) Body Image will not influence the level of Self-efficacy.

Research Design:

Independent Variable: Perception of body image

Dependent variable: Level of self-efficacy

Sample:

A total sample of 50 women (18-35 years) was taken.

Random Purposive Sampling technique was used for the selection of the sample.
Control:

- The test was given individually by researcher.
- The socio-economic status of the participants was equal.
- The sample group was literate.

Test:

1) Dresden Body Image Questionnaire (DBIQ) by Dresden is used to measure the perception for body image.
2) The General Self-Efficacy Scale (GSF) by Matthias Jerusalem and Ralf Schwarzer.

Result Table:

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>r score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perception for Body Image in women</td>
<td>116.98</td>
<td>0.074</td>
</tr>
<tr>
<td>Level of Self-efficacy in women</td>
<td>30.5</td>
<td></td>
</tr>
</tbody>
</table>

Result table-01

Discussion:

Body image is the perception that a person has of their physical self and the thoughts and feelings that result from that perception and self-efficacy is the belief one has about their capabilities to succeed in specific situations or accomplish a task.

The above result table show that body image and self-efficacy are not related to each other. (r=0.074) In simpler words it means that body image does not influence the self-efficacy of the women in study. No matter what kind of body image the females have their self-efficacy is high. Studies reveal that observational learning like seeing people similar to oneself who might not fulfil the parameters of socially desired body image yet succeeding in life by sustained effort raises observer’s belief that they do possess the capabilities to master comparable activities. Social persuasion in the form of family acceptance is also one of the major factor that plays role in increasing the self-efficacy of the women. As young children the women might have gained self-knowledge of their capabilities in broadening areas of functioning. Their parents were responsive to their behavior and created opportunities for efficacious actions by providing an enriched freedom of movement for exploration. A vast amount of social learning occurs among peers. It is in peer relationship that they learn to broaden self-knowledge of their capabilities. Apart from peer influences many other social factors such as motivational enhancement through goals and positive incentives and interpretation of success and failures by others which in a way reflect favourably or unfavourably on their ability also effect their intellectual efficacy.
Thus, we can conclude that though physical appearance and positive attitude towards body image remains important but the functional aspects of the body usually take precedence over contentment with appearance.

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