BODY IMAGE PERCEPTION INSPORTSPERSONS AND NON – SPORTSPERSONS

SANJOG DEEP SINGH
Assistant professor
SGGS COLLEGE, CHANDIGARH

ABSTRACT: *This study was conducted to compare body image perception among sports persons and non - sports persons. 104 college students of age group 18 – 23 years were selected for the study. 52 (26 males and 26 females) sports persons were selected randomly from the winners of inter-college teams of athletics , football ,volleyball and basketball held at various venues organized by Punjabi university, Patiala during the session 2014-2015. Where as 52 (26 males and 26 females) college students were selected randomly from Dashmesh Institute of Higher Education, Zirakpur, Punjab. Body Shape Questionnaire (BSQ) (Cooper, Taylor, Cooper & Fairburn 1987) was used to assess body image perception. The BSQ is a 34 item self report questionnaire assessing dissatisfaction with weight or shape and preoccupation with weight and distress about body shape. Participants rated items on a scale from 1(never) to 6(always) and higher scores reflect greater dissatisfaction. Analysis of data revealed that sportspersons (males and females) have high and positive body image perception as compared to non – sportspersons.*

INTRODUCTION
Body Image
Body image refers to a person's feelings of the aesthetics and sexual attractiveness of their own body. The phrase body image was first coined by the Austrian neurologist and psychoanalyst Paul Schilder in his book 'The Image and Appearance of the Human Body' (1935).

Schilder (1935). Neurologists, psychiatrics and early influential theorists reported the following kinds of distortion in the schizophrenic patients: a sense of alienation from his own body (depersonalization), inability to distinguish the boundaries of his body, and feelings of transformation in the sex of his body. Other early influential theorists took the view that a body scheme was essential to the functioning of the individual (Mead and others, 1920).

Body image represents the manner in which a person has learned to organize and integrate his body experience. (Witkin, 1965, Whiting, 1973).

Body image is how you see yourself when you look in the mirror or when you picture yourself in your mind. It encompasses:

- What you believe about your own appearance (including your memories, assumptions, and generalizations).
- How you feel about your body, including your height, shape, and weight.
- How you sense and control your body as you move. How you feel in your body, not just about your body.

Positive Body Image
- A clear, true perception of your shape--you see the various parts of your body as they really are.
- You celebrate and appreciate your natural body shape and you understand that a person's physical appearance says very little about their character and value as a person.
- You feel proud and accepting of your unique body and refuse to spend an unreasonable amount of time worrying about food, weight, and calories.
- You feel comfortable and confident in your body. Having a positive body image also means that you see yourself as you really are. Many people with a positive body image know that certain parts of their body may not be the same as someone else's, but they accept, appreciate, and even love the differences.
- People with a positive body image also understand that how they look does not determine their self-worth. A negative body image develops when someone feels her or his body does not measure

up to family, social, or media ideals. Many people feel as if they don't measure up especially when they measure themselves against the standards of beauty commonly seen in the media.

- Unlike people with positive body images who are satisfied with their body image, people with a negative body image are often very dissatisfied. They may not even see themselves as they truly are. People who have a negative body image may look in the mirror and see themselves or their body parts as larger or smaller or otherwise different from the way they really are.

Positive body image must start with you. Each person must celebrate his or her uniqueness. Wanting to look like someone else is counterproductive; each of our bodies has its own way of developing and differences are what make us all special.   (Clark, D.B, 2009)

Negative Body Image

- A distorted perception of your shape--you perceive parts of your body unlike they really are.
- You are convinced that only other people are attractive and that your body size or shape is a sign of personal failure.
- You feel ashamed, self-conscious, and anxious about your body.
- You feel uncomfortable and awkward in your body.

If you have a negative body image, you may feel self-conscious or awkward, and you may feel shame about your body. We may all feel this way about our bodies and ourselves from time to time — that's normal. But if you have negative thoughts about the way you look or the way you think other people see you most of the time, you may have a problem. And it could be serious. Having a negative body image can have a harmful effect on one's health and well-being, and you may want to talk with a professional counselor. (Stormer and Thompson, 1996).

Human society has at all times placed great value on beauty of the human body, but a person's perception of their own body may not correspond to society's standard. Body image is how you feel and what you think when you look at yourself. It's also how you imagine other people see you. How you feel about your body and all of its parts — your build and your legs, nose, stomach, the color of your skin, and the color or texture of your hair, for example — plays a role in your body image. This also includes your sex organs — the vagina and vulva, breasts, or penis.

Staffieri and Robert (1967) Early adolescent boys show a clear preference to look like the mesomorph image and demonstrated reasonable accuracy in perception of their own body types

Dosamantes (1992) while discussing body image, describe that cultural definition of the idealized body image is subject to change under pressure from social, economic, political and religious sources. Body image reflects the individuals own attitudes as well as those of others towards his/her embodied self. We do not develop our body image all on our own. The people around us and our culture strongly influence it. We get both positive and negative messages about our bodies from family and friends all the time — starting from when we're very young. For example, we may develop a love of exercise and a sense of being strong and capable if our parents share their own enjoyment of physical activity with us. On the other hand, we may develop a negative body image if our parents criticize the way we look.

There is a significant dichotomy between society's idealized rail-thin figure and the more typical idol body. The reasons for this are complex and likely involve the interplay of media pressure to be thin, family eating and exercise patterns, and a relative surplus of non-nutritious food. Dietary restriction leads to a repetitive pattern of self-deprivation, which can result in bingeing, weight gain, and worsening self-image. Although it is tempting to blame today's media for perpetuating and glorifying unrealistic standards of physical beauty, the truth is far more complicated. Throughout history, the dominant political climate and cultural ideals always have shaped the public's perception of the ideal body type. However, today's culture is unique in that the media (including television, Internet, movies, and print) is a far more powerful presence than ever before. We also get messages about body image from television, magazines, films, and other media. Many of the beliefs we have about the way women and men "should" look coming from the models and celebrities we see in the media. But models and celebrities do not look like most people. For example, on average, women who are models have very different builds. All we have to do is look around — the bodies in the real world are much more diverse and unique than those we see in the media. Adolescents exposed to ideal image advertisements are significantly more depressed and had higher levels of muscle dissatisfaction than those exposed to neutral ads. (Agliata & Dunn 2004)

Stormer and Thompson (1996) even with self-esteem and level of obesity removed as influences, social comparison and societal factors were significant predictors of body dissatisfaction and eating disturbance.

Negative verbal commentary also explained a small part of the variance; however, maturational status did not contribute uniquely in any analysis.

Problems with body weight and weight control are not limited to excessive body fat. A growing number of people especially adolescents experience eating disorders, characterized by severe disturbance in eating patterns and eating related behaviors. The major eating disorders are anorexia nervosa, bulimia nervosa and binge-eating disorder.

McDonald and Thompson (1992) women's motivation for exercise was more often related to weight and tone reasons than men. In addition, for both genders, exercising for weight, tone, and attractiveness reasons was highly correlated with other measures of disturbance. However, exercising because of health was positively associated with self-esteem for both sexes. For men only, exercising for fitness was related to lower levels of eating disturbance and higher self-esteem. Overall activity level was related to greater eating disturbance for women, but less body dissatisfaction for men.

Body image is one of the main causes for low self-esteem and eating disorders. Body image involves the perception that the ideal male/female body is thin and fat makes one ugly. To achieve these slim dimensions for the body, patients of eating disorders starve themselves to the point that their health fails completely. Studies have reported a significant change in the weight and size of female and male models portrayed throughout the media in western society and the concept of the 'perfect or ideal body'. Over time the cultural ideal for women's body size and shape has become considerably thinner and leaner and men's body size and shape has become stronger and more muscular. The trend in the twentieth century was that a woman should be thin if she is to look good. The female body is one that does not have a perfect shape. A healthy female body has curves and is often pear shaped. Women in particular adolescent young women go on unhealthy starvation diets to remove these curves and achieve what the media and other sources describe as the ideal body image. To improve their body image and self-esteem women stop eating when they are hungry and exercise excessively, although one hour of exercise thrice a week is enough for good health. Research studies have shown that young people frequently report body dissatisfaction, with adolescent girls experiencing more body dissatisfaction than boys. Adolescent girls generally want to weigh less, while adolescent boys want to be bigger and stronger.

Our emotional state also influences our body image. People who accept the way they look and feel good about their bodies most of the time have a positive body image. Their appearance may not match their family's ideals or the ideals in the media. But they have learned to be proud of the way they look. You do not have to be thin or tall or have any other specific physical traits to have a positive body image. It does not matter what you look like from the outside. Having a positive body image is about how you feel about the way you look. Part of having a positive body image is thinking about the way you physically feel and what your body can do — not just the way you look. For example, people who can easily climb stairs may have a better body image than people who struggle climbing them. Body image is also influenced by the natural aging process and our life experience. We have different feelings about our bodies when our bodies change. Certain times in life, like puberty or menopause and andropause, are key times when a person's body image may change. If people are hurt, sick, or disabled, their body images may be affected, too.

There is a lot you can do to improve your body image, even without changing your body. Remember, body image is not about how you look, but how you feel about the way you look. Some people choose to change the way they feel about their bodies. Many times, talking with a person you trust, such as a friend or family member, about the way you feel can help. Professional help from a therapist may also be useful. Talking about your negative feelings and developing new ways to think about your body and your self-worth is a good way to address a negative body image. Think differently about your body. Pay attention to the times when you feel bad about your body. Did you just weigh yourself? Did you just read a magazine? Did you just talk to a friend or family member who is negative about her or his body? People also change their looks in other ways, such as coloring or processing their hair, or using products to change the appearance of their skin. Some changes can boost your self-esteem and body image, and some changes may not be as effective. The key is to have realistic expectations about how much changing your appearance can change how you feel about yourself.

Plastic Surgery

Some people choose to have plastic surgery to change the body parts that they don't like. This is one way to address a negative body image. But changing a body part does not necessarily change the way a person feels.

Objectives:

1. To compare the body image perception among sportsperson and non sportsperson.

2. To compare the body image perception among female sportsperson and female non- sportsperson.
3. To compare the body image perception among male sportsperson and male non- sportsperson

Methodology

This study was done to investigate body image perception among sports persons and non - sports persons. 104 college students of age group 18 – 23 years were selected for the study. 52 (26 males and 26 females) sports persons were selected from the winners of inter-college teams of athletics , football ,volleyball and basketball held at various venues organized by Punjabi university, Patiala during the session 2014-2015. Where as 52 (26 males and 26 females) college students were selected randomly from Dashmesh Institute of Higher Education, Zirakpur, Punjab. Body Shape Questionnaire (BSQ) (Cooper, Taylor, Cooper & Fairburn 1987) was used to assess body image perception. The BSQ is a 34 item self report questionnaire assessing dissatisfaction with weight or shape and preoccupation with weight and distress about body shape. Participants rate items on a scale from 1(never) to 6(always) and higher scores reflect greater dissatisfaction. This scale was developed on clinical populations including patients with anorexia nervosa and bulimia nervosa as well as women without an eating disorder from a community sample (cooper et al 1987). The BSQ has been found to be a reliable and valid measure of body image as it has been shown to have good test retest reliability (.88), concurrent validity with other measures of body image, including the body dismorphic disorder examination (Rosen, Reiter & orosan ,1995) and the multidimensional body self relations questionnaire (Brown, cash and mikulka,1990) and criterion validity for clinical use. (Rosen, Jones, Ramirez &Waxman,1996)

Results
Table 1 shows the comparison of body image assessment among female sportsperson and female non sports person.

Groups	N	Means	St. Dev	S.E	t
FEMALES(Sports)	26	10.05	3.50	.708	6.06
FEMALES(Non sports)	26	15.33	2.40	.493	

*Significant at .05 level, **significant at .01 level, df=50

Table 1 shows the comparison of body image assessment among female students of age group 18- 21years who were the winner in the inter-college sports tournaments with female students who never participated in inter-college sports tournaments. The mean value of female sportsperson was found to be 10.05 and for female students who never represented college in inter-college sports tournaments were found to be 15.33. Standard deviation of female sportsperson and female non- sportsperson was found to be 3.50 and 2.40. The t value testing the significance of mean difference came out to be 6.06**, which is significant at .01 level according to the table value. Hence it may be interpreted that female sportsperson have better body image as compared to non- sportsman females. So, the hypothesis which stated that there will be a significant difference regarding body image in the above mentioned two groups is accepted.
Table 2 shows the comparison of body image assessment among male sportsperson with male non-sportsperson.

Groups	N	Means	St. Dev	S.E	t
Boys(sports)	26	9.35	3.22	.663	4.07
Boys(non sports)	26	12.00	3.20	.659	

*Significant at .05 level, **significant at .01 level, df=50

Table 2 shows the comparison of body image assessment among male sportsperson with male non - sportsperson. The mean value of male sportsperson was 9.35 and for male non sportsperson it was found to be 12.00. Standard deviation of male sportsperson and male non- sportsperson was found to be 3.22 and 3.20. The t value testing the significance of mean difference came out to be 4.07**, which is significant at .01 level according to the table value. Hence it may be interpreted that males sportsperson have better and positive body image as compared to male non - sportspersons. So, the hypothesis which stated that there will be a significant difference of body image assessment in the mentioned two groups is accepted.
Table 3 shows the comparison of body image assessment among sportspersons and non- sportspersons.

Groups	N	Means	St. Dev	S.E	t

| Sports | 52 | 9.69 | 3.54 | .452 | 7.13 |
| Non sports | 52 | 14.14 | 2.58 | .384 | |

*Significant at .05 level, **significant at .01 level, df=102

Table 3 shows the comparison of body image assessment among students of age group 18- 21years who were the winner in different inter-college sports tournaments with students who never participated in inter-college sports tournaments. The mean value of male students who were winner of inter-college sports tournaments was found to be 9.69 and for students who never represented college in inter-college sports tournaments was found to be 14.14. Standard deviation of sportsperson and non sportsperson was found to be 3.54 and 2.58. The t value testing the significance of mean difference came out to be 7.13**, which is significant at .01 level according to the table value. Hence it may be interpreted that body image assessment in was significantly positive and higher than non sportspersons. So, the hypothesis which stated that there will be a significant difference of body image perception in the both groups is accepted.

Discussion

Review Studies of Stormer and Thompson (1996), Agliata and Dunn (2004), Clark (2009), McDonald and Thompson (1992) and Dosmantes (1992) reveal that problem of body image among youngsters is complicated and there are no easy solutions. This study was undertaken to assess the problems of body dissatisfaction among sports person and non sports person. There is a good deal of evidence that empathic discourse between parents and children that focuses on problem solving is associated with higher levels of identity development in the youngsters. Parents and teachers can help their youngsters to develop a separate identity and become an individual within the family by encouraging a balance between correctness and individuality. Parents who offer warmth support, security and acceptance to their children apparently enhance their adolescents' identity formation, whereas those who reject their children or are indifferent, inactive or uninvolved have adolescents who show lower level of identity development. Results of the study can help to plan strategies and create awareness among adults and parents to take responsibility for teaching children healthy habits and modeling healthy eating and exercise and enhancing self identity. Though some studies have shown that sportsperson in different games are also affected with body dissatisfaction and have chances of negative body image. But result of the present study interpreted that youngsters who involve themselves in sports have less chance of body shape problems. This study will help to plan strategies and create awareness among adults and parents to take responsibility for teaching children healthy habits and modeling healthy eating and exercise.

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