

A Study on Consciousness of 22-24 Year Females about their Body Image

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Abstract: Background: A number of studies emphasized about the body image and dissatisfaction with one's body image. The aim of current study was to assess about the consciousness of 22-24-year-old females about their body image, their perceived image and the practices they employed to maintain their body image.

Methods: A total of 150 female students of Mamata Dental College of 22 -24 years participated in this study. Information on perceived and desired body image, their knowledge and practices to maintain body image were collected with the help of predesigned questionnaire.

Results: Outcomes of this study indicate that 63.6% girls think their body image is almost correct. 19.9% girls think they are too thin. 6% girls think they are too fat. Only 9.9% think they are perfect. Majority of them believe nutritional status influence their body image. Only 41.7% girls are involved in physical fitness practices, 17.9% are involved in dieting procedures, 31.8% girl s doesn't take any measures to maintain their body image.

Conclusion: Collectively, results indicate that majority of females desire to maintain their body image but only some take measures to maintain their body image.

Keywords: consciousness, body image

1. Introduction

Body image describes our attitudes towards body and physical appearance, bodily experience towards body. Mainly, there are two aspects of body image i.e., positive and negative body image .positive body image means feeling confident ,comfortable and high self-esteem towards their body image. When people have distorted image, they feel awkward, ashamed, which is known as negative body image.

Now a days, body image issues pose a very common problem among females. Poor body image increases the risk of extreme weight/body control measures which may lead to negative mood and mood swings. According to researchers, women have more depression comparatively than men related to body image dissatisfaction.

Students believe that attractiveness and beauty among their groups is related to ideal body image. Perception of body image may change from time to time due to change in physical appearance and mood of individual.

Body misconception and body dissatisfaction, are two very important potential causative factors of bad nutritional status among adolescent females.

Now a days, dieting is common among females when compared to males, females are more likely to diet actively and show high importance on appearance and they engage in unsafe dieting. Exercises are also considered as a way to maintain body image not only dieting. studies show that there are more positive attitudes towards exercise and eating. Most of young girls are involved in organized physical activity because to maintain positive body image.

Social media has a great effect on self- perceived body image among young females / women. Dissatisfaction about their perceived body image may lead to physical and mental issues, social functioning which may cause depression.

So, the present study was conducted on young females of 22-24 years age group among Mamata Dental college students in Khammam to assess their knowledge, attitudes, and their practices towards maintaining their body image.

2. Methodology

The cross-sectional study was conducted in the Mamata Dental College, Khammam. A total of 150 young females of 22-24 years were selected for this study. The demographic data for each selected female includes their age and year of study. Information about their knowledge, attitudes and their practices towards their desired and actual body image was collected with the help of designed questionnaire. Data were collected after taking informed consent from the subjects.

Questionnaire includes demographic data, desired and actual body image knowledge, their nutritional status and measures taken by them to maintain body image. Prior to survey, instructions are given for completing the questionnaire and encourage participants to answer all questions completely and truthfully. The participants who were present at the time of collection were included and those participants who were absent at the time of collection were excluded. Survey took approximately 10 minutes to complete for each subject.

Duration of survey is from 10/4/19 to 12/4/19.

A. Objectives

- To assess knowledge and attitudes of girls about their body image.
- To assess their practices and measures to maintain their body image.

3. Results

This study was conducted among 150 students. Dental interns participated in the study.

Demographic data of study participants:

Variables		Frequency	Percentage
Gender	Female	150	100%
Year of study	Intern	150	100%
Total		150	100%

In the above table, 150 interns are taken for the study.

	Frequency	Percentage
Too thin	3	2.05%
Thin	15	9.9%
Neither too thin nor fat	126	83.4%
To be fat	6	4.0%
Total	150	99.3%

In the above table, 83.4% girls desire body image to be neither thin nor fat, 2% girls desire to be too thin, 9.9% girls desire to become thin and 4% girls desire to become fat.

	Frequency	Percentage
Too thin	30	19.9%
Almost correct	96	63.6%
Perfect	15	9.9%
Too fat	9	6.0%
Total	150	99.3%

In the above table, 63.6% girls think that their body image is almost correct.

	Frequency	Percentage
Yes	144	95.4%
No	6	4.0%
total	150	99.3%

In the above table, 95.4% girls think nutritional status influence their body image.

	Frequency	Percentage
Physical fitness	63	41.7%
Diet	27	17.9%
Others	12	7.9%
None of the above	48	31.8%
Total	150	99.3%

In the above table, 41.7% girls do physical fitness to maintain their body image. 17.9% girls maintain by dieting. 7.9% girls follow other measures to maintain body shape. 31.8% does not take any measures.

4. Discussion

In India, body image related studies were very limited. This paper includes consciousness of girls about their perceived and desired body image, body image dissatisfaction and its association with nutritional and socio-economic status and measures taken to maintain body image. The results of our study on consciousness of girls about their body image indicates that 63.6% girls think that they are almost correct about their body image. About 75.5% of girls think physical appearance and body image may influence perceived health.

According to my present study, I got to know that 31.8% girls didn't take any measures to maintain their body image. In another study regarding misconception of weight among 185 female college students aged 18-24 years, 83% of participants reported were consciously trying to lose (or) control their weight, including 80% of normal weight, 91% of overweight and 86% of obese participants.

5. Conclusion

Based on the results found in the analysis, it is possible to conclude that majority of girls desire to be neither thin nor fat but only 41.7% girls do physical fitness to maintain their body image. The purpose of the study was to encourage girls to maintain healthy weight and dietary habits.

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