

# Study on Athlete and Non-Athlete Females for Attitudes to Body Image

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## ABSTRACT

The point of this investigation was to contrast attitudes with body image in athlete and non-athlete female students of Jabalpur. For this reason, 200 athlete and non-athlete female students were randomly chosen and participated in the present examination. Self-Body image was evaluated utilizing the Multidimensional Body-Self Relations Questionnaire (MBSRQ) included 69 things, 7 factors subscales and 3 extra subscales. Factors with respect to athletes and non-athletes were analyzed utilizing free sample t test. A little impact was discovered which demonstrated that athletes had a progressively positive body image contrasted with the non-athletes. Exercise preparing seems to improve some subscales of attitudes to body image of female athletes and it can fill in as a remedial method to upgrade the attitudes of non-athlete ones.

## 1. Introduction

For quite a while, it has been regular information that exercise is beneficial for one's physical health. It has just been as of late, in any case, that it has gotten typical to peruse in magazines and health bulletins that exercise can likewise be of an incentive in advancing sound mental health.

Female athletes experience both socio-cultural and sport explicit pressure to change their weight, body, and appearance and they are in danger of creating dissatisfaction with their body. Body dissatisfaction includes negative musings and feelings about one's body and an apparent disparity among present and "ideal" body size. The impression of an individual's body may change in connection to the setting in which the individual capacities. Hence, body image can be estimated with regards to either sport or day by day life.

Body image is a multidimensional develops that comprises of mental encounters of exemplification, including view of physical appearance, and attitudes that identify with physical appearance. Body image is characterized as the internal portrayal of your external appearance. Since body image is a confounded develop identifying with the person's observations and how he/she is seen, particularly in regards to his/her physical appearance, viewpoints, for example, body satisfaction, self-appearance, significance of internalized appearance ideals and mentalities concerning body image are additionally proposed in the region of body-image-therapy.

The idea of body image consolidates all components of individuals' mental self view; including observation, thought, feelings, attitudes, and assessment of their physical image and the impact of this image on their conduct. Notwithstanding different preventive and therapeutic strategies accessible in this field, physical exercise and movement is considered as a wonderful method for improving satisfaction with body image

People have a solid inclination to have a muscular body and these are the ones who are progressively satisfied with their body appendages and face lesser dangers of feeling restless about their body weight and their body image. In addition, an expansion in quality and force improves people's capacities to deal with their every day undertakings (explicitly in

regards to the issues requiring physical effort) and this may add to their prosperity.

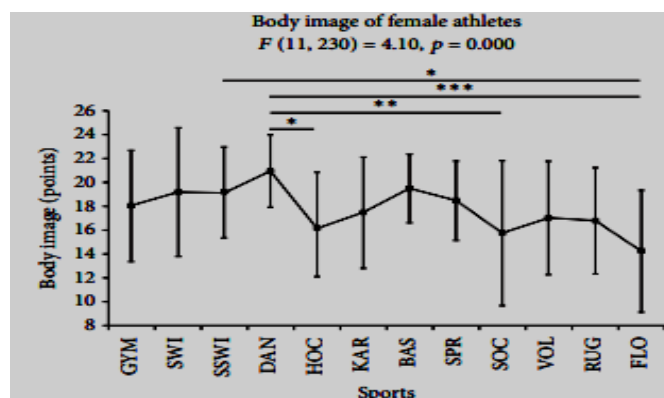


Figure 1: Body image perception of female athletes from different sport disciplines

## 2. Literature Review

**Katarina Prnjak, Ivan Jukic and James J. Tufano (2019)** the reason for this examination was to inspect the probability of free commitments of compulsiveness and body satisfaction on dieting conduct among male and female athletes. 200 eighty (192 male; 88 female) athletes gave their answers on the Eating Attitudes Test 26 (EAT-26), Positive and Negative Perfectionism Scale (PANPS) and adjusted Body Image Satisfaction Scale from Body Image and Body Change Inventory. No gender or sport type contrasts were seen in dieting conduct and body satisfaction was the main critical indicator of dieting for female athletes. Intercession examination showed that body satisfaction is a go between both versatile and maladaptive compulsiveness and dieting. These discoveries emphasize the significant job that body satisfaction has in scattered eating advancement in female athletes.

**Túlia Maia Cabrita, António Boleto Rosado Faculdade de Motricidade Humana, Teresa Oliveira Leite, Sidónio Olivério Serpa & Paulo Malico Sousa (2014)** The present investigation analyzed the relationship between athletic

personality, vocation decision-production self-viability, future time attitude, gender, and age to investigate the procedure of future profession determination in athletes. The sample was made out of 153 athletes, and factors were estimated utilizing the Athletic Identity Measurement Scale—also, the Career-Decision-Making Self-Efficacy Scale—Short Form, and the Time Attitude Scale. Results show that athletes with higher athletic personality have higher levels of vocation decision-production self-viability and higher levels of hopefulness in regards to what's to come. Besides, athletes with higher athletic personality are more probable plan to pick a sport-related calling later on.

**Morteza Taheri, Khadijeh Irandoust, Masoomeh Razipoor (2017)** the reason for this examination was to consider dietary issues and body image among weight-class world class athletes. A cross-sectional examination was done with tip top hand to hand fighting athletes (Karate, Taekwondo, and Judo) who were viewed as of higher hazard for dietary problems. 63 world class combative techniques male athletes ( $18.59 \pm 5.29$  yrs), and 63 non-athlete people ( $17.3 \pm 3.4$  yrs) were enrolled. Body Mass Index (BMI), Waist Hip Ratio (WHR), and Percent Body Fat (PBF) were estimated utilizing caliper and meter. No indication of clinical EDDS was found among the examined athletes, and non-athletes. There were critical contrasts in total score of EDDS ( $p=0.001$ ), dietary problem and weight concern subscales (individually  $p=0.012$ ,  $p=0.001$ ) in athletes and non-athletes. Besides, contrasted and the non-athlete gathering, world class athlete bunch with center, great, and extraordinary body images scored higher on total score and all subscales of EDDS ( $p \leq 0.05$ ).

**Snyder AR, Martinez JC, Bay RC, Parsons JT, Sauers EL, Valovich McLeod TC (2010)** To look at HRQoL in adolescent athletes and nonathletes utilizing 2 basic instruments. The sample size is 219 athletes and 106 nonathletes. On the SF-36, athletes detailed higher scores on the physical capacity, general health, social working, and mental health subscales and the mental composite score and lower scores on the substantial torment subscale than nonathletes. On the PODCI, athletes detailed higher scores on the sport and physical capacity and bliss subscales and lower scores on the torment/comfort subscale.

**Zenic N, Stipic M, Sekulic D (2013)** The point of the present examination was to recognize gender-explicit defensive impacts of the strictness (estimated by Santa Clara Questionnaire) and other social, instructive, and sport factors as a potential factors of hesitation against doping practices in sport-science-students from Mostar, Bosnia, and Herzegovina (51 ladies and 111 men; age go, 18-26). The gender contrasts for the non-parametric factors were built up by Kruskal-Wallis test, while for the parametric factors the t-test for autonomous samples was utilized. Different relapse counts uncovered strictness as the most noteworthy indicator of the social, health,

sport and legal factors of hesitation against doping practices in the two genders. In any case, the differential impact of the social, instructive, sport and strict factors in connection to negative results of the doping practices is found for people.

### 3. Methodology

The research sample included 200 athlete and non-athlete female college students living in Jabalpur who were chosen utilizing random examining. The athletes were associated with regular exercise training in any event 3 sessions for each week and at the time of the present research were students of sport sciences. The questionnaires were disseminated among every one of the members of the sample and a total of 160 (80 for the athletes and 80 for the non-athletes) questionnaires were gathered and utilized for the research. Clear insights (mean  $\pm$  standard deviation) were utilized to portray the outcomes. The independent sample t test was utilized to look at factors contemplated with respect to athletes and non-athletes. Data was examined utilizing SPSS 16 programming at the essentialness level of  $p < 0.05$ .

The questionnaire utilized in this research was simply the Multidimensional Body Relations Questionnaire (MBSRQ) (Cash, 2000). MBSRQ comprises of a total of 69 things. It incorporates seven subscales named "Appearance Evaluation", "Appearance Orientation", "Fitness Evaluation", "Fitness Orientation", "Health Evaluation", "Health Orientation" and "Ailment Orientation" which speak to dispositional measurements "Evaluation" and "Orientation" for every one of three substantial spaces of "Appearance", "Fitness" and "Health/Illness" except for the last area which just contains orientation measurement (Illness Orientation).

### 4. Analysis

It incorporates seven subscales named "Appearance Evaluation", "Appearance Orientation", "Fitness Evaluation", "Fitness Orientation", "Health Evaluation", "Health Orientation" and "Sickness Orientation" which speak to 2 dispositional measurements — "Evaluation" and "Orientation" for every one of three substantial spaces of "Appearance", "Fitness" and "Health/Illness" except for the last area which just contains orientation measurement (Illness Orientation).

Table 1 shows the mean and standard deviation of scores of subscales. As indicated by table 1, scores relating to subscales of "Appearance Orientation" ( $p < 0.05$ ), "Health Evaluation" ( $p < 0.01$ ), and "Health Orientation" ( $p < 0.01$ ) and "Body Areas Satisfaction" ( $p < 0.01$ ) in athletes are essentially higher than those of non-athletes. In any case, scores of "Fitness Evaluation" in non-athletes is altogether higher than that in athletes ( $p < 0.01$ ). There is no huge contrast between the two gatherings in different subscales.

**Table 1: Mean and standard deviation of subscales regarding attitudes to body image in athletes and non-athletes**

MBSRQ SUBSCALES	Athlete (n=80)	Non-athlete (n=80)	P value
<b>FACTORS SUBSCALES:</b>			
APPEARANCE EVALUATION	2.58±0.35	2.57±0.34	0.887
APPEARANCE ORIENTATION	2.62±0.78	2.34±0.67	0.018*
FITNESS EVALUATION	2.90±0.40	3.09±0.33	0.002**
FITNESS ORIENTATION	2.61±0.34	2.52±0.28	0.055
HEALTH EVALUATION	2.85±0.53	2.51±0.45	0.001**
HEALTH ORIENTATION	2.52±0.45	2.33±0.44	0.004**
ILLNESS ORIENTATION	2.93±0.37	2.91±0.36	0.672
<b>ADDITIONAL SUBSCALES:</b>			
BODY AREAS SATISFACTION	2.43±0.78	2.01±0.69	0.001**
OVERWEIGHT PREOCCUPATION	2.80±0.71	2.89±0.65	0.481
SELF-CLASSIFIED WEIGHT	2.91±0.74	2.73±0.62	0.088

\* Significance at  $p \leq 0.05$ , \*\* Significance at  $p \leq 0.01$

In addition, an expansion in quality and force upgrades people's capacities to deal with their every day undertakings (explicitly in regards to the issues requiring physical effort) and this may add to their prosperity. Be that as it may, for everybody, improvement of physical factors is more unmistakable than mental factors, for example, level of anxiety, self-assurance or satisfaction with body image. For instance, satisfaction felt by a person because of the upgrade of intensity in beginning a long time of the reinforcing program is more charming and clear than other mental adjustments. There is no huge contrast between the two gatherings in different subscales. Consequently, minimal contrasts among athletes and non-athletes were particularly found in "Appearance Evaluation", "illness Orientation", "Overweight Preoccupation" and "Self-Classified Weight".

## 5. Result

Consequences of the present research show that scores of "Appearance Orientation" and "Body Areas Satisfaction" in athletes were altogether higher than non-athletes. A few investigations found that athletes report lesser or practically equivalent to worries about body image contrasted with non-athletes.

Based on discoveries of the present examination, scores relating to "Health Evaluation" and "Health Orientation" in

athletes were altogether higher than those of non-athletes. On the other hand, scores of "Fitness Evaluation" in non-athletes were fundamentally higher than athletes. Moreover, a purpose behind these outcomes is the multidimensionality of body viewpoints since fitness evaluation incorporates cases, for example, muscle quality estimation, muscle perseverance and adaptability.

## 6. Conclusion

The present examination can be applied to different populations, for example, females and guys from various age gatherings and different socioeconomic classes. Along these lines, it is conceivable to think about outcomes. In addition, since the research was performed on general people, doing a comparable examination on patients with clinical body image issue or eating issue might be successful in expanding the precision of the outcomes and finish of the present investigation. Exercise training and Being physically dynamic can impact the improvement of certain parts of the body image approach in female athletes and it might be utilized as a treatment apparatus to change the point of view of non-athlete ones. On account of greater body dissatisfaction in youthful athletes, interventions that improve body image observation ought to be executed in female adolescent partners taking part in high-level sporting exercises at a beginning time.

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