

## Body Image Issues Among Late Adolescent Boys

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### ABSTRACT

**Background:** Adolescence is the age where individuals undergo a lot of changes. Among the physiological, psychological, social changes, adolescents usually worry about the physical changes that takes place. The rapid changes in the body creates certain confidence in few; and uncertainty and self-doubt in few of the individuals. They are also in the process of creating an identity for themselves and understanding their changing bodies. The present study aimed to investigate the changes in the level of Body Image Issues among Adolescent Boys.

**Methodology:** A purposive sampling of 30 adolescents across Karnataka state, were considered for the study. Body Image questionnaire tool was used. Kruskal Wallis test adopted for statistical analysis; done using SPSS version 22.

**Results:** The mean scores for ages 16-, 17- and 18- years are 43.20, 62.90 and 56.70 respectively. And their corresponding standard deviations are 16.578, 31.328 and 23.262 respectively. The p value obtained is .203. Which indicates that there is no significant difference in the level of Body Image among late adolescent boys.

**Conclusion:** The results indicate that the level of Body image is not significant among late adolescent boys.

**Keywords:** Body Image, Late Adolescent, Boys.

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### INTRODUCTION

Adolescence is a transition period between 10- 19 years, where a lot of physical, emotional, and social changes take place. Adolescent growth spurt marks various changes in the body, such as the increase in height, weight, and other gender-wise changes as a result of the release of growth hormones during this period. A significant change that takes place during adolescence is the body distribution of fat and muscles in both males and females. [1]

Prior to puberty, there are no sex differences in the body distribution of fats; though during puberty males and females experience a similar rate of growth yet the increase in body distribution of muscles and fat is evident and significant for females. Teenagers usually focus on their appearance more than any other concerns. They build an image of the body that they consider to be ideal, and attractive in the process of comparison that they generally do with their peers.

This gradually influences their self-image. There are several factors that influence how an adolescent regards his or her body: family environment, television and movies, advertising and existing fashion trends are some of them. Nevertheless, we consider external appearance important at every point of life. As young as 3-year-olds too are influenced by how they look, be it the outfit, hairstyle, etc.

It is observed that Body Image concern in Adolescent boys is significant and to investigate the same the present study is being conducted. In boys, the puberty changes are gradual and happens over a period of time. Initially during puberty, enlargement of scrotum and testes takes place. The penis enlarges as the scrotum and testes enlarges. Then gradually genital hair starts to grow and spread around near thighs and stomach. Soon the hair starts growing in the legs, underarms, face. They may soon start having oily skin

and acnes on the face. The adolescent male body size starts increasing and sometimes makes them feel clumsy. Their voice starts to crack and gets deeper. Apart from these physical changes, adolescent boys will also show changes mentally and socially. They begin to think logically, abstractly and make long term goals. Boys during this time seek for independence from parents and peer relations become very important to them. They may get into commitments and relationships as well. [2]

Body Image is the mental picture one forms of one's body as a whole, including its physical characteristics (body percept) and one's attitudes toward these characteristics (body concept) (WHO). Body image includes body related self-perception, attitudes, thoughts, beliefs and feelings. Our external appearance is most likely to influence our self-esteem, confidence, and how we carry ourselves. Body image relates to how people believe about their appearance, how they feel about their height, weight, color, shape, and how they sense their body as they move. Body image for a person can range from positive to negative. They usually are satisfied with their shape, size, weight or dissatisfaction with their weight, height, appearance. When a person has a positive body image about their own body, they usually have self-worth and they don't rely on their external looks and go by their ego strength. They have a broad perspective about their own self. They accept how they look and appreciate what they can do. They carry with them the positive attitude. This body positivity helps them stay stronger, beat the media messages about body image with a 'don't care' attitude. Body positivity not just helps them appreciate their body but also helps them accept their whole self.

Meanwhile, a negative body image can affect the way they perceive themselves. Body negativity makes the person dissatisfied with their appearance and compare themselves with others. They lack confidence due to which they don't step forward as they feel ashamed. They feel uncomfortable with their body and feel that their body in some or the other way has a defect.

The rationale behind the study is to investigate if and how the body image concerns change within the period of late adolescence.

## METHODOLOGY

For the present investigation, a sample of 30 boys was selected and data were collected through purposive sampling among late adolescents, groups of 16, 17, and 18 years has 10 boys each. All the participants are residents of Karnataka state and are well-versed in English. The boys who underwent surgery or had an accident in the past year were excluded. The consent form and questionnaire were circulated offline. A total of 52 late adolescent boys filled the forms, out of which only 30 were selected as they fulfilled the criteria.

The following scale was used to measure Body Image Concerns:

**Body Shape Questionnaire:** It was developed by Cooper in 1986. It is a self-report inventory with 34 items measuring their concern about body image. The test-retest reliability of this scale ranges from 0.94 to 0.97. the validity is 0.72.

Scoring: Body shape questionnaire is a 6-point Likert scale. 1 is considered as never, 2 as rarely, 3 as sometimes, 4 as often, 5 as very often, and 6 as always. The total score ranges from 0 to 204 with a range of 80 and below indicating no concern with shape and a range of 140 and above indicating marked concern with shape.

## STATISTICAL ANALYSIS

The descriptive method (mean and standard deviation) was calculated. The non-parametric version of the One-way ANOVA, namely the Kruskal-Wallis test was used to obtain the results. This was used to obtain results regarding the significant difference across the three-age group of late adolescence. SPSS version 22 was used to calculate all of these statistical tests.

## RESULTS

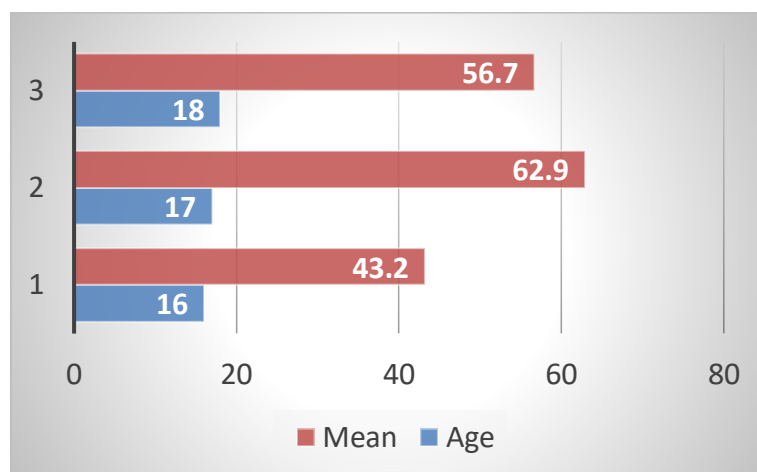
The results were analyzed using the Kruskal-Wallis test. The Kruskal-Wallis test was used to understand the significant difference in the level of Body Image across late adolescence. The level of Body Image among the aged 16-, 17- and 18-year-old adolescents, to find out the significant difference in the level of body image across ages of late adolescence between variables under 0.05 level of significance.

**Table 1: Shows the Mean, Standard deviation, and p-Value of the level of Body Image across late adolescence**

Age	Mean	SD	p-value
16	43.20	16.578	.203
17	62.90	31.328	
18	56.70	23.262	

The hypothesis stating that there is no significant difference in the level of body image among late adolescent boys was tested using Kruskal- the Wallis test. The mean scores for ages 16-, 17- and 18- years are 43.20, 62.90, and 56.70 respectively. And their corresponding standard deviations are 16.578, 31.328, and 23.262 respectively. The p-value obtained is .203. This indicates that the null hypothesis is accepted and shows that there is no significant difference in the level of Body Image among late adolescent boys.

**Figure 1: Shows the Level of Body Image Among late adolescent boys\*\***



\*\*The above figure shows the level of Body Image concern among late adolescent boys. It indicates the percentage of the level of body image concern among 16- , 17 – and 18- year adolescent boys is 26%, 39% and 35% respectively. Hence, the null hypothesis was accepted.

## CONCLUSION

The overall findings show that the level of Body image is not significant among late adolescent boys. Supporting study: in the study conducted by Raufelder, Latsch, Braun in the year 2014, [3] titled “A Model of Boys’ Body Image in Early Adolescence” the findings show that most boys had a clear and similar idea of an ideal male body: not too fat and not too muscular; the boys in their study communicated a positive view of their bodies and the majority of them felt that they would not like to change their appearance in any way.

## LIMITATIONS OF THIS STUDY

- Focused only on one specific geographical area
- Only questionnaire form

- Only Self-report inventories

#### SCOPE FOR FURTHER STUDY

- Females can also be included in the further study to comparatively investigate the level of Body Image Concern.
- Can see the differences from childhood to adolescence as a part of a cross-sectional study.

#### IMPLICATIONS OF THIS STUDY

- Since 16- to 18-year-old adolescents don't differ much in their level of body image, interventions can be planned accordingly.
- The findings can be given to schools, teachers, parents and counsellors so as to understand adolescents in a better manner.

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