

The Effectiveness of Self-Perceived Body Image on Emotional Dysregulation Among Adolescents and Young Adults

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Abstract:

Body image is an individual's perception of their own physical self and their thoughts and feelings, which could be positive, negative or both, which stems from one's perception. Emotional Dysregulation is an emotional counter that is imperfectly modulated, and does not fall within the established acquired range of emotive riposte. The aim of the present study is to assess the relationship between self-perceived body image and emotional dysregulation among adolescents and young adults. A purposive sample consisting of 150 participants, 75 males and females each, belonging to the age group of 15-23 years, were taken. The measures used in the present study were Emotional Dysregulation Scale (EDS) by Bradley et al., 2008 and Objectified Body Consciousness Scale (OBCS) by McKinley. This paper indentures a quantitative analysis by employing Correlation and T-Test Method. The relationship between self-perceived body image and emotional dysregulation is comprehended to be bidirectional. There is an integral need to build a positive body image because body image could have effects on an individual's emotional regulation and negative image of our own bodies could lead to emotional dysregulation which hampers our day-to-day lives.

Index Terms: Body-image, Perception, Emotional Dysregulation, Adolescents & Young Adults.

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I. INTRODUCTION

Adolescence is marked as the second decade of one's life. It is considered as a crucial developmental period that is endured with new accomplishments, demands, opportunities and challenges for an all-round development. Adolescence is referred to as period of crisis because of the maturity problems and the complexity of life, since it is the transitional stage from childhood to adulthood. Body image is about the dynamic perception of one's body as to how it looks and feels. It is governed by perception, emotions, physical sensations, and is fluctuating, but can change in relation to mood, physical experience, and environment. Since adolescents go through notable physical changes in their bodies during this time of their lives, they are most likely to experience highly dynamic perceptions of body image as well. Body image is powerfully influenced by social desirability and cultural messages of appearance and attractiveness. Over the time, there has been a lot of inappropriate importance given to lean bodies for both, males and females. Emotion regulation is not a common term that we use in everyday conversation. Emotion regulation can be defined as the extrinsic and intrinsic mechanisms that are accountable for several processes such as monitoring the emotions, evaluating reactions, and modifying emotional reactions. The ability to regulate emotions begins during adolescence; it can be hard to alter an existing criterion that becomes so deeply engrained within an individual. Adolescents struggling with emotion regulation may experience symptoms in a dual fashion, that is, externally and internally. Emotional dysregulation could

result a young adult trying to constraint themselves from acting out behaviorally.

Body Image

Body image is how a person perceives his/her body in terms of aesthetics. It is how a person feels about his body. It can be defined as how the individual sees himself in the mirror and his mind. It is how one believes about his own appearance which includes his height, shape and weight. One's body image may or may not resemble how others see him. It also includes thoughts and feelings that result from individual's perception of his body. Body image is not necessarily the correct representation of how the person actually looks. Positive body image means to have a clear perception of one's body and appearance. Positive body image leads to high self-esteem which in turn contributes to happiness and well-being. Negative body image is a malformed discernment of one's physique. Person perceives parts of his body unlike they really are. The person may feel ashamed, anxious or self-conscious about his body. Negative body image generally leads to low self esteem. The individual typically fixate himself on altering his physical appearance.

Media and body image are closely related. The body image that advertisements portray affects a person's own body image. A study conducted by California State University shows that 30% of all television air time accounts for advertisements. The continual submission of unrealistically

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scrawny pictures of models can lead an individual feel anxious, intense feeling of inadequacy and depression. It could also lead towards eating disorders such as anorexia nervosa and bulimia nervosa.

Emotional Dysregulation

Emotional regulation is a process involving modulating the one's behavior, that would include one's feelings, thoughts and physiological responses. It is very important to keep our emotions in a balance in order to keep functioning efficiently in our daily life. Emotional responses that are poorly modulated, and do not fall within the socially accepted range of emotive response lead to emotional dysregulation, in other words, the failure to regulate emotion is called dysregulation. In general terms, emotional dysregulation can also be perceived as difficulties in controlling one's emotions. There is vulnerability of tension in intra as well as inter-personal relationship for an individual having emotional dysregulation. The reason for this could be unsettling state of mind, making our tolerance levels very low and one may feel they are inadequate or incapable of almost everything in life.

Relationship Between Self Perceived Body Image and Emotional Dysregulation

Body image, in the recent times has become one of the most important areas of concern for the youth today. With increased attention being given to how one looks and how these looks are perceived by the people in their surroundings. However, the issue today is not how others look at you but how one looks at themselves. There is an increasing need for developing a positive body image. We need to build a positive body image because body image could have effects on an individual's emotional regulation. Emotional regulation can be described as an individual's ability to modulate one's feelings, thoughts and emotion related physiological responses. We are exposed to a variety of stimulus which may sometimes arouse inappropriate or extreme emotions within us, however, doing so could possibly lead to dysfunction. Body image has a significant role even in the diagnosis of various eating disorders. Also, it's known that these disorders that crop up because of a dissatisfied body image also have negative effects on an individual. They tend to have mood swings, strained personal relationships, withdrawal from social circle and isolation. So, we can possibly say that a dissatisfied body image would lead to frustration which could possibly come out in form of wrong modulation of emotions. Thus, it wouldn't be wrong to say that self body image and emotional dysregulation do have a connection and share a relationship.

Negative Body Image and Self-Harm

Negative body image and self-harm commonly co-occur. Body image presents a multidimensional concept which includes evaluation of body image and perception of body appearance. Disturbances regarding body image perception are considered to be one of the integral aspects of emotional dysregulation. A satisfactory body image has been linked to stable mental health and to well-being. Body image dissatisfaction on the other hand, has been associated with a variety of disturbances that affect the psychosocial

functioning and quality of life of the individual and lead to unhealthy weight control behaviors and suicidal ideation. Patients with self-harm often describe experiencing strong negative emotions, or emotional lability that feels out of control thus leading to emotional dysregulation. They also tend to question themselves harshly for having such feelings, or are afraid of their own emotions, which leads them to feel desperate to find refuge through such kind of activities.

II. REVIEW OF LITERATURE

The World Health Organization (WHO), obesity and overweight are increasing adults and children worldwide to the point that obesity is now an epidemic. According to recent studies the prevalence of at risk for overweight among adolescents 12 to 19 years old was found to be 30.9% in 1999 to 2002.

The prevalence of body image dissatisfaction was high among adolescents from Três de Maio, Rio Grande do Sul (71.4%), demonstrating that the frequency of body dissatisfaction is high even among adolescents from small towns. The prevalence of body image dissatisfaction among adolescents observed in the present study was higher than that reported by Pelegrini et al. (56.7%) and Petroski et al. (60.4%). Both self-harm and eating disorder behaviors occur mostly in females, and begin in adolescence (Suyemoto, 1998). A number of methodological problems with previous research including: low sample sizes, insufficient information provided in research reports, the use of different scales to measure body image, an over-reliance on correlational studies, and a lack of breadth when sampling were identified by meta-analytical studies, which means that much of the research has been conducted on younger people (Filiault and Drummond, 2009; Menzel et al., 2010). All the studies that explored the relationship between body image and body weight found that the relationship between body weight and body satisfaction was disproportionate. Here the research suggests that overweight people are more prone to low body satisfaction compared to people of normal weight. According to Goldfield et al., 2010, people who tend to be obese are more likely to have lower body satisfaction than compared to others.

III. METHODOLOGY

Hypothesis

1. There Will be no Significant Correlation Between The Self-Perceived Body Image and Emotional Dysregulation Among Adolescents and Young Adults.
2. There Will be Significant Differences Among Males and Females on The Dimension of Body Image.

Design

The objective of the present research was to assess the relationship between self-perceived body image and emotional dysregulation among adolescents and young adults and to investigate the gender differences on the aspect of body image. For this, the two measures, Emotion Dysregulation Scale and Objectified Body Consciousness Scale, were chosen and administered on a sample of 150 individuals 75 males and females each belonging in the age

group of adolescents and young adults in a face to face interaction. The data was then compiled and scoring was done. Thereafter, the results were tabulated, graphically represented and discussed.

Sample

For the present study, a sample of 150 individuals, 75 males and 75 females, were taken. The age group of our participants was 16 to 22 years. The participants were residing in the domain of adolescents- young and adult adolescents, belonging to middle socio-economic status.

Measures

1. Emotion Dysregulation Scale

The Emotion Dysregulation Scale was constructed by Bradley et al., 2008. It is a 24 item self-report scale of Emotional Dysregulation and was used to measure current level of Emotional Dysregulation. Items are scored from ‘1 (not true at all)’ to ‘7 (very true)’ and assess the domains of emotional experiencing, cognitions and behaviors. Internal consistency of Emotional Dysregulation Scale was high (0.93) and the measure has shown a good construct validity.

2. Objectified Body Consciousness Scale

The Objectified Body Consciousness Scale (OBCS) consists of 24 items, and each item uses a 7-point Likert scale with score 1 “Strongly Disagree” to 7 “Strongly Agree.”, with three sub-scales. The first is the Body Shame sub-scale which assesses shame felt due to one’s body not fitting the societal norms or expectations. OBC Scale has high reliability and validity (OBCS; McKinley & Hyde, 1996). OBCS subscales and measures of public and private consciousness, psychological well-being, social anxiety, beliefs about the importance, and effects of appearance in one’s life were related or unrelated in the expected direction, supporting OBCS convergent and discriminate validity (for details, see McKinley, 1998, 1999; McKinley & Hyde, 1996; for a review, see Calogero, 2011).

Procedure

The present study aims to assess the relationship between self-perceived body image and emotional dysregulation among adolescents and young adults and to examine the gender differences on the domain of body image. The sample selected was a purposive sample consisting of 150 individuals i.e., 75 males females. The two indices, Emotion Dysregulation Scale and Objectified Body Consciousness Scale, were administered on each participant individually. The participants were informed about the confidentiality of the responses the following instructions were given to each.

IV. RESULTS AND TABLES

Computation of results was done by adding the scores of the two measures as per their respective manuals. This was followed by calculation of correction using Pearson Product Correlation of Coefficient between the scores of individuals on both Emotional Dysregulation Scale and Objectified Body Consciousness Scale. After this, the t-ratios were computed

between the scores of males and females on the dimensions of Objectified Body Consciousness Scale and their significance was tested. Following are the tables depicting the results.

VALUE	EMOTIONAL DYSREGULATION SCALE	OBJECTIFIEDBODY CONSCIOUSNESS SCALE	CORRELATION
SUM	14281	13233	0.058**
MEAN	95.20	88.22	
STD. DEVIATION	28.27	13.81	

Table 1 : Showing The Sum Total, Mean Value, Standard Deviation and The Correlation Value Between Emotional Dysregulation Scale and Objectified Body Consciousness Scale

DIMENSIONS	OBJECTIFIEDBODY CONSCIOUSNESS SCALE	
	MALES	FEMALES
VALUES		
SUM	6596	6645
MEAN	87.94	88.6
ST.DEVIATION	14.49	13.25
T-VALUE	0.316**	

Table 2: Showing Sum Total, Mean Value, Standard Deviation and T-value on Objectified Body Consciousness Scale Among Males and Females.

** Indicates significance at 0.01 level.

V. DISCUSSION

Adolescence is referred to as period of crisis because of the maturity problems and the complexity of life, since it is the transitional stage from childhood to adulthood. During this time in their lives, they have to master new skills and the norms of adult society. Body image is about the dynamic perception of one’s body as to how it looks, feels, and moves.

Body image is how a person perceives his/her body in terms of aesthetics. It is how a person feels about his body.

A dissatisfied body image would lead to frustration which could possibly come out in form of wrong modulation of emotions. Thus, it wouldn't be wrong to say that self-perceived body image and emotional dysregulation do have a connection and share a relationship.

First hypothesis was that there will be no significant correlation between self-perceived body image and emotional dysregulation among adolescents and young adults. For further investigation correlation between scores on body image and emotional dysregulation scales was conducted. The study had 150 subjects, that is, 75 males and females. The correlation came out to be 0.058. It can be comprehended that perceived body image and emotional dysregulation are correlated. Therefore, the null hypothesis rejected and the alternative hypothesis, i.e., there is a significant correlation between self-perceived body image and emotional dysregulation among adolescents and young adults.

The second hypothesis was that there will be significant differences between male and female body image. In this study, we had the participation of equal number of males and females, i.e., 75 participants each. In order to check the significant differences, we calculated the t-ratio for the data

collected. The calculated values of the t-ratio came out to be 0.316. In order to interpret this score critical value for the calculate degree of freedom, which was 74, was checked in the t-ratio table. The values at 0.01 and 0.05 level of significance were considerably higher than our calculated t-ratio value. Hence, the hypothesis was accepted, ie., there are significant differences among males and females on body image. According to Befort and Rickard stated that women looked to others for evidence of their competence more than did men, and therefore more easily influenced at all types of feedback. In a study found that 12% of Taiwanese men and 57% of Taiwanese women overestimated their body shape (FA Maruf, AO Akinpelu, and MJ Nwankwo, 2012).

VI. CONCLUSION

The present study aimed to explore the relationship between self-perceived body image and emotional dysregulation among adolescents and young adults. The hypotheses were that there will be no significant correlation between self-perceived body image and emotional dysregulation among adolescents and young adults; and that there will be significant differences among males among females on the dimension of body image. Our study rejects the first hypothesis and accepts the second. According to our findings, there were both, significant correlation between self-perceived body image as well as emotional dysregulation in adolescents and young adults, and, significant differences among males and females on the dimension of body image.

VII. REFERENCES

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