

## A Comparative Study Of Body Image And Body Shape Among College Female Students.

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This study aims to examine the differences in body image and body shape perceptions between female college students engaged in sports and those not involved in sports activities in Hisar District, Haryana. Understanding these differences can provide insights into the impact of sports participation on body perception among young women. A descriptive survey design was employed, involving 100 randomly selected female college students aged 18–25 years. The sample was equally divided into two groups: 50 sports participants and 50 non-sports participants. Data collection instruments included the Body-Image Questionnaire developed by Bruchon-Schweitzer (1987) and the Body Shape Questionnaire by Cooper et al. (1986). Statistical analyses, including mean, standard deviation, and independent t-tests, were conducted to identify significant differences between the groups. The findings revealed significant differences between sports and non-sports female students in both body image and body shape perceptions. Sports participants reported more positive body image scores ( $M = 50.88$ ,  $SD = 17.59$ ) compared to non-sports participants ( $M = 71.80$ ,  $SD = 11.67$ ), with a t-value of 6.86 ( $p < 0.05$ ). Similarly, significant differences were observed in body shape perceptions, with sports participants scoring lower ( $M = 47.64$ ,  $SD = 16.70$ ) than non-sports participants ( $M = 60.50$ ,  $SD = 22.01$ ), yielding a t-value of 3.29 ( $p < 0.05$ ). The study concludes that participation in sports is associated with more positive body image and body shape perceptions among female college students. These findings underscore the importance of promoting sports and physical activities to enhance body satisfaction and overall well-being in young women.

**Keywords:** Female, Body Image, Body Shape

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## Introduction

Body image encompasses an individual's perceptions, thoughts, and feelings about their physical appearance, including body shape and size. It plays a pivotal role in self-identity and can significantly influence self-esteem and mental health (Grogan, 2017). College-females are particularly susceptible to body image concerns due to various factors such as increased exposure to media, peer influences, and societal standards that often idealize certain body types (Perloff, 2014).

The media's portrayal of idealized body standards contributes to unrealistic expectations, leading to body dissatisfaction among young women (Tiggemann, 2012). Social comparison theory posits that individuals evaluate their own appearance by comparing themselves to others, which can exacerbate negative body image (Festinger, 1954). Furthermore, cultural and peer influences play a significant role in shaping body image perceptions (Swami et al., 2010; Jones & Crawford, 2006).

Engagement in sports and physical activities has been associated with improved body image and satisfaction. Regular physical activity can enhance body awareness and promote a more positive perception of one's body (Hausenblas & Fallon, 2006). However, the relationship between sports participation and body image among college females remains underexplored, particularly in the Indian context.

## Rationale of the Study:

Given the increasing prevalence of body dissatisfaction among young women and the potential benefits of sports participation, this study aims to compare body image and body shape perceptions between sports and non-sports female college students in Hisar District, Haryana. The findings can inform interventions aimed at promoting positive body image and encouraging physical activity among college-females.

## Material and Methods

### Research Design:

A descriptive survey design was utilized to assess and compare body image and body shape perceptions among the participants.

### Participants:

The study sample comprised

100 female college students aged between 18 and 25 years from Hisar District, Haryana. Participants were randomly selected and equally divided into two groups:

**Sports Participants (n = 50):** Sports females who have participated in inter university and national level tournament in their particular sports.

**Non-Sports Participants (n = 50):** Students not involved in any regular sports or physical activities.

### Sampling Technique:

A simple random sampling method was employed to select participants from various colleges in the district.

### Measurement Instruments:

01. **Body-Image Questionnaire (BIQ):** Developed by Bruchon-Schweitzer (1987), the BIQ assesses individuals' perceptions and attitudes toward their body image. It has demonstrated good reliability and validity in previous studies (Bruchon-Schweitzer, 1987).
02. **Body Shape Questionnaire (BSQ):** The BSQ, developed by Cooper et al. (1986), measures concerns about body shape and has been widely used in research on body image (Cooper et al., 1986).

### Data Collection Procedure:

Participants completed the BIQ and BSQ under supervision to ensure accuracy.

### Statistical Analysis:

Data were analyzed using SPSS software. Descriptive statistics (mean and standard deviation) were calculated, and independent t-tests were conducted to identify significant differences between the two groups.

## Results

The primary goals of the current study were to determine whether there is a difference between in body image and body shape of sports and non-sports college female students.

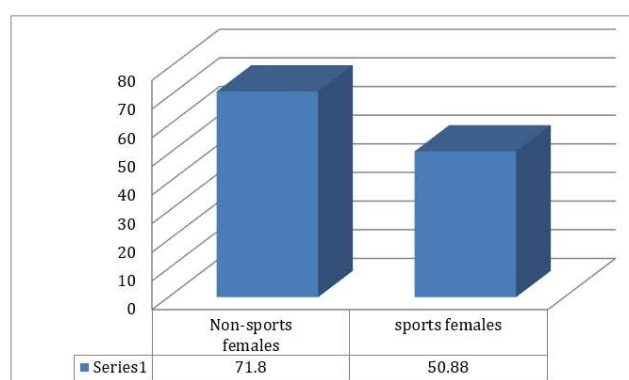
**Hypothesis 1:-** There exist no significant difference between in body image of sports and non-sports college female students.

**Table 1:-** Comparison of Mean scores of body image of sports and non-sports college female students

Variable	Gender	Number	Mean	S.D	t-Value	Table Value at 0.05 level	Remarks at 5% Level
Body Image	Non-sports females	50	71.80	11.67	6.86	1.984	Hypothesis not accepted
	sports females	50	50.88	17.59			

### INTERPRETATION

Since Table 1 shows that the computed t value is higher than the table value at 98 degrees of freedom, the premise that "There exist no significant differences in body image of sports and non-sports college female students" is significantly different is not accepted.



### Graphical representation of mean scores of body shape of sports and non-sports college female students

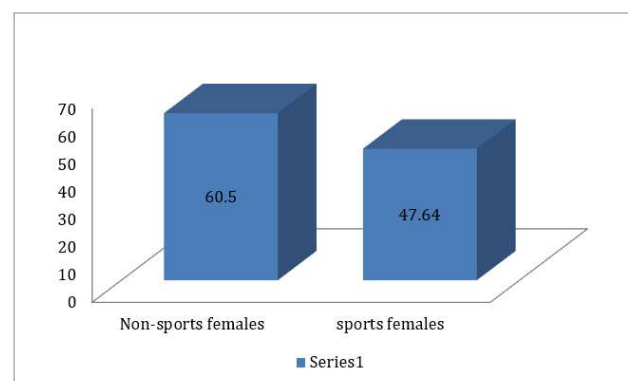
**Hypothesis 2:-** There exist no significant differences in body shape of sports and non-sports college female students.

**Table 2:-** Comparison of Mean scores of body shape of sports and non-sports college female students

Variable	Gender	Number	Mean	S.D	t-Value	Table Value at 0.05 level	Remarks at 5% Level
Body Shape	Non-sports females	50	60.50	22.01	3.29	1.984	Hypothesis not accepted
	sports females	50	47.64	16.70			

### INTERPRETATION

Since Table 2 shows that the computed t value is higher than the table value at 98 degrees of freedom, the premise that "There exist no significant differences in body shape of sports and non-sports college female students" is significantly different is not accepted.



### Graphical representation of Mean scores of body shape of sports and non-sports college female students

### Discussion

The study's findings align with previous research suggesting that engagement in sports and physical activities positively influences body image and body shape perceptions among young women (Hausenblas & Fallon, 2006). Sports participation may enhance body awareness, self-esteem, and satisfaction by promoting a focus on functionality and health rather than appearance alone. The significant differences observed between sports and non-sports participants underscore the potential of sports as a medium for fostering positive body image. These results are consistent with the social comparison theory, which posits that individuals engaged in physical activities may have more realistic and positive comparisons, leading to improved body satisfaction (Festinger, 1954).

Furthermore, the findings highlight the need for interventions targeting non-sports participants to address body dissatisfaction. Incorporating physical activity into daily routines and promoting body positivity can be effective strategies.

### Conclusion

The study concludes that female college students engaged in sports activities exhibit more positive body image and body shape perceptions compared to their non-sports counterparts. These findings emphasize the importance of promoting sports participation among young women as a means to enhance body satisfaction and overall well-being.

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