

Body Appreciation and Social Comparison in Young Adults of Manipur

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ABSTRACT

Present study aimed to examine the relationship between Body appreciation and Social comparison of young adults in Manipur. The study also assessed the difference of body appreciation and Social comparison between male and female participants. A descriptive study was carried out and the data was drawn from an online survey of 150 participants. The Body appreciation scale (BAS-2) and Social comparison (INCOM) scales were utilized to gather the data. Independent samples t test was used to interpret the gender difference on body appreciation and Social comparison. Correlation was conducted to see the significant relationship between body appreciation and Social comparison. The findings indicated that there is a significant positive correlation ($r=0.48$) between Social comparison and body appreciation. There was difference of body appreciation and Social comparison with regard to gender and occupation of the participants.

Keywords: *Body Appreciation, Social Comparison, Mental Health, Body Image*

Body appreciation

Body appreciation is “holding a favourable opinion toward the body no matter its look, accepting the body at the side of its difference from social group beauty and ideals, respecting the body by reaching its desires and practicing healthy behaviors, and protecting the body by rejecting impractical media look ideals.” Body appreciation suggests that you are feeling comfortable in your body and you feel sensible regarding the way you look and feel. Body image may be a person’s perception of their physical look, their thoughts, and feelings each positive and negative. (Nina Manolson 2018).

Body appreciation is outlined by accepting, respecting, and having a positive opinion of one’s own body as it already is. It is conjointly rejecting impractical body ideals delineated by social media and society (Andrea S Hartmann and Silja Vocks 2019). Body appreciation is your positive perception of how you look within yourself, the mirror or your confidence when you take photos. This includes your thoughts, and the relationship you have with your physical appearance and how you feel in your own skin. It is also how you behave or react as a result of your thoughts and feelings.

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Most people have issues with the body they live in or the way they look, be it any part of their body. Body appreciation is not only associated with your weight, height, color or size. It is conjointly accepting and learning to deal with your insecurities.

Social comparison

Social comparison theory is the concept that people evaluate their own social and private opinion they garner against others. The speculation was developed in 1954 by scientist Leon Festinger. Analysis by World Health Organization have shown that people frequently compare themselves to others and through it find the motivation to improve, however it can also expertise feelings of deep discontentment, guilt, or remorse, and engage in damaging behaviours. There is a huge psychological and physical affect on people who dislike their body as they tend to develop eating disorders and their daily lives are adversely affected.

Social comparison is the act of contrasting one's own life with the lives of others as they are publicly shown. Once individuals believe that the described or shown body image of others is superior to those of their own, it will cause problems such as worry of missing out, together with anxiety, depression, and an absence of confidence. This phenomenon is more prevalently seen in young people especially through the constant use of social media where unrealistic beauty standards popularized.

Individuals publicly or on social media tend to form a curated version, either consciously or unconsciously of however they want to depict themselves, their works, their opinions, their environments and their life-style. Most of the people post concerning the highlights of their lives having a stunning look, ideal body, and every kind of outfits that appear to suit them utterly instead of the everyday details that structure most of our lives. At constant time, these online personas could greatly distinct sharply with reality and will additionally suffer from low self-esteem or negative body image.

REVIEW OF LITERATURE

Virena T., et al (2021) Correlation between Thin-Ideal Pressure and Body Appreciation among Young Adult ladies. This analysis target correlation between thin-ideal pressure and body appreciation among young adult ladies that each variables area unit have not been researched enough. There are a unit 818 participants United Nations agency participate on this analysis through online google kind. This analysis use SATAQ-4 to live thin-ideal pressure and BAS-2 to live body appreciation. The result shows that there is a negative important correlation between thin-ideal pressure and body appreciation in each dimension of thin-ideal pressure

Aparna Sharma., et al (2022) explored the impact of Instagram on young Adult's social comparison, colourism and mental health of Indian perspective. This paper explores persuasive problems like Social Comparison, Colourism, and mental state and their relationship with Instagram use, that specialize in young adults living in Bharat. Structural Equational Modelling eluded a positive and important relationship between age and also the social problems with management variables because the frequency and time spent on Instagram. Moreover, it absolutely was found that social comparison will result in colorism and mental state problems. Gender was, however, found to possess insignificant relation with 3 parameters.

Kaitlin et al (2022) conducted a study on Social comparison and problematic social media use: Relationships between 5 social media platforms and 3 different social comparison

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constructs. The social rewards obtained on these sites will result in problematic social media use (PSMU). Analysis was conducted on an internet survey to assess however 3 totally different attribute constructs of social comparison (comparison of skills, comparison of opinions, comparison directionality) relate to the problematic use of 5 social media platforms (Facebook, Instagram, Snapchat, TikTok, and Twitter). whereas dominant for demographic characteristics and also the total variety of social media platforms used, rectilinear regression models discovered totally different associations between problematic uses of every platform betting on attribute social comparison sort. Overall, comparison of skills was completely connected with PSMU of all 5 platforms, whereas comparison of opinions was negatively connected with PSMU of solely Facebook, Instagram, and Snapchat. However, social comparison radial asymmetry was not considerably connected with PSMU.

He.Jiibo et al (2020) conducted meta-analysis of gender variations in body appreciation using variety of studies which are conducted as comparison of the body appreciation between male and female. However, findings are for the most part inconsistent, creating it unclear whether or not there is actual gender difference of variations in body appreciation. With a meta-analytic approach, the present study quantitatively reviewed and synthesized previous findings, revealed up to 2019, on gender variations in body appreciation.

Weinberger, Natascha-alexandra (2020) Body appreciation and look analysis in people with obesity compared to people with traditional weight: Body image has been known as a crucial consider mental state in people with obesity. This study explored the positive body image aspect of body appreciation and also the negative aspect of look analysis in numerous BMI teams likewise as men and ladies. Considerably lower body appreciation was ascertained in male participants with avoirdupois compared to normal-weight participants. In women, the BMI teams did not take issue considerably in body appreciation. BMI was negatively related to look analysis in each gender. whereas men and ladies did not take issue in body appreciation, men reported lower look analysis scores compared to girls. the current study is one among the few that investigated positive body image in people with avoirdupois compared to people with traditional weight. The findings underscore the potential of body appreciation as a resource within the treatment of body image considerations in people with avoirdupois.

METHODOLOGY

Problem statement: Is there any relationship exist between Social comparison and body appreciation in young adults of Manipur?

Aim: To study the correlation between social comparison and body appreciation in young adults of Manipur.

Operation Definition:

- **Social comparison**– The act of comparing one’s own life with the lives of other people as they are publicly presented. We compare certain aspects of ourselves (behaviours, success, opinions, etc) to other people so we have a better assessment of ourselves.
- **Body Appreciation-** Body image is a person’s perception of their physical appearance, their thoughts, and feelings, both positive and negative. Body appreciation is defined as accepting, respecting, and having a positive opinion of

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one's own body as it is. It is also rejecting unrealistic body ideals portrayed by social media and society.

Sampling technique (research design): Snowball. it is a self-report online survey method.

Objectives:

- To assess the relationship between social comparison and body appreciation.
- To study the impact of social comparison on body appreciation.
- To study if there is a difference in body appreciation between boys and girls.
- To compare body appreciation and social comparison in terms of occupation.

Hypothesis:

- Ho1– There will be no significant relationship between social comparison and body appreciation.
- Ho2– There will be no influence of Social comparison on body appreciation.
- Ho3– There will be no difference in body appreciation and social comparison between male and female.
- Ho4– There will be no difference of body appreciation and social comparison among the participants based on occupations.

Sampling: 150 young adults were selected from Senapati, Churachapur and Imphal districts of Manipur using purposive sampling method. Sample consisted of 70 male and 80 female.

Inclusion criteria: literate young adults between the age of 16 to 26 years.

Exclusion criteria: People having mental or physical illness.

Geographical Areas: Data has been collected from Senapati, Churachapur and Imphal district.

Tools:

A. Body appreciation scales by Avalos and colleagues.

It is a self-report questionnaire designed to measure or assess acceptance and respect for their bodies.

It consists of 13 items. It is a 5-point scale

1-never, 2-seldom 3-sometimes, 4-often, 5-always

higher score reflects higher body appreciation.

B. INCOM scale measures one's self-comparison with others.

Reliability: .49 - .73

It consists of 11 items. It is a 5-point scale ranging from

1-disagree strongly, 2-disagree, 3-neutral, 4-agree, 5-strongly agree.

higher score indicates the individual's tendency to compare themselves with others.

Procedure of the study:

The data was collected from young people across Manipur between the age of 16 to 26. For the data collection, google forms were created and circulated. The form consists of research details, consent form, demographic details, Body appreciation questionnaire and Social Comparison INCOM scale. The questionnaires have a total of 24 questions which took only

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a few minutes to respond. After the data collection, data was analysed by using IBM SPSS software.

Ethical consideration:

The animosity of the respondent was maintained by giving an option to fill in their initials during the data collection. The participants were briefed about the research and risks associated with it. The participants were also provided with mail id and phone no. in case of any doubts or concerns. Additionally, an informed consent was also taken before the collection of data.

Statistical technique:

Statistical techniques used to analyse the data were independent sample t-test, Pearson Correlation, one-way Anova and linear Regression. The data was analysed using IBM SPSS software. Descriptive statistics were used to describe the sample and data.

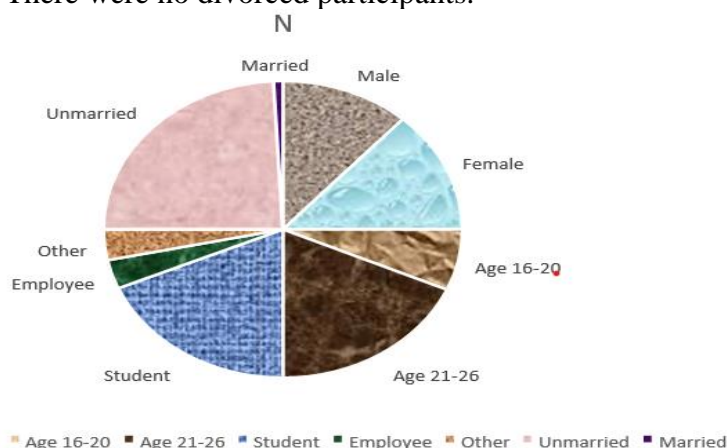
RESULT

The aim of the study was to understand Body Appreciation and social comparison of young adults in Manipur with regard to age, gender and occupation.

Table 1: sociodemographic details of the participants with frequency and percentage.

Sample		N	%
Gender	Male	70	46.7
	female	80	53.3
Age	16 - 20	40	26.7
	21 - 26	110	73.3
Occupation	Student	111	74.0
	Employee	19	12.7
	Other	20	13.3
Marital status	Unmarried	145	96.7
	Married	5	3.3
	Divorced	0	0

Table 1 shows the demographic details of the participant. A total sample of 150 young adults of Manipur (N=150) age between 16 to 26 were collected for the study which had 70 males and 80 females. Out of 150 participants, 70% were students, 12.7% were employees and 13.3% were associated were others. In marital status 96.7% were unmarried, and 3.3% were married. There were no divorced participants.



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Table 2: descriptive statistics of body appreciation and social comparison of the participants.

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Body Appreciation	150	26.0	65.0	50.5	8.0
Social Comparison	150	0.0	55.0	37.1	7.74

Table 2 shows the descriptive statistics of body appreciation and social comparison of the participant. According to the norm of the scale, the average of body appreciation is 45. And the average for social comparison is 35. The mean of the present sample obtained is 50.5 and 37.1 which is interpreted as above average in both body appreciation and social comparison.

Table 3: Correlation between Body Appreciation and Social Comparison among young adults of Manipur.

Variable	n	M	SD	r	sig
Body Appreciation	150	50.5	8.0	.162	.048
Social comparison	150	37.1	7.74		

*. Correlation is significant at the 0.05 level (2-tailed).

Table 3 shows the correlation scores of Body Appreciation and Social Comparison among young adults of Manipur. The mean value and standard deviation for Body Appreciation is 50.5 and 8.0 respectively and the mean value and standard deviation of Social comparison is 37.1 and 7.7 respectively. The table shows a correlation $r=.162$ between Body Appreciation and Social Comparison at a significant level of 0.048. hence, the correlation value is significant at .05 level. The value is $r= 0.48^*$ which shows that there is positive correlation which means that when Body Appreciation increases, Social Comparison also increases. Hence, the null hypotheses, which states that there is no significant relationship between Body Appreciation and Social Comparison was rejected as the value indicates a significant relationship between Body Appreciation and Social Comparison.

Table 4: Independent sample t test used to show gender difference of Body appreciation and Social comparison.

	Gender	N	Mean	Std. Deviation	t	sig
Body Appreciation	Male	70	52.1	8.6	0.23	2.29
	Female	80	49.1	7.06		
Social Comparison	Male	70	38.6	7.93	0.29	2.19
	Female	80	35.8	7.38		

Table 4 shows the use of independent sample to show gender difference between body appreciation and social comparison. In body appreciation the t value is 2.29 and is significant at .023 level. In social comparison the t value is 2.19 at a significant level of .029 which shows that there is difference in body appreciation and social comparison between male and females. Therefore, the null hypotheses which state that there is no difference in body appreciation and social comparison between male and female was rejected as the result indicate that there is significant difference.

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This study is not in line with the results of the study done by He, Jinbo, in 2020 which showed that there is no difference of body appreciation and social comparison between male and female.

Table 5: One-way ANOVA of Body appreciation and Social comparison among participants based on occupation.

Model	Sum of square	df	Mean square	F	Sig
Regression	255.6	1	255.6	3.9	.048
Residual	9493.7	148	64.1		
Total;	9749.3	148			

Table 5 shows the one-way anova of body appreciation and social comparison of the participant based on occupation of the participants. The F value is 3.9 with significance at .048 level which in indicated that it is significant as it is greater than 0.05. therefore, the hypotheses which state that there is no difference of body appreciation and social comparison among the participant based on occupation is rejected.

Table 6: linear regression of social comparison and body appreciation.

VARIABLE	R	R2	Coefficient	Standard coefficient	F	Sig
Social Comparison	.162	.026	B .169	ST. E .085	.162	3.9 .048

Table 6 shows the result of linear regression analysis to assess the influence of social comparison toward the body appreciation. From the table it can interpreted that body appreciation is influenced by social comparison at .026 percent and its significant at .048 level therefore, the null hypotheses which state that social comparison does not influence body appreciation is rejected.

SUMMARY

The present study aims to access the social comparison and body appreciation of young adults in Manipur. The study sample is made up of 150 of young adults in the age group of 16 to 26 of Manipur. There Are many studies done on body appreciation and social comparison however, in relation with these two variables are few and especially in a small state such as Manipur it is very limited. The convenient sampling of non-probability sampling was used. The study had used correlation, t test, one-way anova and linear regression for analyzing the relation between body appreciation and social comparison and the sociodemographic details.

The tools used in the study are Body Appreciation Scale (BAS) developed by psychologist Avalos, Tylka and Wood Barcalow (2005). And the INCOM developed by Allan and Gilbert (1995). As for Ethical issue Informed consent for each participant was acquired, Confidentiality of the research was maintained and the participant was informed before the study that all data collection would be solely used for research purpose only.

- There are much more student participants than others.
- There is a significant relationship between body appreciation and social comparison.

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- From the result it can be interpreted that body appreciation depends on social comparison.
- The mean of male is higher in both body appreciation and social comparison indicating that the male population have good appreciation of their body but also tend to compare themselves to others more than the female population.
- There is no difference of body appreciation and social comparison among the participants based on occupation is rejected.

Implications

The study provides an understanding about level Body appreciation and Social comparison among the young adults of Manipur. It is human nature to compare ourselves to others in terms of academic performance, success, body and appearance and so on and that is especially seen in young people. Comparing and contrasting yourself is part of identity formation, however extreme use of social media or societal ideals can be detrimental to self-esteem, body appreciation and overall wellbeing. The research gives insight to one's tendency to compare themselves to others and how it in turn affects them especially the way they see and feel about their body. The finding also adds to current literature on gender difference among young adults of Manipur with respect to body appreciation and social comparison. The findings obtained will help young adults to recognise the importance of various factors like self-esteem, confidence, self-image and body image in wellbeing of their mental health. The present study will help young people to look for better resorts to, for instance, mental health interventions and other strategies to improve the way they see and think about themselves and their bodies. Self-appreciation entails mindfulness.

Limitation of the study

As the participants were asked to participate in the study voluntarily via google forms, there may be challenges that the participants might face while filling the form, the factor impacting the data can be fatigue, sample size, location, time, physiological and psychological state of the participant while participating in the study. There are extraneous variables that may pose constraints to the data collection. Due to time and resource constraints, the sample size of the study was limited to a smaller sample group than intended. Henceforth, the research was done in a time crunch which may have impacted the quality of the research.

CONCLUSION

1. There is a significant relationship between body appreciation and social comparison.
2. There is a difference of body appreciation and social comparison between male and female.
3. There is a difference of body appreciation and social comparison among participants based on occupation.
4. Social comparison influences body appreciation.

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Conflict of Interest

The author(s) declared no conflict of interest.

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