

A Study of Body Image among Post Graduate Students of Science Faculty

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ABSTRACT

The main purpose of present study was to investigate mean difference between science students' girls and boys in body image the total sample consisted of 60 pg. student among which 30 were girl's student and 30 were boy's student. selected from different area Bhavnagar city. The research tool for body image developed by Rameshkumar Thani and Rakesh Kumar Bahumani (2018) tools were Gujarati translated by Dr. Y.A. Jogasan and Dr. D.R. Doshi (2019) was used for data collection. Here 't' test was applied to check the significant difference of body image in postgraduate girls and boys student. Results revealed that there is no significant difference in the level of body image among girls and boys postgraduate science student.

Keywords: *Body Image, Girls and Boys Postgraduate Science Students*

Your body image reflects what you think, how you feel, how you look in the mirror, how you picture yourself in your mind, and how you feel about your image. What you think about your body includes your height, weight, and how your own skin feels. Body image gives an idea of how you behave as a result of your thoughts and feelings. You can have a positive or negative body image. body image is not always related to your weight and height.

Body image is a person's physical self. Body image is the image of one's body. But perceptions of body image result in more important thoughts, feelings, or experiences of a person. These feelings are expressed in positive or negative form regarding body image. Or can be both types. image is a more important factor in understanding the influence by personal and environmental factors.

Body image was first established in Austrian neurologist and psychoanalyst Paul Scheider's book *The Man of body Image* (Image 1935). Then Joankia Ring (1995) studied on Body Image. In which elaborate discussion about body image said that body image is an important component of attraction. The concept of body image in many disciplines, including psychology, psychiatry, psychoanalysis, philosophy, and cultural studies becomes useful. Different psychologists describe body image in different ways in their terminology.

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Definition:

"Defines body image as a mental image of one's body, including its physical characteristics and one's attitudes toward these characteristics."

-American Psychological Association (APA).

"Body Image is a complicated aspect of the self-concept that concerns an individual's perceptions and feelings about their body and physical appearance"

-Cash & Pruzinsky (2006).

It's how you see yourself, how you feel about your body and its shape, and how you physically feel in your body.

-National Eating Disorders Association.

REVIEW OF LITERATURE

Body Image and Perceived Health in Adolescence.

-Eivind Meland, Siren Hangland (2006)

The main objective of the present research was to study the relationship between negative health and body image in early and mid-adolescence with respect to gender and age. The sample was selected by systematic cluster method. In which a total of 5026 samples (2547 boys and 2479 girls) were taken. Statistical method ANOVA was used. The results of the research show that according to age and gender, girls are more dissatisfied with body image than boys, and there is a need-based change in satisfaction with body image among girls. Body image in boys increases with age. In terms of health and body image, girls are more likely to have negative health than boys.

Body Dissatisfaction and It's Relation to Big Five Personality Factors and Self- esteem in Young Adult College Women in India.

- Geeta Soohinda, Divyanti Mishra et. al. (2019)

The present study was about body image, dissatisfaction, self-esteem and personality traits among young Indian women. A total of 555 undergraduate and postgraduate students from North India (Sikkim and Kanpur) were sampled in the study. Self-report Questionnaire – Body Shape Questionnaire for women aged 18 to 30, Rosenberg's Self-esteem Scale and Mini International Personality Item Pool (IPIP) were used for data collection. The data obtained by it were analyzed by median, standard deviation, Spearman, correlation and ANOVA. The results of the present study indicate that young women with high body shape, low self-esteem, high positive attitude, and negative body image are correlated with personality traits and body image with self-esteem.

Aims

To study of body image among the postgraduate science students.

Hypotheses

There will be not significant difference in body image of the postgraduate science students girls and boys.

Variables

1. Independent variable: science stream

- Post Graduate Girls' Science students
- Post Graduate Boys' Science students

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2. Dependent variable: body image

3. Control variable: Post graduate students of Bhavnagar city are included as samples.

Sampling

A total sample of 60 was taken in the present research. In which 30 boys and 30 girls of science stream were selected as a sample to know their attitudes towards body image. According to a simple random sampling, postgraduate science stream students of Bhavnagar city college were included.

Research design

The aims of the present research is to use the body image questionnaire among postgraduate science stream students. In which 60 students of Bhavnagar city college were selected as sample to collect the information. 't' test was also used for statistical analysis of the data.

Research tools

The following tools have been used in the present research to collect the necessary data.

Here the body image scale designed by Rameshkumar Thani and Rakeshkumar Bahumani (2018) was used to obtain the respondents' perceptions of their body image. Gujarati translation of which Dr. Y. a. Jogsan and Dr. d. R. Doshi was done by (2019). There are a total of 28 items within this scale and this scale is a 5-point scale, with responses on the options of strongly disagree, disagree, neutral, agree and strongly agree, and the scale measures 5 subsections. There are total 28 statements in which maximum score is 140 and minimum score is 28. Higher scores indicate dissatisfaction with body image and lower scores indicate satisfaction with body image. Reliability test of the present scale shows a retest reliability score of 0.88. And validity is 0.30 to 0.50.

Data Analysis:

In the present research, data was collected from a total of 60 samples as per the research plan and 't' test was used in the statistical technique.

't' table

No	Group	Sample Size(N)	Mean	SD	t	Level of Signification
1	Girls	30	122.8	5400.52	0.006	Not Significant
2	Boys	30	113.97	5705.75		

0.05 : 2.00

0.01 : 2.66

Interpretation

From 't' table it can be said that the t value calculated between the first group with the girls and the second group with the boys is 0.006. when df is 58, on table value 0.05 is 2.00 and 0.01 is 2.66 result of 't' value. then hypothesis is accepted. It means there is no significant difference between postgraduate girls and boys of science faculty.

CONCLUSION

There is no significant difference between the postgraduate science student's girls' and boys' for their body image.

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Conflict of Interest

The author(s) declared no conflict of interest.

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