

Beyond the Mirror: Understanding Body Image Through the Lens of Positive Psychology

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ABSTRACT

A person's esteem for oneself, state of mind, and general well-being are all greatly impacted by how satisfied they are with their body image. This study looks at young adults between the ages of 15 and 25 to investigate the connection between four positive psychology traits—optimism, self-compassion, resilience, and mindfulness—and body image satisfaction. A quantitative cross-sectional design was used with a structured questionnaire, and descriptive statistics, correlation coefficients, and multiple regression analyses were used to analyze data from 120 participants. The findings showed that all four characteristics and body image satisfaction were significantly correlated ($p < 0.001$), with the largest correlations found for self-compassion ($r = 0.70$), resilience ($r = 0.68$), optimism ($r = 0.66$), and mindfulness ($r = 0.63$). The most significant indicators of contentment with body image, according to multiple regression analysis, were self-compassion ($\beta = 0.35$) and resilience ($\beta = 0.30$), thereafter optimism ($\beta = 0.28$) and mindfulness ($\beta = 0.22$), which accounted for 64% of the variation ($R^2 = 0.64$). These results emphasize how crucial it is to include positive psychology-based therapies in wellness initiatives in order to improve psychological well-being and body image perception. Promoting resilience, optimism, self-compassion, and mindfulness may shield people from harmful pressures including body dissatisfaction, social comparison, and unattainable beauty standards. Notwithstanding the insightful findings of the study, longitudinal studies should be investigated in future research to evaluate a prolonged period impacts on body image of various psychological traits. This study highlights how positive psychology promotes self-acceptance and emotional resilience, which in turn leads to more positive assessments of one's body.

Keywords: *BI Satisfaction, Self-Compassion, Resilience, Mindfulness, Optimism, Positive Psychology, Psychological WB, Self-Acceptance, Social Comparison, MH*

What image of Oneself is and Why It's Relevant in Psychology

A person's perception and assessment of their own physical characteristics is referred to as their body image. The complicated idea of emotional intelligence affects how people view themselves and how they think others see them. As defined by Cash and Pruzinsky (2002), body image encompasses an individual's self-perception, body-related behaviors, and body-

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Received: April 29, 2025; Revision Received: May 20, 2025; Accepted: May 24, 2025

related emotional experiences. The characteristics of a body-positive person include having an upbeat view of themselves and the ability to withstand social pressures associated with idealized beauty standards.

The appearance is an important component of general well-being and confidence, and it affects mental wellness outcomes regardless of age or population. Research indicates that problems with body image usually begin in infancy, worsen during adolescence, and persist until growing up, all the while altering choices for everyday activities, relationships, and health. While unhealthy eating habits, overexertion, and cosmetic surgery are signs of a bad body image, confidence, emotional stability, and perseverance in the face of social demands are characteristics linked to a healthy body image. Therefore, it is essential to comprehend the factors that contribute to body image perception in order to foster mental well-being.

Theoretical Views on the Concept of Body Image

Numerous psychological theories define how people see their bodies and explain how they affect their behavior, mental health, and sense of self. The ways that people view, understand, and react to their bodies in various social and cultural situations are highlighted by these theories.

1. Flexibility Theory of Body perception

According to the Body Image Flexibility Theory, people who have a high degree of body image flexibility are able to accept their looks without being unduly impacted by outside forces like media representations or social beauty standards. These individuals exhibit psychological flexibility (Sandoz et al., 2013), which enables them to sustain a positive self-image despite perceived defects or outside criticism, rather than feel imprisoned by negative body-related ideas.

For instance, a person who practices body image flexibility may admit that they don't meet conventional beauty requirements but still feel free to dress however they choose without fear of criticism. Their body form may not cause them to feel self-conscious when they participate in activities like dancing or swimming.

2. Broaden-and-Build Theory

A person's cognitive and behavioral repertoire is expanded when they experience good emotions. Based on the Broaden-and-Build Theory of Pleasant Emotions, these include pride, joy, thankfulness, and love. This increases psychological growth and resilience. When it comes to body image (Fredrickson, 2001), cultivating favorable feelings about one's looks boosts equilibrium and confidence.

For instance, a person who is content and self-assured is more inclined to interact with others, seek out new perspectives, and cultivate a positive self-image. A woman is more likely to keep a positive body image if she likes her morning workout because she feels strong and energized, rather than because she wants to reduce weight.

3. Self-Discrepancy Theory

says that the difference between a person's actual self—how they view their body—their ideal self—how they wish how they looked, which is frequently influenced by media and culture—and their ought self—how they think other people think they should look—is what causes body dissatisfaction. People may suffer from body dissatisfaction, disgrace, and criticizing oneself when the difference among their ideal and real selves is significant

(Higgins, 1987). Anxiety, guilt, and societal pressure can also result from a disconnect between one's actual and ought selves. For example, a woman who feels pressured to have perfect skin because of ideals of beauty may become insecure and nervous about acne, while a young guy who compares himself to strong fitness influencers may have poor self-esteem and discontent.

4. Objectification Theory

describes how people, particularly women, internalize the perception of their bodies held by outside observers, which results in self-objectification—the constant monitoring of one's appearance and the sense of pressure to conform to socially prescribed beauty standards. This frequently leads to low esteem for oneself, and body shame (Fredrickson & Roberts, 1997). A youngster who overcredits images for social media or a lady who avoids particular ensembles out of fear of being judged are examples of self-surveillance. The necessity for media literacy and body positivity to encourage a healthier self-perception is highlighted by the fact that such objectification relates to body discontent, eating conditions.

Alterations in Body- Image Views Throughout Times

Individual's perceptions of their bodies have changed significantly over time due to cultural, societal, and economic influences. Different civilizations have promoted different body ideals throughout history. On the other hand, during the Victorian era, corseted figures that highlighted a small waist gained popularity. The 20th and 21st centuries have seen a significant shift in body ideals, in part due to the rise of mass media, globalization, and digital technology. One of the best examples of the 1950s and 1960s trend toward hourglass forms is Marilyn Monroe.

Nonetheless, since the 1980s, Western culture has progressively promoted an ultra-thin beauty ideal for women and a strong, lean physique for males. The popularity of social media platforms like Instagram, Facebook, and TikTok has increased body dissatisfaction and intensified body comparisons, especially among teens and young adults. The widespread use of filters, photo- editing tools, and meticulously maintained online personas has distorted reality and contributed to unrealistic beauty standards. In an attempt to counter these trends, Recent years have seen the rise of the "body-affirming" and "loving yourself" movements, which advocate for inclusivity and a variety of representations of beauty.

Factors Affecting Body Image

1. Role of Media and Cyber

One of the most significant outside factors affecting body image is the media's portrayal. Traditional media, including periodicals, television, and commercials, have long promoted unrealistic standards of beauty. The spread of social media and being exposed to filtered, manipulated, and artificially altered photos has led to a rise in body dissatisfaction. According to research, excessive social media use is associated with low self-esteem, negative body image, and increased self-comparison (Fardouly et al., 2015). The "fitspiration" and "thinspiration" trends have intensified body-related concerns and damaging comparisons.

2. Social and Cultural Norms

Cultural beliefs have a significant impact on how people perceive their bodies. People may feel under pressure to achieve an unattainable body type in Western countries because being thin is frequently associated with success and beauty. Fuller body shapes, on the other hand, are seen as a symbol of fertility, wealth, and good health in several non-Western societies.

There are also notable gender disparities in how people perceive their bodies. While men may feel pressured to develop a muscular physique, women are frequently more dissatisfied with their bodies as a result of society's expectations of beauty (Olivardia, 2002). Concerns about body image are also relevant to the LGBTQ+ community, especially for transgender people who may experience gender dysphoria about their physical attributes.

3. Vision of Oneself and Emotional Elements

Body image is greatly influenced by personality traits, mental filters, and individual self-esteem. Low self-esteem, neuroticism, and perfectionism have all been linked to higher levels of body dissatisfaction. Conversely, a better opinion of one's body is associated with self-compassion, mindfulness, and high self-esteem. Peer pressure, parental opinions, and early experiences all have an impact on how people perceive their bodies. Children who regularly see their parents denigrating their bodies or participating in dieting activities are more likely to develop eating disorders and a negative self-image as adults.

4. Overview of Positive Psychology and How It Influences Well-Being

Positive psychology extends beyond addressing mental health concerns to actively enhancing well-being, resilience, and overall happiness. Pioneered by Martin Seligman and Mihaly Csikszentmihalyi, this field emphasizes strengths-based approaches such as gratitude, optimism, and self-compassion to improve emotional and mental well-being. Body image concerns often stem from negative self-evaluations and societal comparisons. Positive psychology offers a transformative perspective by promoting self-acceptance, gratitude, and resilience, which counteract body dissatisfaction and enhance self-esteem. Research suggests that individuals who cultivate positive psychological traits experience higher body satisfaction, reduced self-criticism, and improved overall well-being (Wood-Barcalow et al., 2010).

The Connection Between Positive Psychology Factors and Body Image Perception

1. Image of the Body and Self-Compassion

According to Kristin Neff, self-compassion is treating oneself with love and understanding, especially during difficult or self-doubting situations. Self-compassion reduces the likelihood of unfavorable social comparisons and self-criticism, two behaviors that lead to a negative body image. According to research by (Albertson et al. 2015), self-compassion interventions improve self-acceptance and dramatically lower body dissatisfaction. Through cultivating a constructive and nonjudgmental internal dialogue, self-compassion aids people in gaining a more balanced and healthy body image.

2. Image of oneself and Mindfulness

A good body image is greatly influenced by mindfulness, which is the discipline of being in the now and embracing sensations without passing judgment. Mindfulness practitioners are less inclined to obsess over unfavorable ideas about their looks. Rather, individuals develop a more welcoming and balanced perspective of their bodies. People can disconnect from unattainable beauty standards and outside validation by practicing mindful awareness, which boosts their confidence and sense of self-worth.

3. Body Image and Resilience

The ability of an individual to adjust and flourish in the face of difficulties, stress, or misfortune is known as psychological resilience. Resilience in relation to body image allows people to withstand social pressures and preserve a steady and good self-image. In order to strengthen their inner strength and self-acceptance, resilient people use both intellectual and

emotional coping mechanisms. For example, cognitive reappraisal entails changing negative beliefs about the body into positive ones. Resilient people concentrate on the capabilities and strengths of their bodies rather than obsessing over perceived defects. Self-assurance, or the conviction that one can make wise decisions and take charge of one's own health, is another essential component of resilience.

According to research, cultivating a positive and long-lasting body image is facilitated by mindfulness exercises, resilience training, and creating a supportive social environment.

4. Body Esteem and Optimism

A major factor in determining body image satisfaction is optimism, or the propensity to anticipate favorable results. A realistic and positive self-view is fostered by optimistic people's propensity to concentrate on their strengths rather than their perceived shortcomings. According to research, optimism fosters adaptive coping mechanisms including self-acceptance and thankfulness, which lower body dissatisfaction (Scheier & Carver, 1992). Optimistic people are less prone to internalize unattainable beauty standards and are more likely to practice well-being- promoting habits, such eating properly and exercising, for self-care purposes rather than appearance-driven ones. By encouraging a positive and self-compassionate outlook,

Social Comparison's Impact on Perceptions of One's Body

According to Leon Festinger's Social Comparing Theory, people assess their value by contrasting themselves with other people. This holds true for one's entire self-perception, skills, and physical attributes. These comparisons have become more intense in the current digital era due to social media exposure to idealized beauty standards, which has raised body dissatisfaction. According to studies, regularly interacting with highly manipulated and carefully chosen photos on social media sites like Instagram and TikTok can skew how people view themselves, especially young adults and teenagers. Feelings of inadequacy, bodily discontent, and low feelings of worth are frequently the outcomes of negative social comparisons.

Pleasant social comparisons can temporarily raise one's sense of self-worth, although they frequently result from outside validation rather than internal self-worth. Self-compassion, kindness, and mindfulness are examples of positive psychology techniques that assist people in overcoming the detrimental impacts of social comparison. Cognitive reframing approaches help people shift their attention from false body ideals to their particular talents. A healthier body image can also be fostered by encouraging a growth mindset, which views self-improvement as an individual effort rather than a competition. Critical thinking abilities and media literacy also enable people to see the artificiality of idealized images, lessening their influence on how they see themselves.

Family and Peer Influence's Effect on Body Image

Peer and familial relationships have a big impact on body image, especially in childhood and adolescence. Parents use both overt and covert methods to shape their kids' opinions of their bodies. Unhappy bodies can be internalized as a result of frequent conversations about weight, diets, or idealized beauty. Negative body image is further reinforced by exposure to unreasonable body demands, sibling comparisons, and parental criticism.

Peers have a big influence on how we view ourselves as well, particularly during adolescence. Social comparison, body shaming, and pressure to meet beauty ideals—

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amplified by social media—can lead to lower self-esteem. However, positive peer reinforcement, inclusive environments, and body-positive conversations can counteract these effects.

Positive psychology offers strategies to mitigate negative influences. Encouraging self-acceptance through affirmations and cognitive reframing helps individuals detach self-worth from appearance. Emotional intelligence training fosters resilience against external judgments. Supportive family communication and peer-led interventions in schools can challenge unrealistic beauty standards, promoting a more accepting and healthy Body Image.

Fitness and Physical Activity's Contribution to a Positive Body Image

Exercise improves mental and physical health, but how it affects body image depends on ambition. Exercise can result in compulsive behaviors, shame over not meeting fitness standards, and dissatisfaction when motivated by appearance-based aspirations. However, it promotes body respect and self-acceptance when it is centered on overall wellness and well-being.

Exercise releases endorphins and serotonin, which improve mood, lower stress levels, and increase self-confidence. Compared to exercising for the sake of appearance, studies indicate that enjoying exercise, such as dancing, yoga, or sports, increases bodily happiness.

Instead than focusing on exercise as a way to meet social beauty standards, positive psychology promotes intrinsic motivation. Body diversity and self-reliance are reinforced in inclusive, noncompetitive workout settings. A more positive body image can result from using physical activity as a technique to promote psychological and physical health in conjunction with self-compassion, gratitude, and conceptual reconditioning.

Rationale for the Research

Research on optimistic psychology and self-perception is crucial due to its impact on emotional wellness, a sense of self and overall well-being. Unachievable beauty standards, websites, and cultural influences worsen body dissatisfaction, self-criticism, and anxiety, especially among young adults. The development of effective self-acceptance therapies can benefit from an understanding of how positive psychological attributes, such as optimism, endurance, self-compassion, and thanksgiving, impact how people view their bodies.

Fewer research examine the protective function of positive psychology, while many concentrate on the detrimental impacts of peer pressure and the media. The majority of interventions ignore strengths-based strategies in favor of cognitive-behavioral therapy. By emphasizing the advantages of self-compassion, thankfulness, and mindfulness in promoting body acceptance, this study closes these gaps and provides fresh approaches to improve wellbeing in a variety of demographics.

Research Objectives

1. To examine the role of positive psychology factors (self-compassion, gratitude, optimism, etc.) in shaping Body Image
2. To explore interventions based on positive psychology that can improve Body Image satisfaction.

Research Questions

1. How do positive psychology factors influence an individual's body image?
2. What is the role of self-compassion and gratitude in fostering body positivity?
3. How does mindfulness help in reducing body dissatisfaction?

Scope and Limitations

This study uses questionnaires and self-reported indicators to gather primary data in order to investigate the association between positive psychology qualities and body image. It especially examines the ways in which self-compassion, resilience, and mindfulness affect young adults' contentment with their bodies. The research's blend of quantitative and qualitative approaches allows for a comprehensive analysis of all of the factors impacting people's perceptions of their bodies.

Despite providing useful information, this study has many shortcomings. The sample size and demographic scope may restrict generalizability because individuals are chosen from a specific age range and societal setting. Furthermore, self-report assessments may create response bias since individuals may not always accurately express or evaluate their opinions about their bodies. Furthermore, the study does not account for long-term shifts in body image because it gathers data at a single point in time rather than through longitudinal analysis. Despite these limitations, the study contributes to our understanding of body image problems and serves as a foundation for future research on therapies based on positive psychology.

Significance of the Study

Future studies, instruction, and therapies for mental health will be significantly impacted by this study, particularly in regards to the application to positive psychological strategies to promote a flattering physique. The results will help therapists, counselors, and wellness practitioners use therapies that enhance self-compassion, resilience, and mindfulness in order to reduce body dissatisfaction and boost self-acceptance. For those who struggle with eating habits, body image issues, and self-esteem issues, practical applications include self-compassion training, mindfulness-based treatment, and resilience-building exercises.

Furthermore, this study offers a theoretical framework for future research by presenting empirical data on the contribution of positive psychology to body image perception. In order to investigate the long-term effects of positive psychology on how we view ourselves, future researchers might build on this study using cross-cultural comparisons, experimental designs, and longitudinal investigations. This work adds to academic knowledge and useful solutions for promoting body confidence and happiness in varied communities by addressing a crucial component of inner wellness and self-perception.

REVIEW OF LITERATURE

Tylka and Wood-Barcalow (2015) investigate the emerging psychological notion of favorable body image, or PBI. First, they clarify that PBI is a complicated idea that entails loving and accepting one's body rather than merely being a collection of symptoms. According to the writers, having a good body image is not just being content with one's physical appearance but also embracing and accepting it and finding methods to make it work for you. By moving the emphasis away from conventional techniques that rely on appearance to assess self-worth, this way of seeing the world enables novel treatments to enhance BI. As to Tylka and Wood-Barcalow's research, PBI differs from body esteem, which is more impacted by looks and social comparison.

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Tiwari and Kumar (2015) This essay examines important views regarding how people view themselves, emphasizing the connections between eating problems, anxiety, sadness, and a negative body image. Social Comparison Theory, Objectification Theory, and Cognitive-Behavioral Theory are its three primary models. In addition to psychological, genetic, and environmental factors, the evaluation takes into account the function of forms of entertainment, pressure from peers, and cultural beauty standards. It comes to the conclusion that self-worth, self-esteem, and general mental and physical health are all strongly correlated with body image, which is dynamic.

Swami et al. (2018) investigate the eudaimonic (social and psychological) and hedonic (emotional) dimensions of happiness and positive BI in individuals in the United Kingdom. A healthy BI is associated with more happiness, optimism, and mental well-being. Positive BI was substantially correlated with emotional, psychological, and social WB (i.e., increased social functioning, self-acceptance, and autonomy) using a large and diverse sample. These results demonstrate that MH and WB resilience are enhanced by positive BI. A thorough assessment of the advantages of a positive BI is provided by the study's use of comprehensive WB measurements. This study adds to the body of evidence suggesting that positive BI interventions could enhance social and psychological well-being.

Andrew et al. (2016) investigated the development of positive self-images in adolescent girls who are susceptible to negative BI concerns. Self-compassion, social support, and high self-esteem are all powerful predictors of a good BI in this population. Positive BI is also associated with lower levels of depression, stress, and eating problems, according to the study. Teens who concentrate on their BI, according to the study, are less likely to experience body dissatisfaction and eating disorders. Future research should investigate whether these effects are applicable to other cultures, as the study focuses on Western culture. This study highlights the value of healthy BI in teenagers and how it might enhance WB and MH.

Singh et al. (2016) evaluate the creation and implementation of numerous therapeutic tools that assess happiness, self-care, health, and contentment. They have assisted PP its practitioners by standardizing tools to measure happiness-related topics. These include creating research and clinically useful measures of endurance, belief in oneself, and positive feeling. According to the authors, in order to get accurate and repeatable results, researchers in positive psychology must employ genuine and trustworthy metrics. Instead of focusing on how the scales impact BI, the book focuses on their psychometric qualities. Nonetheless, it is helpful for researchers who utilize positive psychology tests in MH and self-esteem study.

Boehm et al. (2015) investigate the relationship between diabetes outcomes and psychological health, including joy, enthusiasm, and fulfillment in life. According to their study, a positive WB decreased the risk of diabetes. The scientists claim that optimism and emotional fortitude may reduce the incidence of chronic illnesses like diabetes and encourage good habits like consistent exercise and a balanced diet. This study backs up the advantages of psychological wellness, particularly when it comes to managing chronic illnesses. The study sheds light on the connection between PP and health, although it does not specifically address body image. The results imply that preventative health measures that encourage favorable psychological characteristics might be effective.

Positive psychology interventions (PPIs) are reviewed by Owens and Waters (2020) as a means of enhancing psychological well-being and preventing mental health problems in

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children and adolescents. This review found that self-esteem, resilience, and emotional regulation are enhanced by gratitude, awareness, and centered around strengths therapies. The authors state that early intervention is essential to promoting youth mental health and preventing BI, nervousness, and melancholy. Because it implies that PPIs can enhance BI and avoid discontent, this review is pertinent to young BI. The study's thorough examination of PPIs and their applications is its strongest point, even though it might benefit from further case studies or BI empirical data.

Either way, it's a solid foundation for programs that prevent and treat mental health issues based on positive psychology.

In order to enhance students' emotional well-being and contentment, Alam (2022) incorporates positive psychology into educational initiatives. Evidence-based techniques for improving students' emotional and mental well-being are covered in this article, including meditation, appreciation, and centered around strengths therapies. Alam thinks that in order to foster resilience, self-worth, and mental health, positive psychology must to be taught in schools. The essay highlights the ways in which various therapies might alleviate nervousness, stress, and discontent with one's body. The emphasis on school-based solutions in this research will assist educators and policymakers in enhancing children' WB. The study would be strengthened by longer longitudinal investigations of the long-term impact of these therapies. Alam, however, presents a compelling argument for the use of positive psychology in the classroom.

Dewaele et al. (2021) offer a thorough examination of how BI beliefs vary across cultures, with a special emphasis on how positive psychology might support positive BI in many cultural situations. Their research shows that BI views are shaped by cultural norms, such as beauty standards, and that body positivity can be effectively promoted in a variety of cultural contexts through positive psychology treatments. In order to address BI concerns and boost self-esteem, this study emphasizes the necessity of culturally specific therapies.

A study by Volker et al. (2015) examines the connection between teenagers' BMI and BI perceptions, emphasizing the substantial influence that size-related worries have on MH and feelings of worth. According to the findings, teens who are concerned about their weight frequently face psychological stress that is made worse by BI dissatisfaction. It also emphasizes how crucial it is to create constructive BI therapies in order to lessen the detrimental effects of BI problems in teenagers.

The study by Nefet al. (2018) investigates the benefits and drawbacks of self-compassion as well as its impact on how we think. The findings demonstrate how, when used appropriately, self-compassion can improve mental toughness, increase esteem for oneself, and mitigate the detrimental effects of self-criticism. The study also explores how compassion for oneself might enhance psychological well-being and suggests that cultivating self-compassion could lead to more optimistic thoughts and emotions.

In this case series study, Corno et al. (2018) investigate how a web-based PPI affects expectant mothers' prenatal WB. The intervention improved the emotional well-being and stress management of the mothers, with encouraging results. The study emphasizes the value of easily accessible materials for pregnant moms and the potential of digital positive psychology therapies to improve WB throughout pregnancy.

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According to research by (Shang et al., 2021), BI and self-esteem act as mediators in the association between college students' subjective WB and fitness. According to the study, frequent vigorous exercise improves BI and boosts self-esteem, which in turn improves college students' total WB. This highlights the importance of encouraging physical activity as a tactic.

Swanson et al. (2017) investigate how BI affects the relationship between formula feeding maintenance and new moms' weight. It was found that the likelihood of continuing nursing can be negatively impacted by a bad BI. The study highlights the importance of addressing BI discontent to support feeding efforts and shows that psychological interventions can enhance breastfeeding success for new mothers.

The article by Lambia et al. (2015) examines the advantages associated with emotional vitality on risk for stroke and proposes that emotional vitality, in particular, may lower the risk of stroke by promoting positive psychological health. It highlights how important it is for cardiovascular health, especially in lowering the risk of strokes, to maintain emotional WB through pleasant psychological moods.

A study by Shengyao et al. (2024) investigates the connection between graduates' academic achievement, psychological health, and emotional intelligence, with PP qualities serving as a mediating element. The findings show that emotional awareness is essential for improving both academic achievement and mental health, underscoring the need for emotional intelligence training to support kids' overall WB and learning outcomes.

According to research by Ahadzadehet al. (2018), self-esteem moderates the associations between body mass index (BMI), body image, and fear of a negative judgment. It implies that people with higher BMIs and poorer BIs are more likely to receive unfavorable assessments, which can worsen psychological discomfort. The study emphasizes how self-esteem might mitigate the negative effects of BI discontent.

A comprehensive review by Ryding and Kuss (2020) examines how social networking site (SNS) use affects body dysmorphic disorder (BDD) and BI dissatisfaction. According to the review, there is a worrying correlation between SNS use and BI problems, especially when it comes to idealized representations of beauty. The authors urge greater awareness and intervention techniques to lessen social media's detrimental psychological effects on BI.

(Heet al., 2021) confirms the validity of the Chinese rendition of the BI Acceptance and Action Questionnaire and examines the mediating role of BI flexibility in the relationship between emotional turmoil and body dissatisfaction. By suggesting that BI flexibility may help lessen the negative impacts of unhappy bodies on logical WB, the results highlight the importance of flexibility therapy to improve MH.

The scoping review (Sabiston et al., 2019) looks at the relationship between BI and sports and physical activity. According to the review, participation is hampered by BI dissatisfaction, particularly among women and teens. Exercise and sports can help people feel better about their bodies, especially if they get compliments on their skills. The evaluation also recommends research on the effects of various physical activities on BI and the ways in which sport psychology can enhance BI in a range of demographics.

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A multicenter study conducted in Europe (van de Grift et al., 2018) looks at BI and self-esteem in people with DSD. The results indicate that compared to their counterparts, DSD patients experience more BI problems and poorer self-esteem. The authors claim that psychosocial assistance and training increase self-esteem and assist individuals in managing the social and psychological difficulties associated with their disease. By emphasizing both psychological and medical therapy, the study suggests an integrated strategy for managing MH difficulties in DSD patients in order to improve their sense of well-being and quality of life.

University students' depression is mediated by physical exercise through positive psychological capital and self-esteem (Wei et al., 2024). According to the authors, regular exercise improves psychological resilience and self-esteem, which lessens the symptoms of depression. According to the authors, physical activity increases psychological capital and self-esteem, which aid students in managing the stress of college. Research indicates that physical activity is beneficial for students' mental health, particularly for psychological well-being and depression avoidance. Universities should provide structured workout programs that support mental health, the report suggests.

According to a recent paper, college students' mental health can be enhanced by a robotic coach trained in positive psychology (Jeong et al., 2023). The authors investigate how robotic therapies driven by AI can enhance mental health. The study found that the robotic coach fosters compassion for oneself, gratitude, and perseverance in kids. The study found encouraging outcomes in terms of behavior change and involvement, but it also pointed out that for technological interventions to be sustained, human assistance is necessary. According to the authors, students with MH may benefit from robotic devices in this era of digital health interventions.

In this study, Ciarrochiet al. (2016) offer policy ideas that provide a framework for integrating PP in schools as well. They go over how incorporating positive psychology into the classroom can enhance students' social interactions, academic achievement, and work-life balance. The study highlights that success requires a contextual strategy, which involves adjust PPI to the unique requirements of the educational setting. The essay recommends that schools include WB efforts in their curricula and emphasizes the value of training teachers in positive psychology practices. Institutions may significantly contribute to improving students' mental health and cultivating a growth mindset by emphasizing their strengths and creating a supportive atmosphere.

(Renshawet al.,2015) the Student Subjective Wellbeing Questionnaire (SSWQ) was created and validated to measure adolescents' functioning in educational environments. The study investigates the ways in which adolescents' subjective WB affects their participation, academic achievement, and psychosocial adjustment. In order to gain a deeper understanding of students' psychological needs, the authors recommend integrating WB Measures into school evaluation programs. They contend that encouraging healthy functioning at school can enhance MH outcomes, academic performance, and overall student development.

The WB of expert musicians is examined from a positive psychology perspective in the article by Ascenso et al. (2017). The writers examine the psychological issues that musicians deal with, like performance stress, and burnout, and they offer methods for enhancing musicians' mental health by applying the ideas of positive psychology. According to the

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study, fostering resilience, self-compassion, and positive emotions can lessen the detrimental psychological impacts of a rigorous music career. Musicians may preserve their mental health and build a more sustainable career by incorporating positive psychology into professional instruction and stage culture.

A new measure for evaluating the complex nature of BI shame is presented in the (Duarte et al., 2015) study. The authors contend that BI shame is a significant but frequently disregarded aspect of BI. The study examines how BI-related shame might exacerbate psychological issues including worry and sheds light on the intricate connection between MH, discontent with one's looks, and self-criticism. They stress that the emotional and cognitive aspects of BI experiences, which are crucial to how people assess themselves and their bodies, must be taken into consideration in order for BI measurements to be effective.

The impact of playing sports on college students' body image, self-assurance, and confidence is examined in the (Ouyang et al., 2020) study. According to the research, doing sports helps pupils feel happier and more competent by improving their body image and sense of self. According to the research, exercise helps boost self-efficacy, especially in students who struggle with BI. The authors contend that by encouraging inclusive, nonjudgmental environments, sports programs should concentrate on developing confidence in oneself and a positive BI. In order to improve college students' mental health and physical fitness, the study supports programs that incorporate both psychological support and physical activity.

The article by Convertino et al. (2019) assesses the Aerie Real campaign and its capacity to foster a favorable BI. It has been demonstrated that the ad, which includes unaltered photos of models with a range of body shapes, improves BI fulfillment and a sense of self. According to the study, media initiatives that question conventional notions of beauty and support inclusivity and diversity may lessen the detrimental emotional effects of BI discontent. In their discussion of the campaign's wider advertising ramifications, the authors contend that in order to promote a healthy BI among customers, businesses should represent a wider range of genuine body types.

Additional research on the long-term impacts of body-positive programs is also recommended by the study.

A study by Jung and Yoon (2015) looks at how PP capital affects corporate citizenship practices and job satisfaction in the hospitality sector. The authors discover a robust correlation between increased levels of job satisfaction and organizational commitment and positive psychological capital, which encompasses hope, optimism, and self-efficacy. The study highlights how crucial it is to develop employees' positive psychological resources, especially in sectors like hospitality that interact with customers. To improve organizational results and employee performance, the authors advise businesses to fund WB initiatives for staff members that foster psychological capital. The study emphasizes how positive psychology can enhance workplace relationships and cultivate a positive corporate culture.

METHODOLOGY

AIM

The purpose of this study is to investigate the relationship between young adults' body image satisfaction and positive psychological traits such as self-compassion, resiliency,

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mindfulness, and optimism. It aims to comprehend how these psychological factors influence how people perceive their bodies and support general wellbeing.

Objectives

1. To assess the impact of **self-compassion, resilience, mindfulness, and optimism** on Body Image satisfaction.
2. To examine the relationship between **positive psychology factors** and Body Image **perception**.
3. To identify which **positive psychology factors** are significant predictors of Body Image **satisfaction**.

HYPOTHESIS

Null Hypotheses (H_0):

1. There is no significant correlation between self-compassion, resilience, mindfulness, and body image satisfaction.
2. Self-compassion, resilience, and mindfulness do not significantly predict body image satisfaction.

Alternative Hypotheses (H_1):

1. Self-compassion, resilience, and mindfulness are positively correlated with body image satisfaction.
2. Higher levels of self-compassion, resilience, and mindfulness significantly predict body image satisfaction.

Sample

- **Population:** Young adults aged 15–25 years.
- **Sample Size:** 120 respondents.
- **Sampling Method:** Convenience sampling was used to recruit participants.

Inclusion Criteria

- Individuals aged 15–25 years.
- Willingness to participate in the study.
- Ability to understand and respond to the questionnaire.

Exclusion Criteria

- Individuals outside the specified age group.
- Those diagnosed with **clinical body dysmorphic disorder** or **eating disorders** under professional treatment.

Variables

- **Independent Variables (IVs)**
 - **Self-Compassion**
 - **Resilience**
 - **Mindfulness**
 - **Optimism**
- **Dependent Variable (DV)**
 - **Body Image Satisfaction**

Instrument Used

A **structured questionnaire** was used to collect data, consisting of **38 questions** divided into the following sections:

1. **Demographic Information:** Age, gender, educational background.
2. **Self-Compassion:** Measured using the **Self-Compassion Scale (SCS)**.
3. **Resilience:** Assessed using the **Connor-Davidson Resilience Scale (CD-RISC)**.
4. **Mindfulness:** Evaluated through the **Mindful Attention Awareness Scale (MAAS)**.
5. **Optimism:** Measured using the **Life Orientation Test-Revised (LOT-R)**.
6. **Body Image Satisfaction:** Assessed using the **BI Satisfaction Scale (BISS)**.

Research Design

The research follows a quantitative cross-sectional research design, employing a survey-based approach to evaluate the links between positive psychology characteristics and Body Image satisfaction.

1. Study Design

- **Type:** Observational, correlational study.
- **Method of Data Collection:** Self-reported survey.

2. Intervention

In this study, no intervention was carried out. Participants were given a one-time survey questionnaire to complete in order to gather data.

Procedure

1. **Ethical Approval:** The study received ethical clearance before data collection.
2. **Participant Recruitment:** Respondents were selected based on **inclusion criteria**, and **informed consent** was obtained.
3. **Survey Administration:** Participants completed the **online/offline survey**, which took approximately **10–15 minutes**.
4. **Data Collection:** The responses were compiled and coded for statistical analysis.

Data Analysis Plan

For each variable, descriptive statistics including mean, standard deviation, and frequency distribution were found. Pearson's coefficient of Correlation Used to find out how strong and in what direction the links are in between self-compassion, resilience, mindfulness, optimism, and BI satisfaction. Finding out which positive psychology traits—such as self-compassion, resilience, mindfulness, and optimism—are best at predicting body image satisfaction can be done through multiple regression analysis.

RESULTS

The main conclusions about the relationship between positive psychology and body image satisfaction are summarized in this section. The findings are displayed in both descriptive and graphic styles to emphasize the key connections and trends found throughout the investigation.

Table 1 Descriptive Statistics for Study Variables

Variable	N	M	SD
Self-Compassion	120	3.85	1.00
Resilience	120	3.97	1.02
Mindfulness	120	3.77	1.01
Optimism	120	3.80	0.96
Body Image Satisfaction	120	3.84	1.03

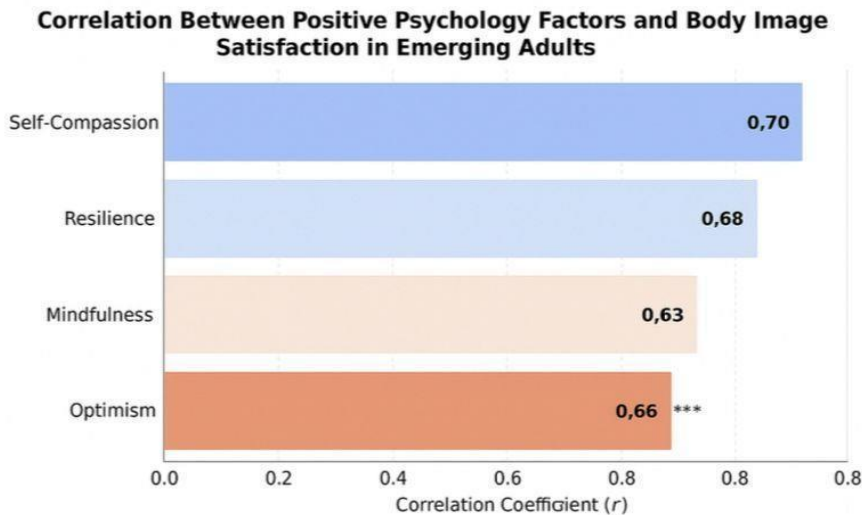
M = Mean, SD = Standard Deviation.

Table 2 Pearson’s Correlation Coefficients for Study Variables

	1	2	3	4	5
1. Self- Compassion	—				
2. Resilience	.65**	—			
3. Mindfulness	.58**	.55**	—		
4. Optimism	.62**	.60**	.57**	—	
5. BI Satisfaction	.70***	.68***	.63***	.66***	—

p < .01, ***p** < .001 (highly significant).

Correlation Between Positive Psychology and Body Image Satisfaction



Note. r = Pearson correlation coefficient. p < .05 (*), p < 0.01 (**).

Note. r = Pearson correlation coefficient. p < .05 (*), p < .01 (**).

Table 3 Multiple Regression Analysis Predicting BI Satisfaction

Predictor Variable	β	t	p
Self-Compassion	.35	5.20	< .001***
Resilience	.30	4.80	< .001***
Mindfulness	.22	3.90	< .001***
Optimism	.28	4.50	< .001***
Constant	—	2.50	.014*

R² = .64. BI Satisfaction was significantly predicted by self-compassion, resilience, mindfulness, and optimism.

***p < .001, **p < .01, *p < .05.

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The study's findings offer strong proof that aspects of positive psychology have a big impact on body image satisfaction. The descriptive statistics indicate that all four psychological qualities (self-compassion, resilience, mindfulness, and optimism) have relatively high average scores (range from 3.77 to 3.97), indicating that participants generally exhibit positive psychological traits. All four independent variables—self-compassion, resilience, mindfulness, and optimism— have a positive and significant link with BI satisfaction, according to the correlation analysis ($p < 0.001$).

Self-compassion and BI satisfaction have the strongest correlation ($r = 0.70$), suggesting that people who are kind to themselves and accept their flaws have a more positive body image. Similarly, resilience and optimism have strong correlations ($r = 0.68$ and $r = 0.66$, respectively), indicating that people who are emotionally strong and positive are less likely to feel dissatisfied with their bodies.

Further evidence of the positive psychology factors' strong predictive ability for BI satisfaction comes from the multiple regression analysis. The model explains 64% ($R^2 = 0.64$) of the variance in BI satisfaction, demonstrating that these four factors jointly have a large impact on body perception. Among them, self-compassion ($\beta = 0.35$, $p < 0.001$) emerges as the biggest predictor, followed by resilience ($\beta = 0.30$, $p < 0.001$).

According to this research, those who show emotional fortitude and treat oneself with kindness are more inclined to have favorable body image perceptions. Additionally, mindfulness ($\beta = 0.22$, $p < 0.001$) and optimism ($\beta = 0.28$, $p < 0.001$) also significantly foresee BI satisfaction. Mindful individuals, who focus on the present currently without judgment, are less likely to engage in unpleasant body comparisons, leading to higher self-acceptance. Similarly, optimistic individuals, who maintain an upbeat view on life, have a smaller impact by undesirable conventional aesthetic requirements and unfounded expectations.

All things considered, these findings provide compelling evidence for the idea that resilience, optimism, self-compassion, and mindfulness are essential for promoting body perception satisfaction. The findings suggest that psychological techniques focused on boosting these traits could be effective in strengthening Body Image perceptions and conceptual Well-being.

DISCUSSION

The importance of positive psychological traits—self-compassion, resilience, mindfulness, and optimism—in predicting body image contentment is highlighted by this study. In line with past research on psychological strengths and wellness, the findings show that people with higher levels of these characteristics had happier bodies and higher levels of image of themselves contentment.

According to the study's findings, psychological traits like optimism, self-compassion, resilience, and mindfulness are strongly correlated with having a favorable appearance. Those who had a good body image also likely to report higher mental well-being and less unhappiness with their looks. The results are consistent with earlier studies indicating that mental strengths influence body image and general well-being. In all, subjects had a sound sense of self, good emotional control, and the capacity to handle difficulties. The hypothesis that people with favorable psychological qualities frequently feel good about their looks was

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supported by the pattern of contentment with personal appearance that emerged in their responses.

The four positive psychology elements and body image satisfaction have a strong positive link, according to the correlation analysis. The strongest correlation ($r = 0.70$, $p < 0.001$) was found between body image satisfaction and self-compassion. Body acceptance appears to be encouraged by self-compassion, which includes accepting one's flaws, treating oneself with kindness, and avoiding self-criticism over one's looks. This aligns with the Self-Compassion Theory of Neff (2003), which holds that people who have more self-compassion are happier and less critical of themselves. This demonstrates that by lowering self-criticism and raising self-acceptance, self-acceptance can lessen the harmful effects on adverse physical appearance beliefs.

According to the study, resilience and physical appearance satisfaction are strongly positively correlated. People who were more resilient seemed better able to handle pressures from society, issues with their bodies, and cultural standards of beauty. A more positive body image is supported by their capacity to control emotions, reframe obstacles, and uphold a strong sense of self-worth. These results are consistent with resilience theory, which postulates that people who employ flexible coping mechanisms when faced with challenges typically display more emotional equilibrium and self-assurance.

Optimism ($r = 0.66$) and mindfulness ($r = 0.63$) were significantly correlated with body image satisfaction ($p < 0.001$). This implies that self-perceptions are improved by optimistic thinking and mindfulness. By concentrating on their strengths rather than their flaws, an optimistic person may improve their perspective. According to Deci and Ryan (2000), the Self-Determination Theory emphasizes the importance of competence, autonomy, and a positive self-perception in fostering well-being. By promoting self-satisfaction and reducing negative body-related thoughts, mindfulness helps people reduce internalization and body unhappiness.

According to the data, those who have a more favorable view of themselves are more likely to be resilient, optimistic, self-compassionate, and thoughtful. People's level of satisfaction with their looks is significantly influenced by these four psychological characteristics. The most powerful influence among them was self-compassion, which was closely followed by resilience. This demonstrates how people who are good to themselves and resilient are more able to fend off the negative impacts of peer comparison and media-driven beauty standards.

Comparing with Previous Studies

These results are consistent with previous research by Tylka and Kroon Van Diest (2013), which found that self-compassion interventions significantly lower body dissatisfaction. Similarly, Alleva et al. (2015) demonstrated that mindfulness-based therapies enhanced bodily satisfaction and decreased self-objectification. However, some studies point out that the impact of self-compassion on body image can differ depending on factors including gender, culture, and past exposure to body-shaming events (Myers and Crowther, 2009, for instance).

Study Limitations

The research has some shortcomings even if it provides beneficial data. Longitudinal research is necessary to ascertain the long-term consequences of these psychological characteristics on happiness with one's body image because this cross-sectional study is

unable to establish cause- and-effect linkages. Furthermore, the study relies on self-reported data, which could be skewed by social desirability bias, in which participants give a more positive picture of themselves. To improve validity, objective psychological tests or qualitative interviews should be used in future studies. The sample demographic is another drawback; it might not accurately reflect a range of cultural backgrounds, calling for more extensive research involving many people.

Useful Implementations and Interventions

These findings highlight the significance of integrating self-compassion, resilience, and mindfulness into treatment, education, and policy-making related to emotional wellness. In order to help teenagers and young people cultivate a more positive body image, media literacy campaigns, resilience-building workshops, and self-compassion training programs ought to be integrated into school curricula. Techniques from Cognitive-Behavioral Therapy (CBT) that emphasize self-kindness and cognitive reappraisal can also be included into psychological interventions to enhance body appreciation. Additionally, the detrimental effects of digital media on body dissatisfaction might be lessened by social media awareness efforts that promote body diversity and genuine beauty standards.

CONCLUSION

A complicated intellectual construct, body image is shaped by cultural standards, social conventions, and individual experiences. Numerous elements, such as peer pressure, media representations, social comparison, and emotional fortitude, influence how people view their bodies. Unrealistic beauty standards intensify feelings of inadequacy, which can lead to eating issues, diminished self-worth, and poor psychological health. Evidence-based techniques for promoting mental toughness, confidence, and self-acceptance are offered by optimistic psychology.

Effects of Media and Social Comparison

Social comparison exacerbates body image dissatisfaction, especially on digital platforms. People continuously compare themselves to other people, and upward comparisons (to idealized media representations) can diminish self-esteem, according to Festinger's Social Comparison Theory (1954). According to research, young individuals in particular may experience body dissatisfaction as a result of regularly viewing filtered and altered photos on social media sites like Instagram.

The function of social support and family

Social relationships and family have a big impact on how people perceive their bodies. According to Bowen's (1978) Family Systems Theory, self-concept is influenced by familial interactions. While supportive circumstances promote self-acceptance, negative parental remarks on looks or weight might propagate body dissatisfaction. Families and schools should promote candid discussions about one's value beyond one's appearance.

The Value of Exercise and Self-Care

The view of one's body is greatly influenced by physical activity. Exercise reasons do matter, too, according to study; people who move for self-care purposes as opposed to appearance-based ones report feeling more satisfied with their bodies. A healthier body image can be developed through body-positive exercises like yoga and dance as opposed to fitness regimens that emphasize weight loss.

Prospects for the Future

A complex strategy including psychiatric interventions, educational programs, and policy reforms is needed to address concerns about body image. Campaigns for safety for everyone should challenge unattainable beauty standards and encourage body variety. Future studies should examine how socioeconomic status, gender, and ethnicity interact to influence how people perceive their bodies.

Beyond what society expects, people can embrace their bodies by cultivating resilience, self-compassion, and mindfulness-based practices. A more positive and satisfying relationship with one's body can be fostered by reorienting the focus from external validation to internal self-worth.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Tyagi, H. & Imran, M. (2025). Beyond the Mirror: Understanding Body Image Through the Lens of Positive Psychology. *International Journal of Indian Psychology*, 13(2), 2127-2148. DIP:18.01.194.20251302, DOI:10.25215/1302.194