

## Personal Burnout and Appearance Anxiety: A Comparative Study Among Dating App Users and Non-users

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### ABSTRACT

This study investigated the relationship between appearance anxiety and personal burnout among Indian dating app users and non-users, while also exploring the influence of gender. A sample of 121 Indian adults ( $M=23.07$ ,  $SD=2.91$ ; 58 females, 63 males) was recruited using purposive and snowball sampling. Participants were divided into 60 dating app users and 61 non-users. Personal burnout was measured using the Copenhagen Burnout Inventory (Personal Burnout subscale), and appearance anxiety was assessed using the Appearance Anxiety Inventory. Data was collected via online self-report questionnaires and analyzed using Jamovi software. Independent samples t-tests compared burnout and anxiety between groups, Pearson correlation examined the link between burnout and appearance anxiety among users, and two-way ANOVA assessed the effects of gender and dating app use. Results indicated that dating app users reported significantly higher personal burnout than non-users, though no difference was observed in appearance anxiety. Among dating app users, a positive correlation was found between personal burnout and appearance anxiety. Furthermore, females exhibited higher levels of personal burnout than males, but gender did not significantly impact appearance anxiety. This study concludes that dating app use is associated with elevated personal burnout, but not appearance anxiety, and highlights gender's influence on burnout. These findings underscore the emotional toll online dating can have on individuals.

**Keywords:** *Personal Burnout, Appearance Anxiety, Dating App, Users, Non-Users*

Technology has profoundly reshaped how we interact, communicate, and form connections, with dating apps emerging as a significant avenue for finding romance. The Oxford English Dictionary defines online dating as "the practice of using a computer network (in later use esp. the internet) to find and contact potential romantic or sexual partners, typically via a dedicated website or application" (Oxford English Dictionary, n.d.). While these platforms have gained immense popularity, many remain unfamiliar with their mechanics and potential impact. Though used across age groups, dating apps raise concerns regarding functionality and user experience.

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Received: May 21, 2025; Revision Received: August 05, 2025; Accepted: August 09, 2025

## **Personal Burnout and Appearance Anxiety: A Comparative Study Among Dating App Users and Non-users**

India has seen a dramatic shift in how individuals look for love and friendship in recent years. The rise of dating apps, aided by smartphone and internet usage, has redefined connections and broken traditional taboos. These platforms are now commonplace, used by young people, professionals, and older generations for casual dates or serious relationships. Social acceptance has grown—individuals now openly discuss their app experiences, normalising this modern approach to dating. With diverse platforms like Shaadi.com, Bumble, and Tinder, catering to different preferences, the Indian market is thriving. Safety is prioritised, and geographic boundaries have faded, allowing users to explore diverse cultures.

Dating apps have facilitated interaction but also sparked debates about their impact on relationships. Critics argue that the digital format fosters superficial exchanges, while others see potential for meaningful connections (Web & Web, 2023).

The Indian dating trend began in the 1990s with Matrimony.com, followed by Jeevansathi.com and Shaadi.com, which offered marriage and matchmaking services. These platforms let individuals register and await suitable matches. As casual dating gained traction, apps like Tinder, Bumble, OkCupid, TrulyMadly, Happn, and QuackQuack surpassed traditional sites. Dating apps have expanded rapidly in small towns and cities, making India the second-largest revenue market after the USA.

Initially viewed as a niche for those struggling with traditional dating, online platforms have gone mainstream. Tinder saw over one billion daily swipes in 2014, and Bumble reported 20,000 marriages and 26 million users by 2018. As of 2019, up to 75% of heterosexual couples in the US met online (Abraham, 2020). Convenience and accessibility have driven this growth. Apps like Hinge promote meaningful conversations, while Bumble empowers women by letting them initiate contact (Ochoa, 2024). These platforms support diverse relationship goals.

Nearly half of adults aged 18 to 29 use dating apps (Vogels, 2020). They help emerging adults explore social, sexual, and romantic milestones (Castro et al., 2020; Claxton & van Dulmen, 2013). With widespread smartphone use, it's unsurprising that young adults rely on these apps (Sumter & Vandenbosch, 2019). While common among college students, usage rates vary. Apps connect people in similar life stages, offering a sense of community and reducing dating-related loneliness. Many also accommodate fluid and non-traditional relationship models.

Despite their convenience, dating apps come with challenges. To understand user experiences and issues like appearance anxiety and burnout, we must examine psychological mechanisms such as social comparison, attachment styles, and self-presentation. According to social comparison theory (Festinger, 1954), people assess themselves by comparing with others. Dating apps amplify this through curated profiles and aesthetic emphasis. Attachment theory (Bowlby) shows how early caregiver bonds shape expectations in relationships. Self-presentation theory (Goffman, 1959) explores how individuals manage impressions. The paradox of choice (Schwartz, 2004) explains how excessive options on dating apps can hinder satisfaction. These theories help analyse emotional and cognitive outcomes tied to dating app use.

## Personal Burnout and Appearance Anxiety: A Comparative Study Among Dating App Users and Non-users

While offering broader partner access, dating apps can encourage a "disposable" culture, where users superficially swipe without depth. Anonymity may embolden harmful behaviours like racism, misogyny, and homophobia (Abraham, 2020). These issues affect safety and authenticity. As digital dating becomes normalized, it's important to balance opportunities with awareness of their psychological and ethical consequences.

Smartphone-based services, including dating apps, can be detrimental when use becomes habitual (Burdin, 2024). The ease of accessing many profiles increases interaction but may lead to decision fatigue (Best & Delmege, 2012). With 82.4 million users in 2023, India saw a 293% growth in five years (Explainers, 2024). Sifting through profiles becomes tiring, with the initial excitement often replaced by monotony and disappointment from failed matches or ghosting—contributing to depression (Ahire, 2022).

Appearance plays a major role in dating. A QuackQuack study found 33% of Indian daters prioritise looks. This focus on appearance spans demographics and cultures (Tnn, 2024). Appearance anxiety is marked by excessive concern with perceived flaws and behaviours like checking or camouflaging (Travers, 2024), often linked to body dysmorphic disorder (Davis et al., 1993). It's associated with dating anxiety and dieting, especially among socially anxious youth (Fu et al., 2022; Swami et al., 2022). A negative sense of self-compassion correlates positively with appearance anxiety (Allen et al., 2020).

Choosing profile images can be emotionally difficult (Fielder, 2014). Appearance-based rejection sensitivity is linked to body image concerns and dating anxiety (Hawes et al., 2020; Toosi, 2016). Social comparison theory explains how comparing oneself with idealised profiles can lead to anxiety or fleeting self-esteem. Objectification theory suggests that visual emphasis on apps fosters self-objectification, body shame, and anxiety.

Algorithms that prioritise attractive profiles can worsen insecurities and appearance concerns. This feedback loop may result in lowered self-esteem, depression, and even eating disorders.

Focusing excessively on appearance may increase rejection sensitivity. Those who place undue importance on appearance are more vulnerable to judgment and rejection, heightening dating anxiety and related concerns like social physique anxiety (Swami et al., 2022).

While online dating can be exciting, many users become frustrated and emotionally drained when they fail to form connections despite browsing countless profiles (Travers, 2024). This leads to burnout—a state of mental, emotional, and physical fatigue caused by prolonged stress. As expectations go unmet, enthusiasm fades (Smith & Reid, 2024).

Relational burnout or relational load involves emotional depletion from persistent stress in relationships (Afifi et al., 2021). In dating apps, burnout arises from ghosting, superficial conversations, deception, and disappointment. Popular media terms like "dating burnout" (Blair, 2017) and "Tinder fatigue" (Beck, 2016) highlight the choice overload effect, which contributes to decision fatigue.

Dating app use involves emotional effort, such as managing expectations, navigating rejection, and decoding non-verbal cues in text. This emotional labour can be exhausting. Text-based exchanges and ghosting may hinder emotional connection and increase

## **Personal Burnout and Appearance Anxiety: A Comparative Study Among Dating App Users and Non-users**

misunderstandings. The repeated cycle of hope and disappointment amplifies emotional weariness and social isolation.

Studies highlight usage fatigue in dating apps (Dhir et al., 2018). Around one-third of users experience this, reducing satisfaction and engagement (Ranzini & Lutz, 2017; Ward, 2017). Fast, appearance-based evaluation methods harm self-perception and raise social anxiety (Ward, 2017).

A Forbes Health study found 78% of users experience dating app burnout, with Millennials and Gen Z most affected (79%). Women report slightly higher burnout than men (80% vs. 74%). Difficulty forming meaningful connections is the top cause (40%), followed by rejection and disappointment (Nolan et al., 2024). Constant new interactions, dishonesty, and fear of missing out add to the stress. Women may feel more burned out due to seeking deeper emotional bonds.

Burnout is worsened by common dating app behaviours—catfishing, ghosting, love bombing. Dr. Spannn reports 38% have been catfished and 41% ghosted. Such behaviours contribute to emotional distress, including gaslighting, abuse, and cheating. These lead to lasting mental and physical repercussions. According to Dr. Ho, the ongoing stress of competition and FOMO also causes burnout (Prendergast, 2024).

### ***Research Gap and Study Purpose***

While burnout is commonly studied in workplace contexts, less attention has been given to burnout in romantic and dating domains (Han et al., 2020). With the rise of dating apps, one emerging concern is "usage fatigue"—emotional exhaustion resulting from excessive engagement with these platforms. Studies suggest that about one-third of users experience such fatigue, reducing satisfaction and engagement (Dhir et al., 2018; Ranzini & Lutz, 2017; Ward, 2017). Despite growing scholarly interest, direct comparisons between dating app users and non-users on psychological outcomes remain limited.

Two key concerns tied to dating app use are appearance anxiety and personal burnout. The repetitive nature of online dating—swiping, rejection, ghosting, and the pressure for idealized self-presentation—can intensify emotional exhaustion. Simultaneously, the visual-centric design of dating apps fuels appearance anxiety, often leading to poor body image and low self-esteem.

Although prior research highlights these risks, few studies have directly contrasted users and non-users on these outcomes. This study seeks to fill that gap by comparing levels of appearance anxiety and personal burnout between dating app users and non-users. It also examines whether gender influences these psychological effects.

The findings of this research could provide valuable insights for mental health professionals, app developers, and public health advocates. By highlighting the emotional challenges associated with digital dating, the study seeks to promote healthier and more mindful use of online dating platforms.

## METHOD

### *Aim*

This study aims to explore the link between appearance anxiety and personal burnout among dating app users and non-users.

### **Objectives**

1. To examine whether dating app users experience higher levels of personal burnout compared to non-users.
2. To investigate whether appearance anxiety is more prevalent among dating app users than non-user.
3. To explore the relationship between appearance anxiety and personal burnout among dating app users.
4. To assess the influence of gender on personal burnout and appearance anxiety among both dating app users and non-users.

### *Hypothesis*

- **H1:** Dating app users will report higher levels of personal burnout compared to non-users.
- **H2:** Dating app users will experience higher levels of appearance anxiety than non-users
- **H3:** There will be a significant positive correlation between appearance anxiety and personal burnout among dating app users.
- **H4:** Gender will influence levels of personal burnout and appearance anxiety in both dating app users and non-users.

### *Participants*

The study comprised 121 adult Indian nationals, aged between 18 and 35 years ( $M = 23.07$ ,  $SD = 2.91$ ), including 58 females and 63 males. Participants were categorized into two groups: 60 dating app users (28 females and 32 males) and 61 non-users (30 females and 31 males). Recruitment was conducted through purposive and snowball sampling methods via online groups and social media platforms. Prior to participation, informed consent was obtained from all individuals. The study adhered to ethical guidelines approved by the university, with strict measures taken to ensure anonymity and confidentiality throughout the research process.

### *Tools*

- **Copenhagen Burnout Inventory:** The CBI (Kristensen et al., 2005) has three subscales: personal burnout, work-related burnout, and client-related burnout. All three scales were evaluated for validity and reliability among a significant number of people from the human services sector ( $N = 1914$ ); the findings revealed divergent validity based on correlations with general health ( $-.34$ ), convergent validity based on correlations with vitality ( $-.75$ ), particularly as it related to the personal burnout scale, and high internal reliability ( $.85$ -. $87$ ) (Kristensen et al., 2005). The personal burnout scale was especially included to ensure that people are compared regardless of age or occupational situation. Without identifying a particular kind of fatigue, the authors define this subscale as "the degree of physical and psychological fatigue and exhaustion experienced by the person" (Kristensen et al., 2005). On a scale of 0 to 100, there are six items. The categories for responses are "always" (100), "often"

## Personal Burnout and Appearance Anxiety: A Comparative Study Among Dating App Users and Non-users

(75), "sometimes" (50), "seldom" (25), and "never/almost never" (0). After combining all of the components together, the average score was used to get the scale's overall score. Perceived levels of personal burnout are positively correlated with higher average scores and negatively correlated with lower average scores. A standard response rate of at least three questions is required per the inventory creators to understand personal burnout levels accurately.

- **Appearance Anxiety Inventory:** The Appearance Anxiety Inventory (AAI) was developed by David Veale et al. (2014) to assess body image anxiety and Body Dysmorphic Disorder (BDD) symptoms. This 10-item self-report questionnaire measures appearance-related distress, avoidance behaviors, and safety-seeking strategies. It captures both cognitive (e.g., rumination, self-focused attention) and behavioral (e.g., checking, camouflaging, avoidance) aspects of appearance concerns that contribute to the maintenance of BDD. The AAI is divided into three key subscales that represent core BDD symptom clusters: Threat Monitoring, Camouflaging, and Avoidance. The AAI was found to have good convergent validity, with correlations of .55 with the clinician rated YBOCS-BDD and .58 with the PHQ9. Internal consistency was high, with a Cronbach's Alpha of 0.86. The BDD validation sample (n = 139) had a median age of 28 and was 51.8% female.

### *Research Design*

This study employed a quantitative, cross-sectional design to explore the relationship between personal burnout and appearance anxiety. Data was collected through structured self-report questionnaires that assessed the relevant variables across both groups—dating app users and non-users.

### *Procedure*

Data was collected using the Personal Burnout subscale of the Copenhagen Burnout Inventory (CBI) (Kristensen et al., 2005) and the Appearance Anxiety Inventory (AAI) (Veale et al., 2014), which assess personal burnout and appearance-related anxiety, respectively. The questionnaires were adapted for online administration and distributed via Google Forms. Participants were recruited through convenience and snowball sampling methods by sharing the survey link across social media platforms and messaging apps. Both dating app users and non-users were invited to participate. All respondents provided informed consent before beginning the survey.

The CBI – Personal Burnout subscale measures the degree of physical and emotional exhaustion experienced by individuals, with higher scores indicating greater burnout. The AAI assesses cognitive and behavioral features of appearance anxiety, particularly in relation to body image concerns.

### *Statistical Analysis*

Once the data was collected, the participants' responses were recorded, scored and evaluated according to the scoring of the measures used. Data analysis was conducted using Jamovi. To test H1 and H2, independent samples t-tests were used to compare personal burnout and appearance anxiety between dating app users and non-users. For H3, a Pearson correlation analysis was conducted to examine the relationship between appearance anxiety and personal burnout among dating app users. To test H4, a two-way ANOVA was performed to explore the influence of gender and dating app usage on personal burnout and appearance anxiety.

## RESULTS

**Table 1: Independent Samples t-Test for Personal Burnout Scores**

Variable	t	df	p	Mean Difference	SE Difference
Personal Burnout	-2.19	119	.015	-7.91	3.61

*Note.* An independent t-test comparing personal burnout scores between dating app users and non-users revealed a significant difference,  $t(119) = -2.19$ ,  $p = .015$ . The mean difference between users and non-users was  $-7.91$  ( $SE = 3.61$ ), indicating that users experienced significantly higher levels of personal burnout than non-users.

**Table 2: Descriptive Statistics for Personal Burnout by Group**

Group	N	Mean	Median	SD	SE
Non-user	61	49.5	45.8	20.2	2.59
User	60	57.4	58.3	19.5	2.51

*Note.* Descriptive statistics for personal burnout scores are presented by dating app usage groups. Non-users ( $N = 61$ ) had a mean score of  $49.5$  ( $SD = 20.2$ ) and a median of  $45.8$ , while users ( $N = 60$ ) had a mean of  $57.4$  ( $SD = 19.5$ ) and a median of  $58.3$ . The standard errors of the mean were  $2.59$  for non-users and  $2.51$  for users.

**Table 3: Independent Samples t-Test for Appearance Anxiety Scores**

Variable	t	df	p	Mean Difference	SE Difference
Appearance Anxiety	-1.89	119	0.969	-2.15	1.14

*Note.* An independent t-test comparing appearance anxiety scores between dating app users and non-users revealed no significant difference,  $t(119) = -1.89$ ,  $p = 0.969$ . The mean difference between users and non-users was  $-2.15$  ( $SE = 1.14$ ), suggesting that there was no significant difference in appearance anxiety between the two groups.

**Table 4: Descriptive Statistics for Appearance Anxiety by Group**

Group	N	Mean	Median	SD	SE
Non-user	61	8.15	8.00	5.49	0.704
User	60	10.3	9.00	6.98	0.901

*Note.* Descriptive statistics for appearance anxiety scores are presented by dating app usage groups. Non-users ( $N = 61$ ) had a mean score of  $8.15$  ( $SD = 5.49$ ) and a median of  $8.00$ , while users ( $N = 60$ ) had a mean of  $10.30$  ( $SD = 6.98$ ) and a median of  $9.00$ . The standard errors of the mean were  $0.704$  for non-users and  $0.901$  for users.

**Table 5: Pearson Correlations Between Appearance Anxiety and Personal Burnout**

	Appearance Anxiety	Personal Burnout
Appearance Anxiety	—	.269**
Personal Burnout	.269**	—

*Note.* A significant positive Pearson correlation was found between appearance anxiety and personal burnout ( $r = .269$ ,  $p < .01$ ), indicating that higher appearance anxiety is associated with higher levels of personal burnout.

\*\*Correlation is significant at the 0.01 level (2-tailed).

**Personal Burnout and Appearance Anxiety: A Comparative Study Among Dating App Users and Non-users**

**Table 6: Descriptive Statistics for Personal Burnout by Gender and Dating App Usage**

	<b>Gender</b>	<b>Group</b>	<b>PERSONAL BURNOUT</b>
<b>N</b>	Female	Non- user	30
		User	28
	Male	Non- user	31
		User	32
<b>Mean</b>	Female	Non- user	56.2
		User	59.1
	Male	Non- user	43.0
		User	56.0
<b>Standard deviation</b>	Female	Non- user	20.3
		User	16.6
	Male	Non- user	18.1
		User	21.8

*Note.* Descriptive statistics indicate that female users (M = 59.1, SD = 16.6) reported higher levels of personal burnout than female non-users (M = 56.2, SD = 20.3). Similarly, male users (M = 56.0, SD = 21.8) had higher burnout scores than male non-users (M = 43.0, SD = 18.1), suggesting greater personal burnout among dating app users across both genders.

**Table 7: Two-Way ANOVA Summary Table for the Effects of Gender and Dating App Usage on Personal Burnout**

	<b>Sum of Squares</b>	<b>df</b>	<b>Mean Square</b>	<b>F</b>	<b>p</b>
<b>Gender</b>	2011	1	2011	5.34	0.023
<b>Group</b>	1885	1	1885	5.00	0.027
<b>Gender * Group</b>	777	1	777	2.06	0.153
<b>Residuals</b>	44067	117	377		

*Note.* A two-way ANOVA examined the effects of gender and dating app usage on personal burnout. There was a significant main effect of gender,  $F(1, 117) = 5.34, p = .023$ , and a significant main effect of group,  $F(1, 117) = 5.00, p = .027$ . The interaction between gender and group was not significant,  $F(1, 117) = 2.06, p = .153$ .

**Table 8: Descriptive Statistics for Appearance Anxiety by Gender and Dating App Usage**

	<b>Gender</b>	<b>Group</b>	<b>APPEARANCE ANXIETY</b>
<b>N</b>	Female	Non- user	30
		User	28
	Male	Non- user	31
		User	32
<b>Mean</b>	Female	Non- user	9.30
		User	10.8
	Male	Non- user	7.03
		User	9.84
<b>Standard deviation</b>	Female	Non- user	5.88
		User	7.13
	Male	Non- user	4.94
		User	6.92

## Personal Burnout and Appearance Anxiety: A Comparative Study Among Dating App Users and Non-users

*Note.* Descriptive statistics indicate that female users ( $M = 10.80$ ,  $SD = 7.13$ ) reported higher appearance anxiety than female non-users ( $M = 9.30$ ,  $SD = 5.88$ ). Likewise, male users ( $M = 9.84$ ,  $SD = 6.92$ ) showed higher scores than male non-users ( $M = 7.03$ ,  $SD = 4.94$ ), suggesting greater appearance anxiety among dating app users across both genders.

**Table 9: Two-Way ANOVA Summary Table for the Effects of Gender and Dating App Usage on Appearance Anxiety**

	Sum of Squares	df	Mean Square	F	p
Gender	79.5	1	79.5	2.025	0.157
Group	141.6	1	141.6	3.609	0.060
Gender * Group	12.6	1	12.6	0.320	0.573
Residuals	4591.6	117	39.2		

*Note.* A two-way ANOVA was conducted to examine the effects of gender and dating app usage on appearance anxiety. The main effect of gender was not statistically significant,  $F(1, 117) = 2.03$ ,  $p = .157$ . The main effect of group approached significance,  $F(1, 117) = 3.61$ ,  $p = .060$ . The interaction between gender and group was not significant,  $F(1, 117) = 0.32$ ,  $p = .573$ .

## DISCUSSION

In an increasingly digital social landscape, dating apps have become a common means for forming romantic and social connections. However, concerns have emerged regarding their psychological toll, particularly on emotional well-being and self-perception. This study explored the relationship between dating app usage and two psychological outcomes: personal burnout and appearance anxiety, also considering gender as a moderating factor.

Consistent with Hypothesis 1, dating app users reported significantly higher levels of personal burnout than non-users. This is demonstrated in Table 1, where mean burnout scores for users were notably elevated compared to non-users. Further, Table 2 presents the independent samples t-test results confirming this difference was statistically significant ( $p < .05$ ). These findings reflect the emotional labor inherent in digital dating—constant swiping, anticipation, messaging, and rejection—that may contribute to exhaustion and diminished personal accomplishment. Sharabi (2024) supports this by showing that dating app users, particularly those with pre-existing mental health vulnerabilities, experience increasing emotional exhaustion over time. Our data reinforce this link between active app engagement and higher burnout levels.

Contrary to Hypothesis 2, no statistically significant difference in appearance anxiety was found between users and non-users. As seen in Table 3, mean appearance anxiety scores were similar across groups, and Table 4 details the t-test results, showing no significant group difference ( $p > .05$ ). Although dating apps emphasize visual self-presentation, these findings suggest they may not directly elevate appearance anxiety. Instead, pre-existing factors such as self-esteem or body image resilience may better explain individual differences. For instance, Lüke (2020) highlights that individuals with lower self-esteem may engage more in idealized self-presentation, possibly intensifying appearance concerns. Similarly, Labes (2020) found indirect associations between online dating frequency and body image concerns via increased self-objectification. Malz (2020) also points to the

## Personal Burnout and Appearance Anxiety: A Comparative Study Among Dating App Users and Non-users

moderating role of pre-existing body image issues on the relationship between dating frequency and self-esteem.

Despite the lack of significant group differences, a significant positive correlation was observed between appearance anxiety and personal burnout (see Table 5). This indicates that individuals reporting higher appearance anxiety also tended to experience greater burnout. The pressures of maintaining an idealized self-image and enduring ongoing appearance-related evaluation may contribute to this emotional strain. Al-Shatti et al. (2022) reported similar effects on Instagram, where curated image management led to social media fatigue, especially in women. These parallels suggest that managing one's image on dating apps can be emotionally taxing, particularly for those with elevated appearance concerns.

The two-way ANOVA for personal burnout revealed significant main effects for both gender and dating app usage, with no significant interaction effect. Table 6 shows descriptive statistics, indicating that females reported higher burnout ( $M = 59.1$ ) than males ( $M = 56.0$  for users and lower for non-users), and users reported higher burnout than non-users. Table 7 presents the ANOVA results confirming significant main effects of gender ( $p < .01$ ) and dating app use ( $p < .01$ ), but a non-significant interaction ( $p > .05$ ). Gadora and Phakey (2025) explain such gender disparities through factors like repetitive conversations, deceit, misogyny, screen fatigue, and decision overload faced by Indian women using dating apps. Women's higher emotional and cognitive fatigue may also stem from gendered expectations and the emotional demands of self-presentation. Peng (2020) supports this by noting that impression management efforts among female app users can be particularly exhausting. The lack of interaction suggests that dating app use elevates burnout similarly for both genders.

Descriptive data in Table 6 further support these conclusions: female users exhibited the highest burnout scores ( $M = 59.1$ ), followed by male users ( $M = 56.0$ ), while male non-users had the lowest burnout ( $M = 43.0$ ).

In contrast, the two-way ANOVA for appearance anxiety showed no significant effects of gender, app usage, or their interaction (see Table 8 for descriptives and Table 9 for ANOVA results). Although female users had the highest mean appearance anxiety score ( $M = 10.8$ ) and male non-users the lowest ( $M = 7.03$ ), these differences were not statistically significant ( $p > .05$ ). The main effect of dating app use approached significance ( $p = .060$ ), suggesting a trend worth further exploration. These descriptive trends align with Strubel and Petrie (2017), who found Tinder use linked to lower body satisfaction and greater internalization of appearance ideals. However, the present findings do not demonstrate significant gender differences in appearance anxiety, differing from prior research which suggested women experience greater appearance-related pressures online.

### CONCLUSION

Dating app users report higher levels of personal burnout than non-users. Appearance anxiety does not differ significantly between dating app users and non-users. Among dating app users, appearance anxiety positively correlates with personal burnout. Females report higher levels of personal burnout than males. Gender does not significantly influence appearance anxiety. Gender and dating app use do not significantly interact to influence personal burnout.

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## Personal Burnout and Appearance Anxiety: A Comparative Study Among Dating App Users and Non-users

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### **Acknowledgment**

To Prof. (Dr.) Ranjana Bhatia, Head of Institution, Amity Institute of Psychology and Allied Sciences, Amity University, Noida, for the opportunity to explore this emerging area of research and for her continued support. To Dr. Anjali Sahai, my dissertation guide, for her invaluable guidance, patience, and constructive feedback, which were pivotal to this study. To all the research participants for their trust and cooperation, which enriched the research process. To my colleagues, friends, and family for their unwavering support, motivation, and understanding throughout this journey.

### **Conflict of Interest**

The author(s) declared no conflict of interest.

**How to cite this article:** Katyal, D. & Sahai, A. (2025). Personal Burnout and Appearance Anxiety: A Comparative Study Among Dating App Users and Non-users. *International Journal of Indian Psychology*, 13(3), 1590-1602. DIP:18.01.146.20251303, DOI:10.25215/1303.146