Body Image and Fear of Rejection Among Adolescents

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Abstract-
Aim: The purpose of the study was to investigate body image and fear of rejection among adolescents (13-18yrs).
Settings and Design: A survey research study on adolescents in Nashik district, Maharashtra, India. The present study used the descriptive and exploratory design because exploratory studies are based on exploring the different characteristics of related individuals, groups, or situations.
Material and Methods: The total sample consisted 145 adolescents from age group of 13-18 years out of which 63 Boys and 82 Girls from Nashik districts of Maharashtra. For investigating the perception of body image and fear of rejection among adolescents the researchers used Body Image Scale (BIS) by Ramesh Kumar Taani & Rakesh Kumar Behmani and Fear of Rejection Scale by Nida Nafees & Musaddiq Jahan.
Statistical Analysis: Descriptive, inferential and correlational statistical analyses were used for observing the perception of body image and their relation with fear of rejection among adolescents. Pearson product movement correlation was applied to check the relationship between perception of body imaging and fear of rejection among adolescents. The t-value was calculated to study the gender difference.
Result & Conclusion: The correlation score between perception of body image and fear of rejection is significant. The research finding shows that there is a gender difference in terms of perception of body image and fear of rejection. The result revealed that relationship was found in perception of body image and fear of rejection among adolescents. On the basis of obtained result researchers can conclude that perception of body image leads to significant alleviation of fear of social rejection.

***Keywords*: Body Image, Fear of Rejection and Adolescents.**

I. INTRODUCTION

Body image is a person's mental picture of how they look physically good or bad. Body image defines as self body-related perceptions, attitudes, thoughts, beliefs, feelings, and behaviors. Body image is the individual's perception, feeling and thought about physical self. (Cash, 2004)

Body Image Including Two Key Elements

1) A mental image of one's physical look (such as size, shape, and appearance), and
2) One's attitude toward own physical look (includes thoughts, feelings and beliefs about one's physical appearance).

Social factors, culture, media, and interactions with family and friends affected the perception of individuals towards their body image.

There are Four Aspects of Body Image

1) Perceptual: The way individuals see their self.
2) Affective: The way individuals feel about the way they look
3) Cognitive: The thoughts and beliefs individuals feel about their body
4) Behavioural: The things individuals do in relation to the way they look

Adolescence period is changing period which includes physiological, emotional, cognitive, and social changes that leads to the perception towards own physical appearance. Adolescences are more conscious about their weight and physical look their perception towards their own body image plays an important role in mental health. Adolescents have a negative perception towards body image and that feeling, thinking is associated with low self-esteem, anxiety, wellbeing, poor mental health and fear of rejection from other. This body image feeling mostly observed in the adolescents they dislike the color of their body, body weight, their overall physical look. They are unhappy about their overall sense of self. Individual who has negative or unhealthy body image they feel shame or even disgust around their appearance.

Fear of rejection in adolescents is related with anxiety, low self esteem poor self awareness. Adolescents with negative or unhappy body perception often struggle with fear of social rejection. When they are in groups of people, they feel worry, shame and nervous and they think they will be rejected or ignored by others and because of that they are avoiding to participate in social areas. Adolescents having fear of rejection feel anxious to attending school and college, participating any events, getting a ride with someone, even walking into a clothing store, because they feel what others say about their physical appearance, they think other will think about them that they are weird or awkward? Adolescents who struggle with this fear of rejection they will even don't want to ask for help because they are scared of a no.

II. RESEARCH METHODOLOGY

Objectives

1. To investigate the perception of body image among adolescents.
2. To investigate the fear of rejection among adolescents.
3. To find out the gender difference in terms of body image and fear of rejection among adolescents.
4. To investigate the relationship between body image and fear of rejection among adolescents.
5. To explore the various intervention strategies to change the perception towards body image and fear of rejection among adolescents.

Hypotheses

1) There would be high level of feeling of fear of rejection associated with negative perception towards body image among adolescents.
2) There would be a gender difference in terms of body image among adolescents.
3) There would be a gender difference in terms of fear of rejection among adolescents.
4) There would be a negative relationship between body image and fear of rejection.

Variables

Research Variables

Perception towards body image
Fear of rejection
Intervention strategies to change the perception towards body image
Gender

Controlled Variables

Age: 13 - 18 yrs.
Geographical Area: The samples were selected only from Nashik district of Maharashtra state
Socio Economic Status: Middle Class

Method

To investigate the perception of body image and its relation with fear of rejection among adolescents in Nashik district of Maharashtra. For that purpose, researchers decided to use the survey research design. For data collection the researchers used Body Image Scale (BIS) by Ramesh Kumar Taani & Rakesh Kumar Behmani and Fear of Rejection Scale by Nida Nafees & Musaddiq Jahan scales

Sample

The present study used the descriptive, comparative and correlational design.

Design

It was a convenient sampling. The total sample of 145 adolescents from age group 13 to 18 years out of which 63 Boys and 82 Girls from Nashik district of Maharashtra.

Tools

Body Image Scale (BIS) by Ramesh Kumar Taani & Rakesh Kumar Behmani (2018)

The BIS consisted 28 items each item has five alternate answers graded on five point scale. The scale ranges from 1 (strongly agree) to 5 (strongly disagree). The scale consists five dimensions namely Weight Perception, Wish to Fit Body, Satisfaction with Body, Body Part Dissatisfaction & Health Consciousness. The scores of this scale vary in between 1 to 140 which high score showing dissatisfaction with body image and low score showing satisfaction with body image.

Reliability: The internal consistency reliability was 0.88 and test retest reliability coefficient was 0.88

Validity: The convergent & content validity of the test was highly satisfactory. The test was Validated with college students' group**.**

Fear of Rejection Scale by Nida Nafees & Musaddiq Jahan (2018)

The scale constitutes of 15 items each item has seven alternate answers from 1 (never) to 7 (always). The scores of this scale vary in between 15 to 105 which high score showing high level of fear of rejection and low score showing low level of fear of rejection.

Reliability: The internal consistency of the test was 0.79.

Validity: The construct & content validity of the test was highly satisfactory. The test was validated with Indian adolescents.

III. RESULT AND DISCUSSION

To analyze the data t-test was used for finding the gender difference and Pearson r-correlation was computed to check the relationship. The obtained data is systematically presented in the following tables.

Table 1 Shows the Mean of Perception of Body Image and Fear of Rejection

Variables	Gender	N	Mean
Body Image	Boys	63	98.50
	Girls	82	116.87
Fear of Rejection	Boys	63	78.41
	Girls	82	86.46

Table 2 Shows the Gender Difference in terms of Perception of Body Image

Variable	Gender	N	Mean	SD	t-value	Level of Sig
Body Image	Boys	63	98.52	3.47	2.61	Sig
	Girls	82	116.87	6.54		

Table 2 shows the gender difference in terms of perception towards the body image for this analysis t value is calculated. For the obtained values in Table 3 shows the means of boys and girls boys M = 98.52 and girls M = 116.87 and the t value = 2.61 and it is significant at 0.05 level. These indicated that there is gender difference in perception towards body image it means boys and girls having the different perception towards their body image.

Table 3 Shows the Gender Difference in terms Fear of Rejection

Variable	Gender	N	Mean	SD	t-value	Level of Sig
Fear of Rejection	Boys	63	78.41	2.39	1.68	Not Sig
	Girls	82	86.46	5.89		

Table 3 shows the gender difference in terms of fear of rejection for this analysis t value is calculated. For the obtained values in Table 3 shows the means of boys and girls boys M = 78.41 and girls M = 86.46 and the t value = 1.68 and it is statistically not significant. This indicated that there is no gender difference in terms of fear of rejection it means boys and girls having the same level of fear of rejection associated with their perception of body image.

Table 4 Shows the Relationship between Perception of Body Image and Fear of Rejection

Variable	N	Mean	r-value	Level of Sig
Body Image	142	108.89	-0.75	Sig
Fear of Rejection		82.96		

Table 4 shows the correlation between perception towards body image and the fear of rejection associated with that perception among adolescents. For this analysis Pearson product moment correlation coefficient was calculated. For the obtained value in Table 4 show the correlation score between perception towards body image and the fear of rejection is -0.75 and it is significant at 0.01 level. These indicate the correlation between perception towards body image and the fear of rejection is negative. It indicates that higher the level of negative perception towards their body image higher the level of feeling of fear of rejection among adolescents.

IV. CONCLUSION

In the present research following are the conclusions:

1) There is a gender difference in terms of perception towards body image among adolescents it shows that girls having more negative perception towards their body image as compare to boys.
2) There is no gender difference in terms of feeling of fear of rejection among adolescents it shows that girls and boys having equal level of feeling of fear of rejection associated with perception towards their body image.
3) There is a negative relationship between perception towards body image and feeling of fear of rejection among adolescents.

V. IMPLICATION

The Present research study will be helpful in developing intervention strategies for the adolescents who are dissatisfied or unhappy with their body image. As they have negative perception towards their body image ,they feel fear to

participate in social gatherings and avoid participating in social events. It is observed that Negative body image related with poor self esteem, poor mental health and other psychological issues. So, with the help of this kind of research we can identify their problems and give them a proper help so the perception towards their own physical appearance can be changed. With the help ofs Cognitive Behaviour Therapy and REBT, we can change their perception, feelings, thoughts and beliefs towards their physical look in addition to developing proper diet habits.

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Weblinks:

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