



IMPACT OF DIFFERENT PERSONALITIES ON BODY IMAGE

Clinical Psychology

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ABSTRACT

Body image is one of the most relevant issues in today's world. The main objective of the present study is to study the impact of different personalities on body image. The sample comprised of 130 late adolescents and early adults. Using the survey method, obtained results were interpreted and analyzed by using the normality test and Mann Whitney U test. The findings of the study suggest that there is a significant impact of gender, paranoia, anxiety, and depression on body image. Hence it can be inferred that there is an impact of certain personality on body image.

KEYWORDS

Body Image, Depression, Anxiety, Paranoia.

INTRODUCTION

Though personality is relatively stable over time, it is subjected to change across the lifespan of an individual. Empirical research has been able to identify patterns of normative and differential development that are affected by biological factors, environmental factors, specific life events, and social role investments. Personality is a system of ideas which are consistent with each other and with their nucleus, the idea of the self. New ideas are either assimilated or rejected based on their consistency with the personality. On a micro-analytical level, however, little is known about the underlying processes driving personality development (Geukes, K., et al., 2018). In the 1930s United States of two textbooks, started to recognize and separate the psychology discipline with the systematic study of personality, and they are, Psychology of Personality in 1937 by Ross Stagner and Personality: A Psychological Interpretation in 1937 by Gordon W. Allport, which was followed by Henry A. Murray's explorations in personality in 1938, which had a set of experimental and clinical studies, and also by Gardner Murphy's Personality: A Biosocial Approach to Origins and Structure in 1947. Personality can be traced to the ancient Greeks, who proposed a kind of biochemical theory for personality. Personality is the dynamic organization within the person that determines a person's patterns of actions, thoughts, and feelings. Personality also concerns individual differences. Individual differences can be found in any dimension imaginable, but the so-called five-factor model (Digman 1990, McCrae & Costa 2003) has been widely adopted as a consensual framework.

Paranoia is alienation from others that have gone beyond a sense of disconnection to one of persecution. Very little is known about the relationship of paranoia to sociodemographic variables. However, prior theories and researches provide a basis for inference. We argue that social positions characterized by powerlessness and by the threat of victimization and exploitation tend to produce paranoia. Powerlessness leads a person to believe that important choices in one's life are controlled by external forces and other persons, rather than by one's own choices and efforts. This belief is external control interacts with the threat of victimization or exploitation to produce mistrust, which may then develop into paranoia (Mirowsky, J., & Ross, C. E. 1983). Depression is the emotional expression of a state of ego-helplessness and ego-powerlessness to live up to certain strongly maintained narcissistic aspirations. If the narcissistic aspirations are fulfilled actually or in imagination, the result is elation. Infantile fixation to the feeling of helplessness predisposes to depression. The fact that depression is a basic ego reaction to situations of narcissistic frustration does not invalidate accepted theories of the role of orality and aggression in depression (Bibring, E. 1968). Clinical reports suggest that anxiety states are associated with cognition concerning danger. Since judgments of the risk of an event are thought to be influenced by their judgments, it was hypothesized that anxious individuals overestimate personal risk. This was confirmed in a comparison with matched control subjects, though patients with anxiety and depression both overestimated risks to at least the same

extent. Results were interpreted as supporting interaction between anxiety and the availability of 'danger schemata' (Butler, G., & Mathews, A. 1983). Evidence of pre-attentive and attention biases in anxiety is evaluated from a cognitive-motivational perspective.

According to this study, vulnerability to anxiety stems from a lower threshold for threats rather than a bias in the direction of attention deployment. (Mogg, K., & Bradley, B. P. 1998). Body image is a person's perception of the aesthetics or sexual attraction that they have about their own body. It involves how a person sees themselves compared to the standards set by society. It is the perception that a person has of their physical self and the thoughts and feelings that result from that perception. Body image is a social construct that varies as a function of differential gender socialization (Cash, et al., 2004). It is generally understood as a mental image of the body as it appears to others. People instrumentally attend to their bodies, as status and social acceptability depend on how a person looks. This view is based on the popular assumption that a person's outer appearance is a reflection of their inner self and that their inner character will shine through their outer appearance (Featherstone, M. 2010).

REVIEW OF LITERATURE

Body dissatisfaction and depressive symptoms are experienced mostly in adolescence and it increases the risk of eating disorders. They tested the association between body dissatisfaction and depressive symptoms and assessed at baseline and did a follow up for 5 years and 10 years in the younger and older adolescent. The results showed that for females, the dominant directionality was for body dissatisfaction predicting later depressive symptoms. For males, the depressive symptoms predicted body dissatisfaction in early adolescence and early adulthood. (Alcaraz-Ibáñez, et al., 2018). This study investigated the longitudinal development of body size perception concerning different personality traits. Contour drawing rating scale and big five inventory were used to assess body size perception and personality traits respectively. Longitudinal analysis of change indicated that men and women scoring higher on conscientiousness perceived themselves as thinner one year later. On the other hand, women scoring higher on neuroticism perceived their body size as larger after one year. No significant effect was observed for men scoring higher on neuroticism. The study results were independent of weight changes, body mass index, age, and education. Their findings suggest that personality traits contribute to body size perception among adults (Hartmann, C., & Siegrist, M. 2015). This research suggests that the internalization of culturally predisposed ideals is mediated by self-esteem and personality factors like high neuroticism, perfectionism, and impulsiveness. The study aimed to understand the prevalence of body image dissatisfaction and its association with self-esteem and personality traits on young Indian women. Using a cross-sectional design, they studied on 555 female college students of North India. The tools used for the study were self-reported questionnaires; sociodemographic pro forma, Body shape questionnaire (-8C), Rosenberg's Self-Esteem Scale, and Mini- international personality

item pool. In this study, the results showed that a significant percentage of young women had a negative body image associated with higher body mass index, lower self-esteem. High neuroticism and high conscientiousness. Therefore, consideration of individual variations in the personality traits and self-esteem is important in understanding body image concerns (Soohinda, et al., 2019).

This study was conducted to investigate whether the association between personality traits, as measured by the big five taxonomy, and the bodyweight among young adults is spurious owing to shared family background. The study tried to eliminate shared family background factors that might affect personality traits and body weight by employing family-fixed effects. Among the Big Five personality traits, only conscientiousness showed an association with body weight, including body mass index (BMI) and obesity risk. These results strongly agreed to the adjustments for family-fixed effects, it showed that the association between conscientiousness and body weight is generally not confounded by unobserved family-level shared by the siblings. This study also found some suggestive evidence of gender and racial/ethnic differences. The association between conscientiousness and obesity was larger and statistically significant only for women, and conscientiousness was most strongly associated with obesity among Hispanic people (Kim, J. 2016). Using Korean samples, a meta-analysis study on Japanese adults, Chinese adolescents examines the relationship between personality and body mass index. In the new samples and meta-analysis, Extraversion and Agreeableness were associated with higher BMI among men. The results indicated that conscientiousness was mostly unrelated to adiposity. These findings link pro-social tendencies to overweight among Asian men; Conscientiousness may be less relevant for BMI in Eastern societies with a low prevalence of obesity and strong social norms for eating (Sutin, et al., 2015). Personality traits have been associated consistently with the objective and subjective experiences of body weight. They examined whether this association extends to social attitudes and behaviors related to weight. There were 3099 samples of mothers with children. They completed the measures of personality, weight-related attitudes, and social interactions. The results indicated that higher neuroticism and higher extraversion were associated with more negative attitudes toward persons with obesity and who engaged in fat talk with their friends and around their children. Higher Conscientiousness was associated with fewer negative attitudes and interactions but greater phobia toward obesity, whereas higher Openness and higher Agreeableness were generally associated with more positive attitudes and experiences. The associations for Conscientiousness, Openness, and Agreeableness were held only for participants with relatively lower body mass index. Higher neuroticism and lower conscientiousness were associated with the experience of weight discrimination, this research indicates that in addition to measured weight and body image, personality traits are associated with the social experience of body weight (Sutin, A. R., & Terracciano, A. 2019)

Objective

To explore the impact of paranoia, depression, anxiety, and gender on body image.

Hypothesis

1. There will be a significant impact of gender on body image.
2. There will be a significant impact of paranoid tendencies on body image
3. There will be a significant impact of depression on body image.
4. There will be a significant impact of anxiety on body image.

METHOD

Design: Exploratory research design has been used in this study

Sample: The sample size was 130, within the age of group 18-25 years (65 males and 65 females). All participants were unpaid volunteers. The procedure specified in the manuals of the instruments in administering each instrument is strictly followed. The questionnaires were administered as per the instructions given in the respective manuals.

Tools: The data were collected through a survey method by using standardized questionnaires. The instruments chosen are the following:

1. Demographic datasheet
2. Multiphasic questionnaire (MPQ)

3. Dresden body image questionnaire (DBIQ)

The detailed description of the instruments used is given below:

1. Demographic datasheet

This test is used to collect the demographic details to identify the particulars of the participants such as Name, age, education, gender, and locality.

2. Multiphasic questionnaire (MPQ)

This test is adapted by H.N.Murthy in 1964, for the Indian population. It is derived from the well-known Minnesota Multiphasic Personality Inventory (MMPI). It consists of 100 statements, forced-choice types, to be answered 'True' or 'False'. In the present study, MPQ was used as a personality Questionnaire keeping in view the clinical dimension, to see loadings on 9 different clinical scales. It gives a good indication of personality makeup in terms of traits and tendencies. The scales are namely hysteria, anxiety, depression, mania, psychopathic deviation, schizophrenia, paranoia, k scale, and repressor-sensitizer scale(R/S).

3. Dresden body image questionnaire (DBIQ)

The Dresden body image questionnaire (DBIQ) is a 35-item scale with positively and negatively worded items that consists of five subscales: body acceptance, vitality, physical contact, self-aggrandizement, and sexual fulfillment. The level of agreement is scored on a 5-point scale ranging from 1=, not at all to 5=fully. Higher scores indicate a more positive body image.

Coding: Subsequently the collected data were scored as per the scoring key or directions for scoring as given in the manual. The scores were tabulated and were subjected to computer analysis using SPSS. Appropriate statistical measures have been adopted in the presentation of the data. They are the normality test and the Mann-Whitney U test.

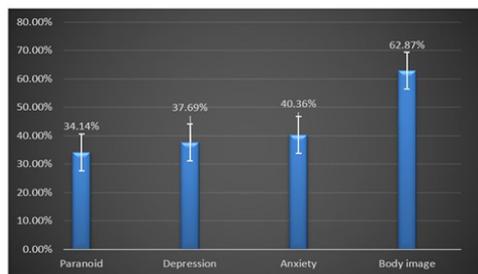
RESULTS

Table 1: Showing The Test Statistics Results Of Hypothesis 1,2,3 And 4

Sl.no	Hypothesis	Variables	Significant scores
1.	Hypothesis 01	Body image and gender	0.045
2.	Hypothesis 02	Body image and paranoia	0.017
3.	Hypothesis 03	Body image and depression	0.004
4.	Hypothesis 04	Body image and anxiety	0.005

The above shows that the significant score of gender on body image is 0.045 which is less than 0.05, hence there is a significant impact of gender on body image. The significant score of body image and paranoia is 0.017 which indicates that there is a significant impact of paranoia on body image. The significant score of depression and body image is 0.004 hence there is a significant impact of Depression on body image. The significant score of anxiety and body image is 0.005 which shows that there is a significant impact of anxiety on body image. Since all the scores are less than 0.05. The results show that there is a significant impact of gender, paranoia, depression, and anxiety on body image.

Figure 1: Showing the percentage of normal individuals who are affected by paranoid, depression, anxiety and body image in the data which is used in this study



DISCUSSION

This study shows that there is a significant impact of paranoia, gender anxiety, and depression on body image. Few previous studies support this result. In a prior study done by Waite, F., & Freeman, D. (2017). (Body image and paranoia. Psychiatry Research, 258, 136-140). The results showed that negative body image and paranoia are associated in the general population, consistent with the idea that paranoia may build upon feelings of vulnerability arising from body image concerns. Another study by Chapa, et al., (2020). Research indicates more body image concerns among women than men. The reason for this might be due to the image of the ideal appearance of women portrayed by

society. The results of a study by Matos, et al., (2002). Binge eating disorder, anxiety, depression, and body image in grade III obesity patients. *Brazilian Journal of Psychiatry*, 24(4), 165-169 indicated a high frequency of binge eating episodes, severe depressive symptoms, anxiety, and concern with body image in grade III obesity patients. This is another proof that depression and anxiety have an impact on body image. Some individuals eat a lot when they are anxious which in turn affects their body image. Depression and body image are interrelated. Less body image might lead to depression. This will affect a person's self-esteem and in turn affect their life.

CONCLUSION

Body image is a very prevalent and attention-grabbing issue in today's world. Due to the influence of social media, there is an increase in the importance given to the way a person looks and this creates a lot of body image issues in the people. This issue is generally found among adolescents and early adults but the rest of the population is not exclusive of this. Body image is a very important factor that affects the mental health of people. Lower body image tends to create a lot of psychological distress in an individual. This affects their self-confidence which in extreme cases affects their life in general. They tend to avoid the situation which might trigger their body image issues, this will result in many other psychological problems like FOMO (feeling of missing out). From this study, we can understand that there is a very significant impact of paranoia, depression, and anxiety on body image. This information will be a great asset in the future in the diagnosis of mental illness as body image can be a factor that influenced it. From this study, it is shown that women tend to have more body image issues than men. This might be due to the preconceived notion that judges a woman by her appearance and also because of the importance the society gives for a women's appearance. This study was successful in elaborating further an area of study which is still in the early stages of development. The findings suggest that a few of the variables have an impact on body image. But the picture is far from complete and to truly uncover this impact further studies are required.

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