



## COMPARATIVE STUDY TO ASSES THE PREVALENCE OF BODY DYSMORPHIC DISORDER IN YOUNG MEN AND WOMEN IN SELECTED AREA OF DEHRADUN, UTTARAKHAND

### Nursing

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### ABSTRACT

**Background-** Body dysmorphic disorder (BDD) is a relatively common problem that is widely seen across all age groups, especially in the modern age of technology. It is characterized by overall dissatisfaction with one's physical appearance and unrealistic expectations with one's own body. This problematic condition retards the development of proper self-esteem, adversely affects the quality of life and often triggers suicidal tendencies. **Objectives-** 1. To find out the gender differences in body satisfaction through self-structured checklist. 2. To examine the self-esteem based on body perception in both genders separately through structured Rosenberg Self-esteem Scale. **Material And Methods-** comparative research design is used in this study. It was conducted in Navada, Jogiwala, Dehradun, Uttarakhand. non-probability consecutive sampling technique was used to collect data from 50 samples 25 male and 25 female. Data collection was accomplished by using Self-structured Binary checklist, and Rosenberg self-esteem scale. **Result-** The finding shows that the test p value was significant <0.001.

### KEYWORDS

BDD (Body Dysmorphic Disorder), self-esteem, body image, young men, young women

### INTRODUCTION-

The problem of Body Dysmorphic disorder is a mental illness that is widely experienced across all age groups. However, it is severely underreported. The promotion of unrealistic beauty standards by the media, film and television companies, social media and editing applications is consumed by the general public, altering heavily their views of self and their expectations as to how they wish to be perceived by others.

This form of thinking often affects a person's character depth, emotional and mental maturity. There are no known causes of Body Dysmorphia. However, it results from a combination of issues and the individual's sensitivity towards them. Negative life experiences, certain personality traits such as perfectionism, societal pressure, and having any other mental illness such as anxiety or depression contribute towards the development of BDD.

It is often observed in young individuals, and in middle-aged adults, it is believed to manifest itself in the form of a mid-life crisis. The interconnection of mental health problems makes it easy for them to proliferate and the lack of knowledge and awareness amongst the common folk allows them to take their course without any intervention.

By the time it is caught, people usually find that it's too late. Women who overindulge in beauty treatments such as botox application and other drastic treatments remain unsatisfied until they realize the direct damage they have caused themselves. Men who take their obsession with muscle development too far end up suffering from cardiac problems, strokes, and other serious health issues.

### 2. MATERIAL AND METHOD

#### Study And Design

This study was conducted in Navada, Jogiwala, Dehradun, Uttarakhand Data was collected from 29 august 2022 to 5 september 2022. Non-probability consecutive sampling technique was used for collecting sample which comprised of 50 samples 25 male and 25 female of age group between 15-30 years.

#### Inclusion Criteria

- Men and women above 15 to 30 years of age.
- Men and women who were ready to participate in the study.

#### Exclusion Criteria

- Men and women who are not willing to participate in the study.
- Men and women who are not able to provide any response.

#### 3. Tool Description

**It Include Socio-** demographic variable, Self-structured Binary checklist, and Rosenberg self-esteem scale to assess prevalence of Body Dysmorphic Disorder in young men and women

#### Tool 1 : Socio Demographic Variable

It includes youth's age, sex, religion, education, occupation, monthly income, family type, numbers of sibling and living situation.

#### Tool 2: Self Structured Binary Check List.

In this questions were framed comprising to find out the body satisfaction between men and women of age group 15-30 years.

#### Tool 3: Rosenberg Self-esteem Scale

It consist of 10 questions under self esteem criteria to assess self esteem among men and women of age group 15-30 years. It was developed by Morris Rosenberg in 1965.

#### Scoring Of Tool

Strongly Agree/ Agree/ Disagree/ Strongly Disagree Scoring: Items 2, 5, 6, 8, 9 are reverse scored. Give "Strongly Disagree" 1 point, "Disagree" 2 points, "Agree" 3 points, and "Strongly Agree" 4 points. Sum scores for all ten items. Keep scores on a continuous scale. Higher scores indicate higher self-esteem.

#### Statistical Analysis

The data was presented as mean and standard deviation. Unpaired t test were performed to find the significant mean difference.

### 4. RESULT OF STUDY

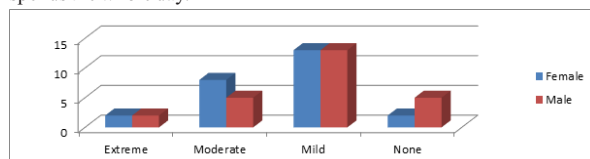
The study was included a total of 50 population 25 men and 25 women with age ranging between 15 to 30 years. The frequency and percentage distribution of demographic variable with hesitancy level is shown in table 1

**Table 1 Frequency And Percentage Distribution Of Sample According To Their Selected Socio-demographic Variables.**

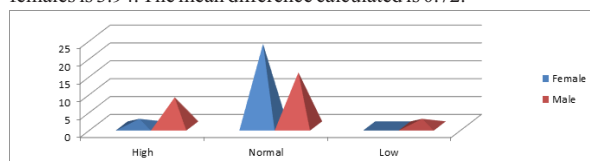
| S. no. | Demographic Variable | Category      | Female    |            | Male      |            |
|--------|----------------------|---------------|-----------|------------|-----------|------------|
|        |                      |               | Frequency | Percentage | Frequency | Percentage |
| 1      | Age (in years)       | Below 15      | 0         | 0%         | 1         | 2%         |
|        |                      | 16-20         | 5         | 10%        | 3         | 6%         |
|        |                      | 21-25         | 16        | 32%        | 14        | 28%        |
|        |                      | 26-30         | 4         | 8%         | 7         | 14%        |
| 2      | Religion             | Hindu         | 10        | 20%        | 16        | 32%        |
|        |                      | Muslim        | 5         | 10%        | 1         | 2%         |
|        |                      | Christian     | 8         | 16%        | 6         | 12%        |
|        |                      | Other         | 2         | 4%         | 2         | 4%         |
| 3      | Education            | Primary       | 0         | 0%         | 0         | 0%         |
|        |                      | Secondary     | 5         | 10%        | 5         | 10%        |
|        |                      | Graduate      | 14        | 28%        | 17        | 34%        |
|        |                      | Postgraduate  | 6         | 12%        | 3         | 6%         |
| 4      | Occupation           | Student       | 18        | 36%        | 15        | 30%        |
|        |                      | Employed      | 6         | 12%        | 9         | 18%        |
|        |                      | Unemployed    | 1         | 2%         | 0         | 0%         |
|        |                      | Self-employed | 0         | 0%         | 1         | 2%         |
| 5      | Monthly family       | Below 15,000  | 7         | 14%        | 5         | 10%        |
|        |                      | 15,000-25,000 | 6         | 12%        | 4         | 8%         |

|   |                 |                     |    |     |    |     |
|---|-----------------|---------------------|----|-----|----|-----|
| 6 | income          | 25,000-35,000       | 4  | 8%  | 5  | 10% |
|   |                 | Above 35,000        | 8  | 16% | 11 | 22% |
|   | Body-time ratio | Less than one hour  | 14 | 28% | 14 | 28% |
|   |                 | More than two hours | 3  | 6%  | 8  | 16% |
|   |                 | Half of the day     | 5  | 10% | 2  | 4%  |
|   |                 | Whole day           | 3  | 6%  | 1  | 2%  |

**Table 1:** Reveals that the frequency and percentage distribution of sample characteristics of participants i.e., for age variables the majority 16 (32%) are females between the age group 21-25, 14 (28%) are males between the age group 21-25, 7 (14%) are males between the age group 26-30, 5 (10%) are females between the age group 16-20, 4 (8%) are females between the age group 26-30, 3 (6%) are males between the age group 16-20, 1 (2%) is male between the age group below 15 and 0 (0%) are females in the age group below 15. For the gender status variable, 25 (50%) are males and 25 (50%) are females. For the religion variable, majority 16 (32%) are Hindu males, 10 (20%) are Hindu females, 8 (16%) are Christian females, 6 (12%) are Christian males, 5 (10%) are Muslim females, 2 (4%) Other females and 2 (4%) Other males and 1 (2%) Muslim male. For the educational status variable, the majority 17 (34%) are Graduate males, 14 (28%) Graduate females, 6 (12%) Post-graduate females, 5 (10%) are Secondary males, 5 (10%) are Secondary females, 3 (6%) are Post-graduate males, 0 (0%) are Primary females and 0 (0%) are Primary males. For the occupation variable, the majority 18 (36%) are Student females, 15 (30%) are Student males, 9 (18%) are Employed males, 6 (12%) Employed females, 1 (2%) Unemployed female, 1 (2%) Self-employed male, 0 (0%) Unemployed males and 0 (0%) self-employed females. For the monthly family income variable, the majority 11 (22%) who have above 35,000 are males, 8 (16%) who have above 35,000 are females, 7 (14%) who have below 15,000 are females, 6 (12%) who have between 15,000-25,000 are females, 5 (10%) who have 25,000-35,000 are males, 5 (10%) who have below 15,000 are males, 4 (8%) who have 25,000-35,000 are females, 4 (8%) who have 15,000-25,000 are males. For the body-time ratio variable, the majority 14 (28%) are males and 14 (28%) are females who spend less than one hour, 8 (16%) are males who spend more than two hours, 5 (10%) are females who spend half of the day, 3 (6%) are females who spend more than two hours, 3 (6%) are females who spend the whole day, 2 (4%) are males who spend half of the day and 1 (2%) is male who spends the whole day.



**Table 2 :** In majority, both males and females tie each other with 26% each, both falling in the Mild category, 16% females in the Moderate category, 10% males in the Moderate category, 10% males in the None category, 4% females in the None category, 4% males in the Extreme category and 4% females in the Extreme category. The mean of the data obtained from males is 3.22. The mean of the data collected from females is 3.94. The mean difference calculated is 0.72.



**Table 3:** In majority, 46% females occur in the Normal category, 30% males occur in the Normal category, 16% males occur in the High category, 4% females occur in the High category, 4% males occur in the Low category and 0% females occur in the Low category. The mean of the data collected from males is 27.06. The mean of the data collected from the females is 25.35. The mean difference between the data obtained from both genders is calculated to be 1.72. It shows that the males display a slightly better self-esteem than females.

## 5. DISCUSSION

Body dysmorphic disorder (BDD) is a relatively common problem that is widely seen across all age groups, especially in the modern age of technology. It is characterized by overall dissatisfaction with one's physical appearance and unrealistic expectations with one's own body. This problematic condition retards the development of proper self-

esteem, adversely affects the quality of life and often triggers suicidal tendencies. The perceived flaws may be minor or major in nature. Affected individuals often find themselves preoccupied with their physical appearances and spending long hours and employing drastic measures to alter them. The present study indicates that the mean difference between the data collected from the male and female samples is 0.72, which suggests that satisfaction regarding their bodies is slightly better in males compared to females. There was significant association found between BDD and variables such as gender and Body-time ratio. The mean difference between the data collected from males and females indicates a value of 1.72, suggesting that the males scored higher on the scale of self-esteem regarding body perception compared to females.

## 6. CONCLUSION

Based on the study finding, it was concluded that the present study indicates that the mean difference between the data collected from the male and female samples is 0.72, which suggests that satisfaction regarding their bodies is slightly better in males compared to females. There was significant association found between BDD and variables such as gender and Body-time ratio. The mean difference between the data collected from males and females indicates a value of 1.72, suggesting that the males scored higher on the scale of self-esteem regarding body perception compared to females.

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