

Assessment of Perceived Body Image and its Correlation with Dietary Habits among Adolescents Studying in Junior Colleges of Selected Areas

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Abstract: *Background of the study:* Understanding oneself involves seeing how ideas and behaviours play out in different situations, akin to an external perspective. Body acceptance, or body positivity, emphasizes valuing and appreciating one's physical appearance without fixating on beauty. It also tackles weight - related biases and judgments based on appearance. *Aim of the study:* Aim of the study is assessment of perceived body image and its correlation with dietary habits among adolescents studying in junior colleges of selected areas. *Methodology:* A quantitative approach was used for this study. The study is carried out in selected areas. The research design is Descriptive Correlational research and Non - Probability sampling technique was used. The 100 college going students were selected from junior colleges in selected area. The data collection was done in 1 day. The study proposal was sanctioned by the institutional ethics committee. *Result:* The analysis shows that 70% of adolescents had a positive perception of body image and dietary habits. 61% of them had a positive perception of body image and 39% of the adolescents had a negative perception of body image 93% of adolescents had Poor dietary habit. *Conclusion:* In the assessment of perceived body image and its correlation with dietary habits among adolescents on the 100 samples, the calculated p - value (1.000) greater than the value 0.05) shows there is no significant correlation between perceived body image and dietary habits among adolescents in junior college.

Keywords: Assessment, Perceived body image, Correlation, Adolescents

1. Introduction

Understanding one's ideas and opinions by seeing how they behave in various contexts is the process of perceiving oneself, which is similar to looking at oneself from the outside. ^[1] Body image is how we see our bodies, including how they look, feel, and move. It's not fixed and can change depending on how we feel, our experiences, and where we are. ^[2] It also involves addressing individual prejudices related to weight and challenging judgments formed about others purely based on their appearance. The phrase "body image" refers to an individual's feelings, thoughts, and actions regarding their physical appearance and abilities ^[3] conversely, adolescents dealing with dissatisfaction regarding their body shape and weight often encounter various psychological difficulties, such as eating disorders and severe depression. ^[2] On the contrary, it was found that overweight adolescents who accurately perceived their body weight exhibited healthier behaviors related to weight compared to those who did not. ^[4] Most of the research on teenagers' perceptions of their body size and weight, and how it influences their dietary preferences and physical activity, has predominantly come from high - income countries. ^[5]

2. Methodology

The research approach adopted for this study is quantitative research approach. The research design adopted for this study is a **Descriptive Correlational research design**, with

100 samples aged between (16 - 18 years old) and the study was conducted in colleges of selected areas through non - probability purposive sampling technique. Data was collected using body image self - assessment, a body appreciation scale, and a self - structured dietary habit checklist. Reliability of body image self - assessment was calculated by the test - retest method using the Karl Pearson formula and thus value obtained is $r=0.88$, reliability of body appreciation was calculated by the test - retest method using the Karl Pearson formula and thus value obtained is $r=0.98$, reliability of the Self - Structured dietary assessment tool was calculated by the test - retest method using the Karl Pearson formula and thus value obtained is $r=0.99$. The pilot study was conducted on (12/06/2023) to assess the feasibility of the study and to decide on the statistical analysis and practicability of the research.

3. Result

Analysis of data related to associations between perceived body image and its correlation with dietary habits among adolescents.

Table 1: Fishers exact test for the association of perception of body image and its correlation with dietary habits. (n=100)

Perception of body image	Dietary Habit		p - vale
	Average	Poor	
Negative	2	28	1.000
positive	5	65	

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The calculated p - value (1.000) is greater than the value (0.05) shows there is no evidence of an association between Perception of body image and its correlation with dietary habits.

Table 2: Fisher's exact test for the associations of Body appreciation and its correlation with dietary habits. (n=100)

Body appreciation	Dietary habit		p - vale
	average	Poor	
Negative	2	37	0.702
positive	5	56	

The calculated p - value (0.702) is greater than (0.05) shows there is no evidence of association between body appreciation and dietary habits.

4. Conclusion

This study employed a correlational descriptive research design with 100 samples from junior colleges using non - probability purposive sampling. Data collection involved body image self - assessment, body appreciation scale, and a self - structured dietary habit checklist. Statistical methods were used for analysis. The analysis shows that 70% of adolescents had a positive perception of body image and dietary habits. 61% of them had a positive perception of body image and 39% of the adolescents had a negative perception of body image 93% of adolescents had Poor dietary habits.

Similar study was conducted by Vasudev B on body image dissatisfaction in youth of India: And its effects on self - esteem. in this the study aim to understand hoe not feeling good about your body affects how much you like yourself and to see if this is different for guys and girls. They had 220 people take part, half male and half female. They used questionnaires about body shape and how people feel about themselves. They found that when someone doesn't feel good about their body, they tend to like themselves less. Also, they noticed that girls scored higher on feeling bad about their bodies compared to guys. But interestingly, guys tended to have higher scores on self - esteem compared to girls. [6]

Conflicts of interest

The authors confirm they have no financial or non - financial affiliations with any organisation or entity related to the subject matter discussed in this paper.

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Author Profile



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