

# A Study to Assess the Level of Body Dysmorphic Disorder among Adolescents in Selected Higher Secondary School Students at Guntur in Andhra Pradesh

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**Abstract:** ***Background:** It is a time of significant brain growth that affects capability. Adolescence experience rapid growth and physical changes and they have a renewed interest in their looks. Teenagers frequently feel self-conscious about one or more aspect of their appearance. Adolescents who are worried and upset about their bodies and other physical fault all the time may have body dysmorphic disorder. **Objective:** To assess the level of body dysmorphic disorder among adolescent. **Materials and Methods:** For the present study, a descriptive Research Design was adopted to assess the knowledge regarding Body Dysmorphic Disorder among adolescents. It is the blueprint that the researchers select to carry out in their research study. It is the research overall plan to answer the questions, testing or hypothesis. **Results:** Out of 30 adolescent students' majority 10 (33.3%) were in the, Age group of 15-16 years, 10 (33.3%) were in the age group of 16-17 years, 7 (23.31%) were in the group of 17 – 18 years, 3(9.99%) were in the age group of 18 – 19 years. **Conclusion:** The main study was conducted in Mangaldas Nagar, Guntur, and SIMS junior college. The sample sizes 30. The sample was selected by using convenient sample technique among those fulfill the criteria.*

**Keywords:** pre test group, knowledge, Body Dysmorphic disorder, higher secondary school students

## 1. Introduction

Body dysmorphic disorder (BDD) is a psychological condition in which the patient have an excessive pathological concern about their appearance in addition to excessive fear or ugliness regarding certain aspect that are considered ‘not right’ or even “not noticeable” by others. Body dysmorphic disorder (BDD) is a mental health problem. If you have BDD, you may be so upset about the appearance of your body that it gets in the way of your ability to live normally. Many of us have what we think are flaws in our appearance. But if you have BDD, your reaction to this “flaw” may become overwhelming. You may find that negative thoughts about your body are hard to control. You may even spend hours each day worrying about how you look. Your thinking can become so negative and persistent, you may think about suicide at times.

The cause of body dysmorphic disorder is thought to be a combination of environmental, psychological, and biological factors. Bullying or teasing may create or foster the feelings of inadequacy, shame, and fear of ridicule. You look into mirror find yourself fat, ugly, loose skin, wobbly belly, wrinkle but others tell you to have beautiful facial features, grace, elegance and modest demanor which make you look extremely attractive. But every time you look at mirror you despise yourself more and more. This is exactly what happens to people with body dysmorphic disorder.

### Need for the Study

**World Health Organization (WHO):** Body dysmorphic

disorder (BDD) is a mental health condition where a person spends much time worrying about flaws in their appearance. The international prevalence of BDD had been reported and it was about 1.9% to 2.2%.

**A United States:** population study investigated prevalence rate for body dysmorphic disorder among adults in 2.4% while outside the U.S, the point prevalence is 1.7% to 2.9% Gender based prevalence rate indicate that women are likely to be diagnosed with body dysmorphic disorder than man.

### Objectives

- 1) To assess the level of body dysmorphic disorder among adolescent.
- 2) To analyze the body dysmorphic disorder among adolescent.
- 3) To associate the body dimorphic disorder among adolescents with selected demographic variables.

### Hypothesis

H1: There will be significant difference in the level of psychological well being among adolescents.

H2: There will be significant association between levels of psychological well being of adolescents in selected higher secondary school.

## 2. Conceptual Frame Work

The conceptual frame work indicates how the research views the concepts involve in a study- specially their relationship among concept. Conceptual frame work presence logically of explanation of relationship among the

concept of the research.

The conceptual framework adopted for this study is based on general system theory of Leedzoig Von Bertalanffy. In the general system there are Varying degree of interaction with environment from which the system receives the input and givesback the output in the form of information, matter and energy.

### 3. Materials and Methods

**Research approach:** Quantitative research approach.

**Research design:** For the present study, a descriptive Research Design was adopted to assess the knowledge regarding Body Dysmorphic Disorder among adolescents.

**Setting of the study:** The setting selected for the present study was the sims my school; Study is planned to conduct in selected higher secondary school at Guntur, in Andhrapradesh.

**Sample and sampling technique:** 30 higher secondary school were selected using Convenient sampling technique will be used for data collection

**Method of data collection:** A structured knowledge questionnaire on higher secondary school students .The tool was organized under the following sections:

#### Part-A

It deals with demographic variables such as age of the adolescents, gender, religion, type of family, type of food habits, life style changes, anxious about body.

#### Part-B

It deals with the assessment of the level of body dysmorphic disorder among adolescents by using Y-BOCS ( The Yale-Brown Obsessive-Compulsive Scale) which consists of 12 items responses in Y-BOCS are scored from 0(None) to 4 (Extreme) and total score is calculated by summing the 12 individual item scores. The minimum score is 12 and maximum score is 48.

**Data collection procedure:** The data were collected in the following phases:

#### Phase-1:

Adolescent Students were explained about purpose, nature, duration of study andverbal content was obtained.

#### Phase-2:

The standard tool was given to the adolescent students in selected higher secondary school to assess the level of body dysmorphic disorder among adolescent students.

#### Data Collection Procedure:

Data Collection is gathering information to address the research problem. The word data means information i.e. systematically collected in the course of the study on 05-11-2023.

Data Collection is referred to gathering of information from

the sampling unit. The researcher plan typically specifies procedures for actual collection of data. The researcher must be sure that enough material is available to complete the study that the participants are informing that the schedules do not conflict.

#### Plan for Data Analysis:

Data analysis is the systematic organization and synthesis of research data, the testing of research hypothesis by using the obtained data.

It is planned to analyze and interpreted data with the help of descriptive and inferential statistics.

### 4. Results

The data obtained from the study subjects were analysed and interpreted in terms of the objectives and hypothesis of the study. Descriptive and inferential statistics were used for data analysis, the level of significance was set at 0.05.

- Religion 11(36.63%) were Hindu, 7(23.31%) were Muslim, 12 (39.96%) were Christian.
- Regarding the type of family 11(36.63%) were in nuclear family,
- 16(53.28%) were in joint family, 1(3.33%) were in extended family, 2(6.66%) were in broken family.
- Regarding type of food habits 9(29.97%) were vegetarian, 7(23.31%) were non- vegetarian, 14(46.29%) was mixed.
- Regarding lifestyle changes 8(26. 64%) were in dieting, 1(3.33%) was in substance abuse, 8(26.64%) were in any addiction, 13(43.29%) were in none of the above.
- 14 (46.62%) adolescent students were anxious about their body and 16 (53.28%) were not anxious about their body.

The association between body dysmorphic score and demographic variables showed that there is no significant association between bodydysmorphic and selected demographic variables like age of the adolescents, gender, religion, type of family, type of food habits, life style changes, anxious about body

#### Interpretation and Conclusion

The study revealed that there was body dysmorphic among higher secondary school students and a significant decrease .So the students may feel in which will promote their activities in their life.

#### Validity:

The content validity of questionnaire will be ensured by submitting the tool to the experts in selected higher secondary schools and nursing – modifications of items in terms of simplicity and made.

#### Reliability:

The reliability of the measuring instrument is a major criterion for assessing its quality and adequacy.

The reliability of the tool is composed by using alpha crohn technique.

$$r = \frac{k}{k-1} \left[ 1 - \frac{\sum \sigma_i^2}{\sum \sigma_j^2} \right]$$

r = the estimated reliability

k = total no. of items

$\sigma_i^2$  = variance of each individual item.

The reliability of the tool was estimated by using test-retest method. Karl Pearson's & spearman's formula was used to obtain the reliability quotient and the reliability quotient obtained was  $r''=0.84$ . Hence, the tool was found to be reliable. In order to establish the reliability of the tool, It is administered to body dysmorphic disorder among adolescents in selected higher secondary school at Guntur.

#### Pilot study:

Pilot study was conducted on 6 geriatric people on 05-10 - 2023 to 10-10 -2023.

#### Results

Frequency and distribution of level of depression scores among geriatric people, N=30

S. No.	Level of Body Dysmorphic Disorder	Frequency	Percentage (%)
1	Mild body Dysmorphic Disorder	8	26.66%
2	Moderate body Dysmorphic Disorder	12	40%
3	Severe body Dysmorphic Disorder	10	33.33%
4	Extreme body Dysmorphic Disorder	0	0%

Mean and Standard Deviation per level of body dysmorphic disorder among adolescent students

S. No.	Variables	Mean	Standard Deviation
1	Level of Body Dysmorphic Disorder	19.33	1.49

\* Significant  $p < 0.05$  level

#### Association between demographic variables with level of body dysmorphic disorder among adolescent students.

Demographic Variables	Mild		Moderate		Severe			
	F	%	F	%	F	%		
Age	15- 16 years	4	13.32%	3	9.99%	3	9.99%	$\chi^2= 8.655$ Df= 6
	16- 17 years	2	6.66%	5	16.65%	3	9.99%	
	17- 18 years	2	6.66%	4	13.32%	1	3.33%	
	18- 19 years	0	0%	0	0%	3	9.99%	

NS denotes Non-Significant, \* denotes significant

#### 5. Discussion

Hence H2 was accepted - hypothesis:

**H2:** There will be the significant association between levels of psychological well-being of adolescents in selected higher secondary schools.

The study was assessing the level body dysmorphic disorder of the adolescent students in Mangaldas Nagar, Guntur in Andhra Pradesh. It is an extensive review of literature professional experience and expert guidance lead the

investigator design the methodology. The main study was conducted in Mangaldas Nagar, Guntur, and SIMS junior college. The sample sizes 30. The sample was selected by using convenient sample technique among those fulfill the criteria. Data were gathering through questionnaires and tools. The state was analyzed by descriptive statistical method and interpretation is made on the basis of objectives of the study.

Above study was supported by

- To associate the psychological well-being of adolescent students.
- It is found that there are differences between psychological well-being of adolescent student's variables such as age of the adolescent students, gender, religion, type of family, type of food habit, life style changes, anxious about body of adolescent students.

#### 6. Conclusion

The study concluded that the higher secondary school students did not have adequate knowledge regarding body dysmorphic. after intervention given to higher secondary school students. Therefore, it is the responsibility of the nursing personnel to create awareness on the body dysmorphic among secondary school students.

#### 7. Recommendations

- A study can be done to assess the effect of body dysmorphic disorder among health care providers. A similar study on a large sample may help to draw more definite conclusions and generations.
- A similar descriptive study can be conducted to find the level of knowledge regarding body dysmorphic disorder of adolescents among students.

#### Ethical Clearance

Permission will be obtained from concerned authorities.

- Informed consent will be obtained from samples.
- Privacy and confidentiality of the data will be maintained.

Sources of funding: Self

Conflict of interest: Nil

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