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BODY IMAGE DISORDER (BID) AND PSYCHASTHNEIA (PT) FOR TAIF UNIVERSITY STUDENTS

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Abstract

The current research aims to identify the Body (BID) for Students at Taif University and correlation to (PT). In addition to measuring the difference between the scores mean of males and females in (BID) and (PT). Research sample Identify of (364) students; (182 Males-182 Females) Their ages range from 19 to 21 years. And to check hypotheses used: (MBSRQ) and (PT) questionnaire from (MMPI) with the descriptive analytical research. The results indicated that there are statistically significant differences between males and females in the (BID) For females. There are no significant differences between males and females in the (PT). There is no significant correlation between (BID) and (PT) for total Sample. Conclusions: There is an increase in female scores about males in (BID) and (PT). This confirms the value of the body image in females, and the consequent acceptance of others to them.

Keywords:

Body image disorder ; Psychasthneia ; Taif University Students

1.Introduction

Body image disorder (BID) is a disorder associated with adolescence. The disorder of the body image affects many psychological variables. But this effect varies by gender (male and female) (Alissa , 2015). These variables include self-esteem and depression (Newman et al., 2006). Other variables are needed for further research such as (PT) and others. And this is what the current research aims to explain differences between males and females in (BID) and (PT). And the correlation between (BID) and (PT) for males and females of Taif University students.

2. VISUAL INFORMATION PROCESSING IN BRIEF.

Body image dissatisfaction, defined as inconsistency between a person's ideal body and how they perceive their own body (Curtis & Loomans, 2014). The media at this time has been found to be a powerful force in the influence of body image. Media is such a strong contributing force due to the time the population (especially adolescent population) spends using various aspects of it, including internet, television, magazines, video games, and smart phones (Spurr at al, 2013). And it is a common issue due to this normative prevalence of negative body image. Negative body image has been shown to have a direct relationship with eating behavior and other variables (Jung-Hyun & Kyoung-Eun, 2014).

Evaluation/affect (body-image appraisals and satisfaction, as well as discrete emotional experiences vis-a-vis one's body) and investment (the salience, centrality, or extent of cognitive- behavioral emphasis on one's appearance, including appearance schematicity). Despite the fact that body image experiences vary temporally and in situational contexts, most researchers focus on body image as a cross situational and stable trait (Cash, 1994).

A positive or negative body image is formed by various factors: Friends of the same sex, family comments, social norms, and other bodies, and abuse experiences of sexual, physical, emotional, and media (Stanford & McCabe, 2002 ; Geller et al., 2003 ; Albertson, 2003 ; Shroff, 2004 ; Pelican et al., 2005 ; Pattan et al., 2006, 31, 32 ; Hildebrandt, 2007, 1, 11, 12).

There was a difference between males and females in the body image disorder in favor of females Body image concerns for males often revolve around being more muscular and lean (Bassett et al, 2017).

It is clear that there is a correlation between the body image , self-esteem and depression, This is consistent with the results of previous studies (Allgood et al., 1990; Furnham & Greaves, 1993; Breakey, 1997; Foster, 1998; Sarwer et al, 1998;

Marcotte et al., 2002; Shin & Paik, 2003; Olivardia et al., 2004; Davison & McCabe, 2005; Draghmahm, 2018).

"Keppel and Crowe" find a positive correlation between body image and self-esteem as well as the correlation of both body image and low self-esteem with emotional disorders (Keppel and Crowe, 2000).

The simple regression model of the relationship between body image, social concerns and self-esteem showed that the body image accounts for (18%) of the changes in social concerns,. while the percentage of the changes in self-esteem among university students in Palestine was (0.8%), indicating the strength of the relationship between recognition of the body image and social concerns, and the weakness of recognition between body image and self-esteem(Atiah, 2013).

IN the "Idan et al" study findings suggest that social anxiety disorder and obsessive–compulsive disorder may be associated with different facets of body image (Idan et al, 2014).

In the "Al khreng and Almoasb" study findings related between Body Image and Self – confidence among a Sample of Kuwait University Female Students (Al khreng, & Almoasb, 2011).

In the "Alissa" study findings related to body image may determine if further psychological need to establish an intervention may be applicable to increase positive body image views in a particular major. Results from this study contribute to understanding determinants affecting body image, creating a comprehensive understanding of body image (Alissa, 2015).

Psychasthenia is term for a mental disorder researched and termed by "Pierre Janet", who was a psychologist and philosopher. The term encapsulates multiple symptoms including fear, anxiety, obsessions, phobias, depersonalization, and physical symptoms such as tics, headaches, and fatigue. Anxiety is a major feature of (PT) (Johnson, 2019).

There are two levels of (PT) based on the scale extracted from (MMPI): level one: The suffering of a person from psychological disorder , discomfort Anxiety, tension, agitation, and annoyance in the face of the smallest problems characterized by rigidity in ethics and standards. Second Level: Someone who suffers from some obsession, anxiety, fear, is precise and has difficulty in making decisions (Maleka , 2000).

When looking at the relation of the (BID) with (PT), it is consistent with the second level of the classification of (PT) disorder, according to an American Psychiatric Association definition for body image: Body dysmorphic disorder (BID) falls under the category of obsessive–compulsive and related disorders and is characterized by an excessive preoccupation with a minor or imagined defect in

appearance that causes clinically significant distress or impairment (American Psychiatric Association, 2013).

The "El.gendey" study results indicated higher the (PT) score of the girls than the boys, and it was found that the owners of literary specialties are characterized by a relatively high level of (PT) and blood pressure from scientific specialties (El.gendey, 1997).

So (PT) disorder is a measure from (MMPI). Everyone has varying degrees but there are degrees disturbed by some which affects many other psychological variables in the person.

3. Method:

3.1. Hypotheses.

The research aims to test the following hypotheses using descriptive analytical research:

- There are statistically significant differences between the scores means of males and females in (BID).
- There are statistically significant differences between the scores means of males and females in (PT) .
- There is no correlation between (BID) and (PT)for Taif University students.

3.2. Participants

The research sample included (364) Taif University students; (182 Males - 182 Females) In the second semester, 2019.

. The age of the participants ranged from 19 to 21 years

3.3. Measures

Multidimensional Body-Self Relations Questionnaire (MBSRQ) is prepared by " Thomas F. Cash "   (Cash,1994) to measure the subjective aspects of body image. "Magdy el dosoky" translated it and set standards at University students (El dosoky, 2013). The questionnaire consists of 69 items distributed across seven sub- Scale:(General appearance ; Fitness ; General health; Body areas satisfaction; subjective weight; Weight preoccupation; Illness orientation). Several studies have been conducted to verify its validity of which "beyond body image as a Trait: The development and validation of the body image states scale" (Cash et al,2002).

Reliability

The reliability of the scale was calculated on the study sample and the results were as shown in Table 1. Where it indicates that the coefficient of Reliability (0.793) and significant at the (0.01)

(Table 1) Correlations

Pearson Correlation	(BID.Test)	Sig. (2-tailed N 60
(BID. Retest)	0.793	0.01

 Correlation is significant at the 0.01 level (2-tailed).

Psychasthneia questionnaire (PT)

Scale from Minnesota Multiphasic Personality Inventory (MMPI) consists of 48 item. A nervous group includes (Obsessive-compulsive disorder, anxiety, anxiety and impulse) (Maleka , 2000).

Reliability

The reliability of the scale was calculated on the study sample and the results were as shown in Table 2. Where it indicates that the coefficient of reliability (0.84) and significant at the (0.01)**.**

(Table 2) Correlations

Pearson Correlation	(PT.Test)	Sig. (2-tailed N 60
(PT. Retest)	0.840	0.01

Correlation is significant at the 0.01 level (2-tailed).

3.4. Statistical analysis

To verify the hypotheses, use a researcher SPSS program. The following are the statistical results. And to calculate differences between males and females on variables (BID) and (PT) was used (T. test). The results in Table 3.

(Table 3) Paired Samples Statistics (T. test)

	Mean	Std. Deviation	N	T	df	Sig. (2-tailed)
(BID)F.	228.3187	16.39356	182	7.056	181	0.01
(BID) M.	216.8901	17.37843	182			
(PT)F.	23.4890	4.57562	182	.686	181	.493
(PT)M.	23.1429	4.66815	182			

To calculate the correlation between the (BID) and (PT). Regression results for females scores as in a tables 4, 5, and 6. Regression for males scores as in a tables 7, 8, and 9.

Regression for females scores.

(Table 4) Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.060[a]	.004	-.002	16.40907

a. Predictors: (Constant), PTF

(Table 5) ANOVA[a]

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	177.163	1	177.163	.658	.418[b]
Residual	48466.354	180	269.258		
Total	48643.516	181			

a. Dependent Variable:(BID)F

   b. Predictors: (Constant),(PT)F

(Table 6) Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	sig
		B	Std. Error	Beta		
1	(Constant)	233.3971	6.378		36.593	.000
	PTF	-.216	.267	-.060	-.811	.418

a. Dependent Variable: (BID)F

Regression for males scores.

(Table 7) Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.035[a]	.001	-.004	17.41616

a. Predictors: (Constant), (PT)M

(Table 8) ANOVA[a]

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	65.722	1	65.722	. .217	.642[b]
Residual	54598.080	180	303.323		
Total	54663.802	181			

a. Dependent Variable: (BID)M

b. Predictors: (Constant),(PT)M

(Table 9) Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	sig
		B	Std. Error	Beta		
1	(Constant)	219.877	6.546		33.588	.000
	PTM	-.129	.267	-.035	-.465	.642

a. Dependent Variable: (BID)M

4. Results

4.1.Hypothesis results

The first hypothesis results

There are statistically significant differences between the scores means of males and females in (BID).

The results indicated significant differences between males and females in (BID) significance at level 0.01 For females this is evident in Table 3 . Scale mean for females 228.3187 and males 216.890 .This is illustrated by Fig. 1, the difference between male and female scores means in (BID). Although there were no significant differences between the two means however, female scores are higher than males, and scores means of males and females are higher than the general average of the scale.

(Fig. 1) Male and female scores means on (BID)
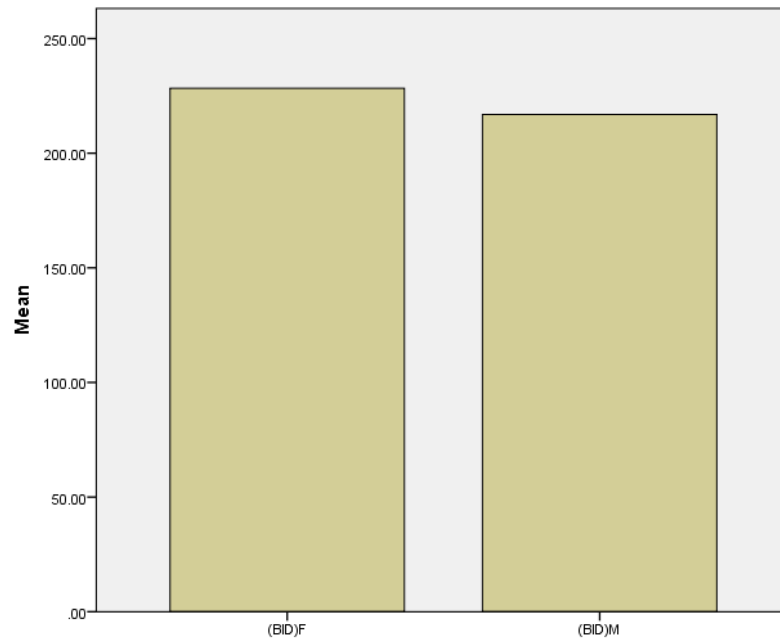
The second hypothesis results

There are statistically significant differences between the scores means of males and females in (PT) .

The results indicated no significant differences between males and females in (PT) This is evident in Table 3 . Scale mean for females 23.4890 and males 23.1429. This is illustrated by Fig. 2, the difference between male and female scores means in (PT). Although there were no significant differences between the two means however, female scores are higher than males, and scores means of males and females equivalent to the average score of the scale.

(Fig. 2) Male and female scores means on (PT)
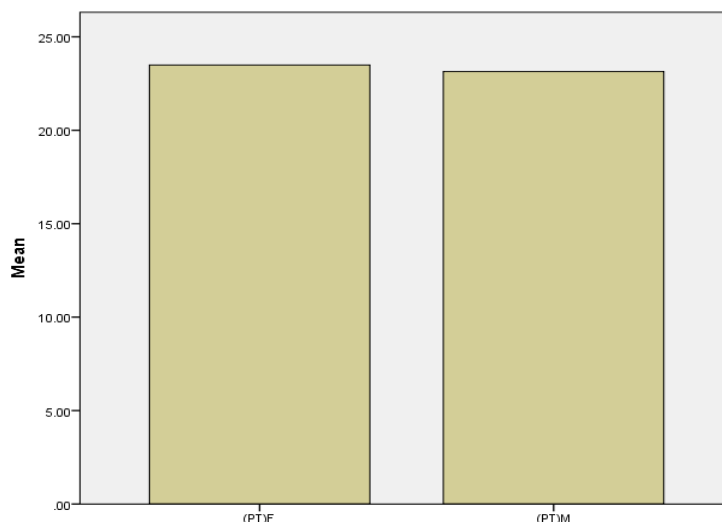
The third hypothesis results

There is no correlation between (BID) and (PT) for Taif University students.

To verify the hypothesis Regression was calculated Between the score of BID and the PT in females and in males. Results were reported in females, R.square =0,004, R = 0.06. It is not a sig. As in a table 4. F (Anova) = 0.658 , sig. = 0.448. As in a table 5, Coefficients = 233.3971- 216 . Where there is a negative correlation but not a sig. As in a table .6, And this is illustrated by Fig. 3.

(Fig. 3) correlation between (BID) and (PT) in females.
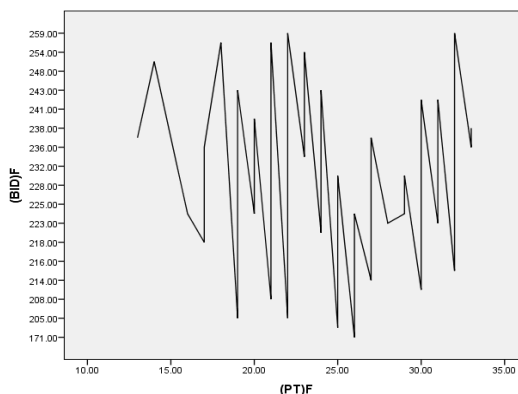
Results were reported in males, R.square =0,001, R = 0.035. It is not a sig. As in a table 7. F (Anova) = 0.217 , sig. = 0.642. As in a table 8, Coefficients = 219.877- 129. Where there is a negative correlation but not a sig. As in a table 9, And this is illustrated by Fig. 4.
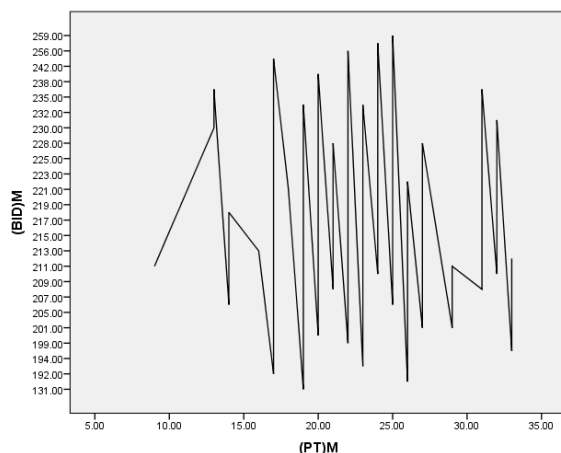
4.2.Discussion

The main goal of this study was to discover of the differences between males and females in both (BID) and (PT) as well as discover of correlation between score (BID) and (PT) in males and females.

The results showed that there are significant differences between males and females on (BID). This is significant in favor of females where the largest mean is in (BID). This is consistent with the study (Bassett et al, 2017). There was a difference between males and females in the (BID) in favor of females Body image concerns for males often revolve around being more muscular and lean . For differences between males and females on (PT) There are no significant differences between males and females and this is what the search results indicate. This is not consistent with the The El.gendey study results where indicated higher the (PT) score of the girls than the boys.(El.gendey, 1997) . What is consistent with this study is the female mean score higher than the male mean score on (PT).

This means that females have a higher level of males in (BID) & (PT). But (PT) in the second level like "Maleka" said: Someone who suffers from some obsession, anxiety, fear, is precise and has difficulty in making decisions. (Maleka , 2000). This is due to the nature of females and their perception of their body and the acquisition of many symptoms of obsessive-compulsive disorder.

The results indicated that there is no significant correlation between (BID) & (PT) in males and females. Although many studies have demonstrated correlation between body image , self-esteem and depression, This is consistent with the results of previous studies such as: (Allgood et al., 1990 ; Furnham & Greaves, 1993 ; Breakey, 1997 Foster, 1998 ; Sarwer et al., 1998 ; Marcotte et al., 2002 ;Shin & Paik, 2003 ; Olivardia et al., 2004 – Davison & McCabe, 2005; Draghmahm, 2018).

Through the search results, a correlation was found between (BID) & (PT) where the symptoms (PT) do not reach the first level of (PT) The suffering of a person from psychological disorder , discomfort anxiety, tension, agitation, and
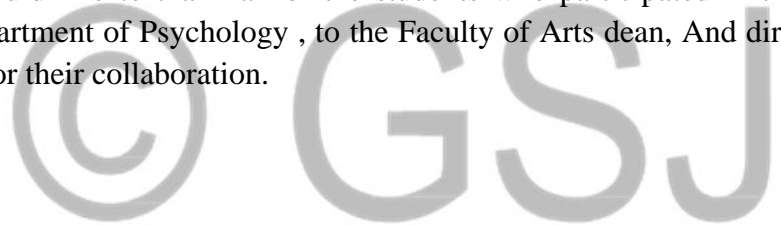
annoyance in the face of the smallest. . (Maleka , 2000). Here is the person who owns (BID) be more anxious and afraid than others.

4.3. Conclusions:

There is an increase in female scores from males in (BID) and (PT). This confirms the value of the body image in females, And the consequent acceptance of others to them. A correlation was found between (BID) and (PT) But insignificant This is not what the researcher expected. Where there was a resistance to talking about the body image of males in the Arab society. And the Arab society's view of the body differs between males and females .The results revealed too that there is a level of obsession, anxiety and fear especially in females more than males. Therefore, females need more psychological support to accept the body image so as not to turn into more of disorder. However, the researcher recommends further research on these variables on other samples. In addition to the work of guidance and therapeutic programs for support to accept the body image in males and females so as not affect to psychological stability.

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