

VILNIUS UNIVERSITY

Audronė Miškinytė

**THE RELATIONSHIP OF BODY IMAGE ATTITUDES TO PERSONALITY
TRAITS AND SUBJECTIVE QUALITY OF LIFE**

Summary of Doctoral Dissertation

Social Sciences, Psychology (06S)

Vilnius, 2011

Dissertation was prepared from 2006 to 2010 at Vilnius University.

Scientific supervisor:

Prof. dr. Albinas Bagdonas (Vilnius University, Social Sciences, Psychology – 06S)

The dissertation will be defended at Vilnius university Council of Psychology Research:

Chair:

Prof. dr. **Gintautas Valickas** (Vilnius University, Social Sciences, Psychology – 06S)

Members:

Assoc. prof. dr. **Mindaugas Rugevičius** (Klaipėda University, Social Sciences, Psychology – 06S)

Assoc. prof. dr. **Gražina Gintilienė** (Vilnius University, Social Sciences, Psychology – 06S)

Assoc. prof. dr. **Roma Jusienė** (Vilnius University, Social Sciences, Psychology – 06S)

Assoc. prof. dr. **Audronė Liniauskaitė** (Klaipėda University, Social Sciences, Psychology – 06S)

Oponentai:

Prof. dr. habil. **Vytautas Gudonis** (Šiauliai University, Social Sciences, Psychology – 06S)

Assoc. prof. dr. **Laimutė Bulotaitė** (Vilnius University, Social Sciences, Psychology – 06S)

The dissertation will be defended during an open meeting of the Council of Psychology Research at 12 a.m., April 29, 2011, in room nr. 201, at the Faculty of Philosophy.

Address: Universiteto st. 9/1, LT-01513, Vilnius, Lithuania

The summary of doctoral dissertation was sent on _____ .

The dissertation in full text is available at the Library of Vilnius University. Address: Universiteto st. 3, LT-01122, Vilnius, Lithuania

VILNIAUS UNIVERSITETAS

Audronė Miškinytė

**POŽIŪRIO Į SAVO KŪNĄ SAŠAJOS SU ASMENYBĖS SAVYBĖMIS IR
SUBJEKTYVIA GYVENIMO KOKYBE**

Daktaro disertacijos santrauka
Socialiniai mokslai, psichologija (06S)

Vilnius, 2011

Disertacija rengta 2006 – 2010 m. Vilniaus universitete.

Mokslinis vadovas:

Prof. dr. Albinas Bagdonas (Vilniaus universitetas, socialiniai mokslai, psichologija – 06S)

Disertacija ginama Vilniaus universiteto Psichologijos mokslo krypties taryboje:

Pirmininkas:

Prof. dr. **Gintautas Valickas** (Vilniaus universitetas, socialiniai mokslai, psichologija – 06S)

Nariai:

Doc. dr. **Mindaugas Rugevičius** (Klaipėdos universitetas, socialiniai mokslai, psichologija – 06S)

Doc. dr. Gražina Gintilienė (Vilniaus universitetas, socialiniai mokslai, psichologija – 06S)

Doc. dr. **Roma Jusienė** (Vilniaus universitetas, socialiniai mokslai, psichologija – 06S)

Doc. dr. **Audronė Liniauskaitė** (Klaipėdos universitetas, socialiniai mokslai, psichologija – 06S)

Oponentai:

Prof. habil. dr. **Vytautas Gudonis** (Šiaulių universitetas, socialiniai mokslai, psichologija – 06S)

Doc. dr. **Laimutė Bulotaitė** (Vilniaus universitetas, socialiniai mokslai, psichologija – 06S)

Disertacija bus ginama viešame posėdyje Psichologijos mokslo krypties tarybos posėdyje 2011 m. balandžio mėn. 29 d., 12 val. Filosofijos fakulteto 201 auditorijoje.

Adresas: Universiteto g. 9/1, LT-01513, Vilnius, Lietuva

Disertacijos santrauka išsiuntinėta _____ .

Disertaciją galima peržiūrėti Vilniaus univesiteto bibliotekoje. Adresas: Universiteto g. 3, LT-01122, Vilnius, Lietuva

INTRODUCTION

Relevance of the topic

Body shape, size and its dressing in most of the cultures are the forms of self-expression, which indicate one's status, social wellbeing and even reproductive resources. Therefore, no wonder body, especially of a woman, has become an object valued by others in contemporary culture (Polivy, Herman, 2007). This evaluation may result in negative and positive experiences, related to one's appearance, and determine one's subjective well-being (Donague, 2009).

The interest in body has increased lately. Physical Self characteristics have become more and more important in everyday life. Standards of beauty are changing as long as the demand to fulfill them. Beauty ideals are often introduced in the mass media, thus encouraging greater body dissatisfaction. This encourages people to reach more for these ideals. Some literature suggests that dissatisfaction with one's body that prevails in society, is normative (Rodin, Silberstein, Stiegel-More, 1985, in Webster, Tiggemann, 2003). But despite the expressed of body dissatisfaction, it can determine dysfunctional behavior, in order to achieve greater satisfaction with one's body, that is, dieting behavior, exercising and the like (e.g., Lantz, Rhea, Cornelius, 2002; Ruggiero et al., 2003; Bedford, Johnson, 2006; Frith, Gleeson, 2008).

Concerns about one's body and its attractiveness is often studied in women's samples (e.g., Stock et al., 2004; Bedford, Johnson, 2006; Frith, Gleeson, 2008; Pruis, Janowsky, 2010). For women in Western cultures the most important aspect of beauty has become a thin body, which encourages a desire in women to become thinner and sustain an unrealistically thin body. This concern in thinness is a result of changes in beauty ideals in the last decades (Thompson et al., 1999). In the middle of last century ectomorphic body was associated with nervousness, obedience, and social withdrawal. Around 80s, this association started changing and since then thin people are considered attractive. It is noted that women's thin body ideal that is introduced in the mass media, has changed and has become thinner. This determined the thinning of a physical Self and an increase in body dissatisfaction. A tendency has occurred that women more often than men tend to rate themselves as overweight. And this tendency is especially obvious in the adolescents and in young women (Prevos, 2005).

Although the number of body image studies is growing, but most of them are concentrating on the sociocultural aspects, on how the mass media influences body dissatisfaction, attitudes and evaluations of one's appearance from other people's perspective (Thompson *et al.*, 1999; Cash, 2004; Tiggemann, 2003). However, less attention is given to how a person evaluates one's own appearance and how this influences one's social functioning and subjective quality of life. During adolescence and later in youth the importance of appearance stays the same. Young people usually create their own families, and attractiveness to the opposite sex, that is, to the future partners, are still persist to be important to them (Davison, McCabe, 2006).

Scientific novelty

This study is new and relevant in a few aspects. First, this study investigates global, cognitive, and emotional components of attitudinal body image. This kind of study is the first in Lithuania. Earlier studies conducted in Lithuania usually concentrate on the impact of negative experiences, related to one's body, and they do not usually discuss the influence of positive experiences on body perception and other components of body image (Jankauskienė, Kardelis, 2002; Stock *et al.*, 2004; Miškinytė, Perminas, Leonavičius, 2006; Miškinytė, Perminas, Šinkariova, 2006).

Second, the relationship of attitudinal body image and the Big Five personality traits have not been studied that closely. Some studies investigated the relationship of separate attitudinal body image components and personality traits. Some theoretical implications were considered in the literature, that were based on empirical data. Some body image characteristics are related to some personality traits. Most of the studies are fragmentary and examine only some of the Big Five personality traits (Costa, McCrae, 1992) or estimating only emotional component of body image (e.g., Brookings, Wilson, 1994; Podar, Hannus, Allik, 1999; Bollen, Wojciechowski, 2004; Kvaalem *et al.*, 2006). This study is aimed to verify some results indicated by other authors and to find some new relations. This study covers much more components of attitudinal body image – from the evaluation of its separate components to the experience of subjective quality of life, related to the attitude towards one's body.

Third, most of the studies concentrate on the sample young people, and mostly on young women's body image and disordered eating behavior. This study

analyzes the aspects of attitudinal body image in women as well as in men, in order to determine the prevailing attitude towards one's body in Lithuanian young adults. It is also important to study gender differences in attitudes towards one's body. It is stated in the literature that among men the concern with one's body and attention to one's appearance has increased lately (McCabe, Ricciardelli, 2004; Hargreaves, Tiggemann, 2006). Thus, it is important to study whether these differences between men and women's attitudes towards one's bodies have decreased or some other tendencies are to be observed.

Fourth, it is also important to study body image quality of life in young people. The latter studies usually are focused on women and how attitude towards one's body influences women's lives (e.g., Cash, Fleming, 2002). An increasing concern with appearance in men may determine men's worse body image quality of life. Subjective quality of life is an important subject to study in order to understand how attitude towards one's appearance may influence body-related experiences in our culture.

Fifth, many studies have been conducted in order to determine some cultural differences. One of the studies has been conducted in Bulgaria, Denmark, Germany, Lithuania, Poland, Spain, and Turkey (Mykolajczyk et al., 2010). General tendencies are the following. An ideal weight in these European countries is alike. Young women tend to rate themselves as overweight, compared to normal body mass (compared to body mass index). Young men tend to rate themselves as underweight. Lithuania was one of the countries of study, because it is a country that has just entered European Union and some economical and social changes started to take place. It was assumed that new ideals and lifestyles incorporated from the Western European countries may influence own body perception and evaluation among students. In a study, conducted in Lithuania between the years 1998 and 2000, there were more Lithuanian students of a normal weight than in other countries. 12,3 % of young men and 22,8 % of young women rated themselves as "too fat". 23,9 % men and 9,3 % women thought that they were too thin. The average body mass index in the population of Lithuanian students was one of the lowest, as long as the other Eastern European countries – Poland and Bulgaria. Other studies conducted in Lithuania showed that women are more concerned with their appearance than men. Women tend to perceive themselves as more overweight than they actually are (Stock et al., 2004). The authors of the latter study compared Lithuanian and

German women, and determined that German perception of their bodies is worse. That is, German women tend to perceive themselves as more overweight than they actually are. But the authors of this study state that these differences might be caused by some aspects of the study, especially because it was conducted in different period of time in two different countries. In summary, this study is also novel for its comparison of Lithuanian and American young adults attitudes towards their bodies, in order to determine cultural similarities and differences.

Practical implications

The study conducted in this dissertation is more of a theoretical nature. It is not practice oriented, but it's practical value is the following:

- This study is one of the ways to draw the attention to the fact that not only Lithuanian women are concerned with their bodies and they place a lot of importance on their appearance, but men do, too. This can encourage people to pay more attention to dysfunctional behavior in men, that is associated with improving one's appearance and it's care.
- This study also gives us a more comprehensive view of attitudes towards one's appearance not only on the individual, but also on the interpersonal level (e.i., in the relationship to one's partner).
- This study examines the attitudinal body image and its relationship to personality traits. It extends the models, given in the literature, and gives a more detail understanding of how some personality traits are associated with attitudes towards one's body. All of this may be of a help in understanding negative attitudes towards one's body and body dissatisfaction in counseling and psychotherapy.
- The attitude towards one's body studied in Lithuanian young adults may encourage the creation of various preventive programmes, directed to changing body image in young adults, as well as adolescents.

Aim of the study

The aim of this study is to evaluate the Lithuanian young adult body image attitudes and its relationship to personality traits and subjective quality of life.

Study objectives:

- To evaluate Lithuanian young adult body image attitudes.
- To compare body image attitudes in Lithuanian and American samples.
- To evaluate the relationship of body image attitudes to personality traits and subjective quality of life.

Defended statements:

1. In contemporary society young adult body image attitudes are ambiguously related to sociodemographic variables:
 - 1.1. Body image attitudes differ in young men and women.
 - 1.2. As the age increases, body image attitudes become more positive.
 - 1.3. Greater occupation is related to more positive body image attitudes.
 - 1.4. Relationship with a partner is related to more positive body image attitudes.
2. Personality traits are ambiguously related to body image attitudes: higher scores of neuroticism and lower scores of extraversion, openness to experience, conscientiousness, and agreeableness are related to negative body image attitudes (i.e., greater body image dysphoria, more dysfunctional attitudes towards one's appearance, body dissatisfaction and poorer subjective quality of life)
3. Body image attitudes, body satisfaction and subjective quality of life are related:
 - 3.1. Negative relations exist between body image dysphoria, satisfaction with one's body and subjective quality of life.
 - 3.2. Negative relations exist between dysfunctional schemas, related to one's appearance, body satisfaction and subjective quality of life.
4. Body image attitudes in American young adults are more negative than those of Lithuanians.

METHOD

The study was conducted using the following scales in order to evaluate attitudinal body image components, personality traits and subjective quality of life.

Multidimensional Body-Self Relations Questionnaire – Appearance Scales (MBSRQ – AS; Brown, Cash, Mikulka, 1990) consist of 34 items that evaluate the physical component of self image. They evaluate global attitude towards one's body, a person's attitude towards own physical self (Cash, Pruzinsky, 2004). The questionnaire measures the evaluative, cognitive and behavioral components of attitudinal body image. The questionnaire consists of 5 subscales – Appearance Evaluation, Appearance Orientation, Overweight Preoccupation, Self-Classified weight, and Body Areas Satisfaction. The reliability of the questionnaire is satisfactory (Cronbach $\alpha = 0,77$), as well as the reliabilities of the separate subscales (Cronbach α 's vary from 0,75 to 0,85).

Appearance Schemas Inventory – Revised (ASI-R; Cash, Melnyk, Hrabosky, 2004) consists of 20 items measuring the investment in one's appearance, the beliefs about one's appearance and the importance of physical appearance. The inventory consists of two subscales – Self-Evaluative Salience and Motivational Salience. The reliability of this inventory is satisfactory (Cronbach $\alpha = 0,83$).

Short form of the Situational Inventory of Body Image Dysphoria (SIBID-S; Cash, 2002) measures the frequency of negative emotions concerning one's physical appearance in different social situations. The reliability of the scale is very good (Cronbach $\alpha = 0,94$).

Body Image Quality of Life Inventory (BIQLI; Cash, Fleming, 2002) measures how attitudes towards one's appearance influence the most important aspects of one's life – social functioning, sexuality, emotional well-being, eating, exercising etc. The reliability of the inventory is very good (Cronbach $\alpha = 0,94$).

The results show that attitudinal body image scales are suitable to study Lithuanian young adults. The results of the exploratory and confirmatory factor analyses

show that MBSRQ-AS consists of 5 subscales, ASI-R consists of 2 subscales, SIBID-S and BIQLI consist of 1 scale each (See Table 1).

Table 1. The results of exploratory and confirmatory factor analyses of attitudinal body image scales.

Scales	Exploratory factor analysis N = 225		Confirmatory factor analysis N = 194	
	Variance explained	Factor loadings	χ^2 ; df; p	χ^2 /df; RMSEA; CFI
MBSRQ-AS	50,9%	0,215 – 0,689	1166,999; 517; < 0,01	2,161; 0,078; 0,774
ASI-R	35,71%	0,049 – 0,563	355,064; 167; < 0,01	2,126; 0,076; 0,818
SIBID-S	45,84%	0,296 – 0,547	438,217; 170; < 0,01	2,578; 0,090; 0,879
BIQLI	48,08%	0,238 – 0,686	412,536; 142; < 0,01	2,905; 0,099; 0,899

Note. MBSRQ-AS – Multidimensional Body-Self Relations Questionnaire – Appearance Scales; ASI-R – Appearance Schemas Inventory – Revised; SIBID-S – The Short Form of Situational Inventory of Body Image Dysphoria; BIQLI – Body Image Quality of Life Inventory.

The intercorrelations of attitudinal body image scales showed the following results (See Table 2).

Table 2. Intercorrelations of attitudinal body image scales.

	MBSRQ-AS					ASI-R		SIBID-S	BIQLI
	1	2	3	4	5	1	2		
<i>MBSRQ-AS</i>									
1. Appearance Evaluation	-	-	-	-	-	-	-	-	-
2. Appearance Orientation	0,042	-	-	-	-	-	-	-	-
3. Overweight preoccupation	-0,345	0,412	-	-	-	-	-	-	-
4. Self-classified weight	-0,385	0,015	0,484	-	-	-	-	-	-
5. Body Areas Satisfaction	0,674	-0,095	-0,377	-0,272	-	-	-	-	-
<i>ASI-R</i>									
1. Self-Evaluative Saliency	-0,185	0,511	0,373	0,114	-0,271	-	-	-	-
2. Motivational Saliency	0,061	0,627	0,316	0,06	-0,077	0,622	-	-	-
<i>SIBID-S</i>	-0,576	0,303	0,551	0,323	-0,588	0,497	0,240	-	-
<i>BIQLI</i>	0,521	0,183	-0,172	-0,266	0,422	-0,002	0,189	-0,427	-

Note. **Bolded correlations are statistically significant ($p < 0,05$).** MBSRQ-AS – Multidimensional Body-Self Relations questionnaire. Appearance Scales; ASI-R – Appearance Schemas Inventory – Revised; SIBID-S – Short form of the Situational Inventory of Body Image Dysphoria; BIQLI – Body Image Quality of Life Inventory.

Positive correlations between MBSRQ-AS Appearance Orientation and ASI-R subscales confirm the fact that both scales measure the importance of appearance. Negative correlations between ASI-R Self-Evaluative Salience and MBSRQ-AS Body Areas Satisfaction subscales show that both scales are suitable for evaluation of dysfunctional preoccupation with one's appearance. Also positive correlations between BIQLI and MBSRQ-AS Appearance Evaluation and Body Areas Satisfaction Subscales show that appearance evaluation and satisfaction with one's appearance has a positive influence on subjective quality of life in different life domains.

NEO Five Factor Inventory (NEO-FFI; Costa, McCrae, 1992) was used to evaluate personality traits. The inventory consists of 60 items and measures 5 traits of personality – Neuroticism, Conscientiousness, Openness to Experience, Extraversion, and Agreeableness. The reliability of subscales differed from Cronbach $\alpha = 0,53$ to $0,80$.

Sociodemographic questionnaire consisted of such items as age, gender, marital status, and occupation.

Data analysis

Before testing the hypotheses, the validity of scales was examined using reliability analysis, exploratory and confirmatory factor analyses. Statistical analysis was carried out considering the variable level of measurement and distribution. The following methods were used: Kolmogorov-Smirnov Z test, Spearman and Pearson correlation coefficients, Student's T and Mann-Whitney U tests, One-sample t-test, Structural Equation Modeling. The level of statistical significance is $0,05$.

Respondents

419 students and resident-doctors studying at Vilnius University, Vilnius Pedagogical University, Vytautas Magnus University and Lithuanian University of Health Sciences took part in the survey. Most of the respondents were women (78,0%). The mean age was 21,99 (SD = 3,46). The difference between the mean ages of men and women is statistically insignificant (mean women age was 21,91 (SD = 3,34), mean men age was 22,24 (SD = 3,87); $p > 0,05$)

One third of the respondents indicated having a partner, being married or

living with a partner (34,8%). The rest of the respondents indicated being single or divorced (65,2%). The similar patterns occur in the samples of men and women.

Almost one third of the respondents (29,1%) reported their employment along with studying at the university. More men indicated employment along with studying than women (33,3% and 27,8% respectively).

RESULTS

Body image attitudes in men and women

The following statistically significant differences were observed, when comparing men and women's body image attitudes. Women tend to attribute more importance to their physical appearance and tend to invest more in it than men ($p = 0,0001$). They also think they look more fat, are more concerned with their weight ($p = 0,0001$), and are more dissatisfied with different body areas than men ($p = 0,04$).

Table 3. Means of the components of attitudinal body image..

Components of attitudinal body image	Men, N = 92	Women, N = 327	p
General satisfaction with one's body			
Appearance evaluation	3,48 ± 0,67	3,43 ± 0,74	0,7 ^M
Appearance orientation	3,17 ± 0,66	3,59 ± 0,52	0,0001 ^M
Overweight preoccupation	1,58 ± 0,72	2,30 ± 0,96	0,0001 ^M
Self-classified weight	2,83 ± 0,75	3,15 ± 0,60	0,0001 ^M
Body areas satisfaction	3,49 ± 0,71	3,34 ± 0,64	0,04 ^M
Dysfunctional beliefs			
Self-evaluative salience	2,89 ± 0,68	3,26 ± 0,54	0,0001 ^S
Motivational salience	3,17 ± 1,07	3,44 ± 0,56	0,0001 ^M
Situational body image dysphoria	1,01 ± 0,64	1,53 ± 0,75	0,0001 ^M
Subjective quality of life	0,82 ± 0,81	0,84 ± 0,95	0,9 ^S

Note. ^S Student t-test; ^M Mann-Whitney U test.

Table 3 shows that women tend to report more dysfunctional beliefs about their appearance. They tend to associate their self-worth with their physical appearance and tend to invest more in their appearance ($p = 0,0001$). They also report more body image dysphoria than men ($p = 0,0001$).

Table 4 shows that men are least satisfied with their muscle tone. Women are least satisfied with their lower torso (buttocks, hips, thighs, and legs).

Table 4. Means and statistical significance of differences between men and women's Body areas satisfaction.

Body areas	Men N = 92	Women N = 327	p
Face (facial features, complexion)	3,59 ± 0,90	3,52 ± 0,93	0,6
Heir (color, thickness, texture)	3,87 ± 0,95	3,54 ± 1,10	0,02
Lower torso (buttocks, hips, thighs, legs)	3,62± 1,02	2,95 ± 1,15	0,0001
Mid torso (waist, stomach)	3,24 ± 1,01	3,02 ± 1,23	0,1
Upper torso (chest or breasts, shoulders, arms)	3,29 ± 1,03	3,47 ± 1,08	0,09
Muscle tone	3,15 ± 0,95	3,14 ± 0,98	0,9
Weight	3,30 ± 1,05	3,08 ± 1,12	0,1
Height	3,72 ± 1,08	3,81 ± 1,06	0,5
Overall appearance	3,65 ± 0,86	3,53 ± 0,75	0,2

Note. Statistical significance, according Mann-Whitney U-test. (Lower score shows higher dissatisfaction with one's body area)

When compared, women tend to report more dissatisfaction with their lower torso and hair than men ($p < 0,05$). The tendency for men to be more dissatisfied with the upper torso (chest, shoulders, and hands) is observed ($p = 0,09$). This difference is not statistically significant, but we can observe a tendency.

Body image attitudes and age

It is stated in the literature that younger people are more sensitive to the societal norms of appearance. They tend to accept those norms and apply them to themselves and other people. Failing to meet the ideal body norm may encourage body dissatisfaction and compensatory behaviors – greater attention to one's physical appearance, tendency to exercise or diet more often in order to improve one's appearance. It was assumed that younger people experience more body image dysphoria, report more dysfunctional body image beliefs, are more dissatisfied with their bodies and

report poorer quality of life. In order to test this assumption, the correlation between body image attitudes and age were analyzed for men and women separately.

Men's body image attitudes are not related to age. Only one tendency is observed – a tendency to associate one's self-worth with one's appearance is associated with age ($p = 0,059$). In women's sample different results were obtained. Age is associated with dysfunctional beliefs about one's appearance ($p = 0,008$), especially determining one's self-worth depending on physical appearance ($p = 0,002$). According to the correlations, the following conclusion follows – women tend to report less dysfunctional attitudes, concerning their physical appearance, as their age increases.

Body image attitudes and marital status

In literature the marital status is not directly distinguished as having impact on evaluating one's appearance. Though some indirect relationships can be found. It is noted that people who have a wide social network, tend to evaluate their appearance more positively and tend to be more satisfied with it. So the assumption follows that single people tend to experience more negative emotions, concerning their physical appearance, report more dysfunctional beliefs about their appearance, are more dissatisfied with their bodies, and report poorer quality of life than those who have a partner.

Some statistically significant differences were found. Those who have a partner, tend to evaluate their physical appearance more positively and tend to be more satisfied with it than those who do not have a partner at the moment ($p = 0,02$). They also are more satisfied with their different body areas ($p = 0,04$) and tend to experience less body image dysphoria ($p = 0,02$). A tendency is observed that those having a partner tend to rate their weight more positively, they are less sensitive to their weight changes ($p = 0,06$) and they tend to report a better subjective quality of life ($p = 0,09$).

Body image attitudes and occupation

No considerations of specific social activities, such as studies and work, impact on attitudinal body image were discussed. It is assumed that those who are more socially active, should direct more of their attention towards other objectives than

physical appearance. Thus, they should be more satisfied with their appearance and experience less negative emotions concerning their appearance.

It was noted that those who study only, have more dysfunctional beliefs about appearance ($p = 0,03$) than those who study and work at the same time. They are more prone to associating their self-worth with physical appearance ($p = 0,02$) and they tend to invest more in their appearance ($p = 0,09$) than those who study and work.

Cultural differences

It is stated in the literature, that cultural differences of body image attitudes exist. It is often stated that Western cultures have a different, thinner body ideal that is not very prevalent in traditional cultures. This body ideal encourages body dissatisfaction because the ideal is very difficult to meet. It is assumed that American young adult men and women tend to experience more body image dysphoria, report more dysfunctional body image beliefs, are more dissatisfied with their bodies, and report poorer subjective quality of life than Lithuanian counterparts. For this comparison, the scale author norms for young adults were used.

Table 5 shows that many differences can be found in comparing the Lithuanian and American young adults. Young American men tend to attribute more importance to their physical appearance ($p = 0,0001$), they tend to be more preoccupied with their weight ($p = 0,0001$), report more dysfunctional body image beliefs ($p = 0,01$), which encourages their higher investment in their physical appearance ($p = 0,001$), and experience more body image dysphoria ($p = 0,007$).

Table 5. A comparison of means between men and women of the authors of the attitudinal body image scales and those of the author of this dissertation.

Attitudinal body image components	Men N = 92	Cash <i>et al.</i>	p	Women N = 327	Cash <i>et al.</i>	p
General satisfaction with one's body						
Appearance evaluation	3,48 ± 0,67	3,49 ± 0,83	0,8	3,43 ± 0,74	3,36 ± 0,87	0,8
Appearance orientation	3,17 ± 0,66	3,60 ± 0,68	0,0001	3,59 ± 0,52	3,91 ± 0,60	0,0001
Overweight preoccupation	1,58 ± 0,72	2,47 ± 0,92	0,0001	2,30 ± 0,96	3,03 ± 0,74	0,0001
Self-classified weight	2,83 ± 0,75	2,96 ± 0,62	0,09	3,15 ± 0,60	3,57 ± 0,73	0,0001
Body areas satisfaction	3,49 ± 0,71	3,50 ± 0,63	0,9	3,34 ± 0,64	3,23 ± 0,74	0,002
Dysfunctional body image beliefs						
Self-evaluative salience	2,89 ± 0,68	2,96 ± 0,75	0,3	3,26 ± 0,54	3,30 ± 0,73	0,4
Motivational salience	3,17 ± 1,07	3,57 ± 0,74	0,001	3,44 ± 0,56	3,71 ± 0,67	0,0001
Situational body image dysphoria						
Quality of life	0,82 ± 0,81	Men's sample still needs to be studied		0,84 ± 0,95	1,02 ± 1,17	0,001

Note. According Student *t*-test.

American young women tend to direct more of their attention toward their physical appearance ($p = 0,0001$), tend to rate their weight as higher ($p = 0,0001$), that causes them more concern ($p = 0,0001$), and they tend to be less satisfied with their body areas ($p = 0,002$). They also report more dysfunctional body image attitudes ($p = 0,0001$), they tend to invest more in their physical appearance ($p = 0,0001$), and they report a poorer body image quality of life ($p = 0,001$).

The correlation of attitudinal body image and personality traits

According to theoretical implications found in literature, it can be stated that personality traits are associated with attitude towards one's body. First, the correlations were analyzed between personality traits and the aspects of attitudinal body image. The correlations were very weak. They vary from a weak negative ($-0,232$, $p < 0,01$) to weak positive ($0,377$, $p < 0,01$). The weakest correlations were between Agreeableness and Openness to Experience relationship to attitudinal body image components. The strongest correlations were found between Neuroticism and attitudinal body image

components. According to the correlation analysis, high levels of Neuroticism is associated with poorer evaluations of own appearance (-0,274, $p < 0,01$), a greater concern with own appearance (0,082, $p < 0,05$), and its different aspects (0,185; 0,158; -0,284, $p < 0,01$). High scores of Neuroticism are associated with more dysfunctional body image attitudes (0,211, $p < 0,01$), greater body image dysphoria (0,377, $p < 0,01$), and poorer body image quality of life (-0,232, $p < 0,01$). However, these correlations are weak, so the relationship of body image attitudes and personality traits was analyzed using structural equation modeling.

The analysis of relationship between personality traits and attitudinal body image components using structural equation modeling

Personality traits influence the evaluation of own body and various aspects concerned with the body. In a model of direct relationships, it is assumed that personality traits directly influence attitudinal body image components (body satisfaction, body schemas, emotions concerned with attitudes towards one's body, and body image quality of life).

In order to improve the model, a two level theoretical model was constructed (See Fig. 1). In a second, more complex, model the variables were arranged in the following manner. It was assumed that personality traits influence the emotional and cognitive-behavioral attitudinal body image components (situational body image dysphoria, dysfunctional body image beliefs, and the behavior according to them). And those, in turn, influence general dissatisfaction with one's body and subjective quality of life. In an improved model, some of the paths were excluded from the further analyses. Only 3 personality traits (Neuroticism, Conscientiousness, and Extraversion) remained that might influence attitudinal body image components. The following parameters of a second model fit were obtained: $\chi^2 = 60,987$ ($df = 30$; $p < 0,01$), $\chi^2/df = 2,03$, CFI = 0,983, RMSEA = 0,050. The model, according to these parameters, is fit for the data.

In model path analysis, it is seen that Neuroticism has the biggest influence on situational body image dysphoria (0,48). Negative emotions, concerned with body appearance, influence body area satisfaction (0,49), satisfaction with one's weight (0,51), and preoccupation with it (0,49).

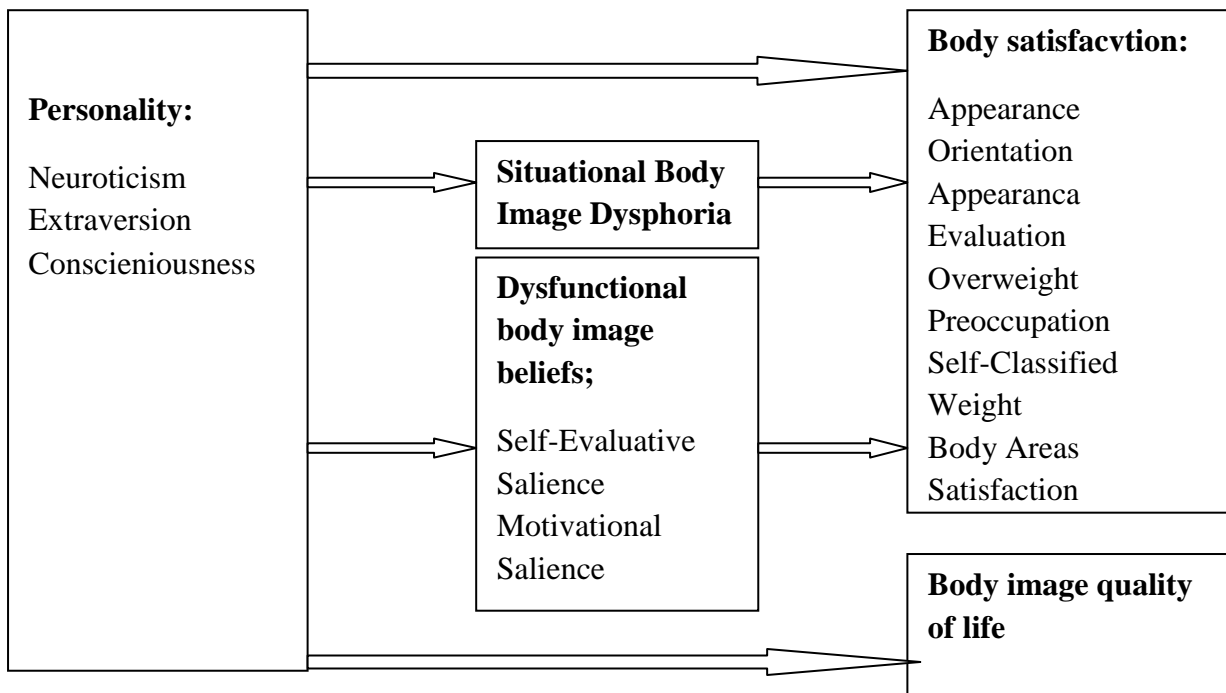


Fig. 1. A model of indirect links between personality traits and attitudinal body image components.

Body image dysphoria also influences appearance evaluation (-0,59) and subjective quality of life (-0,26), though this influence is the weakest. According to the results, it can be stated that body image dysphoria is a mediator between Neuroticism trait and body dissatisfaction, as long as body image quality of life.

A weak influence of Neuroticism to motivational salience is also observed. Though motivational salience influences appearance orientation, i.e., satisfaction with one's appearance and its importance in one's life. Neuroticism also is associated with self-evaluative salience, i.e., the tendency to associate one's self-worth with physical appearance. And self-evaluative salience is associated with appearance orientation, though this influence is weak. Interestingly, according to the model, Neuroticism has no direct influence on subjective quality of life. It is influenced through the mediating variables, such as situational body image dysphoria and motivational salience.

Analyzing the influence of Conscientiousness and Extraversion on attitudinal body image components the following patterns occurred. Higher Conscientiousness influences lower situational body image dysphoria (-0,13) and it is likely to influence other attitudinal body image components (body satisfaction and subjective quality of life) through it. The path analysis showed that there was a direct

influence established between Conscientiousness trait and subjective quality of life. But this direct influence (0,18) is clearly weaker than a mediated one (-0,26).

Analyzing the paths between Extraversion and the components of attitudinal body image, also the direct, although very weak, influences were observed. According to the model, Extraversion influences self-evaluative salience (0,19), which, in line, influences appearance orientation (0,13). Extraversion also influences motivational salience (0,16), though the influence is quite weak. A direct influence of Extraversion on subjective quality of life is the weakest (0,10), though it is positive.

In summary, the results of this study show that attitudinal body image is a complex construct. Not all components of attitudinal body image are directly related to some personality traits. Personality traits are likely to influence tendency to experience emotions, concerning body appearance, and this way influence the information processing concerning one's appearance and it's matching the body ideals. Emotional experiences and the processed information is associated with the global evaluation of one's appearance and subjectively experienced quality of life. This model should be extended and incorporate the studies of various demographic factors, influencing attitudes towards one's body.

Despite the exploratory and practical implications of this study, some drawbacks can be identified. Firstly, one of the main drawbacks of this study is sample selection. The study examines Lithuanian students, which might not reflect the situation among the Lithuanian young adult population or, furthermore, Lithuanian citizens. Consequently, the further research should concentrate on the respondents of various age groups. This would give more information about attitudes towards one's body in Lithuania not only in the population of young adults, but also in other age groups. Secondly, this study examines students of various study fields. The further research should concentrate on how different professional backgrounds, such as professions that are directly associated with bodily experiences (i.e., medicine, cosmetology, professional sports) and other professions where body is a second order object of evaluation, are related to body image attitudes. Thirdly, two culturally different countries were selected in order to examine the differences of body image attitudes. The possibility that US culture diversity is more common than in Lithuania should not be discounted. This might have influenced the differences that were examined in this study. But this study failed to

obtain smaller aspects of these cultural differences. Fourthly, the study only examines body image attitudes and it fails to incorporate the objective indicators, such as body mass or body mass index. The comparison of body image attitudes in different body mass groups could help in explaining the similarities and differences of body image attitudes in various samples.

CONCLUSIONS

1. The attitudinal body image in contemporary Lithuanian young adults is associated with the following demographic characteristics:
 - 1.1. Men are more satisfied with their bodies, have less dysfunctional beliefs about their physical appearance and experience less negative emotions concerning their appearance than women.
 - 1.2. As the young women's age increases, less dysfunctional attitudes concerning appearance occur. However, other attitudinal body image components are not age related. Attitudinal body image is not related in men's sample.
 - 1.3. Those people who are more occupied (i.e., study and work), have less dysfunctional body image attitudes than those who are less occupied (i.e., study only).
 - 1.4. Those people, who have a partner, are more satisfied with their bodies and experience less body image dysphoria than those who do not have a partner.
2. Personality traits are related to attitudinal body image:
 - 2.1. Neuroticism is positively correlated with body dissatisfaction, body image dysphoria in various social situations, dysfunctional beliefs about one's appearance (especially the tendency to associate one's worth with one's physical appearance) and negatively correlated with subjective quality of life.
 - 2.2. Agreeableness, Conscientiousness, and extraversion are positively correlated with subjective quality of life and negatively correlated with body dissatisfaction and body image dysphoria.
 - 2.3. Agreeableness is negatively correlated with dysfunctional attitudes towards one's body.

3. Attitudinal body image is associated with body satisfaction and subjective quality of life:
 - 3.1. Body image dysphoria is negatively correlated with body satisfaction – i.e., importance that one attributes to one's appearance, its evaluation, weight preoccupation and subjective quality of life.
 - 3.2. A tendency to associate self-worth with physical appearance correlates positively with a tendency to attribute more importance and invest more in one's appearance.
 - 3.3. A tendency to invest more in one's appearance is positively correlated with a tendency to place more importance on one's appearance, a tendency to engage more in grooming behavior, higher preoccupation with one's weight, despite the global satisfaction with one's appearance and correlates negatively with subjective quality of life.
4. American students' body image attitudes more poor than those of Lithuanian students – i.e., American young men and women are more dissatisfied with their bodies, tend to experience more body image dysphoria and report more dysfunctional body image beliefs. American young women report poorer subjective quality of life than their Lithuanian counterparts.

REFERENCES

- Donaghue N. Body satisfaction, sexual self-schemas and subjective well-being in women // *Body Image*. 2009, vol. 6, p. 37-42.
- Polivy J., Herman P. Is the body the self? Women and body image // *Collegium Antropologicum*. 2007, vol. 31 (1), p. 63-67.
- Webster J., Tiggemann M. The relationship between women's body satisfaction and self-image across life span: The role of cognitive control // *The Journal of genetic psychology* – 2003, 164 (2), p. 241-252.
- Lantz Ch. D., Rhea D. J., Cornelius A. E. Muscle dysmorphia in elite-level power lifters and body builders: A test of differences within a conceptual model // *Journal of Strength and conditioning Research* – 2002, 16 (4), p. 649-655.

- Ruggiero G. M., *et al.* Stress situation reveals an association between perfectionism and drive for thinness // *The International Journal of Eating Disorders*. – 2003, 34, p. 220-226.
- Bedford J. L., Johnson C. Sh. Societal influences on body image dissatisfaction in younger and older women // *Journal of Women and Aging*. 2006, vol. 18 (1), p. 41-55.
- Frith H., Gleeson K. Dressing the body: The role of clothing in sustaining body pride and managing body distress // *Qualitative Research in Psychology*. 2008, vol. 5 (4), p. 249-264.
- Pruis T. A., Janowsky J. S. Assessment of body image in younger and older women // *The Journal of General Psychology*. 2010, vol. 137 (3), p. 225-238.
- Stock Ch., *et al.* Misperceptions of body shape among university students from Germany and Lithuania // *Health Education*. – 2004, 104 (2), p. 113-121.
- Thompson J. K. *et al.* *Exacting beauty: Theory, assessment and treatment of body image disturbance*. Washington, DC, 1999.
- Prevos P. Differences in body image between men and women // *Psychology Monash University*. Prieiga per internetą: http://prevos.net/ola/body_image.pdf, p. 1-4.
- Tiggemann M. Media exposure, body dissatisfaction and disordered eating: television and magazines are not the same! // *European Eating Disorders Review*. – 2003, 11, 418-430.
- Davison T. E., McCabe M. P. Adolescent body image and psychosocial functioning // *Journal of Social Psychology* – 2006, 146, p. 15-30.
- Cash T. F. A “Negative body image”: Evaluating epidemiological evidence. In *Body image*, ed. Cash T. F., Pruzinsky T. New York, 2004, p. 269-276.
- Cash T. F. Cognitive-behavioral perspectives on body image. In *Body image*, ed. Cash T. F., Pruzinsky T. New York, 2004, p. 38-46.
- Jankauskienė R., Kardelis K. Vienuoliktos klasės moksleivių (merginų) požiūris į savo kūną bei svorio kontrolę // *Medicina* – 2002, 38 (4), p. 444-451.
- Miškinytė A., Perminas A., Šinkariova L. Valgymo elgesio sąsajos su nepasitenkinimu savo kūnu bei vaikystėje patirta fizine ir psichologine prievarta // *Medicina* – 2006, 11 (42), p. 944-948.

- Miškinytė A., Perminas A., Leonavičius R. Sutrikęs valgymo elgesys bei nepasitenkinimas savo kūnu įvairaus kūno svorio merginų grupėse // Lietuvos bendrosios praktikos gydytojas – 2006, 10 (12), p. 760-764.
- Costa P. T., McCrae R. R. NEO PI-R Professional manual, 1992.
- Brookings J. B., Wilson J. F. Personality and family-environment predictors of self-reported eating attitudes and behaviors // Journal of Personality Assessment – 1994, 63, p. 313-326.
- Bollen E. , Wojciechowski F. L. Anorexia nervosa subtypes and the big five personality factors // European Eating Disorders Review – 2004, 12 (2), p. 117-121.
- Kvalem I. L., *et al.* The interplay of personality and negative comments about appearance in predicting body image // Body image – 2006, 3 (3), p. 263-273.
- Podar I., Hannus A., Allik J. Personality and affectivity characteristics associated with eating disorders: A comparison of eating disordered, weight-preoccupied, and normal samples // Journal of Personality Assessment – 1999, 73 (1), p. 133-147.
- McCabe M. P., Ricciardelli L. A. Body image dissatisfaction among males across the life span: A review of past literature // Journal of Psychosomatic Research. 2004, vol. 56 (6), p. 675-685.
- Hargreaves D. A., Tiggemann M. ‚Body image is for girls‘: A qualitative study of boys‘ body image // Journal of Health Psychology. 2006, vol. 11 (4), p. 567-576.
- Cash T. F., Fleming E. C. The impact of body-image experiences: Development of the Body Image Quality of Life Inventory // International Journal of Eating Disorders – 2002, 31, p. 455-460.
- Mykolajczyk R. T., *et al.* Relationship between perceived body weight and body mass index based on self-reported height and weight among university students: A cross-sectional study in seven European countries // BMC Public Health. 2010, vol. 10, p. 40-51.
- Brown T. A., Cash T. F., Mikulka P. J. Attitudinal body image assessment: Factor analysis of the Body Self-Relations Questionnaire // Journal of Personality Assessment – 1990, 55, p. 135-144.
- Cash T. F., Pruzinsky T. Understanding body images: Historical and contemporary perspectives. In Body image, ed. Cash T. F, Pruzinsky T. New York, 2004, p. 3-12.

Cash T. F., Melnyk S. E., Hrabosky J. I. The assessment of body image investment: An extensive revision of the Appearance Schemas Inventory // International Journal of Eating Disorders – 2004, 35, p. 305-316.

Cash T. F. The Situational Inventory of Body-Image Dysphoria: Psychometric evidence and development of a short form // International Journal of Eating Disorders – 2002, 32, P. 362-366.

REZIUMĖ

Tyrimo problema. Kūno forma, dydis bei jo puošimas daugumoje kultūrų yra savęs išraiškos formos, nurodančios statusą, socialinę gerovę ir netgi reprodukcinę galimybes. Todėl nenuostabu, kad kūnas, ypač moterų, šiuolaikinėje kultūroje tapo kitų žmonių vertinimo objektu (Polivy, Herman, 2007). Šis vertinimas gali paskatinti tiek neigiamus, tiek teigiamus išgyvenimus, susijusius su išvaizda, ir sąlygoti subjektyvią gerovę (Donaghue, 2009).

Pastaruosiu metu pasaulyje ypač susidomėta kūno vaizdu. Kūniškojo „Aš“ charakteristika tampa vis svarbesnė kasdieniame gyvenime. Socialinėje aplinkoje kinta grožio idealai, tačiau tuo pat metu kinta ir reikalavimai jų siekti bei laikytis. Visuomenės informavimo priemonėse gausu informacijos apie grožio idealus, kas skatina didesnį nepasitenkinimą savo kūnu, o tai dar labiau skatina siekti tų idealų. Kai kuriuose literatūros šaltiniuose visuomenėje vyraujantis nepasitenkinimas savo kūnu laikomas normatyviniu (Rodin, Silberstein, Stiegel-Moore, 1985, cit. pagal Webster, Tiggemann, 2003). Tačiau kad ir koks nepasitenkinimas savo kūnu bebūtų, jis gali lemti netinkamą elgesį, siekiant didesnio pasitenkinimo savo kūnu, t. y. dietos laikymąsi, intensyvią sportavimą ir pan. (pvz., Lantz, Rhea, Cornelius, 2002; Ruggiero *et al.*, 2003; Bedford, Johnson, 2006; Frith, Gleeson, 2008).

Susirūpinimas savo kūnu ir jo patrauklumu dažnai tyrinėjamas moterų imtyse (pvz., Stock *et al.*, 2004; Bedford, Johnson, 2006; Frith, Gleeson, 2008; Pruis, Janowsky, 2010). Moterims vakarietiškose kultūrose svarbiausiu grožio rodikliu tapo lieknas kūnas, o tai paskatino daugelio moterų norą sublogti ir išlaikyti nerealiai liekną kūną. Šis susirūpinimas lieknumu yra grožio idealų pokyčių per pastaruosius kelis dešimtmečius rezultatas (Thompson *et al.*, 1999). Praėjusio amžiaus viduryje ektomorfiškas kūno sudėjimas buvo siejamas su nervingumu, paklusnumu ir socialiniu atsiribojimu. Apie 1980 metus ši sąsaja kito ir maždaug nuo tada liekni asmenys yra laikomi patraukliais. Pastebėta, kad moters liekno kūno idealas, pateikiamas visuomenės informavimo priemonėse, pasikeitė ir tapo gerokai lieknesnis. Tai sąlygojo idealaus kūniškojo Aš lieknėjimą ir didėjantį nepasitenkinimą kūnu. Pastebėta, kad moterys dažniau nei vyrai save vertina kaip turinčios atsvario. Ši tendencija ypač pastebima paauglystės ir jaunystės amžiaus tarpsniuose (Prevos, 2005).

Nors kūno vaizdo tyrimų ir daugėja, tačiau didžioji jų dauguma koncentruojasi ties tokiais sociokultūriniais veiksniais, kaip visuomenės informavimo priemonių įtaka nepasitenkinimui savo kūnu, kitų asmenų požiūris į asmens išvaizdą bei jo išvaizdos vertinimą (Thompson *et al.*, 1999; Cash, 2004; Tiggemann, 2004). Tačiau mažiau dėmesio skiriama tam, kaip asmuo pats vertina savo išvaizdą ir kokios įtakos tai turi jo socialiniam funkcionavimui bei subjektyviai gyvenimo kokybei. Tiek paauglystėje, tiek vėliau, jaunystės amžiaus tarpsnyje, išvaizdos svarba nekinta. Kadangi jaunystės amžiaus tarpsnyje dažnai sukuriama šeima, patrauklumas priešingos lyties atstovams, t. y. būsimiems partneriams, išlieka svarbus (Davison, McCabe, 2006).

Darbo aktualumas ir naujumas. Šis darbas yra naujas ir aktualus keliais aspektais. Pirma, jame vertinamas globalusis, kognityvinis bei emocinis požiūris į savo kūną komponentai. Tai yra pirmasis tokio pobūdžio tyrimas Lietuvoje. Iki šiol Lietuvoje atliktuose tyrimuose daugiausia dėmesio skiriama neigiamos patirties, susijusios su kūnu, įtakai ir beveik nekalbama apie teigiamos patirties įtaką savo kūno suvokimui ar kitiems kūno vaizdo komponentams (Jankauskienė, Kardelis, 2002; Stock *et al.*, 2004; Miškinytė, Perminas, Leonavičius, 2006; Miškinytė, Perminas, Šinkariova, 2006).

Antra, požiūris į savo kūną ir Didžiojo Penketo asmenybės savybių sąsajos iki šiol nėra taip išsamiai nagrinėtos. Tyrinėtos tik požiūris į savo kūną atskirų komponentų ir asmenybės savybių sąsajos. Literatūroje rasta keletas teorinių pasvarstymų, pagrįstų empiriniais duomenimis, kuriuose kūno vaizdo charakteristikos siejamos su tam tikromis asmenybės savybėmis. Daugelis tyrimų yra fragmentiški, nagrinėjantys tik kai kurias asmenybės savybes, išskiriamas Penkių faktorių modelyje (Costa, McCrae, 1992), arba vertinantys dažniausiai tik emocinį kūno vaizdo komponentą (pvz., Brookings, Wilson, 1994; Podar, Hannus, Allik, 1999; Bollen, Wojciechowski, 2004; Kvalem *et al.*, 2006). Šiuo tyrimu yra galimybė patikrinti kitų autorių gautus rezultatus bei galbūt atrasti naujų ryšių. Taip pat aprėpiama gerokai daugiau požiūris į savo kūną komponentų – nuo atskirų jo dalių vertinimo iki subjektyvios gerovės išgyvenimo, susijusio su požiūriu į savo kūną.

Trečia, didžioji dauguma tyrimų atlikta jaunų suaugusių imtyje, tačiau dažniausiai tyrinėjamas tik moterų kūno vaizdas bei sutrikęs valgymo elgesys. Šiame darbe tiriami tiek moterų, tiek vyrų požiūris į savo kūną aspektai, siekiant įvertinti, koks požiūris į savo kūną yra būdingas Lietuvos jaunuoliams. Svarbu tyrinėti ir požiūris į

savo kūną lyčių skirtumus. Literatūroje teigiama, kad vyrų susirūpinimas ir skiriamas dėmesys išvaizdai pastaruoju metu padidėjo (McCabe, Ricciardelli, 2004; Hargreaves, Tiggemann, 2006), todėl svarbu tyrinėti, ar skirtumai tarp jaunų vyrų ir moterų požiūrio į savo kūną sumažėjo, ar pastebimos kitokios tendencijos.

Ketvirta, taip pat svarbu tyrinėti su kūno vaizdu susijusią gyvenimo kokybę jauno suaugusiojo amžiuje. Iki šiol atliktuose tyrimuose dažniausiai tyrinėjama moterų imtis, kiek požiūris į savo kūną turi įtakos moterų gyvenime (pvz., Cash, Fleming, 2002). Didėjantis vyrų susirūpinimas savo išvaizda gali lemti prastesnę vyrų subjektyvią gyvenimo kokybę, susijusią su išvaizda. Subjektyvią gyvenimo kokybę svarbu tyrinėti, norint suprasti, kaip požiūris į savo kūną veikia su kūnu susijusią patirtį mūsų kultūroje.

Penkta, nemažai atlikta tarpkultūrinių kūno vaizdo vertinimo tyrimų. Vienas tokių atliktas Bulgarijoje, Danijoje, Vokietijoje, Lietuvoje, Lenkijoje, Ispanijoje bei Turkijoje (Mykolajczyk *et al.*, 2010). Bendros tendencijos rodo, kad idealus svoris skirtingose Europos šalyse yra panašus. Jaunuolės yra linkusios save laikyti per stambiomis nei normali kūno masė (palyginus su kūno masės indeksu), o vaikinai save laiko per lieknais. Šiame tyrime Lietuva tyrėjus domino kaip valstybė, kuri neseniai buvo įstojusi į Europos Sąjungą ir joje prasidėjo ekonominiai bei visuomeniniai pokyčiai. Buvo kelta prielaida, kad naujų idealų ir gyvenimo būdo perėmimas iš Vakarų Europos gyventojų gali turėti įtakos savo kūno suvokimui ir vertinimui tarp studentų. Tyrimo, Lietuvoje atlikto 1998–2000 metais, duomenimis, tarp studentų buvo daugiausiai normalaus kūno svorio vaikinių ir merginų. Vaikinių save laikė per storais 12,3%, moterų – 22,8%. Per lieknais save laikė 23,9% vaikinių ir 9,3% merginų. Lietuvos studentų populiacijos vidutinis kūno masės indeksas buvo vienas mažesnių, kaip ir kitų Rytų Europos šalių – Lenkijos ir Bulgarijos. Kitų Lietuvoje atliktų tyrimų duomenimis, merginos yra labiau susirūpinusios savo kūno išvaizda nei vaikinai. Jos dažniau save laiko storesnėmis nei yra iš tikrųjų (Stock *et al.*, 2004). Pastarojo tyrimo autoriai palygino lietuves su vokiečiais ir nustatė, kad vokiečių kūno suvokimas yra prastesnis. Tai reiškia, kad vokiečių merginos save laiko storesnėmis, nei yra iš tikrųjų. Tačiau tyrimo autoriai mano, kad tokiems skirtumams įtakos galėjo turėti tai, jog tyrimas abiejose valstybėse buvo atliekamas skirtingu metu. Apibendrinant, šis darbas taip pat naujas tuo, kad jame lyginamas Lietuvos ir JAV jaunuolių požiūris į savo kūną, siekiant aptikti kultūrinius skirtumus ar panašumus.

Praktinė reikšmė. Disertacijoje atliekamas tyrimas daugiau teorinio pobūdžio. Jis nėra orientuotas į praktinį pritaikymą, tačiau jo praktinė vertė yra akivaizdi:

- Šiuo darbu stengiamasi atkreipti dėmesį į tai, kad ne tik Lietuvos moterys yra susirūpinusios savo kūnu ir jam priskiria nemažai svarbos, tačiau ir vyrai. Tai gali paskatinti labiau atkreipti dėmesį ir į vyrų netinkamą elgesį, susijusį su išvaizdos gerinimu bei priežiūra.
- Taip pat šis darbas leidžia požiūrį į savo kūną suprasti kiek plačiau, ne tik individualiu, tačiau ir tarpasmeniniu kontekstu (t. y. santykiyje su partneriu).
- Šiame darbe tyrinėjamas požiūris į savo kūną ir jo sąsajos su asmenybės savybėmis papildo literatūroje vyraujančius modelius ir leidžia tiksliau suprasti, kaip tam tikros asmenybės savybės lemia požiūrį į savo kūną. Visa tai gali pagelbėti geriau suprasti neigiamą požiūrį į savo kūną ir nepasitenkinimą savo kūnu psichologinėse konsultacijose ir psichoterapijoje.
- Tiriamas Lietuvos jaunuolių požiūris į savo kūną gali būti atspirties taškas kuriant įvairias prevencines programas, siekiančias kūno vaizdo pokyčių, tiek jauno suaugusio amžiaus asmenims, tiek paaugliams.

Tyrimo tikslas. Šio darbo tikslas – įvertinti Lietuvos jaunuolių požiūrį į savo kūną bei jo sąsajas su asmenybės savybėmis ir subjektyvia gyvenimo kokybe.

Tikslui pasiekti buvo iškelti tokie **uždaviniai**:

- Įvertinti Lietuvos jaunuolių požiūrį į savo kūną.
- Palyginti Lietuvos ir JAV jaunuolių požiūrį į savo kūną.
- Įvertinti bei palyginti jaunų vyrų ir moterų požiūrį į savo kūną.
- Įvertinti požiūrio į savo kūną sąsajas su asmenybės savybėmis ir subjektyvia gyvenimo kokybe.

Ginamieji teiginiai:

5. Šiuolaikinių jaunuolių požiūris į savo kūną yra nevienareikšmiškai susijęs su demografinėmis charakteristikomis:
 - 1.1. Jaunų vyrų ir moterų požiūris į savo kūną skiriasi.
 - 1.2. Didėjant amžiui, požiūris į savo kūną yra teigiamesnis.
 - 1.3. Didesnis užimtumas yra susijęs su teigiamesniu požiūriu į savo kūną.
 - 1.4. Partnerio turėjimas yra susijęs su teigiamesniu požiūriu į savo kūną.
6. Asmenybės savybės nevienareikšmiškai siejasi su požiūriu į savo kūną: didesnis neurotiškumo ir mažesnis ekstraversijos, atvirumo patyrimui, sąmoningumo ir sutariamumo bruožų išreikštumas yra susijęs su neigiamu požiūriu į savo kūną (t. y. dažnesniu neigiamų emocijų dėl savo išvaizdos išgyvenimu, didesniu neigiamų įsitikinimų, susijusių su fizine išvaizda, kiekiu, nepasitenkinimu savo kūnu ir prastesne subjektyvia gyvenimo kokybe).
7. Požiūris į savo kūną, pasitenkinimas savo kūnu ir subjektyvi gyvenimo kokybė yra susiję:
 - 3.1. Egzistuoja neigiamas ryšys tarp neigiamų emocijų dėl savo išvaizdos išgyvenimo, pasitenkinimo savo kūnu ir subjektyvios gyvenimo kokybės.
 - 3.2. Egzistuoja neigiamas ryšys tarp neigiamų įsitikinimų, susijusių su išvaizda, pasitenkinimo savo kūnu ir subjektyvios gyvenimo kokybės.
8. JAV jaunuolių požiūris į savo kūną yra neigiamesnis nei Lietuvos jaunuolių.

Metodika

Tyrimo dalyvavo 419 studentų (18-39 metų amžiaus). Tyrimui atlikti taikytos šios metodikos: *Daugiamatis kūniškojo Aš klausimynas. Išvaizdos skalės, Išvaizdos schemų klausimynas – taisytas variantas, Kūno vaizdo situacinės disforijos klausimynas – trumpasis variantas, Su kūno vaizdu susijusios gyvenimo kokybės klausimynas, NEO penkių faktorių inventorių (NEO-FFI) ir sociodemografinis klausimynas.*

Rezultatai ir išvados

1. Šiuolaikinių jaunuolių požiūris į savo kūną yra susijęs su demografinėmis charakteristikomis:
 - 1.1. Vyrų yra labiau patenkinti savo kūnu, turi mažiau disfunkcinių įsitikinimų, susijusių su fizine išvaizda ir patiria mažiau neigiamų emocijų dėl savo kūno išvaizdos nei moterys.
 - 1.2. Didėjant jaunų moterų amžiui, mažėja neigiamų įsitikinimų, susijusių su išvaizda, tačiau kiti požiūrio į savo kūną komponentai su amžiumi nesusiję. Vyrų požiūris į savo kūną su amžiumi nesusijęs.
 - 1.3. Labiau užimti asmenys turi mažiau disfunkcinių įsitikinimų, susijusių su išvaizda, nei asmenys, turintys mažesnę užimtumą (tik mokosi).
 - 1.4. Partnerį turintys asmenys yra labiau patenkinti savo kūnu ir patiria mažiau neigiamų emocijų dėl savo kūno išvaizdos nei asmenys, neturintys partnerio.
2. Asmenybės savybės yra susijusios su požiūriu į savo kūną:
 - 2.1. Neurotiškumo bruožas teigiamai koreliuoja su nepasitenkinimu savo kūnu, neigiamų emocijų dėl savo kūno išvaizdos įvairiose socialinėse situacijose išgyvenimu, neigiamų įsitikinimų, susijusių su savo fizine išvaizda, kiekiu (ypatingai su tendencija savęs vertinimą sieti su fizine išvaizda) bei neigiamai koreliuoja su subjektyvia gyvenimo kokybe.
 - 2.2. Sutariamumo, sąmoningumo bei ekstraversijos bruožai teigiamai koreliuoja su subjektyvia gyvenimo kokybe, neigiamai koreliuoja su nepasitenkinimu savo kūnu bei su neigiamų emocijų dėl savo kūno išvaizdos išgyvenimu.
 - 2.3. Sutariamumo bruožas neigiamai koreliuoja su neigiamų įsitikinimų, susijusių su savo fizine išvaizda, kiekiu.
3. Požiūris į savo kūną yra susijęs su pasitenkinimu savo kūnu ir subjektyvia gyvenimo kokybe:
 - 3.1. Neigiamų emocijų dėl savo fizinės išvaizdos išgyvenimas neigiamai koreliuoja su pasitenkinimu savo kūnu – t.y., svarba, priskiriama savo išvaizdai, jos vertinimu, susirūpinimu savo svoriu bei subjektyvia gyvenimo kokybe.
 - 3.2. Polinkis savęs vertinimą sieti su fizine išvaizda teigiamai koreliuoja su polinkiu teikti daugiau svarbos ir skirti daugiau dėmesio savo išvaizdai.

3.3. Polinkis save labiau prisižiūrėti teigiamai koreliuoja su polinkiu teikti daugiau svarbos ir skirti daugiau dėmesio savo išvaizdai, susirūpinimu savo kūno svoriu, nepaisant bendro pasitenkinimo savo kūno išvaizda bei neigiamia koreliuoja su subjektyvia gyvenimo kokybe.

4. JAV jaunuolių požiūris į savo kūną yra prastesnis nei Lietuvos jaunuolių – t.y., tiek JAV jauno suaugusiojo amžiaus vyrai, tiek moterys yra labiau nepatenkinti savo kūnu, patiria daugiau neigiamų emocijų dėl savo kūno išvaizdos bei turi daugiau disfunkcinių įsitikinimų. JAV jaunuolės išreiškia prastesnę subjektyvią gyvenimo kokybę nei Lietuvos jaunuolės.

ABOUT DOCTORAL STUDENT

Audronė Miškinytė studied psychology from the year 2000. She received her Bachelor's degree in Psychology in 2004 and her Master's degree in Health Psychology in 2006. From 2006 to 2010 she was a PhD student at Vilnius University, Department of General Psychology.

She has worked as an assistant psychologist at Kaunas district Ežerėlis Secondary School from 2004 to 2006, and at Kaunas J. Jablonskis Gymnasium from 2004 to 2007. She has also worked as a volunteer-consultant, supervisor and coordinating supervisor at Association Kaunas "Youth Line" from 2003 to 2008. She was also one of the co-authors of a new volunteer training programme. Since 2007 she is working as a psychologist at the Hospital of Lithuanian University of Health Sciences, Department of Psychiatry. Since 2010 she is working at the Special Psychology Laboratory as a junior researcher.

During her PhD studies Audronė Miškinytė has submitted a few scientific publications in the field of her studies, continued on working in her area of interest since her Master's studies, introduced the results of her earlier studies at scientific conferences in Lithuania and abroad. She was also a member of the organizing committee of the Conference of Junior Researchers in Psychology.

Research interests: Social, Clinical, and Health Psychology.

TRUMPA INFORMACIJA APIE DOKTORANTĘ

Audronė Miškinytė psichologiją studijavo nuo 2000 metų. 2004 metais Vytauto Didžiojo universitete jam suteiktas psichologijos bakalauro laipsnis, 2006 metais – sveikatos psichologijos magistro laipsnis. 2006 – 2010 metais studijavo doktorantūroje, Vilniaus universiteto Bendrosios psichologijos katedroje.

2004 – 2006 metais dirbo psichologe asistente Kauno rajono Ežerėlio vidurinėje mokykloje, 2004-2007 metais – Kauno J. Jablonskio gimnazijoje. 2003 – 2008 metais dirbo savanore-konsultante, supervizore bei supervizorių koordinatore Asociacijoje Kauno „Jaunimo linija“, yra naujos savanorių paruošimo programos bendraautorė. Nuo 2007 metų dirba psichologe Lietuvos sveikatos mokslų universiteto ligoninėje, Kauno klinikose, Psichiatrijos klinikoje. Nuo 2010 metų dirba Specialiosios psichologijos laboratorijoje jaunesniąja mokslo darbuotoja.

Doktorantūros studijų metu Audronė Miškinytė parengė keletą mokslinių publikacijų disertacijos tema, tęsė magistrantūros studijų metu pradėtus darbus, pristatė ankstesnių tyrimų rezultatus tarptautinėse bei Lietuvos mokslinėse konferencijose. Buvo Jaunųjų mokslininkų psichologų konferencijos organizacinio komiteto nare.

Mokslinių interesų sritys: socialinė, klinikinė ir sveikatos psichologija.

AUTORĖS PUBLIKACIJOS DISERTACIJOS TEMA

Miškinytė A., Bagdonas A. The relationship between body image attitudes and personality: Pilot study results // Sveikatos mokslai. – 2010, 3, (20), p. 3212-3216.

Miškinytė A., Bagdonas A. Jaunų suaugusių požiūrio į savo kūną sąsajos su demografiniais rodikliais // Psichologija. – 2010, 42, p. 85-101.

KITOS PUBLIKACIJOS IR PRANEŠIMAI MOKSLINĖSE KONFERENCIJOSE

Miškinytė A. Moteriškumo bruožų sąsajos su nepasitenkinimu savo kūnu. Pranešimas V Jaunųjų mokslininkų psichologų konferencijoje „Tarp krypčių ir disciplinų“. Vilnius, gegužės 10 d., 2008.

Miškinytė A. Neurochirurginių pacientų psichologinė adaptacija pooperaciniu laikotarpiu. Pranešimas KMU Neurochirurgijos klinikos organizuotoje respublikinėje mokslinėje – praktinėje konferencijoje. Kaunas, kovo 15 d., 2008.

Miškinytė A. The relationship of disordered eating behaviour to femininity awareness // International Journal of Psychology. – 2008, 43 (3/4). Abstracts of the XXIX International Congress of Psychology, Berlin, July 20-25, 2008.

Miškinytė A. The relationship of dissatisfaction with one's body to personality traits. Pranešimas tarptautinėje konferencijoje „Transfer of Knowledge Conference – ESCON2“, Varšuva, Lenkija, rugpjūčio 26-30 d., 2009.

Miškinytė A., Perminas A., Leonavičius R. Sutrikęs valgymo elgesys bei nepasitenkinimas savo kūnu įvairaus kūno svorio merginų grupėse // Lietuvos bendrosios praktikos gydytojas. – 2006, 10, p. 760-764

Miškinytė A., Perminas A., Šinkariova L. Valgymo elgesio sąsajos su nepasitenkinimu savo kūnu bei vaikystėje patirta fizine ir psichologine prievarta // Medicina. – 2006, 42 (11), p. 944-948

Miškinytė A., Perminas A. Relationship of body mass index with body dissatisfaction and touch avoidance. Pranešimas tarptautinėje konferencijoje „Appearance Matters 3“, Bristol, Didžioji Britanija, liepos 1-2 d., 2008.

- Miškinytė A., Perminas A. Relationship of touch avoidance with disordered eating behaviour and body dissatisfaction. Pranešimas tarptautinėje konferencijoje „Appearance Matters 3“, Bristol, Didžioji Britanija, liepos 1-2 d., 2008.
- Miškinytė A., Trumpaitė A. Kūno vaizdas. Pranešimas VI Jaunųjų mokslininkų psichologų konferencijoje „Žmogus XXI amžiuje: kas naujo?“, Vilnius, gegužės 8 d., 2009.
- Miškinytė A., Trumpaitė A. The relationship between body image attitudes and personality traits. Pranešimas 11 Europos psichologijos kongrese, Oslas, Norvegija, liepos 7-10 d., 2009.