Impact of Body Appreciation and Social Appearance Anxiety on Life Satisfaction among Young Adults

Siddiq Naaz, Ayesha Malik, Malaika Farooq, Bushra Waseem

Department of Applied Psychology, Riphah International University, Rawalpindi, Pakistan.
*Corresponding Author Email Address: ayesha.malik1992@yahoo.com

ABSTRACT

This study was intended to investigate the impact of body appreciation and social appearance anxiety on life satisfaction among young adults. The aim of this study was to determine whether body appreciation impacts the young adults' life satisfaction and they feel social appearance anxiety or not. Total 600 participants including 300 males and 300 females, having age range of 18-41 years from Islamabad and Rawalpindi were selected. Purposive sampling technique was used for research purpose. The Body Appreciation Scale (TL. Yilka., 2015), Social Appearance Anxiety Scale (Levinson 2013), and life satisfaction scale (Diener et al., 1985) administered on the participants of the study. For the purpose of testing hypothesis, Pearson Correlation, T-Test analysis and linear regression analysis were used. The finding of the current study suggests that young adults faced body appreciation problems. Our findings revealed that social appearance anxiety negatively predicted life satisfaction. It also indicated that there was significant positive correlation between body appreciation and life satisfaction. The results also demonstrated that females scored higher on social appearance anxiety as compared to males. This study will be helpful for young adults to understand the impact of body appreciation and social appearance anxiety on life satisfaction. This study will also highlight how body appreciation will impact our life and increase anxiety level.

KEYWORDS

Body Appreciation, Social Appearance Anxiety, Life Satisfaction

INTRODUCTION

Many People are involved concerning a minimum of their appearance. Negative thoughts or negative cognition analyses of an individual’s body are often a countenance of a deleterious body image. An individual’s body image is conceptualized as a multidimensional concept that includes a cognitive-affective element that deals with thoughts, attitudes, and feelings about one’s body, an interactive element involving body-related behavior’s (such as checking behaviors), a sensory activity element including the sensitivity of body characteristics (such as estimation of one’s body size or weight), and an interactive element involving sensory activity.

Adolescents who have a favorable body image are more likely to be in healthy physical and psychological condition. Negative body image is associated with an increased risk of developing certain mental health illnesses, such as eating disorders and depression, in women and girls as well as possibly in men. A positive evaluation of one’s physique is included in the cognitive-affective component of psychology together with negative body analysis and the significance of appearance. Indicators of wellbeing were demonstrated to be predicted by body appreciation when compared to alternative indicating the independence of the two concepts, measures of body image and body dissatisfaction happened simultaneously (Hannah et al., 2019).

Such issues have been covered in earlier studies. According to one study, more male and female exercise science (84.5%) than studying business (65.4%) displayed signs of orthorexia nervosa (such as an unhealthy association with weight and form, consuming habits, and typically exercise). Another study connected managing students to the prevalence of male and female health and education teacher students who have a poor view of their bodies and engage in unhealthy eating and exercise routines. However, it’s important to note that this research didn’t look into how strong body appreciation might protect against these difficulties (Wilkinson, 1999).

Studies examining body appreciation and whether or not breadstuff is prevalent among students studying exercise science are few and far between. The relationship between these conceptions and other health-related variables, such as body image-related psychological state constructs, physical activity, and exercise, is also little understood. In order to better understand the function of body appreciation and food among exercise science students in comparison to a reference cluster and to ascertain whether or not there is a need for treatments that would protect students’ health and well-being, extensive exploratory research is necessary.

This work is licensed under a Creative Commons Attribution 3.0 License.
Body Appreciation

Several psychiatric diseases are linked to body appreciation. Previous studies tended to concentrate on women, mainly ignoring men’s body image. In addition, there aren’t many studies that compared body image across genders and included participants 50 years and older. Prior body image study tended to concentrate on alterations brought on by ageing in men or women, or in certain age groups (e.g. college students, adolescents). In terms of the aforementioned aspects of body image, men and women have only seldom been compared in studies. These studies found that, generally speaking, women suffer more body dissatisfaction than men (e.g. 29, 30, 46–49). 42, 50, and 51 indicate that men express slightly higher levels of body appreciation than women and that they appear to place less value on appearance (Lullo & Sheri, 2016).

According to the WHO, women’s value of appearance decreased with age. However, this mismatch is also a result of the study’s assessment approach, which relied solely on one item to determine the significance of appearance. As a result, it’s unknown what role appearance plays in men and women over the course of a lifetime. Tiggemann and McCourt showed that older women had higher body appreciation than young women, despite the fact that it was higher than in terms of relevance. High body appreciation has also been demonstrated to buffer women from the damaging effects of media exposure to thin models. According to many studies, Western and appearance-focused media consumption was occasionally associated with body appreciation in males and girls and negatively associated with the development of mental object ideals. However, there aren’t many studies specifically focused on how much men appreciate their bodies. Early research suggests that social media negatively affects people’s perceptions of their bodies, even while it will have a favorable effect on the mental health of some of its users (Oberg & Tornstam, 2016).

The ways in which people’s tendency to compare their bodies to media pictures has grown in importance as a research topic. Deanna, a rising media and journalism expert, provided a lot more details. The author noted the need for health communication and behavior change treatments that address this issue, particularly among vulnerable populations. She claimed that social media “may be a new outlet for people to interact in disordered body comparison processes,” adding that an increasing number of teenage females are doing this (Puglia, 2009).

A shocking survey by the aid organization State House expertise shown that both men and women compare their bodies to those in the media. 1000 men and women participated in the poll, which focused on media, confidence, and body image. It was shown that 85 percent of women and 65 percent of men compare their bodies to images they view on social and traditional media. Surprisingly, 37 percent of men and 5 cents of women in that comparison said they would change something about their bodies (Everglade, 2012).

Social Appearance Anxiety

Social comportment Greater degrees of body dissatisfaction, social anxiety, perfectionism, anorexia nervosa, and bulimia nervosa are all linked to anxiety. Increased jealousy, increased public pressure, and negative ideas about several personal concerns occur when overpowering comparison highlights easily accessible information (Wang et al., 2018).

The comparison of oneself with others raises the level of anxiety to a greater level. We can associate ourselves to those who are well than us (upward comparisons) or inferior than us (downward comparisons) on a two way basis. On an act level, appealing in either of these two contrasts can have an influence on our self-arrogance. On the other hand, upward comparisons on important extents can imperil our character – esteem and harm our character-evaluation. They can, thus lead to happiness and appreciation for others’ achievement on extents unrelated to the personality, where one’s character evaluation is unaffected. Upper social comparison takes place when we relate ourselves with persons who we consider are well than us (Tesser et al., 1998). To meet social demands and for self-worth enhancement one must be able to practice social/psychological skills (Rehman et al.,2023) otherwise there are high chances of social anxiety.

The Social Appearance Anxiety leads towards people decision of themselves together with their actions that remain affected through social comparison. Social Comparison is a powerful predictor of consequences that can have an influence on a range of situations. Reflect how both rising and descending social comparison can increase appearance anxiety, self-worth- self-assurance, inspiration and outlook as you relate yourself to others, including being alert of any undesirable feelings that may rise as a outcome of this development (Lane, et al., 2002).

Social Appearance Anxiety destroys self-esteem, which reduces the spirit of an individual and cause stress that decrease life satisfaction. It also revealed that those who don’t socially compare themselves and don’t take stress regarding their appearance are satisfied with their lives. It also helped people to know the effect of comparing themselves with others and thus they tried to Change this thing. The anxiety of appearance in social setting increases when you compare yourself with other. It leads to make a person psychologically ill. It had bad effects on mind and body. They can have a better life if they tried to burdened themselves with so much work. Moreover teachers tried to assign fewer tasks to students that could be easily managed. It helped students to know the effects of peer competition (Hawk, 2017).

Life Satisfaction

Though it is occasionally used synonymously with happiness, the idea of life satisfaction is more complex than it first appears to be. In actuality, the two concepts are separate. What is meant by life satisfaction is the assessment of one’s life as a
whole, not simply their current level of enjoyment. Bottom-up theories contend that humans find fulfilment in many areas of life, including work, relationships, family and friends, personal development, and health and fitness (Diener et al., 2002).

Our social needs such as the need to love, to be loved, to be validated, to belong, and to be with other people are regarded as just as important and vital as our bodily wants. Having our social needs met increases our desire to interact with others, communicate with them, and make a positive impact on them (Kılıç, 2015), noted that exterior appearance is typically assessed before initiating contact and that it plays a critical part in generating an effective impression on another person. (Nar & Keskin, 2015) claim that verbal, visual, and physical efforts are made to convince the person to be contacted first. The most debunked social myth is the idea that people who are considered physically attractive are also loved, respected, successful, and generally interesting people (Papadopoulos & Walker, 2003).

According to Adler and Fagley (2005), even after adjusting the relationship between appreciation and results like life satisfaction and pleasant affect was remained significant for the variables optimism, emotional self-awareness, and spirituality. In experimental study, similar beneficial connections between groups and individuals have been seen (e.g., Emmons & Stern, 2013). Life satisfaction is one indicator of “apparent” quality of life. It represents both indicators of physical and mental health as well as how well people flourish. Data on life satisfaction is helpful for many different purposes. (Emmons & McCullough, 2003; Froh et al., 2009., Froh et al., 2008., Rash et al., 2011., Watkins et al., 2003).

LITERATURE REVIEW

According to a startling study by the aid group everglade state house specialists, both men and women compare their bodies to those in the media. The poll, which looked at media, confidence, and body image, drew in 1000 men and women. According to research, 85% of women and 65% of men compare their bodies to photos they see on traditional and social media. Surprisingly, 37.5% of men and 50.05% of women compare their bodies negatively in that comparison (Hawk, 2017).

Comparing oneself to other person’s is an essential cause of information in the course of knowledge nearby oneself. The Social Appearance Anxiety is an element of behavior, and either an individual creates social comparisons or not, or whether they make encouraging harmful social comparisons, demonstrates individual variances. Same people report experiencing both positive and negative affect across comparison situations, implying within- person validity in comparison experiences throughout time and context (Van Der Zee et al., 2000).

The gap in life satisfaction between those who are single and those who have a partner is actually larger than the gap between the wealthy and the poor. Commonly, “deprivation” is used to explain this. It seems that singles are lacking in a necessary aspect of existence. Unhappiness with life indicates that something is wrong, but it does not say what. This is a problem. However, loneliness and a lack of social support are also factors that may contribute to the unmarried discontent (Veenhoven, 1984).

According to studies, those who have social anxiety worry about being rejected and humiliated by others and believe that others will judge them negatively. These anxieties can impede a person’s ability to interact and communicate with those around them and lead to psychological problems. Depending on the time and culture, different meanings and values are attached to looks (Kılıç, 2015).

Recent research indicates that the perception of beauty as being related to appearance and physical form, particularly under the influence of social media, news, magazines, fairy tales, movies, and beauty magazines, fashion shows, or the social environment, may be superior to the perception of one’s talents, intelligence, and skills. It also conveys the idea that beauty is malleable, which can lead to social anxiety about one’s appearance (Turel et al., 2018).

THEORETICAL BACKGROUND

Socio-cultural Theory

According to socio-cultural theory, people experience anxiety about their own body image when they compare how they perceive themselves to another imagined or idealized person (Tiggemann, 2011). The three characteristics that have emerged as the most commonly evaluated socio-cultural aspects associated with a thin ideal of beauty are internalization, awareness, and perceived pressures. People could feel more pressure to conform to the “perfect body” as a result of the increased accessibility of body-centered information and images in the media. The impact of the media on body image may vary by ethnic group.

Cognitive Theory

According to the cognitive theory of social anxiety (Clark & Wells, 1995), people with social anxiety over their outward appearance have a propensity to overestimate the danger present in social circumstances. (For instance, “This individual will be judging me. They don’t think they can handle social situations well. (For instance, “I’m about to say something dumb. They begin to anticipate unfavorable results from interactions in social settings. (For instance, “He will think I’m stupid.”) People could exaggerate the effects of these undesirable events (Huppert, Roth, & Fou, 2003).
Social Comparison Theory

According to social comparison theory, people must accurately assess their own opinions and talents, and one way to do this is by comparing those opinions and abilities to those of others (Festinger, 1954). In the aforementioned comparison, it is stated that people can compare themselves to others who are seen as inferior to them on the downward scale and to those who are seen as superior on the upward scale. Downward comparisons can boost self-esteem, but upward comparisons can have the opposite impact (Gibbons, 1986, Tesser, 1988). An upward social comparison occurs when men and women compare their appearance (body size, shape, and weight) with other men and women who are portrayed as cultural ideals in media pictures. This comparison can result in body image issues and binge eating behaviors. (Cooley & Toray, 2001) and appearance-based anxiety and depression symptoms may occur (Myers, Ridolfi, Crowther, & Ciesla, 2012).

Top-Down Theory

The domain-specific satisfaction has an impact on the top-down theory of life satisfaction (Heady, Veenhoven, & Wearing, 1991). According to the top-down hypothesis, how content we are in many areas of our lives is influenced by (or possibly determined by) our degree of overall life satisfaction. Even though there is still room for debate on this matter, the majority of individuals are content with the understanding that overall life satisfaction and contentment in a number of different life domains are connected. According to researcher Jussi Suikkanen’s intriguing theory of life satisfaction, a person is satisfied with their existence if “a more knowledgeable and reasonable hypothetical version of her” would conclude that it fulfills their ideal life-plan. One of the main issues with the most fundamental version of this theory, which states that a person is content when they judge (Suikkanen, 2011).

CONCEPTUAL FRAMEWORK OF THE STUDY

SIGNIFICANCE OF THE STUDY

In this study, the level of Anxiety was measured in adults. Other findings did not show the actual potential of anxiety on them. Depression is more considered in previous researches. These studies show that depression has been related to reduced quality of life and increased mental health issues among adults. The goal of our research was to explore anxiety levels in modern and educated mindsets apart from their perfectionism that everyone perceives they have. Although previous research were mostly conducted on adolescents and illiterate people that are not satisfied on their living. The purpose of the current study will be to explore the struggle with anxiety that is internalized and projected through poor body image. Adults may even feel intense anxiety about their bodies and these factors trigger anxiety, worry and other psychological problems in them.

A study in Turkey was conducted by Dogan (2011) about social appearance anxiety in secondary school students with a very minimum age range of 11-15 years old students. On the other hand, our research took place in a large sample of people ranging from age range 18-41 years. Moreover, valid and reliable tools were used in the study.

A previous research states that Social Appearance Anxiety is more occur in females because they are more likely to have a negative image than males. Our study focused on this gender biased statement that whether it actually occurs mostly in females or males are more likely to develop it.

The study found how we measure up the perceptions of our body either positive or negative and measure anxiety levels that changes the behaviors of adults, body appreciation and social physique anxiety were associated with life satisfaction. Many studies have been conducted on the relationship between life satisfaction, body appearance and self-esteem. Previous research on body image also revealed that girls are more likely to have a negative body image than boys (Winfield, 2011).
This study linked the impact of body appreciation and social appearance anxiety on life satisfaction in young adults to observe how these factors affect our life and to explore the gender differences.

**RESEARCH QUESTION**

1. Is there any significant impact of Body Appreciation and Social Appearance Anxiety on Life Satisfaction among young adults?

**METHODOLOGY**

The present study consisted of 600 participants out of which males (N=300) and females (N=300) were selected from different universities of Rawalpindi and Islamabad. The age range of participants was 18-41 years. Purposive sampling technique was used. Cross-sectional research design was used. The Body Appreciation Scale (Avalos et al; 2005), Social Appearance Anxiety Scale (Hart et al; 1992) and Life Satisfaction Scale (Diener; 1985) were administered on the participants. The survey took one month of (October) to complete. Before beginning the research ethical approval was obtained from Riphah International University and all ethical rules were taken into account while approaching the volunteers. Time limit taken by the participants to complete the research survey questionnaires was 15-29 minutes. Ethical considerations were followed i.e. informed consent (Participants were informed about the nature and purpose of the study), privacy and confidentiality (completely take care of participant’s privacy), competence, no harm, respect for the rights of people, dignity, honesty, right to withdraw (Participants full right to withdraw at any point if they were felt anything) and reliability.

**OBJECTIVES**

1. To find out the relationship between Body Appreciation and Social Appearance Anxiety on Life Satisfaction among young adults.
2. To determine the impact of Body Appreciation and Social Appearance Anxiety on Life Satisfaction among young adults.
3. To explore differences on Body Appreciation, Social Appearance Anxiety and Life satisfaction among adults.

**HYPOTHESES**

1. Body Appreciation will be negatively associated with Social Appearance Anxiety among young adults.
2. Body Appreciation will be positively associated with Life Satisfaction among young adults.
3. Social Appearance Anxiety will be negatively associated with Life Satisfaction among young adults.
4. Body Appreciation will positively predict Life Satisfaction among young adults.
5. Social Appearance Anxiety will negatively predict Life Satisfaction among young adults.
6. Females will have higher level of Social appearance anxiety and Life Satisfaction as compared to males.
7. Males will have higher level of Body appreciation and Life Satisfaction than female young adults.

**INSTRUMENTS**

**Body Appreciation Scale**

Avalos, Tylka, and Wood-Barcalow established this scale in 2005. It is a 13-item scale that measures people's respect for, receiving of, and opinions on their bodies. A 5-point rating system is used to grade BAS items (1=never, 2=rarely, 3=occasionally, 4=often, and 5=always), and the average rating is used to analyze the total body appreciation score. Higher scores signify a greater appreciation of the body. When employing a 3-week interval between administrations, studies that looked at test-retest reliability revealed that intra-class correlation values extended from the mid-80s to the high 90s.

**Social Appearance Anxiety Scale**

This scale was developed by Hart, Wearing, and Newlove in 1999. It is a 16-item self-report measure that assesses fear of situations in which one’s appearance will be evaluated. The items are rated on a 5-point Likert scale, ranging from 1 (not at all) to 5 (extremely). It yields a total score, which can range from 16 to 80. Higher scores indicate greater social appearance anxiety. It has been shown to be a valid and reliable measure of social appearance anxiety in variety of populations, including adults, adolescents, and people with eating disorders. The scale has good internal consistency, test-retest reliability and construct validity.

**Life Satisfaction Scale**

Diener created this scale in 1985. It is a fast, five-item test used to measure overall cognitive assessments of life happiness. By adding together the total of the numbers you score against each of the claims, you can easily calculate your score.
for the life satisfaction scale. So, keeping in mind that 1 is equal to strongly disagree and 7 the higher your score, the higher your overall sense of life happiness. Cronbach’s alpha of 0.87 and 2-month test-retest reliability of 0.82 have demonstrated that the it has excellent internal consistency and modest temporal stability. Other researchers have noted related findings.

RESULTS

Table 1. Frequency and Percentages along with Demographic Variables (N=600)

<table>
<thead>
<tr>
<th>Variables</th>
<th>Category</th>
<th>F</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>18-30</td>
<td>596</td>
<td>99.3</td>
</tr>
<tr>
<td></td>
<td>31-41</td>
<td>4</td>
<td>.7</td>
</tr>
<tr>
<td>Gender</td>
<td>Male</td>
<td>274</td>
<td>45.7</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>326</td>
<td>54.3</td>
</tr>
<tr>
<td>Institute Name</td>
<td>Riphah</td>
<td>295</td>
<td>49.2</td>
</tr>
<tr>
<td></td>
<td>Others</td>
<td>305</td>
<td>50.8</td>
</tr>
<tr>
<td>Department</td>
<td>Psychology</td>
<td>308</td>
<td>51.3</td>
</tr>
<tr>
<td></td>
<td>Others</td>
<td>292</td>
<td>48.7</td>
</tr>
</tbody>
</table>

Note: F= Frequency; %= Percentage

The sample mainly consisted of males and females consisting of 600 respondents. The participants were divided into two categories of age which are 18-30 years and 31-41 years old. Table shows that most of the participants fall within the age category of 18-30 years consisting of 596 respondents, forming up to 99.3% of the total sample. Rest of the participants fall in the second category of age 31-41 years consisting of 4 respondents, forming up to .7% of the total sample. The majority of the sample belonged to psychology programs consisting of 308 respondents, forming up to 51.3% while rest of the participants belonged to other programs of 292 respondents, forming up to 48.7% of the total sample. Most of the participants belonged to other institutes consisting of 305 respondents, forming up to 50.8% while rest of the participants belonged to Riphah International University consisting of 295 respondents, forming up to 49.2% of the total sample.

Table 2. Psychometric properties of Body Appreciation Scale, Social Appearance Anxiety Scale and Life Satisfaction Scale (N=600)

<table>
<thead>
<tr>
<th>Scales</th>
<th>No of items</th>
<th>α</th>
<th>M</th>
<th>SD</th>
<th>Range</th>
<th>Skew</th>
<th>Kur</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BAS</td>
<td>13</td>
<td>.77</td>
<td>43.63</td>
<td>8.84</td>
<td>13-65</td>
<td>.59</td>
<td>.06</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SAAS</td>
<td>16</td>
<td>.83</td>
<td>45.26</td>
<td>10.90</td>
<td>16-80</td>
<td>-.48</td>
<td>.20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LSS</td>
<td>5</td>
<td>.62</td>
<td>21.20</td>
<td>5.46</td>
<td>5-35</td>
<td>.33</td>
<td>.00</td>
</tr>
</tbody>
</table>

Note: M= Mean; SD = Standard Deviation; BAS= Body Appreciation Scale= Social Appearance Anxiety Scale; LSS= Life Satisfaction Scale; N = Number of Participants

Table 2 shows the scale’s psychometric characteristics and descriptive statistics from the study. All scales have good and satisfactory alpha reliabilities, indicating that they are suitable for use in future investigation. BAS, SAAS, and LSS reliability values are 0.77, 0.83, and 0.62 respectively. The fact that all of the skewness values fell within the allowed range of -1 and +1 shows that the data is normally distributed and appropriate for parametric testing.
Table 3. Correlation between all the Variables of the Study (N=600)

<table>
<thead>
<tr>
<th>Variables</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>BAS</td>
<td>-</td>
<td>-.325**</td>
<td>.461**</td>
</tr>
<tr>
<td>SAAS</td>
<td>-</td>
<td>-</td>
<td>-.346**</td>
</tr>
<tr>
<td>LS</td>
<td>-</td>
<td>-</td>
<td></td>
</tr>
</tbody>
</table>

Note: BAS= Body Appreciation Scale; SAAS = Social Appearance Anxiety Scale; LS= Life satisfaction; *p<.05, **p<.01

Table 3 shows that Body appreciation has a significant negative correlation with Social Appearance Anxiety ( r= -.325, p<.01). Social appearance anxiety has a significant negative correlation with life satisfaction (- .346, p<.01). Body appreciation has a positive correlation (.461, p<.01) with life satisfaction.

Table 4. Linear Regression Analysis of Body Appreciation predicting Life Satisfaction (N=600)

<table>
<thead>
<tr>
<th>Variables</th>
<th>B</th>
<th>S.E</th>
<th>β</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constant</td>
<td>28.46</td>
<td>1.23</td>
<td>.000</td>
<td></td>
</tr>
<tr>
<td>S</td>
<td>.71</td>
<td>.05</td>
<td>.46</td>
<td>.000</td>
</tr>
<tr>
<td>R</td>
<td>.46</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$R^2$</td>
<td>.21</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ΔF</td>
<td>161.19</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: B= Unstandardized Coefficient; $B= Standardized Coefficient; S.E= Standard Error; p= Significant Value; $R= Correlation; R^2= Correlation Square, AF= F Statistic

Table 4 mentioned above shows the impact of social appearance anxiety on life satisfaction among young adults. The linear regression analysis showed that body appreciation was positive significant predictor of life satisfaction. Indicates that body appreciation has positive significant impact on life satisfaction (B=.46, p<.05). Moreover the value of ($R^2=.21$) explained the 2% variance in the outcome variable by the predictor i.e. Body Appreciation.

Table 5. Linear Regression Analysis of Social Appearance Anxiety predicting Life Satisfaction (N=600)

<table>
<thead>
<tr>
<th>Variables</th>
<th>B</th>
<th>S.E</th>
<th>β</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constant</td>
<td>29.05</td>
<td>.89</td>
<td>.000</td>
<td></td>
</tr>
<tr>
<td>S</td>
<td>-.17</td>
<td>.01</td>
<td>-.34</td>
<td>.000</td>
</tr>
<tr>
<td>R</td>
<td>.34</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$R^2$</td>
<td>.11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ΔF</td>
<td>80.81</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: B= Unstandardized Coefficient; $B= Standardized Coefficient; S.E= Standard Error; p= Significant Value; $R= Correlation; R^2= Correlation Square, AF= F Statistic

Table 5 mentioned above shows the impact of social appearance anxiety on life satisfaction among young adults. The linear regression analysis showed that social appearance anxiety was negative significant predictor of life satisfaction. Indicates that social appearance anxiety has negative significant impact on life satisfaction (B=-.34, p<.05). Moreover, the value of ($R^2=.11$) explained the 1% variance in the outcome variable by the predictor i.e. Social Appearance Anxiety.
The aim of the study was to find out the relationship between Body Appreciation and Social Appearance Anxiety on Life Satisfaction among young adults, to determine the impact of Body Appreciation and Social Appearance Anxiety on Life Satisfaction among young adults and to explore the difference on Body Appreciation, Social Appearance Anxiety and Life satisfaction among adults. For this purpose body appreciation, social appearance and life satisfaction scales were used. The sample consisted of 600 adults out of which 300 males and 300 females were selected. Their age range was 18-41 years. Data were collected from adults of different universities of Islamabad and Rawalpindi.

Table 1 shows that the Frequency distribution and percentages of the all the demographic tables are acquired in the present study. The sample mainly consisted of males and females consisting of 600 respondents. The participants were divided into two categories of age which are 18-30 years consisting of 596 respondents, forming up to 99.3% of the total sample. Rest of the participants fall in the second category of age 31-41 years consisting of 4 respondents, forming up to .7% of the total sample. The majority of sample belonged to psychology programs consisting of 308 respondents, forming up to 51.3% while rest of the participants belonged to other programs of 292 respondents, forming up to 48.7% of the total sample. Most of the participants belonged to other institutes consisting of 305 respondents, forming up to 50.8% while rest of the participants belonged to Riphah International University consisting of 295 respondents, forming up to 49.2% of the total sample.

Table 2 shows that the alpha reliabilities of all scales acceptable and satisfactory, which means they are sufficient for undertaking more analysis. The data is normally distributed and suitable for parametric testing because all of the skewness values fell within an acceptable range of -1 to +1. the study’s scales’ psychometric characteristics and descriptive data.

Table 3 showed according to “H1, H2 and H3”, Body appreciation has a significant negative correlation with Social Appearance Anxiety (r= -3.25, p<.01). Social appearance anxiety has a significant negative correlation with life satisfaction (r= -3.46, p<.01). Body appreciation has a positive correlation (.461, p<.01) with life satisfaction. Additionally, earlier investigations revealed a strong correlation between these two characteristics (Alleva et al., 2016; Razmus & Razmus, 2017).

Table 4 showed according to 4th hypothesis “Body appreciation will positively predict life satisfaction among young adults”. The linear regression analysis showed that body appreciation was positive significant predictor of life satisfaction. Indicates that body appreciation has positive significant impact on life satisfaction. The social appearance anxiety has an impact on little Satisfaction because people evaluate their own lives by comparing them to those of others. As a result, it is expected that people will feel less satisfied with their lives (Edillo et al., 2012; Buunk et al., 2007).

Table 5 showed according to 5th hypothesis “Social appearance anxiety will negatively predict life satisfaction among young adults”. The linear regression analysis showed that social appearance anxiety was negative significant predictor of life satisfaction. Indicates that social appearance anxiety has negative significant impact on life satisfaction.

Table 6 showed according to 6th hypothesis “Females will have higher level of Social appearance anxiety and Life Satisfaction as compared to males”. The t-test findings revealed that females scored high on Body Appreciation and Life Satisfaction as compared to males.
Table 6 showed according to 7th hypothesis “Males will have higher level of Body appreciation and Life Satisfaction than female young adults”. The t-test findings revealed that Males scored higher on Social Appearance Anxiety as compared to females.

PRACTICAL IMPLICATIONS

The study will help to better understand how impact of body appreciation and social appearance anxiety on life satisfaction affect adults. It will help the male and female adult students to understand and relate their problems with it. The study also help to understand the emotional, mental distress they face in life related to body appearance. This study will be helpful for social settings. It will be helpful for students to understand their body image then easily they can overcome their anxiety and stress level and help student to reduce their social appearance anxiety.

CONCLUSION

The purpose of this study was to find the impact of body appreciation and social appearance anxiety on life satisfaction among young adults in university students. The Social Appearance Anxiety has an impact on life Satisfaction because people evaluate their own lives by comparing them to those of others. As a result, it is expected that people will feel less satisfied with their lives. Women and girls with negative thoughts and feelings concerning their bodies are additional probably to develop sure psychological state conditions, like anxiety disorders and depression. Total 600 participants including 300 males and 300 females, having age range of 18-41 years from Islamabad and Rawalpindi were selected. Purposive sampling technique was used for research purpose. The results of our study revealed that Body appreciation has a significant negative correlation with Social Appearance Anxiety. Social appearance anxiety has a significant negative correlation with life satisfaction. Body appreciation has a positive correlation with life satisfaction. The linear regression analysis showed that social appearance anxiety was negative significant predictor of life satisfaction. This study will be helpful for young adults to understand the impact of body appreciation and social appearance anxiety on life satisfaction.

RECOMMENDATIONS

Previous researches were conducted on body appreciation and social appearance anxiety to find out the relationship with life satisfaction but there is a need that future researchers should conduct study on used some other variable to access the level of body appreciation and social appearance anxiety like self-esteem, so it will clear their self-esteem and other factors also disturb or not. The results of the study cannot be generalized because data was collected only from Rawalpindi and Islamabad. This could be jeopardizing the external validity and generalizability of the findings.

Because only university students were chosen from the young adult age group, a substantial portion of the sample comprised the medium socioeconomic class, while the study excluded the lower and upper socioeconomic classes. As a result, it is recommended that samples be taken from places that may reflect both low and high socioeconomic classes.

For future researchers comparative study could be conducted in which different samples, different age range, and different developmental stages. The questionnaire was lengthy and time-consuming, resulting in a low response rate. It is suggested that a good rapport be established with the participants and that short, time-consuming scales should be used.

CREDIT AUTHOR STATEMENT


COMPLIANCE WITH ETHICAL STANDARDS

It is declared that all authors don’t have any conflict of interest. Furthermore, informed consent was obtained from all individual participants included in the study.

REFERENCES


Van der Zee & Florida, R. (2000). “Increased Serotonin and Dopamine Transporter Binding in Psychotropic Medication–Naïve Patients with Generalized Social Anxiety Disorder Shown by 123I-ß-(4-Iodophenyl)-Tropane SPECT”.


