

Age, Gender, And Its Effects on Appearance Anxiety and Self Perception on Body Image

Md.Wasti Laskar

Department of Psychology (MA), Kishinchand Chellaram College, HSNC University, Mumbai, India

Abstract- The study dove into this complex relationship, with a focus on how age and gender impacted an individual's body image and self-esteem. Recognizing the critical role of self-esteem in mental health and general life happiness, this study investigated the substantial effects of society and cultural norms on self-perception. Understanding the dynamics of self-esteem and body image perception was critical in a society where media, advertising, and societal expectations dramatically shaped standards of beauty. The study intended to give a thorough analysis by incorporating a wide sample of persons from various age groups, genders, and cultural backgrounds. By doing so, it aimed to provide a comprehensive view of how these elements interacted and impacted one another. This study took a method approach that included quantitative data gathering approaches to achieve its goals. Moreover, The results of the MANOVA test revealed a significant difference in the dependent variable among the various groups, as evidenced by $F(6, 218) = 3.18, p = .005$. Pillai's V statistic was calculated to be 0.161, indicating a small effect size, and partial η squared was 0.081, suggesting a small proportion of variance explained by the independent variables. Self-report questionnaires and standardized measures were used to assess participants' self-esteem, body image assessment, and emotional well-being. This study also placed a specific emphasis on understanding how age and gender influenced appearance anxiety. It sought to unravel the distinct ways in which individuals of varying age groups and genders experienced and managed the anxieties linked to societal beauty standards.

1.INTRODUCTION

In today's society, the concepts of beauty, body image, and self-perception became increasingly important. Individuals' perceptions of their bodies, as well as the anxiety associated with their appearances, had a significant impact on their overall well-being, self-esteem, and mental health. It was a subject that crossed cultures, generations, and affected people from all walks of life. While many factors influenced

our self-perception and worry about our looks, age and gender stood out as critical drivers in this complicated and varied field.

As people progressed through life, their connections with their bodies changed, as did their sense of conventional beauty standards. Furthermore, gender stereotypes and cultural expectations had a significant impact on how people perceived themselves. As a result, understanding the complex interplay of age, gender, appearance anxiety, and self-perception of body image was critical for progress in psychology, sociology, and related sciences.

The first component under consideration, age, had a significant impact on body image. Adolescents faced conformity pressures to conventional beauty expectations, often seeking to reach unachievable standards. On the other hand, when people entered maturity and then middle and old age, their opinions and anxieties about their appearance varied in response to age-related changes in their bodies. This journey from childhood to maturity to older life carried with it a fascinating spectrum of experiences. Furthermore, gender played a crucial role in one's view of one's own body image. Historically, men and women had different notions of beauty based on media, cultural conventions, and societal expectations. These values, in turn, influenced how people of different genders perceived themselves and their anxiety over their looks. Men, for example, might have felt pressures to conform to masculinity ideals that emphasized muscularity and physical strength, while women were expected to be thin, fresh, and classically feminine. In this study, we looked at how age and gender affected appearance anxiety and self-perception of body image separately, as well as how they intersected and interacted. For example, the intersection of age and gender might have resulted in particular obstacles and pressures faced by elderly women or middle-aged men that

differed from those faced by younger people of the same gender.

II. AIM OF THE STUDY

The study aimed to investigate how age, gender, appearance anxiety, and body image perception are interconnected and shape an individual's self-awareness and well-being. It examined the influence of age and gender on concerns about appearance and self-perception. By exploring these dynamics, the research enhanced our understanding of human psychology and the societal factors impacting body image. It also addressed the intersection of age and gender, highlighting the unique challenges faced by different demographic groups.

III. RESEARCH OBJECTIVES

The objectives of the research are:

- The effect of age on the experience of appearance anxiety
- The impact of age on how individuals perceive their own body image
- If there is a link between gender, age and appearance anxiety
- How does gender and age influence people's self-perceptions of their bodies
- The effects of age and gender on appearance anxiety and self-perception of body image

Rationale

This theory was based on the intrinsic connection between an individual's perception of their appearance and their self-esteem and their anxieties related to it. It sought to comprehensively examine the complex dynamics of this relationship and its profound implications for both psychological health and societal ideals of beauty.

Underlying this theory was the understanding that self-esteem was a fundamental component of mental health and overall life satisfaction. Additionally, it acknowledged that an individual's perception of their appearance was heavily shaped by cultural and social norms, including the representation of beauty and social expectations in the media.

By delving deeper into this complex interaction, this theory aimed to provide valuable insights into the factors that mediated the relationship between appearance anxiety, self-esteem importance, and their impact on mental health. This highlighted the vital importance of this investigation in informing interventions that promoted positive self-perceptions, challenged unrealistic beauty standards, and ultimately improved well-being.

Scope and Limitations of the study

In the field of research on body image, age, and gender, there is a great deal of work focusing on each of these components. However, there are very few in-depth studies examining the impact between these factors. This research effort aims to close this gap by delving deeper into the complex relationship between age, gender, appearance anxiety, and body image self-perception. In doing so, it seeks to discover information that may not only answer existing questions but also generate new queries in the field. This research is of enormous importance for the advancement of our knowledge, as it has the potential to pave the way for a deeper understanding of how social and individual factors are intertwined. To develop body image awareness. Such knowledge is essential, especially in psychology and sociology, because it has the potential to lead to new approaches to treating people with body image problems. It is important to recognize certain limitations, such as the regional scope of the study and lack of qualitative data. However, the research contribution to our collective understanding of these multifaceted issues is significant, offering the prospect of more comprehensive and effective strategies to promote positive self-perceptions, physical and psychological health in individuals, regardless of their age and gender.

Major Research Hypothesis

The directional hypothesis:

Hypothesis 1 (H1): There is a significant age difference on appearance anxiety, with the younger age group scoring higher on appearance anxiety.

Hypothesis 2 (H2): There is a significant gender difference on appearance anxiety, with females scoring higher on appearance anxiety.

Hypothesis 3 (H3): There is an interaction effect between age and gender on appearance anxiety, indicating that the impact of age on appearance anxiety varied depending on an individual's gender.

Hypothesis 4 (H4): There is a significant age difference in self-perception of body image, with the younger age group scoring lower on positive self-body image perception.

Hypothesis 5 (H5): There is a significant gender difference in self-perception of body image, with females scoring lower on positive self-body image perception.

Hypothesis 6 (H6): There is an interaction effect between age and gender on self-perception of body image, indicating that the impact of age on self-body image perception varied depending on an individual's gender.

IV. REVIEW OF LITERATURE

A study by Selensky & Carels, (2021), underscores the significant role of advertising campaigns and media in shaping attitudes toward body weight and body image. The findings suggest that campaigns like Aerie Real and Dove Real Beauty can have a positive influence on self-esteem and mood, potentially contributing to reducing weight bias and enhancing body image. These campaigns serve as essential tools for promoting a more body-positive culture in society.

A study by Sylvia Herbozo and J. Kevin Thompson, explores the association between appearance-based commentary and its impact on body image and self-esteem. The study investigates both the frequency and distress (effect) dimensions of such commentary. A sample of 246 undergraduate female students aged 18-25 was examined, and significant correlations were found between both the frequency and effect components of commentary and measures of body image disturbance and self-esteem. The research demonstrates the utility of considering both frequency and effect variables in predicting body image disturbance and self-esteem. The article emphasises the importance of broadening the assessment of appearance-based commentary to include both dimensions.

This study's objectives include assessing implicit, explicit and intrinsic weight biases in this population,

examining its association with psychosocial challenges such as depression, dissatisfaction concerns about body image and binge eating, and studied the impact of participating in weight loss treatment on these biases. Research involving 54 overweight and obese participants demonstrated the presence of significant weight bias, with greater bias correlating with more common psychological bias. Although some intrinsic and apparent bias was reduced after treatment, weight bias remained significant. The introduction focuses on the prevalence of weight stigma in different areas of life and emphasises that overweight and obese people, unlike other stigmatised groups, often capture strong weight-related biases. The study contributes to understanding the complexities surrounding weight bias, particularly in people actively seeking to lose weight, by shedding light on its implications for health and treatment outcomes.

This paper examines the impact of exposure to idealised and thin images on young women's mood and body dissatisfaction, with a particular focus on images commonly posted on social media. Instagram. The study involved participants who were randomly assigned to view and describe their thoughts on ideal thin images or control images. Results showed that those who viewed the control images had improved mood and reduced body dissatisfaction compared to the ideal thin group. The study also explored the role of the tendency to compare body characteristics and internalisation of the thin ideal as potential moderators. Additionally, the study aimed to explore women's cognitive experiences when viewing these images and their association with mood changes and body dissatisfaction. The results showed that certain types of thoughts, such as upward body comparisons and positive thoughts related to the body depicted in ideal, thin images, were associated with Worse mood and body dissatisfaction. This study contributes to understanding the impact of social media, especially Instagram, on body image and provides insight into protective and risk factors associated with exposure to negative images. idealised image.

This study examines the effects of advertising campaigns, specifically the Aerie Real and Dove Real Beauty campaigns, on weight bias, internalised weight bias, self-esteem, body image and emotions. Weight stigma and bias, which negatively impacts individuals, especially women, has been well

documented. These biases can lead to low self-esteem, poor body image, and unfavourable emotional states. The study evaluated the impact of these advertising campaigns against campaigns that maintain the thin ideal, as well as a documentary on weight stigma. The results showed the positive effects of the Aerie and Dove campaigns on women, including increased self-esteem and positive emotions. These campaigns are considered inspirational and empowering. Research shows that such advertising campaigns can be used as tools to reduce weight bias in society. It is important to explore the impact of these campaigns as they have the potential to change societal attitudes related to weight and body image. This study examines the association between two aspects of narcissism, grandiose narcissism (GN) and vulnerable narcissism (VN), and body dissatisfaction (BD) in young adults, and explores the influence of self-esteem (SE) and underlying sexual behaviours. difference. The results showed that VN was positively correlated with BD and negatively correlated with SE in both men and women. However, GN was positively correlated with SE, but this correlation was observed only in women. Self-esteem plays a mediating role in the relationship between VN and BD, with no significant moderation by gender. In summary, this study highlights the multidimensional nature of narcissism and emphasises the role of self-esteem in explaining the association between VN and BD, regardless of gender. Further research is needed to clarify the practical implications of these findings.

This study aimed to explore factors associated with college students' self-esteem, taking into account influences from childhood/adolescence and young adulthood. A large group of 6,602 students participated in the study, including 78.8 females and their average age was 20.7 years. Research shows that low self-esteem is linked to many different childhood/adolescent factors, such as low parental support, life events, and parental depression. or worry. . Similarly, factors specific to youth, including being a freshman, having a high BMI, feeling dissatisfied with their social life, and not participating in sports or extracurricular activities, are also present. related to low self-esteem. These results demonstrate that different factors influence self-esteem, including gender differences. Women appear to be more influenced by factors related to childhood and adolescence, while men are more influenced by

factors related to young adulthood. This information suggests that interventions targeting self-esteem should be tailored to different life stages and consider gender-specific approaches.

This study explores how media influences body satisfaction, specifically the desire for muscle, in men and women. The study involved 311 participants and found that watching more TV was associated with greater motivation to build muscle, with specific genres such as TV related to sports and exercise. Focus on images that have a stronger impact on women. For men, image-focused television and men's health magazines were correlated with a desire for larger muscles. The study also highlighted that the idealisation of an athletic appearance plays a mediating role between total exposure to television and the desire for muscle in both sexes. These findings highlight the harmful effects of media on body image and highlight the importance of addressing these issues in clinical interventions aimed at combating body dysmorphia and promoting a healthier self-perception.

This cross-sectional study examined body image, body modification behaviours, and factors influencing body self-esteem across different sexual orientations in young adults aged 18–25 years. The study used data from a large sample in Ireland, including 1,975 heterosexual men, 256 gay men, 169 bisexual men, 89 questioning men, 4,521 heterosexual women, 167 lesbian women, 781 bisexual women, 356 questioning women, and 121 pansexual women. Results showed differences in body esteem, body dissatisfaction, and body modification behaviours between different sexual orientation groups, with heterosexual men more likely to report a high self-esteem body is taller than minority men. Additionally, factors such as sexual minority stress (e.g., discrimination) and protective factors (e.g., resilience, social support) were analysed across groups. This and research highlights that these factors play a role in body esteem, which varies by sexual orientation subgroup. These findings highlight the importance of exploring and addressing body image issues within sexual minority communities, especially in changing cultural and social contexts such as Ireland.

The study involved 12,176 participants, investigating body image and weight satisfaction. The study found that relatively few men and women were very dissatisfied with their appearance (6% and 9%

respectively), but more expressed dissatisfaction with their weight (15% male, 20% female). About a quarter of men and women said they were very satisfied with their appearance (28% men, 26% women) and their weight (24% men, 20% women). Higher body mass is correlated with greater dissatisfaction with appearance and weight. Dissatisfied individuals exhibit traits such as neuroticism, a preoccupied and fearful attachment style, and increased television viewing, while satisfied individuals exhibit traits such as openness, conscientiousness, extraversion, secure attachment, higher self-esteem, and higher life satisfaction. Research has also explored personality, attachment style, self-esteem, media influences, and demographic factors on body satisfaction.

Procedure

This study involved administration of the Appearance Anxiety Inventory (AAI) and the Multidimensional Body- Self Relationship Questionnaire (MBSRQ). The AAI assessed individuals' concerns and anxiety levels related to their appearance, while the MBSRQ assessed several aspects of body image and self-perception. Once data was collected, it was statistically analysed to identify patterns and correlations, helping researchers draw conclusions about the study's goals. The results were then reported in a research paper, highlighting their implications for the field. Throughout the process, ethical considerations were paramount, ensuring participant confidentiality and adherence to ethical principles. This procedure provided valuable insight into the complexities of body image and appearance anxiety in different demographic groups and could be applied to research in psychology, sociology, and public health.

V.RESEARCH DESIGN

The research design used for this study utilized a 2x2 factorial design, allowing for a comprehensive examination of the variables in question. To ensure the robustness of the statistical analyses, the normality of the data was assessed first. Descriptive statistics, including the calculation of the mean and standard deviation, were then performed as part of the study's data analysis plan. In the next steps, inferential statistics, especially multivariate analysis of variance (MANOVA) with a two-way design, were used to

study the interactions between variables and draw meaningful conclusions from collected data. This comprehensive approach to research design and data analysis allowed for in-depth exploration of the research questions and improved the overall validity and reliability of the study. It investigated relationships between two variables (or more) without the researcher controlling or manipulating any of them. It was a non-experimental type of quantitative research.

VI.RESEARCH VARIABLES

The variables in this study can be described as follows:
Independent variable (IV):

Age group:

This variable classified the study participants into different age groups, such as teenagers, young adults, middle-aged individuals, and the elderly. It allowed us to analyze the impact of aging on appearance-related anxiety and body image self-perception.

Gender:

Gender was the second independent variable, distinguishing participants as male, female, or non-binary. It explored gender differences in appearance anxiety and body image self-perceptions.

Dependent Variable (DV):

Appearance Anxiety:

Appearance Anxiety was one of the dependent variables, measuring the level of anxiety that individuals experienced regarding their appearance. It reflected how individuals felt about their own looks, which could influence their overall mental well-being.

Body Image Self-Perception:

The second dependent variable, body image self-perception, gauged how individuals perceived and felt about their own body image. It was a key indicator of self-esteem and body satisfaction, influencing overall self-worth and psychological health.

Control Variable:

These control variables were kept constant to ensure consistency in the sample and minimize the influence of education level, language proficiency, socio-

economic status, and geographic location on the study's outcomes: Minimum high school graduates (up to 10th grade).

Fluent in English.

Middle-class socio-economic status. From the Mumbai-Thane-Palghar region.

VII. OPERATIONAL DEFINITIONS

Appearance Anxiety:

Appearance anxiety, also known as appearance anxiety, is the distress or discomfort an individual experienced about their appearance. This often involved concerns about perceived flaws, dissatisfaction with one's body or facial features, and fear of negative judgment or rejection based on one's appearance. Appearance-related anxiety could contribute to problems such as low self-esteem and body dysmorphic disorder.

Body Image:

Body image referred to a person's subjective perceptions, thoughts, and feelings about their own body. It included how an individual perceived their appearance, including their height, shape, weight, and attractiveness. Positive body image meant feeling comfortable and satisfied with one's body, while negative body image implied dissatisfaction and could lead to body image problems or disorders.

Self-perception:

Self-perception, in the context of body image, referred to how an individual perceived themselves and their attributes and was not limited to physical appearance. It included overall self-perception, self-esteem, and self-worth, which were influenced by both internal factors (like thoughts and feelings about oneself) and external factors (like social and cultural influences). Self-perception could be linked to body image in that the way a person viewed their body could impact their overall self-perception and self-esteem.

Research Sample

This study involved two groups, men and women, with subgroups within the age ranges of 17-25 and 35-45. This population specification was essential in order to analyze potential differences in the interplay

between physical appearance and self-worth across gender and age groups. It allowed for a more nuanced understanding of how these factors may vary within these demographic categories. By examining these subgroups, we could potentially identify age-related and gender-related trends or disparities in how individuals perceived their physical appearance and how it influenced their self-esteem.

Tools

Appearance Anxiety Inventory (AAI):

Multidimensional Body-Self Relationship Questionnaire (MBSRQ):

Statistical Analysis- The appropriate statistical tool for examining the effects of age and gender on body image and self-perception was a Two-Way Multivariate Analysis of Variance (MANOVA). MANOVA allowed for the simultaneous analysis of multiple dependent variables (in this case, body image and self-perception) in the presence of multiple independent variables (age and gender). It was a powerful statistical technique that could determine if there were significant differences between groups based on the combination of these independent variables and their interactions.

Ethical Considerations

Informed consent was obtained from patients and controls following a thorough and extensive explanation of the study. The study received approval from the university. All patients were required to sign a written informed consent form.

Results

The data collected consisted of the participants' scores on the Appearance anxiety inventory (AAI) and Multidimensional Body-Self Relationship Questionnaire (MBSRQ). The data was sorted, stored, and the further calculations were statistically analysed using the Statistics Kingdom software for Windows. There were 113 participants out of which 64(56.64%) were females and 49(43.36%) males. They were further sub- categorized as female between 17-25 years(n=42), females between 35-45(n=22), males between 17-25(n=26) and males between 35-45(n=23).

The Standard deviation and mean were calculated for

all the four categories for AAI and MBSRQ. For women aged 18-25, the mean AAI score was 8.45 with a standard deviation of 4.95, while the mean MBSRQ score was 16.10 with a standard deviation of 1.27. In the 35-45 age group, women had a higher mean AAI score of 14.95 with a larger standard deviation of 8.96, and a slightly lower mean MBSRQ score of 15.90 with a

standard deviation of 1.52. Among men aged 18-25, the mean AAI score was 7.35 with a standard deviation of 4.48, and the mean MBSRQ score was 15.67 with a standard deviation of 1.68. In the 35-45 age group, men had a higher mean AAI score of 12.61 with a larger standard deviation of 12.04, and a slightly lower mean MBSRQ score of 15.46 with a standard deviation of 1.23.

Category		Mean(AAI)	Mean(MBSRQ)	SD(AAI)	SD(MBSRQ)
women	18-25	8.45	16.10	4.95	1.27
	35-45	14.95	15.90	8.96	1.52
men	18-25	7.35	15.67	4.48	1.68
	35-45	12.61	15.46	12.04	1.23

Table 4.1

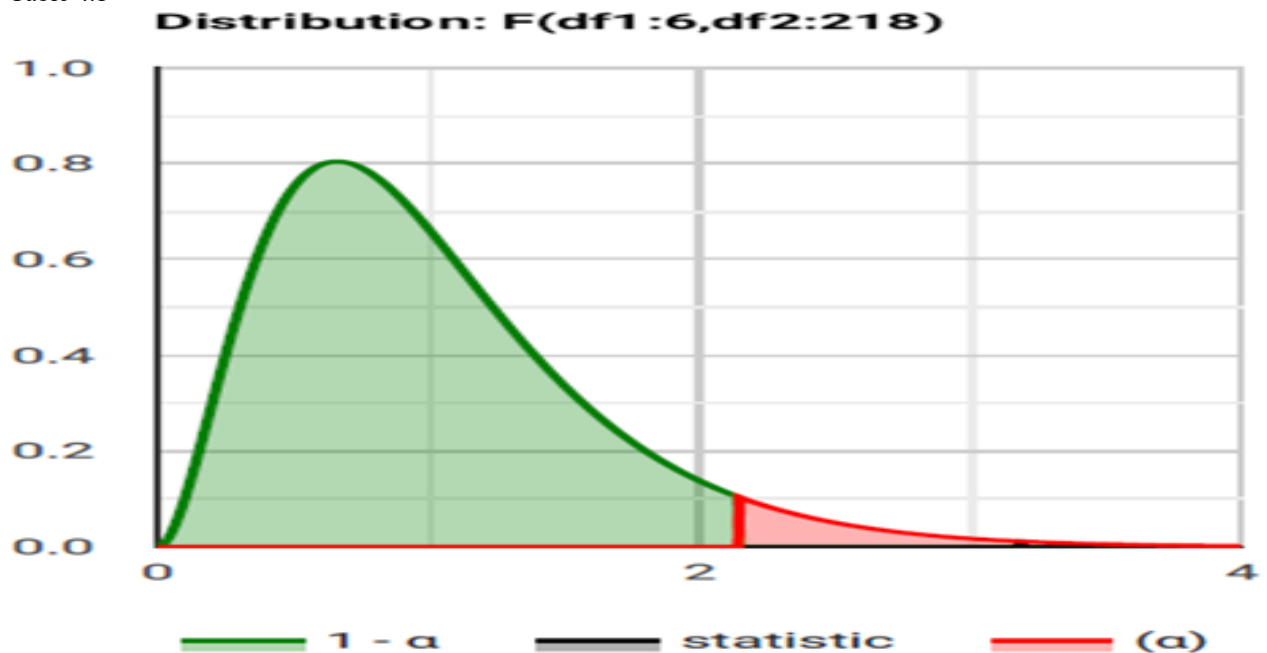
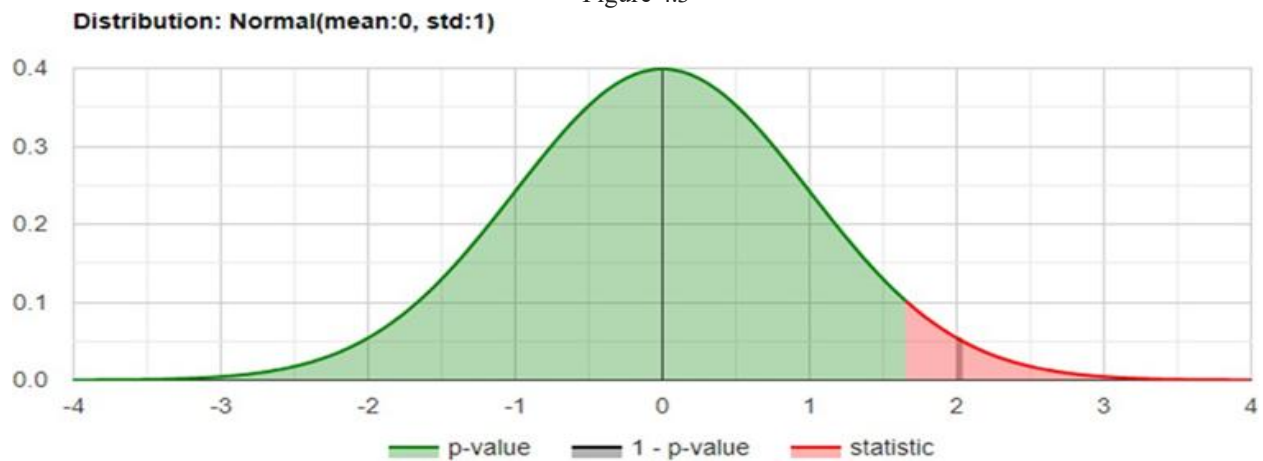
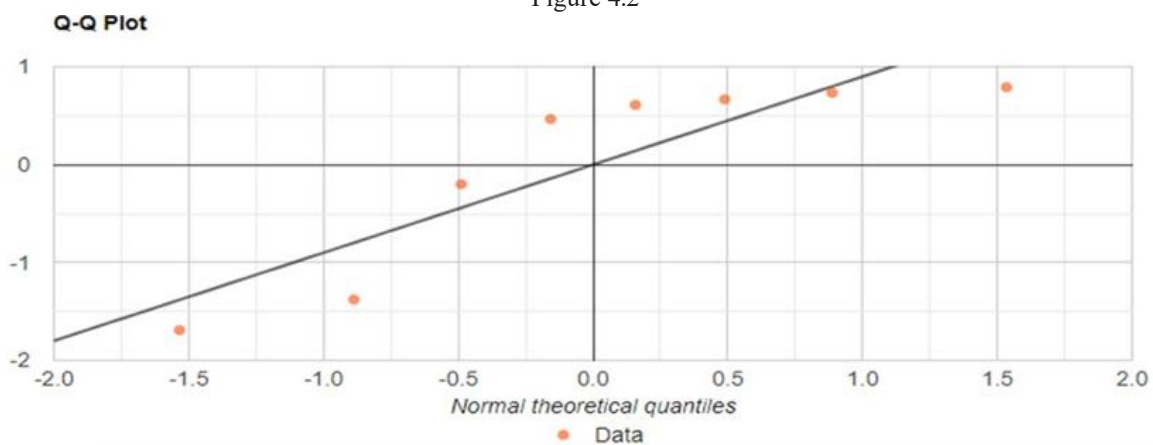
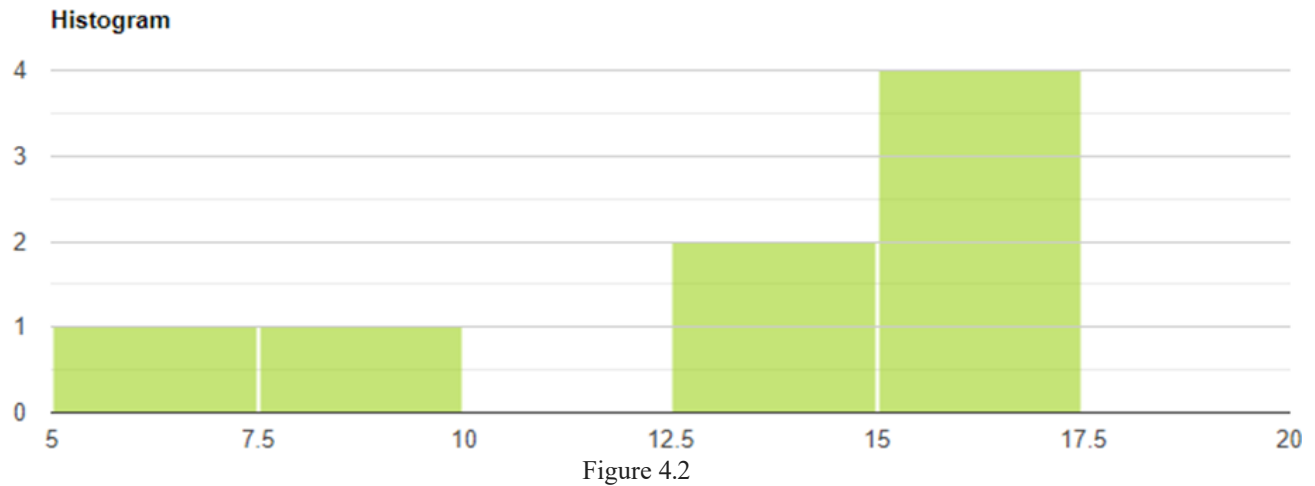


Figure 4.1

Furthermore, Shapiro wilk test was conducted on these categories.

Category	Age group	Test	P-value	Sample size (n)	Average	Median	SD	Skewness	Kurtosis
Women	17-25	MBSRQ	0.076	42	16.10	16.35	1.27	-0.56	0.67
Women	35-45	MBSRQ	0.025	22	15.90	16.095	1.52	-1.20	4.30
Men	17-25	MBSRQ	0.37	26	15.66	15.9	1.67	-0.30	-0.56
Men	35-45	MBSRQ	0.0083	23	15.46	15.67	1.23	-1.63	4.28
Women	17-25	AAI	0.032	42	8.45	8	4.95	0.61	-0.23
Women	35-45	AAI	0.61	22	14.95	15.5	8.95	0.071	-0.95
Men	17-25	AAI	0.021	26	7.34	7	4.48	0.99	0.67
Men	35-45	AAI	0.0048	23	12.60	10	12.04	1.12	0.48

Table 4.2



VIII.DISCUSSION

This chapter includes the analysis of the data reported in the previous chapter along with supportive and explanatory literature.

The data presents different demographic groups,

specifically women and men aged 17-25 and 35-45.

For both women and men, there are two variables being analyzed: Multidimensional Body-Self Relationship Questionnaire (MBSRQ) scores, which assess body image perception, and Appearance Anxiety Inventory (AAI) scores, which measure

appearance-related anxiety.

Firstly, regarding body image perception (MBSRQ scores), the results show variations across different age groups and genders. Women aged 17-25 had an average MBSRQ score of 16.1024, while women aged 35-45 had an average score of 15.9005. In comparison, men aged 17-25 had an average score of 15.6658, and men aged 35-45 had an average score of 15.4652. Interestingly, the p-values associated with these differences indicate that there was a significant difference in MBSRQ scores between age groups for men, but not for women.

Secondly, concerning appearance anxiety (AAI scores), similar trends are observed. Women aged 17-25 had an average AAI score of 8.4524, while women aged 35-45 had an average score of 14.9545. For men, those aged 17-25 had an average AAI score of 7.3462, whereas those aged 35-45 had an average score of 12.6087. Notably, there were significant differences in AAI scores between age groups for both women and men, as indicated by the associated p-values.

Additionally, measures of dispersion such as median, standard deviation, skewness, and kurtosis provide insight into the distribution and shape of the data. Skewness and kurtosis values indicate the degree of asymmetry and peakedness of the distribution, respectively.

Limitations:

While this study provides valuable insights into the interplay between age, gender, appearance anxiety, and body image self-perception, it is important to recognize several limitations. Firstly, the regional scope of the study may limit its generalizability to broader cultural contexts, as societal norms and expectations regarding body image vary across different regions and populations. Secondly, the absence of qualitative data in the research design restricts the depth of understanding of individuals' subjective experiences and perceptions related to body image. Qualitative data could offer nuanced insights into the lived experiences of participants, enhancing the overall comprehensiveness of the study. Additionally, the composition of the sample may introduce bias, as certain demographic groups may be overrepresented or underrepresented. Moreover, methodological constraints such as self-report measures and potential social desirability bias could

impact the reliability and validity of the findings. Addressing these limitations in future research endeavours is crucial to enhance the robustness and applicability of findings in diverse contexts.

Future Implications:

Despite the aforementioned limitations, this study holds significant implications for future research and intervention efforts in the field of body image and mental health. The insights gained from this study can inform the development of targeted intervention strategies aimed at promoting positive body image and psychological well-being across different demographic groups. Future research endeavours could explore the effectiveness of these interventions in diverse cultural contexts to ensure their relevance and applicability. Additionally, the findings may have clinical implications, guiding therapeutic approaches to better address body image concerns among individuals. Furthermore, understanding the influence of societal norms and media on body image perception can inform the development of educational initiatives and media literacy programs. These programs can empower individuals to critically engage with media representations of beauty and challenge unrealistic standards, ultimately fostering healthier body image attitudes and behaviors in society.

CONCLUSION

The culmination of this research produces a series of findings that reflect a deeper understanding of the relationship between age, gender, appearance anxiety and self-perception about body image.

The data analysis conducted in this chapter examined the Multidimensional Body-Self Relationship Questionnaire (MBSRQ) scores and Appearance Anxiety Inventory (AAI) scores across different demographic groups, specifically women and men aged 17-25 and 35-45.

Regarding body image perception (MBSRQ scores), variations were observed across age groups and genders. Women aged 17-25 had an average MBSRQ score of 16.1024, while women aged 35-45 had an average score of 15.9005. Similarly, men aged 17-25 had an average score of 15.6658, and men aged 35-45 had an average score of 15.4652. Notably, there was a

significant difference in MBSRQ scores between age groups for men, but not for women, as indicated by the associated p-values.

In terms of appearance anxiety (AAI scores), similar trends were noted. Women aged 17-25 had an average AAI score of 8.4524, while women aged 35-45 had an average score of 14.9545. Conversely, men aged 17-25 had an average AAI score of 7.3462, whereas men aged 35-45 had an average score of 12.6087. Significant differences in AAI scores between age groups were observed for both women and men, as indicated by the associated p-values. Furthermore, measures of dispersion such as median, standard deviation, skewness, and kurtosis provided insight into the distribution and shape of the data, indicating the degree of asymmetry and peakedness of the distributions.

Overall, the analysis of data from the Appearance Anxiety Inventory (AAI) and the Multidimensional Body-Self Relationship Questionnaire (MBSRQ) indicates that among the younger age group (17-25), women tend to exhibit higher levels of appearance anxiety and body image perception compared to men. Specifically, women aged 17-25 had an average AAI score of 8.4524, while men in the same age group had an average AAI score of 7.3462, suggesting elevated levels of appearance anxiety among women. Additionally, women in the 17-25 age group had an average MBSRQ score of 16.1024, higher than the average MBSRQ score of 15.6658 for men in the same age range, indicating a more positive body image perception among women. These findings highlight gender differences in appearance-related concerns and body image perception among younger individuals.

In conclusion, Hypothesis 1 (H1) stated that there would be a significant age difference in appearance anxiety, with the younger age group scoring higher. Hypothesis 2 (H2) stated that there would be a significant gender difference in appearance anxiety, with females scoring higher. Hypothesis 3 (H3) stated that there would be an interaction effect between age and gender on appearance anxiety, indicating that the impact of age on appearance anxiety would vary depending on an individual's gender. Hypothesis 4 (H4) stated that there would be a significant age difference in self-perception of body image, with the younger age group scoring lower on positive self-body image perception. Hypothesis 5 (H5) stated that there

would be a significant gender difference in self-perception of body image, with females scoring lower on positive self-body image perception. Hypothesis 6 (H6) stated that there would be an interaction effect between age and gender on self-perception of body image, indicating that the impact of age on self-body image perception would vary depending on an individual's gender. Hence, all of the mentioned hypotheses were retained.

REFERENCE

- [1] Anixiadis, F., Wertheim, E. H., Rodgers, R. F., & Caruana, B. (2019, December 1). *Effects of thin-ideal instagram images: The roles of appearance comparisons, internalization of the thin ideal and critical media processing*. Body Image; Elsevier BV. <https://doi.org/10.1016/j.bodyim.2019.10.005>
- [2] Arsandaux, J., Boujut, M., Salamon, R., Tzourio, C., & Galèra, C. (2023, May 1). *Self-esteem in male and female college students: Does childhood/adolescence background matter more than young-adulthood conditions?* Personality and Individual Differences; Elsevier BV. <https://doi.org/10.1016/j.paid.2023.112117>
- [3] Carels, R. A., Wott, C. B., Young, K. M., Gumble, A., Koball, A. M., & Oehlhof, M. W. (2010, August 1). *Implicit, explicit, and internalized weight bias and psychosocial maladjustment among treatment-seeking adults*. Eating Behaviors; Elsevier BV. <https://doi.org/10.1016/j.eatbeh.2010.03.002>
- [4] Cramblitt, B., & Pritchard, M. E. (2013, December 1). *Media's influence on the drive for muscularity in undergraduates*. Eating Behaviors; Elsevier BV. <https://doi.org/10.1016/j.eatbeh.2013.08.003>
- [5] Frederick, D. A., Sandhu, G., Morse, P., & Swami, V. (2016, June 1). *Correlates of appearance and weight satisfaction in a U.S. National Sample: Personality, attachment style, television viewing, self-esteem, and life satisfaction*. Body Image; Elsevier BV. <https://doi.org/10.1016/j.bodyim.2016.04.001>
- [6] Herbozo, S., & Thompson, J. K. (2006, September 1). Appearance-related commentary, body image, and self-esteem: Does the distress associated with the commentary matter? Body

- Image; Elsevier BV.
<https://doi.org/10.1016/j.bodyim.2006.04.001>
- [7] Purton, T., Officer, C., Bullivant, B., Mitchison, D., Griffiths, S., Murray, S. B., & Mond, J. (2018, September 1). *Body dissatisfaction, narcissism and self-esteem in young men and women: A moderated mediation analysis*. Personality and Individual Differences; Elsevier BV
<https://doi.org/10.1016/j.paid.2018.04.010>
- [8] Selensky, J. C., & Carels, R. A. (2021, March 1). Weight stigma and media: An examination of the effect of advertising campaigns on weight bias, internalized weight bias, self-esteem, body image, and affect. Body Image; Elsevier BV
<https://doi.org/10.1016/j.bodyim.2020.10.008>
- [9] Selensky, J. C., & Carels, R. A. (2021, March 1). *Weight stigma and media: An examination of the effect of advertising campaigns on weight bias, internalized weight bias, self-esteem, body image, and affect*. Body Image; Elsevier BV.
<https://doi.org/10.1016/j.bodyim.2020.10.008>
- [10] Strübel, J., & Petrie, T. A. (2017, June 1). *Love me Tinder: Body image and psychosocial functioning among men and women*. Body Image; Elsevier BV.
<https://doi.org/10.1016/j.bodyim.2017.02.006>