

## Gender differences in physical appearance perception among 8<sup>th</sup> grade pupils

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### Summary

*Research background and hypothesis. Research demonstrates that the first signs of body dissatisfaction develop during childhood, i.e. at the age of 4-7; thus, we may argue that negative body image originates during childhood. However, the research of D. Raufelder, S. Braun, A. Latsch, and other authors (2014) demonstrates that body image is especially highlighted during the early adolescence as adolescents start focusing on their physical appearance. Adolescents at this age period undergo an intensive puberty. It is known as a transitional period from childhood to youth. It must be noted to the fact that precisely during this period complicated contradictions of physical and mental development emerge, while having a rather significant influence on the body image formation.*

*Previous studies have shown that adolescents experience major physical, social, emotional, and moral changes. Due to such ongoing changes, adolescents' physical appearance becomes one of the top concerns. It is known that dissatisfaction with physical appearance among girls is often reflected in a desire to be thinner, while among boys – a desire to be bigger, taller, become more muscular and have a nice body shape. Research has proven that adolescents have a very precise physical appearance, which is related to their own mental representation. However, there is a gap in research analyzing dissatisfaction with the physical appearance, i.e. body parts, among boys and girls.*

*Research aim was, during the analysis process of body part satisfaction of adolescents undergoing the early period of adolescence, to compose a combined body image of this specific age period and identify gender differences.*

*Research methods. The research was conducted during the months of March-April-May, 2012. A random probabilistic sampling method was used with the 8<sup>th</sup> grade pupils from 24 general education schools located in various cities and towns around Lithuania. The research sample was comprised of 1347 (boys n=674, girls n=673) 8<sup>th</sup> graders.*

*Research results. Results of the present research allow to conclude that adolescents are more dissatisfied with such areas of the body build, which are phenotype dependent and more satisfied with the individual morphological features of the body (facial skin, feet, cheeks, ears, hair, chin, lips, eyes, neck), which are genotype dependent. There is a difference in perception of a body image among boys and girls ( $p=0,000$ ). Boys are more content with their body parts as compared to girls.*

**Keywords:** *physical appearance, adolescence, body weight, body build, body shape.*

### Introduction

Each social period is characterized by changing beauty ideals, followed by changing requirements of the society to pursue and comply with such ideals. Physical human's appearance seems to be receiving an increased emphasis in the contemporary society. Beauty ideals promoted by the mass media develop body dissatisfaction for a majority of people and further encourage to pursue such ideals. (Blond, 2008). Precisely in such society, where its members live by the idea that appearance is a form of self-expression, our children are raised and nurtured (Miškinytė, 2011). This problem is highly relevant in adolescence. Mass media attention given to a beautiful body precisely during this age period is overemphasized, for this reason, an adolescent's desire to comply with such appearance expectations effect the ongoing physical, cognitive, and psychosocial development (Žukauskienė, 2002). Society-specific physical appearance standards are

critical to formation of the body image, influence body perception and assessment, provokes body dissatisfaction (Blond, 2008). Specifically, the Western society emphasizes slim and average body for women and muscular body for men as an ideal (Sheffield, Tse, Sofronoff, 2005).

Since these socially indorsed ideals are so difficult, if not impossible to obtain for adolescents, they, especially girls, develop negative perception of body image, which results in depression (Didžiokienė, Žemaitienė, 2005), eating disorders (Frisern, Holmqvist, 2010; Pelegrini, Petroski, 2010; Cash, Smolak, 2011; Pajaujienė, 2012), negative experiences (Cooley, Toray, 2001).

To the present day, the focus of research analyzing the body image was negative experience. Researchers have proven that negative perception of body image manifests not only in a concern with body weight reflecting the basic women desire to become thinner and a desire to be larger, taller and more muscular

for men but is also related to a human lifestyle: nutrition, physical activity. Scientists emphasize that most of the time both females and males wish to lose weight as body dissatisfaction increases with a body mass. For this reason, the majority of research attempted to determine to what extent the age and cultural differences affect the body image (Shepeliak, 2006).

The research reveals that adolescent boys and adult men (from 20% to 95%) have a negative body image, especially due to their body weight and shape (Watkins, Christie, Chally, 2008). In order to achieve an ideal shape and desired weight, very often boys and men use unhealthy compensatory behavior (such as malnutrition, excessively high loads during physical activities) (Cafri, Yamamiya, Brannick et al., 2005). Difficulties developed in adolescence related to a body image, dieting, and weight may persist during the adulthood (Deleel, Hughes, Miller et al., 2009). Body image is the key criterion among adolescents, especially the girls, in creating the body image related ideal. Adolescents (especially girls) believe that appearance and opinion of surrounding people is the basis for self-perception. Conducted research has proven that adolescent girls experience negative or positive emotions related to body image (Davison, McCabe, 2006). C. N. Markey (2010) emphasizes the influence of such factors as puberty and interpersonal relationships (for ex., family members, peers, and teachers) on body image perception.

Body image research conducted in Lithuania and abroad most often focuses on adults as well as on middle and late adolescence periods. According to these authors, there is a gap in research analyzing the body image of boys and girls during the age period of early adolescence (Raufelder, Braun, Latsch et al., 2014). Negative body image perception of adolescents disturbs the personal development. This is a major issue of life quality. For this reason, scientists search for the ways to facilitate the adolescents in finding the body image fully meeting their desires.

Academic research of Lithuania and foreign authors has revealed that body image is closely related to a person's self-image (Berk, 2009) and physical self-image. Body image and self-image are very subjective phenomena (Watkins, Christie, Chally, 2008; Trif, 2008, 2012). However, as D. Lawrence (1996) notes, personal self-image is a subjective image of a total own self. J. A. Watkins, C. Christie, P. Chally (2008) claim that body image

covers only one part of a human as a whole entity, to be precise – a body. Physical self-image covers physical features of body parts.

Seeking to facilitate the adolescents in solving their body image formation issue, scientists offer different ways, measures, and strategies. The present work focuses on a relationship between the body image objectivation and formation.

*Research aim* was, during the analysis process of body part satisfaction of adolescents undergoing the early period of adolescence, to compose a combined body image of this specific age period and identify gender differences.

### **Research methods. Research sample**

The survey was conducted during the months of March-April-May, 2012 with 8<sup>th</sup> grade adolescents. A random sampling was performed with the 8<sup>th</sup> graders from 24 general education schools located in various cities and towns around Lithuania. 1347 adolescents were involved in the anonymous survey. The research sample was comprised of n=674 boys and n=673 girls, i.e., in regards to gender, the sample consisted of a similar number of boys (50%) and girls (49,9%). The chosen sample represents the population of Lithuania as is sufficient in respect to the sample size. The present research was conducted using a probabilistic random sampling.

### **Research instrument**

The research used a questionnaire developed by the author. It is based on instruments used in research of Lithuanian and foreign authors (Franzoi, Shields, 1984; Jankauskienė, 2001; Miškinytė, 2011; Pajaujienė, 2012). The adolescent survey instrument is composed of 2 parts: 1) *Demographic information and self-rating questions of anthropometric indicators*. The research instrument was developed in order to more accurately describe the diagnostic research sample and its representativeness as well as to test hypothesis that body part satisfaction depends on a gender and age. The self-rating questions of adolescent anthropometric indicators were based on R. Jankauskienė (2001) questionnaire, which provides four questions on physical development (height and weight), which facilitated the determination of adolescent satisfaction / dissatisfaction with the anthropometric indicators (height and weight). The present research used the same questions as were provided by R. Jankauskienė (2001). However, the author of the present research modified the wording

of these questions as during the pilot study it became evident that such wording is clearer to the research participants. 2) *Adolescents' satisfaction with body parts scale*. The second and the major part of the questionnaire was composed of questions, which aimed at determining adolescent satisfaction with the body parts. The current part of the instrument consisted of 40 questions. The adolescents' satisfaction with the body parts scale was based on instruments used by A. Miškinytė (2011), S. Pajaujienė (2012). A. Miškinytė developed a satisfaction with body areas scale for males and females, which she divided into five sections: 1) face (facial features, complexion), 2) hair (color, thickness, density), 3) upper body (chest or breasts, shoulders, arms), 4) middle body (waist, stomach), 5) lower body (buttocks, hips, thighs, legs). S. Pajaujienė presented satisfaction with the body parts scale for males and females and divided it into the same five sections: 1) face (facial features, complexion), 2) hair (color, thickness, density), 3) upper body (chest or breasts, shoulders, arms), 4) middle body (waist, stomach), 5) lower body (buttocks, hips, thighs, legs). The concept of body build is understood as a significant rating aspect (indicator) of individual body parts. The concept of body build is equated to structure (DST, 2002) or composition (Skirius, 2007). The present research chose the concept used in the Dictionary of Sport Terms (2002) defining it as a body build. Considering the above named schemes, the body in the present research is divided into three areas when analyzing the bodily aspect. Since the Dictionary of Modern Lithuanian (2012, p. 107, p. 728) specifies that the concept *area* is broader than the term *part*, the concept *area* was chosen when developing the adolescents' satisfaction with the body parts scale and three areas of body build were distinguished: 1) upper body, 2) middle body, 3) lower body. These areas cover 20 body parts (Franzoi, Shields, 1984). The author distinguished 13 genotype-dependent body parts in the upper body, two body parts the middle body, and six body parts in the lower body. Both the middle and the lower body parts are phenotype dependent. The diagnostic instrument used a semantic differential scale, which has a seven-point rating scale with two bi-polar adjectives at each end (like/dislike). Moreover, in cases where the respondents marked 1-3 on a body part satisfaction scale, they were asked to comment what specifically they are not content with in that certain body part. After assessing the scale reliability, the obtained Cronbach's alpha coefficient

was  $\alpha=0,887$ . This means that the scale is a reliable research instrument.

## Data analysis

*Statistical Package for Social Sciences* (SPSS 20) was used for the data analysis. The diagnostic research used the following statistical analysis methods: descriptive statistics intended to analyse variable grouping features, grouping intervals, and grouping types, to assess data variation and concentration, to present statistical data in charts and tables (Kasiulevičius, Denapienė, 2008). Significance of differences in adolescent satisfaction with the body parts were assessed using a *Friedman (df)* criterion. Reliability of the questionnaire scale as well as scale internal consistency was assessed using a Cronbach's alpha coefficient, showing a correlation of statements within the questionnaire. It was used to identify whether all scale items sufficiently reflect the research sample and enable to specify a number of necessary questions in the scale. Difference in self-rating related to satisfaction with body build among girls and boys was determined using a non-parametric analysis method, i.e. *Mann-Whitney* criterion. For testing the variable distribution in population, a non-parametric *Chi square ( $\chi^2$ )* criterion was administered. To calculate a correlation between the derived variables, a Spearman's coefficient of rank correlation was calculated. Arithmetic means  $\bar{x}$ , maximum (Max) and minimum (Min) values were also calculated. To analyze the qualitative data a content analysis method was used.

## Research results

Upon completion of the diagnostic research, respondent satisfaction with the body parts (Fig. 1) was assessed. Using the *Friedman* criterion it was identified that difference in adolescent satisfaction with the body parts is statistically significant ( $\chi^2=16329,475$ ;  $df=25$ ;  $p=0,000$ ). Results obtained from the conducted research allow to conclude that research participants feel more dissatisfied with the following areas of the body: lower part of the body (buttocks, hips, legs, thighs, shins); middle part of the body (stomach, waist) as well as the upper part of the body (shoulder area, arms, chest). The above listed body areas depend on environmental factors (economic and social conditions, type of physical activity and intensity, nutrition, diseases, physical activity), i.e. phenotype, which changes throughout

an entire life and demonstrates a human's growth at certain age periods (Skirius, 2007). Phenotype dependent body areas are possible to change with the help of physical exercises. As Fig. 1 demonstrates, respondents are mostly satisfied with individual morphological features of their body, which are inherited from their parents, i.e., feet, cheeks, ears, hair, chin, lips, eyes, and neck. The above named features depend on adolescents' genotype and they cannot be changed through exercising.

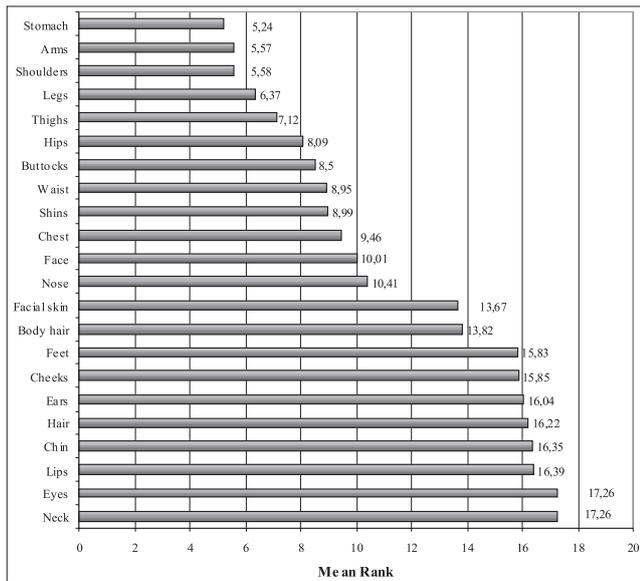


Fig. 1. Results of respondents' satisfaction with the body parts (mean rank is based on Friedman criterion)

Using the content analysis method it was also determined which body parts cause the greatest dissatisfaction among adolescents. Results demonstrate that stomach shape and its circumference (Table 1) cause the greatest dissatisfaction (n=193). According to some research participants, they have a lot of fat in the abdominal area, i.e. their stomach is big and they have weak muscles. In regards to the lower part of the body, the respondents are mostly dissatisfied with the shape and size of their legs (n=165). The respondents name the causes for their dissatisfaction: excessive body fat and weak muscles. The adolescents (n=148) rate the form and size of thighs as the most displeasing in the lower part of the body. Some respondents specify that they feel discontent with their thighs because of a thick layer of body fat and weak muscles. Respondents are also dissatisfied with the shape and size of their hips (n=112), which fall under the lower part of the body. Part of respondents' claims that their hips are large and wide. In regards to the middle part of the body, respondents are

dissatisfied with the shape and size of their waist (n=99). According to some respondents, they have a thick layer of body fat in the waist area; they cannot see a clear waistline and have weak muscles. When rating the upper part of the body, the respondents are dissatisfied with chest shape and size (n=93). They name that their chest is flat, have a thick layer of body fat and weak muscles. Respondents claim that they are also displeased with the shape and size of their arms (n=82). According to some respondents, their arms are very thin, fat, and low in muscles.

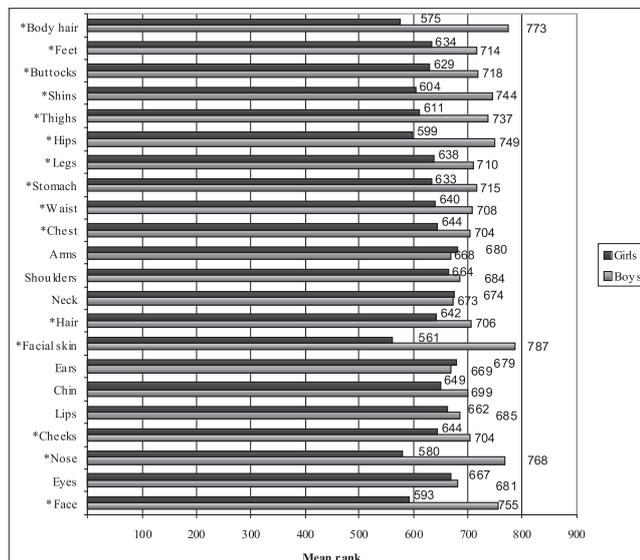
Table 1

Respondents' dissatisfaction with body parts

Category	Subcategory	Statements confirming the problem
Dissatisfaction with body parts	Shape and size of stomach (n=193) ** MBP	<thick layer of body fat in stomach area>, <stick out stomach>, <large stomach>, <weak muscles>, <no clearly evident abdominal muscles>, <could be flat>, <unattractive shape of belly>, <unattractive skin of belly>.
	Shape and size of arms (n=82) *** UBP	<scar on one hand>, <arm hair>, <arm moles>, <large>, <massive, not girly like>, <very thin>, <could be larger>, <veined>, <long>, <too large>, <little muscle>, <wish they were thinner>, <weak muscles>, <too masculine>, <short>.
	Shoulder area (n=58) *** UBP	<more exercises need to be done for the shoulder area>, <large>, <wide>, <unattractive shape>, <could be broader>, <could be narrower>, <very wide, bony>, <too narrow with no muscle>.
	Shape and size of legs (n=165) * LBP	<plenty of body fat>, <unattractive skin>, <large>, <hairy>, <short>, <crooked>, <very thin>, <unattractive>, <weak muscles>, <wish they were longer and thinner>, <wish they were tighter>, <unattractive shape>.
	Shape and size of thighs (n=148) * LBP	<plenty of cellulite>, <plenty of body fat>, <need more exercising>, <large>, <fat>, <could be smaller>, <too large>, <very thin>, <do not like>, <unattractive>, <wish they were more muscular>.
	Shape and size of buttocks (n=55) * LBP	<large>, <weak muscles>, <could be tighter>, <plenty of cellulite>, <sticks out>, <unattractive shape>, <no buttocks>, <wish they were smaller>, <wide>.
	Shape and size of hips (n=112) * LBP	<large>, <wide>, <round>, <could be larger>, <could be broader>, <could be narrower>, <plenty of cellulite>.
	Shape and size of waist (n=99) ** MBP	<large>, <I am very thin and my bones stick out>, <large layer of body fat>, <could be thinner>, <no waistline>, <I cannot wear clothes that I like>, <do not like>, <weak muscles>, <no clear line>, <have no waist>.
	Shape and size of shins (n=63) * LBP	<large>, <too muscular>, <very thin>.
	Shape and size of chest (n=93) *** UBP	<flat chest>, <thick layer of body fat>, <weak muscles>, <could be bigger>, <ribs stick out>, <small>, <I wish chest was bigger>, <do not like>.

Note. The table presents responses of the research participants following self-rating of the body parts. \*LBP – lower body part; \*\*MBP – middle body part; \*\*\*UBP – upper body part

Upon completion of the diagnostic research, gender differences in satisfaction with the individual body parts (Fig. 2) were determined. When analyzing the differences in the upper body part, obtained results demonstrate that the girls as opposed to boys tend to be more dissatisfied with their face ( $U=172289,500$ ;  $z=-7,802$ ;  $p<0,001$ ), nose ( $U=163292,000$ ;  $z=-9,057$ ;  $p<0,001$ ), cheeks ( $U=206748,000$ ;  $z=-2,957$ ;  $p=0,003$ ), hair ( $U=205523,000$ ;  $z=-3,223$ ;  $p=0,001$ ), chest ( $U=206717,000$ ;  $z=-2,875$ ;  $p=0,004$ ), and feet ( $U=199549,000$ ;  $z=-4,059$ ;  $p<0,001$ ). The above named body parts are genotype dependent, i.e. areas that cannot be changed through physical exercises. When analyzing the differences in the middle body part, results have shown that girls compared to the boys are more dissatisfied with their waist ( $U=203616,000$ ;  $z=-3,309$ ;  $p=0,001$ ), and stomach ( $U=199037,000$ ;  $z=-4,016$ ;  $p<0,001$ ). When analyzing the differences in the lower body part, obtained results demonstrate that that the girls as opposed to boys feel more dissatisfied with the shape and size of their legs ( $U=202790,000$ ;  $z=-3,429$ ;  $p=0,001$ ), hips ( $U=176005,500$ ;  $z=-7,221$ ;  $p<0,001$ ), thighs ( $U=184430,500$ ;  $z=-6,053$ ;  $p<0,001$ ), shins ( $U=179827,000$ ;  $z=-6,704$ ;  $p<0,001$ ), and buttocks ( $U=196810,500$ ;  $z=-4,288$ ;  $p<0,001$ ). The above named parts are phenotype dependent, i.e. can be changed with a help of exercising.



**Fig. 2.** Distribution of adolescents' satisfaction with the body parts (mean rank is presented in accordance with Mann-Whitney U- test criterion) in respect to gender

Results obtained from the conducted research (Table 2) reveal that satisfaction with the body parts differ among boys and girls ( $t=8,223$ ;  $p=0,000$ ;

Levene  $p>0.05$ ). Boys compared to the girls tend to be more satisfied with their body parts.

Table 2

**Distribution of adolescents' satisfaction with the body parts in respect to gender**

Derived variable	Gender	Min.	Max.	Arithmetic mean	Standard deviation
Rating of satisfaction with the body parts	Boy	22	154	105,30	19,05
	Girl	22	154	101,09	19,26

*Note.* The table presents minimum and maximum values, arithmetic means, and a standard deviation

According to obtained results, certain areas of the body build are more important in respect to gender. For this reason, boys and girls differently perceive their individual body parts, i.e. different areas of the body parts.

## Discussion

Currently, Lithuanian and foreign authors (Erentaitė, Malinauskienė, 2012; Pajaujienė, 2012; Holder, 2009; Pelegrini, Petroski, 2010; Hutchinson, Rapee, Taylor, 2010; Mantilla, Bergsten, Birgegard, 2014) increasingly emphasize that self-image of the adolescent body becomes a highly relevant issue in life. This is partially influenced by the biological changes undergoing in adolescent's body, which, in turn, change the perception of own body image (Holder, 2009) and body parts.

– The diagnostic research aimed assessing the subjective adolescent (13-14 years) satisfaction with anthropometric indicators. Results demonstrate that a majority of boys and girls are dissatisfied with their height. Manifestation of dissatisfaction with the height among adolescents generates a greater desire to be taller. This age period is characterized by a rapid puberty, due to which adolescents are dissatisfied with the changes experienced in their body. Such statement is consistent with A. Gailiūnienė, V. Kontvainis (1994) ideas that speed of the body growth depend of the age period. The highest growth is observed during the puberty (for boys – age 14–15, girls – age 12–13). Lithuanian and foreign authors (Gailiūnienė, Kontvainis, 1994; Tutkuvienė, 1995; Erentaitė, Malinauskienė, 2012; Pajaujienė, 2012; Trif, 2012; Mantilla, Bergsten, Birgegard, 2014) note that puberty is the most sensitive period. Findings of the present research demonstrate that body mass is of a high importance to the adolescents. It was revealed that boys are dissatisfied with their weight, because they want bigger body mass, i. e. to be more muscular, while the girls are dissatisfied with their

weight because they want to lose it (Content analysis data) (see Table 2). These results are consistent with A. Pelegrini, L. E. Petroski (2010) findings proving that 51,3 % of boys want to gain, while 48,4 % of girls want to lose their weight.

– Results of the conducted research demonstrate that adolescents are more dissatisfied with such body parts that are phenotype dependent. Gender differences were determined having received body part self-rating results. Boys are more satisfied with their body parts compared to the girls. Girls are more dissatisfied with the middle (waist, stomach) and the lower (legs, hips, thighs, shins, buttocks) body areas. These results are consistent with S. Pajaujienė (2012) findings that state girls to be less satisfied with the middle and the lower body areas compared to boys. The same results are consistent with M. P. Levine, L. Smolak (2002) research findings that prove adolescent girls (from 40 % to 70 %) to be dissatisfied with two or more of body areas.

– The research confirms the assumption that girls compared to boys are more dissatisfied with their body shape, size, and muscle weakness, i.e., parts that are phenotype dependent, while J. A. Watkins, C. Christie, P. Chally (2008) claim that not only girls but also adolescent boys as well as adult men experience body dissatisfaction to a great extent, especially with their body weight and shape that they wish to be heavier. Research results of M. P. Levine, L. Smolak (2002) demonstrate that boys more often try to focus on maintaining their body shape and muscle grow. Our research results have shed some light on a presumption that boys wish to be bigger and muscular while the girls pursue their thin ideal and such finding is consistent with R. R. J. Evans, J. Geiger, B. K. Werner et al. (2008) findings, which reveals that the boys often wish to be bigger, taller, and to have well developed muscles. Dissatisfaction for 7 out of 10 girls is often manifested in a desire to be thinner.

## Conclusions

– Research participants are more dissatisfied with such areas of the body build, which are phenotype dependent and more satisfied with individual morphological features of a body (complexion, feet, cheek, ears, hair, chin, lips, eyes and neck), which are genotype dependent.

– Satisfaction with a body image among boys and girls differs ( $p=0,000$ ). Boys compared to girls feel more satisfied with their body parts.

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## VIII KLASĖS BERNIUKŲ IR MERGAIČIŲ FIZINĖS IŠVAIZDOS VERTINIMAS

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### SANTRAUKA

Nors, kaip rodo tyrimai, pirmųjų nepasitenkinimo savo kūnu požymių pasitaiko jau vaikystėje, 4–7 metų amžiuje (taigi, galima sakyti, kad neigiamas kūno vaizdas pradeda formuotis jau vaikystėje), tačiau kūno vaizdas ypač aktualizuojamas ankstyvojoje paauglystėje, nes paaugliai pradeda daugiau dėmesio skirti fizinei išvaizdai. Šiuo amžiaus tarpsniu paaugliai intensyviai bręsta. Tai savotiškas pereinamasis laikotarpis iš vaikystės į jaunystę. Būtina atkreipti dėmesį į tai, kad būtent šiuo laikotarpiu atsiranda sudėtingas fizinės ir psichinės raidos neatitikimas, darantis įtaką kūno vaizdo formavimuisi.

Tyrimai atskleidžia, kad paaugliai patiria svarbius fizinius, socialinius, emocinius ir moralinius pokyčius. Dėl tokių pokyčių šiuo laikotarpiu paaugliams didelės reikšmės turi jų fizinė išvaizda. Teigiama, kad mergaičių nepasitenkinimas fizine išvaizda dažnai rodo, kad jos nori būti plonesnės, o berniukai nori būti stambesni, aukštesni, turėti daugiau raumenų ir gražias kūno formas. Nustatyta, kad paaugliai turi labai konkrečią

fizinę išvaizdą, kuri siejama su jų pačių įsivaizdavimais. Tačiau trūksta tyrimų, nagrinėjančių berniukų ir mergaičių nepasitenkinimą fizine išvaizda, t. y. kūno fizine sandara.

Tyrimo tikslas – nustatyti 8 klasės berniukų ir mergaičių fizinės išvaizdos vertinimą. Tyrimas atliktas 2012 metų kovo, balandžio ir gegužės mėnesiais. Paimta tikimybinė atsitiktinė 8 klasės mokinių imtis iš 24 bendrojo ugdymo mokyklų, esančių įvairiuose Lietuvos miestuose. Tiriamąją imtį sudarė 1347 (berniukai  $n = 674$ , mergaitės  $n = 673$ ) 8 klasės mokiniai.

Gauti tyrimo rezultatai atskleidė, kad paaugliai labiau nepatenkinti tomis kūno sudėjimo sričių dalimis, kurios priklauso nuo individo fenotipo, ir labiau patenkinti individualiais morfologiniais organizmo ypatumais (savo veido oda, pėdomis, skruostais, ausimis, plaukais, smakru, lūpomis, akimis, kaklu), priklausančiais nuo individo genotipo. Berniukai yra labiau patenkinti savo kūno sudėjimu negu mergaitės.

*Raktažodžiai:* fizinė išvaizda, paauglystė, kūno svoris, kūno sudėjimas, kūno forma.