

Original Article

A Study of Body Image and Quality Life Among College Female Students

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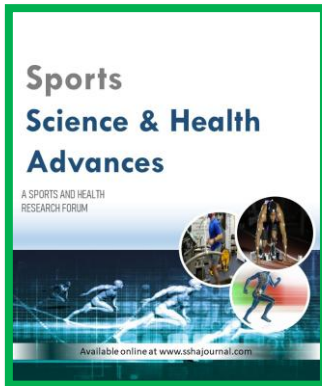
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Abstract

This study aimed to investigate the differences in body image and quality of life between female college students engaged in sports and those not participating in sports, as well as to explore the relationship between these two variables. Utilizing a descriptive survey method, a randomly selected sample of 100 female college students from Hisar District, Haryana, was assessed. Data collection instruments included the Body-Image Questionnaire developed by Marilou Bruchon-Schweitzer (1987) and the Quality of Life Scale by Sarika Sharma and Dr. Nakhat Nasreen (1971). Statistical analyses comprised mean, standard deviation, t-tests, and Pearson's Product Moment Correlation. Findings revealed significant differences in both body image and quality of life between sports and non-sports participants. Additionally, a significant relationship was found between body image and quality of life among the female college students. These results suggest that participation in sports may positively influence both body image and quality of life in female college students.

Keywords: body image, quality of life, physical education



Peer-Reviewed
Refereed
Indexed



How to cite: Rani, U., Ritu. (2025). A Study of Body Image and Quality Life Among College Female Students. *Sports Science & Health Advances*. 3(1), 497-502.

[https://doi.org/10.60081/SSHA.3.1\(Spl\).2025.497-502](https://doi.org/10.60081/SSHA.3.1(Spl).2025.497-502)

Received: 16-05-2025
Published: 10-07-2025



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Introduction

Body image the subjective perception and evaluation of one's physical appearance plays a pivotal role in shaping an individual's self-esteem, psychological well-being, and overall quality of life. Among female college students, this construct gains particular significance, as this demographic is often susceptible to societal and cultural pressures that idealize specific body types. The transition to college life introduces new social and academic challenges, which can exacerbate concerns related to body image. Understanding the relationship between body image and quality of life in this population is essential for developing effective interventions aimed at promoting mental health and well-being.

The contemporary media landscape, characterized by pervasive portrayals of idealized body standards, significantly influences young women's perceptions of their bodies. Exposure to such images can lead to internalization of unrealistic beauty ideals, fostering body dissatisfaction. This dissatisfaction is not merely a superficial concern; it has profound implications for mental health, including increased risks of depression, anxiety, and eating disorders. A study conducted in Northeast India highlighted that body image dissatisfaction among college students was significantly associated with higher levels of depression and anxiety, as well as lower self-esteem. These findings

underscore the intricate link between how individuals perceive their bodies and their psychological health. Body Mass Index (BMI) also plays a crucial role in body image satisfaction. Research indicates that students with lower BMI tend to report higher body image satisfaction, whereas those with higher BMI often experience greater dissatisfaction. This relationship suggests that objective measures of body size can influence subjective perceptions, which in turn affect overall quality of life. However, it's important to note that body image dissatisfaction can occur across all BMI categories, indicating that psychological and societal factors are also at play.

This cultural dissonance can intensify body dissatisfaction among young women striving to meet these ideals. Moreover, the rapid globalization and westernization of beauty standards have introduced additional pressures, blending local and global ideals in ways that can be challenging for individuals to navigate. Given the multifaceted impact of body image on mental health and quality of life, it is imperative to address this issue through comprehensive strategies. In conclusion, the relationship between body image and quality of life among female college students is complex and influenced by a myriad of factors, including media exposure, BMI, self-compassion, and cultural norms. Addressing body image dissatisfaction requires a holistic approach that considers these various elements. By fostering environments that promote positive body image and self-compassion, we can enhance the overall well-being and quality of life of female college students.

Review of Related Research

PilarRomos Et.al.(2019):-This study investigates the impact of various factors, including body mass index, perception of being overweight, and body image satisfaction, on internalizing symptoms related to mental health in adolescents. Additionally, the research considers sex, age, socioeconomic status, dieting, and physical activity as relevant variables. The study is based on data from the international Health Behaviour in School-aged Children study, focusing on a sample of 4531 Spanish adolescents aged 13 to 18 years. The study includes 4531 Spanish adolescents. Participants were selected using random multi-stage sampling stratified by conglomerates. The identification of body image satisfaction as a key predictor and the consideration of variables such as BMI, perception of being overweight, sex, age, socioeconomic status, dieting behaviours, and physical activity contribute to a more comprehensive understanding of adolescent mental health

ALDEGHEIRY(2021) this study aims to assess the influence of sports activities on the quality of life of Saudi women, including aspects related to fitness and health, social engagement, psychological well-being, moral development, and mental health. Additionally, it seeks to propose strategies for enhancing the activation of sports activities to improve the quality of life among Saudi women. The study surveyed a sample of 384 Saudi women residing in Riyadh, using a questionnaire to gather data. Findings revealed that sports activities have a significant positive impact on fitness, as well as psychological and moral dimensions, and a moderate to high impact on social and mental aspects among Saudi women. The study recommends leveraging media platforms to promote sports culture and awareness among women of all ages, including children, teenagers, and the elderly, by disseminating supervised bulletins covering various aspects of sports activities such as objectives, programs, timings, and venues. Such initiatives are expected to foster positive attitudes towards engaging in sports activities among Saudi women.

Operational Definitions of The Key Terms Used

Body Image: In this study, body image refers to an individual's perception, attitudes, and feelings about their own body appearance, including weight, shape, and overall physical attractiveness. It is measured through self-reported surveys assessing body satisfaction, perceived attractiveness, and the influence of external factors such as media and peer comparisons.

Quality of life: Quality of Life (QoL) is a comprehensive concept that reflects an individual's overall well-being, encompassing physical, psychological, social, and

environmental dimensions. The World Health Organization (WHO) defines QoL as "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns."

Objectives of the Study

The objectives of the study were:

- To find out the difference between body image of sports and non-sports college female students.
- To find out the difference between quality of life sports and non-sports college female students.
- To find out the relationship between body image and quality of life college female students.

HYPOTHESES OF THE STUDY

The hypotheses of the study were:

- There exists no significant difference between in body image of sports and non-sports college female students.
- There exists no significant difference between quality of life sports and non-sports college female students.
- There exists no significant relationship between body image and quality of life college female students.

DELIMITATIONS

- The study was delimited to only Hisar District of Haryana state.
- The study was restricted to descriptive survey method only.
- The study was delimited to female college students only.
- The study was confined to a sample of only 100 female college students.
- The study was conducted with only two variables i.e. body image and quality of life.

RESEARCH METHODOLOGY

The study was carried out by using Descriptive Survey Method.

POPULATION

All female college Students of Hisar, Haryana was the population in the present study.

SAMPLE

In the present study, a sample of total 100 female college students was selected randomly.

STATISTICAL TECHNIQUES USED

- Mean, Standard Deviation
- t-test
- Pearson's Product Moment Correlation

Selection of Tools

The following test /questionnaire were selected for the present study.

- Body image questionnaire, developed by mariloubruchon Schweitzer, (1987)
- Quality of life scale developed by sarika Sharma and Dr. NakhatNasreen (1971)

Data Analysis and Discussion

The primary goals of the current study were to determine whether there is a difference between in body image and quality of life sports and non-sports college female students.

Hypothesis: 1 There exist no significant difference between in body image of sports and non-sports college female students.

Table 1:- Comparison of Mean scores of body image of sports and non-sports college female students

Variable	Gender	Number	Mean	S.D	t-Value	Table Value at 0.05 level	Remarks at 5% Level
Body Image	Non-sports females	50	71.80	11.67	6.86	1.984	Hypothesis not accepted
	sports females	50	50.88	17.59			

INTERPRETATION

Since Table 1 shows that the computed t value is higher than the table value at 98 degrees of freedom, the premise that “There exist no significant differences in body image of sports and non-sports college female students” is significantly different is not accepted.

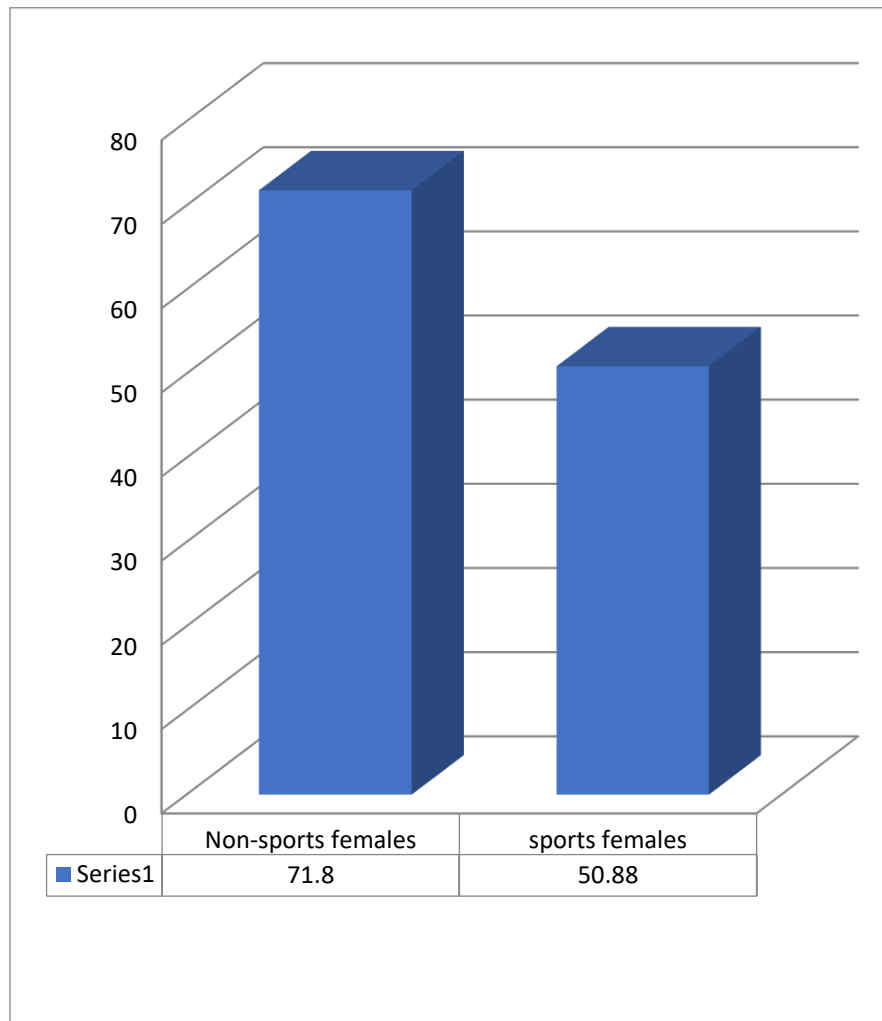


Figure 1 Graphical representation of mean scores of body shape of sports and non-sports college female students

Hypothesis: 2 There exists no significant difference between quality-of-life sports and non-sports college female students.

Table 2: Comparison of Mean scores of quality of life sports and non-sports college female students.

Variable	Gender	Number	Mean	S.D	t-Value	Table Value at 0.05 level	Remarks at 5% Level
Quality of life	Non-sports females	50	96.00	22.03	3.139	1.984	Hypothesis not accepted
	sports females	50	79.58	29.70			

INTERPRETATION

Since Table 2 shows that the computed t value is higher than the table value at 98 degrees of freedom, the premise that “There exist no significant differences in body image of sports and non-sports college female students” is significantly different is not accepted.

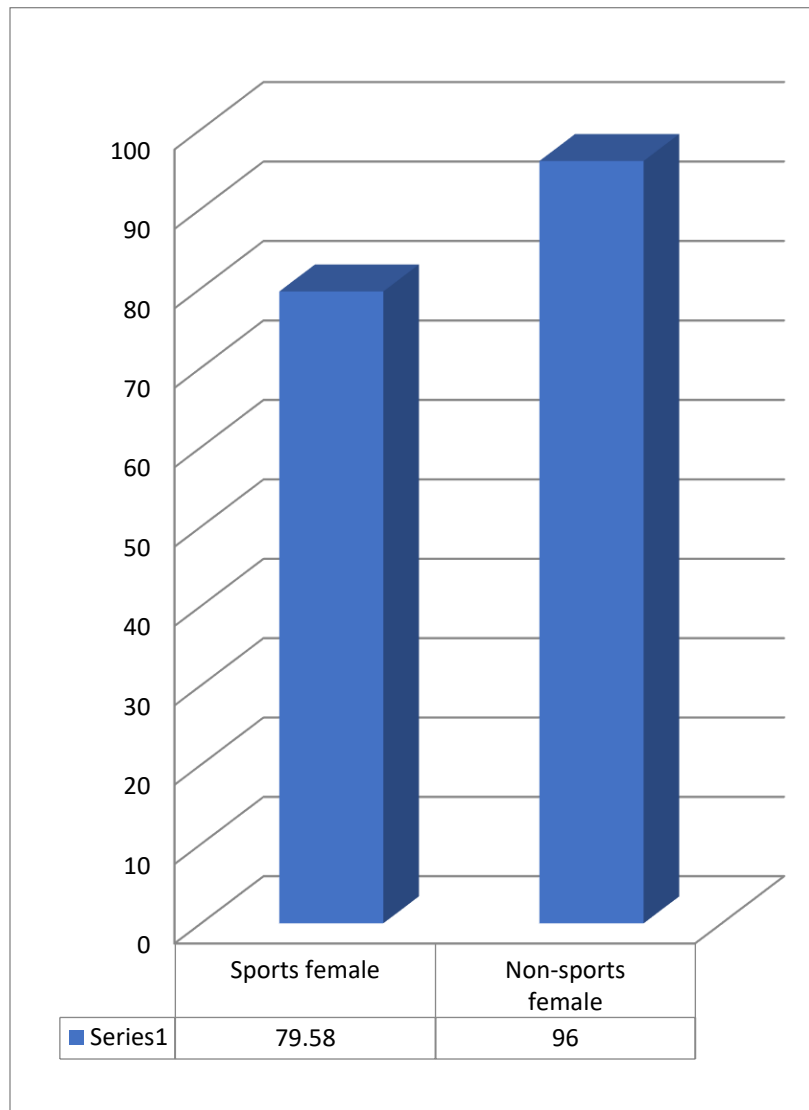


Figure 2 Graphical representation of mean scores of body shape of sports and non-sports college female students

Hypothesis 3 To find out the relationship between body image and quality of life college female students.

Table 3: Correlation coefficient between body image and quality of life college female students.

Sr.No	VARIABLE	N	COEFFICIENT CORRELATION	INTERPRETATION
1.	Body image	100	0.419	Correlation is significant at 0.01 level
2.	Quality of life	100		

df=100-2=98

INTERPRETATION

The computed Pearson correlation coefficient (r), as shown in Table 3, is 0.419, greater than the table value at the 0.05 threshold of significance at the 98 degree of freedom. Therefore, the hypothesis that holds that there is no meaningful connection between body image and quality of life is disproved. It indicates that among female students, there is a strong relationship between body image and quality of life.

FINDINGS/CONCLUSION

It is concluded from the results of the study that: There is significant difference between body image and quality of life female college students. It was found that there is significant relationship between body image of sports and non-sports college female students. It was found that there is no significant relationship between quality-of-life sports and non-sports college female students.

Educational Implications:

- Colleges should incorporate workshops and seminars focusing on body image issues and their impact on mental well-being.
- Counsellors should be trained to address body dissatisfaction and self-esteem issues.
- Subjects related to psychology, health education, and gender studies should include topics on body image perception and its effects on quality of life.
- Encouraging research projects on self-perception, media influence, and peer pressure in relation to body image.

Conflict of Interest: No Conflict of Interest Declared among authors

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