

Impact of Body Shape Dissatisfaction on Life Choices among Emerging Adulthood: A Correlational Study

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Abstract

This study looks at how unhappy peoples with their body shape and how it affects big life choices for young adults aged 20 to 40. Many studies focus on teenagers. This is a key time for people to settle into their careers and relationships so its a good time to see how people see themselves and how it impacts their lives. The study includes 300 people. Finds out how not being happy with their body shape compared to what they think is ideal affects their social, work and romantic life. Data analysis uses tools like the Body Shape Questionnaire and the Life Orientation Test-Revised. Finds that people who are more unhappy with their body shape tend to avoid challenges and "self-silencing" in high-pressure situations. The results show that not being happy with ones body can affect how optimistic people are and how they make decisions often leading them to pass up leadership chances delay social events or settle for not-so-great relationships. The findings stress how much societal beauty standards affect adults independence suggesting that psychological help should go beyond eating disorders to address how body dissatisfaction can stall peoples lives. The study's results highlight the need to address body dissatisfaction in adults as it can have far-reaching effects on their lives including their relationships, careers and overall well-being. Young adults with body shape dissatisfaction are more likely to experience self-doubt and make choices that limit their potential. Body shape dissatisfaction can have a lasting impact, on a persons life. Its essential to provide support and resources to help them overcome these issues.

Keywords: Body image, Self-esteem, Life choices, Early adulthood, Body shape dissatisfaction, Mental health, Decision-making, Well-being

1. INTRODUCTION

Across continents, dissatisfaction with one's physique runs deep. Not uncommon among individuals, it shows up often in daily life. As grown-ups, such feelings tend to grow stronger. Right now, shifts in how

they feel and what their bodies do happen often. Moving on their own begins, along with forming deeper bonds with peers. New paths in work life tend to emerge too. When everything shifts, confidence in one's body often dips. Feeling uneasy about how the body looks matters – it touches numerous areas of living. Unhappiness with body form brings trouble, not just emotionally but in daily life too. Might shake up how they feel inside, like quiet waves of doubt about themselves. Sometimes, that unease sticks around as worry, sadness, even withdrawal. A person's view of others may shift too – friendships wobble, connections fray under pressure. Schoolwork slips without clear reason, attention narrows, goals blur at edges. Paths once taken freely now carry weight, influencing who they pursue being, what jobs feel possible. Health itself becomes less steady, more uneven when habits twist into repetitive motion – eating less healthfully, moving too far, reaching for numbing forces instead of balance.

How someone feels about their body might shape small choices – then those spread into bigger ones like work or social life. When discomfort in appearance grows, so can the distance it puts between someone and what they could reach. It could quietly block progress without making noise at first. Life might miss out on potential when such thoughts stick around too long. A person might avoid gatherings because they feel unsure about how they look. They could pick careers that do not fit who they truly are. Choices may steer toward actions harmful in hopes of meeting some ideal appearance standard. How someone feels about their body can shape choices in lots of ways. Because these feelings stick around into grown-up years, it matters how they influence what people pick. When looks at how views of oneself mix with choices, patterns start appearing – ones that might guide better ways to help confidence and health stay strong.

Not liking how your body looks means feeling uneasy or ashamed about it. When someone sees themselves differently from how they'd like to be, discomfort often follows. It might be just one thing like feeling too heavy or too small or extend into broader concerns about fitting what society shows as attractive. What stands out is how much inner tension can grow from even slight mismatches between real and imagined bodies.

Theoretical Frameworks

Sociocultural Theory

Body shape dissatisfaction refers to a psychosocial phenomenon described in various fields of study including psychology, sociology and medicine. Societal beauty standards are believed to be perpetuated by the media and culture and are believed to be incorporated by the individual and lead to feelings of body dissatisfaction. Body dissatisfaction is typically seen as a result of the media promoting images of slender figures in fitness models and starlets. These images present an unachievable ideal which most people feel a necessity to emulate.

Self-Discrepancy Theory

Body Dissatisfaction Theory states that an individual will experience distress as a result of any discrepancy between their perceived body shape and ideal body shape. If the individual is distressed as a result, they may experience body dissatisfaction, lower self-esteem and negative emotions. In this scenario, a woman perceives that her body shape does not meet societal ideals of beauty.

Social Comparison Theory

The social learning theory that people tend to compare their bodies with those of others. When we look in the mirror and compare our bodies to others such as at the gym, in magazines or on social media and find our bodies less attractive than those of others we may develop body dissatisfaction.

Objectification Theory

The theory that the objectification of women's bodies by society leads to body dissatisfaction. Some of the effects of the body objectification theory include body shame, self-surveillance and body dissatisfaction. An example of this is when women are forced to adhere to the societal beauty standard due to being constantly objectified and judged by others for their body shape and beauty.

Factors of Body Shape Dissatisfaction

Sociocultural factors

Body image dissatisfaction can result from a multitude of factors including sociocultural beauty standards, media representation and cultural attitudes.

Psychological factors

Low self-esteem, negative self-talk, and perfectionism can contribute to body shape dissatisfaction.

Biological factors

Body shape dissatisfaction may arise from a number of different sources including: Genetics Other factors such as hormonal changes and physical characteristics.

Environmental factors

Some of the factors which affect body shape dissatisfaction include: Peer pressure, body image from the family and media.

Effects of Body Shape Dissatisfaction

Low Self-Esteem

Body dissatisfaction can lead to negative self-talk, self-blame and low self-esteem. Having low self-esteem means that you have negative self-thoughts such as feeling that you are not good enough or that your body shape is not suitable.

Mental Health Concerns

Dissatisfaction with body shape is a common cause of many mental health problems including depression, anxiety and eating disorders. Conversely, it is also possible that dissatisfaction with body shape is a result of experiencing depression and/or anxiety.

Social Withdrawal

Dissatisfaction with body shape is a significant source of a wide range of psychosocial problems such as social withdrawal, isolation and reduced social activity. Many individuals refrain from participating in social experiences because of feeling highly self-conscious and embarrassed about their body shape. Some individuals are afraid to engage in social or intimate interactions for fear of being judged or looked at in a negative way because of their appearance. This can impact the ability to form close or intimate relationships.

Decreased Quality of Life

Previous studies have investigated the relationship between body shape dissatisfaction and quality of life and life satisfaction. Examples of body shape dissatisfaction statements given by participants included: "I used to want to go running and feel healthy and confident but I have never actually achieved that because my body shape dissatisfaction holds me back", and "If I wasn't so self critical of my body I think I would really enjoy walking in general but because I am self critical I actually don't because I am so focused on how ugly my legs look while I'm walking".

The Mental Heavy Lifting

The mental health side is probably where it hits the hardest. If you wake up every morning thinking you look "gross" or "wrong," it's almost impossible to be happy. This kind of negative talk leads straight into

depression. You lose your motivation to do things you used to love because you feel like you don't deserve to have fun in the body you have.

Then there is the anxiety. This isn't just a little bit of nerves; it's the kind of anxiety that makes you want to hide. You might start avoiding the beach, or parties, or even just going to the grocery store because you feel like everyone is staring at you and judging your shape.

The worst part is body image distortion. This is when your brain actually plays tricks on you. You look in the mirror and see someone totally different than what everyone else sees. You might see yourself as much larger or "weirder" than you actually are. Once that happens, it's really hard to talk yourself out of it because you believe your eyes are telling you the truth, even when they aren't.

Impact on Life Choices

This is where it gets really interesting and a bit scary. Body dissatisfaction actually changes the "big" decisions in life, like career choices. Think about it if you feel like your value is tied to your looks, you might go after a job in modeling, acting, or fitness. While there's nothing wrong with those jobs, doing them because you're trying to prove you're "attractive enough" is a recipe for disaster. The pressure is huge, and it usually leads to burnout or even worse mental health issues.

On the other hand, some people might limit their career options. They might be a genius at math or a great leader, but they won't apply for a high-level job because they're afraid of being "seen" or judged. They stay in the shadows because they don't want the spotlight on their body.

For one, it has Theoretical Significance. It helps experts understand how the human brain connects "what I see" with "what I do." It helps us build better theories about how young adults make decisions. But the Practical Significance is what really counts. If we understand how much this hurts people, we can build better counseling and therapy. We can teach doctors to look past the scale and see the person's mental health. We can create programs in schools that teach kids to be proud of what their bodies can do dancing, or drawing instead of just what they look like.

By learning about these consequences, we can start to push back. We can choose to be a bit more compassionate to ourselves. We can realize that we are worth a lot more than just the space we take up in a room. Promoting self-love and body acceptance isn't just some "feel good" idea—it's actually a life-saving necessity. When people start to accept themselves, they make better choices, they have better relationships, and they finally get to live the life they were meant to live.

Need for the study

The need for this study arises from the increasing prevalence of body shape dissatisfaction (BSD) as a significant psychological barrier that extends beyond adolescence into the critical developmental phase of early adulthood (ages 20–40). While existing literature extensively covers the link between body image and clinical eating disorders, there is a notable gap in understanding how sub-clinical dissatisfaction acts as a "silent architect" of functional life choices, such as career advancement, social networking, and romantic agency. In an era dominated by digital media and intensified social comparison, individuals in this age bracket are making foundational decisions from accepting leadership roles to establishing long-term partnerships that may be compromised by a perceived lack of physical self-worth. By utilizing a substantial sample of 300 participants and analyzing variables such as life optimism and self-efficacy, this research is essential to uncover how BSD leads to avoidance behaviors and "self-silencing." Ultimately, this study is necessary to move the psychological discourse toward a more holistic view of how body image dictates an individual's professional trajectory and personal autonomy, providing a basis for

interventions that foster confidence and decision-making resilience in a sociocultural climate of high appearance pressure.

2. Review of Literature

Ahmadi, S. (2018). In this 2018 study by Shirko Ahmadi, they looked at college students and found that how we feel about our bodies isn't the same for everyone. Basically, girls tend to be way more unhappy with their shape and weight than guys are. The researchers used some math-heavy stuff like Chi-squared and t-tests to prove that these weren't just random guesses—there's a real gap between the genders. Most of the time, girls were stressing about being thinner, while guys had different goals, like wanting to be more muscular. By looking at stuff like BMI and what students “wished” they weighed, the study showed that really need better ways to help people feel okay in their own skin, especially since everyone's insecurities are a little bit different.

Blair, L., Aloia, C. R., Valliant, M. W., Knight, K. B., Garner, J. C., & Nahar, V. K. (2017). Blair and his team did this study in 2017 to see if playing sports helps or hurts how college kids feel about their bodies. They found that girls who aren't athletes actually have a tougher time with stuff like eating disorders and feeling bad about their shape. It turns out that being on a team might actually protect girls and help them feel better about themselves, probably because they're focused on being strong instead of just looking a certain way. Even though sports help, the study says we really need to look out for the mental health of all college girls, especially the ones who aren't involved in sports, to make sure they're getting the support they need.

Chen, L. J., Fox, K. R., & Haase, A. M. (2008) In 2008, these researchers—Chen, Fox, and Haase—found that a ton of teenagers in Taiwan were really unhappy with how their bodies looked, the study showed that even kids who were thin or totally normal weight felt bad about themselves. It seems like this pressure is just everywhere, and it hits girls the hardest of all. It really goes to show that being healthy isn't just about what you weigh; it's about how you feel on the inside too. Because of this, the study says doctors and teachers should spend less time just talking about dieting and more time helping kids learn to actually like themselves for who they are.

Daniel, L., Haile, D., & Egata, G. (2023). A 2023 study by Daniel, Haile, and Egata looked at teenagers in Ethiopia who have type 1 diabetes and found some really worrying stuff. They found that about 43.3% of these kids were dealing with “disordered eating behaviors,” which is a huge number when you think about it. It turns out that feeling bad about their body shape was a major reason for this, along with things like their family history. For kids with diabetes, this is extra dangerous because they already have to be so careful with their “insulin” and “glucose levels” to stay healthy. The research shows that doctors really need to pay more attention to “body dissatisfaction” and mental health, not just the physical side of the disease. If we don't start using “preventive interventions” to help these kids feel better about themselves, they could end up with even more “vulnerable” health problems down the road.

Eshak, E. S., Ghazawy, E. R., & Mohammed, E. S. (2020). A study from 2020 by Eshak, Ghazawy, and Mohammed found that teenage girls in Egypt are really feeling the pressure from “sociocultural attitudes” about how they should look. Basically, when these girls see fitness ads with super toned models, it makes them feel way worse about their own bodies and gives them “social physique anxiety,” which is just a fancy way of saying they get super nervous about people judging their shape. Interestingly, the research suggests that if an ad just shows the product instead of a perfect-looking person, it doesn't mess with their heads as much. It really proves that “idealized beauty standards” in the media are a huge “moderator” for

how these girls feel. We definitely need to find better ways to help them with “self-acceptance” so they don’t feel like they have to look like a filtered picture just to be okay.

Forbes, G. B., Adams-Curtis, L. E., Rade, B., & Jaberg, P. (2001). Body dissatisfaction is an issue for women and men. A study by Forbes and others in 2001 looked at how body dissatisfaction, gender roles and self esteem’re connected in women and men. They found out that women are more unhappy with their bodies than men. This is true when women and men pay the same amount of attention to their bodies. Women also want to look very different from how they look more so than men. This shows that what society thinks is beautiful and the roles men and women are supposed to play may be why women are often unhappy with their bodies. Women and men have ideas, about what they should look like and this can cause body dissatisfaction. Body dissatisfaction is a problem that affects women and men. Women seem to be more affected by it.

Hofschire, L. J., & Greenberg, B. S. (2001). Media’s impact on teenagers’ body dissatisfaction. *Journal of Adolescent Health* 29(3) 210-216. A study by Hofschire and Greenberg in 2001 gives us insights into how media affects teenagers’ body image. This research shows how media keeps pushing body ideals, which can make teenagers unhappy with their bodies, especially young women. The study found that seeing media images can hurt teenagers’ self-esteem and how they feel about their bodies. This can lead to problems like eating disorders, low self-esteem and poor mental health. The researchers think we need to teach teenagers to think about media images and to understand they are not real. They also believe that parents, teachers and health professionals should know about media’s impact on body image and try to reduce its effects.

Johansson, L., Lundh, L. G., & Andersson, G. (2005). This study talks about the bias for self words in young woman. The role of the Ideal thin and body shape dissatisfaction. This study was conducted by johansson, Lundh, and Andersson 2005 this study investigated the relationship between attentional bias for negative self words and body shape dissatisfaction in young woman which focus on thin ideal priming. On contrary to expectations this study revealed that women who were satisfied with their body shape most likely positively responded to thin ideal priming, this exhibit faster reactions and increasing in self esteem. So this response may indicate as a protective mechanism body shape satisfaction buffer against potential negative effects of idealized media image

King, N., Touyz, S., & Charles, M. (2000). This study focus on the effect of body dissatisfaction on women’s perception of female celebrities. *International journal of eating disorder*, 27(3),341-347. This study was conducted by King et al.(2000) This study investigate relationship between body dissatisfaction and women’s perception of female celebrities.Th findings shows that women with body image concerns are tend to perceive as thin celebrities as more thinner than they actually are whereas women are without body image concerns judge their weight more accurately. And also both group of women perceive heavy celebrities more heavy than they actually are. So the result suggest that body dissatisfaction can disfigure women’s perception of weight and beauty potentially contributing to make unrealistic beauty standards

Sagar, R., & Mehta, M. (2021). The study focus on Psychiatric co-morbidities and Body Shape Dissatisfaction in adolescents with obesity – a school based case controlled study. This study was conducted by Sagar and Mehta (2021). *Journal of Adolescents Health*, 68(4), 737-744. The study focus among adolescents with obesity which shows the difference in body shape dissatisfaction between genders over a one-year period. The findings of this study shows that the body shape dissatisfaction increased in females, while it decreased in males during the same timeframe. The result highlights the importance of

addressing body image concerns in adolescents especially among females, and suggest a need for need for health promoting programs in schools to promote well-being and positive body image

Sands, E. R., & Wardle, J. (2003). Internalization of body shapes in young girls aged 9 to 12. The International Journal of Eating Disorders published a study in 2003. It was done by Sands and Wardle. They looked at how girls internalize body shapes. The study found that wanting to be very thin greatly affects how satisfied these young girls are with their bodies. Things like watching media friends opinions and their own body mass index play a role in this. These findings show that young girls are easily influenced by what society thinks is beautiful. This can make them unhappy with their bodies. Possibly lead to bad behaviors. The study suggests we need to act to help girls feel good about their bodies. It also says we should try to lessen the pressure, from society. This can help prevent body dissatisfaction and promote a body image.

3. Methodology

3.1 Problem Statement

This study addresses how body shape dissatisfaction affects life choices in and overall well-being among 300 early adults.

3.2 Aim & Objectives

To investigate the impact of body shape dissatisfaction on life choices among emerging adulthoods. To investigate the relationship between body shape dissatisfaction and life choices. To determine the prevalence of body shape dissatisfaction among early adulthood

3.3 Hypothesis

H1: There will be significant relationship between the body shape dissatisfaction and life choices

3.4 Research design

This research employs quantitative research to correlate the relationship between body shape dissatisfaction and life choices.

3.5 Sample and sampling technique

- Samples for this study are Early adult-hood [18-25], from a sampling frame such as universities.
- Sample size include 300 between in the age of 18 to 25. The sample will include both male and female
- The simple random sampling method was used to select the sample

3.6 Tool used and Tool description

1. Body shape questionnaire 34 [BSQ]

The Body Shape Questionnaire-34 (BSQ-34), developed by Cooper et al. (1987), is a widely used assessment tool that measures body shape concerns and dissatisfaction. It consists of 34 items rated on a 6-point Likert scale, with higher scores indicating greater concerns. The BSQ-34 is used in research, clinical assessments, and treatment evaluations. The Reliability of the scale frequently reporting Cronbach's values above 0.90 and has a strong convergent and discriminant validity.

2. Revised Life Orientation Test [LOT-R]

The Revised Life Orientation Test (LOT-R), developed by Scheier, Carver, and Bridges (1994), is a widely used assessment tool to measure dispositional optimism. The test consists of 10 items, with 6 items measuring optimism and 4 filler items, rated on a 5-point Likert scale. The LOT-R assesses individual differences in generalized optimism versus pessimism and has been used in research to predict coping behaviors, well-being, and relationships between optimism and physical and mental health outcomes. And

the Reliability of the scale has a good internal consistency, with cronbach's alpha coefficients usually ranging between 0.76 and 0.82, the scale shows convergent and discriminant validity.

3.7 Inclusive Criteria

- Individuals in between the age of 18 – 25 years
- Individuals experiencing body shape dissatisfaction, regardless of their weight or body mass index (BMI)

3.8 Exclusive Criteria

- Individuals outside the 18-25 age range
- Individuals with mental health conditions
- Individuals who do not provide informed consent or refuse to participate

3.9 Conceptual definition

Body Shape Dissatisfaction

Thomas F. Cash's model from 2002 and 2011 says that the way we think about our body is like a picture in our mind. This picture affects how we feel about ourselves. When we are adults we start to think about how we look a lot. We begin to think that our worth is tied to how we look. This makes us really focused on our appearance.

Life choices

Life Choices are the paths we take because of how we deal with people and our jobs. This is what Fredrickson and Roberts said in 1997 and what Bornioli and others said in 2021. When we are adults we sometimes see ourselves as objects that other people look at and judge. This makes us feel anxious about what might happen. We do this because we do not want people to judge our bodies. Life Choices are really, about how we navigate the world around us. We make these choices because of how we feel about ourselves and how we think others see us.

3.10 Operational definition

Body Shape Dissatisfaction

Body shape dissatisfaction is an experience many young adults have. They feel unhappy and worried about their body shape and size. It can affect health leading to depression and anxiety, It can make people feel bad about themselves resulting in self-esteem, It can also lead to behaviors like eating disorders and too much exercise. Some people struggle with relationships because of body shape dissatisfaction. They may have trouble being close to others. May avoid social situations, it can also affect their careers, they might miss out on opportunities, not do as well at work. Body shape dissatisfaction can make life harder.

Life choices

Life choices are really affected by how happy we're with our bodies. If we are not happy with our body shape it can affect how well we live our life and how good we feel. This can make us do things like stay away from our friends or people we like start eating or exercise too much care more about how we look than other things and put off making big decisions about our job or who we want to be with. Life choices like these can really change our life. How happy we are. We make these choices because we are not happy, with our body shape and it affects our well-being and quality of life.

3.11 Procedure

Select 300 early adults (18-25 years old) using random sampling from a sampling frame. Obtain informed consent from participants, explaining the study's purpose, risks, and benefits. Administer surveys or questionnaires to collect data on: Body shape dissatisfaction, Life choices, Demographic variables (age, gender, birth order). Enter data into a statistical software package (e.g., SPSS) Conduct descriptive and

inferential statistical analysis correlation to examine relationships between body shape dissatisfaction and life choices. Interpret results, identifying patterns and relationships between variables. Present findings in a clear and concise manner, using tables, figures, and graphs to illustrate results.

4.Results and discussion

Demographic details

Demographic detail	Groups	Sample size	Percentage (%)
Age	18-20 years	102	33.99%
	21-22 years	76	25.33%
	23-25 years	122	40.67%
Gender	Female	176	58.67%
	Male	124	41.33%
Place	Rural	39	13.00%
	Urban	251	83.67%
	Semi-Urban	10	3.33%
Socioeconomic status	Middle class	264	88.00%
	Upper class	36	12.00%
Education	Undergraduate	185	61.67%
	Post graduate	82	27.33%
	Others	33	11%

Table 1 shows the Demographic details of the participants including Age, gender, place, Socioeconomic status and education. In this 33.99% of the participants comes under the age group of 18-20 years, 25.33% of participants comes under the age of 21 & 22 years and 40.67% of the participants comes under the age of 23-25 years were participated. In total population 58.67% females and 41.33% males were observed. In this study female participants are high. 13.00% participants are from rural area and 83.67% participants are from urban area and 3.33% participants are from Semi-Urban area. Among them 88.00% participants were from middle Socioeconomic background and 12.00% participants were from upper Socioeconomic background. And 61.67% were undergraduate, 27.33% were postgraduate and 11% were others such as IIT, 12th and Polytechnic.

Table 2

Variable	Mean	Standard Deviation
BSQ Score	97.11	32.47
LOT-R Score	11.86	2.77
Optimism Subscale	6.26	2.54
Pessimism Subscale	5.60	2.15

Table 2 represents with a mean of 97.11 the average person in this study mild to moderate concern about their body shape and the high standard deviation 32.47, The participants who are completely unconcerned and others who experience very high levels of distress regarding their appearance. A mean of 11.86 shows that participants have a balanced Outlook, The low standard deviation 2.77 shows that most participants scored very close to that middle ground average. The optimism mean is 6.26 and pessimism mean is 5.60 it shows that the group is slightly more optimistic than pessimistic.

Table 3

		BSQ	LOT-R
BSQ	Pearson Correlation	1	.108
	Sig. (2 tailed)		.063
	N	300	300
LOT-R	Pearson Correlation	.108	1
	Sig. (2 tailed)	.063	
	N	300	300

Table 3 represents The Pearson correlation analysis between Body Shape Questionnaire Interpretation (BSQ) and Life Orientation Test-Revised Interpretation (Lot-r) for 300 people showed a correlation coefficient of 0.108. This means there is a weak positive relationship between the BSQ and LOT-R. As body shape concerns go up optimism scores go up a bit. The significance value is 0.063, which's more than 0.05. So this relationship is not statistically significant. The study looked at 300 people. Found no strong link between body shape concerns and optimism. Body Shape Questionnaire Interpretation and Life

Orientation Test-Revised Interpretation scores do not strongly predict each other. The results suggest that other factors might be more important, in predicting body shape concerns.

Table 4

		BSQ	LOT-R	Gender
BSQ	Pearson Correlation	1	.108	-.034
	Sig. (2 tailed)		.063	.559
	N	300	300	300
LOT-R	Pearson Correlation	.108	1	-.112
	Sig. (2 tailed)	.063		.053
	N	300	300	300
Gender	Pearson Correlation	-.034	-.112	1
	Sig. (2 tailed)	.559	.053	
	N	300	300	300

Table 4 shows that the group of 300 people to see if there are any connections between how they feel about their Body Shape Questionnaire Interpretation, their Life Orientation Test-Revised Interpretation and their Gender. What the study found is that there are no links between these things. For example this study found that people who worry about their body shape and people who are optimistic do not have a connection. The connection between these two things is actually pretty weak. This study found a positive connection but it is not strong enough to be important. The study also looked at the connection between body shape concerns and Gender. This connection is very weak. This study find a negative connection between optimism and Gender. This connection is a little stronger, than the two. Overall what we found is that body dissatisfaction, optimism and Gender do not seem to be connected in any way.

Table 5

		BSQ	LOT-R	Age
BSQ	Pearson Correlation	1	.108	.038
	Sig. (2 tailed)		.063	.512
	N	300	300	300
LOT-R	Pearson Correlation	.108	1	.002
	Sig. (2 tailed)	.063		.966
	N	300	300	300
Age	Pearson Correlation	.038	.002	1
	Sig. (2 tailed)	.512	.966	
	N	300	300	300

Table 5 represents at the connection between peoples worries about their body shape and how optimistic they are, also considered the age of the people in the study. The study found that there is no link between body shape concerns and optimism, and There is also no link between age and body shape concerns or optimism. The strongest link we found was between body shape concerns and optimism. It was not very strong. This study shows that the age demonstrated no meaningful connection with either body shape concerns ($r = 0.038$, $p = 0.512$) or optimism levels ($r = 0.002$, $p = 0.966$) this means is that how people feel about their body shape and how optimistic they are do not seem to be connected to their age. Body shape concerns and optimism seem to be things that are not affected by how old someone is. Body dissatisfaction and optimism do not seem to be influenced by age. Body shape concerns and optimism exist on their own. Are not influenced by the age of the people, in the study.

5. Discussion

The study focus on the impact of the body shape dissatisfaction and life choices among 18-25 years people, which is involving 300 participants among them 176 females were participated and 124 males were participated that shows female participants are more than male participants. Analysis of the Body Shape Questionnaire (BSQ) scores indicates that 28.3% of the sample reported no concerns, while the others experienced mild (30.3%), moderate (35.3%), or marked (6%) dissatisfaction. The study also found that women are having more body image concerns while compare to male and males are frequently in the range of moderate. Now coming to the life choices the scale Life Oriented Test-Revised was used to measure life choices which shows majority of the participants are optimistic 52.3%, this shows that many of them were not happy with their body image at the same time they are mostly optimistic about their life. The

study reveals a high prevalence of body image dissatisfaction alongside a generally resilient sense of optimism.

This study found that there is a small link between body shape dissatisfaction and life choices which optimism it shows this because maybe the people with body shape dissatisfaction want to be more optimistic about life choices. A weak negative correlation ($r = -0.169$) was observed between body shape concerns and optimism,

When we looked at the numbers we saw that men and women had the same average scores.. Women were more likely to have serious concerns about their body shape. Men were more likely to have concerns. The interesting part is that even though many people in the study had problems with how they felt about their bodies most of them were still optimistic about life. We used the Life Orientation Test to see how optimistic people were. 52.3 % of the people in the study were optimistic. We also saw that when people were not happy with their body shape they were a little less optimistic. This did not make a big difference. Even people who were very unhappy with their bodies were still pretty optimistic. This shows that young adults have ways to deal with their problems that help them stay positive. The research shows that it is important to help young adults feel good about their bodies even if they seem happy and optimistic. Body image is an issue, for many young people and it can affect their mental health.

6. Conclusion

The study finds that many young adults are unhappy with their bodies. Three out of four people have some level of concern. The study also looks at how gender plays a role. It finds that females are more likely to be extremely unhappy with their bodies. The research shows that people who are unhappy with their bodies can still be optimistic about their futures. There is a link between body image and optimism. It is not very strong. This means that being optimistic is a trait that can stay high even if someone does not like their physical appearance. The study also finds that people in socioeconomic groups have more concerns about their bodies. This suggests that these people may face pressure to look a certain way. Mental health strategies for adults need to address body image issues. These strategies should not assume that someone who is optimistic is free from body image struggles. Instead support systems should focus on body image as an issue. They should recognize that body image and optimism are related but are also parts of a young adults life. Young adults need help, with body image and optimism. Support systems should help young adults deal with these issues.

7. Limitations

Research on this topic is not very good because it mostly looks at people who want to be thin and it does not consider men who want to be muscular or people who do not identify as male or female. It also mostly looks at people from countries. We do not have information from over time to know if peoples dissatisfaction with their bodies is really what makes them make certain choices in life or if it is just a sign of other problems like feeling bad about themselves.

8. Future research

Future research needs to track people over time to understand how anxiety about appearance leads to limited job choices and avoiding leadership roles. It is also important to study work environments and find out how video calls make people prefer working from home instead of being judged in person. We should look at how body image issues with factors like race and disability to hold people back socially. Also we

need to calculate the impact, such, as lost wages during salary talks to see the real financial cost of these mental barriers.

9. Acknowledgements

My sincere gratitude to Mr. R. Manoj, Head of the Department of Psychology, and my supervisor, Ms Mahalakshmi.K, Assistant Professor at Dr, MGR Educational and Research Institute, for their invaluable guidance, continuous support, and mentorship throughout the development of this research. Their expertise and encouragement were instrumental in the successful completion of this study.

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