

Title: Effect of going to the gym on body image- A comparative study between gym goers and non gym goers

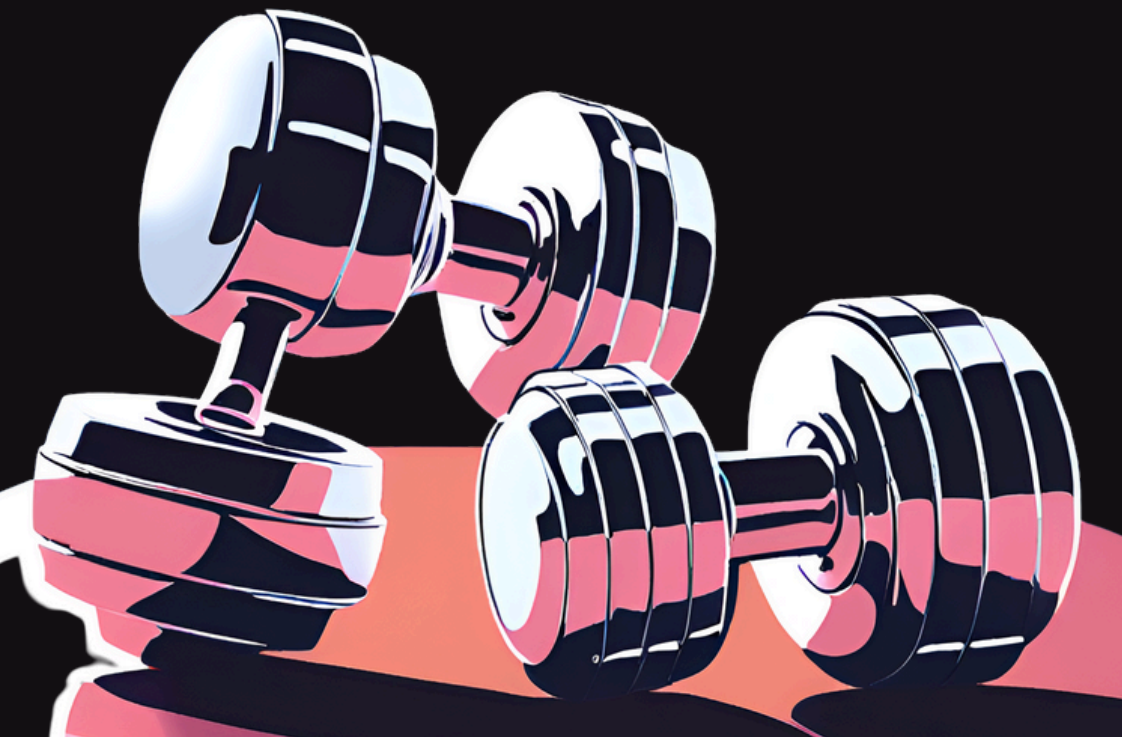
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Introduction

Working out boosts self-esteem and encourages a positive body image for everyone involved. [1]

There is constant debate as to whether going to the gym positively or negatively affects a person's body image [2]



Method

Research Aim: The aim of this research will be to find the correlation between a good body image and going to the gym.

Data collection: The data collection was done by sending out a form which included the 12 questions from the questionnaire [3]

Data Analysis: The data was analyzed using descriptive statistics between gym goers and non gym goers

Ethics: The names and mail Ids of the respondents were kept anonymous to maintain privacy.



Demography

Please enter your age	
Mean	27.52

Do you go to the gym	Frequency
No	27
Yes	19

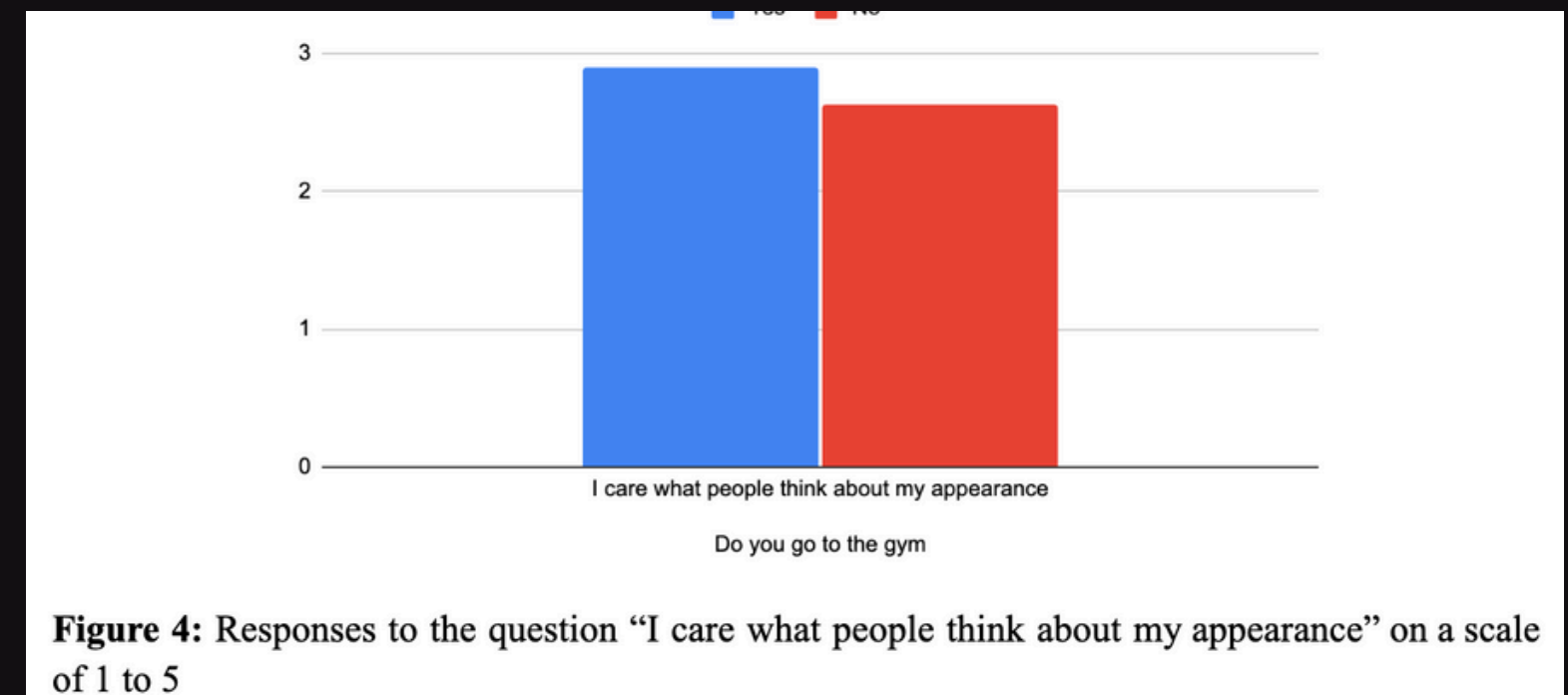
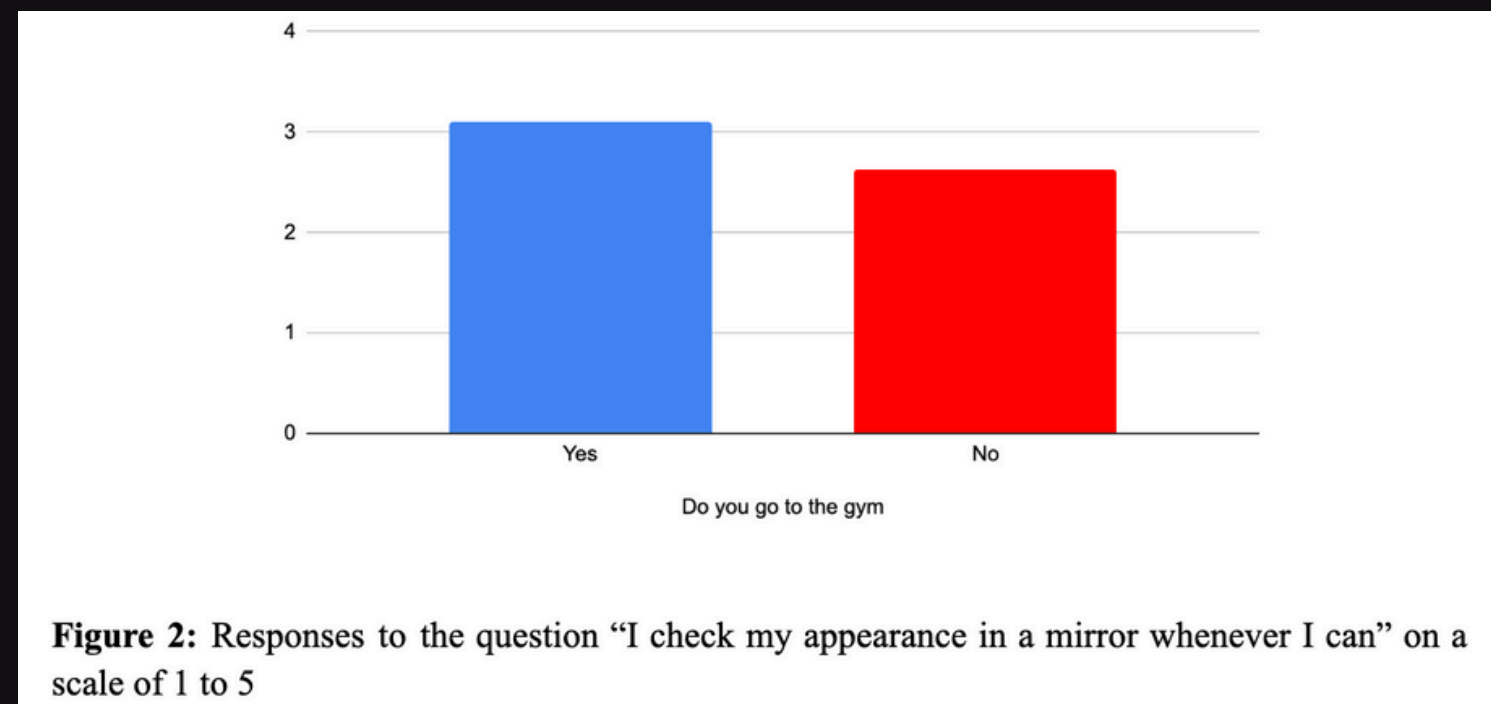
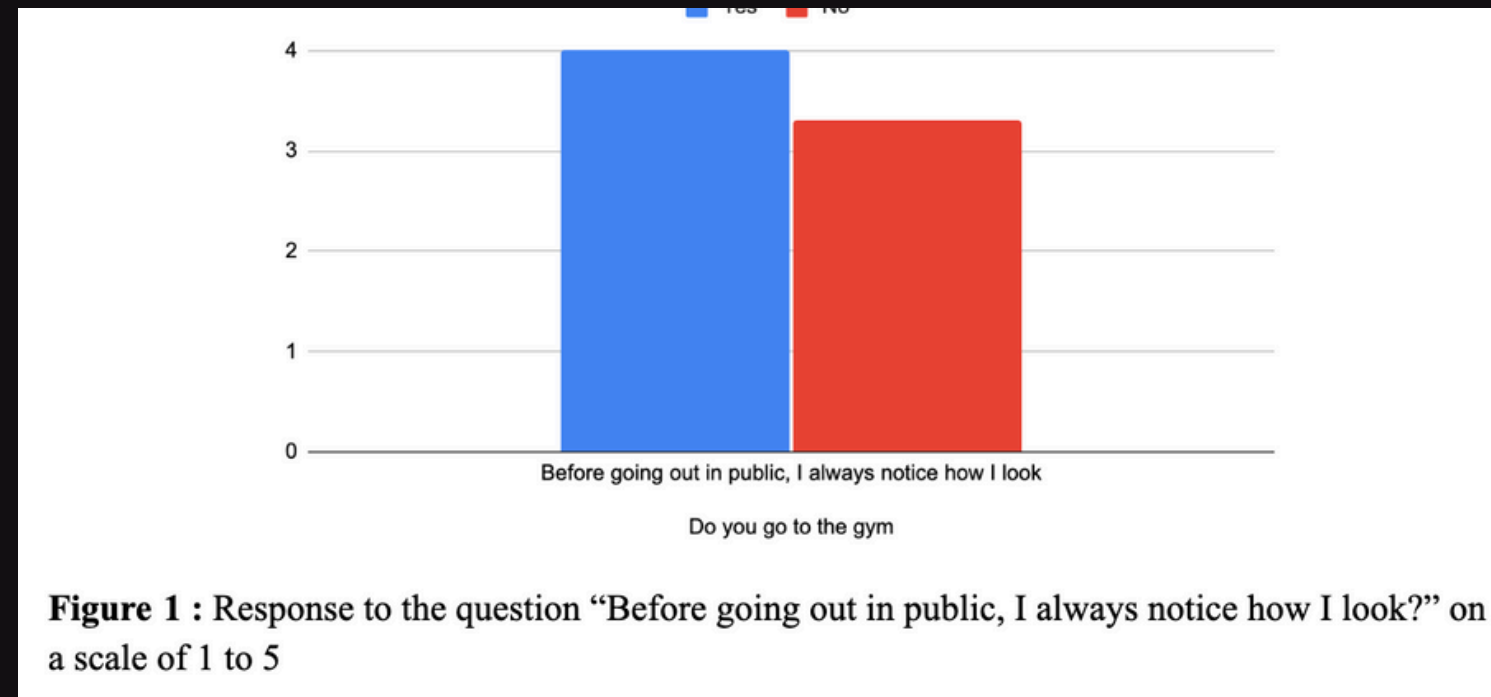
Please specify your gender	Frequency
Male	28
Female	18

Table 1: Mean age, gender and preference of going to the gym of the respondents

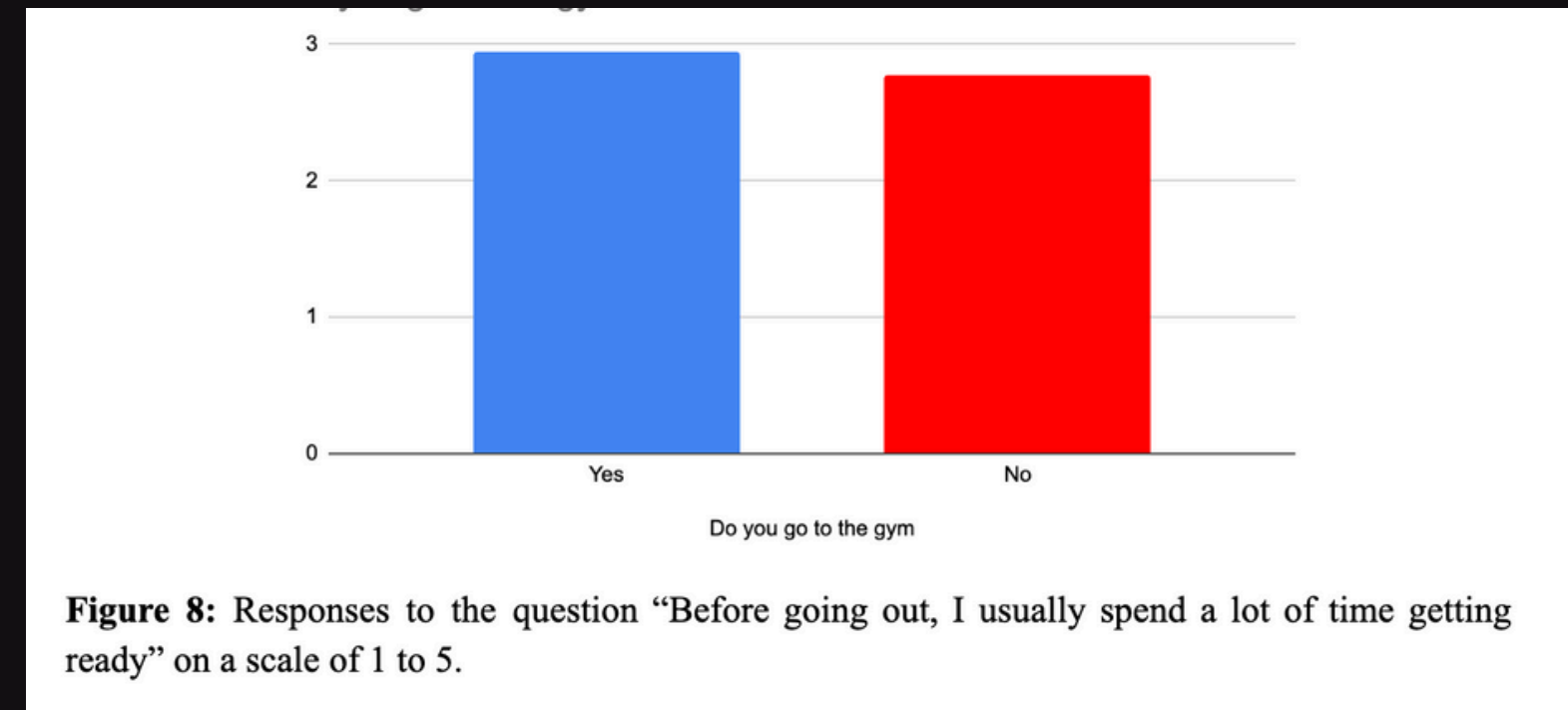
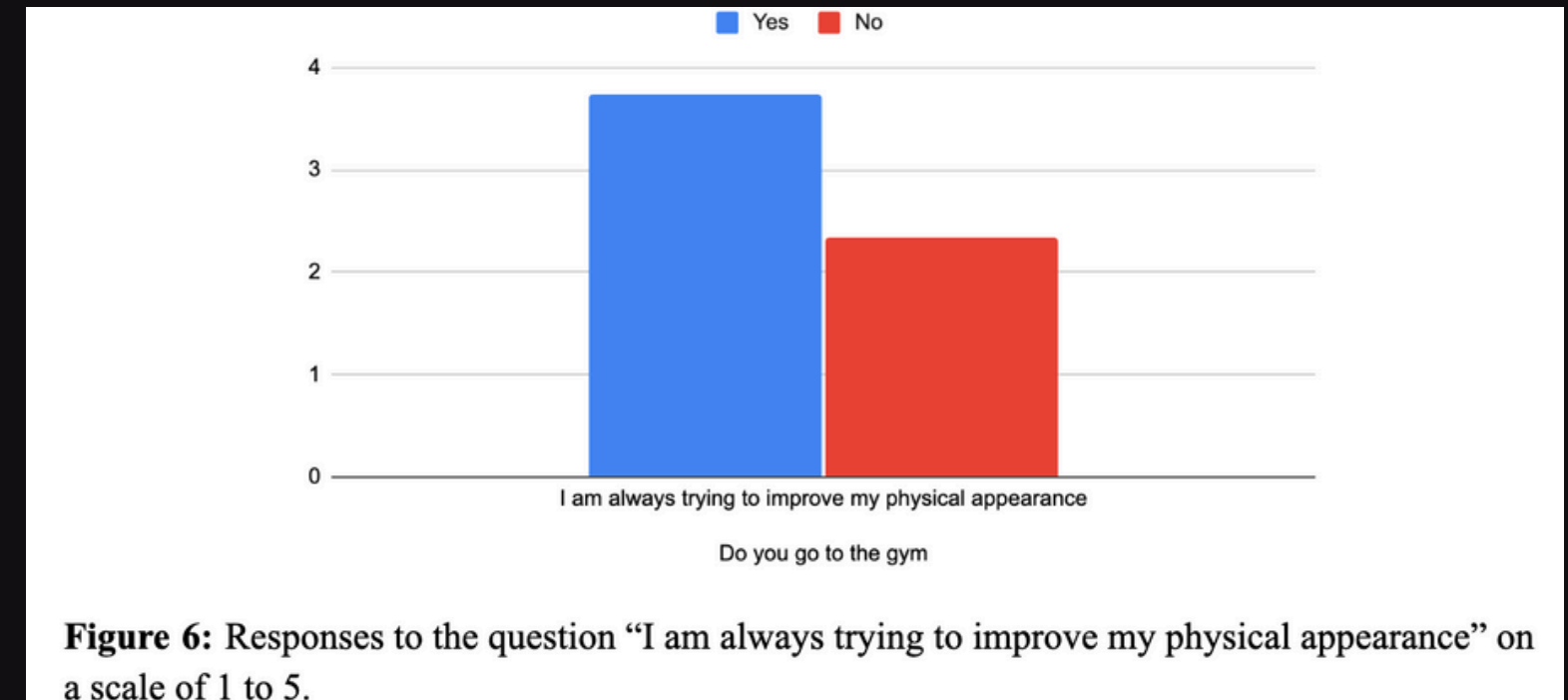
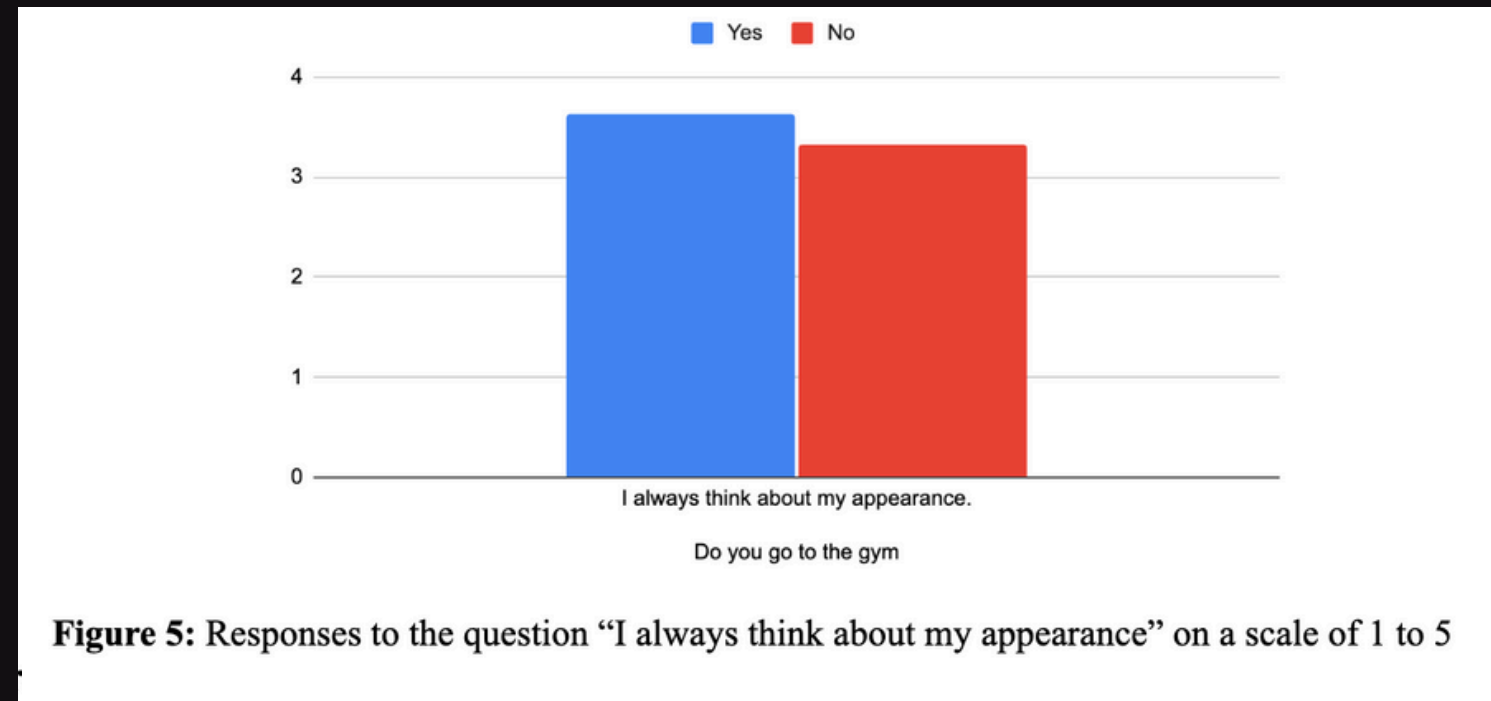


Place of research: Core fitness centre (CFS) Hyderabad

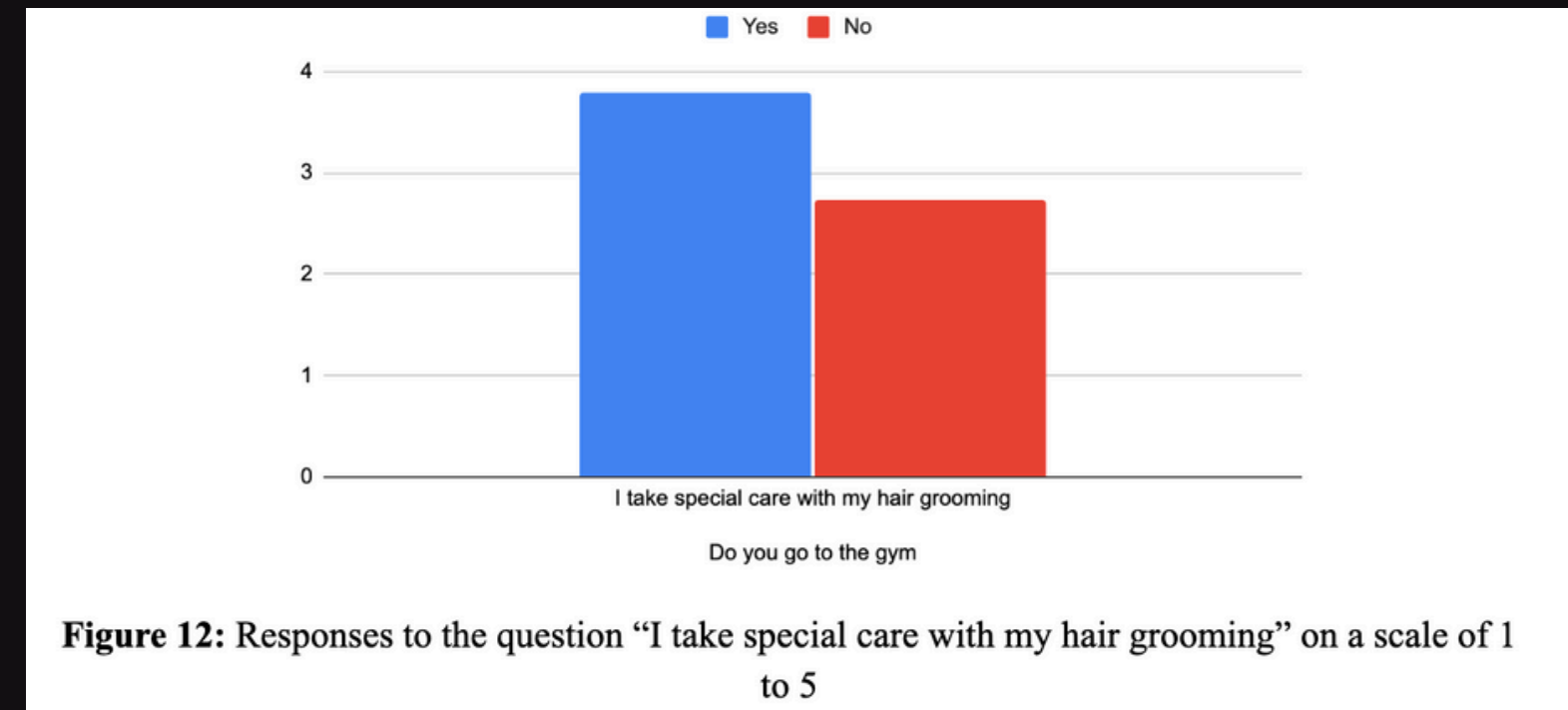
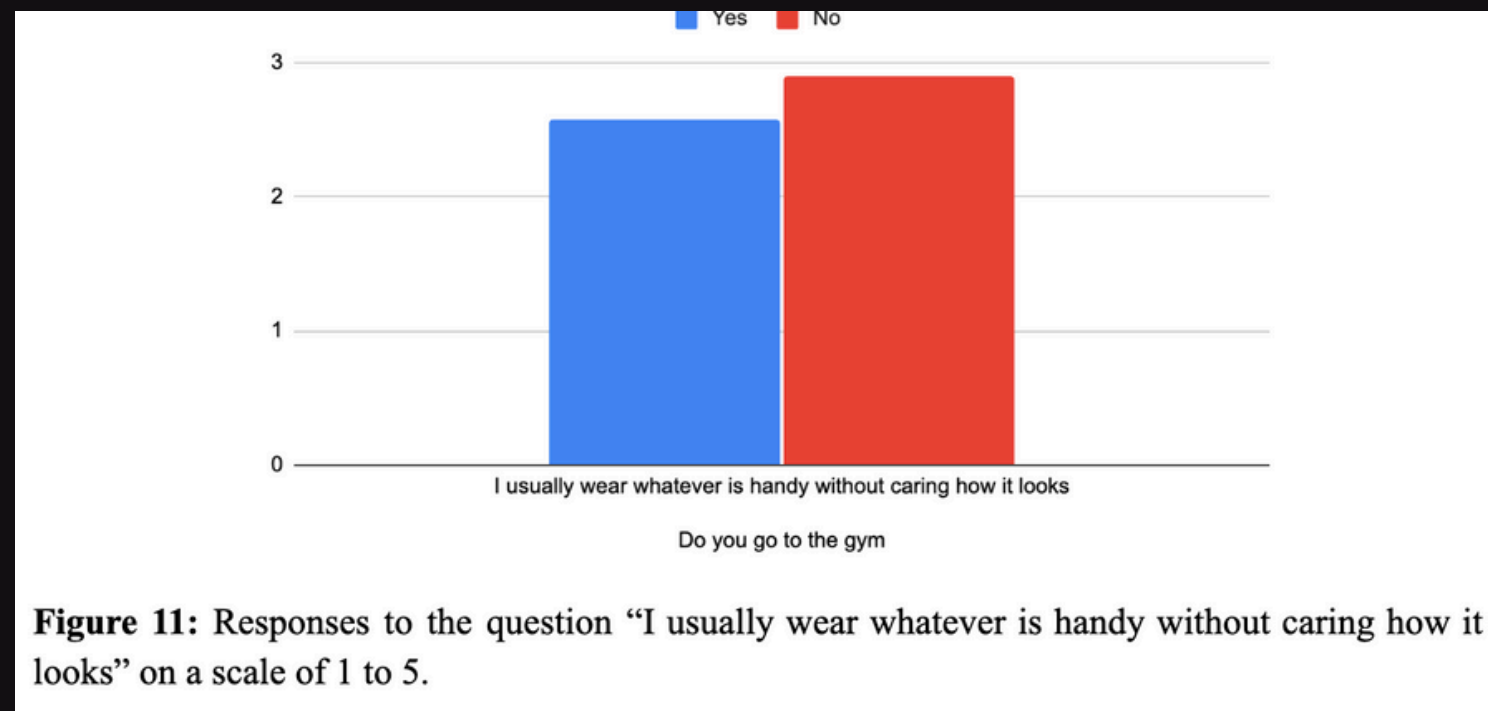
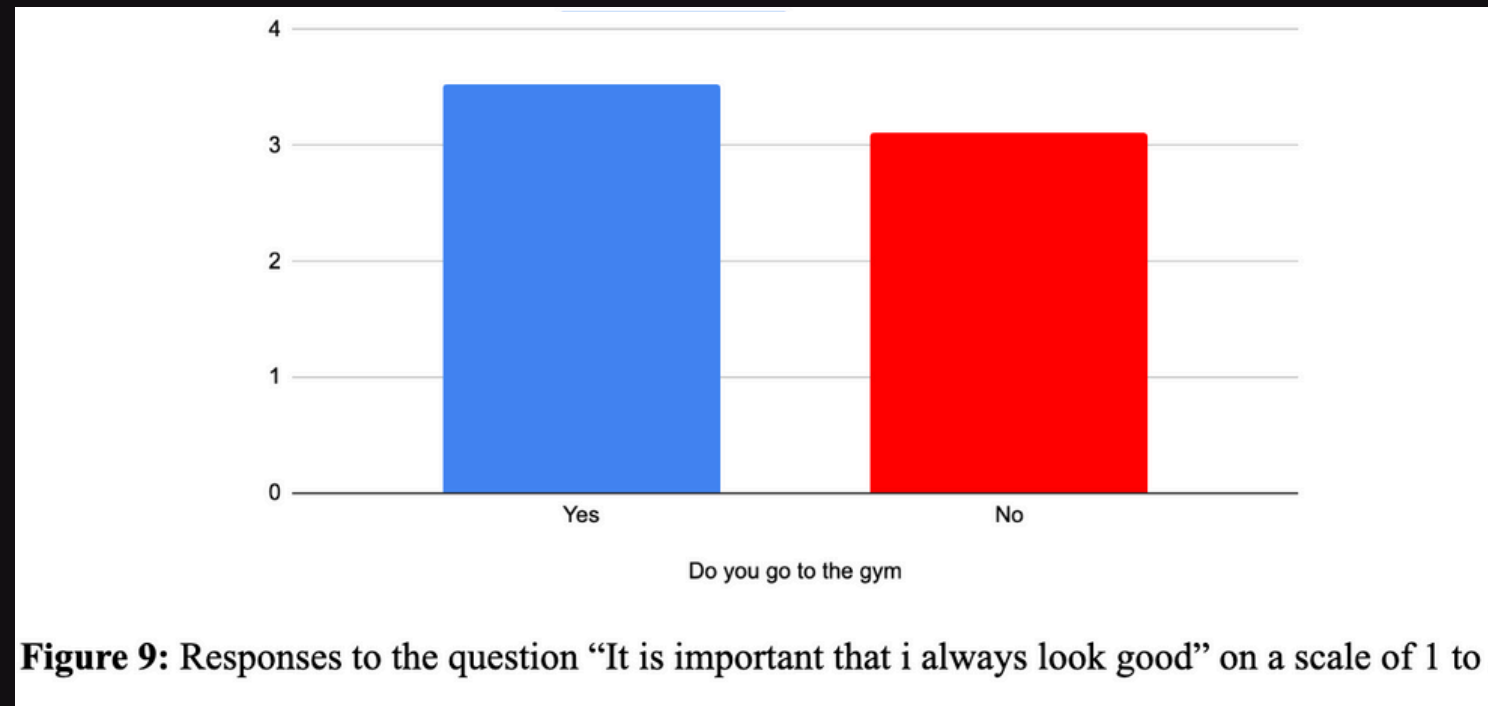
Results



Results



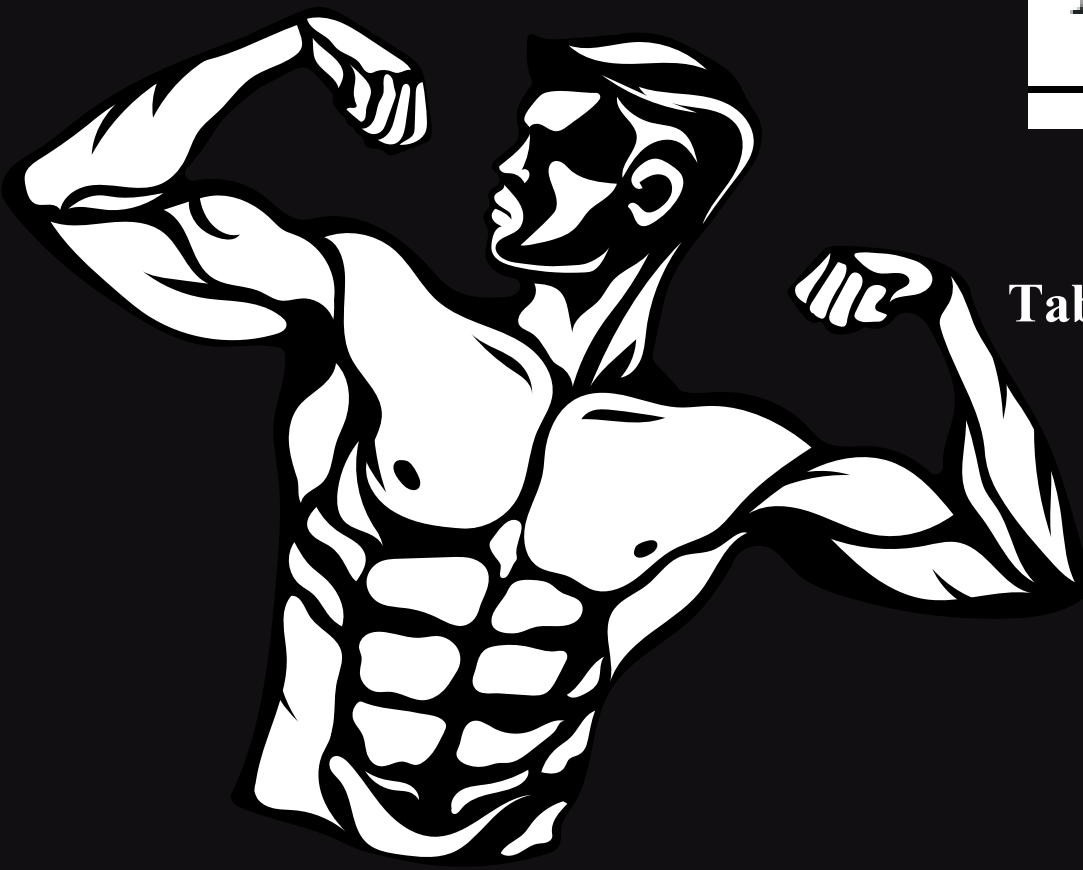
Results



Results

	n	Mean	Median
Yes	44	36.36	36.5
No	26	34.38	34

Table 2: Body image perception difference between Gym goers and Non-gym goers



Discussion

Higher Body Image Consciousness Among Gym-Goers

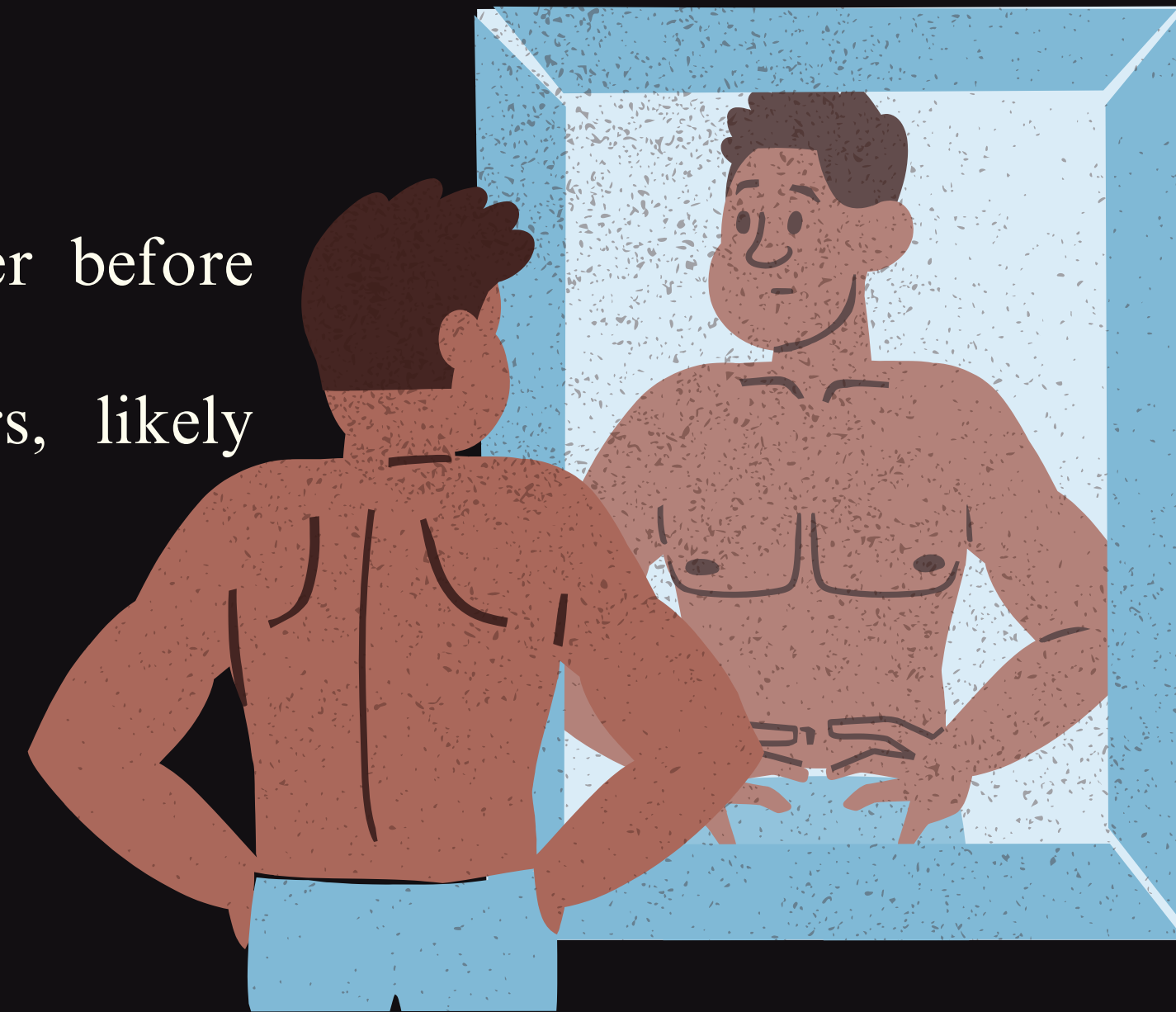
Gym-goers exhibit significantly higher body image consciousness compared to non-gym goers.

This is reflected in behavioral patterns such as grooming, clothing choices, and concerns about appearance.

Self-Perception and Monitoring

Gym-goers are more likely to rate their appearance higher before going out (Figure 1).

They check their appearance more frequently in mirrors, likely influenced by the presence of mirrors in gyms (Figure 2).



Discussion

Drive for Physical Improvement

Gym-goers are consistently motivated to improve their physical appearance (Figure 6).

This motivation can lead to healthier mental and physical states, but may also result in anxiety if goals are not met (Figure 9).

Influence on Daily Decisions

Gym-goers spend more time getting ready (Figure 8) and are more conscious about buying well-fitting clothes (Figure 7).

This indicates an increase in self-awareness and influence on grooming and dressing decisions.



Discussion

Body Image Perception

Despite higher concern with appearance, gym-goers report higher body image perception than non-gym goers on average (Figure 13). This suggests a complex relationship between fitness, self-perception, and societal pressures.

Comparison with Previous Research

Regular physical activity improves body image and self-confidence. Exposure to idealized body types in gyms can heighten body dysmorphia and lead to comparison, especially when individuals fail to meet their goals. Gym-goers display a concern for their appearance, but there is no definitive conclusion on whether this leads to a positive or negative self-perception.



Conclusion

Gym-goers are more appearance-conscious than non-gym goers, evident in their frequent mirror checks, longer prep time, and careful clothing choices. While gyms encourage healthy habits, they also heighten self-consciousness, yet gym-goers report a more positive body image overall.

Reference

1. Sani, S. H. Z., Fathirezaie, Z., Brand, S., Pühse, U., Holsboer-Trachsler, E., Gerber, M., & Talepasand, S. (2016). Physical Activity and self-esteem: Testing Direct and Indirect Relationships Associated with Psychological and Physical Mechanisms. *Neuropsychiatric Disease and Treatment*, Volume 12(12), 2617–2625. <https://doi.org/10.2147/ndt.s116811>
2. The Transformative Impact of Exercise on Self-Esteem. (n.d.). Florida Atlantic University. <https://www.fau.edu/thrive/students/thrive-thursdays/physicalhealth/#:~:text=You%20do%20not%20need%20to>

3.

	Definitely Disagree	Mostly Disagree	Neither Agree Nor Disagree	Mostly Agree	Definitely Agree
8. Before going out in public, I always notice how I look.	1	2	3	4	5
9. I am careful to buy clothes that will make me look my best.	1	2	3	4	5
10. I check my appearance in a mirror whenever I can.	1	2	3	4	5
11. Before going out, I usually spend a lot of time getting ready.	1	2	3	4	5
12. It is important that I always look good.	1	2	3	4	5
13. I use very few grooming products.	1	2	3	4	5
14. I am self-conscious if my grooming isn't right.	1	2	3	4	5
15. I usually wear whatever is handy without caring how it looks.	1	2	3	4	5
16. I don't care what people think about my appearance.	1	2	3	4	5
17. I take special care with my hair grooming.	1	2	3	4	5
18. I never think about my appearance.	1	2	3	4	5
19. I am always trying to improve my physical appearance.	1	2	3	4	5

Questionnaire used for the forms

