

**EXAMINATION OF STATE OF SOCIAL PHYSIQUE ANXIETY OF STUDENTS STUDYING IN DEPARTMENTS OF PHYSICAL EDUCATION AND SPORTS TEACHING AND COACHING EDUCATION OF UNIVERSITIES**

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**ABSTRACT**

Examination of states of social physique anxiety of students studying in the Bartın University School of Physical Education and Sports was aimed in this study. The research conducted is a descriptive study in order to determine the state of social physique anxiety of students. 114 students studying in the department of Physical Education and Sports Teaching and in the department of Coaching Education of Bartın University in 2013-2014 academic year who volunteered to the study constituted the research group. Social Physique Anxiety Inventory developed by Leary and Rejeski (1989) and adapted to Turkish by Ballı and Asci (2006) was used as data collection tool in the research. It was benefited from SPSS 15.0 software program for data evaluation and mean, standard deviation and t-test were used to evaluate the data. The significance level was set at  $p<.05$  for statistical comparisons. As a result, a statistically significant difference could not be found for students who study in the School of Physical Education and Sports according to the variable of department and the department (0.990).

**Keywords: Social physique anxiety, Social physique anxiety inventory.**

## INTRODUCTION

Physical definition shows up as one of the most important aspects defining human beings. People have their own body perceptions. Body perception is defined as subjective and individual perception of one's own body image and varies across individuals (Dokmen, 1996).

One's body perception is shaped once childhood period ends and puberty is reached and it continuously changes and develops lifelong (Harris, 1987).

This change and development occur under the effect of several variables. In addition to personality traits of individuals, social expectation that is the value attached to the body image by society has a great impact on body perception (Ergur, 1996).

Adolescents, who don't know what kind of a change their body would undergo, have conflicts with the effect of ideal body design and their body perception disorders. Body perception disorders occurred in adolescence period also affect the body perception in advanced ages (Ugurlu and Akin, 2008).

Body perception has significant functions about one's feelings, thoughts and behaviors as well as with his/her interaction with environment. In this context, negative imaginations imposed by a person to his/her body either in cognitive or sensual terms also influence his/her interaction both with himself/herself and environment (Akin, 2007).

People pay attention not only to their own body images but also to others' images. Their belief that other people are also interested in their body image institutes another factor causing anxiety (Asci, Tuzun and Koca, 2006).

One's body perception is affected by his/her feelings, attitudes and perceptions as well as by others' views (Aslan, 2004).

Anxiety and tension regarding how body image is assessed by the others is completed as social physique anxiety. Individuals who want to leave positive impression on others exhibit and enact their behaviors in accordance with this type of anxiety (Cepikkurt and Coskun, 2010).

Social physique anxiety is defined as a kind of social anxiety that individual thinks or believes s/he is evaluated by his/her social environment according to his/her body image or a state that s/he experiences the situations and conditions in relation with his/her body image (Hart, Leary and Rejeski, 1989). Social physique anxiety that argues people always have a natural motivation of establishing a positive impression in the eyes of others and has theoretical foundations based on self-presentation and impact management, is argued to emerge in situations when individuals think that they are inadequate to establish the image that they want to be in the eyes of the others regarding their body images (Hagger and Stevenson, 2010).

Hagger and Stevenson (2010) expressed that female students excluding the 10-11 age period have higher social physique anxiety and lower self-physique perception values when compared to male students during their growth period by examining the gender and age differences in social physique anxiety for students with various growth periods. Individuals' social physique anxieties increase when they think that the others evaluate them negatively with regard to their body images. Females

live social physique anxiety more than males. However, the pressure on males also seems to increase, today (Cited by Cepikkurt and Coskun, 2010).

The eating attitudes also apply to this issue as being a reason of high social physique anxiety levels of females when compared to males. Thin body designs presented and provided by the society affect females much more than males. (Balli and Asci, 2006).

Social physique anxiety includes two sub-headings. These are the individual's body discomfort and expectation of negative evaluation by others. Both two situations are creating social anxiety in individuals (Dogan, Sapmaz and Totan, 2011; Cepikkurt and Coskun, 2010).

Social physique anxiety means one's own consideration of his/her body image and one's anticipation that others' would consider his/her body in a negative way (Mulazimoglu and Asci, 2006).

Such negative anticipations cause anxiety (Dilbaz, 2000).

Considering approaches on social physique anxiety, cognitive behavioral method stands out. Social physique anxiety occurs based on one's anticipation that s/he and other individuals consider his/her body image in a negative way. Moreover, individuals tend to consider their own body more negatively with the effect of anxiety (Russell, 2002).

Cognitive behavioral approach would be effective for restructuring these beliefs. Nonrealistic thoughts are defined in cognitive behavioral approach and it's mentioned that events causing anxiety in individuals are the expectations and interpretations about the facts not pertain to him/her (Dilbaz, 2000).

## **METHOD**

### **Sample Group**

Sample group of the study is composed of 114 students studying at the School of Physical Education and Sports in Bartin University in the 2013-2014 academic year. Students included in the sample group participated in the research voluntarily.

### **Data Collection**

"Social Physique Anxiety Inventory" of 12 items and two subscales developed by Leary and Rejeski (1989) and adapted to Turkish by Balli and Asci (2006) was used as data collection tool in the research. Items are answered by using 5-point Likert type scale. One can have a score of minimum 20 and maximum 49 from the inventory. The higher the score of Social Physique Anxiety Inventory is, the higher the anxiety of one's body image becomes. The items 1, 2, 5, 8 and 11 of the inventory are reverse scored. Test-retest correlation coefficient of Turkish version of the Social Physique Anxiety Inventory was found as 0.88 for the female and 0.81 for the male and internal consistency coefficient was found as 0.81 for the female and 0.77 for the male (Mulazimoglu and Asci, 2006).

### **Data Analysis**

After applying descriptive statistics for data analysis, independent t-test was used for comparing between-group differences.

## FINDINGS

Table 1. Values for Social Physique Anxiety Level

	N	Min.	Max.	Mean	Standard Deviation
Bartın BESYO Means of Anxiety Level	114	20,00	49,00	33,3333	5,01796

The lowest social anxiety physique score of 114 students studying in Bartın University, School of Physical Education and Sports was found 20 and the highest found 49 as shown in Table 1. In addition, mean of social physique anxiety scores of students who participated in the research was found 33.33.

Table 2. Values for Social Physique Anxiety Levels by departments

		N	Mean	Standard Deviation	Sd	t.
Values for Social Physique Anxiety	Dept. of Teaching	59	33,3390	4,95013	112	,012
	Dept. of Coaching	55	33,3273	5,13541		

Mean of social physique anxiety value of 59 students studying in the department of Physical Education and Sports Teaching of the School of Physical Education and Sports was found 33.3390 and 55 students studying in the department of Coaching Education was found 32.3273.

Table 3. Table that shows whether significant differences were found or not by departments.

Difference between the Departments of Teaching and Coaching.	,990
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The significance value was found 0.99 as the result of independence t-test that had been conducted to determine any difference according to the departments as shown in Table 3. This result shows that there is not any significant difference between anxiety levels of the groups.

## DISCUSSION AND CONCLUSION

Considering findings for social physique anxiety, it's likely to say that social physique anxiety levels of individuals participated in the research are not high in general terms, even they're normal (Table 1).

It's seen in the Table 1 that the lowest social physique anxiety score of the students participated in the research was found 20, the highest score was found 49 and the mean score was found 33.33. In line with this result, it can be said anxiety levels of the School of Physical Education and Sports students participated in the research are not low or high, just below the mean score. Because, the research group considers themselves physically ready as they have a sports past and they also don't have a physically negative structure. The School of Physical Education and Sports students having a sports identity are pleased with their own body image and don't feel comfortable with people watching them. Thus, considering all of the foregoing, it's normal their social physique anxiety scores are below the mean. Findings of studies conducted on teenagers and university students support this result. The reason for social physique anxiety level of teenagers being high is the teenagers' negative perceptions of their body image and the particular importance attached by them to their appearance (Cepikkurt and Coskun, 2010; Dogan 2010; Dogan, 2011). On the other hand, the reasons for social physique anxiety level of university students being low are that they have grown to maturity and they are not affected by positive or negative comments of others although they attach importance to their body image and thus, they keep their anxiety level at mean value.

Anxiety scores of students studying in the departments of Teaching and Coaching was found to be 33 as shown in Table 2. We can say about the so close scores of the students of these two departments that both two groups have same physical values physically due to the fact that they are doing sports and reduce their expectations of being evaluated negatively by others due to the positive effect of their sport lives on their self-esteem. Zelhart (2007) determined that university students' anxiety levels are high as a result of his study that he conducted on university students in regard to observing their attitudes on course anxieties.

The significance level was found 0.99 as a result of t-test in order to determine whether there is a difference according to the segments shown in Table 3. This result shows that there is not any significant difference between social physique anxiety levels of departments. The reason for this result can be explained as the fact that social physique anxiety of students studying in School of Physical Education and Sports is low and students of both two departments have similar sports histories and continuing to do sports actively.

Findings of another study conducted on young individuals and university students seem to support the emerging result. The reason for high social physique anxiety of young group is shown to be negative perceptions of young individuals regarding their body image and the fact that they give excessive importance to their body images (Cepikkurt and Coskun, 2010; Dogan 2010; Dogan, 2011). The reason for low social physique anxiety of university students may be said to related with the fact that they have reached a certain age and maturity and are not significantly affected from outside negatively or positively and keep their anxiety levels at the average score.

In conclusion, social physique anxiety levels of university students participated in the research are below the mean score. No significant difference was found between the departments and it was determined that students are pleased with their body image and thus, their social physique anxiety levels are as expected.

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