

*Field* : Fine Arts, Sport Sciences

*Type* : Research Article

*Received*: 19.07.2017 - *Corrected*: 18.11.2017 - *Accepted*: 26.11.2017

## Investigation of Students' Views Who Receive Art and Religious Training about Body Image

Gülten İMAMOĞLU<sup>1</sup>, Özlem DEMİRTAŞ<sup>2</sup>

<sup>1</sup>Ondokuz Mayıs University Fine Arts Facultative, Samsun, TURKEY

<sup>2</sup>Hitit University Faculty of Sport Sciences, Çorum, TURKEY

E-Mail: [gulteni@omu.edu.tr](mailto:gulteni@omu.edu.tr)

### Abstract

The purpose of this study is determine body image in individuals with fine arts and theological education. 177 male and 118 female, total of 334, fine arts and theological students were participated in the study. Body-Cathexis Scale (BCS) were used. Independent Samples tests were used for statically processing. Body Image score according to gender found at male 103.84 and female 110.93. Body Image score found at theological students 125.95 and Fine arts students 85.12. There was a significant difference in between theological students and Fine arts students in Body Image Score at  $p < 0.001$  level, there was none in gender. There was a significant difference in between Theology Faculty and Fine Arts Faculty according male and female students in Body Image Score at  $p < 0.001$  level. Female students are according male students under greater risk regarding the body image. Body image points were more positively at student of fine art than student of religious. It is thought that art education affects body image more positively than religious education. Getting with fine art education could contribute to a positive body image levels.

**Keywords:** Body Image, Fine Arts, Theological education



## Sanat ve Din Eğitimi Alan Öğrencilerin Vücut İmajı Hakkındaki Düşüncelerinin İncelenmesi

### Öz

Araştırmanın amacı, güzel sanatlar ve din eğitimi alan bireylerde beden imajını belirlemektir. 177 erkek 118 kadın, toplam 334 güzel sanatlar ve ilahiyat öğrencisi çalışmaya katıldı. Vücut İmajı Ölçeği (BCS) ve Statik işleme için Bağımsız Örneklem testleri kullanılmıştır. Cinsiyete göre vücut imajı puanı erkeklerde 103.8 ve kadınlarda 110.9 olarak bulunmuştur. İlahiyat öğrencilerindeki beden imaj skoru 126.0, Güzel Sanatlar öğrencilerinininki ise 85.1'dir. İlahiyat öğrencileri ile Güzel sanatlar öğrencileri arasında  $p < 0.001$  düzeyinde Vücut İmaj Puanında anlamlı farklılık varken, cinsiyete göre farklılık bulunamamıştır. Vücut İmajı ölçek puanında erkek ve kız öğrencilerde  $p < 0.001$  düzeyinde İlahiyat fakültesi ile Güzel Sanatlar Fakültesi arasında anlamlı farklılık bulunmuştur. Kadın öğrenciler, erkek öğrencilere göre vücut imgesi konusunda daha büyük risk altındadır. Vücut imajı puanları Güzel sanatlar öğrencilerine din eğitimi alan öğrencilerinden daha olumlu geldiği tespit edilmiştir. Sanat eğitiminin vücut imajını, din eğitimi alanlardan daha olumlu etkilediği düşünülmektedir. Güzel sanatlar eğitimi almak, vücut imajının olumlu yansımalarına katkıda bulunabilir.

**Anahtar Kelimeler:** Vücut İmajı, Güzel Sanatlar, Teolojik Eğitim



## **Introduction**

A mental picture of individual's body image is related to visible part of self, especially "physical appearance" self-perception specified as the symbol of self during adolescence (Çakar and Karayol, 2015; Collins & Steinberg, 2006). Body image is defined as an individual's emotions about his/her own body. Identification and assessment method related to individual's body image come forefront more than others. The objective of acceptance of body image is for an individual to develop a realistic perspective towards his/her own body and to ensure happiness with such perspective (Akın et al., 1992). Body image is related to charm, balance, and gender role. At the same time, body image is a tool for assessment by peer group in terms physical force, physical sexual maturity and charm. Body image has significant effects on self-acceptance, social self-confidence, popularity in opposite sex and athletic abilities. Negatives in body image may cause decrease in self-esteem. Besides, a mismatch between the ideal and perceived body image is associated with dissatisfaction about body image (Çakar and Karayol, 2015).

The Body Cathexis Scale (BCS) was the first psychometric instrument devised to measure body dissatisfaction (Orlandi et al., 2006). Body image may be defined in simple terms as the way a person perceives or thinks about his body and how it looks to others. There is increasing pressure during young for males and females to desire a body shape that conforms to the "ideal", i.e. a thin shape for women and a lean, muscular shape for men (McCabe and Ricciardelli, 2003). These perceived ideal body shapes are reinforced by the mass media and popular cultural icons. Internalizations of body ideals that are perpetuated by the education can be a strong influence on body dissatisfaction, especially among females (Knauss C et al., 2007). Females are more interested with their body compared to males (Acar, 2010). Female football players who had more sport background were found out to be more satisfied with their physical appearances (Bozkus et al., 2013). Today, it is emphasized that especially among adolescents and young adults, dissatisfaction from body image is increasingly widespread (Verplanken & Velsvik, 2008); also it is emphasized that perfect female and male models offered to individuals with the concept of physical attractiveness contributes to establishment of a distorted body image, also brings along various unhealthy behaviors (Oktan & Şahin, 2010). Body Cathexis Scale also assess subjective representations of physical appearance, whereby respondents rate the degree of satisfaction they feel about various body parts (Giffin and Kirby, 2007). It is wondered how the body image scale of art and religion education. In this study, it is aimed to investigate the body image score in men and women who have studied fine arts and theology.

## **Methods**

**Participants:** Research data were obtained from 295 adolescents who were attending of university and accepted to voluntarily participate in the research. Gender distribution for students was acquired female 118 and male 177.

**Data Collection Instrument:** Body-Cathexis Scale (BCS). Developed by Secard and Jurard in 1953, is a scale that determines a person's satisfaction from 40 different body parts or their functions. Form of the scale used in our country is a measurement tool of five-point Likert-type consisting of 40 items (1 = "I like very much"—5 = "I do not like"). The most positive expression receives 1 point, and the most negative statement receives 5 points. According to this, the lowest score that can be achieved in the scale is 40, the highest score is 200. Level of



received score shows the height of satisfaction level. The cut-off score of the scale is 135, those with scores below 135 are defined as the group of low body image perception. Increase in total score obtained from the scale indicates a decline in a person's satisfaction from his/her body or body parts and lower scores indicate an increased satisfaction. In the reliability study, two half-reliability of the test was obtained as  $r=0.81$  for body satisfaction and as  $r=0.90$  for the self. In adaptation study of the scale for university students in our country, two-half reliability was determined as 0.75, item test correlations were determined as  $r=0.45$  and  $r=0.89$ , and Cronbach's alpha coefficient was found as  $r=0.91$  (Hovardaoğlu, 1992; Çakar and Karayol, 2015). Students were excluded from the study if they had diet-related illnesses (such as diabetes mellitus and food allergies), heart problems and/or physical disabilities.

**Statistical analyses:** The data were analyzed using SPSS (Version 22.0) producing basic descriptive statistics – rankings, means and standard deviations. Independent Samples tests (Significant Difference) were used for statically processing. Statistical significance was set at  $p < 0.05$  and  $p < 0.001$ .

## Results

Participants were 295 Turkish University Students in Table 1 for Anthropometrics data. Descriptive statistics for the Body-Cathexis Scale (BCS) in Tables 2 and 3.

**Table 1.** Anthropometrics Characteristics of the Study Subjects.

	Variables	n	Mean	Std. D.	t
Sex	Male	177	103.84	36.60	-1,68
	Female	118	110.93	34.62	
Type of Faculty	Faculty of Divinity	166	125.95	29.00	11,90**
	Faculty Fine Arts	129	85.12	29.51	

**Table 2.** Body Image Score According to Gender and Faculty Type

		n	Mean	Std. D.	Min.	Max.	t- Test
Age	F	118	20.7	2.07	17.0	33.0	-3.71**
	M	177	21.8	2.69	17.0	30.0	
	T	295	21.3	2.52	17.0	33.0	
H (cm)	F	118	163.3	4.70	150.0	175.0	-19.44**
	M	177	176.3	6.21	160.0	200.0	
	T	295	171.1	8.54	150.0	200.0	
W (kg)	F	118	56.1	7.31	43.0	80.0	-14.57**
	M	177	73.7	11.73	51.0	115.0	
	T	295	66.7	13.37	43.0	115.0	
BMI	F	118	21.1	2.80	15.8	28.7	-7.21**
	M	177	23.7	3.19	17.4	34.7	
	T	295	22.6	3.30	15.8	34.7	



## **Discussion**

Table 1 shows that there are 295 students in male 21.76 and female 20.67 year age. Body height are in male 176.32 and female 163.25 cm. Body weight are in male 73.73 and female 56.07 kg, and Body Mass Index in male 23.67 and female 21.06 kg. There was a significant difference in between age, height, weight and Body Mass Index at  $p < 0.001$  level.

In this study, Body Image score according to gender found at male 103.84 and female 110.93. Body Image score found at theological students 125.95 and Fine Arts students 85.12 (Table 2). There was a significant difference in between theological students and Fine Arts students in Body Image Score at  $p < 0.001$  level, there was none in gender. Body Image between subjects t-Tests revealed statistically significant differences in body image scores between males and females. In females body image scale was worse than males. This difference was not values. This difference did not matter. Body image scale of Students of Divinity was worse than Students of Fine Arts. In this study female students' body image was more negative than those of male students. First of all, it was observed that girls' body image is more negative compared to that of males, and that girls are less satisfied with their bodies. This conclusion is also supported by other research (Çakar and Karayol, 2015).

In this study, Body Image score found Theology faculty at male students 130.50 and Fine Arts Faculty at male students 78.93. Body Image score found Theology Faculty at female students 123.57 and Fine Arts faculty at male students 90.67 (Table 3). There was a significant difference in between Theology Faculty and Fine Arts Faculty according male and female students in Body Image Score at  $p < 0.001$  level. It is thought that art education affects body image more positively than religious education. Art education can also be recommended for religious education. Traditional mold judgments imposed on both genders socially cast different roles on the male and the woman. Accordingly, while males are expected to be more athletic, free, extrovert and effective compared to women; expectations from girls differ more in this sense. Kundakcı (2005) in his study has found out that girl achieved higher score averages from Body Image Scale compared to boys; and that girls admired their bodies less than boys. In this study, Body Image score of girl students found higher from boy students. In this case, while girls are expected to obey physical appearance considered as ideal based on their social roles; girls may have to focus on ideas related to their bodies more. It has seen observed that girls showed more interest in positive-negative thoughts about physical appearances expected from them (Çakar and Karayol, 2015).

In this study, female students are according male students under greater risk regarding the body image. It is of the physical structure of females are slight, weak and less strong compared to males (Örüş, 2015). Sensation of body is the picture that shows sensation of individual's body and all of its impression on individuals minds (Göksan, 2006). Among the reasons for this, female students may be considered to be less active than male students. Griffin and Kirby (2007) findings of the present show that body image improved in those male subjects that took part in the physical activity intervention. In this study body image improved as a consequence of aerobic exercise. Deryahanoğlu et al (2016) has been found better body image than sedentary in women doing sports. Physical activity can improve body image. Students of Fine Arts Faculty may be more active than the students of Theology Faculty. Men may be more active than women in the physical direction. Getting with fine art education could contribute to a positive body image levels.



In this study, body image points were more positively at student of fine art than student of religious. Fine Art students can also be caused to pay more attention to their bodies than do Theological students. The athletes in aesthetic sports showed higher body dissatisfaction, lower Body Mass Index, and an intense preoccupation with eating and food, compared to the group of athletes in non-aesthetic sports (Douka et al, 2010).

### **Conclusion**

It is thought that art education affects body image more positively than religious education. Considering the fact that students are under risk in terms of body image, school-based programs to be developed may target increasing improving body image starting from changes that students experience during adolescence. Furthermore, in the future, the studies could be done larger groups of students by variety of socio-economic backgrounds and different cultures. Getting with fine art education could contribute to a positive body image levels.



## REFERENCES

- Acar, ÖT. (2010). Kocaeli Üniversitesi Beden Eğitimi Yüksekokulu ve Mimarlık-Mühendislik Fakültesi Öğrencilerinde Beden Algısı ve İyilik Halinin Beden Kitle İndeksi ve Vücut Yağ Dağılımı ile İlgisi. Yayınlanmamış Tıpta Uzmanlık Tezi, Kocaeli: Kocaeli Üniversitesi
- Akın, T., Baykara, A., Miral, S., Özakbaş, S. (1992). Youth body image and self-esteem relations' child and adolescent (pp. 418-424). Psychiatry Days Congress' Book, Izmir Medical Bookstore.
- Bozkus, T., Turkmen, M., Kul, M. (2013). The Effects of Age, Sports Experience, and Physical Self Perception on Competition Anxiety Levels of Female Football Players, *International Journal of Academic Research Part B*, 5(4), 509-513
- Collins, WA., & Steinberg, L. (2006). Adolescence. In W. Damon, R. M. Lerner, & N. Eisenberg (Eds.), *Handbook of child psychology (Vol. 3, Social, emotional, and personality development 6, pp. 1003-1067)*. New York: Wiley.
- Çakar, FS., Karayol, SS., (2015). The Impact of Body Image and Self-Esteem on Turkish Adolescents' Subjective Well-Being, *Psychology Research*, September, Vol. 5, No. 9, 536-551 doi:10.17265/2159-5542/2015.09.005
- Deryahanoğlu, G., İmamoğlu, O., Yamaner, F., & Uzun, M. (2016). Anthropometric characteristics of sedentary women and comparison of their psychological states, *Journal of Human Sciences*, 13(3), 5257-5268. doi:10.14687/jhs.v13i3.4106
- Douka, A., Gdonteli, K., Grammatopoulou, E., Koutsouki, D. (2010). Body Image and Body Cathexis of the Greek Elite Female Athletes in Aesthetic Sports, *World Conference on Psychology & Guidance*.[http://www.pegem.net/akademi/kongrebildiri\\_detay.aspx?id=123108](http://www.pegem.net/akademi/kongrebildiri_detay.aspx?id=123108)
- Griffin, M., & Kirby, S., (2007). The Effect of Gender in Improving Body Image and Self Esteem, *Athletic Insight, The Online Journal of Sport Psychology*, September, Volume 9, Issue 3, pp.83-92
- Göksan, B. (2007). Ergenlerde beden imajı ve beden dismorfik bozukluğu. Yayınlanmamış Uzmanlık Tezi. İstanbul: Şişli Etfal Eğitim ve Araştırma Hastanesi Psikiyatri Kliniği.
- Hovardaoğlu, S. (1992). Body Perception Scale: Psychiatry, Psychology. *Journal of Psychopharmacology (3P)*. Tests Specific Issue.
- Knauss, C., Paxton, SJ., Alsaker, FD. (2007). Relationships amongst body dissatisfaction, internalization of the media body ideal and perceived pressure from media in adolescent girls and boys. *Body Image* 2007; 4:353-60.
- McCabe MP, Ricciardelli LA. (2003). Body image and strategies to lose weight and increase muscle among boys and girls. *Health Psychol*; 22:39-46.
- Oktan, V., & Şahin, M. (2010). Examining the relationship between body image and self-esteem in adolescents girls. *International Journal of Human Sciences*, 7(2).
- Orlandi, E., Covezzi, R., Galeazzi, GM., Guaraldi, GP. (2006). The Italian version of the Body Cathexis Scale. *Eat Weight Disord.* Sep;11(3):e79-84.



Örüş, M. (2015). Aqua Fitness Çalışmalarının Sedanter Bayanlarda Fiziksel ve Motor Parametreler Üzerinde Etkilerinin İncelenmesi, Yüksek lisans tezi. İstanbul: Haliç Üniversitesi.

Verplanken, B., & Velsvik, R. (2008). Habitual negative body image thinking as psychological risk factor in adolescents. *Body Image*, 5(2), 133-140