Examınıng the Relatıonshıp Between Body Lıke and Interactıon Anxıety In Terms of Dıfferent Varıables

Bedeni Beğenme ve Etkileşim Kaygısı Arasındaki İlişkinin Farklı Değişkenler Açısından İncelenmesi

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Abstract: The purpose of this study is to examine the body liking and interaction anxiety levels of students studying at the faculty of sports sciences in terms of different variables and to reveal the relationships between them. 278 students studying at different departments of the faculty of sports sciences of a state university participated in the study. In the study, a personal information form was used to determine demographic variables, a "body liking scale" was used to measure participants' body perception, and an "Interaction Anxiety Scale" was used to measure interaction anxiety. The data were tested with descriptive statistics, independent sample T-test, one-way analysis of variance ANOVA, and Pearson correlation test. As a result of the statistical analyses, it was observed that the participants' body liking and interaction anxiety levels did not differ significantly in terms of gender and family income variables, and a significant difference was observed in body liking and interaction anxiety levels in terms of age and sports variables, respectively. According to the correlation analysis results conducted for the relationship between participants' body liking and interaction anxiety levels, a low-level, negative, and insignificant relationship was found between the scales.

Keywords: Body liking, interaction anxiety, sports sciences.

Özet: Bu araştırmanın amacı spor bilimleri fakültesindeki öğrenim gören öğrencilerin bedeni beğenme ve etkileşim kaygısı düzeylerinin farklı değişkenler açısından incelenmesi ve aradaki ilişkilerin ortaya konulmasıdır. Araştırmaya bir devlet üniversitesinin spor bilimleri fakültesinde farklı bölümlerde öğrenim gören 278 öğrenci katılmıştır. Araştırmada veri toplama aracı olarak demografik değişkenlerin belirlenmesine yönelik kişisel bilgi formu, katılımcıların beden algısını ölçmek için "bedeni beğenme ölçeği" ve etkileşim kaygılarının ölçülmesi için "Etkileşim Kaygısı Ölçeği" kullanılmıştır. Veriler betimsel istatistikler, bağımsız örneklem T-testi, tek yönlü varyans analizi ANOVA ve pearson korelasyon testi ile test edilmiştir. İstatistiksel analizler sonucunda katılımcıların cinsiyet ve aile gelir değişkenleri açısından bedeni beğenme ve etkileşim kaygısı düzeylerinin anlamlı olarak farklılaşmadığı, yaş ve spor yapma değişkenleri açısından ise sırasıyla bedeni beğenme ve etkileşim kayısı düzeylerinde anlamlı farklılık gözlenmiştir. Katılımcıların bedeni beğenme ve etkileşim kaygısı düzeylerinin ilişkisine yönelik yapılan kolerasyon analizi sonuçlarına göre ölçekler arasında düşük düzeyde, negatif ve anlamsız ilişki bulunmuştur.

Anahtar Kelimeler: Bedeni beğenme, etkileşim kaygısı, spor bilimleri.

INTRODUCTION

Body appreciation is an important element of positive body image (White, 2023). Body image is a complex concept that encompasses all of a person's positive and negative attitudes toward their body, as well as their emotional and psychological self-esteem. In other words, it is the image of their own body that a person represents in their mind (Cohen, 1991). Looking at the relevant literature, it can be said that the study of body image has a rich history (Cash, 2004; Avalos et al., 2005; Grogan, 2006; Swami et al., 2015; Tiggemann & McCourt, 2013; Winter et al., 2019). Body image is a multidimensional, complex construct that includes a person's perceptions, thoughts, feelings, and behaviors toward their body (Avalos et al, 2005; Cash et al 2004). Body image refers to your personal perception of your body. Body image is more than just a mental image of how you look; it also includes your personal relationship with your body, including perceptions, beliefs, thoughts, feelings, and behaviors related to your appearance. In other words, body image is quite complex and multi-layered. (Cash, 2008). Body image describes how a person describes their emotional attitudes, beliefs, and perceptions about their body. (White, 2023).

According to White (2023), body image menion to a person's attitudes towards his/her own appearance; what he/she thinks about his/her physique, height, weight and shape; and how he/she perceives and feels his/her physique. Body image is what is felt about the body and how it is felt with the body. It is not how the body physically looks, but how it is felt about this image. Friends, peers, family, lifestyle, cultural background, and the media can all influence body image. An individual's past experiences play a major role in the development of body perception. An individual's past reactions to their own body and the reactions they receive from their surroundings about their body can influence the development of their body perception (Tazegül, 2016). Body perception is generally considered positive and can have a significant impact on an individual's self-esteem and confidence. (Şanlı, 1991; Tazegül, 2018).

Humans are social beings and need to be in communication with their environment. Both education and business life are the periods when interpersonal relationships are most intense. Social anxiety is expected to be experienced more clearly in social relationships (Çağlar et al, 2012). Interaction anxiety, also referred to as anxiety disorder or social phobia by the American Psychiatric Association (2013), is defined as a distinct fear or anxiety in social situations where the person may be evaluated by others. Interaction anxiety, which is the emotional dimension of social anxiety, can be defined as an individual's hesitation, withdrawal or fear of communicating with other individuals and expressing themselves in social environments (Liebowitz, 1987; Kashdan, 2007). Interaction anxiety describes only the emotional aspect of social anxiety. In other words, it reveals the subjective aspect of social anxiety. Therefore, interaction anxiety is a process related to individuals feeling that way rather than behaving avoidantly or timidly in interactions. Therefore, interaction anxiety refers to individuals' tendency to experience anxiety in social interactions (Leary & Kowalski, 1993). It is observed that individuals experience more anxiety in social environments compared to situations where they are alone. Although social environments are the same, significant

differences are observed between individuals in terms of the severity of the anxiety experienced. For example, while some individuals can easily cope with this anxiety, individuals with high anxiety have great problems in displaying normal behaviors in communication. The tension or anxiety experienced in social environments has cognitive, emotional and behavioral elements (Coşkun, 2009). Individuals experiencing interaction anxiety have doubts about their interpersonal skills in terms of creating a positive impression on other people (Jackson, 2007). Individuals with high interaction anxiety may be more sensitive to negative evaluations in social environments and may try to show themselves more successful. (Düşünceli and Fariz, 2020).

Within this conceptual framework, the aim of this study was to examine the levels of body appreciation and interaction anxiety among students of the Faculty of Sport Science from the perspective of different variables and to reveal the relationship between them.

METHODS

Research Model: The study was designed with a survey model and data was collected from participants using a reliable and valid scale. Survey studies are a unique way to collect information from a large group. Despite the widespread perception that this type of research is easy to conduct, a survey requires extensive planning, time and effort to obtain meaningful results (Jones et al., 2013).

Purpose of the research : The purpose of this research is to examine the body appreciation and interaction anxiety levels of students studying at the faculty of sports sciences in terms of different variables and to reveal the relationships between them.

Research Group: 278 students studying in different departments of a state university's sports science faculty participated in the study.

Data collection: The data collection instruments used in the study were the personal information form for determining demographic variables, the Body Like Scale (BBÖ) developed by Tylka and Wood-Barcalow (2015), whose

Turkish validity and reliability study was conducted by Anlı and Akın (2015), and the Interaction Anxiety Scale developed by Leary and Kowalski (1993) and adapted to Turkish by Coşkun (2009).

Body Like Scale: The Body Like Scale (BBÖ) developed by Tylka and Wood-Barcalow (2015) was used, whose Turkish validity and reliability study was conducted by Anlı and Akın (2015). The BBÖ is a 5-point Likert-type scale consisting of 10 items (1 never – 5 always). In the study to adapt the scale to Turkish, the item-total correlation coefficients were between .31 and .76. The confirmatory factor analysis showed that the unidimensional model provided a good fit (x^2= 72.46, sd= 33, RMSEA=.077, CFI=.98, IFI=.98, RFI=.95, GFI=.93, SRMR=.045). In our study, an internal consistency reliability coefficient of the BÖ of .755 was determined.

Interaction Anxiety Scale: It is a single-factor scale developed by Leary and Kowalski (1993) and adapted to Turkish by Coşkun (2009). In the scale reliability study, Leary and Kowalski (1993) determined the Cronbach alpha coefficient as .88. Coşkun (2009), who first adapted this scale of Leary and Kowalski (1993) to Turkish, found the Cronbach alpha coefficient as .91 in the validity and reliability study. The Cronbach alpha coefficient of our research sample group was determined as .967. The scale consists of 15 items that can be marked in a 5-point Likert format (from Strongly Disagree to Strongly Agree).

Analysis of Data: In order to determine the tests to be used in the analysis of the data, kurtosis and skewness values, Kolmogorov-Smirnov, Histogram, Plot Graphics and Missing Data and Extreme Value Analysis were performed and examined. (George and Mallery, 2019) considers the ±2 range as acceptable for the normality assumption. As a result of all these evaluations, it is seen that the data meets the normality assumption (Table 1).

Table 1. Reliability and skewness-kurtosis table of the scales

Scale	Çarpıklık	Basıklık	Cronbach's Alpha
Body Like Scale	-,383	,451	0,755
Interaction Anxiety Scale	-,046	-1,509	0 ,967

RESULTS

Table 2. Descriptive information of individuals

Variables	Sub Variables	f	%
Gender	Female	101	36,3
	Male	177	63,7
Age	17-20	136	48,9
	21-23	99	35,6
	24-26	34	12,2
	27 and above	9	3,2
Family İncome Level	Very Low	11	4,0
	Low	15	5,4
	Medium	156	56,1
	Good	80	28,8
	Very Good	16	5,8
Level Of Doing Sports	I Don't Do Sports	48	17,3
	Professional	26	9,4
	Amateur	86	30,9
	Recreational	118	42,4

Table 3. T-test results crosscheck the participants' Body Liking and Interaction Anxiety levels according to the gender type

Scale	Gender	n	x	ss	f	p
Body Liking	Female	101	36,8614	6,93402	11,782	,680
	Male	177	36,5367	4,99091		
Interaction Anxiety	Female	101	42,2475	16,99906	,191	,062
	Male	177	46,2090	16,84543		

The averages obtained from the participants' body liking and interaction anxiety scale scores did not differ significantly according to the gender variable.

Table 4. Anova results for crosscheck the participants' body liking and interaction anxiety levels according to the age variable

Scale	Age	n	x	ss	f	p	Difference
Body Liking	1. 17-20	136	35,7059	6,26468	3,604	,014	**1-2**
	2.21-23	99	38,0707	5,04319			
	3.24-26	34	36,0000	5,42162			
	4.27 and above	9	37,8889	3,33333			
Interaction Anxiety	1. 17-20	136	43,5809	16,49806	3,604	,014	----
	2.21-23	99	45,0101	17,11038			
	3.24-26	34	47,5882	18,04727			
	4.27 and above	9	49,4444	19,36563			

According to the averages obtained from the participants' body liking and interaction anxiety scale scores, there was a significant difference between the Individuals in terms of body liking levels in terms of age variable, while interaction anxiety scores did not differ significantly.

Table 5. Anova test results for crosscheck the participants' body liking and interaction anxiety levels according to the age variable

Scale	Family İncome Level	n	x	ss	f	p	Difference
Body Liking	1.Very Low	11	39,1818	4,49039	1,374	,243	**----**
	2.Low	15	37,0667	4,14844			
	3.Medium	156	36,9423	5,37046			
	4.Good	80	36,0875	6,99583			
	5.Very Good	16	34,5625	3,98278			
Interaction Anxiety	1.Very Low	11	40,2727	17,90023	,552	,698	----
	2.Low	15	45,2667	17,10249			
	3.Medium	156	44,1859	16,80929			
	4.Good	80	46,7625	16,47034			
	5.Very Good	16	43,1250	21,10884			

According to the averages obtained from the participants' body liking and interaction anxiety scale scores, no significant difference was observed in both scales in terms of income level variable.

Table 6. Anova test results for crosscheck the participants' body liking and interaction anxiety levels according to the sports level variable

Scale	Level Of Doing Sports	n	x	ss	f	p	Difference
Body Liking	1.I Don't Do Sports	48	36,5833	5,94239	,270	,847	**----**
	2.Professional	26	36,0000	6,22254			
	3.Amateur	86	37,0581	5,65343			
	4.Recreational	118	36,5339	5,71949			
Interaction Anxiety	1.I Don't Do Sports	48	40,2083	16,85982	4,084	,007	1-3,3-4
	2.Professional	26	43,4615	16,74331			
	3.Amateur	86	49,7326	15,41613			
	4.Recreational	118	43,2966	17,50766			

According to the mean scores of participants' ratings on the Body Liking Scale and the Interaction Anxiety Scale, a significant difference was found in the rating of interaction anxiety regarding the variable of athletic level.

Table 7. Results of correlation analysis between subjects body preferences and social anxiety levels

Scale	n	x	ss	r	p
Body Liking	278	36,6547	5,76271		
Interaction Anxiety	278	44,7698	16,97835	-,027	,655

According to the results of the correlation analysis conducted on the relationship between the participants' body appreciation and interaction anxiety levels, a low-level,

DISCUSSION

The aim of the present study is to investigate the level of body love and interaction anxiety among students of the Faculty of Sports Sciences from the perspective of different variables and to reveal the relationships between them. The results of our study showed that the participants had a high level of sympathy for their bodies and a moderate level of interaction anxiety. According to the results of the study, the mean scores from the ratings of the "body satisfaction" and "anxiety" scales when the participants interacted did not differ significantly depending on the gender variable. Similar to the results of our study, Guven et al. (2021) and Çetinkaya (2018) found that there was no significant difference in the body-like scores of the participants in their studies regarding the gender variable. These studies are parallel to our study in terms of their results. In contrast to the results of our study, Caniklitemel and Ermis (2024) reported that there was a significant difference in the participants' body preference ratings depending on gender in their study. According to the author, women's body image ratings are high and differ significantly from those of men. It can be seen that the perception of one's own body leads to different results in female and male participants in different studies. For example, Hart et al. (2008) explained that the reason why men experience higher social anxiety about their appearance compared to women is because they want to appear more muscular and stronger. It can be said that the different research results are due to sample groups and socio-cultural differences. Again, the participants' average interaction anxiety scores did not differ significantly between genders. In a review of the relevant literature, Bayram (2019), Ummet (2007), and Cetinkaya and Honca (2017) report that interaction anxiety scores do not differ significantly by gender, similar to the results of our study. These studies are parallel to our study in terms of their results. Unlike our study results, Altınay's (2022) study found that the interaction anxiety levels of female teacher candidates were significantly higher than the interaction anxiety levels of male teacher candidates in terms of the gender variable. Again, Küçük (2019) stated in his study that female teacher candidates had higher interaction anxiety scores than male teacher candidates. These studies show different findings from our study in terms of their results. If we refer to our findings, while there was a significant difference between the groups in terms of body liking levels in terms of age variable according to the averages obtained from the participants' body liking and interaction anxiety scale scores, interaction anxiety scores did not differ significantly. A significant difference was observed in body liking levels in the 17-20 and 21-23 age groups. In addition, according to the findings obtained from our research, an increase in body liking scores was observed as the participants' ages increased. The study conducted by

negative and insignificant relationship was found between the scales (p>0.05).

Karabacak (2022) is parallel to our study in terms of results. The author states that body liking scores increased as the participants' ages increased. Again, similar to the research results, Kılıçarslan et al. (2023) reported a significant difference between age groups in their study on individuals doing fitness sports. However, unlike our findings, the researchers state that body liking scores increased as the participants' older ages decreased. In addition, Ramos et al. (2014), Heiman and Olenik-Shemesh (2019) also state that the age factor changes the perception of body liking. It is normally expected that as individuals age, their body perception decreases with aging. The reason why different studies reach different findings can be shown as different age groups in the sample groups. Including older age groups in future studies can contribute to the literature on this issue. According to our findings, the interaction anxiety scores of the participants did not differ significantly in terms of the age variable. In parallel with our findings, Avcıkurt and Göker (2022) stated that there was no significant difference between the ages of the participants and their interaction anxiety in their study. This study is consistent with our study in terms of its results. Unlike our findings, Aydoğan and Güner (2023) reported that interaction anxiety decreases as the ages of students in sports sciences increase. In addition, Subaşı (2007) states that interaction anxiety occurs during adolescence and can continue during the university youth period. The researcher states that students enter new roles and new environments during the university period and experience an adaptation process.

According to the averages obtained from the participants' body liking and interaction anxiety scale scores, no significant difference was observed in terms of income level variable in both scales. In parallel with our research results, Tapşın et al. (2023) stated that there was no difference in the participants' body liking scores in terms of economic income. This finding is consistent with our findings in terms of its results. In our research, it was observed that the participants' interaction anxiety did not differ in terms of income level variable. Similar to our findings, Altınay (2022) reported in his study that there was no significant difference between the interaction anxiety levels of teacher candidates with low-income families, the interaction anxiety levels of teacher candidates with middle-income families and the interaction anxiety levels of teacher candidates with high-income families. These results may be due to the fact that our sample group has a similar socio-economic environment. According to our findings, a significant difference was observed in the interaction anxiety scores in terms of the sports level variable according to the averages obtained from the participants' body liking and interaction anxiety scale scores, while no difference was observed in terms of body liking. In terms of body appreciation, these results may suggest that our sample group comes from a similar sports culture. Similar to our findings, Caniklitemel

and Ermiş (2024) report in their study that whether individuals do sports or not is not a factor affecting their body appreciation levels. The authors also predict that, considering that there are many factors affecting body perception (media effects, personal experiences, genetic characteristics), only doing sports may not have a direct effect on body appreciation perception. According to our findings, a significant difference was observed in the interaction anxiety scores of the participants in terms of the level of doing sports variable. In the analysis, a significant difference was observed between those who do not do sports and do amateur sports and those who do amateur sports and recreational sports. It was also observed that the group with the highest interaction anxiety was the participants who do amateur sports. Aydoğan and Güner (2023) report in their study that they did not find a significant difference between the interaction anxiety of the participants and their status of doing licensed sports. Again, Polat (2023) states that, in line with the findings obtained, students who do active sports and the sports environment do not have a statistically significant effect on the social anxiety variable. These studies differ from our study in terms of their findings.

We refer to our findings the correlation analysis results conducted on the relationship between the participants' body appreciation and interaction anxiety levels, a low-level, negative and insignificant relationship was found between the scales (r=-.027). The participants' positive body perceptions negatively affect their interaction anxiety scores. When the relevant literature is examined, we can observe different results. Aslan (2017) reported that he found a

negative and moderate relationship between the participants' social anxiety levels and body image levels in his study. The study findings are consistent with our findings.

Conclusions

When the research results are evaluated, it can be considered that individuals' positive body perceptions are a factor in expanding their social interaction networks. Individuals' positive perceptions of their own integrity and body seem important in terms of self-confidence. It is thought that awareness trainings and different exercise program applications to be created for positive body perception will contribute to the positive development of individuals in this direction. It is also thought that the findings we obtained will shed light on the activities to be carried out to develop positive body perception and eliminate interaction anxiety. In addition, studies to be conducted in different cultural environments and on different sample groups can contribute to the relevant literature with different results.

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GENİŞLETİLMİŞ ÖZET

Çalışmanın Amacı

Bu araştırmanın amacı spor bilimleri fakültesindeki öğrenim gören öğrencilerin bedeni beğenme ve etkileşim kaygısı düzeylerinin farklı değişkenler açısından incelenmesi ve aradaki ilişkilerin ortaya konulmasıdır.

Araştırma Problemleri

Spor bilimleri fakültesindeki öğrenim gören öğrencilerin bedeni beğenme ve etkileşim kaygısı düzeylerinin cinsiyet, yaş, aile gelir düzeyi ve spor yapma düzeyleri arasında farklılaşma var mıdır?

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Bedeni beğenme, olumlu beden imajının önemli bir unsurudur (White, 2023). Beden imgesi, bireyin bedenine dair olumlu/olumsuz tüm yaklaşımlarını ve duygusal-zihinsel olarak kendini değerlendirme durumunu kapsayan çok yönlü bir kavramdır. Bir diğer deyişle, bireyin kendi bedenini zihninde canlandırdığı resmidir (Cohen, 1991). İlgili literatür incelendiğinde beden beğenisi üzerine gerçekleştirilen çalışmaların zengin bir geçmişe sahip olduğu ifade edebiliriz. (Cash, 2004; Avalos ve ark., 2005; Grogan, 2006; Swami ve ark., 2015; Tiggemann & McCourt, 2013; Winter ve ark., 2019). Beden imgesi; bireyin kendi bedeni hakkındaki algı, düşünce, duygu ve davranış örüntülerini içeren çok boyutlu karmaşık bir yapıdır (Avalos, Tylka, & Wood-Barcalow, 2005; Cash, Jakatdar, & Williams, 2004). Beden imajı, bedenlenmenizi kişisel olarak nasıl deneyimlediğinizi ifade etmektedir. Nasıl göründüğünüzün zihinsel bir resminden daha fazlası olan beden imajı, fiziksel görünümle ilgili algıları, inançları, düşünceleri, duyguları ve eylemleri kapsayan bedenle olan kişisel ilişkiden oluşmaktadır. Diğer bir deyişle beden imgesi oldukça karmaşık ve çok yönlüdür (Cash, 2008).

İnsan sosyal bir varlıktır ve çevresi ile iletişim içerisinde olmak durumundadır. Gerek eğitim hayatı gerek iş yaşamı kişilerarası ilişkilerin en yoğun olduğu dönemdir. Sosyal kaygının daha belirgin olarak toplumsal ilişkilerde yaşanması beklenen bir durumdur (Çağlar, Dinçyürek ve Arslan, 2012). Amerikan Psikiyatri Topluluğu (2013) tarafından kaygı bozukluğu veya sosyal fobi olarak da ifade edilen etkileşim kaygısı; kişinin başkaları tarafından değerlendirilebileceği toplumsal durumlarda belirgin bir korku ya da kaygı duyması olarak tanımlanmaktadır. Sosyal kaygının duygusal boyutu olan etkileşim kaygısı, bireyin sosyal ortamlarda diğer bireylerle iletişim içerisinde bulunmaktan, kendini ifade etmekten çekinmesi, kendini geri çekmesi veya bundan korku duyması olarak tanımlanabilir (Liebowitz, 1987; Kashdan, 2007). Etkileşim kaygısı, sosyal kaygının sadece duygusal yönünü anlatır. Bir diğer deyişle, sosyal kaygının öznel yönünü ortaya koyar. Dolayısıyla etkileşim kaygısı kişilerin etkileşim içinde kaçıngan veya çekingen davranmasından daha ziyade o şekilde hissetmesi ile ilgili bir süreçtir. Bu nedenle etkileşim kaygısı, bireylerin sosyal etkileşimlerde kaygıyı deneyimleme eğilimine işaret eder (Leary ve Kowalski, 1993). Bireylerin yalnız olduğu durumlara kıyasla sosyal ortamlarda daha fazla kaygı yaşadıkları gözlenmektedir. Sosyal ortamlar aynı olmasına rağmen, yaşanan kaygının şiddeti açısından bireyler arasında önemli farklılıklar gözlenmektedir. Örneğin, bazı bireyler bu kaygıyla kolaylıkla baş edebilirken, kaygısı yüksek bireyler iletişimde olağan davranışları sergilemede büyük sorunlar yaşamaktadır. Sosyal ortamlarda yaşanan gerginliğin veya kaygının bilişsel, duygusal ve davranışsal ögeleri bulunmaktadır (Coşkun, 2009). Etkileşim kaygısı yaşayan bireyler, diğer insanlar üzerinde olumlu bir izlenim oluşturabilmek konusunda kişilerarası becerilerine dair şüphe duymaktadırlar (Jackson, 2007). Etkileşim kaygısı yüksek olan bireylerin olumsuz değerlendirilmeye dair hassasiyetleri sosyal ortamlarda dikkatlerini daha çok kendilerine yöneltmelerine ve kendilerini daha başarılı gösterme çabasına yol açabilmektedir. (Düşünceli ve Fariz, 2020).

Yöntem

Araştırma tarama (survey) modeli ile tasarlanarak, güvenilir ve geçerli bir ölçekle katılımcıların verileri toplanmıştır. Tarama araştırmaları, büyük bir gruptan bilgi toplamanın benzersiz bir yoludur. Bu tür araştırmanın yürütülmesinin kolay olduğuna dair yaygın bir algıya rağmen, anlamlı sonuçlar elde etmek için bir anketin kapsamlı bir planlama, zaman ve çabaya ihtiyacı vardır (Jones vd., 2013). Araştırmaya bir devlet üniversitesinin spor bilimleri fakültesinde farklı bölümlerde öğrenim gören 278 öğrenci katılmıştır. Araştırmada veri toplama aracı olarak demografik değişkenlerin belirlenmesine yönelik kişisel bilgi formu, Tylka ve Wood-Barcalow (2015) tarafından geliştirilmiş, Türkçe geçerlik ve güvenirlik çalışması Anlı ve Akın (2015) tarafından yapılmış "Bedeni Beğenme Ölçeği (BBÖ) ve Leary ve Kowalski (1993)'in geliştirdiği ve Coşkun (2009)'un Türkçeye uyarlamasını yaptığı 'Etkileşim Kaygısı Ölçeği' kullanılmıştır.

Sonuç ve Değerlendirme

Araştırma sonuçları değerlendirildiğinde bireylerin olumlu beden algılamalarının, sosyal etkileşim ağlarını genişletmede bir faktör olduğu düşünülebilir. Bireylerin kendi bütünlüğüne ve bedenine olan olumlu algılamaları özgüven açısından önemli gözükmektedir. Olumlu beden algısı için oluştrulacak farkındalık eğitimleri ve farklı egzersiz programları uygulamaları bireylerin bu yönde pozitif gelişimine katkı sağlayacağı düşünülmektedir. Ayrıca elde ettiğimiz bulguların olumlu beden algısı geliştirmek ve etkileşim kaygısını ortadan kaldırmaya yönelik yapılacak faaliyetlere ışık tutacağı düşünülmektedir. Ayrıca farklı kültürel ortamlarda ve farklı örneklem grupları üzerinde yapılacak araştırmalar ilgili literatüre farklı neticelerle katkı sağlayabilecektir.