



Body image as a mediator in the association between indirect aggression and appearance schemas

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ABSTRACT:

Objective: The current co-relational study's goal was to determine if body image had a mediating function in teenagers' relationships between indirect aggression and appearance schemas.

Methods: Using G*power, the sample size was determined. Through the purposive selection method, 120 individuals who expressed unhappiness with their physical appearance were chosen. To measure appearance schema, body image, and indirect aggression, the Appearance Schema Inventory-Revised, the Revised Objectified Body Consciousness Scale, and the Indirect Aggression Scale-Aggressor Version, respectively, were utilized.

Results: Hay's process macro and Pearson product-moment correlation were used to evaluating the data. For statistical analyses, both inferential and descriptive statistics were performed. Results showed a substantial positive association between indirect aggression, body image, and appearance schema. Results also indicated that the association between indirect aggression and appearance schema was mediated by body image.

Conclusions: The findings of this study suggested that body image issues and appearance schema are important factors in determining an adolescent's indirect aggressive behaviors.

Keywords: Body Image, Indirect Aggression, Appearance Schema.

INTRODUCTION: Continuous physical and psychological changes occur throughout

adolescence. Peer acceptance and approval become crucial throughout adolescence. As

teenagers begin to focus more on their body image at this point, physical appearance and associated self-ideas become crucial components of wellness and success. According to a study, a person's assessment of their body image is influenced by their attitudes. These self-images could be unfavorable [1]. People who have unfavorable body image perceptions could feel that their bodies don't measure up to society's expectations. In other words, appearance schemas are people's perceptions of how they seem to others. To understand information about their appearance, humans use psychological constructs called appearance schemas.

The majority of teenagers worry about how they seem. Adolescents want to blend in with society while simultaneously maintaining an attractive appearance. Compared to young males, young women made more choices about their looks. For women, having nice hair, a glowing complexion, and a proportionate figure is regarded to be physical beauty factors. Any change in perception leads to a skewed sense of bodily size and form. A person's contentment with how their body looks may be affected by their body image, or they may get irritated. As a result, the majority of teenage females feel unhappy with their size and form. This is especially true for females who grow obsessed with their physical appearance as a means of gaining success or happiness due to pressures or issues in their own life. People use a variety of techniques to cope with their internal emotions of insecurity, danger, and anxiety related to unfavorable views and bad body image [2]. They may engage in competitive activities that use subtly hostile tactics against others they see as being a danger. In situations when others start to judge someone badly for their physical appearance, indirect aggressive actions may be utilized as a protection technique to lessen feelings of insecurity and worry.

This study's main goal was to examine the connections between teenagers' body image, indirect violence, and appearance schemas. Teenagers in our culture have body image issues as a result of their parents and other people's

clichéd comments about how they look. Although people of all ages are affected by these issues, adolescence is the time when people become more self-conscious and fear criticism from others [3]. This is because of the psychological changes that occur during this time, such as hormonal changes, body hair, changes in body form, etc. This study's exploratory design was an attempt to identify any potential psychological factors that could influence teenagers' use of indirect violence as a form of competition with others. To further understand how appearance schema and body image affect indirect aggressiveness prediction, the present research will look at these topics [4].

METHODS: In Lahore, Pakistan, teens chosen from public schools and colleges participated in a correlational survey. G*power was used to calculate the sample size. Through the purposive selection method, 120 individuals who expressed unhappiness with their physical appearance were chosen. For this study, a unique demographic questionnaire was made. Data on birth order satisfaction or unhappiness with physical appearance, education level, gender, age, family structure, number of siblings, and physical attractiveness were all gathered using this demographic information form. Standardized tests with valid psychometric qualities were used to collect data on the research variables. The evaluation of appearance schemas was done using ASI-R. (The Appearance Schema Inventory-Revised). To measure a person's psychological attachment to their appearance, the ASI-R was developed [5]. 20 things make up the ASI-R [6]. Respondents are required to assess each topic on a 5-point Likert scale (1 being strongly disagreed, and 5 being strongly agreed). Increased psychological investment in appearance was indicated by a high ASI-R score. The ASI-internal R's consistency is sufficient ($=0.82-.91$). To assess objectified body consciousness in young people, the "Revised Objectified Body Consciousness Scale" was developed and validated. There are 24 items on the scale. The responses were graded on a Likert scale of 1 to 5, with 5

representing a strong disagreement. A high score indicates a more critical view of one's body. Scale internal consistency is measured by Cronbach's alpha of 0.75. The "Indirect Aggressiveness Scale- Aggressor Version" was used to quantify indirect aggression. A 25-item self-reported questionnaire called the "Indirect Hostility Scale- Aggressor Version" evaluates individuals' indirect aggression against others [7]. Participants assess each item on a Likert scale of 1 to 5 for each item. Respondents are questioned about how often they utilized each of the 25 interpersonal behaviors during the course of the past 12 months. More indirect aggression is indicated by a higher score [8].

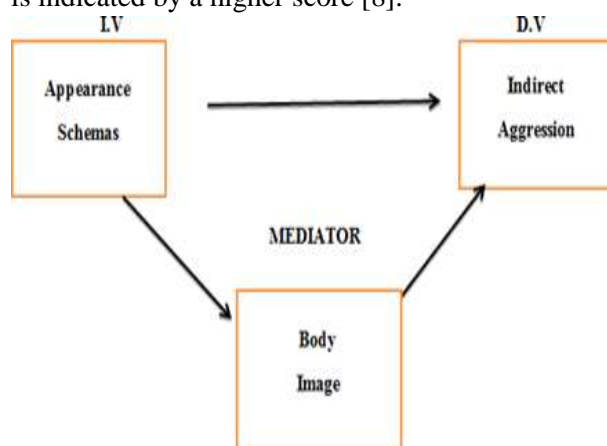


Figure 1: Conceptual model of the study

The data was arranged and examined using Hay's process macro version 3.3 and SPSS version 26. The mean, standard deviation, and percentage/frequency were used to calculate and report descriptive statistics for the sample and study variables [9]. The correlation between the research variables was determined using the Pearson product-moment correlation analysis. To determine whether body image mediates the link between indirect aggression and appearance schema It was a Process Macro v3.3. To gauge how the variables related to one another, the standardized regression coefficient was utilized. 95% confidence intervals (CIs) and a p-value of 0.05 was utilized for findings that met the statistical threshold for significance [10].

RESULTS: 120 participants were chosen for the present research using the purposive selection method; of them, 50 percent were men

and 50 percent were women. The average age of the responders was 15.58 years, with a standard deviation of 1.16. 48.33 percent of students were enrolled in intermediate subjects, while 51.67 percent of all students were matriculating (Table 1). Sixty-two percent of participants (62.5%) and 37.5% of participants, respectively, were members of nuclear families and in the joint family system [11]. The present study's study variables underwent a descriptive analysis to look at their mean, standard deviation, minimum and maximum scores, and reliability. Body image has a mean value of 70.46 with a standard deviation=11.91 and has Cronbach alpha.75, while appearance schemas, indirect aggression, and body image all have mean values of 62.35 with standard deviation=17.77 and Cronbach alpha.91, respectively.

The link between the research variables was ascertained using the Pearson product-moment correlation analysis, and the findings are shown in Table 1. The results showed a significant positive association ($p < 0.001$, $r = 0.64$) between appearance schema and body image, suggesting that adolescents who are self-conscious about their looks are also more self-conscious about their body image and have more distorted appearance schemas [12]. Furthermore, there is a substantial positive association ($p < 0.001$, $r = 0.47$) between body image and indirect aggression, indicating that adolescents who struggle with their body image are more likely to use indirect violence [13]. The association between indirect aggression and appearance schema is also positive and significant ($r = 0.39$, $p < 0.001$), indicating that adolescents who are self-conscious about their appearance are also more likely to act aggressively toward others [14].

Table 1: Correlation analysis among variables result

| | | | |
|----------------------|-------------------|------------|---------------------|
| Mean | 62.35 | 70.46 | 62.37 |
| Standard Deviation | 11.15 | 11.91 | 17.77 |
| Correlation Analysis | | | |
| | Appearance Schema | Body Image | Indirect Aggression |
| Indirect Aggression | | | - |
| Body Image | | - | 0.47 |
| Appearance Schema | - | 0.46 | 0.39 |

Figure 2 shows the direct effect (a) of appearance schema on body image. The results revealed that body image was significantly predicted by appearance schema.

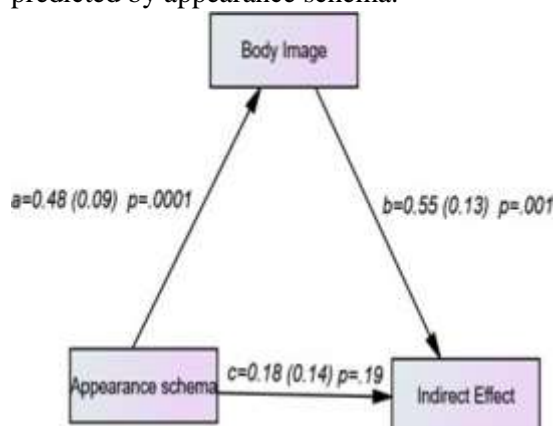


Figure 2: The body image mediating role between the relationship of indirect aggression and appearance schema

The regression coefficient between appearance schema and body image had a direct influence on the predictor of the mediator and was statistically significant with $p=.0001$, $\beta=.48$ [15]. The graph also illustrates how aggression is directly impacted by one's body image (Table 2). Table 2: Body image indirect effects between indirect aggression and appearance schema

| Mediator | | Body Image |
|-------------------------|--------|------------|
| Effect | | 0.26 |
| BootSE | | 0.08 |
| 95% Confidence Interval | BootLL | 0.1 |
| | BootUL | 0.43 |

Additionally, it was discovered that body image was a powerful indirect effect predictor. The significantly significant regression coefficient between body image and indirect aggression ($\beta=.55$, $p=.001$) further supports the direct impact of the mediator on the outcome variable. Figure 2 shows that appearance schema has a direct effect on indirect aggression, although this effect is not statistically significant [16].

The indirect impact of the appearance scheme on indirect aggressiveness is seen in Table 2. The findings demonstrated a strong indirect impact of appearance schema on body image-based indirect aggressiveness, $b=0.26$, $BCaCI$ (0.10,

0.43). A significant mediator between indirect aggression and appearance schema was discovered to be body image. It suggests that when someone has negative body images, their increased psychological focus on physical appearance may have an impact on indirect aggression. Indirect aggression is not directly impacted by appearance schema; rather, it is only affected if negative body images are present.

DISCUSSIONS: The goal of the present study was to learn more about the connections between teens' body image, appearance schema, and indirect aggression. Indirect aggression, appearance schema, and body image were expected to be connected. Furthermore, it was anticipated that the association between indirect aggression and appearance schema would be mediated by body image.

To find the connections between the variables in the study, Pearson product-moment correlations were used. The mediating role of body image in the relationship between indirect aggression and appearance schema was examined using a process macro analysis. First, it was proposed that indirect violence, body image, and appearance schema were all interconnected.

The study's findings revealed a substantial connection between teenagers' appearance schema and indirect violence. This result led the researcher to draw the additional conclusion that people who expressed a higher level of psychological investment in their physical looks as a grounds for self-evaluation usually tend to notify using more indirect aggressive behaviors toward other people, while people who expressed a lower level of psychological investment in their looks as a basis for self-evaluation generally tend to report using less indirect aggressive behaviors. [17] It has also been investigated if there are any links between positive appearance schemas and positive body image. [18] The results show that people who performed well on the appearance schema inventory also performed well on the body image consciousness scale, showing that people who placed a higher psychological value on their

physical appearance and who were more appearance schematic had lower levels of body image satisfaction. The findings are in line with other studies that showed a beneficial association between appearance schema and body image. [19] According to research, women who felt that an encounter, in general, was unfavorable were more inclined to blame it on their looks and sense of self-worth. [20]

Similar to this, the importance of thinness and beauty has a big influence on someone's ideas if we take our cultural background into account. A person's opinions about his or her physique may be significantly impacted, for example, by negative appraisal and feedback. Essentially, a person's parents begin their evaluation of their body at home. Based on the child's appearance, parents have always given him or her nicknames. They are even unaware of the potential effects of their words and ideas on their children's lives, which promotes the development of appearance schemas. In comparison to men, women are judged more harshly based on their physical appearance than on other talents in the job market, which is one area where body image issues are prevalent. This research also looked at the connection between teenagers' body images and indirect aggressiveness. Results indicated a strong and positive association between these factors. The findings suggested that people with poor body esteem or maladaptive behaviors also exhibited high levels of indirect aggression. The results of the current study are in line with earlier findings that suggested that issues with body image are significantly and favorably correlated with indirect aggressive competitive behavior. [21] It's crucial to take into account any additional variables that might have an impact on the outcomes and thus help to explain the findings. Because they are afraid of being negatively evaluated, indirect aggression is another tactic that anxious individuals may find useful for deflecting attention from themselves and onto others in the group.

Physically, attractive people are typically treated more leniently than unattractive people in

society because they are seen as being happier, more successful, and possessing more socially desirable traits. In other words, when compared to physically unattractive people, physically attractive people frequently receive unfair advantages. This may grow to be a significant factor in the onset of animosity in less attractive individuals. Similar to how resentment and hostility against those who get advantages only based on their appearance may result in undesirable acts and attitudes that are perceived unfavorably, considered inferior, and less socially acceptable in society [22] Finally, a mediation analysis for this research was proposed, with body image probably mediating the link between appearance schema and indirect aggression. To carry out the mediation analysis, a process macro was employed. The findings support this theory, although prior studies lacked clear evidence for the mediating role of body image in the link between appearance schemas and indirect aggression. Previous research showed that negative appearance schemas are related to anxiety and undesirable feelings. [23] The direct effects revealed that appearance schema was a significant positive predictor of both indirect aggression and both body image and appearance schema. Findings from the indirect impact indicate that body image strongly mediates the link between appearance schema and indirect aggression. It implies that a person may become indirectly violent toward others if they put a higher psychological focus on their physical appearance and consequently form unfavorable self-images. This showed how concerns about body image often increase along with appearance schema. negative body image and an increase in indirect aggression. If the mediator variable is removed, the regression analysis's findings indicate that there is very little link between the dependent variable and the independent variable. The main findings of this study, in summary, were that participants were more likely to use indirect violence against other teenagers if they had higher appearance schemas and more body image concerns.

CONCLUSIONS: The current study supports the notion that body image issues and appearance schema both have a role in predicting teenagers' indirect aggressive actions. The findings also indicated that pupils with greater levels of indirect aggression had more negative body images and more appearance schemas. The results of this study add to the body of knowledge that suggests that women's negative appearance schemas may be driving them to compete with their competitors (i.e., use indirect aggressive methods) in the area of body image.

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