



## DEVELOPING PSYCHO PHYSICAL TRAINING PROGRAM FOR POSITIVE BODY IMAGE AMONG COLLEGE YOUTH

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### Abstract

The aim of the study was to develop a psycho physical training program for positive body image among youth. The subjects of the study were 200 college students of Kerala, comprising 100 boys and 100 girls in the age group of 18-22 years with a mean and SD of age  $20.21 \pm 0.95$  and  $19.20 \pm 1.10$  for boys and girls respectively. Body Image questionnaire by Marilou Bruchon-Schweitzer (1987) was applied to assess the overall impression one has about his/her body. After conducting the pilot study, a final psycho physical training program was chalked out with one component of physical activity (Basketball play), Neuro linguistic programming (NLP – Resourceful) and progressive muscular relaxation (PMR). Pre test was conducted for all the subjects in selected questionnaire and the subjects were then divided into control and experimental group at random. Experimental group was exposed to this psycho physical training program for duration of three months with a planned schedule, whereas control group was not given any training. Mid test was conducted after duration of one and a half month and post test was conducted after duration of three months. The tests were conducted using the same questionnaire on both the groups. The statistical tools applied in the study were descriptive statistics, ANOVA, ANCOVA and paired t-test. It was found that experimental group showed significant changes in their body image. Further it was found that the boys have responded better to the training program than girls.

**Keywords:** Psycho physical training program, body image, NLP, PMR.

### Introduction

Body image is the way we see our physical self in the mirror and we perceive our body in our imagination. Body image is closely linked with self-esteem especially in college youths. College youth takes celebrities like actors, sportsperson and models as their role model and want to look like them. Body image is closely linked with the self-esteem and bad looks, color of the skin, short height, obesity and a host of other physical misalignment can lead to disappointment among youths. It is a reality that as humans we all are imperfect in some of the ways. There may be something in our body which we may not like or we may want to change. Many times we cannot change and we have to live with it. The correction here should be made in our perception. One has to change the way they see and think about their body. In the present study the research scholar uses the objective test using a questionnaire and it measures the body image. An effort is made to develop a training program which when administered to the youths improves their body image. On the basis of the literature gone through, research findings and the scholar's understanding of the problem, following hypothesis are formulated. Psycho physical training program would bring significant improvement in body image. There would be differences in the improvements between male and female subjects.

### Methodology

200 College youths (Male and Female, N = 100 each) between the age group of 18 and 22 years with mean and SD of age  $20.21 \pm 0.95$  and  $19.20 \pm 1.10$  for male and female respectively were selected randomly for this study.

The test items selected for this research is Body Image questionnaire by Marilou Bruchon-Schweitzer (1987). The aim of this questionnaire is to assess the overall impression one has about one's body.

A Psycho Physical training programme is designed which includes a physical activity component, a neuro linguistic programme component and a relaxation inducing component.

After detailed study of literature three physical activity oriented component, three Neuro linguistic programming techniques component and three relaxations inducing activity component is picked up. These are :

- Physical Activity component
- Basketball Play, Aerobics, Martial Arts.



- Neuro Linguistic Programming component
- Swish Technique, Anchoring Technique, Resourcefulness Technique
- Relaxation Activity component
- Progressive Muscular Relaxation, Meditation, Yoga Nidra

A pilot study is undertaken to find out the best physical activity, NLP technique and relaxation activity which contribute to personality development.

Subjects for the pilot study were 90 subjects (Male & Female, N = 45 each) in the age group of 18 – 22 years which was further divided into 9 groups with 10 subjects each (Male & Female, N=05) for each activity of a component. Pre test using selected questionnaire was administered on all the groups and scores are obtained, immediately after this all the 9 groups are given training for duration of one month on any one activity. Post test is administered again using the same three selected questionnaire and scores are obtained. Pre test and Post test scores are compared and one activity each which brings maximum change is selected among the three physical activity component, three NLP techniques and three Relaxation techniques. The activities thus selected are Basketball Play (Physical activity Component), Resourceful technique (NLP Component) and Progressive Muscular Relaxation (Relaxation activity Component).

Thus a final Psycho Physical training programme is chalked out after taking the best activity of the three components. These three selected activities are arranged in a scientific manner specifying the frequency and duration of each activity in a week.

The selected subjects were administered Pre test using the selected questionnaire. The whole group is divided into Experimental group and control group randomly with 100 subjects each (Male & Female, N=50).

The designed Psycho physical training programme was implemented on the experimental group both for male and female subjects separately. Experimental group was exposed to selected Psycho Physical training programme for a period of 3 months in 3 groups with size of 30, 30 and 40 subjects. Basketball play, resourceful technique and progressive muscular relaxation were taught to the subjects and were given practice with the services of experts in the concerned field. Three months duration of training period includes the learning time and the practice time of the subjects. Control group was also divided into three groups with group size of 30, 30 and 40 and were not given any sort of training. Efforts were put by the investigator to convince control group to avoid exposure to any other activity other than their regular schedule for three months for the sake of study.

During the training after a period of one and a half month and after completion of the training (three months) mid test and post test was conducted using the same questionnaire for both experimental group and control group and data was obtained.

## Results

In order to examine the hypothesis, mean, SD, one way analysis of variance (ANOVA), analysis of co-variance (ANCOVA) and paired t-test was used for the present study. The bar diagram showing mean difference in body image scores (Boys) of pre, mid, post, adjusted mid and adjusted post test of control group and experimental group is in Figure-1.

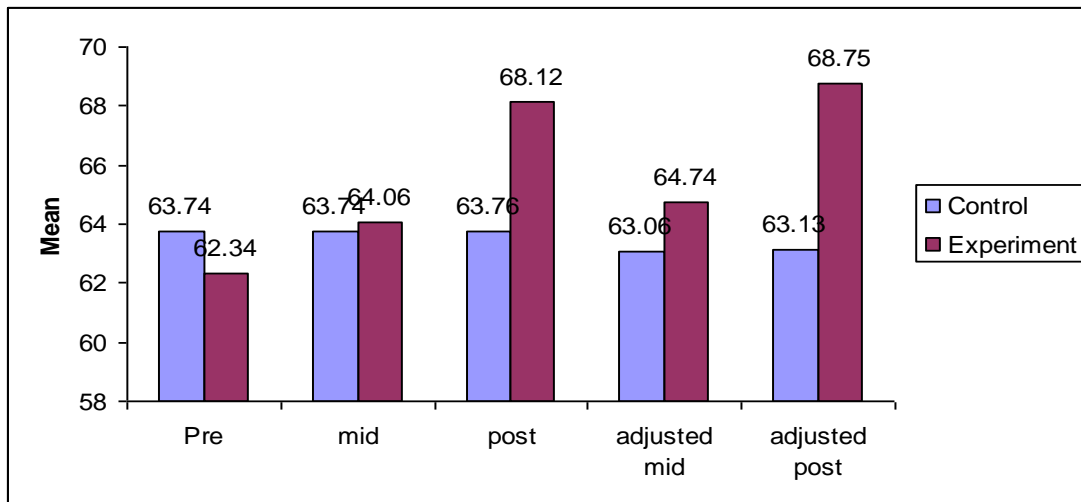


Fig 1. Pre, Mid, Post, adjusted mid and adjusted post test mean difference in body image scores (Boys) of control and experimental groups

The bar diagram showing mean difference in body image scores (Girls) of pre, mid, post, adjusted mid and adjusted post test of control group and experimental group is in Figure-2.

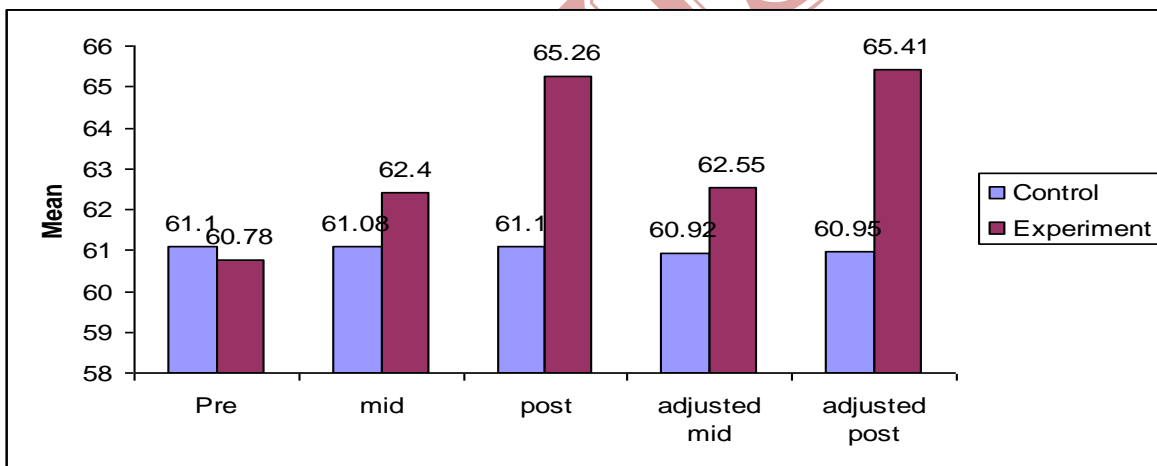


Fig. 2: Pre, Mid, Post, adjusted mid and adjusted post test mean difference in body image scores (Girls) of control and experimental groups

To examine whether there is any statistically significant pre to mid, pre to post and mid to post mean difference of body image scores (Boys and Girls) in the control and experimental group, paired t test was carried out. The results are shown in table-1 and table 2.



**Table-1**  
**Paired T-Test of Pre, Mid And Post Test Mean Difference Of Body Image Scores**  
**(Boys and Girls) in the Control Group**

Body Image	Pre	Mid	Post	Difference	% Gain	T	P
Boys	63.74	63.74		0.00	0.00	0.00	1.00NS
	63.74		63.76	0.02	0.03	1.00	0.322NS
		63.74	63.76	0.02	0.03	0.57	0.569NS
Girls	Pre	Mid	Post	Difference	% Gain	T	P
	61.1	61.08		-0.02	-0.03	0.57	0.569NS
	61.1		61.1	0.00	0.00	0.00	1.000NS
		61.08	61.1	0.02	0.03	0.57	0.569NS

From table 1, the calculated t value for body image (Boys) pre test to mid test scores is 0.00 with  $P > 0.05$ , there is no statistically significant pre to mid test mean difference in scores. Similarly pre to post and mid to post are also insignificant ( $P > 0.05$ ). From table 1, the calculated t value for body image (Girls) pre test to mid test scores is 0.57 with  $P > 0.05$ , there is no statistically significant pre to mid test mean difference in scores. Similarly pre to post and mid to post are also insignificant ( $P > 0.05$ ). The percentage gain in body image scores (Boys) of control group from pre to mid, pre to post and mid to post are respectively 0.00, 0.03 and 0.03. The bar diagram of percentage gain is given in figure 3.

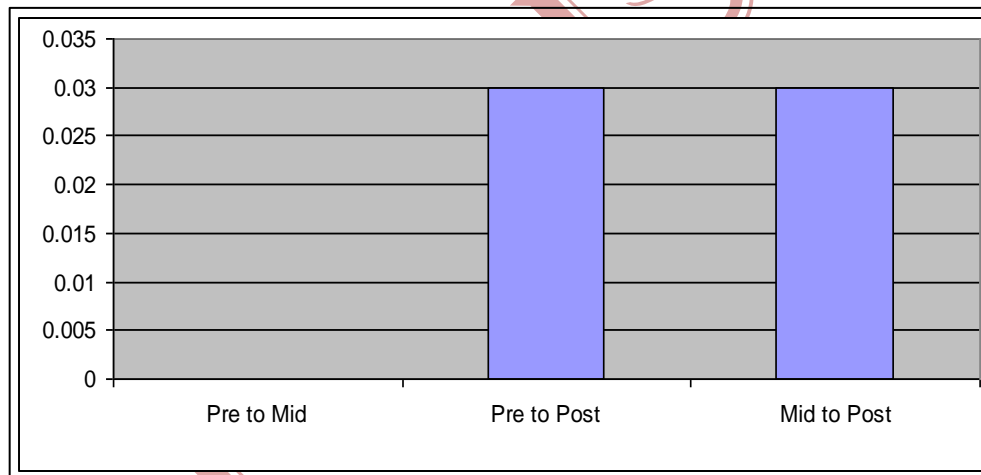


Fig. 3: Percentage gain of body image scores (Control Group Boys)

The percentage gain in body image scores of control group from pre to mid, pre to post and mid to post are respectively -0.03, 0.00 and 0.03. The bar diagram of percentage gain is given in figure 4.

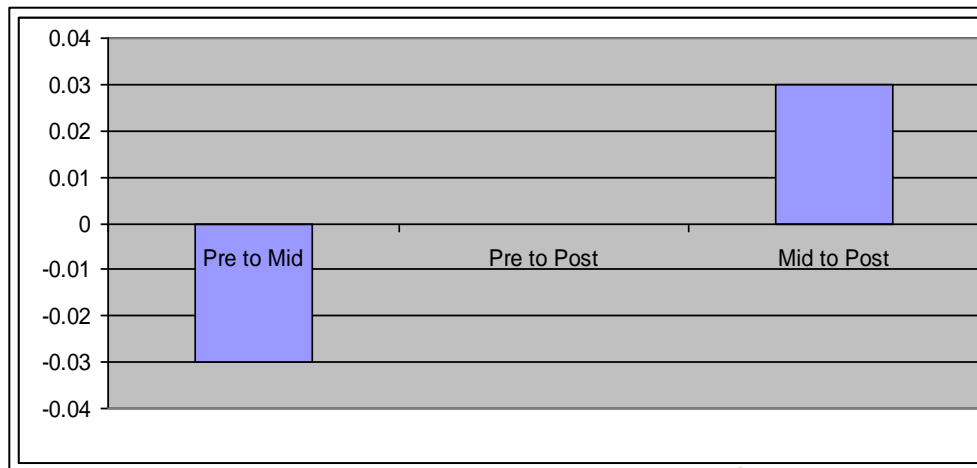


Fig 4: Percentage gain of body image scores (Control Group Girls)

**Table-2**  
**Paired T-Test of Pre, Mid And Post Test Mean Difference Of Body Image Scores (Boys and Girls) in the Experimental Group**

Body Image	Pre	Mid	Post	Difference	% Gain	T	P
Boys	62.34	64.06		1.72	2.76	6.08	0.000**
	62.34		68.12	5.78	9.27	10.04	0.000**
		64.06	68.12	4.06	6.34	8.94	0.000**
Girls	60.78	62.4		1.62	2.67	5.98	0.000**
	60.78		65.26	4.48	7.37	10.74	0.000**
		62.4	65.26	2.86	4.58	11.88	0.000**

From table 2, the calculated t value for body image (Boys) pre, mid and post test scores are 6.08, 10.04 and 8.94 with  $P < 0.01$ , there is statistically significant pre to mid to post test mean difference at 1% level.

From table 2, the calculated t value for body image (Girls) pre, mid and post test scores are 5.98, 10.74 and 11.88 with  $P < 0.01$ , there is statistically significant pre to mid to post test mean difference at 1% level.

The percentage gain in body image scores (Boys) of experimental group from pre to mid, pre to post and mid to post are respectively 2.76, 9.27 and 6.34. The bar diagram of percentage gain is given in figure 5.

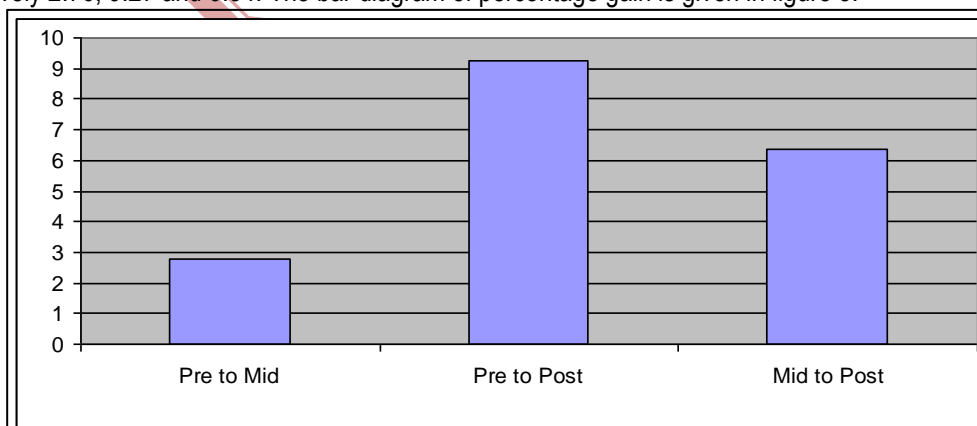


Fig 5: Percentage gain of body image scores (Experimental Group Boys)



The percentage gain in body image scores (Girls) of experimental group from pre to mid, pre to post and mid to post are respectively 2.67, 7.37 and 4.58. The bar diagram of percentage gain is given in figure 6.

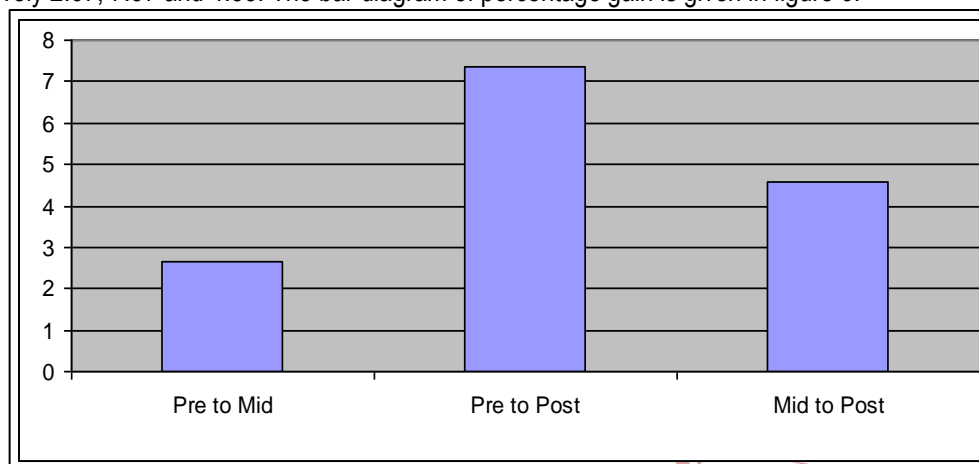


Fig 6: Percentage gain of body image scores (Experimental Group Girls)

### Conclusions

The designed psycho physical training program has brought significant changes in the body image. Significant change in the pre and post scores of subjects in experimental group and no significant change in the pre and post scores of subject in the control group indicates that the change or refinement of body image of subjects in experimental group is because of the 3 months psycho physical training program they were exposed to. It was also noted that the boys responded better to the training program than the girl subjects.

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