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**Sukhwinder**

Research Scholar, SBBS  
University, Jalandhar, Punjab,  
India

**Dr. Pritam Singh**

Director Sports & Physical  
Education, SBBS University,  
Jalandhar, Punjab, India

## Comparative study of social physique anxiety between male and female school teachers

**Sukhwinder and Dr. Pritam Singh**

### Abstract

For the purpose of the study, 40 subjects (20 male and 20 female) were selected randomly from Shri Guru Harkrishan Senior Secondary Public School Mallianwal Dist Gurdaspur. The age level of the subjects ranged from 30 to 45 years. Social physique anxiety of the subjects was assessed by using the social physique anxiety scale given by Hart *et al* (1989). This questionnaire consists of 12 items rated on a 5-point likert scale. The items are scored 1-5, yielding a total score of 12-60. The collected data were put to statistical treatment applying  $t'$  test to find out the differences, if any between the male and female school teacher. The level of significance was set at 0.05. The results come out that there is a significant difference of social physique anxiety between male and female school teachers.

**Keywords:** Male, female, school teacher, social physique anxiety

### Introduction

A personality disposition defined as 'the degree to which people become anxious when others observe their physique' (Hart, Leary and Rejeski 1989) <sup>[1]</sup>. People with high social physique anxiety will experience stress during fitness evaluations and tend to avoid fitness situations.

Social physique anxiety can be described as a social psychological variable. It is associated with a number of factors including self-esteem, body image, dissatisfaction with appearance and weight, eating attitudes and motivation to avoid health-related behaviors (Hagger & Stevenson, 2010) <sup>[2]</sup>. It is seen that gender does seem to have an impact on social physique anxiety (SPA), but there is only a little research in this area. People who have high levels of SPA will feel stress during fitness evaluation and they try to avoid fitness situations. They became anxious when others observe their physique. Higher levels of SPA are generally found by females in a context where males will be present.

The important factor of this decline is Social Physique Anxiety, which is related to the performance of physical activities. Social Physique Anxiety can also have important implications for exercise behaviors. It may provide the impetus for adolescents to become or remain physically active. They may perceive that participation in physical activity offers the opportunity to enhance their participation in physical appearance or to enhance a social identity for being athletic or fit. Thus, exercise can serve as an effective tool in their impression-management arsenal.

Although SPA may stimulate an interest in exercising to improve physical appearance, lose weight, or even to improve health and well being, the fear of physique related negative evaluation may also serve as a barrier to participation in physical activity. In some cases, participation in physical activity may require apparel that is too revealing to be tolerated by those who are particularly self-conscious about their bodies. For example, some adolescents fear the self-presentational consequences of being seen in a swimsuit. People who are self-conscious about how their body appears during exercise avoid such situation. Concerns on both these accounts (required outfits, body positioning) have been Identified as the most influential factors limiting the willingness of overweight girls and women to exercise in public or to attend exercise studios (Bain, Wilson, & Chaikind, 1989) <sup>[3]</sup>.

### Statement

The statement of problem is "Comparative study of social physique anxiety between male and female school teachers"

**Correspondence**

**Sukhwinder**

Research Scholar, SBBS  
University, Jalandhar, Punjab,  
India

**Objective**

1. The purpose of the study was to compare of social physique anxiety between male and female school teachers.

**Hypothesis**

1. There is no significant difference of social physique anxiety between male and female school teachers.

**Limitation**

1. No special motivational technique was used during the test.
2. The investigator was unable to control their daily routine, training and competition schedules.

**Delimitations**

1. The study was delimited to 30-45 years age group.
2. The study was delimited to male and female school teachers of Shri Guru Harkrishan Senior Secondary Public School Mallianwal Dist Gurdaspur.
3. The study was delimited to only social physique anxiety.

**Methodology**

To conduct the study, 40 subjects (20 male and 20 female) were selected randomly from Shri Guru Harkrishan Senior Secondary Public School Mallianwal Dist Gurdaspur. The age level of the subjects ranged from 30 to 45 years. All the samples were selected on random basis to solve above mentioned problem. Social physique anxiety of the subjects was assessed by using the social physique anxiety scale given by Hart *et al* (1989) [1].

**Tools and Scoring**

**Social Physique Anxiety**

Social physique anxiety of the subjects will be assessed by using the social physique anxiety scale given by Hart *et al* (1989) [1]. This questionnaire consists of 12 items rated on a 5-point likert scale. The items are scored 1-5, yielding a total score of 12-60. Participants are classified as low – (Low Social Physique Anxiety) and high – (High Social Physique Anxiety) social physique anxiety groups according to the median of social physique anxiety values.

**Statistical procedure**

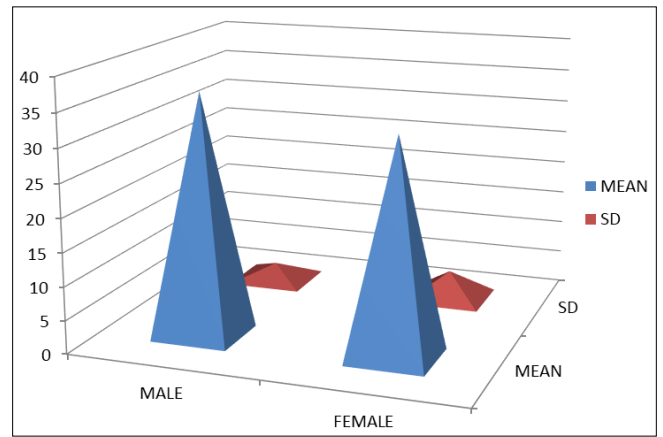
The data was analyzed and compared with the help of statistical procedure in which arithmetic mean; standard error mean, standard deviation and “t” test was used to compare the data.

**Result**

**Table 1:** Comparison between male and female school teachers on social physique anxiety

Group	N	Mean	SD	MD	DF	‘t’ Value
Male	20	36.4	2.55	4.0	38	3.51
Female	20	32.4	4.23			

From table no.1 result found that Male have low social physique anxiety (M= 36.4, SD= 2.55) as compared to Female (M=32.4, SD= 4.23). The ‘t’ value is 3.51 which is more than tabulated value, so that there is a significant difference at .05 level.



**Fig 1:** Difference of Means between Male and Female school teachers on social physique anxiety.

**Conclusions**

Recognizing the limitations of this study and on the basis of statistical findings the following conclusions may be drawn that Male have low social physique anxiety as compared to Female school teachers of Shri Guru Harkrishan Senior Secondary Public School Mallianwal Dist Gurdaspur.

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