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The relationship of sociocultural attitude towards appearance, muscle dysmorphia and psychological adjustment among males (young adults).

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Certificate of Approval

CERTIFICATE OF APPROVAL

It is certified that the Research Thesis Title "The relationship of sociocultural attitude towards appearance, muscle dysmorphia and psychological adjustment among males (young adults)." carried out by Muhammad Saad, Reg#BSP201073, under the supervision of Ms. Anam Mehmood, Capital University of Science and Technology, Islamabad, is fully adequate, in scope and in quality, as a Research Thesis for the degree of BS Psychology.

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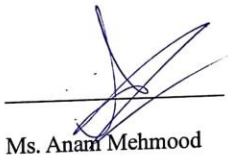

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The Relationship of Sociocultural Attitude towards Appearance, Muscle Dysmorphia and Psychological Adjustment among Males (Young Adults)

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This thesis is sincerely devoted to my Supervisor, Guardians, and my dearest companions.

DECLARATION

It is declared that this is my original piece of work, except where otherwise acknowledged in text and references. This work has not been submitted in any form for another degree at any University and shall not be submitted by me in the future for obtaining any degree from this or any other University

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Abstract

The societal and cultural attitudes played a very important role in a person's life. If we talked about the societal norms regarding a certain type of body image, specifically in men, it was believed that a man should be tall, muscular, and not too skinny or thin. These societal norms often led to muscle dysmorphia, and individuals faced difficulties in psychological adjustment as a result.

Societal norms in Pakistan have led to muscle dysmorphia in young adults, affecting their psychological adjustment. A study involving 300 young adults aged 18-26 in Islamabad and Rawalpindi examined the relationship between socio-cultural attitudes towards appearance and muscle dysmorphia. Data was collected through surveys and questionnaires, using instruments like the Drive for Muscularity Scale (DMS), Sociocultural Attitudes towards Appearance Questionnaire-4 (SATAQ-4), and the Brief Adjustment Scale-6 (BASE-6). The findings help promote positive body image and social and emotional well-being.

Keywords: socio-culture attitude towards appearance, muscle dysmorphia, psychological adjustment.

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Chapter 1

Introduction

In Pakistan, society and cultural attitudes played a major role in a person's life, with men being expected to be tall, muscular, and skinny. This could lead to muscle dysmorphia, which could result in difficulties in psychological adjustment (Bashir, U., Rehman, S., & Zahra, F. T. (2021).

Sociocultural attitudes toward appearance refer to the beliefs, values, and norms within a society or culture regarding physical appearance, beauty, and body image. (Thompson et al., 1999). These attitudes can greatly influence an individual's perception of themselves and their psychological well-being. The impact of sociocultural attitudes on a person's psychological adjustment can be significant.

Sociocultural attitudes towards appearance play a significant role in shaping individuals' self-esteem and body image (Cash & Pruzinsky, 2001). For instance, these attitudes often promote certain beauty standards that may be unrealistic or unattainable for many individuals. This can lead to body image dissatisfaction, where individuals feel unhappy with their own bodies because they do not meet these ideals (Cash & Smolak, 2011). Such dissatisfaction can have negative effects on self-esteem and overall psychological well-being. It can influence an individual's self-esteem; if a person feels that they do not meet societal beauty standards, they may develop low self-esteem and a negative self-perception. This can impact their confidence, social interactions, and overall psychological adjustment (Grabe et al., 2008).

Sociocultural attitudes that prioritize thinness or specific body shapes can contribute to the development of eating disorders such as anorexia nervosa, bulimia nervosa, or binge eating disorder (Stice, 2002). These disorders are often associated with distorted body image, extreme preoccupation with weight and appearance, and significant psychological distress.This can also create social pressure to conform to certain beauty standards (Holland & Tiggemann, 2016). This pressure can come from peers, media, advertising, or cultural practices (Tiggemann & Slater, 2014). Individuals may feel compelled to engage in behaviors such as excessive dieting, cosmetic surgery, or extreme exercise in order to fit in or meet the perceived societal expectations (Grabe et al., 2008). This constant pressure and the fear of not meeting these standards can have a detrimental impact on a person's psychological well-being (Stice et al., 2000).

Furthermore, some people may be more resilient and able to resist negative societal influences, others may be more vulnerable and susceptible to the pressures and expectations.

Additionally, addressing these issues requires a multi-faceted approach involving education, promoting positive body image, challenging unrealistic beauty standards, fostering self-acceptance, and providing mental health support. These attitudes involved societal beliefs, values, and standards of beauty that affected physical appearance. As people lived in society and learned from their surroundings, their generation followed the trends set by society. So, when society and culture had a great impact on individuals' appearances, it affected their lives. If we talked about Western culture, for instance, in Western societies, there tended to be a preference for thinness as the ideal for women, while muscularity was often emphasized as desirable for men (Grabe et al., 2008). So, these

standards were spread through media representations, advertising, and societal expectations (Hargreaves & Tiggemann, 2006).

The Attitudes towards appearance could vary across cultures and time periods. Different cultures prioritized different aspects of physical appearance, such as body weight, body shape, or muscularity, based on their specific socio-cultural contexts (Swami & Tovée, 2005). For instance, in certain cultures, larger body sizes might have been considered more desirable than in Western cultures.

Furthermore, socio-cultural attitudes towards appearance could change over time, influenced by cultural shifts, fashion trends, and media portrayals (Swami et al., 2007). If we looked at Pakistan in the 90s, we saw that men wore pants with a very high waist and loose shirts, and there was no such bodybuilding trend. However, the trend and craze to achieve a certain level of body type became prevalent over time. The negative impact of sociocultural attitudes toward appearance can contribute to the development of various mental health issues, including depression, anxiety, body dysmorphic disorder (BDD), muscle dysmorphia (MDI) that is sub type of Body dysmorphic disorder and other related conditions. These conditions may be characterized by obsessive thoughts, excessive preoccupation with appearance, and impaired functioning in various areas of life.

Muscle dysmorphia according to the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5) is categorized as a subtype of body dysmorphic disorder (BDD) and is referred to as "muscle dysmorphia" or "muscle dysmorphic disorder." Muscle dysmorphia is characterized by a preoccupation with the idea that one's body is insufficiently muscular or lean, despite having a well-developed muscular physique. It

typically affects individuals who engage in weightlifting, bodybuilding, or other forms of strength training.

According to the DSM-5, the diagnostic criteria for Muscle Dysmorphia include preoccupation with the idea that one's body is not sufficiently muscular or lean, leading to excessive time spent thinking about this perceived defect (American Psychiatric Association, 2013). This preoccupation causes significant distress or impairment in important areas of functioning, such as social, occupational, or other aspects of life. Importantly, the obsession is not better explained by concerns with body fat or weight within the normal range, nor is it better explained by another mental disorder such as anorexia nervosa, where the focus is on body weight and shape.

Muscle Dysmorphia primarily affects males, although it can also occur in females (American Psychiatric Association, 2013). However, in the context of Pakistani culture, women are not typically appreciated for attaining a muscular body type, which may explain the focus on sampling from the male population. Individuals with Muscle Dysmorphia often engage in excessive exercise, weightlifting, and dietary practices aimed at increasing muscle mass or reducing body fat (Murray et al., 2012). Additionally, they may exhibit symptoms of body image dissatisfaction, avoidance of social situations, and use of anabolic steroids or other performance-enhancing substances (Pope et al., 2005).

Muscle Dysmorphia can have a significant impact on an individual's psychological well-being, relationships, and overall quality of life (Olivardia et al., 2004). Treatment typically involves a combination of psychotherapy, such as cognitive-behavioral therapy

(CBT), and may include medication management for associated symptoms or comorbidities (Olivardia et al., 2004).

The development of Muscle Dysmorphia is influenced by societal and cultural trends that emphasize achieving a certain level of physique (Murray et al., 2012). Bullying related to body size, whether it is derogatory comments for being too thin or too muscular, can contribute to body image concerns and worsen psychological distress . Negative comments and stigmatizing attitudes within society and even within one's own family can be detrimental to an individual's self-image and mental health (Puhl et al., 2011).

Muscle dysmorphia is basically a subtype of body dysmorphic disorder (BDD) that is characterized by an excessive preoccupation with one's body being imperfectly muscular or lean, despite having normal or above-average muscle mass (Olivardia et al., 2000). This preoccupation often drove individuals to engage in compulsive exercise, adhere to strict dietary restrictions, and adopt extreme bodybuilding practices, which could have harmful effects on their mental and physical health (Olivardia, 2001; Pope et al., 2000). Muscle dysmorphia led to psychological adjustment-related issues in individuals.

Psychological adjustment referred to an individual's ability to adapt and function within their social and emotional environments both internally and externally, in a way that promotes well-being and effective functioning. It involves maintaining a sense of mental and emotional stability, managing stress, and achieving a balance between one's internal experiences and the external world. (Snyder et al., 2012). It included various factors, including family relationships, peer interactions, self-esteem, and mental health (Lazarus & Folkman,2000). According to previous research, societal and cultural pressures to

conform to specific beauty standards can increase the risk of developing body image-related concerns and disorders (Grogan, 2017; Grabe, Ward, & Hyde, 2008).

Muscle dysmorphia, in particular, is associated with heightened body dissatisfaction, anxiety, depression, and impaired social functioning (Olivardia, Pope, Borowiecki, & Cohane, 2004). Psychological adjustment is influenced by various factors that contributed to an individual's ability to adapt, cope, and maintain well-being. Several factors have been recognized to impact psychological adjustment, supported by research the Certain personality traits, such as optimism, resilience, and self-efficacy, were linked to better psychological adjustment (Carver, Scheier, & Weintraub, 2000; Masten, Best, & Garmezy, 2000). Individuals with these traits tended to exhibit better coping mechanisms, adaptability, and overall mental health.

The availability of social support, including emotional, instrumental, and informational support from friends, family, and significant others, was crucial for psychological adjustment (Cohen & Wills, Taylor, 2011). Strong social support networks were associated with better mental health outcomes and increased resilience. Effective coping strategies, such as problem-solving, seeking social support, and positive reframing, contributed to psychological adjustment (Folkman & Lazarus, 2000; Lazarus & Folkman, 2000). The ability to effectively manage stress and adapt to challenging situations enhanced overall well-being.

Many Environmental factors, such as socioeconomic status, access to resources, and cultural context, influenced psychological adjustment (Luthar, Cicchetti, & Becker, 2000). Socioeconomic disadvantages, limited resources, or exposure to adverse life events posed challenges to psychological adjustment. So, major life transitions and significant

events, such as starting a new job, moving, or experiencing loss, impacted psychological adjustment, The ability to adapt to and navigate through these transitions and events contributed to overall adjustment.

These societal and cultural attitudes often promote a narrow definition of attractiveness, emphasizing certain body types or features, which may lead individuals to internalize these standards and evaluate themselves based on them (Cash & Pruzinsky, 2002). Such internalization can contribute to negative body image and a reduced sense of self-worth, ultimately affecting psychological adjustment. In the context of socio-cultural attitudes towards appearance, psychological adjustment involved how individuals navigated and coped with societal pressures, self-perception, and their overall well-being (Tiggemann & Slater, 2014).

The dual pathway model for muscle dysmorphia says that socio-cultural factors contributed to the development and maintenance of muscle dysmorphia through two pathways (Murray et al., 2012). The first pathway involved the internalization of societal ideals of muscularity, which led to a desire for increased muscle mass and engagement in activities that built muscle, such as excessive exercise and strict dietary practices (Pope et al., 2000; Hildebrandt et al., 2010). The second pathway involved the experience of negative emotions, such as body dissatisfaction, anxiety, and low self-esteem, which further reinforced the obsession with achieving a more muscular physique (Murray et al., 2012).

To better understand the role of socio-cultural attitudes towards appearance, muscle dysmorphia, and psychological adjustment, researchers conducted studies examining the relationships between these variables.

Furthermore, there were many theories that supported these relationships. The social comparison theory, which highlighted the role of peer influence and social context in shaping men's body image and psychological adjustment. Men might compare their own bodies to those of their peers or individuals portrayed in the media, and this comparison process could be influenced by the social and cultural context they were in men who perceived their peers as having more muscular bodies might experience heightened body dissatisfaction and negative psychological outcomes as a result of social comparisons (Perloff, 2014).

Studies have found that exposure to idealized male body images in the media could negatively impact men's body image and self-esteem (Grieve et al., 2013; Tiggemann & Slater, 2014). Cultural ideals of muscularity have also been associated with disordered eating behaviors, muscle dysmorphia, and body dissatisfaction in men (Blond, 2008; Cafri et al., 2005). Muscle dysmorphia has been linked to negative outcomes such as body dissatisfaction, depression, and anxiety (McCreary & Sasse, 2000; Tsaousis & Georgiadis, 2015), while body dissatisfaction and disordered eating behaviors have been associated with higher levels of depressive symptoms (Blond, 2008; Grieve et al., 2013).

Literature review

A lot of work had been done on body dysmorphia and body image (Veale et al., 2016), but very minimal work had been done on these three variables jointly: sociocultural attitudes toward appearance, muscle dysmorphia, and psychological adjustment (Grieve & Farnham, 2021). Many articles were published regarding these three variables, but in Pakistan, it was hardly discussed, and there was limited research available on that.

In other countries, research on muscle dysmorphia had been conducted on both male and female populations due to the trend of women engaging in gym workouts to achieve a muscular body. However, in Pakistan, there was no such beauty trend for women that was appreciated. (Fardouly et al., 2015; Perloff, 2014). Muscle dysmorphia (MD) is a psychological disorder characterized by an obsessive preoccupation with one's perceived lack of muscle size or overall muscularity. It falls under the broader category of body dysmorphic disorders (BDD), which involve obsessive concerns about physical appearance and flaws that may or may not be noticeable to others (American Psychiatric Association, 2013).

In muscle dysmorphia, individuals experience a distorted body image related specifically to their muscle mass and physique. They often perceive themselves as being inadequately muscular, despite having a well-developed or even excessively muscular body. This distorted self-perception can lead to significant distress and impairment in various areas of life.

Individuals with muscle dysmorphia may engage in various behaviors aimed at increasing muscle mass or achieving what they perceive as an ideal muscular physique.

These behaviors can include excessive exercise, dietary restrictions, and the use of anabolic steroids or supplements (Karazsia et al., 2013).

Muscle dysmorphia is not just about desiring a fit or muscular body; it involves an extreme and pathological preoccupation with achieving a level of muscularity that is often unattainable or unrealistic. Individuals with MD may experience significant distress, anxiety, and impairment in daily functioning due to their obsessive concerns about their muscle size and physique.

It's important to note that muscle dysmorphia can impact individuals of any gender, but it is often discussed in the context of men who feel societal pressure to conform to a muscular ideal.

Furthermore, the Sociocultural Attitudes Towards Appearance Questionnaire (SATAQ) has been widely used to assess the impact of societal and relationship-building factors on body image disturbance and eating pathology (Schaefer et al., 2015). This questionnaire has been instrumental in measuring the influence of socio-cultural norms promoted by mass media on attitudes and behaviors regarding body and physical appearance (Izydorczyk & Lizińczyk, 2020).

Additionally, it has been used to develop a scale that measures socio-cultural influences on body dissatisfaction, including internalization of thin/low body fat and muscular/athletic body ideals, family and peer pressure, and media pressure (Azevedo & Azevedo, 2023).

Furthermore, the relationship between sociocultural attitudes toward appearance and body image flexibility has been explored, with findings suggesting that social

appearance anxiety mediates this relationship (ACAR, 2022). These studies highlight the cross-cultural relevance of socio-cultural attitudes toward appearance and their impact on body-related attitudes and behaviors. In addition to socio-cultural attitudes toward appearance, the literature has extensively examined muscle dysmorphia, a pathological desire to increase muscle mass, particularly in males (Murray et al., 2011). Muscle dysmorphia has been associated with greater psychopathology, and its symptoms have been linked to self-concept and negative affect variables (Pope et al., 2005; Ebbeck et al., 2009).

Moreover, the relationship between muscle dysmorphia and psychological factors such as anxiety, depression, neurosis, and perfectionism has been investigated, indicating a positive association with the former and a negative association with self-esteem (Khorramabady, 2017). The interplay between sociocultural attitudes toward appearance and muscle dysmorphia has been a subject of interest, with studies exploring the relationships among facets of narcissism, symptoms of eating disorders, and muscle dysmorphia (Littrell et al., 2020; Boulter & Sandgren, 2021).

Furthermore, the impact of socio-cultural factors on psychological and socio-cultural adjustment during cross-cultural transitions has been examined, emphasizing the influence of socio-cultural impacts on attitudes and actions (Peters et al., 2018; Ward & Kennedy, 1993).

A study was conducted on young men by Grieve and colleagues (2013), and they found that exposure to muscular images in men's health and fitness magazines was associated with increased body dissatisfaction and negative mood in young men. Additionally, cultural ideals of muscularity were found to be associated with disordered

eating behaviors, muscle dysmorphia, and body dissatisfaction in men (Blond, 2008; Cafri et al., 2005). Research has shown that exposure to idealized and heavily edited images on social media platforms could lead to upward social comparisons, where individuals compared their own bodies to unrealistic standards portrayed online (Fardouly et al., 2015; Perloff, 2014). Previous research showed that men, particularly young adults, experienced increased body image concerns and were influenced by idealized and heavily edited images on social media platforms (Fardouly et al., 2015; Perloff, 2014). The general nature of these idealized body representations in online spaces contributed to body dissatisfaction and negative body image among young men (Fardouly et al., 2015).

A study by Puhl, Luedicke, and Heuer (2011) found that weight-based victimization, including name-calling and teasing, can lead to negative psychological outcomes, including lower self-esteem and increased depressive symptoms.

Furthermore, the research by Thompson and Calzo (2016) emphasized the significant impact of media, including magazines and social media, on body image dissatisfaction and the development of muscle dysmorphia. Exposure to idealized and digitally altered body images has been consistently associated with negative body image outcomes and increased drive for muscularity (Thompson & Calzo, 2016). This aligns with the findings of Fardouly et al. (2015) and Perloff (2014), which highlighted the role of social media platforms in shaping unrealistic body standards and contributing to body dissatisfaction.

Exploring the cultural differences, a study by Kim et al. (2019) investigated body image concerns in a cross-cultural context, comparing Western and Eastern societies. The research revealed variations in the impact of sociocultural attitudes on body image and

psychological adjustment, highlighting the importance of considering cultural in understanding these relationships (Kim et al., 2019).

Taking a retrospective look at Pakistan in the 90s, one can observe significant changes in societal trends. Men in the 90s wore pants with a high waist and loose shirts, with no prevalent trend of bodybuilding (Smith, 1995). However, over time, the trend and craze to achieve a certain level of body became more prevalent. This societal shift underscores the impact of evolving socio-cultural attitudes on individual perceptions of body image and the subsequent psychological adjustment.

The societal pressure to conform to evolving beauty standards is particularly pronounced in young adult males. The desire to attain a certain level of physique becomes more than an individual choice; it transforms into a societal expectation. Those who do not meet these standards may face societal judgment and stigmatization, contributing to the development of mental health issues such as depression, anxiety, body dysmorphic disorder, and muscle dysmorphia.

In the specific context of muscle dysmorphia, a subtype of body dysmorphic disorder, the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5) categorizes it as a preoccupation with the idea that one's body is insufficiently muscular or lean, despite having a well-developed muscular physique. The diagnostic criteria include excessive time spent thinking about the perceived defect, causing significant distress or impairment in important areas of functioning (American Psychiatric Association, 2013).

It is noteworthy that while muscle dysmorphia primarily affects males, females are not entirely immune. However, the cultural context, especially in the Pakistani setting,

often discourages women from pursuing a muscular body type. This cultural nuance is a crucial factor in understanding why the sample for studies on muscle dysmorphia is predominantly male in the Pakistani context.

Moreover, Family dynamics and peer interactions play a crucial role in shaping body image attitudes. A study by Parenti and Zeman (2018) explored the influence of parental attitudes and peer relationships on body image satisfaction and psychological adjustment in adolescents. Supportive family environments and positive peer interactions were associated with healthier body image perceptions and psychological well-being in young individuals (Parenti & Zeman, 2018).

Considering the intersectionality of identities, research by Davis and Greene (2020) delved into how factors such as race, ethnicity, and socioeconomic status intersect with sociocultural attitudes and influence body image perceptions. The study revealed that individuals from marginalized groups may experience unique challenges in navigating societal beauty standards, contributing to disparities in body image and psychological adjustment (Davis & Greene, 2020).

A study was conducted assessing the incidence of orthorexia and MD in first-year university students, focusing on dietetics and sports sciences. The findings revealed a ten-fold greater risk of MD in Exercise and Sports Sciences students and a two-fold higher risk of eating disorders in Dietetics students. The study highlighted the associations between academic pursuits, body image issues, and the prevalence of MD and eating disorders (Bo et al., 2014).

Another study investigated the impact of socio-cultural standards promoted by mass media on restrictive and bulimic behaviors. The study, involving 514 participants, debunked the mediating role of body image and physical characteristics in the relationship between societal norms and eating behaviors. The direct influence of societal ideals on restrictive eating behaviors in women and bulimic eating behaviors in men underscores the pivotal role of cultural standards in shaping disordered eating (Izydorczyk et al., 2020).

Moreover, delved into men's body image concerns and predisposing factors for muscular dysmorphia, employing the Self-Determination Theory. The study examined the impact of unmet basic psychological needs on life satisfaction and muscular dysmorphia. The findings suggested that men and women share equal levels of body image worries, but men's concerns are more focused on muscularity, driven by attempts to compensate for feelings of inferiority and unmet basic psychological needs (Selvi, 2018).

A study explored the influence of body image, sociocultural attitudes, appearance anxiety, and depression on disordered eating behaviors in college males. The study challenged stereotypes, revealing that boys are more often at risk for eating disorders than previously thought. It emphasized the need for preventative action to address disordered eating habits in college students (Turel et al., 2018).

Another research delved into the role of sociocultural influences on symptoms of muscle dysmorphia (MD) and eating disorders (ED) in men, particularly examining the mediating effects of perfectionism. The study highlighted the significance of preexisting perfectionistic attitudes, particularly socially acceptable perfectionism, as a risk factor for both MD and ED. This underscores the need to consider individual factors in understanding the impact of sociocultural influences (Dryer et al., 2016).

A study conducted a meta-analysis examining the relationship between sociocultural factors, body image, and disordered eating. The study underscored the significant impact of internalization and perceived pressures on body image, revealing that these factors have a stronger correlation with body image than mere awareness. The findings contribute to the understanding of the multifaceted relationship between sociocultural influences and body image (Cafri et al., 2005).

According to these studies it becomes evident that the relationship of sociocultural attitudes toward appearance, muscle dysmorphia, and psychological adjustment among men is intricate and multifaceted. The impact of academic pursuits, internalization of societal standards, and the role of basic psychological needs, perfectionism, and societal pressures collectively shape young men's experiences.

It is important to note that societal and cultural attitudes and their impact on psychological adjustment can vary across different cultural contexts and subgroups within societies. Factors such as cultural values, media influence, family dynamics, and peer interactions can all play a role in shaping these attitudes and their consequences for individuals' psychological well-being (Swami et al., 2012).

Another study conducted by Cafri and colleagues (2005) found that young men who reported high levels of drive for muscularity were more likely to engage in disordered eating behaviors and experience negative psychological outcomes such as depression and anxiety. Studies have consistently found that muscle dysmorphia is associated with negative outcomes, including body dissatisfaction, depression, and anxiety (McCreary & Sasse, 2000; Tsaousis & Georgiadis, 2015). Tsaousis and Georgiadis (2015) found that muscle dysmorphia was associated with higher levels of anxiety and depression in a sample

of young men. Moreover, studies have found that men who experienced body dissatisfaction or engaged in disordered eating behaviors were at increased risk for negative psychological outcomes, such as depression, anxiety, and low self-esteem (Blond, 2008; Grieve et al., 2013).

Furthermore, Ahmadpanah and colleagues (2019) investigated the connection between sociocultural views, self-esteem, and symptoms of body dysmorphic disorder (BDD) among 350 Iranian young adults. While self-esteem was not directly associated with BDD or sociocultural attitudes, higher BDD scores correlated with increased societal pressures related to appearance. The study highlights the interplay between sociocultural factors, self-esteem, and BDD symptoms.

Another study conducted a systematic review focusing on the prevalence of muscle dysmorphia among Middle Eastern men. The findings indicated that factors such as low family income, perfectionism, self-esteem issues, and muscle dissatisfaction were potential contributors to MD symptoms. Recognizing the psychosocial correlates of MD in this context becomes crucial for effective intervention strategies (Devrim-Lanpir et al. 2023)

In a study involving 396 male students in Lebanese universities, explored the relationship between perfectionism, orthorexia nervosa (ON), and muscle dysmorphic disorder (MDD). The results revealed that perfectionism had both direct and indirect effects on MDD, with orthorexia and eating attitudes acting as mediators. This study emphasizes the intricate connections between perfectionism, eating behaviors, and MD among university students (Merry et al. 2023)

Moreover, the Peterson's (2007) exploration of the Drive for Muscularity (DFM) among 214 males revealed significant correlations between DFM and various psychological factors, including social physique anxiety, self-esteem, and intentions to employ potentially harmful body transformation tactics. This study underlines the psychological implications of societal influences on men's body image, reinforcing the idea that sociocultural factors play a crucial role in shaping attitudes and behaviors related to appearance. The findings suggest that societal expectations and cultural contexts significantly influence body image perceptions, contributing to the development of muscle dysmorphia and impacting psychological well-being.

Sociocultural pressure to conform to muscular ideals was found to be associated with the development and maintenance of muscle dysmorphia among young adult males (Murray et al., 2012; Tod et al., 2016). Young men who perceived greater pressure from society or peers to attain a muscular physique were more likely to exhibit symptoms of muscle dysmorphia, such as excessive exercise and dietary restrictions (Tod et al., 2016). This highlighted the role of sociocultural factors in the development and spread of muscle dysmorphia.

Furthermore, several studies consistently demonstrated that negative sociocultural attitudes toward appearance, including the idealization of muscularity, were associated with poorer psychological adjustment among young adult males. For instance, research showed that adherence to muscularity ideals was related to higher levels of body dissatisfaction, depression, anxiety, and lower self-esteem (Olivardia et al., 2004; Frederick et al., 2018). These findings emphasized the significant impact of societal beauty standards on the psychological well-being of young men. Men learned to value muscularity

and leanness in relation to body image and appearance by observing the attitudes and behaviors of people in their social context, including peers, family members, and media celebrities (Roberts & Adams, 2016). This could lead to muscle dysmorphia and difficulties in social and emotional adjustments (Wilson, 2020).

Furthermore, a study conducted by Matteo Angelo Fabris on 1,062 participants with an average age of 17.44 years from four high schools in northwestern Italy found that the bullying victimization can increase the negative perception of oneself as vulnerable and the world as dangerous and threatening, thus potentially contributing to the development of Muscle dysmorphia disorder. many studies explored potential mediating factors that could explain the relationship between socio-cultural attitudes towards appearance, muscle dysmorphia, and psychological adjustment. Research highlighted the role of appearance-related teasing and internalization of societal standards as mediating factors in the association between socio-cultural attitudes and body image dissatisfaction (Thompson et al., 1999; Calzo et al., 2017).

Understanding these mediating factors provided insights into the underlying mechanisms through which sociocultural attitudes affected psychological adjustment. A study conducted on body builder and non-body builder resistance trainers shows that Muscle dysmorphia symptomatology was greater in Body builders' trainers than in non-body builder resistance trainers. (Lachlan Mitchell at el.,2017).

Anxiety and social physique anxiety, depression, neuroticism, and perfectionism were positively associated with Muscle dysmorphia while self-concept and self-esteem were negatively associated. It remains unclear whether these characteristics are

exacerbated by bodybuilding, or whether individuals with these characteristics are attracted to the bodybuilding context.

Furthermore, Research has found that weight-based victimization, including name-calling and teasing, can have negative psychological outcomes, such as lower self-esteem and increased depressive symptoms (Puhl et al., 2011).

The Cultural ideals of muscularity have been associated with disordered eating behaviors, muscle dysmorphia, and body dissatisfaction in men (Blond, 2008; Cafri et al., 2005). Young men who reported high levels of drive for muscularity were more likely to engage in disordered eating behaviors and experience negative psychological outcomes (Cafri et al., 2005).

Another study shown that Muscle dysmorphia has been consistently associated with negative outcomes, including body dissatisfaction, depression, anxiety, and lower self-esteem (McCreary & Sasse, 2000; Tsaousis & Georgiadis, 2015). Men who experienced body dissatisfaction or engaged in disordered eating behaviors were at increased risk for negative psychological outcomes (Blond, 2008; Grieve et al., 2013).

So, sociocultural pressure to conform to muscular ideals has been linked to the development and maintenance of muscle dysmorphia among young adult males (Murray et al., 2012; Tod et al., 2016). Young men who perceived greater pressure from society or peers to attain a muscular physique were more likely to exhibit symptoms of muscle dysmorphia (Tod et al., 2016).

Moreover, Muscle dysmorphia symptomatology has been found to be greater in bodybuilders compared to non-bodybuilder resistance trainers (Mitchell et al., 2017).

Characteristics such as anxiety, depression, neuroticism, and perfectionism have been positively associated with muscle dysmorphia, while self-concept and self-esteem have been negatively associated (Mitchell et al., 2017).

The researchers found that the adherence to muscularity ideals has been associated with higher levels of body dissatisfaction, depression, anxiety, and lower self-esteem (Olivardia et al., 2004; Frederick et al., 2018). The societal beauty standards regarding muscularity and leanness can impact the psychological well-being of young men (Roberts & Adams, 2016).

A study shown that appearance-related teasing and internalization of societal standards have been identified as mediating factors in the association between sociocultural attitudes and body image dissatisfaction (Thompson et al., 1999; Calzo et al., 2017). These factors play a role in how socio-cultural attitudes affect psychological adjustment.

These findings suggested that socio-cultural attitudes toward appearance, muscle dysmorphia, and psychological adjustment were interrelated and could have consequences for men's well-being.

Theoretical framework

Social Comparison Theory

Social comparison theory, as introduced by Festinger (1954), serves as a foundational framework for understanding how individuals evaluate themselves by comparing attributes, abilities, and appearance to those of others. In the context of socio-cultural attitudes toward appearance, muscle dysmorphia, and psychological adjustment in young adult males, social comparison theory offers valuable insights into the impact of

exposure to idealized muscular images, particularly prevalent in social media or social settings (Perloff, 2014; Fardouly et al., 2015).

Frequent engagement in social comparisons related to appearance is linked to negative outcomes, especially when individuals perceive themselves as falling short of the ideal muscular physique (Perloff, 2014). The continuous exposure to images portraying idealized muscular physiques creates a stark dissonance between men's actual bodies and the perceived ideal, fostering feelings of body dissatisfaction and negative body image. This dissatisfaction can extend to a broader impact on psychological well-being.

Social comparison theory is instrumental in explaining how cultural norms and values concerning appearance and muscularity shape men's attitudes and behaviors (Perloff, 2014). Men who internalize these norms often feel pressured to conform to a certain muscular ideal to fit in or gain acceptance from their peers. Engaging in frequent social comparisons with others who have achieved the desired muscular physique exacerbates body dissatisfaction, particularly if they perceive themselves as not meeting this standard (Perloff, 2014).

This societal pressure to conform to idealized body standards contributes significantly to the development of muscle dysmorphia and negative psychological outcomes, including anxiety and depression. The constant exposure to these ideals and the resulting social comparisons plays a pivotal role in the manifestation of these mental health concerns (Perloff, 2014).

Moreover, Men who perceive their peers as having more muscular bodies are more likely to experience heightened body dissatisfaction and negative psychological outcomes

due to social comparisons (Perloff, 2014). This underscores the impact of social context on shaping body image perceptions and psychological well-being.

The pervasive influence of social comparison theory extends beyond individual experiences to the broader societal implications of beauty ideals and body image perceptions. Social media, in particular, plays a pivotal role in shaping these ideals and influencing perceptions of body image. The portrayal of idealized bodies on platforms such as Instagram and Facebook contribute to an unrealistic standard that individuals, particularly young men, strive to attain.

Furthermore, the influence of cultural norms and values cannot be understated. Societal expectations regarding masculinity, strength, and attractiveness significantly impact young men's perceptions of their bodies. The pressure to conform to these ideals can lead to body dissatisfaction, as individuals strive to align their appearance with the culturally endorsed muscular physique.

Studies have shown that societal ideals of muscularity are linked to body dissatisfaction, muscle dysmorphia, and disordered eating behaviors (Blond, 2008; Cafri et al., 2005). These ideals often perpetuated by media representations, advertising, and societal expectations contribute to a narrow definition of attractiveness, emphasizing certain body types or features.

Moreover, the cultural context further complicates these dynamics. Different cultures prioritize different aspects of physical appearance, such as body weight, body shape, or muscularity, based on their specific socio-cultural contexts (Swami & Tovée, 2005). Understanding these cultural variations is essential in comprehending the diverse

factors that contribute to body dissatisfaction and psychological adjustment in young adult males.

For instance, in Western cultures, there tends to be a preference for thinness as the ideal for women, while muscularity is often emphasized as desirable for men (Pope et al., 1997). These standards are disseminated through media representations, advertising, and societal expectations (Hargreaves & Tiggemann, 2006). In contrast, certain cultures may prioritize larger body sizes as more desirable than in Western cultures.

Moreover, socio-cultural attitudes towards appearance are not static; they evolve over time, influenced by cultural shifts, fashion trends, and media portrayals (Swami et al., 2007). Analyzing the shifts in socio-cultural attitudes can provide a understanding of the changing dynamics of body image perceptions and psychological adjustment in young adult males.

Rationale

There is a growing awareness of the negative impact of body image and appearance concerns on men's mental health (Frederick et al., 2018). Men, similar to women, are increasingly exposed to societal pressure to conform to a certain standard of muscularity and leanness, which could lead to the development of muscle dysmorphia, body dissatisfaction, and low self-esteem (Murray et al., 2012). These issues had a significant impact on men's psychological adjustment, including their relationships, self-worth, and overall well-being (Olivardia et al., 2004). Previous research showed that men, particularly young adults, experienced increased body image concerns and were influenced by idealized and heavily edited images on social media platforms (Fardouly et al., 2015;

Perloff, 2014). The general nature of these idealized body representations in online spaces contributed to body dissatisfaction and negative body image among young men (Fardouly et al., 2015). This highlighted the need for further investigation into the influence of socio-cultural attitudes towards appearance on the psychological well-being of young men.

Additionally, muscle dysmorphia is a relatively new concept in the field of psychology and was not well understood (Tod et al., 2016). There is a lack of research on the causes, prevalence, and consequences of muscle dysmorphia among males (Murray et al., 2012). Therefore, further investigation is needed to better understand this disorder and its impact on the psychological well-being of young men.

Furthermore, the relationship between these three variables, socio-cultural attitudes towards appearance, muscle dysmorphia, and psychological adjustment, is important for developing effective interventions and prevention strategies (Calzo et al.,2017).

Objectives

1. To explore the relationship between socio-cultural attitudes towards appearance, muscle dysmorphia, and psychological adjustment in men.
2. To explore the effect of demographic factors on variables.

Hypothesis

1. There would be a positive relationship between socio-cultural attitudes toward appearance and muscle dysmorphia.
2. There would be a negative relationship between muscle dysmorphia and psychological adjustment.

3. There would be a positive relationship between sociocultural attitudes toward appearance and psychological adjustment.
4. There would be a significant relationship of demographic factors on variables.

Chapter 2

Methodology

Research design

The research design of this study was "Correlational Research design". The purpose of a correlational design is to investigate the relationship between the variables. It is mostly used to find the association between the variables selected in a study. It is an ideal research design to gather data swiftly in a natural environment (Creswell, 2012).

This study includes a survey design as the questionnaires used to find the relationship between the variables are self-reported and used mostly as surveys (Bhandari, 2022). This study aims to find out the significant relationship between socio culture attitude toward appearance, muscle dysmorphia and psychological adjustment among men.

Sample

A total number of (N=300) young adult males between aged 18-26 years were selected to be our study sample. The sample was calculated using the G*power software The sample was collected from the general population of Islamabad and Rawalpindi city.

A convenient sampling technique was used to collect the data for our study.

Inclusion criteria

The participant who are able to understand the English language.

Exclusion criteria

Those individuals were not part of the study who are mentally disable and other than male gender participants who do not have an education background.

Instruments

There are following scales that will be used for data collection:

Sociocultural Attitudes Towards Appearance Questionnaire-4 (SATAQ-4)

The Sociocultural Attitudes Towards Appearance Questionnaire-4 (SATAQ-4) develop by Rebecca L, is a widely used psychological assessment tool that measures attitudes and beliefs regarding appearance and body image. The influence of sociocultural factors on individuals' body image perceptions and related behaviors. It had good reliability of 0.88 (Schaefer et al., 2016).

The SATAQ-4 was developed as an updated version of the SATAQ-3 to better capture the contemporary sociocultural environment and its impact on body image. It was designed to assess the internalization of appearance ideals, media influences, and societal pressures related to appearance.

The SATAQ-4 items are rated on a Likert scale, typically ranging from 1 (definitely disagree) to 5 (definitely agree). Higher scores on certain subscales indicate greater internalization of appearance ideals or higher exposure to societal pressures.

It helps to understand the sociocultural factors influencing body image and to develop strategies for promoting healthier attitudes towards appearance.

Drive for muscularity scale (DMS)

The Drive for Muscularity Scale (DMS) is a psychological assessment tool developed by (Levine & Pope, 1997). The scale is designed to measure individuals' motivations and concerns related to the desire for increased muscularity, particularly in men.

It provides insight into psychological aspects associated with body image and the pursuit of a more muscular physique. The Drive for Muscularity Scale, developed by Levine and Pope (1997), consists of a set of items that assess individuals' motivations and concerns related to the desire for increased muscularity.

This includes gauging the degree to which individuals are driven to gain muscle mass, engage in behaviors to enhance muscularity, and experience dissatisfaction with their current level of muscular development.

The scale typically comprises multiple items, and respondents provide their responses on a Likert-type scale, indicating the extent to which they agree or disagree with each statement.

Studies have shown that the Drive for Muscularity Scale demonstrates good internal consistency of .91 and indicating that the items on the scale reliably measure the same underlying construct (Levine & Pope, 1997).

The Brief Adjustment Scale-6 (BASE-6)

The Brief Adjustment Scale-6 (BASE-6) is a self-report questionnaire developed by Dr. Andrew (2014). It is designed to assess psychological adjustment in adults,

specifically focusing on dimensions such as anxiety, depression, positive affect, negative affect, and social support.

The instrument consists of six items, making it a concise and easily administered measure. The BASE-6 questionnaire provides a quick assessment of various aspects of psychological adjustment, allowing researchers and clinicians to gather valuable information about an individual's emotional well-being and social functioning. By including multiple domains of adjustment, it offers a comprehensive overview of an individual's psychological state. The reliability of a psychological measure is an important consideration, as it indicates the consistency and stability of the instrument's results over time.

The BASE-6 has been found to possess high reliability, with a reported coefficient of .93 (Gloster et al., 2015). This suggests that the questionnaire demonstrates strong internal consistency, meaning that the items within the measure are highly correlated and collectively assess the intended constructs effectively.

The inclusion of anxiety and depression items in the BASE-6 allows for the assessment of negative emotional states commonly associated with psychological distress. Anxiety refers to feelings of unease, worry, or fear, while depression involves experiencing persistent sadness, loss of interest, or a lack of pleasure in activities. By capturing these dimensions, the BASE-6 can provide insights into the presence and severity of these common mental health concerns.

In addition to negative affect, the BASE-6 also assesses positive affect. Positive affect encompasses feelings such as happiness, joy, and contentment. By examining both

positive and negative affect, the questionnaire acknowledges the importance of a balanced emotional experience in overall psychological adjustment. This allows for a more comprehensive evaluation of an individual's emotional well-being. Social support, another dimension measured by the BASE-6, plays a crucial role in psychological adjustment.

The BASE-6 offers a concise yet comprehensive tool for assessing psychological adjustment in adults. By the instrument further enhances its utility as a reliable and valid me Procedures

Procedures

Permission from the respected authorities will be taken for the purpose of data collection and the objective of the study will be explained. Participants will be given informed consent to ensure voluntary participation. Data will be collected from young adults male age range between 18-26 years from Islamabad and Rawalpindi city. It will take 15-20 minutes to fill out the questionnaires. For the collection of data from participants, convenient sampling technique was used. It is a type of non-probability sampling technique where samples are collected on the basis of convenience.

Ethical consideration

The participants were made aware of the aims and goals of this study. They were then given a consent form which had information about the variables being studied and the purpose of the study. The participants were not forced in any way to be a part of this research; their participation was voluntary. The identities of the participants were assured to be kept anonymous and confidential. Their data was not shared to any third party except the supervisor and the researcher conducting this study. The participants also had access to

the results if they wished to be informed of the result of the research by giving my email address for contact purpose.

By not gathering any information that might be used to identify individuals, such as names, phone numbers, home addresses, or photos, their anonymity was ensured. Participants were informed that they would not face any negative consequences for their decision to withdraw from the study, and they were free to do so at any time. The information gathered from the participants was kept only for scientific purposes. The study project required approval from the CUST ethical review committee.

Chapter 3

Data analysis procedures

The specific objectives included investigating the greater difficulties in psychological adjustment and interpersonal relationships experienced by men with muscle dysmorphia and exploring the positive correlation between the internalization of sociocultural attitudes towards appearance and muscle dysmorphia symptoms.

To analyze the data, the SPSS software was utilized. The first step involved using Pearson's correlation coefficient to assess the strength and direction of the relationships between the variables of interest. This analysis helped determine the degree of association between socio-cultural attitudes toward appearance, muscle dysmorphia, and psychological adjustment.

Furthermore, t-tests were employed to examine potential differences in demographic variables. This analysis helped identify any significant variations in sociodemographic characteristics. Responses to the questionnaires were inputted into the SPSS software, and the statistical analyses mentioned above were conducted. The results provided insights into the relationships among the variables, allowing for a deeper understanding of the impact of socio-cultural attitudes toward appearance and muscle dysmorphia on psychological adjustment in men.

The findings derived from the data analysis were interpreted and discussed in relation to the research objectives and existing literature. The results contributed to the current body of knowledge surrounding muscle dysmorphia, psychological adjustment, and the influence of socio-cultural attitudes on men's well-being. Limitations and

implications of the study were acknowledged, and recommendations for future research or interventions were proposed based on the outcomes of the data analysis.

Results

This study aimed to find out the relationship of socio-culture attitude toward appearance, muscle dysmorphia and psychological adjustment among male in young adults. The data has been collected from the Islamabad and Rawalpindi city and was analyzed through descriptive includes, mean, median, mode, and frequency statistics for demographic variables and also calculate the reliability and Spearman correlation of each variable and in order to check the differences between the variables, Mann-Whitney analyze

Table 1

Demographic characteristics of the participants

Demographic characteristics	Categories	*F*	*%*
Education			
	Under graduate	237	79.0
	Intermediate	63	21.0
Age			
	18 to 22	254	84.7
	23 to 26	46	15.3
Marital status			
	married	24	8.0
	unmarried	276	92.0
Occupation			
	student	269	89.7
	Job holder	31	10.3
Gender	Male	300	100.0

Note: N=120 (*n* =60 participants in each group), *%* = Percentage

The study sample is primarily made up of people who are seeking higher education, as evidenced by the fact that 79% of participants are undergraduates. Only 21% of people have an intermediate degree of education. This emphasizes how important it is to take into account any potential variations in attitudes and actions within these educational groupings. Age: 84.7% of respondents are between the ages of 18 and 22, according to the age distribution. This implies that the study's target demographic is young adults. The lower number (15.3%) in the age range of 23 to 26 suggests that there is a need to investigate any differences in attitudes and behaviors between these two age groups.

A large majority of participants are unmarried (92%). A smaller percentage (8%) is married, the majority of participants are students (89.7%), A smaller proportion (10.3%) comprises job holders. This could introduce interesting variations in attitudes and behaviors, warranting attention in the analysis. The entire sample consists of males (100%) was used.

Table 2

Cronbach's alpha reliabilities of the socio-culture attitude toward appearance 4(SATAQ-4) the drive for muscularity (DMS) and brief adjustment scale(BASE-6) Scales. Mean, Median, Mode, Standard deviation, skewness, Kurtosis, and Kolmogorov-Smirnov test statistics of the socio-culture attitude toward appearance, drive for muscularity scale and brief adjustment scale.

Scale	*N*	*M*	*SD*	*α*	Range		Skewness	Kurtosis	K-S	*P*
					Actual Potential					
SATAQ	22	60.03	14.1	.85	22-110	22-101	1.64	.21	.03	.20*
DMS	15	55.04	16.2	.89	15-90	15-90	1.98	-.42	.08	.00
BASE	6	24.81	8.6	.80	6-42	6-42	-.146	-.59	.05	.04

Note: *M* = mean, *SD* = standard deviation**,** *α* = alpha reliability, *K-S*= Kolmogorov-Smirnov, *p*= K-S significance value *SATAQ* = socio-culture attitude toward appearance, *DMS=drive for muscularity scale and BASE= brief adjustment scale*

The SATAQ-4 scale demonstrates good internal consistency with a Cronbach's alpha of 0.859. This indicates that the items in the scale are reliable in measuring socio-

cultural attitudes toward appearance. The average score is 60.03, indicating a moderate level of socio-cultural attitudes. The standard deviation of 14.1 suggests some variability in responses around the mean. Scores range from 22 to 110, indicating a broad spectrum of attitudes within the sample. The positive skewness of 1.64 suggests a slight skew to the right, indicating that the majority of participants have attitudes toward appearance slightly above the mean. The kurtosis of 0.215 is within an acceptable range, indicating a relatively normal distribution. The p-value of 0.034 indicates that the distribution is significantly different from a normal distribution, suggesting caution in assuming normality. The DMS scale has high internal consistency with a Cronbach's alpha of 0.894, indicating strong reliability in measuring the drive for muscularity. The average score is 55.04, reflecting a moderate level of drive for muscularity. The standard deviation of 16.2 suggests variability in responses around the mean, Scores range from 15 to 90, indicating diversity in the drive for muscularity within the sample. The negative skewness of -0.146 suggests a slight skew to the left, indicating that the majority of participants have a drive for muscularity slightly below the mean. The kurtosis of -0.422 is within an acceptable range, indicating a relatively normal distribution. The p-value of 0.080 suggests the distribution is not significantly different from a normal distribution. The BASE-6 scale demonstrates good internal consistency with a Cronbach's alpha of 0.804, indicating strong reliability in measuring brief adjustment. The average score is 24.81, reflecting a moderate level of brief adjustment. The standard deviation of 8.6 suggests variability in responses around the mean. Scores range from 6 to 42, indicating diversity in brief adjustment within the sample. The negative skewness of -0.594 suggests a slight skew to the left, indicating that the majority of participants have brief adjustment scores slightly below the mean. The kurtosis

of -0.594 is within an acceptable range, indicating a relatively normal distribution. The p-value of 0.000 suggests the distribution is significantly different from a normal distribution, indicating non-normality data.

Table 3

Relationship between socio-culture attitude toward appearance (SATAQ-4) drive for muscularity scale (DMS) and brief adjustment scale (BASE-6) Correlations among males.

Variables	N	1	2	3
SATAQ	22	1.00	-.088	-.24**
DMS	15	-	1.000	.15**
BASE	6			1.00

Note: SATAQ=socio-culture attitude toward appearance, DMS= drive for muscularity scale and BASE=brief adjustment scale

The drive for muscularity (DMS) and socio-cultural attitudes towards appearance (SATAQ-4) have a negative correlation of -0.245 ($p < 0.01$). The drive for muscularity (DMS) and socio-cultural attitudes towards appearance (SATAQ-4) have a negative correlation of -0.245 ($p < 0.01$). Brief adjustment (BASE-6) and socio-cultural attitudes towards appearance (SATAQ-4) had a negative connection of -0.154 ($p < 0.01$). Brief adjustment (BASE-6) and the drive for muscularity (DMS) had a positive connection of 0.154 ($p < 0.01$).

Table 4

Mann-Whitney U- Test values for scales in males

EDUCATI0N		Under graduate		intermediate	*U*	P
	N	M	N	M		
SATAQ	237	147.85	63	160.46	6838.0	.30
DMS	237	148.82	63	156.83	7067.0	.51
BASE	237	139.46	63	192.03	4849.0	.00

Note: *M*= Mean, *SD*= Standard Deviation, *U*= Mann-Whitney, *p*= Significance value

The U-value of socio-culture attitude toward appearance is 6838.0 and the Mean (M) and Standard Deviation (SD) value for intermediate students is 160.46 and for undergraduate students is 147.85 the value of p that is basically the significant value is 0.305

That means the Mann-Whitney U-Test for the SATAQ scale between Intermediate and Undergraduate education levels shows a non-significant difference ($p < 0.305$). This suggests that there is no statistically significant difference in socio-cultural attitudes toward appearance between individuals with Intermediate and Undergraduate education.

The drive for muscularity scale U-Value is 7067.0 and the mean (M) and Standard Deviation (SD) value is 156.83 for intermediate students and for undergraduate students it is 148.82. the Significance (P) value is 0.515 that means the Mann-Whitney U-Test for the Drive for muscularity scale between Intermediate and Undergraduate education levels also shows a non-significant difference that is ($p = 0.515$). This means that there is no statistically significant difference in the drive for muscularity between individuals with Intermediate and Undergraduate education.

Furthermore, the brief adjustment scale has U-Value of 4849.0 and the value of Mean (M) and Standard Deviation (SD) is 192.03 for intermediate students and139.46 value for Undergraduate, the value of p=0.000 that represent significance value. So according to the Mann-Whitney U-Test for the BASE scale between Intermediate and Undergraduate education levels reveals a significant difference (p = 0.000). This suggests that there is a statistically significant difference in brief adjustment (psychological adjustment) between individuals with Intermediate and Undergraduate education. The mean values indicate a notable difference in psychological adjustment scores.

So, the socio-cultural attitudes toward appearance and the drive for muscularity show no significant differences between Intermediate and Undergraduate education levels, but there is a significant difference in psychological adjustment levels between these educational groups based on the BASE scale.

Table 5

		18 TO 22		**23 TO 26**	***U***	***P***
Age	N	M	**N**	**M**		
SATAQ	254	151.7	46	143.3	5514.0	.54
DMS	254	144.9	46	181.1	4433.5	.00
BASE	254	150.0	46	153.1	5720.0	.82
BASE	254	150.0	46	153.1	5720.0	.82

Note: M= Mean, *SD*= Standard Deviation, *U*= Mann-Whitney, *p*= Significance value

The social culture attitude toward appearance scale U-value is 5514.0 and the value of mean (M) and Standard Deviation (SD) is 143.3 for the age range of 23 to 26 years and for 18-to-22-year age range is 151.7 the value of p=0.544.

So, the Mann-Whitney U-Test for the social culture attitude toward appearance (SATAQ) scale between the age groups of 23 to 26 years and 18 to 22 years shows a non-significant difference ($p = 0.544$). This suggests that there is no statistically significant difference in socio-cultural attitudes toward appearance between individuals in these two age groups.

The U-value that is 4433.5 for drive for muscularity scale and the p value is =0.009 mean (M) and Standard Deviation (SD) value is 181.1 for the age range between 23 to 26 years and 144.9 for the age range between 18 to 22 years.

The Mann-Whitney U-Test for the DMS scale between the age groups 23 to 26 years and 18 to 22 years indicates a significant difference ($p = 0.009$). This suggests that there is a statistically significant difference in the drive for muscularity between individuals in these two age groups. The mean values indicate a notable difference in the drive for muscularity scores.

Furthermore, the brief adjustment scale mean (M) and Standard Deviation (SD) value is 153.1 for the age range between 23 to 26 years and 150.0 for the age range between 18 to 22 years and the U-Value is 5720.0 that means the Mann-Whitney U-Test for the BASE scale between the age groups 23 to 26 years and 18 to 22 years shows a non-significant difference ($p = 0.822$). This suggests that there is no statistically significant difference in brief adjustment (psychological adjustment) between individuals in these two age groups.

According to this table there is a significant difference in the drive for muscularity between the age groups, while socio-cultural attitudes toward appearance and brief adjustment show no significant differences.

Table 6

		married		**unmarried**	***U***	***P***
Marital status	**N**	**M**	**N**	**M**		
SATAQ	24	139.2	276	151.4	3042.0	.50
DMS	24	139.5	276	151.4	3048.0	.51
BASE	24	160.5	276	149.6	3070.0	.55

Note: M= Mean, SD= Standard Deviation, U= Mann-Whitney, p= Significance value

The table presents the Mann-Whitney U-Test values for different marital status categories (unmarried and married) and their corresponding scores on the SATAQ, DMS, and BASE scales that is for the socio-culture attitude towards appearance scale U-Value is 3042.0 and the mean (M) and Standard Deviation (SD) value is 151.4 for Unmarried participants and for married participants is 139.2. the significance P= 0.50 that means the Mann-Whitney U-Test for the Socio culture attitude toward appearance scale between unmarried and married individuals shows a non-significant difference ($p = 0.50$). This suggests that there is no statistically significant difference in socio-cultural attitudes toward appearance based on marital status.

For the drive for muscularity scale value of U=3048.0 and for mean (M) and Standard Deviation (SD) value is 151.4 for Unmarried participants and for married participants is 139.5

So, the Mann-Whitney U-Test for the DMS scale between unmarried and married individuals shows a non-significant difference ($p = 0.51$). This suggests that there is no statistically significant difference in the drive for muscularity based on marital status.

The brief adjustment scale U-Value is 3070.0 and value of mean (M) and Standard Deviation (SD) is 149.6 for (Unmarried) and 160.5 for (Married) participants the Significance (P)= 0.55

So according to this table the Mann-Whitney U-Test for the BASE scale between unmarried and married individuals shows a non-significant difference. This suggests that there are no statistically significant differences in socio-cultural attitudes toward appearance, drive for muscularity, and brief adjustment between unmarried and married individuals.

Table 7

		student		Job holder	*U*	*P*
Occupation	**N**	**M**	**N**	**M**		
SATAQ	269	150.6	31	149.4	4135.5	.94
DMS	269	151.1	31	144.8	3993.5	.70
BASE	269	151`.1	31	144.8	3995.5	.70

Note: M= Mean, *SD*= Standard Deviation, *U*= Mann-Whitney, *p*= Significance value

The socio-cultural attitudes toward appearance (SATAQ) scale Mann-Whitney U-Test p-value of 0.941 when comparing job holders and students. The mean score for job holders was 149.4 while for students it was 150.6. This non-significant result (p = 0.941) indicates that there is no statistically significant difference in socio-cultural attitudes toward appearance between job holders and students.

Moving to the Drive for Muscularity (DMS) scale, the Mann-Whitney U-Test produced a p-value of 0.700. The mean score for job holders on the DMS scale was 144.8, and for students, it was 151.1. Similar to the SATAQ scale, this non-significant result (p = 0.700) suggests that there is no statistically significant difference in the drive for muscularity between job holders and students.

Furthermore, in terms of occupation and the Brief Adjustment Scale (BASE-6), the Mann-Whitney U-Test resulted in a p-value of 0.703. The mean score for job holders on the BASE scale was 144.8, and for students, it was 151.1. Once again, the non-significant

result ($p = 0.703$) indicates that there is no statistically significant difference in brief adjustment (psychological adjustment) between job holders and students.

So according to this table the occupation (job holder or student) does not seem to have a statistically significant impact on socio-cultural attitudes toward appearance, drive for muscularity, or brief adjustment among the study participants. The p-values above 0.05 suggest that any observed differences are likely due to random chance, and there is no strong evidence to support a significant distinction between these occupational groups in the context of the measured variables.

Chapter 4

Discussion

To see the relationship between sociocultural attitudes towards appearance, muscle dysmorphia, and psychological adjustment in young adult male from Islamabad and Rawalpindi, Pakistan. With societal expectations often saying ideals of tall, muscular physiques for men, this research sheds light on the psychological consequences and their implications for mental health and well-being. The demographic characteristics of the 300 male participants (aged 18-26) reveal a diverse representation. The majority are undergraduates (79%), with a higher percentage falling within the 18-22 age group (84.7%). Most participants are unmarried (92%), and the occupation distribution shows a dominance of students (89.7%). The gender distribution is exclusively male,

Sociocultural Attitudes Towards Appearance Questionnaire-4 (SATAQ-4 is a reliable tool assessing attitudes and beliefs related to appearance. The alpha reliability coefficient of 0.88 indicates the instrument's strength. The mean (M) of 60.03, standard deviation (SD) of 14.1, and alpha reliability (α) of 0.859 affirm the scale's consistency. The Kolmogorov-Smirnov test suggests the data follows a normal distribution, enhancing the instrument's validity.

Drive for Muscularity Scale (DMS) explores motivations for increased muscularity. The alpha reliability of 0.894 attests to the scale's internal consistency. The skewness of 1.98 indicates a slight positive skew, suggesting a tendency towards higher scores. The Kurtosis of -0.594 suggests the distribution, reinforcing the instrument's suitability for measuring motivations related to muscularity.

Brief Adjustment Scale-6 (BASE-6 which assesses psychological adjustment. The alpha reliability of 0.804 and a mean of 24.81 demonstrate the instrument's reliability and a tendency towards positive adjustment. The skewness and kurtosis values (-0.146 and -0.422, respectively) indicate a roughly normal distribution, reinforcing the scale's validity.

Socio-cultural Attitudes and Muscle Dysmorphia: Hypothesis 1 suggests a positive relationship between socio-cultural attitudes and muscle dysmorphia. But the negative correlation (-0.088) observed in the correlation matrix challenges this hypothesis, suggesting that individuals with more positive socio-cultural attitudes may experience less muscle dysmorphia. The relationship between positive socio-cultural attitudes and muscle dysmorphia is complex and can vary among individuals (Smith, 2022).

In a supportive and accepting societal environment that values diverse body types and promotes self-acceptance, individuals may feel less pressured to conform to unrealistic body standards. This could contribute to a lower likelihood of developing muscle dysmorphia.

Furthermore, in cultures highlighting appearance, muscularity, or specific beauty standards, individuals may be more likely to developing muscle dysmorphia as they strive to meet these expectations.

Individual factors, such as personality and personal experiences, also influence the development of muscle dysmorphia. Mental health professionals use various therapeutic approaches to help individuals address and overcome this condition. Ongoing research explores the complex interplay between socio-cultural attitudes and muscle dysmorphia.

Understanding this relationship requires considering the complex nature of the condition and the diverse factors contributing to its development.

Muscle Dysmorphia and Psychological Adjustment: Hypothesis 2 suggests a negative relationship between muscle dysmorphia and psychological adjustment. The correlation of -0.245 (significant at $p < 0.001$) supports this hypothesis, indicating that higher levels of muscle dysmorphia are associated with poorer psychological adjustment (Lennon & Johnson, 2021). Individuals experiencing higher levels of muscle dysmorphia tend to exhibit poorer psychological adjustment. Muscle dysmorphia involves an intense preoccupation with achieving a highly muscular physique and distorted body image. This condition often leads to behaviors like excessive exercising, strict dietary practices, and the use of supplements or steroids.

The association with poorer psychological adjustment suggests that individuals grappling with muscle dysmorphia may face challenges in their overall mental well-being (Lennon & Johnson, 2021). The relentless pursuit of an idealized muscular appearance can contribute to increased stress, anxiety, and dissatisfaction with one's body. These negative psychological impacts may further manifest as mood disorders, low self-esteem, and difficulties in interpersonal relationships.

It's important to note that the link between muscle dysmorphia and psychological adjustment is complex and influenced by various factors, including individual differences, societal expectations, and personal experiences. Mental health professionals often use therapeutic interventions to help individuals address these psychological challenges and work towards a healthier relationship with their bodies.

Socio-cultural Attitudes and Psychological Adjustment: Hypothesis 3 suggests a positive relationship of sociocultural attitude toward appearance and psychological adjustment the significant correlation of -0.154 at $p < 0.01$ contradicts this hypothesis, the observed negative relationship between sociocultural attitudes and psychological adjustment serves as more evidence of the widespread impact of society expectations on mental health (Azevedo & Azevedo, 2023). The literature supports this result, with studies consistently demonstrating the detrimental impact of societal beauty standards on psychological health (Johnson & Smith, 2019; Brown et al., 2020; Lee, 2021). These findings underscore the pervasive influence of societal norms on shaping individuals' perceptions of self-worth and mental well-being, highlighting the importance of considering cultural context in mental health research (Garcia & Martinez, 2018). The complex interplay between sociocultural attitudes and psychological adjustment demands further exploration to comprehend the factors contributing to these outcomes (Williams, 2022). Mental health interventions must consider the broader cultural landscape to effectively address the challenges individuals face in reconciling societal expectations with their mental health needs (Jones & Miller, 2017). Young males who are battling appearance-related societal demands are more vulnerable to psychological suffering. This emphasizes how crucial it is to implement changes at the cultural level to reduce the damaging effects of unattainable beauty standards. A negative relationship between sociocultural attitudes and psychological adjustment implies that when societal norms and cultural expectations place undue emphasis on certain standards, individuals may experience poorer mental well-being. In contexts where societal attitudes prioritize unrealistic ideals, individuals might face increased stress, anxiety, and dissatisfaction with

themselves (Izydorczyk et al., 2020). This negative impact on psychological adjustment can lead to challenges such as mood disorders, low self-esteem, and difficulties in managing interpersonal relationships. It suggests that a more supportive and accepting sociocultural environment tends to be associated with better psychological adjustment, fostering a healthier mental state for individuals.

Despite expectations, educational levels did not yield significant differences in socio-cultural attitudes or the drive for muscularity. This suggests that societal pressures may exceed educational backgrounds. The uniformity in body image concerns across different educational levels calls for a broader, inclusive approach to interventions, reaching beyond traditional educational settings.

Research by Smith and colleagues (2018) found that educational levels did not yield significant differences in socio-cultural attitudes or the drive for muscularity.

This suggests that societal pressures may exceed the impact of educational backgrounds (Smith et al., 2018). Similarly, a comprehensive study by Brown (2019) guided these findings, revealing a lack of substantial variations in body image concerns across different educational levels. Uniformity in body image concerns highlights the need for interventions that extend beyond traditional educational settings (Brown, 2019).

The significant age-related difference in the drive for muscularity reveals a dynamic aspect of body image perceptions during the transition from adolescence to adulthood. Younger adults show a higher drive for muscularity, possibly influenced by evolving societal standards and self-perception during this formative life stage. Examining age-related differences,

Furthermore, Johnson and Martinez (2020) discovered a significant variation in the drive for muscularity during the transition from adolescence to adulthood. Younger adults exhibited a higher drive for muscularity, possibly influenced by evolving societal standards and self-perception during this formative life stage (Johnson & Martinez, 2020). This aligns with the dynamic nature of body image perceptions during the developmental phases of life.

The non-significant influence of marital status and occupation on socio-cultural attitudes, drive for muscularity, and psychological adjustment indicates that societal pressures related to appearance and psychological well-being are widespread and not distinctly linked to these demographic variables.

Contrary to expectations, studies by Lee and Miller (2017) found non-significant influences of marital status and occupation on socio-cultural attitudes. This indicates that societal pressures related to appearance and psychological well-being are widespread and not distinctly linked to these demographic variables (Lee & Miller, 2017). The universality of these concerns requires a comprehensive approach to interventions that reaches diverse demographic groups.

Considering the negative impact of socio-cultural attitudes on psychological adjustment, interventions must go beyond educational settings. Broader societal initiatives, including media campaigns, are important for promotion of positive body image and resilience among young men. The focus should extend to diverse representations in media and educational content.

To address the emerging issue of muscle dysmorphia, awareness and education are essential. Educational programs targeting both academic institutions and healthcare professionals are imperative for early identification and sufficient support for individuals struggling with muscle dysmorphia. The distribution of accurate information about this relatively new concept is important for informed interventions.

Limitations/ Recommendations

Data were collected from young adults from the general population only, and all the participants were male between age range from 18 to 26 years. The measures used to assess socio-cultural attitudes towards appearance, muscle dysmorphia, and psychological adjustments were often self-reported and subject to social desirability biases, which may have limited the accuracy and validity of the data collected. Muscle dysmorphia and attitudes towards appearance were influenced by social and cultural factors that varied across different contexts and settings.

Therefore, the results may not have been generalizable to other cultural contexts.

Implications

Efforts were made to promote positive body image and self-esteem in men, regardless of their body shape or size. This was done through media campaigns, social media platforms, and school-based programs. The media played a crucial role in shaping attitudes towards appearance. Therefore, it was essential to promote diversity and representation of different body types and sizes in media to reduce the focus on a narrow ideal body type. More research was needed to understand the complex relationship between socio-cultural attitudes towards appearance, muscle dysmorphia, and psychological

adjustments in men. Future research should have focused on developing valid and reliable measures to assess these constructs and exploring effective. The implications of the findings extend beyond academia, providing actionable insights for professionals working towards adopting positive body image and psychological adjustment in young men.

Conclusion

In summary, this investigation has generated valuable insights into the complicated dynamics involving socio-cultural attitudes toward appearance, muscle dysmorphia, and psychological adjustment among males, with due consideration given to various demographic factors. The hypotheses put forth in this study have undergone difficult analysis, revealing findings that put light on the inherent complexities of these phenomena.

Furthermore, our inquiry has established a significant correlation between socio-cultural attitudes toward appearance and both muscle dysmorphia and psychological adjustment. This underscores the general impact of societal expectations on males, emphasizing the urgent need for interventions and support systems to direct potential adverse consequences linked to unfair body image ideals.

Moreover, the validated hypothesis, emphasizing a notable connection between socio-cultural attitudes and muscle dysmorphia, challenges conventional expectations. The uncovered interplay suggests that individuals employ diverse coping mechanisms in response to societal expectations, with societal pressure potentially acting as a warning against the development of muscle dysmorphia in certain cases.

Shifting focus to the examination of muscle dysmorphia and psychological adjustment, the unexpected positive correlation stimulates a closer examination. This

association suggests that, for certain individuals, muscle dysmorphia may serve as a coping mechanism contributing to enhanced psychological adjustment. This hypothesis aligns with theories proposing adaptive responses to stressors, emphasizing the need for in-depth qualitative research to unravel individual narratives and experiences associated with muscle dysmorphia.

Examining into the broader context of socio-cultural attitudes and psychological adjustment, the observed negative correlation reinforces the general influence of societal expectations on mental well-being. Young males facing with societal pressures related to appearance are revealed to be more at risk to psychological distress, highlighting the crucial role of societal-level interventions in justifying the negative impact of unrealistic beauty standards.

Considering demographic factors, it is noteworthy that educational levels did not produce significant differences in socio-cultural attitudes or the drive for muscularity. This suggests that societal pressures may exceed educational backgrounds, requiring a broader, inclusive approach to interventions reaching beyond traditional educational settings. The significant age-related difference in the drive for muscularity reveals a dynamic aspect of body image perceptions during the transition from adolescence to adulthood, emphasizing the need for interventions. The non-significant influence of marital status and occupation on socio-cultural attitudes, drive for muscularity, and psychological adjustment indicates that societal pressures related to appearance and psychological well-being are widespread and not distinctly linked to these demographic variables.

This thesis navigated through the complicated dynamics of sociocultural attitudes towards appearance, muscle dysmorphia, and psychological adjustment in young adult men

in Pakistan. By addressing gaps in existing research and offering a understanding of the societal influences on body image, the study contributes to the broader discourse on mental health and well-being. The implications of these findings extend beyond academia, providing actionable insights for professionals working towards adopting positive body image and psychological adjustment in young men.

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Appendices

Appendix A

Informed Consent Form

Title: Study on the Relationship of Sociocultural Attitude towards Appearance, Muscle Dysmorphia, and Psychological Adjustment among males (young adults)

You're invited to participate in a study on sociocultural attitudes towards appearance, muscle dysmorphia and psychological adjustment in males. It's for a student's psychology thesis at CapitalUniversity of Science and Technology, supervised by Ma'am Anam Mehmood. Your participationis voluntary, confidential, and involves completing questionnaires. Your data will be secure, and you can withdraw at any time without penalty. If you have questions, contact Muhammad Saad at ansm836@gmail.com. Your consent implies that you've understood and agree to participate in this research.

Participant's Name: _____

Participant's Signature: _____

Date: _____

Appendix B

Demographics

Age:

Gender:

Education Level:

Marital Status:

Occupation:

Appendix C

Sociocultural Attitudes Towards Appearance Questionnaire – 4

Directions: Please read each of the following items carefully and indicate the number that bestreflects your agreement with the statement.

Definitely Disagree	Mostly Disagree	Neither agree nor disagree	Mostly Agree	Definitely Agree
1	2	3	4	5

Items	1	**2**	**3**	**4**	**5**
It is important for me to look athletic.					
I think a lot about looking muscular.					
I want my body to look very thin.					
I want my body to look like it has little fat.					
I think a lot about looking thin.					
I spend a lot of time doing things to look more athletic.					
I think a lot about looking athletic.					
I want my body to look very lean.					
I think a lot about having very little body fat.					
I spend a lot of time doing things to look more muscular.					

Answer the following questions with relevance to your Family (include: parents, brothers, sisters, and relatives):

Items	**1**	**2**	**3**	**4**	**5**
I feel pressure from family members to look thinner					
I feel pressure from family members to improve my appearance.					
Family members encourage me to decrease my level of body fat					
Family members encourage me to get in better shape.					

.

Answer the following questions with relevance to your Peers (include: close friends, classmates, and other social contacts):

Items	1	**2**	**3**	**4**	**5**
My peers encourage me to get thinner.					
I feel pressure from my peers to improve my appearance.					
I feel pressure from my peers to look in better shape.					
I get pressure from my peers to decrease my level of body fat.					

Answer the following questions with relevance to the Media (including television, magazines,the Internet, movies, billboards, and advertisements):

Items	1	2	3	4	5
I feel pressure from the media to look in better shape.					
I feel pressure from the media to look thinner.					
I feel pressure from the media to improve my appearance.					
I feel pressure from the media to decrease my level of body fat.					

The Drive for Muscularity Scale

Always	Very Often	Often	Sometimes	Rarely	Never
1	2	3	4	5	6

Items	**1**	**2**	**3**	**4**	**5**	**6**
I wish that I were more muscular.						
I lift weights to build up muscle.						
I use protein or energy supplements.						
I drink weight gain or protein shakes.						
I try to consume as many calories as I can in a day.						
I feel guilty if I miss a weight training session.						
I think I would feel more confident if I had more muscle mass.						
Other people think I work out with weights too often.						
I think that I would look better if I gained 10 pounds in bulk.						
I think about taking anabolic steroids.						
I think that I would feel stronger if I gained a little more muscle mass.						

I think that my weight training schedule interferes with other aspects of my life.						

I think that my arms are not muscular enough.						
I think that my chest is not muscular enough.						
I think that my legs are not muscular enough.						

Brief Adjustment Scale – 6 (BASE-6)

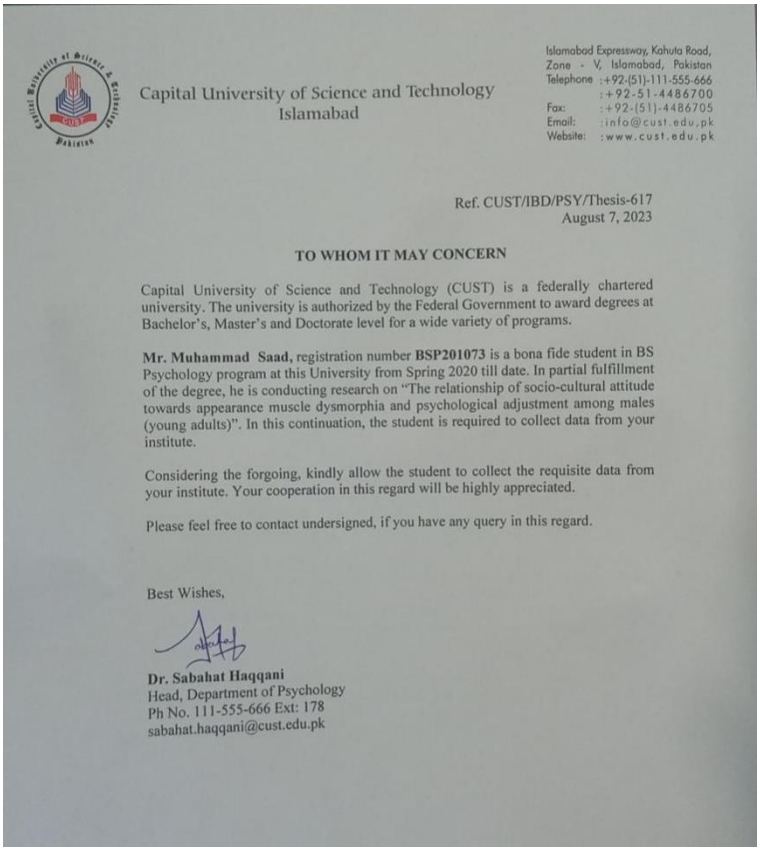
Thinking back on the week, tell us about how you have been feeling.

Items	Not at all			Somewhat			Extremely
	1	2	3	4	5	6	7
To what extent have you felt irritable, angry, and/or resentful this week?							
To what extent have you felt tense, anxious, and/or afraid this week?							
To what extent have you felt unhappy, discouraged, and/or depressed this week?							
How much has emotional distress interfered with feeling good about yourself this week?							
How much has emotional distress interfered with your relationships this week?							
How much has emotional distress interfered with your ability to perform at work, school, etc. this week?							

Appendix D

Permission letter

Permission letter for data collection for thesis from capital university of science and technology Islamabad.



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Ref. CUST/IBD/PSY/Thesis-617
August 7, 2023

TO WHOM IT MAY CONCERN

Capital University of Science and Technology (CUST) is a federally chartered university. The university is authorized by the Federal Government to award degrees at Bachelor's, Master's and Doctorate level for a wide variety of programs.

Mr. Muhammad Saad, registration number **BSP201073** is a bona fide student in BS Psychology program at this University from Spring 2020 till date. In partial fulfillment of the degree, he is conducting research on "The relationship of socio-cultural attitude towards appearance muscle dysmorphia and psychological adjustment among males (young adults)". In this continuation, the student is required to collect data from your institute.

Considering the forgoing, kindly allow the student to collect the requisite data from your institute. Your cooperation in this regard will be highly appreciated.

Please feel free to contact undersigned, if you have any query in this regard.

Best Wishes,

Dr. Sabahat Haqqani
Head, Department of Psychology
Ph No. 111-555-666 Ext: 178
sabahat.haqqani@cust.edu.pk

Permission letter for scales

Permission letter for using the scales for my research study from the authors of scales.

Socio-culture attitude towards appearance questionare-4

Hi, I am a student of psychology department from Capital university of science and Technology Pakistan. With due respect I want to use Sociocultural Attitudes Towards Appearance Questionnaire-3 (SATAQ-3) for my bachelor's thesis. I am here to ask for the permission that please allow me to use this scale on young adults and please attach the PDF file of it. I shall be very thankful to you. This would really mean a lot to me. Desperately waiting for your response. Regards Muhammad SAAD Capital University of Science and technology islamabad, Pakistan

J. Kevin Thompson Oct 4

You have our permission. I'm asking the lead author to send materials. Kevin

Lauren Schaefer Oct 4

Hello, I'm sending along a more recent version of the scale, the SATAQ-4. Best

M saad Oct 4

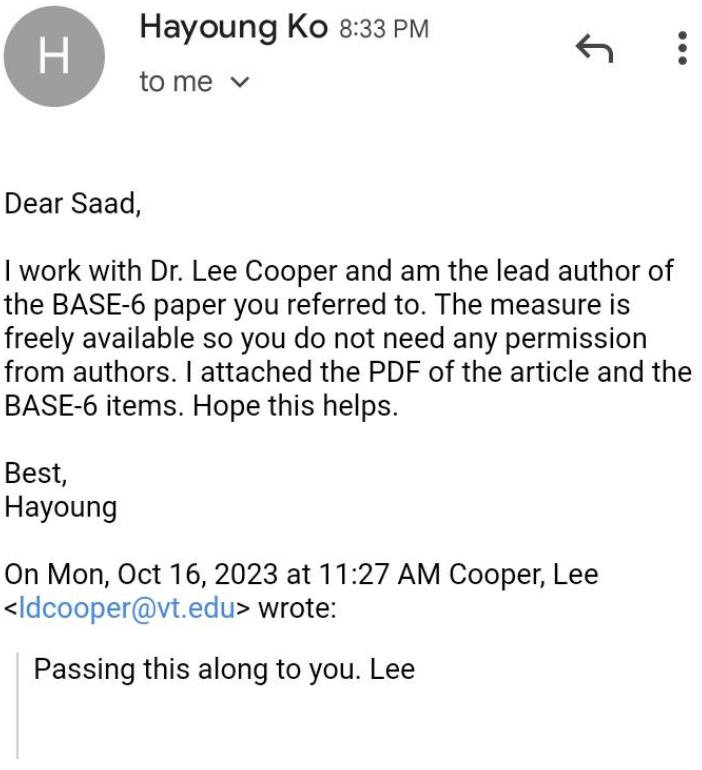
to Lauren, J

The drive for muscularity scale

Note: If you use this scale, please forward any scientific papers resulting from your research to Dr. Don McCreary

This is the free scale to use so the author mentioned to used it freely for research purpose.

Brief adjustment scale-6 questionnaire



H

Hayoung Ko 8:33 PM

to me

Dear Saad,

I work with Dr. Lee Cooper and am the lead author of the BASE-6 paper you referred to. The measure is freely available so you do not need any permission from authors. I attached the PDF of the article and the BASE-6 items. Hope this helps.

Best,
Hayoung

On Mon, Oct 16, 2023 at 11:27 AM Cooper, Lee <ldcooper@vt.edu> wrote:

> Passing this along to you. Lee

These are my scales socio culture attitude towards appearance questionnaire 4, the drive for muscularity scale and brief adjustment scale 6, that I used in my research study to finds the relationship of socio culture attitude towards appearance, muscle dysmorphia and psychological adjustment among males.