RELATIONSHIP BETWEEN PEER PRESSURE,BULLYING AND BODY IMAGE DISSATISFACTION AMONG ADOLESCENTS

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CERTIFICATE OF APPROVAL

It is certified that the Research Thesis titled "Self-discrepancy and its relationship between shame, guilt and aggression" carried out by Tayyaba khan, Reg. No. BSP191999, under the supervision of Dr. Sabahat Haqqani, Capital University of Science & Technology, Islamabad, is fully adequate, in scope and in quality, as a Research Thesis for the degree of BS Psychology.

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Relationship between Peer Pressure, Bullying and Body Image Dissatisfaction among Adolescents
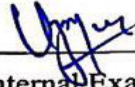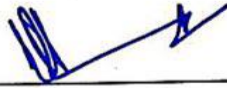
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It is declared that this is an original piece of my own work, except where otherwise acknowledged in text and references. This work has not been submitted in any form for another degree or diploma at any university or other institution for tertiary education and shall not be submitted by me in future for obtaining any degree from this or any other University or Institution.

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ABSTRACT

Bullying is prevalent among peers, which is contributing to negative body images. This study aimed to examine whether bullying, peer pressure, and body image among adolescents. Participants range in age from 10 to 19 years. Peer Pressure Scale (PPS), Body Questionnaire(BSQ), and Child Adolescents Bullying Scale (CABS) were the three scales utilized in the present study.300 participants were randomly selected for a convenient sampling in a survey to gather data (150 male, 150 female). The finding of the results showed that there is a significant positive relation between bulling, peer pressure and body dissatisfaction. This study can be beneficial to provide education to the teachers so that they can aware or educate their students not to involve in bullying andputting peer pressure. Further qualitative research can be done to explore the experiences of bullying and also what individuals think about their body image.

Key words: Bullying, peer pressure, body image dissatisfaction

Chapter 1
INTRODUCTION

College and school life is very stressful and important phase of life .There are many issues which adolescents face during this phase .School and colleges students are very much conscious about What their peers are thinking about them and they are facing bullying, peer pressure and body image dissatisfaction. The majority of a college student's social contacts are made on campus. Since their peers are their primary social goals, interactions with them have an impact on the amount of attention they pay to looks, how individuals build ideal body image standards, and how people develop body images (Thomas et al., 2019).

And in colleges and schools due to peer pressure everyone is wanting to be according to their peers and the students which are being bullied again and again eventually have low self-esteem and they start considering themselves worthless and so they start becoming dissatisfied by their body. Low self-esteem brought on by peer criticism might alter one's perception of their body. And in colleges the students probably have groups of friends and everyone want to stay fit in their groups .And some peers are not positive for everyone and they wanted everyone to be according to them . So the students start doing what they even don't want to in the peer pressure. In this peer pressure they are also bullied between their groups if they don't act according to them. Peer pressure is very common issues in the schools and colleges students because they spend most of their time of day (Flagothier, 2016).

As body weight dissatisfaction and appearance is common important thing of our society. A lot of things are being judged on the basis of body appearance .So in adolescents it is the age where everyone want to look attractive because adolescents experience puberty and so adolescents begin to develop the sexual attraction so that's why all other aspects are very less important than body appearance .But as discussed earlier due to peer pressure the students in adolescents age faces a lot of

bullying for different purposes in peers but as more frequent bullying the victim receives by peers ordue to peer pressure ,then the lower level of satisfaction with the body (Gladden, 2014)

And so students are always in fear of being bullied and this increase the dissatisfaction with the body and can also disturb the mental health .When the bullying is increased on the adolescents it make them think that they are not worthy and this cause them to doubt on how they look and they can be dissatisfied about their body .A substantial risk element for the initiation of eating disorder and depression is body image dissatisfaction. Understanding the factors that predict having a poor body image is therefore a key area of research which is caused by bullying due to peer pressure (De Looze et al., 2020)

Body image dissatisfaction is positively related with bullying .Because the children who face bullying make them have very low self -worth and self-esteem this cause them to be insecure about body .Body mass, conversations about appearance with friends, peer criticism of appearance, and internalized appearance ideals were found to be important predictors of body dissatisfaction in both males and female. These results imply that internalization may be a crucial psychological process that underlies body dissatisfaction in both boys and girls, even while body mass exerts a distinct risk for it among boys and girls (Michael et al., 2014).

Peers are important factor that negatively influence body image. Peer impact describes how comments, criticism, and scorn from peers have an effect on how one looks. Research has demonstrated that being teased by peers and pressurized to set in groups is a key factor in predicting unhappiness with physical appearance as they start doubting every little thing so appearance is also doubted. (Perkaya, 2017).

Teenagers' awareness of their "imperfections" is heightened by their peers'. According to studies social comparison and self-evaluation motivation are said to be sparked upward by hearing disparaging remarks or hearing about one's appearance, according to social comparison theory .Peer

groups have "ideal figure" expectations, which leads to the disparaging remarks about peers' physiques. Every time bullying is for showing more power and one who is victim of the bullying he then think about the facts that how he can be adjusted in poor appraisal compels individuals to contrast their bodies with the "ideal figure," which reinforces their unfavorable perceptions of their bodies because they think that they are bullied so they are also not ideal in appearance as their peers. Peer interactions about the body serve to reinforce these social norms and alter one's perception of one's own body. The idea that "thinness is beauty" is widely used to judge body size in a variety of interpersonal situations, according to a study that was previously discussed (Shen et al., 2022).

Negative body worth, body image, and dietary habits in adolescents are associated with low self-esteem, absence of social support, teasing about one's weight, and growing pressure to lose weight. Across several research, weight and body mass index (BMI) have been linked to overall dissatisfaction, with overweight or obese youth displaying more depressive symptoms and experiencing lower self-esteem than their peers. In order to improve body image and weaken the connection between low self-esteem, unhealthy eating patterns, and weight-related feelings, it may be necessary to lessen teenagers' perceptions of pressure from family and friends to maintain a certain looks. Bullying is one of the main causes of low self-esteem, which increases body image dissatisfaction (Ata et al., 2007).

The impact of one's peers on one's behavior, norms, and values is known as peer pressure. It can take many different forms, including choices in dress, pastimes, or even more serious actions like substance usage. Teenagers are particularly vulnerable to peer pressure, according to research, because of their increased sensitivity to social acceptance and need for social approval. As a result, giving in to peer pressure might have an effect on their sense of self, ability to make decisions, and general psychological health. (Peng et al., 2022).

Bullying, which includes repeated acts of aggression that take place in a power imbalance and can be physical, verbal, or relational, is a serious problem that teenagers face. Teenagers' unfavorable

self-perceptions, Body image dissatisfaction is the term for the unfavorable subjective assessment of one's own body, which is frequently influenced by the focus placed by society on unattainable beauty standards. Due to the fast physical changes they experience during puberty, adolescents are particularly vulnerable to body image issues. These worries might cause poor eating habits, body dysmorphic disorder, and low self-esteem to emerge (Dissanayake et al ,2012).

Adolescents who are bullied may face a range of emotional and psychological issues, including sadness, anxiety, low self-esteem, and helplessness. Additionally, their engagement and performance in school may suffer. Adolescents who are bullied may experience physical health effects. It could cause stress-related symptoms like headaches, stomachaches, and a disruption in sleep. Some teenagers might self-harm or have a higher chance of getting psychosomatic disorders. Getting picked on by bullies can cause social isolation and make it challenging to establish and maintain connections. Adolescents could stop participating in social activities, feel lonely, or have problems trusting others. (Balta et al., 2020).

Bullying-related emotional and psychological issues in adolescents include despair, anxiety, low self-esteem, and helplessness sentiments. They could also a victim of bullying may experience social isolation and have trouble establishing and sustaining connections. Adolescents could stop participating in social activities, feel lonely, or have problems trusting others. Teenagers who are bullied can experience behavioral changes. As a reaction to the bullying, they could become hostile or start having behavioral issues. In other situations, individuals could become more docile and subservient out of fear of being victimized again. An adolescent's academic performance may suffer as a result of bullying. They may find it difficult to concentrate due to the stress and emotional suffering that bullying causes, which will affect their grades and general academic success. (Zhao et al., 2023).

Bullying's after effects can last far into adulthood. Teenagers who are subjected to ongoing bullying may be more likely to subsequently have mental health issues including sadness and anxiety.

They might also struggle to hold a job and form fulfilling relationships. It's vital to remember that each person may experience bullying differently, and some people may be stronger than others. To safeguard teenagers' growth and well-being, bullying must be addressed and prevented (Gattario et al., 2020).

Body Image Dissatisfaction

Body image is the perspective a person has of their own physical attributes, including size, shape, and beauty. The size and other aspects of one's own body are disliked and denigrated by someone who has a poor body image. Body image is the individual's perception of his or her physical appearance. Bodily image reflects real body composition, a lifetime of societal reactions, and experiences with one's own physical well-being. Body image also reflects social body standards (Brixval et al., 2012) Due to risk factors include body dissatisfaction and placing an excessive emphasis on one's body image when judging one's self-worth as a result of bullying, some people are more likely than others to develop an eating disorder. When an individual is not pleased with the way their body appears, they may get fixated on trying to alter it, which can result in unhealthy eating, exercising, or boosting habits. These behaviors frequently result in traps that heighten feelings of disappointment, shame, and guilt, which ultimately increases the risk of developing an eating disorder. They also inevitably fail to provide the desired results (Przybylski & Bowes, 2017).

Bullying

Bullying victimization among adolescents is a significant global public health issue that is linked to a higher likelihood of adverse consequences for their physical, cognitive, and mental health. (Biswas et al., 2020) Bullying is most probably occurring when someone is not fitting in certain group or environment. Bullying is considered as planned, persistent behavior that contains an imbalance of power that makes it challenging for the victim to defend themselves (Gladden, 2014). Bullying means that someone who have less or smaller power are hurt or frightens by someone and then by frightening

or hurting that person is forced to do something that they don't want to .It is also a subtype of aggressive behavior by a person like someone is continuously attacking or humiliating a weak person Bullying can have a negative impact on one's perception of one's body since the victim may begin to believe the bully. Some individuals who have suffered from bullying may go on to develop an eating problem because they wish to alter their body type to fit in with their peers or because they believe something is "wrong with them." Bullies frequently exert control over their victims by the use of force, access to private information, or personal appeal. Threats, physical assault, rumors, verbal denigration of another person, and purposeful exclusion of someone from a meeting or event are examples of actions (Pozzoli et al., 2010).

Peer pressure

When you do something so you can be accepted and valued by your friends. There can be positive or negative type of peer pressure. Person feel himself unfit in the group if does not work according to them .And due to certain things which are not same or according to all other members of peer they are pressurized and forced to be like them otherwise they would face many other discomforts. We can do well coping with peer pressure by doing a balance of being what really you are and also fitting in group (Dissanayake et al., 2012). Improved family, peer, and school connections for teenagers may be the cornerstones of a global strategy to lessen bullying victims, notwithstanding documented cultural and demographic disparities between nations. Adolescents' relationships with their parents, friends, and other adults can be improved by culturally sensitive interventions, which may help decrease victimization from all forms of bullying as well as other high-risk behaviors and poor mental health. (Ata et al., 2007).

As children become older, their classmates increasingly reinforce what is considered to be the ideal body type. Peer pressure to fit in may be the cause of this. As a result, how adolescents' bodies develop during puberty a time when their height, weight, and form fluctuate this compares to what

their friends are like, and how it compares to their own conceptions of what a "ideal" body is like will all have an impact on how they perceive themselves (which, in turn, can be influenced by the factors outlined above) This may be especially true for males who develop later than their contemporaries and girls who mature early than their peers. The possibility of victimization due to bullying (Huang et al., 2023).

The foundations for decreasing bullying victimization may include improved family connection, relationships with peers, and school connectivity for teenagers worldwide, notwithstanding recognized cultural and demographic disparities between nations. In all nations, culturally appropriate treatments to improve teenage relationships with parents, friends, and other adults may assist in reducing victimization from all kinds of bullying as well as other mental health and high-risk behaviors in adolescents (Brixval et al., 2012).

Bullying is characterized by persistently hostile behavior meant to hurt, intimidate, or degrade others. Bullying can take many different forms, including relational, physical, verbal, and cyberbullying. Bullying and poor body image are significantly correlated, according to research. Bullying can affect how people feel about their bodies in a number of ways. Bullied people could hear disparaging remarks about their weight, body type, or outward appearance. Such unfavorable comments might cause body dissatisfaction and foster poor impressions of one's body. Bullying can also lead to social isolation, which can make problems with body image even worse (Fan et al., 2023).

Dissatisfaction with one's body image has become a widespread problem in today's society, impacting people of all ages, genders, and socioeconomic backgrounds. It refers to the unfavorable perception and assessment of one's own physique, which frequently causes psychological anguish, low self-esteem, and feelings of discontent. This paper investigates the relationship between bullying and peer pressure, two important social influences, and body image dissatisfaction. We can better understand how societal factors lead to body image dissatisfaction by analyzing the link between these

variables (Dixon et al., 2004).

Peer pressure's effect on body image dissatisfaction, people's opinions about their bodies are greatly influenced by peer pressure. Young individuals go through substantial physical and emotional changes during adolescence, making them more susceptible to peer pressure and the need to fit in. Peer pressure and body image dissatisfaction are positively correlated for a number of reasons, including: Unrealistic beauty standards are frequently produced by media representations of idealized bodies, and these standards are magnified by social media platforms. Teenagers, who are heavily impacted by their classmates, are more inclined to compare their bodies to these unattainable ideals, which makes them unhappy with their own physical appearance (Pepler et al., 2008).

Teenagers work hard to blend in and win the approval of their peer groups. To adhere to conventional beauty standards, they could engage in unhealthy behaviors like extreme dieting or excessive exercise, neglecting the possible harm to their bodily and mental health. Through comparisons and critical behavior, peer groups can unintentionally worsen body image issues. Making disparaging remarks about someone's appearance or complimenting particular body types can foster a poisonous environment that feeds one's self-doubt (Balta et al., 2020).

Another important issue that worsens body image dissatisfaction is bullying. It entails routine acts of hostility or degrading behavior directed towards a person's looks. The following elements support the hypothesis that bullying and poor body image are positively correlated: Bullies frequently attack people who vary from accepted ideals of attractiveness. An individual's self-image can be severely impacted by verbal abuse, calling them names, or circulating rumors about their appearance, which can heighten their sense of body dissatisfaction. Individuals who are subjected to bullying frequently may internalize the criticism they receive. This internalization contributes to greater body image dissatisfaction by reinforcing negative self-perceptions. Bullying-related psychological and emotional discomfort can have a lasting impact on one's

perception of one's physique. Bullying victims may have increased sensitivity to their looks, which can result in poor body opinions and unhappiness. Bullying, peer pressure, and negative body image: It's crucial to understand that bullying and peer pressure frequently occur together, amplifying the effects of the other. People who already struggle with their bodies can fall into a vicious cycle where they become more susceptible to peer pressure as they look for approval and affirmation. Due to their increased vulnerability, they are more likely to become the subject of bullying, which worsens their situation (Dixon et al.,2004).

Because of their increased vulnerability, they are more likely to be the subject of bullying, which exacerbates their discontent. Peer pressure and bullying play major roles in body image dissatisfaction, which is a complicated issue influenced by many social variables. The link between these characteristics and poor body image underscores the need for focused treatments and support structures to address the problem. We can lessen the detrimental effects of peer pressure and bullying, thereby enhancing general wellbeing and mental health, by building a good body image environment, encouraging self-acceptance, and teaching people about media literacy. To overcome the negative impacts of body image dissatisfaction, it is essential to foster a society that values diversity, respects individuality, and encourages body positivity (Huang et al., 2023).

Adolescence is a time of substantial social and emotional growth, when young people are attempting to define who they are and fit in with their peers. Peer pressure is the impact one's peers have over them to adopt particular attitudes, behaviors, or beliefs. On the other hand, bullying entails persistently aggressive behavior that is meant to hurt or distress another individual. Peer pressure throughout adolescence can do so in a number of different ways: teenagers frequently experience peer pressure to live up to their standards and expectations. To be accepted or to prevent rejection, they could adopt particular attitudes or behaviors, such as bullying. Social structures: Cliques and social hierarchies are more pronounced during adolescence (Gattario et al., 2020).

Teenagers may experience self-doubt regarding their identities, physical attributes, or aptitudes. They might bully others to make themselves feel stronger or to improve their own self-esteem. Adolescents may become desensitized to the harm caused by bullying as a result of peer pressure and exposure to their peers' aggressive behaviors. They might think it's customary or appropriate in their social group. It's crucial to remember that not all teenagers participate in or encourage bullying. Many young people actively encourage good habits and fight bullying. Peer pressure can be lessened and a climate of respect and kindness can be fostered through the creation of supportive surroundings, the encouragement of empathy, and the teaching of healthy coping mechanisms. Adolescents' impressions of their bodies are significantly shaped by peer pressure. In this phase, people are greatly influenced by their peers and work hard to fit in and get the approval of their social groups. Teenagers frequently assess themselves against their classmates in an effort to gain acceptance and validation. They may feel dissatisfied with their bodies if they believe they fall short of the standards of appearance set by society or their peers (Dixon et al., 2004).

The way that media and social media are used by teenagers greatly influences how they view their bodies. Popular culture frequently upholds a limited and unrealistic standard of beauty, emphasizing muscularity or thinness as the benchmark. Magazines, television, films, and increasingly social media platforms expose adolescents to these messages. (Coyle et al., 2021)

Continuous exposure to these idealizedpictures can encourage comparisons and feelings of inadequacy, which will only serve to worsen bodyimage issues. It's crucial to remember that not all teens struggle with their body image because of peerpressure. Body image issues can also be influenced by other elements like personal experiences, familial influences, cultural expectations, and underlying psychological elements. In order to effectively treat body image issues in teenagers, a multifaceted strategy comprising education, support,and the promotion of healthy body image ideals is needed. (Roberson et al., 2018)

Adolescents may have severe consequences from peer pressure and negative body image. Their effect is broken down as follows Peer pressure is the impact of friends or peers on a person's actions, attitudes, and decisions. Peer pressure can be particularly strong throughout adolescence, when the demand for social acceptability and belonging is great. Peer pressure can have both beneficial and harmful effects. Adolescents may have severe consequences from peer pressure and negative body image Teenagers may be urged to take part in activities that support positive behaviors, such playing sports, giving back to the community, or striving for academic achievement. Friends can give a person a sense of community and emotional support during trying times, which helps to maintain psychological health (Huang et al., 2023). Adolescents may have severe consequences from peer pressure and negative risky behaviors like substance misuse, smoking, underage drinking, and reckless driving can be influenced by peers (Pepler et al., 2008).

An unfavorable perception and evaluation of one's physical appearance are referred to as body image dissatisfaction. Due to physical changes and, adolescence is a time when body image issues are prevalent Feelings of low self-worth, low self-esteem, and low confidence can all be influenced by negative body image .Depression and anxiety problems might arise as a result of ongoing body dissatisfaction. In an effort to achieve what they consider to be the "ideal" body form, adolescents may develop harmful eating patterns or eating disorders like bulimia or anorexia nervosa. Teenagers who struggle with their body image may become socially anxious, avoid specific settings, or withdraw from social activities (Roberson et al., 2018)

Teenagers can make negative comparisons to their friends, which would make them feel less satisfied and more self-conscious.. It's crucial to remember that not all teenagers are equally impacted by peer pressure and negative body image. During this critical period, supportive environments, good role models, and effective communication can help reduce the negative effects and encourage healthier growth. (Roberson et al., 2018).

Literature Review

Bullying and Body Image Dissatisfaction

Bullying is when a person or group of students regularly victimizes their peers by physical, verbal, indirect, and emotional bad acts. This causes a great deal of complexity in the kids (Wilson et al., 2016) Overweight and obese students are more likely to be bullied. The relationship between being overweight and experiencing bullying appears to be moderated by body image Younger pupils who hear comments about their appearance develop negative attitudes of themselves. The working women who experience peer and cultural pressure to be perfect are more likely to struggle with their body image (Akbar et al., 2022) Self-reported sentiments of being overweight were closely related to being a victim of bullying and then bully is basically lowering the confidence of a person which results in the insecurity of body appearance (Holubcikova et al., 2015).

In order to enhance body image and weaken the connections between poor self-esteem, unhealthy eating habits, and weight-related views, it may be necessary to lessen teens' feelings of pressure from family and friends to maintain a certain appearance (Ata et al., 2007).According to Heymann et al. (2019), there is insufficient research on anti-bullying programmers for teenagers in low- and middle-income nations. According to research from high-income countries, teenagers are more sensitive to bullying interventions than children in basic schools (Sivaraman et al., 2019). More research is required to enhance intervention results, particularly for teenagers.

The early exposure to wealth disparity is linked to a higher chance of adolescent bullying, and that the bully has a favorable relationship with body image issues. Lack of parental participation, family support, low school connection, past experiences with conventional bullying, and school settings where bullying behavior is normalized are other variables that have beenfound to predict victimization (Duggins et al., 2016).

The typical victim exhibits higher levels of anxiety and anxiety than typical adolescents, as well as low self-esteem, depression, and suicidal tendencies. Bullies tend to behave aggressively and have unfavorable attitudes and views about other people. Typical bully victims have a lot of negative attitudes and ideas about themselves and other people. Overall, bullying among teenagers is related to lower self-esteem compared to bullying among adolescents who are not involved, which is linked to strained interpersonal ties and a lack of acceptance among peers. Due to variations in their behaviors or appearance: Victimization by peers may take place as a result of physical differences. Second, psychological adjustment may affect the link between victimization and inequalities in appearance. Exclusion or victimization may arise from low self- esteem or anxieties about peer rejection he results also emphasize the significance of taking young adolescents' physical self- worth into account when explaining their body image discrepancy. Body image discrepancy that acknowledges the combined impacts of global social-emotional influences from mothers, dads, and peers for both boys and girls. There were no links observed between cyberbullying, body image dissatisfaction, drive for thinness, or bulimic symptoms, however there were significant associations between physical bullying frequency, social bullying severity, and weight-related taunting (Biswas etal., 2002).

Another critical part affecting school bullying is school culture. It is best to take a whole- school strategy to addressing the issue of bullying in schools (Arora, 1994; Limper, 2000; Roland, 2000; Salmivalli, 1999). Olweus (1993) was interested in influencing the school climate through the creation of a clear range of rules and the ability to participate of teachers and parents. In a similar vein, Besag (2014)) noted the demand for creating a school system that would both prevent and treat bullying conduct.

Bullying is characterized by persistently hostile behavior meant to hurt, intimidate, or degrade others. Bullying can take many different forms, including relational, physical, verbal, and cyberbullying. Bullying and poor body image are significantly correlated, according to research. Bullying can affect how people feel about their bodies in a number of ways. Bullied people could hear disparaging remarks about their weight, body type, or outward appearance. Such unfavorable comments might cause body dissatisfaction and foster poor impressions of one's body. Bullying can also lead to social isolation, which can make problems with body image even worse (Dissanayake et al., 2012)

Numerous research have shown that bullying victims is strongly correlated with having a negative body image. Bullying can take many different forms, including verbal, physical, and online, and adolescents in particular who believe they have an unattractive body shape or weight are more prone to suffer these types of bullying. According to research, those who do not conform to social standards of beauty, such overweight people or people with non-normative bodily traits, are more likely to experience bullying because of their body image. (Roberson et al., 2018). Furthermore, bullying's effect on body image goes beyond simple victimization. Bullying is a common tactic used by those who are insecure about their appearance to make up for their own anxieties. Reactive bullying is a phenomena that demonstrates the complex link between violent behavior and poor body image (Huang et al., 2023).

Bullying motivated by body image has far-reaching detrimental effects that touch on many different psychological, emotional, and social dimensions. Bullying victims are more likely to have low self-esteem, sadness, anxiety, eating disorders, and suicidal thoughts. In addition, having a negative body image can cause social withdrawal, poor academic achievement, and a poor quality of life. Bullying motivated by body image has far-reaching detrimental effects that touch on many different psychological, emotional, and social dimensions. Bullying victims are more likely to have

low self-esteem, sadness, anxiety, eating disorders, and suicidal thoughts. In addition, having a negative body image can cause social withdrawal, poor academic achievement, and a poor quality of life (Dixon et al., 2004).

Similarly another study looks on the connection between bullying victimization and adolescent body dissatisfaction. The relationship between bullying victimization and body dissatisfaction is shown to be positive, and the moderating effects of self-esteem and social support are also highlighted (Fom et al., 2019). Bullying can affect one's body image negatively, it's true, but the relationship between the two is complicated and varies from person to person. Here are a few reasons why, in some circumstances, bullying may be positively correlated with poor body image (Roberson et al., 2018). Adolescents may have severe consequences from peer pressure and negative body image Bullying frequently entails making disparaging remarks, teasers, or insults regarding a victim's appearance repeatedly. An individual's impression of their own body may be greatly impacted over time by this continual criticism, which can result in negative body image. Bullying can increase people's self-consciousness about their appearance, leading them to negatively compare themselves to other people. They could experience pressure to meet conventional beauty standards or grow to have a mistaken perception of their own bodies, both of which can exacerbate body image issues. (Pepler et al., 2008).

Interventions should take a diversified approach to address the complicated interaction between bullying and body image. Bullying involving the body has been demonstrated to be lessened through prevention programs that encourage a good self-image and self-acceptance while challenging social beauty expectations. The negative consequences of bullying caused by body image can be lessened by school-based programs emphasizing empathy, creating a safe atmosphere, and improving media literacy. Additionally, individual counselling and therapy can offer helpful support to bullies and victims equally by addressing the psychological issues at the root of aggressive behavior and body

dissatisfaction (Gattario et al., 2020).

Peer Pressure and Body Image Dissatisfaction

Due to a mismatch between their desired and actual body proportions, many young adolescents develop body dissatisfaction, which can result in eating disorders, depression, obesity, and weight cycling. The discrepancy between early adolescents' soul body dimensions and what they believe a person their age should be like has been called as a body image disparity (Michael et al., 2014)

Peer impact describes how peers' comments, assessments, and derision have an effect on how one looks. Body image cognition is negatively impacted by discussions about obesity among women, which frequently take place in female friendship groups and focus on body size, weight, and eating habits. Additionally, research has indicated that being teased by peers is a key factor in predicting dissatisfaction with physical attractiveness. Teenagers' awareness of their "imperfections" grows as a result of their peers making fun of them for their appearance (Roberson & Renshaw, 2018)

Most of a college student's social connections are made on campus. The key social objects for them are their peers. How much attention is paid to appearances, how ideal body standards are established, and how body images are formed are all influenced by communication with peers. Studies show that participating in obesity evaluations among female college students is a significant predictor of having a negative perception of one's physical appearance (Pernille Due & Bjorn Evald Holstein, 2018). The social comparison theory states that hearing disparaging remarks or hearing about one's appearance increases drive for upward social comparison and self-evaluation. Peer groups have "ideal figure" expectations, which is why there are disparaging remarks about peers' physiques. Poor appraisal compels individuals to contrast their bodies with the "ideal figure," which reinforces their unfavorable perceptions of their bodies (Moore et al., 2017).

Peer discussions regarding the body serve to reinforce these societal norms and alter one's perception of one's own body. The idea that being thin is beauty is commonly used in appraise body size in a variety of interpersonal situations, per the previously stated study. Internalization influences the association between peer appearance talks and physical appearance dissatisfaction. Peers have also been recognized as a key cause of pressures related to weight and appearance. In their systematic review, Webb and Zimmer-Gembeck (2015) found that friends and peers have a significant impact on adolescents' body dissatisfaction through a variety of mechanisms, such as appearance-based trash talking and criticism, prediction and talking about concerns about appearance, making appearance comparisons, judging the appearance of friends, and social tension or rejection (Peterson & Rigby, 1999)

Peers and others make judgments on their appearance, some of which are unfavorable. They read remarks that are hurtful purposefully or unintentionally, like "You look a little larger with that dress." The sociocultural model and the social comparison theory contend that this feedback forces comparisons with "better" body types and the internalization of the "better" body norm, both of which are challenging to accomplish (Shen et al., 2022).

Peer pressure is the effect that one's friends or other members of the same social group have over them to act or look a specific way. Peer pressure can exacerbate negative body image views in the setting of body image dissatisfaction. Peer pressure is especially dangerous for adolescents and young adults since they want to fit in and be liked by their peers. According to studies, peer pressure can make people feel dissatisfied with their bodies by encouraging harmful weight control habits and unattainable beauty standards. Peer pressure can take many different forms, such as overt remarks or comparisons about one's looks, choice of clothing, or body type. People who feel pressure from their peers to adhere to particular body standards may become dissatisfied (Roberson et al.,2018)

Poor body esteem, body image, and eating behaviors among adolescents were linked to limited social support, taunting about their weight, and increased pressure to lose weight. Females had greater high-risk eating habits that were linked to extra psychosocial risk factor than did boys, who only demonstrated high-risk attitudes and behaviors in relation to diminished parental support and increased pressure to be muscular. (Elgar et al., 2009). The defense strategies linked to self-defense and staying quiet while a peer is being bullied. In line with other research that identified defenders as socially adept adolescents (e.g., Gini et al. 2008a), we assume that protecting action will be linked to approach coping mechanisms such trying to fix the problems or looking for help from peers and adults. On the other hand, we believe that passive witness conduct is connected to avoidance tactics (Ortega & Lera, 2000).

Numerous studies have examined the impact of the media on body image and the following peer pressure that results from it in an effort to understand how it shapes cultural ideas of beauty. According to research, viewing media depictions of idealized bodies can cause people to have unfavorable perceptions of their bodies, feel more self-conscious, and dislike their bodies. People who have these perceptions may then feel under pressure from their peers to conform to these values. According to studies, those who compare themselves to others or to the media are more likely to experience negative peer pressure and body image issues. Peer pressure and body image are closely related, with a large role played by cultural and societal variables (Pepler et al., 2008).

People in various cultures may encounter various pressures to fit in because of their varying conceptions of what is attractive. For instance, Western nations frequently advocate for thinness as the ideal female body shape, whereas other cultures place more emphasis on other qualities. Peer pressure and opinions of one's physiqueare both influenced by social influences, including family, friends, and social media. Age, gender, and the particular social group a person belongs to can all affect how these variables affect them (Balta et al.,2020).

According to research, adolescents go through physical and psychological changes that raise their self-awareness and their desire for social acceptability. Peer pressure intensifies at this phase as teenagers look to their peers for approval and acceptance. According to studies, teenagers who are subjected to greater amounts of peer pressure are more likely to participate in appearance-related behaviors, such as extreme dieting, overly rigorous exercise, and cosmetic surgery, in an effort to meet socially acceptable criteria of beauty (Pepler et al., 2008).

The effects on mental health are also influenced by the connection between peer pressure and body image. Depression, anxiety, and eating disorders are just a few of the psychological problems that can result from having a poor body image. Peer pressure can make these problems worse because people feel pressured to live up to the standards that their peers have established for outward appearance. It has been shown through longitudinal studies that having a bad body image as a teenager predicts having a worse mental health outcome as an adult, underscoring the long-lasting effects of the peer pressure-body image relationship (Roberson et al., 2018)

There is a connection between peer pressure and body image that also affects mental health results. Psychological suffering, such as sadness, anxiety, and eating disorders, can result from having a negative body image. Peer pressure can make these problems worse since people feel under pressure to live up to the standards of beauty that their peers have set. Negative body image in adolescence predicts worse mental health outcomes in adulthood, according to longitudinal research, underscoring the long-lasting effects of the link between body image and peer pressure (Duggins et al., 2016). Accordingto research, self-esteem, body appreciation, and media literacy can operate as safeguards against peer

pressure and a poor body image. Additionally, programs including media literacy classes, social support networks, and cognitive-behavioral therapy have demonstrated potential outcomes in boosting healthy body image and lessening the influence of peer pressure (Balta et al.,2020).

When it comes to body image, peer pressure frequently involves comparing oneself to others, which can result in dissatisfaction. People may feel under pressure to live up to those expectations if they continuously compare their appearance to that of their peers, especially those who are deemed to be more attractive or fit. This may lead to low self-esteem and dissatisfaction with one's physical appearance. Idealized and unrealistic body ideals are frequently shown in the media, which includes publications, television, and social media. By advocating or debating these values, peers might help to reinforce them. People who are exposed to these pictures and get criticism about their appearance from peers may feel under pressure to live up to cultural expectations, which can result in body image issues. (Dixon et al., 2004).

Bullying and Peer Pressure

In country specific analysis it is found that there was a correlation between problems with family functioning, relationships of peers and schools connectivity with all forms of bullying victimization among teenagers in practically all nations. According to this pattern of results, both traditional bullying and victimization from cyberbullying share a similar degree of relationship with important variables found in the familial, peer, and educational domains. These associations could be dose-response dependent rather than being a reflection of the sort of bullying experience (Biswas et al., 2020)

The foundations for minimizing bullying victimization may include improved family connection, peer relationships, and school connectivity for teenagers worldwide, notwithstanding recognized cultural and demographic disparities between nations. Adolescents' relationships with their parents, friends, and other adults can be improved by culturally sensitive interventions, which may help decrease victimization from all forms of bullying as well as other high-risk behaviors and poor mental health. Peer and family influences on the risk of bullying victims are also well-established (Biswas et al., 2020).

Bullying entails the creation of a particular school culture among the population of interest. The bully decides what is to be valued or treated with contempt inside the group's culture by abusing the victim's differences. Bullying becomes more effective as a result, and community members are compelled to uphold the same cultural ideals in order to protect themselves from bullying. For instance, cases of anorexia nervosa may occur if being fat is culturally unacceptable within the student population (Pepler et al., 2008). Peer pressure, bullying, and body image in adolescence have a complicated relationship that is mediated by a number of different factors. Social media, which provides a venue for comparison and exposure to unattainable beauty ideals, is one important cause. Teenagers who spend too much time on social media are more likely to feel self-conscious about their bodies and practice disordered eating habits. Additionally, an adolescent's perspective of their physique and susceptibility to peer pressure and bullying can be influenced by family dynamics, cultural standards, and gender stereotypes (Balta et al., 2020).

Long-term Effects and Consequences: Peer pressure, bullying, and having a bad body image during adolescence can have a lasting effect that can last into adulthood. Teenagers who are unhappy with their bodies are more likely to suffer from eating disorders, melancholy, anxiety, and low self-esteem. Additionally, the emotional discomfort brought on by bullying and peer pressure can cause problems in school, social isolation, and even suicide thoughts. To minimize the possible long-term impacts on teenagers' mental health and wellbeing, it is essential to address these concerns quickly through preventive measures, intervention programs, and supportive environments (Roberson et al., 2018)

The idea that peer pressure has a substantial impact on bullying behaviors among adolescentsis consistently supported by the literature. For the creation and execution of successful prevention and intervention initiatives, it is essential to comprehend this link. Interventions should emphasize on self-resilience, encouraging positive peer relationships, and developing assertiveness to

counteract harmful peer pressure. Additionally, fostering inclusive, encouraging, and supportive school climates that prohibit bullying and promote good social standards might lessen the influence of peer pressure on bullying behaviors (Huang et al., 2023). The results of the current study have implications for future research even though it did not explore teachers' or parents' views of bullying. The study's findings have shed light on the nature of bullying and given researchers an additional findings framework on which to build protection and intervention approaches. In order to create efficient responses to bullying, much more study is needed to get a complete and in-depth interpretation as a whole (Bukatko & Daehler, 1998).

Many students who were not directly involved in the preponderance of bullying incidents as bullies or victims were present again and saw them (Craig et al. 2000). Peers' judgments of victims and their sense of safety at school may be influenced by this audience's presence and their reactions (Gini et al. 2008b). According to participant roles, the bulk of these passive learners choose varied roles that are relevant to the bullying process. Some students stand up for the harassed ones and take immediate action to stop the harassment. They may also encourage and reassure the victimized classmate or ask the teachers for help (Salmivalli et al., 1996b).

While each of these elements has been the subject of independent studies in the past, more study is needed to fully understand how bullying, peer pressure, and body image dissatisfaction among teens interact. Understanding these elements' dynamic character and how they interact will help us better understand the mechanisms that underlie their effects on adolescents' wellbeing. The purpose of this study is to ascertain the connections between bullying, peer pressure, and adolescents' body image dissatisfaction. We can better understand how these elements interact and contribute to the psychological difficulties that teenagers experience by looking at them as a whole. In the end, this information will contribute to the creation of focused treatments and preventive measures to encourage healthy peer interactions, lessen the impacts of bullying (Essiz et al., 2022).

A theoretical foundation for comprehending the connection between peer pressure and bullying is provided by the social norms theory. This theory contends that people adapt to activities they believe are appropriate within their social group as a result of perceived norms. Individuals may be more prone to participate in or support bullying if it is a common practice among their peers in order to obtain acceptance and approval. (Duggins et al., 2016).According to research, people are more likely to become bulliesthemselves or bystanders who support or encourage bullying actions when they perceive strong peerpressure to bully. The literature has also examined how gender variations affect how bullying and peer pressure interact. According to certain studies, boys are more prone to succumb to harmful peerpressure and engage in physically violent forms of bullying. Girls, on the other hand, may encounterbullying that is more relational or indirect and relies on exclusion from social situations, rumors, ormanipulation. It is crucial to remember that there are variations across cultures and circumstances and that these gender inequalities are not always present (Gladden, 2014)

Previous literature investigates how bullying, peer pressure, and social media affect young women's concerns about their bodies. It highlights the need for more research and offers insights into how these elements interact. Peer pressure and bullying have some connections, but it's crucial to recognize that they are two different issues. They are not directly causally related, even if there may be some overlap and interaction between them (Perloff, 2014).

Conformity is a common component of peer pressure, when people feel pressure to fit in or conform to the standards and expectations of their peer group. Bullying can take advantage of this need for conformity by focusing on people who are deemed to be different or out of the norm. In order to retain their own social standing or to avoid becoming targets themselves, bullies may put pressure on their peers to engage in bullying behavior. (Elgar et al., 2009).

Peer pressure can promote bullying when bystanders or spectators nod in agreement with the bully's actions or actively encourage it. Peers who participate inor support bullying can start a cycle of reinforcement where the bully feels empowered and keeps up the bad behaviour (Duggins et al., 2016)

Theoretical Framework

Social Learning Theory

Social learning theory will explain all the variables as it makes us believe that peers and friends can reinforce appearance-related attitudes and behaviors. So when they are getting bullied they are dissatisfied with their body image as learned by observing and imitating the behavior of others so this is social learning theory .And so they get less self-esteem due to learning from bullying behavior and directly this observation make the person dissatisfied from the body eventually (Cantone et al., 2015)

Albert Bandura proposed Social learning theory the investigation of family dynamics in connection to a child's misbehavior or violence is significantto social learning theory (Berndt, 1992; Berns, 1997). In the past ten years, bullying and negative bodyimage issues have been more prevalent. It is necessary to do in-depth research in order to understand the origins of bullying and the motivations behind it. It's also important to investigate how bullying isbrought on by peer pressure and this will help to know that bullying is one of the reason of having bodyimage dissatisfaction. As a result, this research project will be able to explore these issues. This researchcan also assist in identifying bullying's new causes and potential solutions.

According to the social learning theory, people pick up new skills by watching and copying the actions of others, especially those who are in their social surroundings. Through modelling, new behaviors are learned during this period, and those behaviors may then be rewarded or punished. Social learning theory believes that people may be influenced by the attitudes and behaviors of their

peers in the context of bullying, peer pressure, and body image issues, which can result in the formation of a poor body image and the use of bullying tactics. The effect of one's peers on one's behavior to comply to their norms, values, and behaviors is referred to as peer pressure. Peers may significantly influence how people perceive their own bodies in the setting of body image dissatisfaction. People could feel under pressure to adhere to a certain body ideal, for instance, if peers respect and priorities that ideal, which could result in body dissatisfaction. Negative comments about one's own physique or witnessing others indulging in body-shaming behaviors can also exacerbate a negative self-perception.(Brown et al.,2018)

The frequent hostility, intimidation, or harassment of a person by their peers is considered bullying on the other hand. According to the social learning hypothesis, people might pick up bullying behaviors through modelling and observation. People may be more likely to replicate bullying behaviors if they see their peers engaged in it and see the positive reinforcement or social status that comes from it. Additionally, due to the psychological pain brought on by the bullying experience, those who are bullied may grow to have a bad body image (Dixon et al., 2004).

According to the social learning hypothesis, bullying behaviors and the formation of a negative body image are both influenced by peer pressure and observational learning. Researchers can investigate peer influence, the function of modelling behaviors, and the effects of reinforcement or punishment in these processes by studying the principles of social learning. This theoretical framework offers a prism through which researchers can explore the intricate connections between bullying, peer pressure, and negative body image and create interventions to deal with these problems (Huang et al., 2023).

Rationale

In the past ten years, bullying and negative body image issues have been more prevalent. It is

necessary to do in-depth research in order to understand the origins of bullying and the motivations behind it. It's also important to investigate how bullying is brought on by peer pressure. Based on this research, treatments can also be created to lessen the harmful effects of bullying, peer pressure, and poor body image. As a result, this research project will be able to explore these issues. This research can also assist in identifying bullying's new causes and potential solutions. So the students who are feeling worthless due to being bullying they can cope up with that and can work on this. Adolescence is a period characterized by increased social interaction and a desire to fit in. Peer pressure refers to the influence that peers exert on an individual's attitudes, behaviors, and self-perception. Exploring how peer pressure influences body image dissatisfaction can shed light on the social dynamics that contribute to negative body image and related issues Research on the relationships between peer pressure, bullying, and body image dissatisfaction also considers the influence of gender and cultural factors. Societal beauty standards, media portrayals, and cultural norms regarding body image may differ across contexts and have varying effects on different genders.

Investigating these influences provides a nuanced understanding of how peer pressure and bullying intersect with cultural and gender expectations. Research in this area helps inform the development of interventions and prevention strategies to mitigate the negative effects of peer pressure, bullying, and body image dissatisfaction among adolescents. By identifying risk factors, protective factors, and potential pathways for intervention, researchers can contribute to the development of effective programs and policies aimed at promoting positive body image and mental well-being in adolescents All the pressureof the peers which is leading towards a weak self -esteem can be further identified.

Objectives

The main objectives of this study are:

1. To find the relationship between bullying and peer pressure among adolescents

2. To find the relationship between peer pressure and body image among adolescents

3. To find the relationship between body image and bullying among adolescents

4. To find the significant difference in peer pressure ,bullying and body image dissatisfaction with gender among adolescents

Hypotheses

5. There will be relationship between bullying and peer pressure among adolescents

6. There will be relationship between peer pressure and body image among adolescents

7. There will be relationship between body image and bullying among adolescents

8. There will be significant difference in peer pressure ,bullying and body image dissatisfaction with gender among adolescents

Chapter 2

METHOD

Research design

It was quantitative cross sectional study and correlational design will be used.

Ethical consideration

Firstly the permission was taken from the Head of department of our university. After presenting the letter of reference from the university and briefly explaining the study's objectives as well as the questionnaires that was delivered, the Head of Organization was asked for permission to allow their student to participate in the study. Prior to the research, participants first signed a consent form, and confidentiality of the data should be given first attention and the participant can withdraw at anytime. Anonymity for participants was protected.

Population and Sample

The population is 300 participants which are calculated through G power. The population was taken from the school and colleges of Rawalpindi and Islamabad. The population will include both male and female of school and colleges.

Inclusion Criteria

- They should understand English language.
- The age range will be 10 to 19 years.

Exclusion Criteria

- The participant will not have any physical disabilities and any psychological illness.

Sampling Technique

In the current study convenient sampling was used

Instruments

Peer Pressure Questioners-Revised (Sunil Saini, 2016)

Sunil Saini (2016) created the PPQ-R which is to measure peer influences in real-world circumstances. It is a 29-item self-report scale, a Likert scale of 1 (strongly disagree) to 5 is used (strongly agree). High scores on each of the five sub-scales of the scale indicate greater levels of that type of peer pressure. The age range is 10 to 19 adolescents. This scale is appropriate to use for my research because in previous literature (Trezasni et al., 2022) this scale is used for the same population for measuring the peer pressure

The Body Shape Questionnaire (BSQ)

We will measure negative body image using the Body Shape Questionnaire (BSQ),developed by Cooper, Taylor, Cooper, and Fairburn (1987). There are 34 things in total. Reliability between testswas 0.95. Scores range from 1 to 6, with never equaling 1 and always equaling 6. The range of ages is12 to 20. The BSQ is a self-report measure, therefore it's crucial to keep in mind that it relies on the person's unbiased perceptions and experiences. This scale is appropriate to use for my research because in previous literature (Sewfter et al., 2020) this scale is used for the same population for measuring the body image dissatisfaction

Although it can offer insightful information regardingissues with body image, it shouldn't be used as a standalone diagnostic tool. It is advised that you seekadvice from a licensed psychologist or healthcare provider if you are worried about your body image or other related issues.

Child Adolescents Bullying Scale (CABS)

Bullying is a significant issue in schools all across the world. The CABS assists in identifying

children's bullying-related issues. It was evaluated on a group of 13 to 18-year-old American children (Strout et al., 2018). Scores can be between 20 and 100. The severity of the bullying problem increases with score. Here, the 20 items that made up the measure's total score were assessed. Internal Consistency dependability was demonstrated by analyses (Cronbach's alpha =0.97), a instrument used to measure and evaluate bullying behaviors among kids and teens is the Child and Adolescent BullyingScale (CABS). Researchers, educators, and mental health professionals can use it to gain insightful information about the incidence and characteristics of bullying, which helps them comprehend the problem's extent and create successful remedies. This scale is appropriate to use for my research because in previous literature (Bizzer et al., 2023) this scale is used for the same population for measuring the bullying in adolescents

Procedure

The permission will be taken from the university head of department and then permission letter will be given to the head of schools and colleges from which the data will be collected .Then the threescales Peer pressure scale (PPS), the Body Shape Questionnaire (BSQ) and Owelus Bully Questionnaire and will be given to the participants and if anyone need facilitation while solving questions then help will be provided to them.

Data Analysis

The latest version of Spss was used for data analysis and t test, Pearson correlation ,descriptive statistics and reliability of the variables were find out through Spss.

Chapter 3

RESULT

In this chapter, results of the current study were presented in the form of frequencies and percentages of demographic variables, descriptive statistics, alpha reliability, a correlation between the studies and mean comparison by t-test were discussed. The aim of the study was to find the relationship between Peer pressure, bullying and body image dissatisfaction among adolescents. As the distribution was normal, parametric test Pearson correlation, independent sample t -test was used in the result section. Parametric tests were used when the data distribution is normal.

Table 1

Sociodemographic characteristics of Participants

Characteristics	n	%
Gender		
Male	148	47.7
Female	152	49.0
Age		
10-12 years	101	32.6
14-16 years	104	33.5
17-19 years	95	30.6
Class		
5-7 class	101	32.6
9-10 class	103	33.2
11-12 class	96	31.0

Note. n=Frequency, %=Percentages

Table 1 reveals that there were greater female participants (n=152, 49%) than male participants (148,47.7%) .And higher age of 14-16 years (n=104, 33.5%) participated in the study compared to participant 10-12 years (n=101,32.6%) and 17-19 years (n=95,30.6%) .And higher number of 9-10 class participants (103, 33.2%) as compared to 5-7 class (101,32.6%) and 11-12 class (96,31%)

Table 2

Psychometric properties of Scales (N=300)

Scale	*M*	*SD*	Range		a	Skewness	Kurtosis
			Actual	Potential			
CABS	69.06	12.08	36-95	22-110	.83	-.52	-.57
PPQR	83.0971	12.26	47-124	25-125	.87	-.04	.59
BSQ	57.8641	82.86	30-82	16-96	.81	-.13	-.45

Note: CABS= Child Adolescence bullying Scale, PPQRS= Peer Pressure Questionnaire Revised
BSQ = Body Shape Questionnaire

Table 2 shows that descriptive statistics like alpha reliability, means, standard deviation, range (actual and potential), skewness and kurtosis for all scales. It can be seen Cronbach alpha reliability of CABS is .83 which indicate higher internal consistency. It can be seen Cronbach alpha reliability of PPQRS is .87 which indicate higher internal consistency. It can be seen Cronbach alpha reliability of BSQ is .81 which indicate higher internal consistency. It has been observed that skewness and kurtosis values range within -2 and +2, which indicates a normally distributed data set.

Distribution curve

Followings are the figure representing the shape of the distribution curve during CABS, PPQRS and BSQ .And in this the total number of participants (N) for all these measures is 300

Figure 1 : Distribution score of Child Adolescence Bullying Scale

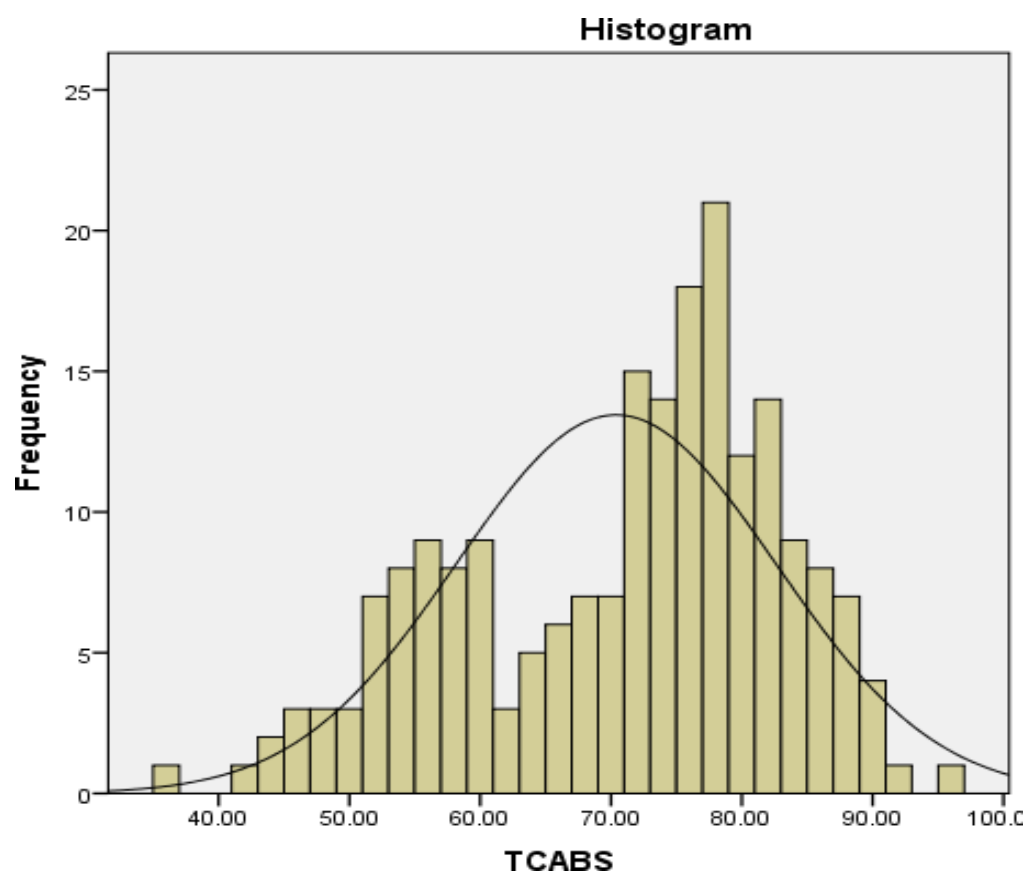Figure 1 shows the normal distribution

Figure 2 : Distribution Score of Peer Pressure Questionnaire Scale Revised
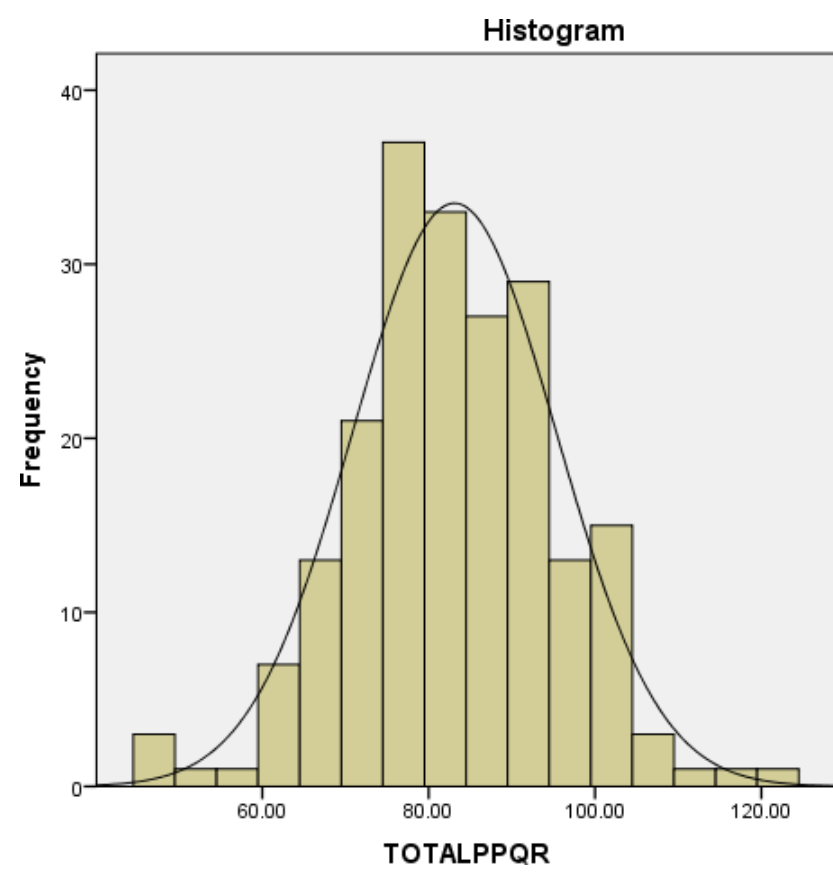
Figure 2 shows the normal distribution

Figure 3: Distribution score of Body Shape Questionnaire

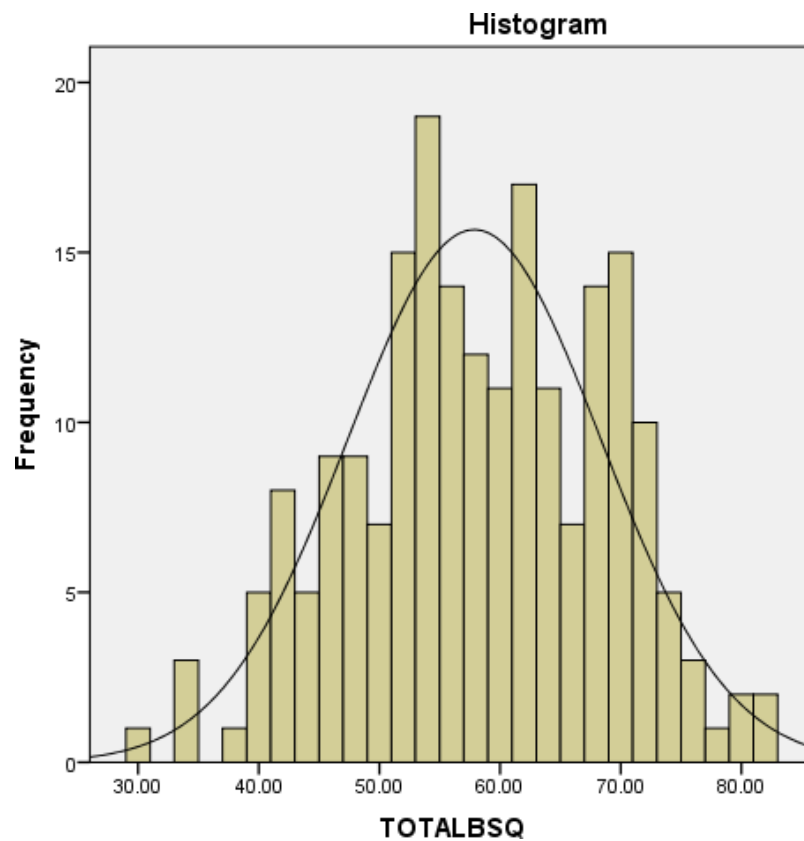This figure shows the normal distribution

Table 3

Descriptive Statistical Peer pressure questionnaire scale, Child adolescence bullying scale and Body Shape Questionnaire.

Variables	Skewness	Kurtosis	K-S	*p*
CABS	.39	.87	.122	.00
PPQRS	.04	.59	.56	.20
BSQ	.13	.46	.61	.06

Note: CABS= Child Adolescence bullying Scale, PPQRS= Peer Pressure Questionnaire Revised
BSQ = Body Shape Questionnaire

As in table 3, the value of K.s for CABS is more than .05 so it is normally distributed and the p value is (.00) so it is significant .And the value of K.S for PPQRS is .56 which is more than .05 so it is also normally distributed .And *p* =.20*** so it is also significant. The K-S value for BSQ is .61 which shows that it is normally distributed.

Table 4

Correlation Coefficients among study variables (N=300)

Variables	*N*	1	2	3
1.CABS	22	-		
2.PPQRS	25	.67**	-	
3.BSQ	16	.66**	.61**	-

Note: CABS= Child Adolescence bullying Scale, PPQRS= Peer Pressure Questionnaire Revised
  BSQ = Body Shape Questionnaire

Table 4 shows that PPQR (r=.67**) have significant positive correlation with CABS .And BSQ (r=.66**) have significant positive correlation with CABS. PPQRS have significant positive correlation with BSQ (r=.613**)

Table 5

Mean comparison of Male and Female on CABS, PPQRS and BSQ

	Male		Female				
	M	*SD*	*M*	*SD*	*t*	*p*	*Cohen's d*
CABS	65.69	13.40	72.35	9.64	4.95	.00	0.57
PPQRS	82.38	14.01	83.79	10.29	.828	.41	0.11
BSQ	56.57	11.29	59.57	9.39	2.380	.02	0.29

Note: CABS= Child Adolescence bullying Scale, PPQRS= Peer Pressure Questionnaire Revised
BSQ = Body Shape Questionnaire

Table 5 revealed significant mean difference on CABS with t =4.95, p<.05 . Findings showed that female participants exhibited higher score on BSQ .(M=72.35 ,S.D=9.64).compared to male patients (M=65.69,S.D=13.40) The value of Cohen's d was 0.57 which indicated large size effect .Finding revealed non-significant mean difference on PPQRS with t=.828,p>.05.It showed that female participants exhibited higher score on Peer Pressure Questionnaire Revised Scale (M=83.79,S.D=10.29) as compared to male participants (M=82.38,S.D=14.01).The value of Cohen's d was 0.11 (<0.50) indicated small effect size .Findings revealed significant mean difference on BSQ with t =2.38 ,p<.05 . Findings showed that male participants exhibited higher score on Body Shape Questionnaire. (M=59.57, S.D=9.39).compared to male patients (M=56.57,S.D=11.29). The value of Cohen's d was 0.29(<0.50) which indicated small size effect.

Chapter 4

DISCUSSION

This study was intended to examine the relationship between peer pressure, bullying and body image dissatisfaction among adolescents .The total sample was of 300 participants of schools and colleges from Islamabad and Rawalpindi .The signifance of this study was to understand that peer pressure can cause bullying which results in body image dissatisfaction (Zhao et.,al 2022).

Three variables were measured by three scales .The Peer Pressure Revised Questionnaire Scale was developed by Sunil Saini (2016) which is to measure peer influences in real-world circumstances. The second scale was used to measure negative body image using the Body Shape Questionnaire (BSQ), developed by Cooper, Taylor, Cooper, and Fairburn (1987). Third scale was Child Adolescence Bullying Sale which assists in identifying children's bullying-related issues. The original reliability of Peer Pressure Questionnaire Revised is 0.8.And according to current study the Cronbach Alpha of PPQR scale obtained in this study is 0.87 this value indicate that scale has good reliability. The original reliability of Body shape questionnaire is 0.7 and according to current study the Cronbach Alpha of BSQ scale obtained in this study is 0.81 this value indicate the scale has good reliability .The original reliability of Children Adolescence bullying scale is 0.7 and according to current study the Cronbach Alpha of CABS scale is 0.83 which indicate good reliability.

We had three major hypothesis that we wanted to examine in this study .According to our first hypothesis there will be significant relationship between peer pressure and bullying among adolescence. And our second hypothesis stated that there will be significant relation between peer pressure and body image dissatisfaction and our third hypothesis stated that there will be significant relationship between body image dissatisfaction and bullying in adolescence.

The current study show that there is positive correlation between peer pressure and bullying(r=.613***) which indicate higher level of peer pressure is associated with high bullying .Though this support our hypothesis that peer pressure and bullying have positive correlation . According to previous study which suggest that conformative peer bullying that encourages and assists active bullies is affected by antisocial conformity; moreover, an individual's capacity to resist peer influence plays a protective role against peer conformity, and this must be acknowledged as a significant influence in conformative peer bullying among adolescents (Cho et al.,2012).This was also proved in another study (Fan et al.,2023). That when the peer pressure is high on adolescences the led to more bully which indicates that they have positive correlation .The latest study (Zhao et al., 2023). shows junior high school students' pro-bullying behavior by influencing their peer relationship and deviant peer interaction.

Second, it was hypothesized that peer pressure have positive correlation with body image dissatisfaction .so the current study also indicate that (r=2.38 , p=.02) indicate that when there is high peer pressure then there is high body image dissatisfaction among adolescence which proof our hypothesis of study The previous study shows that when a person is in peer pressure it will eventually cause him in dissatisfaction about his body and this also proves our hypothesis that peer pressure and bullying have positive correlation(Fan et al.,2023).Another study shows (Frederick et al., 2022). That negative peer pressure can manifest as bullying or teasing related to one's appearance. Children who experience body shaming or derogatory comments from their peers may internalize those negative

messages, leading to dissatisfaction with their own bodies. We can see in another study which support our hypothesis that peer pressure and body image dissatisfaction are correlated it says when children are exposed to negative peer pressure related to body image, such as criticism, teasing, or pressure to look a certain way, it can have a detrimental effect on their body image perception. (Kapoor et al., 2022).Body image dissatisfaction and bullying have a positive correlation according to the current study (r=4.95 ,p=.00)so this proof our hypothesis that there is relation between body image dissatisfaction and bullying .Previous by (Özyazıcı,2023) shave found a positive correlation between bullying and body image dissatisfaction . The experience of being bullied, particularly based on appearance or weight-related factors, may contribute to negative body image perceptions and dissatisfaction. In an another study bullying and negative perception of body image is becoming more common. It poses a major threat to the well-being and health of adolescents worldwide (Chopdar et al., 2022).

As in the study based on the mean comparison t-test results, it appears that females (M = 72.35, SD = 9.64) have a higher mean score on the CABS scale compared to males (M = 65.69, SD = 13.40). The difference in means suggests that, on average, females tend to have higher scores on the CABS scale than males. In study by Peng et al.,(2022) shows that girls often engage in relational aggression, which involves using social relationships to harm others, such as spreading rumors, exclusion, or social manipulation. This form of bullying is more common among girls and may contribute to higher reported rates of bullying which proof that our result that female are scoring more in bullying scale as compared to male .Similarly in another Females may be more likely to experience bullying related to physical appearance, such as body shaming, due to societal pressures and expectations around beauty standards. This can make them more vulnerable to certain types of bullying which means females are facing more bully (Waasdorp et al., 2022).

The mean comparison t-test compares the means of two groups, one consisting of females and the other of males In this case, the mean score for females on the PPQRS scale is 83.79, with a standard deviation of 10.29. On the other hand, the mean score for males is 82.38, with a standard deviation of 14.01.Based on this information, we can interpret that, on average, and females scored slightly higher (83.79) on the PPQRS scale compared to males (82.38). However, it's important to note that the difference in means is relatively small, suggesting that the overall scores for males and females are quite similar. In previous study it is shown that women often face significant societal pressure to meet certain standards of beauty and body image. Media, advertising, and social media can perpetuate unrealistic expectations, leading to higher levels of peer pressure related to physical appearance. (Chopdar et al., 2022). One recent study explain that societal norms often dictate that men should be more stoic and less emotionally expressive, while women may be encouraged to be more nurturing and empathetic. This can create different dynamics in terms of peer pressure related to emotional expression and vulnerability and so female score more in PPQR as compared to male (Essiz,et al.,2022). Peer pressure can affect individuals of any gender, and the extent of its influence can vary depending on various factors such as cultural norms, societal expectations, personal experiences, and individual personalities. The mean comparison t-test was conducted to compare the scores of females and males on the BSQ (Body Shape Questionnaire) scale. The results revealed that females (M=59.57 , S.D = 9.39), while males had (M=56.57 , S.D =11.29). Based on these findings, it can be interpreted that, on average, females scored higher on the BSQ scale compared to males. The higher mean score for females suggests that, on average, females may have a greater concern or preoccupation with their body shape than males. However, it's important to note that this interpretation is based on the assumption that higher scores on the BSQ indicate a greater concern with body shape. Further context and understanding of the BSQ scale and the specific population being studied would be necessary to draw more definitive conclusions.

This result is prove by results of other study (Zhao et al., 2022) according to which society and media often portray a narrow and idealized standard of beauty that is heavily focused on female as compared to male Advertisements, magazines, movies, and social media frequently present unrealistic and highly edited images of women as compared to men, which can lead to feelings of inadequacy and dissatisfaction with one's own body.

Conclusion

The present research shows a distinct and intricate connection between bullying, peer pressure, and body image in adolescence. Teenagers experience intense pressure to meet conventional beauty standards, which can result in body dissatisfaction and unhealthy behavior. Bullying makes these problems worse, further harming an adolescent's self-esteem and general wellbeing. This interaction is influenced by elements including social media, family relationships, and cultural standards, and the results can have a long-lasting impact on someone is mental health. In order to develop a supportive atmosphere that supports adolescents' resilience and a healthy body image, schools, parents, and healthcare professionals must confront these challenges head-on. (Przybylski & Bowes, 2017).

In order to lessen the negative effects of peer pressure, bullying, and other social problems, more research is required to investigate efficient prevention measures and intervention programs. The literature has also examined how gender variations affect how bullying and peer pressure interact. According to certain studies, boys are more prone to succumb to harmful peer pressure and engage in physically violent forms of bullying. Girls, on the other hand, may encounter bullying that is more relational or indirect and relies on exclusion from social situations, rumors, or manipulation. It is crucial to remember that there are variations across cultures and circumstances and that these gender inequalities are not always present. (Trezasni et al., 2022)

The relationship between body image and peer pressure is a complex and multifaceted one. Media influence, cultural and social factors, adolescence, and mental health outcomes all contribute to

this connection. Understanding the mechanisms and factors that drive this relationship is vital in developing interventions and strategies to promote positive body image andmitigate the negative impact of peer pressure. Future research should continue to explore thisrelationship, taking into account the evolving influence of social media and the changing dynamics ofpeer groups in the digital age. According to the research study, bullying, peer pressure, and adolescents'dissatisfaction with their bodies are all strongly correlated. (Huang et al., 2023).

Limitations

The body image can be affected through many other factors like family pressure etc. And sample size is limited because of cultural difference. Students may be in good mood which effect their response and they wanted to show the positive side. As it is self-report so social desirability may affect result of the study.it is cross sectional study so it is taken at one time and in future there can be more longitudinal studies and cross cultural studies can be done which are done culture to culture so more actors can be seen . Peer pressure is the effect that one's friends or other members of the same social group have over them to act or look a specific way. Peer pressure can exacerbate negative body image views in the setting of body image dissatisfaction. Peer pressure is especially dangerous for adolescents and young adults since they want to fit in and be liked by their peers.

Lack of causal inference: It might be difficult to establish a link between bullying, peer pressure, and negative body image. The direction of the relationship and if other factors are impacting the observed associations are difficult to ascertain, even though research can reveal associations and correlations between various variables. Potential confounding factors: Studies on peer pressure, bullying, and body image issues sometimes neglect to take into consideration a variety of confounding factors that could affect the associations that are being observed. Both the exposure and result variables can be impacted by elements including family environment, media influence, personality traits, and mental health disorders, which can produce erroneous relationships or hide underlying mechanisms. Researching touchy subjects like bullying and body image issues presents ethical questions. In order to protect volunteers from potential injury, researchers must take proper precautions. Limitations in the study's design, sample size, or data gathering techniques may result from this.

Recommendations

Followings are the recommendations for this study are that for the future researches there should be qualitative study in detail on these variables which cannot be done in this quantitative study. In this study variables are only implemented on university students researcher should study it on other population and age. This study can be further enhanced and more researches can be done with other variables.

Implications

Since peer, family, and school factors are linked to bullying victimization, it is critical that interference programs incorporate a thorough anti-bullying strategy that takes into account each student's unique social environment. This study can be beneficial for both parents and students so they can know real effect of bullying on the perception of body image in students due to peer pressure. This study can be beneficial to provide education to the teachers so that they can aware or educate their students not to involve in bullying and putting peer pressure. Further qualitative research can be done to explore the experiences of bullying and also what individuals think about their body image. Specific risk factors for bullying, peer pressure, and negative body image can be identified through research. These risk factors may be personal traits (such as low self-esteem), familial (such as parentalinfluence), social (such as media exposure), or cultural (such as societal beauty standards) influences.

Understanding these risk variables will help build treatments and prevention plans to target and lessen their effects. Research can examine how gender and cultural factors affect how bullying, peer pressure, and body image issues are related. The influence of cultural norms and societal expectations on ideals of body image and vulnerability to bullying and peer pressure may be significant. Investigating these variations can assist in creating therapies that are culturally sensitive and cater to the unique needs of various communities.

Research can concentrate on creating and assessing interventions meant to lessen the harmful impacts of bullying, peer pressure, and body image issues on teenagers. These treatments can take the form of media literacy campaigns, peer support groups, cognitive behavioral therapy, or educational programs. For these treatments to effectively promote a healthy body image and lessen the impact of bullying and peer pressure, they must undergo a thorough evaluation.

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Appendix A :Consent Form

Inform consent

I understand that this study is being conducted by student of Department of Professional Psychology, Capital University of Science and Technology Islamabad as a part of their research project.

I hereby confirm my participation in this project to be voluntarily. I know that researchers will not disclose my name or any demographic information in the reports after seeking results from the research as well as that my confidentiality will be maintained as a participant. I have a right to withdraw and discontinue my participation anytime whenever I require it to be, without any penalties.

Signature:_____

 Date: _____

Thank you

Appendix: Demographic sheet

Demographics

For the following items, please select the response that is more descriptive of you or fill in the blank as appropriate.

Gender: Male ☐   Female ☐

Age: 10-12 ☐   14-16 ☐   17-19 ☐

 No of siblings:_____

Class:_____

Willingness for Institutionalization: Yes ☐   No ☐

Appendix C : Child Adolescents Bullying Scale (CABS)

Child adolescents Bullying Scale

Choose the most suitable option for following statements

A Strongly disagree

B Disagree

C Neutral

D Agree

E Strongly Agree

	A	B	C	D	E
Kids try to make me feel bad on purpose	○	○	○	○	○
One or more kids at my school are mean to me	○	○	○	○	○
Kids at my school make fun of me to make me feel bad	○	○	○	○	○
Kids at my school try to turn others against me	○	○	○	○	○
Kids have tried to get me in trouble	○	○	○	○	○
I get bullied at school	○	○	○	○	○
I have had my stuff taken or damaged on purpose by another student	○	○	○	○	○
I have been hurt by another student on purpose	○	○	○	○	○

	A	B	C	D	E
I have been threatened by another student in a mean or hurtful way	○	○	○	○	○
There are times that I do not want to go to school because I ambeing bullied	○	○	○	○	○
I wish I could go to another school because I am being bullied	○	○	○	○	○
I have pretended to be sick so I could stay home from school because I am being bullied	○	○	○	○	○
Kids at my school ignore me on purpose	○	○	○	○	○
Kids post or text mean or hurtful messages, comments, or photos about me online	○	○	○	○	○
Kids at my school joke or tease me in a way that bothers me	○	○	○	○	○
I am bothered when kids at my school tease me	○	○	○	○	○
I worry about bullying so much that I cannot pay attention at school	○	○	○	○	○
Kids at my school talk behind my back, share my secrets, or spread rumors about me	○	○	○	○	○
Kids leave me out or ignore me because I am different	○	○	○	○	○
I have had upsetting memories of being bullied	○	○	○	○	○

Appendix D: Peer Pressure Revised Questionnaire (PPR-Q)

Peer Pressure Revised Questionnaire (PPR-Q)

Instructions: Please read all the statements carefully and give the first natural answer as it comes to you. It is compulsory to answer all the statements by marking a 'tick' (√) in the given circle in front of each statement.

1 Strongly disagree

2 Disagree

3 Neutral

4 Agree

5 Strongly Agree

1. Sometimes I miss classes because my friends urge me to do so.

1	2	3	4	5

2. I cannot resist going for a late night party with friends.

1	2	3	4	5

3. I go for a date with my friend despite parental warnings.

1	2	3	4	5

4. Sometimes I do things because my friends want me to do so.

1	2	3	4	5

5. I feel pressure to chat long hours on internet.

1	2	3	4	5

6. Sometimes I do something wrong just to be good on friends view.

1	2	3	4	5

7. I cannot say 'NO' to my friends even if my parents do not agree.

1	2	3	4	5

8. There is always a peer pressure for dating.

1	2	3	4	5

9. At times I feel peer pressure to smoke.

1	2	3	4	5

10. Sometimes I do violent acts to keep up with peers.

1	2	3	4	5

11. In close relationships, we have to approve pressures of peers.

1	2	3	4	5

12. I know my limits when with friends.

1	2	3	4	5

13. I find it difficult to escape from peer pressure.

1	2	3	4	5

14. Sometimes I have to undergo peer pressure to be liked in a group.

1	2	3	4	5

15. Many times I put off my homework and other important assignments for friends' party.

1	2	3	4	5

16. Sometimes I have to appease my peers by doing things that I don't want to do.

1	2	3	4	5

17. To maintain a status in a peer group, sometimes I pressurize my parents to buy an expensive item.

1	2	3	4	5

18. I do not take advice from my parents about peer group activities.

1	2	3	4	5

19. It is difficult to think about the negative consequences of what we do with peers.

1	2	3	4	5

20. There is no harm in doing one wrong with friends when we do a number of good things with them.

1	2	3	4	5

21. It is very difficult for me to deny friend's request to drink in a party or on other occasions.

1	2	3	4	5

22. Sometimes I do risky and harmful acts to get acceptance in the peer group.

1	2	3	4	5

23. When I feel uncomfortable in a group I do not know how to say NO.

1	2	3	4	5

24. I usually compromise with peers' request for a movie, party, etc.

1	2	3	4	5

25. At times I feel peer pressure to watch pornography.

1	2	3	4	5

Appendix E : Body Shape Questionnaire (BSQ)

Body Shape Questionnaire (BSQ)

We should like to know how you been feeling about your appearance over the PAST FOUR

WEEKS .Please read each question and circle the appropriate number to the right .

Please answer all the questions.

	Never	Rarely	Some Times	Often	Very often	Always
	1	2	3	4	5	6
1. Have you been so worried about your shape that you have been feeling you ought to diet?	○	○	○	○	○	○
2. Have you been afraid that you might become fat (or fatter)?.	○	○	○	○	○	○
3. Has feeling full (e.g. after eating a large meal) made you feel fat?.	○	○	○	○	○	○
4. Have you noticed the shape of other women and felt that your own shape compared unfavourably?	○	○	○	○	○	○
5. Has thinking about your shape interfered with your ability to concentrate (e.g. while watching television, reading, listening to conversations?.	○	○	○	○	○	○
6. Has being naked, such as when taking a bath, made you feel fat?	○	○	○	○	○	○
7. Have you imagined cutting off fleshy areas of your body?..	○	○	○	○	○	○
8. Have you felt excessively large and rounded?.........	○	○	○	○	○	○
9. Have you thought that you are in the shape you are because you lack self-control?.	○	○	○	○	○	○
10. Have you worried about other people seeing rolls of fat around your waist or stomach?....	○	○	○	○	○	○

11. When in company have your worried about taking up too much room (e.g. sitting on a sofa, or a bus seat)......	○	○	○	○	○	○
12. Has seeing your reflection (e.g. in a mirror or shop window) made you feel bad about your shape?.	○	○	○	○	○	○
13. Have you pinched areas of your body to see how much fat there is?	○	○	○	○	○	○
14. Have you avoided situations where people could see your body (e.g. communal changing rooms or swimming baths)?	○	○	○	○	○	○
15. Have you been particularly self-conscious about your shape when in the company of other people?.....	○	○	○	○	○	○
16. Have you not gone out to social occasions (e.g. parties) because you have felt bad about your shape?.	○	○	○	○	○	○

Appendix F :Permissions

Permissions of PPQR

drsunilsaini@yahoo.com 15/02/2023
To: Khadija Iqbal >

Re: Permission for scale

Yes, i have permitted you to use the scale for your educational purposes.
Regards !

Sent from my iPhone

On 15-Feb-2023, at 6:23 PM, Khadija Iqbal <iqbalkhadija28@gmail.com> wrote:

Aoa sir !
I am doing my thesis on topic relationship between peer pressure ,bullying and body image .I am student of 7th semester .
I want to use your scale
Peer Pressure Questionnaire - revised .
I will very glad if you give me permission for using your scale .
Waiting for your reply
REGARDS ..

Sent from my iPhone

Permission of CABS

9:18

The survey code for PsyToolkit

Copy and paste this code to your PsyToolkit account if you want to use the scale in your own online research project

```
scale: cabsscores
- strongly disagree
- disagree
- neither agree nor disagree
- agree
- strongly agree
```

Copyright and creating other forms

The copyright rests legally with at least one of those four people and I have been able to contact all of them (M.J. Taylor is now M.J. Bash) and they are all happy for people to copy and the use full or shortened BSQs provided that the text is not changed in any further way.

Please note, these short forms, the two 16 item versions and the four 8 item versions are the only BSQ forms that are approved by the BSQ's copyright holders: *they do not permit creation of other short forms and regard doing so as copyright violation and bad science.* This is because they believe, rightly clearly, that creation of other short forms allows more and more non-comparable results to come into the literature. We also believe that the provision of the full, the two 16 item and the four 8 item forms leaves little or no real need for other short forms to be created.

report

5%	2%	3%	3%
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