

INVESTIGATION OF BODY ATTRACTIVENESS IN ADULT MALES AND SEDENTARY MALES WHO ARE INTERESTED IN BODY BUILDING

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ABSTRACT: The aim of this study is to investigate body attractiveness in adult and sedentary males who are interested in body-building. Totally 66 males were participated in the study voluntarily, 32 of whom were amateur body builders (experimental group) having average of age as 27.25 ± 7.683 years and average of height as 177.22 ± 7.857 cm and 34 of whom do not do physical activities regularly (control group) having average of age as 23.35 ± 6.714 years and average of height as 172.82 ± 8.196 cm. Anthropometric measurements were applied on all subjects participated in the research and Body Attractiveness Subscale of Physical Self-Perception Profile, PSPP developed by Fox and Corbin (1989) was used. In the analysis of data, Paired Samples t – test and Independent Samples t – test were used. The results were evaluated whether they have 0.05 level of significance or not. As a result, a significant difference was found between pre-test post-test values of attractiveness, Body Mass Index and weight belonging to body builders (experimental group). Moreover, a significant difference was not found between pre-test post-test values of attractiveness, Body Mass Index and weight belonging to males not doing any exercises regularly (control group). In the comparison of experimental and control groups, a significant difference was not found between attractiveness pre-test values. However, a significant difference was determined between attractiveness post-test values.

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INTRODUCTION

The desire people to be pleased with their bodies sinks them into the effort of reaching a body shape and body sizes that are suitable and correct for themselves. People who are not pleased with their physical appearances seek a remodeling way sometimes by using different methods to get a new and attractive physical appearance. These methods mostly include to participate in physical activities and to make a diet (4). Magazines and television programs always give messages related with ideal body image. In the studies performed on males, it was indicated that this social comparison more often had an effect on weight increase and increase in studies aimed at increasing muscle tissue by some unhealthy methods for males [1].

While some males would like to have slimmer body, some of them desire to have wider and well-built body shape [2]. Body displeasure among males is correlated with having more muscles instead of having less body weight [3]. It was determined that males who do not have eating disturbance but are not pleased with their bodies generally would like to put on weight. However, they indicated that they wanted to provide this weight gain not from fatty tissues, on the other hand, wanted to supply it from muscle tissues [4]. Males

are also interested in weight control and low fatty ratio. However, they are more in a tendency to have “V” shaped body and to increase their muscle ratio [5].

Even if males generally would like to be slim, they also would like to have more wider and well-built body shapes [6]. Some individuals who are not pleased with their physical appearances or have low body perception tend towards body building in order to have more attractive appearance [7].

Bodybuilding is a sports branch based on scientific basis which benefits supporting and developing of muscles and body systems with particular instruments and machines by using previously arranged work programs. Bodybuilding is a performance sports which is reached by weight training and emphasizes extreme muscle hypertrophy image [8]. In bodybuilding, weight lifting and bodybuilding exercises are the ones which are frequently used methods. Weight training is different from sports such as bodybuilding, dumbbell and power liftings as well as is the most important part for the practices in these sports. Weight training is a kind of exercise which increases volume and power of skeletal muscles. In good practice, weight lifting not only provides power increase but also has a positive effect on health [9].

In the light of this information, the aim of this study was to investigate body attractiveness of adult males doing bodybuilding.

MATERIALS AND METHOD

Totally 66 males were participated in this study voluntarily, 32 of whom were amateur body builders (experimental group) having average of age as 27.25 ± 7.683 years and average of height as 177.22 ± 7.857 cm and 34 of whom do not do physical activities regularly (control group) having average of age as 23.35 ± 6.714 years and average of height as 172.82 ± 8.196 cm. Anthropometric measurements were applied on all subjects participated in the research and Body Attractiveness Subscale of Physical Self-Perception Profile, PSPP developed by Fox and Corbin [10], was used.

The measurements of individuals in study group doing bodybuilding were taken at the beginning of exercise and after 2 months in the sport center. In the meantime, any special training programme was not applied for on-going trainings of experiment group. The measurements of experiment and control groups were taken twice as pre-test and post-test.

Determination of Body Weight; A bascule which shows an alteration less than 0.1 kg was used for measurements of people with light dress and without shoes (Premier PWS-2037). Since the value of body weight is used for the aim of research, the measurements were taken after bladder emptying. All individuals were measured at the same time of the day. Thus, this provided comparison of people having same physiological situation [11].

Determination of Height; A stadiometer having a head piece was used for measurements in which feet were on a level with back and head piece was adjusted at 90° with the wall [11]. Body Mass Index (BMI) was calculated with Weight/height^2 (kg/m^2) formula.

In order to determine attractiveness property of subjects participated in the research, Body Attractiveness Subscale of Physical Self-Perception Profile, PSPP which was developed by Fox and Corbin [10], was used. Body Attractiveness Subscale constitutes of 6 items measuring body attractiveness perception of the individual. In the inventory, expressions of two people were presented to the individual for each item and he/she was desired to determine which expression he/she resembles and to what extent. After he/she determined own most expression among two, he/she used the expressions “Strictly suitable for me” or “Partially suitable for me” in order to scale this similarity. The points of the items are between 1 and

4. “4” means high attractiveness and “1” means low attractiveness. Points varying between 6 and 24 were obtained from Body Attractiveness Subscale.

In the analysis of the data, the arithmetic means and standard deviations of all data were calculated. The comparisons of pre- and post-test values of experiment subjects were performed by Paired Samples t – test and Independent Samples t – test. The results were evaluated whether they have 0.05 level of significance or not.

RESULTS

Table 1: Age, height, body weight and their mean values of males in experiment and control groups participated in the research

roups	variables	ean	td. Error	S
ge (year)	E xperiment	27.25	.683	7
	C ontrol	23.35	.714	6
eight (cm)	E xperiment	177.22	.857	7
	C ontrol	172.82	.196	8

Table 2: Pre-test and post-test investigation of weight, Body Mass Index and attractiveness values of males in experiment and control groups participated in the research

roups	Vari ables	ean	td. Deviation	S
xperiment	E Wei ght 1	2.156	1.908	1
	E Wei ght 2	2.4125	0.894	1
ontrol group	C Wei ght 1	4.5757	3.388	1
	C Wei ght 2	4.5484	2.752	1
xperiment	E Bod y Mass Index BMI1	2.6059	.060	3
	E Bod y Mass Index BMI2	2.6728	.964	2
ontrol group	C Bod y Mass Index BMI1	4.5271	.630	3
	C Bod y Mass Index BMI2	4.5201	.567	3
xperiment	E Attr activeness pre-test	2.2906	.798	2
	E Attr activeness post-test	2.5906	.631	2
ontrol group	C Attr activeness pre-test	4.1909	.494	3
	C Attr activeness post-test	4.1848	.841	3

As it can be seen in Table 2 , a significant difference was found between pre-test and post-test values of weight, Body Mass Index and attractiveness of males doing body-building (experiment group) ($p < 0.05$). Moreover, a significant difference was not found between pre-test and post-test values of weight, Body Mass Index and attractiveness of males not doing any exercises (control group) ($p > 0.05$).

Table 3: Pre-test and post-test comparison of weight, Body Mass Index and attractiveness values of males in experiment and control groups participated in the research

Groups	Variables	n	Mean	Std. Deviation	Sig.
Weight 1	Experiment	2	2.16	1.909	.041*
	Control group	4	5.68	3.193	
Weight 2	Experiment	2	4.12	0.895	.002
	Control group	4	5.41	2.565	
Body Mass Index BMI1	Experiment	2	6.06	.060	.310
	Control group	4	5.21	.630	
Body Mass Index BMI2	Experiment	2	6.73	.965	.057
	Control group	4	5.17	.570	
Attractiveness pre-test	Experiment	2	2.91	.798	.141
	Control group	2	1.94	.446	
Attractiveness post-test	Experiment	2	5.91	.632	.004*
	Control group	4	1.94	.821	

As it can be seen in Table 3, a significant difference was found between weight pre-test and post-test values as a result of the comparison of males doing body-building (experiment group) and males not doing any exercises in control group ($p < 0.05$). A significant difference was not found between Body Mass Index pre-test and post-test values of males in experiment group and control group participated in the research ($p > 0.05$). A significant difference was not found between attractiveness pre-test values of males in experiment group and control group participated in the research ($p > 0.05$). However, a significant difference was determined between attractiveness post-test values ($p < 0.05$).

DISCUSSION AND RESULTS

In this study which investigated body attractiveness in adult and sedentary males who are interested in body-building, the following results

were obtained..

The average of age and average of height for amateur body builders (experimental group) were found as 27.25 ± 7.683 years and as 177.22 ± 7.857 cm, respectively and those for males not doing any physical activities (control group) were found as 23.35 ± 6.714 years and as 172.82 ± 8.196 cm, respectively (Table 1). A significant difference was found between pre-test and post-test values of weight, Body Mass Index and attractiveness of males doing body-building (experiment group) participated in the research. Moreover, a significant difference was not found between pre-test and post-test values of weight, Body Mass Index and attractiveness of males not doing any exercises (control group) (Table 2). It was determined that a weight increase was observed in males doing body-building depending on the increase in their muscle mass and a progress was observed in their attractiveness values.

When muscle mass pleasure of elite and amateur body builders was investigated, it was determined that although 61.2% of amateur body-builders were pleased with their muscle mass, they had a bent for dissatisfaction against muscle size, they worried about their body shapes and they indicated behaviors of obsessive sports dependence [12]. In a study related with physical activity and body composition, it was determined that adolescent males desired bigger biceps, chest and dorsal shapes [13]. As a result of the comparison of males doing body-building (experiment group) and males not doing any exercises in control group, a significant difference was found between weight pre-test and post-test values ($p < 0.05$). While an increase was observed both in muscle mass and weight of males in experiment group in parallel with sports they do, an increase was not observed in males of control group. A significant difference was not found between Body Mass Index pre-test and post-test values of males in experiment group and control group participated in the research ($p > 0.05$). A significant difference was not found between attractiveness pre-test values of males in experiment group and control group participated in the research ($p > 0.05$). However, a significant difference was determined between attractiveness post-test values ($p < 0.05$). It can be concluded that the increase in muscle mass of males doing body building (experiment group) depending on exercise positively affected their attractiveness values. The average of attractiveness for males in experiment group was 15.91 ± 2.632 , while it was found as 11.94 ± 3.821 for the males not doing exercises in control group. In the study performed for physical attractiveness of face and body as indicators of physical fitness in

men, it was indicated that there was a positive relationship between physical performance and attractiveness and moreover, physical performance was the key factor for face and body attractiveness of males [14]. In another study related with body satisfaction, it was determined that males being physically active had more body satisfaction than sedentary males and neuroticism in males was correlated with negative body perception[15]. The findings of this study showed similarity with our research. As a conclusion, it was determined that weight, Body Mass Index and attractiveness values of adult males doing body-building indicated positive development depending on exercise. In the comparison of experiment and control groups, a significant difference was not found between attractiveness pre-test values while a significant difference was found between attractiveness post-test values. It was observed that attractiveness values of adult males doing body-building were higher than those of males not doing exercises. It can be concluded that body attractiveness values increased depending on weight increase and muscle mass increase with physical exercise. It was considered that physical exercise positively affected body attractiveness.

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