

# **To study and compare the differences in Body Dissatisfaction, Perceived Stress and Attachment Styles among Men and Women who have been single.**

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## **Abstract:**

The aim of this study was to study and compare the differences in Perceived Stress, Body Dissatisfaction, and Attachment Styles among Boys and Girls. The study consisted of 94 Participants out of which 47 were Boys and 47 Girls who are studying in different colleges from two metropolitan cities Bengaluru city in Karnataka and Kottayam city in Kerala. The participants are from all streams including professional courses like Nursing, Post-graduation and regular courses like Science, Arts and Commerce background. The data were analysed by using independent sample t test. The participants were assessed with Perceived Stress Scale (Cohen and Williamson, 1988), Body Shape Questionnaire BSQ – 8C (Evans, C., & Dolan, B. 1993) and Relationship Scales Questionnaire RSQ (Bartholomew and Horowitz's 991). Result revealed that there was no significant difference in perceived stress between Boys and Girls and there was no significant difference of body dissatisfaction between Boys and Girls. In attachment style also there was no significance difference among Boys and Girls.

**Keywords — Perceived Stress, Body Dissatisfaction, Attachment Style, Single Men and Women**

## **I. INTRODUCTION**

### **A. PERCEIVED STRESS**

Perceived Stress is described because the diploma to which a man or woman stories lifestyles occasions as unpredictable, uncontrollable, or usually overloading (Cohen, Kamarck, & Mermelstein, 1983). A physical or psychological stimulus known as stress is described as one that "may cause mental or physiological reactions that may result in sickness." The sensations or thoughts that a person experiences are referred to as perceived stress (PS). It's not about counting how often unpleasant things happen; rather, perceived stress refers to how someone

thinks about how hectic their life is generally and how well they can deal with it. College students' levels of stress are found to be influenced by their workload, particularly their course major.

Financial issues, time management, social interactions, campus adjustment, lack of peer support, personal goals admission hurdles, high expectations from parents, irrelevant college scheduling, a high theoretically oriented syllabus, an unfriendly classroom environment, an unfavourable student-teacher ratio, unhealthy teacher-student interaction, and irrational behaviour are all factors that are specifically linked to academic stress, according to the literature that is currently available. Unbalanced schoolwork, ineffective teaching methods, instructors' disinterested demeanours, and an excessive focus on

deficiencies rather than strengths Parents, as well as the pupils' own and others', have expectations for teachers A significant factor in students' choice for entrepreneurship is also their family's income. According to Garrard and Brumby (1985), each student experiences stress differently. Instead of a change in the amount of stress experienced, this discrepancy may be the result of having a completely different impression of the stressful event or stressor.

*a) Types Of Perceived Stress*

There are several forms of stress, such as:

• *Acute Stress*

Everyone experiences acute stress. It's the body's instant response to a brand-new, difficult circumstance. Even when you are doing something you genuinely love, acute stress might still result. It's the slightly terrifying yet exhilarating sensation you experience when riding a roller coaster or skiing down a challenging mountain slope.

• *Episodic Acute Stress*

Acute stress episodes are referred to as episodic acute stress. If you frequently feel apprehensive and concerned about potential outcomes, this may occur. You can feel as though your life is chaotic and that crises seem to follow one another.

• *Chronic Stress*

Chronic stress can also cause common illnesses including headaches, stomach distress, and trouble sleeping. Understanding the many forms of stress and how to spot them may be helpful.

*b) Causes Of Stress*

Numerous factors can lead to stress. One significant circumstance or incident in your life may

be the cause of your stress. Or it may be the accumulation of several little things.

You could feel stressed if you:

- You feel a lot of pressure
- Face significant life changes? Are you concerned about something?

- Don't have much or any influence over how a scenario will turn out.
- Have obligations that feel daunting
- You lack sufficient jobs, activities, or life change.
- Encounter hatred, bigotry, or abuse
- Are undergoing a time of uncertainty

*c) Theories of Stress*

• *Theory of Emotion (James-Lange):*

Although William James and Carl Lange independently developed their views on the link between stress and emotion, they had a common understanding of it: emotions develop after the body's reaction to stress, not immediately after the perception of the stressor or the stressful event. For instance, when you see a snarling dog, your breath quickens, your eyes expand wide, and your pulse begins to beat quickly. According to James and Lange, it is only after experiencing these physical changes that you will sense fear or any other emotion. This implies that emotional activity cannot take place until a person's brain is linked.

• *Cannon-Bard: The Emergency Theory*

According to Walter Cannon, even in the absence of physical changes, emotions can nevertheless arise in reaction to stress. According to Cannon, the brain recognizes a person's visceral, or internal physiologic response, more gradually than it does an emotional one. By separating the body's neural connections from the cortex in the cat's brain, he sought to demonstrate his idea by producing what are known as "decorticated cats." The decorticated cats displayed emotional behaviour, which included sentiments of hostility and wrath, in reaction to a stressful response. Then, this emotion showed itself physically as upright hair, snarling, and bared fangs.

• *The Schachter-Singer Theory*

According to Walter Cannon, even in the absence of physical changes, emotions can nevertheless arise in reaction to stress. According to Cannon, the brain recognises a person's visceral, or internal physiologic response, more gradually than it does an emotional one. By separating the body's neural connections from the cortex in the cat's brain, he

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• *General Adaptation Syndrome of stress*

The process your body goes through when you are subjected to any form of stress, whether it is good or negative, is known as general adaptation syndrome (GAS). Alarm, resistance, and exhaustion are its three stages.

## **B. BODY DISSATISFACTION**

The transition from youth to adulthood is a crucial turning point in one's growth. Many people worry about at least one bodily area. Body dissatisfaction (BD) is the term used to describe negative thoughts and feelings regarding one's body, it is regarded as the most significant worldwide indicator of stress on the body. Body dissatisfaction refers back to the poor opinions an man or woman has in the direction of factors in their frame such as however now no longer confined to weight, figure, stomach, and hips (Stice & Shaw, 2002). A negative body image may manifest as a negative cognitive judgement of one's body Appearance-primarily based totally teasing additionally performs a position in frame.

Weight-primarily based totally and appearance-primarily based totally teasing had been determined to be appreciably connected to frame dissatisfaction and dangerous weight manage behaviours amongst adults, (Menzel et al.). A significant studies literature now attests to the poor misery because of frame dissatisfaction in each lady and males, in addition to its affiliation with low shallowness and depressive symptoms (Keery, van den Berg, & Thompson, 2004; Paxton, Neumark-Sztainer, Hannan, & Eisenberg, 2006; Wichstrom, 1999). The younger generations in low- and middle-income Asian countries are steadily becoming more susceptible to frame picture disturbances and its subsequent effects, including disordered eating, as a result of growing exposure to Western media and an

increase in socioeconomic position. Body dissatisfaction is the term for unfavourable subjective assessments of one's physical appearance, and it typically relates to a perceived contrast between the person's assessment of his or her physical appearance and their ideal body image. It is important to look at the incidence and contributing elements of body dissatisfaction in adults since it has a bearing on the occurrence of obesity, one of the biggest global health problems. Body dissatisfaction is expressed as unfavourable thoughts and sentiments concerning one's body. While males' levels of body dissatisfaction range from 9% to 28.4%, females' levels range from 13.4% to 31.8%. (Fallon, Harris, & Johnson, 2013). Male body dissatisfaction has been connected to a number of risky behaviours related to improved muscular tone, such as the use of steroids and nutritional supplements (Cafri et al., 2005). Research on body dissatisfaction has revealed, in particular, that women of all ages (e.g., 12, 25, 26) and girls and female adolescents (e.g., 21–24) report feeling dissatisfied with their bodies. While some research reported that the degree of body dissatisfaction changed depending on the age group (27, 28), others discovered that body dissatisfaction in

a) *Aspects Of Body Image*

• *Perceptual:*

You view yourself as you perceive your body. Your mental image of your body is not necessarily a true reflection of how you actually seem; it is a subjective view. For instance, someone may believe they are overweight and bulky when they are actually quite tiny. If you have a little mole on your nose, you could think you're unattractive even if no one else can see it.

• *Affective*

Your emotional body image is a reflection of how you feel about your physical appearance, particularly how satisfied or unsatisfied you are with certain aspects of it (such as your weight, body type, height, skin tone, age, etc.). These are all the aspects of your look that you enjoy or don't like.

• *Cognitive*

You have these ideas and convictions about your body. You could be a guy who believes that adding strength to your arms and chest will make you feel better about yourself.

• **Behaviour**

Behaviour is the final part of body image. You behave in this way in respect to your body image. When someone doesn't like the way they appear, they could act destructively.

**b) Causes Of Body dissatisfaction**

You may develop a poor body image as a result of the following past experiences and circumstances: being harassed or mocked for your appearance as a child Having your looks criticized, such as for being too thin, too obese, or ugly Seeing media content, such as photos or messages on social media, that makes you self-conscious about your appearance being obese, overweight, or underweight Rarely, individuals might have body dysmorphic disorder, a mental health disease in which they have a skewed perception of their bodies (BDD). BDD is a severe mental condition in which a person obsesses about insignificant or made-up physical imperfections.

Negative body image typically starts in late childhood or early adolescence and is associated with distorted body image (also known as body dysmorphic disorder, or BDD), but it can develop at any time. There is some evidence that certain persons are predisposed to BDD genetically, especially if their parents also have the condition. Psychiatrists and other mental health specialists classify BDD as a mental health disease, and while poor body image

is not one of them, it is a major contributing factor to the emergence of eating disorders.

Other causes may

- Physical comparisons with others on a regular basis
- Negative body image or body shaming feelings
- Being unwilling to leave the house because of how they seem
- Due of how they feel about their bodies, avoiding activities or attempting new things
- Obsession with food, body image, caloric intake, dieting, or exercise

- Obsession with a certain physical area, such as the stomach, legs, or arms
- They frequently take pictures or inspect their bodies in the mirror to find "imperfections"

**c) Theories of Body dissatisfaction**

The four main theories of body dissatisfaction will be discussed in this summary, including

• **Social Comparison Theory**

Theory of Body Dissatisfaction Based on Social Comparison. According to the social comparison theory, people have a natural tendency to judge themselves against those around them (Festinger, 1954). These comparisons might be "downward," meaning they are made with someone who is thought to have a less desired or acceptable body, or "upward," meaning they are made with someone who is thought to have a more desirable or acceptable body; Collins, 1996.

• **Objectification Theory**

According to the objectification hypothesis, women in Western culture are taught to see themselves as objects whose value is primarily based on looks. This idea is supported by the fact that their bodies are constantly subjected to the opinions and judgments of others (Frederickson & Roberts, 1997; Frederickson Roberts, Noll, Quinn, & Twenge, 1998). These women have a tendency to internalise these looks and judgments of their bodies, turning them into things. They thus become more concerned with the way their physique appears. This is known as the self-objectification process. The symptoms of eating disorders and body dissatisfaction have been correlated with self-objectification.

• **The tripartite influence model**

According to the tripartite impact paradigm, body dissatisfaction is directly influenced by three social forces: parents, peers, and media. This model also takes into account the indirect effects of internalising the comparison of the

"ideal" body type and look (Thompson, Coovert, & Stormer, 1999). The tripartite influence model was first designed with women in mind. However, Tylka (2011) recently modified this model for guys. Through mesomorphic internalisation, muscularity dissatisfaction, and body fat dissatisfaction, this study demonstrated that societal pressures are positively connected with eating disorder symptoms in males (Tylka, 2011). Since Tylka's (2011) work, more research has supported similar connections, showing that internalisation of beauty ideals is positively correlated with body dissatisfaction, a desire for muscle, and eating disorder symptoms in teenage and adult males.

### **C. ATTACHMENT STYLE**

Attachment style refers back to the approaches people arrange their connections to essential others (Bowlby, 1969). The foundation of maximum interpersonal relationships displays a capacity to connect, communicate, and have interaction with others (Bowlby, 1969; Miller & Stiver, 1997). The attachment style of adults strongly displays that during their childhood, which includes: avoidance attachment (tough to accept as true with others, avoidant in showing attachment, willing to be or being compulsively self-reliant), attachment of tension and contradiction (feeling tough to recognize others and helpless, being greater worrying in attachment relationship), safety attachment (capable of set up realistic self-efficacy, clean to accept as true with others, and having suitable and controllable awareness, expression and control of the enjoy of depression) (Shunqin). People with a secure attachment type have positive views about themselves, their spouse, or other people (such as self-worth, social competence, and a sense of control) (e.g., trustworthy, dependable, and altruistic). On the other side, people with an anxious/ambivalent attachment style may have bad self-perceptions but high opinions of their spouse or other people, in addition to an obsession with that person. An avoidant attachment style person has a favourable opinion of oneself but a bad opinion of

their spouse and other people. They exhibit a lack of acceptance for the spouse, a dread of closeness, and mistrust of other people. Singles reported having more issues relying on others, more worry about being hated, and a greater fear of rejection as a result of their insecure attachment styles. According to Mcleod (2017), attachment is an emotional connection between two people that is close and long-lasting. People with secure attachments would have more honest, open, and open connections with others, which would make them feel less lonely than people with insecure attachment patterns, according to Bowlby's findings. According to attachment theory, people create internal representations of themselves and other people in intimate relationships based on their interactions with their primary caregivers as children. The conduct displayed inside a relationship, particularly when that connection is endangered, characterizes attachment styles or kinds. When faced with relationship issues, a person with a secure attachment type can be able to express their emotions honestly and seek support. On the other side, those with insecure attachment styles could have a tendency to be needy or clinging in their closest relationships, act selfishly or deceitfully when they feel vulnerable, or just avoid connection entirely. Adults with secure attachment can continue to have deep and fulfilling relationships with their spouses since attachment patterns in adults mostly follow the same pattern. Adults with stable attachments would have more positive supporting connections since the strength of supportive partnerships is mostly determined by the relational competence and social abilities of the individual. The quality of early attachment experiences has long been recognised to have a significant impact on a person's development, affecting how they perceive the world and form connections in the future. The sort of connections that an adult will make may be predicted by assessing and understanding their attachment style as well as their social and emotional processing methods. Insecure connection to important people causes young people to develop psychological issues.

a) *Types Of Attachment Style*

Attachment style the disordered attachment categorization was first proposed by Mary Main. Thus, according to contemporary attachment theory, there are four distinct attachment types.

- A secure attachment - These babies exhibit confidence as a result of the attachment figure's constant presence. The caregiver serves as both a secure shelter in times of need and a safe haven to explore the world.
- Anxious-avoidant attachment - These babies have less self-assurance and are passive. They struggle with stress management, isolate themselves, and are reluctant to ask for help. When the caregiver is gone, they hardly ever display indications of worry and tend to avoid or ignore them when they return.
- Anxious resistive attachment - When with a caregiver, these new-borns either become clinging or upset. They are said to be on the other end of the confidence spectrum from nervous avoidant people. These new-borns would experience severe discomfort the moment the caregiver left.
- Disorganized attachment - As the name suggests, their actions don't seem to fall into any one category. Instead, they use aggression, disruptive behaviour, and social isolation as coping mechanisms for stress. It is believed that these infants don't have any formal coping Mechanisms

*b). Causes Of Insecure Attachment*

- Having a mother who lacks the required parenting abilities because she is young or inexperienced.
- Your primary caregiver's alcohol or substance abuse impaired their capacity to recognise or appropriately address your physical or emotional needs.
- Traumatic events that prevented the bonding process from developing, such as a major sickness or accident.
- Physical negligence, such as inadequate exercise, bad diet, or disregard for medical concerns.

- Emotional abuse or neglect. For instance, your caretaker neglected you as a youngster, made little attempt to comprehend your emotions, or verbally abused you.
- Whether it involves physical harm or sexual assault.
- A separation brought on by a disease, a death, a divorce, or an adoption, or by any other reason.
- Inconsistent behaviour from the main caregiver.
- Frequent placements or moves.

## II. METHODOLOGY

### A. Aim

“To study and compare the differences in Perceived Stress, Body Dissatisfaction and Attachment Styles among Graduate Students”

### B. Objective

- To study the significant difference in perceived stress between Boys and Girls.
- To study the significant difference of body dissatisfaction between Boys and Girls.
- To study the difference in attachment styles between Boys and Girls.

### C. Hypotheses:

H1: There would be no significant difference in Perceived Stress between single Boys and Girls  
H2: There would be no Significance difference in Body Dissatisfaction between single Boys and Girls

H3: There would be no Significance difference in Attachment style between single Boys and Girls

### D. Research Design

The present study employs a comparative research design and quantitative study. it aimed to assess the relationship between perceived stress, body dissatisfaction and attachment style in Boys and Girls using standardised tool. Convenience sampling technique were used to collect sample.

### E. Operational Definitions

#### a) Perceived Stress

The degree to which a person perceives events in their life as stressful, unexpected, and uncontrollable is referred to as perceived stress.

**b) Body Dissatisfaction**

Concern over body shape and unhappiness with certain body parts, in which patients find their bodies repulsive and disgusting is body dissatisfaction.

**c) Attachment Style**

Anxiety, rage, despair, and emotional detachment are just a few of the various types of emotional distress and personality disorders that unwelcome separation and loss can cause.

**F. Variables**

**a) Independent Variable**

Genders (Boys and Girls)

**b) Dependent Variable:**

Body Dissatisfaction, Perceived Stress, Interpersonal Relationship

**c) Control Variable**

Age, Relationship status

**G. Materials**

**a) Socio- Demographic Details.**

A series of questions that would assess various aspects of their life to determine their eligibility for the study would be asked in this section. The participants would be informed about their rights as participants of confidentiality of the data and voluntary participation and would be expected to either accept or decline to give their consent for participation.

**b) Perceived stress: Sheldon Cohen (1983)**

The Perceived Stress Scale is the most widely used psychological instrument for measuring the perception of stress. It is a measure of the degree to which situations in one's life are appraised as stressful. Items were designed to tap how unpredictable, uncontrollable, and overloaded respondents find their lives. The scale also includes a number of direct queries about current levels of experienced stress. The questions were about individuals' thoughts and feeling during a month. In each question, participants were asked how often they felt a certain way, from "never" to "very often" then scored 0-4. Some questions were reversed scoring with the highest score for "never."

**c) Body Shape Questionnaire**

BSQ-8C (Evans, C., & Dolan, B. (1993) Body dissatisfaction was assessed using the Body Shape Questionnaire-8C (BSQ-8C). It is a derived short form of the BSQ consisting of 8 items extracted from the 34-item long-form BSQ. It is self-rated on a six-point Likert scale ranging from "always" to "never." An added advantage to use BSQ-8C for this study is its applicability to a male population, yielding satisfactory results in previous studies. BSQ-8C has excellent psychometric properties for use in clinical as well as nonclinical populations, with alpha values falling range of 0.87 to 0.92 and reported Cronbach's alpha of 0.94.

**d) Relationship Scales Questionnaire:**

Relationship Scales Questionnaire was developed as a continuous measure of adult attachment. The RSQ contains 30 short statements drawn from Hazan and Shaver's (1987) attachment measure, Bartholomew and Horowitz's (1991) Relationship Questionnaire, and Collins and Read's (1990) Adult Attachment Scale. On a 5-point scale ranging from "not at all like me" to "very much like me", participants rate the extent to which each statement best describes their characteristic style in close relationships. Five statements contribute to the secure and dismissing attachment patterns and four statements contribute to the fearful and preoccupied attachment patterns. Scores for each attachment pattern are derived by taking the mean of the four or five items representing each attachment prototype.

**H. Sampling**

The present study was to identify the body dissatisfaction and its effects on stress and Attachment style on college Students. The aim of the study was to compare Body Dissatisfaction, Perceived Stress and Interpersonal Relationship Styles between Boys and Girls. The participants were young adult from general population between the age group of 18-25 who can read and write English. Total number of participants are 94 out of which 47 Boys and 47 Girls who are studying in different colleges from two metropolitan cities Bengaluru city in Karnataka and Kottayam city in Kerala. The participants were from various streams

including professional courses like Nursing, Post-graduation and regular courses like Science, Arts and Commerce background.

**I. Inclusion Criteria**

- Participants must be College Students.
- Participants must be Indian Citizens
- Participants must be college Students aged 18-25
- Participants must be able to read and write English

**J. Exclusion Criteria**

- Working young adults were excluded
- Participants who did not give consent for the study
- Participants who have been diagnosed with psychiatric or psychological disorders.
- Participants who have any kind of physical deformity.

**K. Procedure**

The aim of the study was to compare Body Dissatisfaction, Perceived Stress and Attachment Styles between Boys and Girls. The participants were young adults in general population between the age group of 18-25 Who can read and write English. Total of 94 participants 47 Boys and 47 Girls. The researcher went for an online data collection procedure and the instructions for the same were given over phone. Since there were few samples being collected from the colleges researcher also administered the questionnaires offline.

Convenience sampling technique were used to collect the data. A Google Form consisting of Informed Consent Form, Socio-Demographic Detail Sheet, BSQ-8C, RSQ and PSS were created and share via Online/Offline. The data is collected for 94 peoples the data will be Scored, Code and Analysed.

**L. Statistical Tool**

The Data was collected and scored using the respective norms for the scale used in this study. The

scored data was compiled through Excel and exported to SPSS. It was analysed using the SPSS (Statistical Package for the Social Sciences) Statistics 22. The Shapiro Wilk test for normality was used to check if the data was normally distributed. Independent sample t was used to for hypothesis testing.

**M. Significance and scope of the present study**

This study attempts to compare Body Dissatisfaction, Perceived Stress and Interpersonal Relationship Styles between Single Men and Women. Since very few studies in the present literature focuses on these variables among college students who have been singles. This study particularly focuses on the Indian demographics to attempt to bridge this gap.

**II. ANALYSIS AND DISCUSSION**

The aim of this study was to study and compare the differences in Body Dissatisfaction, Perceived Stress and Attachment Styles among Men and Women who have been single. The researcher collected the samples from two metropolitan cities Bengaluru city in Karnataka and Kottayam city in Kerala consisting of total samples of 94 Men and Women among them 47 Girls and 47 Men who have been single. The participants are young adults in general population between age group of 18-25. The data was collected both online and offline mode. The

researcher collected the offline data by visiting different college in Bangalore and online from Kottayam. This chapter focuses on the analysis of the collected responses from the participants which would help in further understanding of the data. The aim of this study was to study and compare the differences in Body Dissatisfaction, Perceived Stress and Attachment Styles among Men and Women who have been single. To collect on the data random sample technique was used and data was analysed using Statistical package for the Social Sciences and t test was used for compare Perceived stress, Body Dissatisfaction and Attachment Style among Men and Women



Table III.I  
 Show the Distribution of Gender in the Study

Gender	Number of Participants	Percentage of Participants
Women	47	50%
Men	47	50%
Total	94	100%

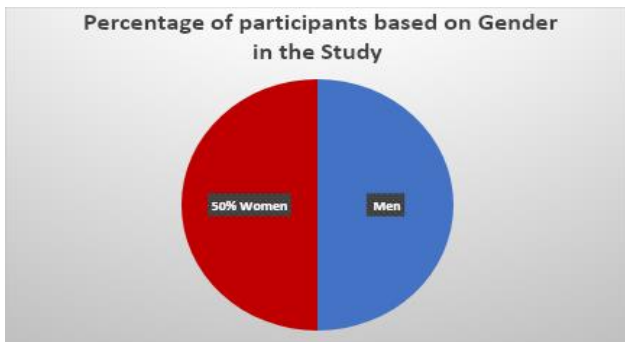


Fig 1: Depiction of distribution of Gender in the Study

The table III.I and graph 1 showing the participant of Men and Women in the Study. The Study consists of 47 Men and 47 Women. It represents an equal level of participation of Men (50%) and Women (50%).

Table III.II  
 Show the Distribution of Course (Stream) Among the Participants in

NURSING	LLB	POSTGRADUCAION	Under graduation	B-TEC
10	03	21	57	03

the study.

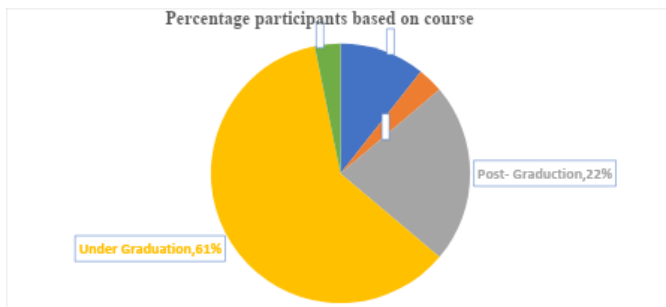
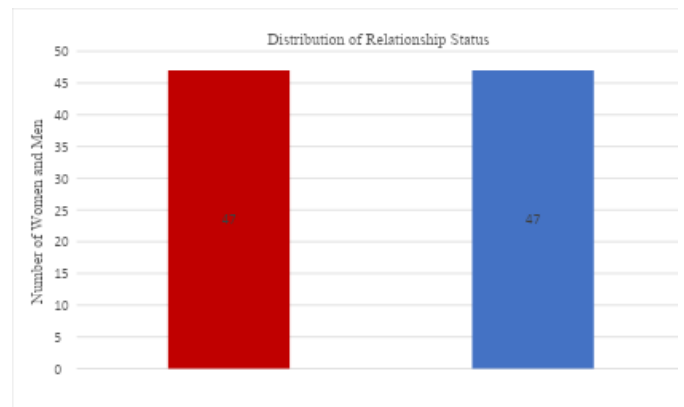


Fig 2: Depiction of the Distribution of Course (Stream) among the participants in this Study

The table III.II and graph 2 showing the course diversity among participants in the study. In this study, 61% of participants are from under-graduation, 3% from LLB and B-Tech, 11% from Nursing and 22% from Post-graduation.

Table III.III  
 Shows the Distribution of Relationship Status among the Participants in the Study.

Gender	Single	In a Relation
Women	47	0
Men	47	0



Participants in the Study

The table III. III and graph 3 showing the Relationship status diversity among participants in the study. In this study, 94 participants were single. This Data can play an important role in the results of the study.

Table III.IV  
 Shows the Distribution of Area of Residence among the Participants in the study

Rural	Semi-Rural	Semi Urban	Urban
17	06	24	47

The table III.IV and graph 4 showing the Current Educational Qualification diversity among participants in the study. In this study, 17 participants were from Rural Area, 06 participants were from Semi Rural Area of residence and 24 were from Semi-Urban Area and 47 participants from Urban area.

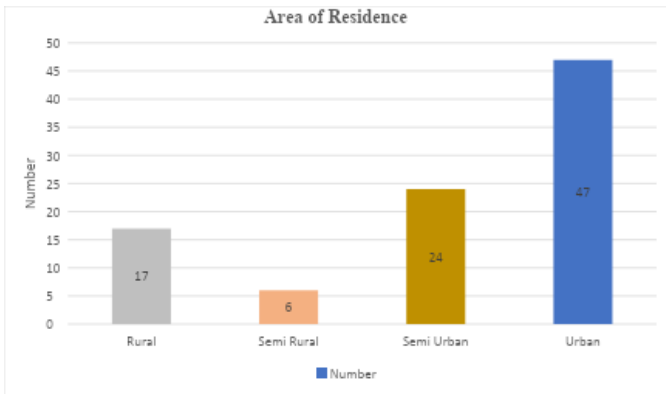


Fig 4: Depiction of the Distribution of Area of Residence among the Participants in the Study

Table III.V  
 Showing the Mean, Standard Deviation and t test Score for Perceived Stress among Men and Women

Perceived stress	N	Mean	S.D	t table
Women	47	20.30	5.583	1.828*
Men	47	18.36	4.646	

\* Significant at 0.01 Level  
 \*\*Significant at 0.05 Level

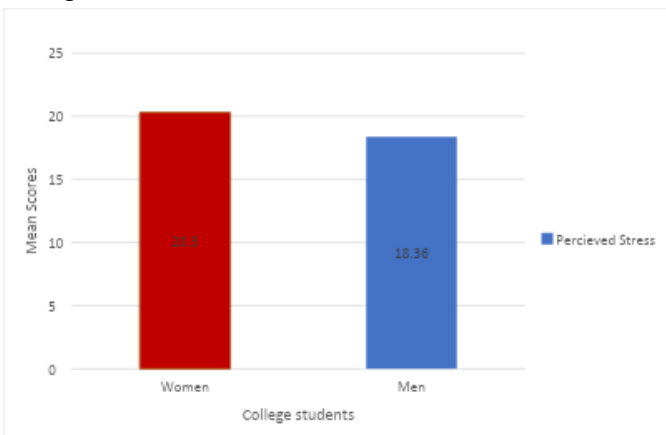


Fig 5: Showing the mean score of perceived stress level among college going college students.

The table III.V showing the Mean, Standard Deviation and t score for Perceived stress among Men and Women who have been single. The sample size for both Men and Women were taken 47. Total 94 data were collected from the Men

and Women who are being single. The mean scores for Women were 20.30 and Standard Deviation were 5.583. For Men the mean scores 18.36 and the standard deviation were 4.646. The t value shows the Perceived Stress is 1.828 which is significant at 0.01 level. With these values, we can see that the hypothesis which state that “There would be no significant difference in Perceived Stress between Men and Women” hence been proved.

Graph 5 showing the means score for Perceived Stress level among Single Men and Women. The mean score of Women is 20.30 and Mean score of Men is 18.36. The red bar denotes the mean score of Women whereas the blue bar denotes the mean score of the father.

Table III. VI  
 Showing the Mean, Standard Deviation and t test Score for Body dissatisfaction among Women and Men

Body Shape Questionnaire	N	Mean	S.D	t table
Women	47	16.57	7.264	- 1.421*
Men	47	18.81	7.966	

\*Significantat0.01 Level  
 \*\*Significant at 0.05 Level

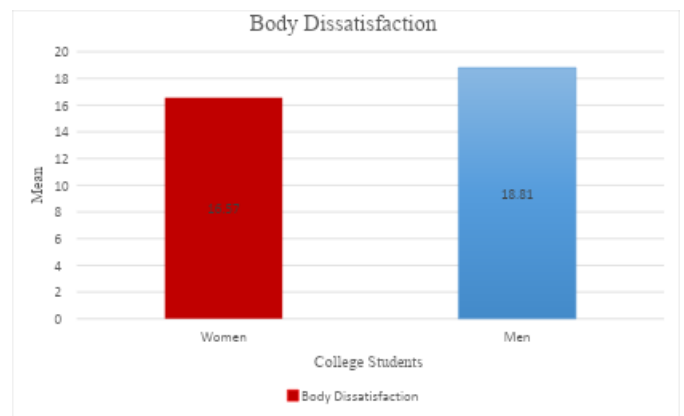


Fig 6: Showing the Mean score of Body dissatisfaction level among college going college students.

The table III.VI showing the Mean, Standard Deviation and t score for Body dissatisfaction among Men and Women who have been single. The mean scores for Women were 16.57 and Standard Deviation were 7.264. For Men the mean scores

18.81 and the standard deviation were 7.966. The t value for Body dissatisfaction is -1.421, which is significant at 0.01 level. With these values, we can see that the hypothesis which states that “There would be no significant difference in Body dissatisfaction between Men and Women” hence been proved. Graph 6 depicts the mean score for the body dissatisfaction among Men and Women. The Mean score for Women were 16.57 and for Men the mean score 18.81. The red bar denotes the mean score of Women and Blue bar denotes the mean score of Men

Table III.VII

Showing the Mean, Standard Deviation and t test Score for Attachment Style among Single Men and Women.

Attachment Style	N	Mean	S.D	t table
Women	47	38.66	11.825	1.168
Men	47	35.89	11.126	

\* Significant at 0.01 Level

\*\*Significant at 0.05 Level

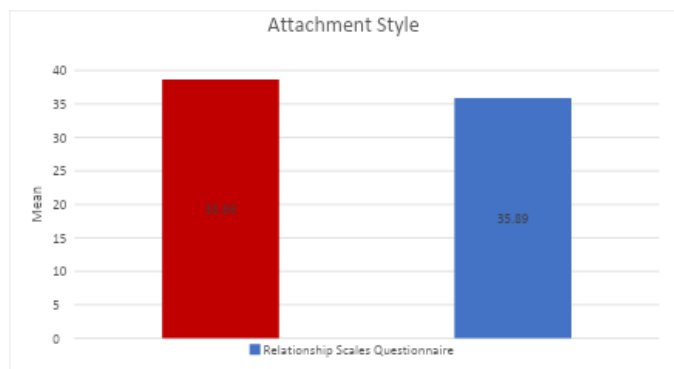


Fig 7: Showing the Mean score Attachment Style level among single Men and Women

The table III.VII denotes the Mean, Standard Deviation and t score for Attachment style among Single Men and Women. The mean scores for Women were 38.66 and Standard Deviation were 11.825. For Men the mean scores were 35.89 and the standard deviation were 11.126. The t value for attachment style

is 1.168, which is significant at 0.01 level. With these values, we can see that the hypothesis which states that “There would be no significant difference in Attachment style between Men and Women” hence been proved.

Graph 7 showing the means score for Attachment style among Single Men and Women. The mean score of Women is 38.66 and Mean score of Men is 35.89. The red bar denotes the mean score of Women whereas the blue bar denotes the mean score of the father.

### A. DISCUSSION

H1: There would be no significant difference in Perceived Stress between Single Men and Women. The data is collected from undergraduate students from the Indian population. From the responses of the participants there will be slight difference in perceived stress among Men and Women. The scores show that women have slightly higher Perceived Stress than men. These findings are consistent with previous studies which revealed that women report higher levels of stress than men (Anbumalar C et.al; 2017). In the Indian context the undergraduate students are still under the control of their parent’s women report feeling emotionally exhausted more often than males, who report feeling more depersonalized. Biological and societal factors, such as gender stereotypes, inequality, social segregation, and autonomy, actually appear to put women at more risk for psychological issues.

H2: There would be no Significance difference in Body Dissatisfaction between Single Men and Women

In this study there would be no significance difference in Body dissatisfaction among Men and Women but keenly observing the scores it shows men have slightly Body dissatisfaction than women. Most of the studies support women have more dissatisfaction than men. But over the past 20 years, the high body dissatisfaction among young women has decreased. The impact of the media is one of the most frequently suggested explanations for this ongoing body

dissatisfaction among young women. According to the findings body dissatisfaction, males are also somewhat unsatisfied with their physical characteristics. Men's ideal physique images are a little bit larger than their actual shapes. BID was unheard of in India ten years ago, especially among men. This was due to the belief that BID and eating disorders were cultural diseases specific to Westernized countries. However, due to Western global influences and shifting socioeconomic and gender conventions, there has been a cultural shift in the ideals of body image in this region of the world. In previous Study done by Geeta soohinda on "Body image dissatisfaction in young Indian Men: Prevalence, psychosocial correlates, and the impact of sociocultural pressure" shows that, 34.44% of young men are either moderately or significantly unhappy with their body shape. In the present study as well, the findings show that men are dissatisfied with their body. During Covid pandemic males affected by negative body image. The ability to present power and competence in a crisis is still thought of by the general public as being correlated with physical strength and muscle.

H3: There would be no Significance difference in Attachment style between Single Men and Women In this study there will be no significance difference in Attachment style Single Men and Women. This is in correspondence with the existing literature (Rozvadský G 2015). It shows Women are generally more anxious and men are more avoidant. Resolution of relationship conflicts and experiences in long-term relationships. That both men and women are able to form happy and productive relationships. The degree to which people feel at ease depending on others and find security and comfort in close connections can be summed up as the attachment style in adult relationships. One study that illustrates this was done by Schachner, Shaver, and Gillath (2008) says.

## **B. SUMMARY OF THE STUDY**

The title of the present study was- Perceived Stress, Body Dissatisfaction and Attachment Styles in Romantic Relationships: A Comparison Between Single Men and Women. The study has 3 objectives.

## **C. IMPLICATION**

The research was to study Perceived Stress, Body Dissatisfaction and Attachment Styles in Romantic Relationships: A Comparison Between Single Men and men. The total sample size of the present study was 94. The sample consisted of 47 Men and 47 Women. The objective of this study is to assess the difference in Perceived stress, Body dissatisfaction and Attachment Style among single Men and Women. According to the results of the study there is no significant difference in Perceived stress, Body dissatisfaction and Attachment Style among single Men and Women. But there is Slight difference among Gender. In this study single men have more Body Dissatisfaction than single Women. Ten years ago, BID was unknown in India, especially among men. Further research on BID and Indian young men is needed to replicate our findings. The lack of studies comparing Body Dissatisfaction, Perceived Stress and Attachment Style in the Indian Population.

## **D. LIMITATIONS**

The research study has several inherent limitations, despite all efforts to conduct the research study scientifically and methodically, these restrictions mainly concern the way the surveys were administered, the necessary emotional and physical adjustment, and small number of participants.

The Study suffers from the following Limitations:

1. The participants emotions and feelings during data collections may have influenced how they answered questions.
2. Once can assume a lack of focused attention, interest, and determination to respond

appropriately to the survey because the study was only conducted online.

3. The country has been in a two-year lockdown, which has left many people emotionally vulnerable to unforeseen and constantly changing situations brought on by the pandemic.
4. The right selection of scale can influence the result. The scale used by the researcher was developed nearly 29 years ago (BSQ 8 C and RSQ in 1991), because of which the results of this study were influenced.
5. The emotions, feelings and brought have evolved over years. The Indian mindset has advanced. This could have impacted the results of this study, and hence, may lack generalisability.

#### **E. SUGGESTION FOR FURTHER RESEARCH**

If the limitations of this study are successfully overcome in future studies, the result can be more deterministic, accurate, and generalisable. Additionally, in the future research studies, the researcher can add more human centred variables to understand the deeper effects of variables on Body Dissatisfaction since few studies are done on this variable in Indian population. The scales used in this research were almost 29 years old and the RSQ scale was developed in the year 1991. Which can be the biggest limitation of the research. This scale and research can also use in clinical setting by the upcoming Researcher.

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