

Body Perception and Self-Esteem in Individuals Performing Bodybuilding Exercise Program

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Abstract : The aim of this study was to determine the relationship of body, upper extremity, lower extremity endurance, and core functionality with body perception and self-esteem in individuals who applied for a bodybuilding exercise program. Forty volunteer male subjects who underwent bodybuilding exercises for one year or more were included in the study. After obtaining demographic information of the individuals, trunk endurance was evaluated by curl-up and modified Sorensen test, upper extremity endurance by push-up test, lower extremity endurance by repeated squat test, core functionalities by single-leg wall sitting and repeated single-leg squatting tests. body perception, body image perception scale, and self-esteem were evaluated with Rosenberg self-esteem scale. The mean age of the individuals was 25.60 ± 4.70 years, mean exercise time was 22.47 ± 34.60 months. At the end of the study, body perception was low, and self-esteem was moderate. There was no significant relationship between abdominal endurance, back extensor endurance, upper extremity, and lower extremity endurance, core functionality, and body perception ($p > 0.05$). Also, there was no significant relationship between abdominal extensor, back extensor, upper extremity and lower extremity endurance, core functionality, and self-esteem ($p > 0.05$). The body, upper and lower extremity endurance, and core functionality of bodybuilders did not have any effect on body perception and self-esteem, suggesting that these individuals did not contribute positively to their efforts to improve their body perception and self-esteem.

Keywords : body endurance, body perception, core functionality, self esteem

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