

Associations Between Positive Body Image, Physical Activity and Dietary Habits in Young Adults

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Abstract : Introduction: This study considers a measure of positive body image and the associations between body appreciation, beauty ideals internalization, dietary habits, and physical activity in young adults. Positive body image is assessed by Body Appreciation Scale 2. It is used to assess a person's acceptance of the body, the degree of positivity, and respect for the body. Regular physical activity and healthy eating are basically important for the body, and they play an important role in creating a positive image of the body. Objectives: To identify the associations between body appreciation and beauty ideals internalization. To compare body appreciation and body ideals internalization among students of different physical activity. To explore the associations between dietary habits (unhealthy, healthy), body appreciation and body ideals internalization. Research methods and organization: Study participants were young adult students, aged 18-35, both male and female. The research questionnaire consisted of four areas: body appreciation, beauty ideals internalization, dietary habits, and physical activity. The questionnaire was created in Google Forms online survey platform. The questionnaire was filled out anonymously. Result and Discussion: Physical dissatisfaction, diet, eating disorders and exercise disorders are found in young adults all over the world. Thorough nutrition helps people understand who they are by reassuring them that they are okay without judging or accepting themselves. Social media can positively influence body image in many ways. A healthy body image is important because it affects self-esteem, self-acceptance, and your attitude towards food and exercise.

Keywords : physical activity, dietary habits, body image, beauty ideals internalization, body appreciation

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