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Examining the Relationship Between Eating Disturbances, Body Image Dissatisfaction, and Motivations for Exercise

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ABSTRACT

The purpose of this study was to examine the relationship between body image dissatisfaction, Eating disturbances and Reasons for Exercise. A sample of 100 males and 100 females were taken from gyms, tracks and playgrounds of different cities and cantonments of Pakistan. Independent variable was Body image dissatisfaction which was assessed through Body Dissatisfaction Scale-Eating Disorders Inventory consisted 9 items on discontentment on body size, shape and parts. Dependent variables were eating disturbance and reasons for exercise, which were tested by The Eating Attitude Test- 26 (EAT- 26) and Reasons for Exercise inventory (REI) respectively. An inquiry about physical activities, BMI, Medical health status and other identifying information was taken through demographic questionnaire specially tailored for this research. Descriptive analysis are done as frequencies in form of tables and figures as well as Difference of means t-test and Pearson correlation co- efficient was used for statistical analysis. The first hypothesis was supported partially: Females had higher level of body dissatisfaction than males, and no difference among males and females revealed on reason for exercise. The second and third hypotheses were authenticated by data and highly significant statistically. Males scores found to be higher on positive reasons for exercise i.e. fitness, mood, enjoyment and health. Females scored high on negative reasons that are appearance, weight control and body toning than males. It was previously established that females are more dissatisfied with their bodies. The fourth hypothesis was marginally supported but not significant. There was positive correlation between eating disturbance and body dissatisfaction but that correlation was very indistinct. There was less support for the last hypothesis that single females have more dissatisfaction from body and get involve in eating disorders, it was not statistically significant. Furnham, Badmin and Sneade (2002) conducted research on similar variables and concluded females were more dissatisfied with body image and negative reasons of exercise were linked with disordered eating regardless of gender. These findings suggest that there is need for further research on wider aspects of these issues and there is scarcity of interventions for these problems so proper guidelines may be develop to address society.

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Introduction

The primary reason of this exploration is to look at the relationship of practicing execution with disturbed eating conduct in view of body image because of figure/built disappointment in both sexes i.e. female and male. This objective will be achieved by investigating the relationship of body picture with exercising and eating practices, by looking at the variable of body concern and its results in the two sexual orientations by evaluating the purpose behind practicing as a result of disappointment with weight and appearance alongside a few different checks. This investigation will help individuals to abstain from being influenced from the media and to quit concentrating on the goals depicted by the media. It would likewise help in enabling wellbeing specialists to concentrate on the parts of self-perception in individuals having dietary issues. This examination will teach the constructive explanations behind exercise like wellness and wellbeing, decrease of stress and advancement of sound exercises and would build up the acknowledgment and solace in individuals in regards to their bodies and the energy about individual contrasts. In this modern age of style and glamour where cosmetic appearance and body image is influenced by a specific class of people like celebrities, models, sportsman and actors, at the same time others idealize them to get the body into shape. Working hard to look like them; “Zero Figure” has become the trend amongst females and “six pack abs” amongst the males. People are running to the gym, zumba dances, and aerobics and hiring personal trainers just to look as perfect as they can.

Not only modern society is preoccupied with appearance but also old civilizations defined their own way of attractiveness and every society have their special view of perfect physical characteristics (Fox, 1997).

Body Image

Body image has several components as the perceptual, attitudinal, behavioral and affective components. The perceptual dimension means over estimation of body size and considered the determinant in the development of eating disorders. The attitudinal component consists of cognitive and evaluative parts of body image. Intentionally avoiding exposure due to appearance related anxieties and repeated mirror checking and measuring parts of body, indulging in dieting and doing corrective makeover are behavioral manifestations of distorted body schemas. The affective aspect describes the amount of satisfaction and dissatisfaction regarding body shape, weight and tone. Cash (2002) explained two main levels of attitudes that are assessment and investment. It is the media which have set strict standards of beauty. Thinness for women and muscularity for man are seen as having the “ideal” bodies.

Sociocultural theory proposes that this relationship occurs through the amplification of social messages regarding the importance of attaining a thin and toned physical appearance; self-objectification and feminist theory highlights the importance of feeling evaluated and objectified by others; and social identity theory articulates the importance of social categorization and group membership. Similarly, celebrities, entertainers, or other high-profile individuals maintain their profiles on a number of social networking websites as ‘‘individuals’’ with the aim of promoting their work, or even ‘‘themselves’’ as a product (Kaplan & Haenlein 2012).

An analysis of fat stigmatizing videos on YouTube revealed that these videos were very frequently viewed, up to almost 14,000,000 times, and that they were often accompanied by fat-

stigmatizing comments (Hussin, Frazier & Thompson, 2011). There was another study talking the role of websites about eating and body image. They categorized them into two: thinspiration, websites focusing on being slim. Other category was Fitspiration , focusing on being fit and healthy (Boepple & Thompson, 2015).

According to Mission Australia survey (2011) dissatisfaction with body is most serious issue amongst young people worldwide. Studies proved it to be amongst all ages, not only young but also children and middle aged people also have body shape anxieties. Evaluating oneself on the basis of body shape and physical attributes has become a risk factor for eating disorders. People

become so obsessional that they start unhealthy practices like crash diets and excessive exercise. They are vulnerable to get psychologically disturbed and emotionally fragile (Abideen et al., 2011).

Exercising and Disordered Eating behavior

Irrespective of the age and class the easiest and most economical way to improve the body shape and get satisfied with one's body image is to go for strenuous exercise and changing eating habits.

There is variety of mental and physical health benefits as far as exercise is concerned, it alleviates depression and mental stress and also plays its part in improving self-confidence and immunity in general health. But those individuals who prefer exercising for appearance and body toning rather than for health and fitness are unable to experience health related benefits of exercising. In fact those who work out for shaping body has shown to be linked with eating disorders, body dissatisfaction, low self-esteem (Strelan et al., 2003) and distressed psychological well-being (Maltby & Day, 2001)

In toil to get quick results people go for a compulsive exercise. Not knowing that there is no quick fix. These are the people with negative body image and they start exercising at pro level neglecting the beginner level. Ultimately end up in some injury or more vain. Those who are satisfied with their bodies go for smooth exercise for fitness and health purpose. Where ease of access of internet and electronic media has made a layman aware of the facts regarding his health and fitness, at the same time these things put that person in a situation of over thinking and overdo (Ackard et al., 2002). People are so much preoccupied with these fitness and health goals that they fell into bizarre habits of calorie count and strenuous exercises without caring for the risk their body can sustain. They fall prey to many psychiatric illnesses like Eating disorders like Anorexia nervosa and Bulimia Nervosa and Body Dysmorphic disorders. Which in turn have negative impact on the body and make it till both psychologically and physically thus deteriorating the condition even more, ultimately more dissatisfaction with the body image and more abnormal behaviors (Ahmad et al., 2025)

Eating Habits

"The people's trends referring to the ways and reasons of eating, the types of foods, the gatherings in which it is eaten all describe the eating habits of the people, Eating Habits also describe the ways and means of how people acquire, store, utilize, and excrete food. There are various factors which affect the eating habits which include individual preferences, social

preferences, cultural trends, religious obligations, and economic conditions, environmental and political factors (Ahmad et al., 2022)"

The sole purpose of eating is survival. Some of the other reasons for eating could be for appreciation of appearance; some do so for a sense of belonging, and also for self-satisfaction e.g. a person may eat a piece of cake just because they like that cuisine, or it may have been baked for them especially etc. although he/she may not be hungry (Fatima et al., 2025).

Eating habits are also affected by learned behaviors regarding successions which are etiquette, meal and snack patterns, combinations of food items and their quantities. Etiquette means the acceptable and forbidden behaviors regarding eating. As an example we can observe the habit of finger licking which is acceptable for mostly Asian more specifically sub continental areas but may be considered rude in European countries. The acceptable and forbidden eating habits may vary according to the meals i.e. formal or informal with in a same location (Malik et al., 2025)

The religious obligations majorly reflect the eating habits and patterns of the people of a location, also the types of food and beverages of that area. As an example of this we can consider alligators, which are forbidden at many locations due to religious obligations but they still exist over there.

Similarly, if we see other animals such as some of the sea animals, horse, and turtle are consumed as food items in some areas because they are acceptable according to their culture and religion, but not consumed at other areas due to religious and cultural obligations (Malik et al., 2026)

A **meal** refers to the consumption of food at a set time which is a combination of two or more foods depending upon the location of the person. The other type of food consumption is snacks. A **snack** refers to the food or beverage consumed between the meals in a small quantity. Three meals i.e. breakfast, lunch, dinner and snacks between these meals, refers to a common eating pattern of any individual.

The consumption, storage and excretion of foods in humans are done through various methods. For the purpose of consumption people may cultivate or hunt food, or they may simple purchase already prepared food from markets. In the condition of a limitation of energy sources, people tend to store food for future or day-to-day use. In today's era, of modernization people have abundant place for living and numerous natural and artificial energy resources therefore, they the trend of purchasing food is popular. They may be purchase food daily or purchase it once and store it in refrigerators or pantries etc (Malik et al., 2026)

Eating Attitudes

"The beliefs, feelings, behaviors and relationships of people and food define the eating attitude of the people of an area. People's food preferences and health status are affected by eating attitudes, whereas the exposure to food affects the eating attitude of people."

The world consists of innumerable food combination and flavors. Among food flavors, there are two cases. Firstly, some flavors are universally accepted to an extent that they may be called as natural e.g. sweetness, therefore some people tend to have a sweet tooth as well. Secondly, some tastes like salty, savory, spicy, tart, bitter and other hot flavors are adopted by people through

learning. This learning or development of flavors arises from the exposure to food. The more a person is exposed to a certain kind of flavor or food- the more he/she is encouraged to adopt that flavor. The eating attitude may vary according to person preferences as some people like trying different flavors time to time whereas others like to live with their specific food and flavors (Masooma Naqvi et al., 2025).

Eating Disorders

"The serious and fatal illnesses which cause severe disorders to an individual's food choices and eating habits and patterns are termed as eating disorders."

After examining various eating disorders, a concluding and unanimous view has been developed that the individual's life style and personal choice fuel his/her eating disorders. The common symptoms of eating disorders include obsessions with food, body weight and shape. Some of the common eating disorders are briefly explained below:

Anorexia Nervosa: The people suffering from this disorder think themselves to be obese, although they are contrastingly thin. The common behaviors prevalent among these behaviors are that they repeatedly weight themselves, lessen their food consumption, and consuming restricted food items in low quantities. This disorder has the highest rate of mortality; many of them die due to the effects of the disease, whereas others can also die due to suicide which is common in women.

Bulimia Nervosa: Individuals suffering from this disorder tend to have severe attacks of eating large amounts of food. This is uncontrolled eating is followed by forced vomiting through the usage of laxatives and diuretics. It also includes unnecessary fasting, excessive exercise and a combination of these habits. Individuals suffering from this disease usually maintain a healthy and normal body weight unlike the individuals suffering from anorexia nervosa.

Binge-Eating Disorder: These people lose control over their food consumption. This trend is similar to bulimia nervosa but this disorder is not followed by usage of laxatives, fasting or purging. Therefore, people suffering from this disorder are overweight and obese. This disorder is the most common disorder in US.

Exercise

"An activity requiring physical movement and potential performed for the maintenance of good health and fitness is known as exercise."

A healthy heart, mind and body can be achieved through proper exercise. Without proper exercise it is impossible to maintain a healthy body as proper exercising provides more strength and flexibility and is also beneficial for our heart and mind (Mirza et al., 2024).

Modes of Exercises

The appropriate modes or types of exercises are those activities which provide ideal strength, flexibility, agility, endurance, aerobic capacity, balance/coordination, body composition or sport

skill etc. Some of these modes are explained below. These can be practiced individually or in combination with other modes.

Aerobic Exercises (Cardio Workouts)

These are the movement exercises. Walking, jogging, dancing, basketball, biking, kickboxing, step-ups, step aerobics and swimming are common aerobic exercises. These exercises are very safe and can be performed every day without the supervision of any professional trainer although the people new to these exercises shall perform them lightly in beginning. The intermediate and high level exercisers can performs aerobics as well. These exercises are very beneficial for an individual's hearts and lungs.

Anaerobic Exercises (Resistance / Strength Training)

These exercises are for the development of the muscles. Dumbbell exercises, weightlifting and exercises using gym equipment are the best example of these kinds of exercises. Since these are muscle exercises and our muscles require rest therefore these exercises are recommended after a day's gap. If these exercises are performed during

muscle tension then the individual may experience cramps, and in case of excessive exercise the individual may suffer from sprains and injuries. These exercises aid in muscle development in specific areas. Other benefits of these exercises are that it increases muscle strength, size and endurance. But these exercises may reduce body flexibility.

Stretching

In case of muscle tensions, stretching exercises can be performed for improvement. Other than this these exercises are recommended before and after other aerobic and anaerobic exercises. A form of this exercise is warm-ups which are recommended to warm body and prepare muscle and joints before usual routine. After the exercise cool down stretches are recommended to cool the body. Breathing and good stretching, pre and post exercise is as effective as any other method of relaxation. Body's motion range and muscle tension is also reduced through this stretching. It also enhances body's flexibility. But it should be kept in mind that excessive stretching can cause injuries.

Calisthenics (Body Conditioning Exercises)

These exercises do not require any gym equipment and are performed for enhancing body's resistance through carious physical movements. These exercises develop muscle tone through gymnastic exercises. Other well-known exercises included in these are sit-ups, push-ups, squats and lunges. Pilates and yoga have also been introduced to these exercises. Callisthenic exercises can be performed as routine exercises or even before an exercise routine as a warm up. Improvement of body strength, posture and flexibility are the major benefits of this exercise.

Plyometric

These exercises are specifically designed for athletes and advanced exercises for power enhancement. Jumping rope, jumping jacks, throwing and catching ball on wall, boxing and

punching bags are the common exercises. These exercises are actually routine exercises but it plyometric exercise when done through muscle contractions. These exercises are performed under the supervision of fitness experts, trainers and athletes. The systematic plyometric exercises include claps between push-ups, and jumping squats etc. The negative impact of these exercises is that they may degenerate bones and joints, therefore these are recommended to be practiced only 2 days a week.

Hypotheses

To examine the relationship these hypotheses were tested.

1. There would be gender difference in body image dissatisfaction and reason for exercising.
2. Males would have more positive reasons for exercise than females.
3. Females would be having more negative reasons for exercise due to higher dissatisfaction level of their body.
4. There would be a positive Correlation in disordered eating attitude and negative reasons for exercise in both male and females.
5. Body dissatisfaction in unmarried females promotes more distorted eating attitude as compared to married females.

Research Methodology

Research Design

This study was based on correlational design for derivation of better conclusion. The independent variable was body image dissatisfaction and resultants of independent variable were disordered eating attitude and reasons for exercise as dependent variable.

Population of the study

The proposed population for the study was those males and females who are engaged in any physical activity like exercise, gym, sports or walk/ jogging. The total sample selected for the study was 200 (100 males and 100 females).

Population selection criteria

All those individuals going for any physical activity like gyms, sports grounds and walking tracks were selected randomly. Initially gyms and tracks of Gujranwala cantonment and city were selected for the purpose. Cantonment activity areas were known to researcher and city gyms and tracks were visited after getting from website Google. Those gyms and tracks which were open for all were selected. After Gujranwala, gyms and tracks of Lahore, Islamabad and Peshawar were also visited. Same criteria was followed that those places open for both male and female were selected.

Tools of Research

The research tool for this study consisted of demographic sheet, body dissatisfaction scale, eating attitude test and reason for exercise inventory.

Body Dissatisfaction Scale- Eating Disorders Inventory-3 (Garner, 2004)

It consists of 10 items and each item exhibit views about specific parts of the body that are waist, hips, thighs and buttocks and one item on this scale measures the feeling of bloating after eating a normal meal, a common feature of those who are dissatisfied with their body weight. Participants rated on 6 point forced choice format, required respondents to answer whether each item applies Always, Usually, Often, Sometimes & Rarely or Never. This scale has shown good internal consistency (alpha's above 0.80) for eating disordered and non-symptomatic group and reliability α =0.90 (Clausen et al., 2011).

The Eating Attitude Test- 26 (Garner & Garfinkel, 1982)

The EAT-26 is a modification of the original EAT-40 and used as a screening test to identify the attitudes and underlying eating disorders (Garner & Garfinkel, 1979; Garner et al., 1982). The EAT-40 and EAT-26 are highly correlated (r = .98) and its test-retest reliability (Carter & Moss, 1984) internal consistency and concurrent validity with a number of other eating disorder measures have shown to be good (Williamson et al., 1995).

Reasons for Exercise Inventory (REI) (Silberstein, Striegel-Moore, Timko, & Rodin, 1988)

The REI is a 24 item scale that reports reasons for exercise. This scale consists of 2 different reasons, i.e. positive reason and negative reason and there were 7 subscales. All items were rated on a scale of 1 to 7, with 1 indicating "not at all important", 2, 3, and 4 indicating "Moderately Important" and 5, 6, 7 indicating "Extremely Important" which represents seven motivations for exercising: weight control, attractiveness, body tone, health, fitness, enjoyment and mood improvement.

The REI has demonstrated good reliability and adequate validity, with cronbach's alpha ranging from 0.67 to 0.81 (Cash et al., 1994; Silberstein et al., 1988).

Results

Descriptive statistics

Descriptive statistics were calculated for all scales and demographic items as well (**Table 1**). The data for all questionnaires and demographic items appear to be normally distributed, with slight skewness and kurtosis in several variables. Few demographical variables are described in figures and Frequency distribution tables.

Table 1 Descriptive Information about Demographic Variables and other scales

Variables	N	α	Mean	SD	Min	Max	Skewness	Kurtosis
Age	200	----	29.42	6.23	18	45	.619	.013
Weight	200	----	68.30	1.29	40	102	.163	-.544
Height	200	----	66.25	3.72	54	75	.234	-.422
BMI	200	----	23.51	3.24	16	29	-.062	-.706

Body Dissatisfaction	200	.834	17.80	9.21	00	36	.164	-1.02
*EAT	200	.887	16.65	13.46	00	67	.783	.309
Reasons for Exercise	200	.889	103.9	26.07	33	151	-.382	-.387
Positive Reasons	200	.940	67.65	22.32	15	105	-1.04	.216
Negative Reasons	200	.944	36.27	15.65	09	63	-.466	-.972

*EAT= Eating Attitude Scale

Table 1 shows mean scores and standard deviation for demographics and questionnaires and also the Cronbach's α - reliability for scales used in this research. These results indicated the good consistency of scales as all reliability scores are 0.8 and above.

Figure 1 Research participants according to Marital Status

(Married: n= 112, Single: n=87, Divorced: n=1).

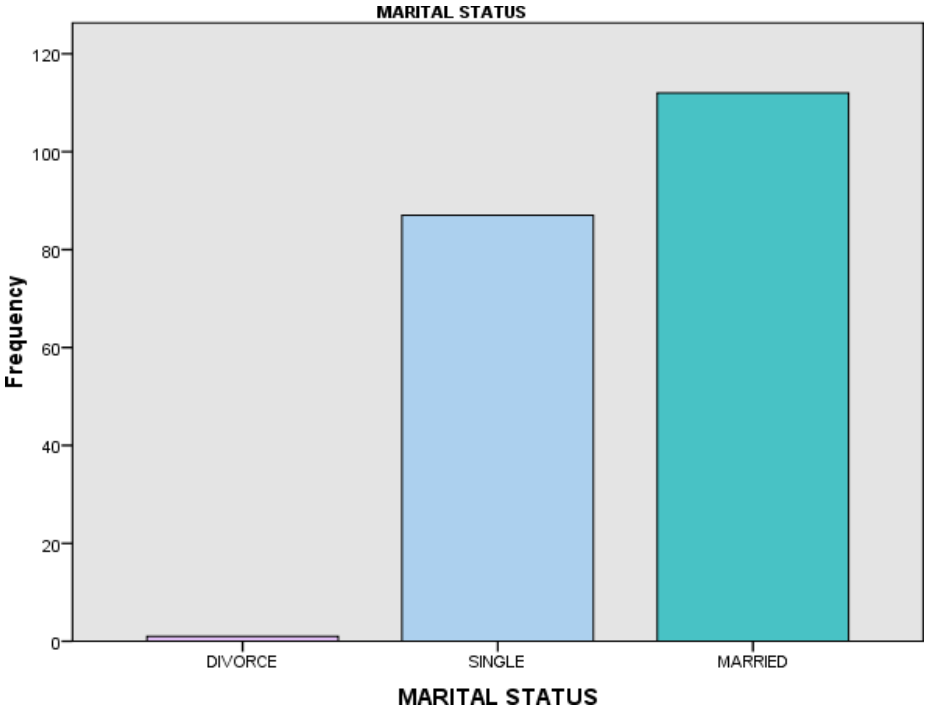
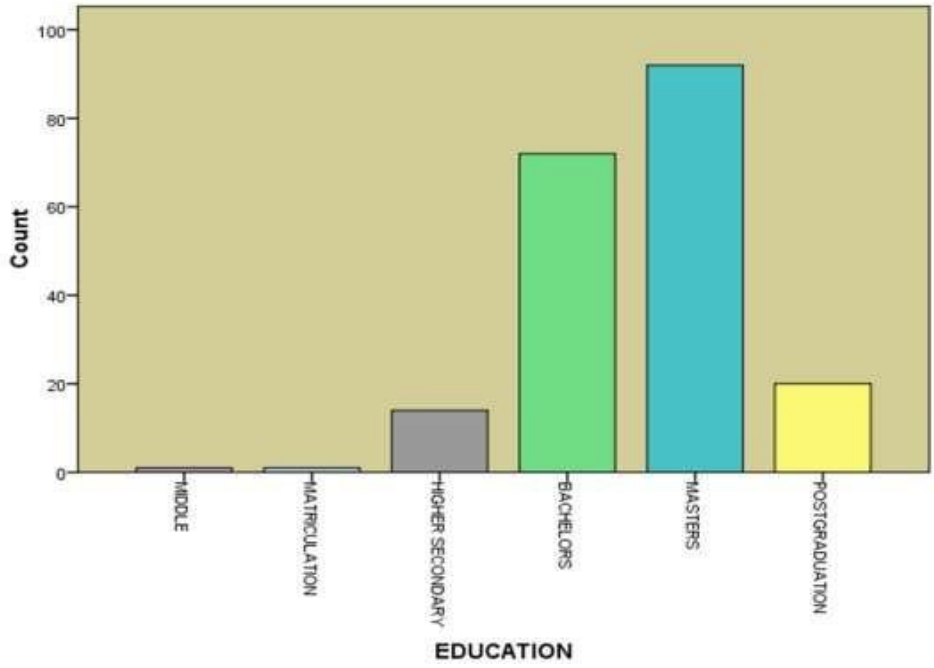


Figure 1

Figure 1 shows Nominal variables like Marital Status, having three categories; Single, Married and Divorced. The total single males were 42, single females 45, married males 58 and married female 54 whereas 1 female was divorced.

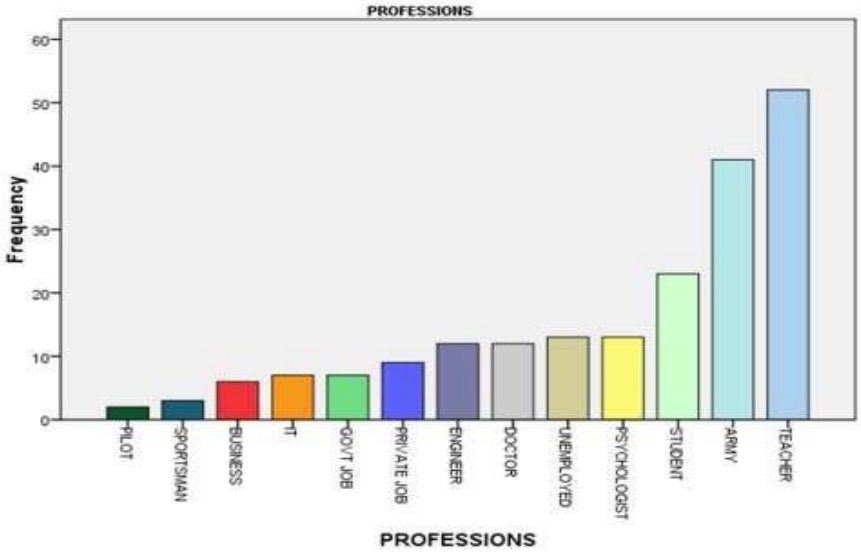
Figure 2 Research participants according to Education level

(Master: n= 92: Bachelors: n=72, Postgraduate: n=20, Higher Secondary: n=14, Matriculation & Middle: n=2).



In Figure 2, Education, categories were Middle (elementary) 1, matriculation 1, Higher secondary 14, Bachelors 72, Masters 92 and 20 were postgraduates. Total Concentration of data shows most of the participants were Masters Level educated. Whereas only 2 research participants were middle and matriculation.

Figure 3 Research participants according to their Profession



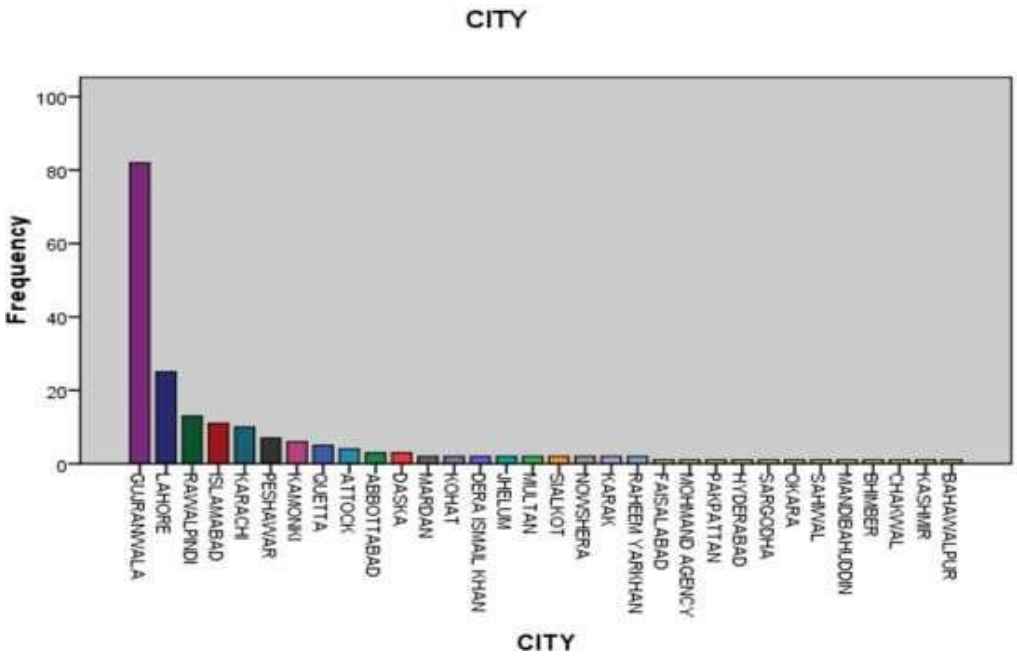
(Teachers: n= 52: Army: n=41, Students: n=23, Psychologist: n=13, Unemployed: n=13, Doctor: n=12, Engineer: n=12).

Figure 3 Research participants according to their Cities

(Gujranwala: n= 82: Lahore: n=25, Rawalpindi: n=13, Islamabad: n=11, Karachi: n=10).

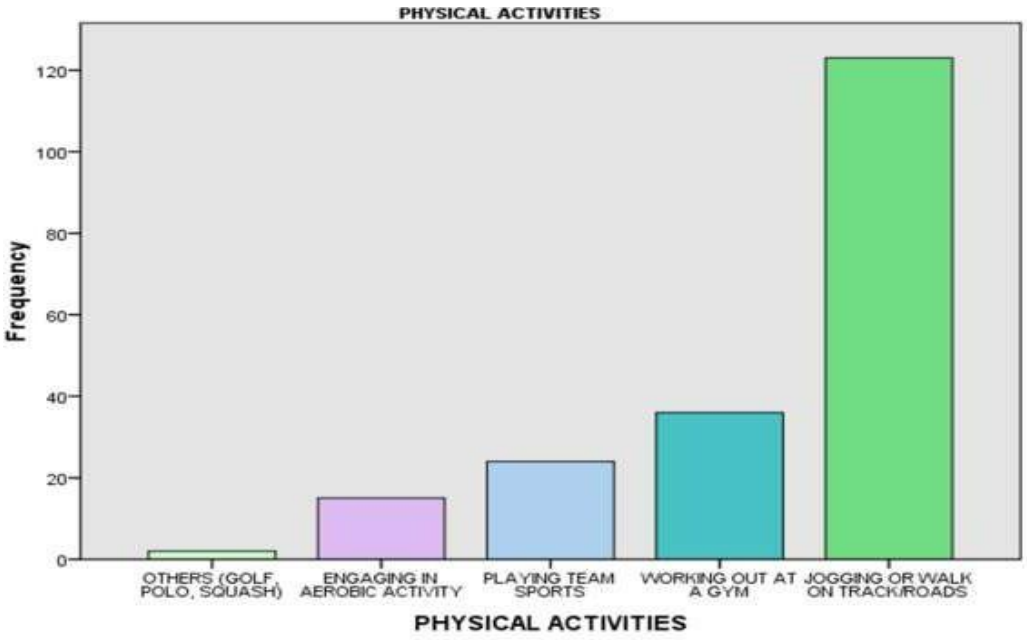
Figure 3 shows 82 participants belonged to Gujranwala, 25 from Lahore, 13 Rawalpindi, 11 Islamabad and 10 from Karachi. There were few participants belonging to other cities like Peshawar, Kamonke, Quetta and attock, but they were in small numbers.

Figure 4 Research participants according their cities



(Peshawar: n=7, Kamonke: n=7, Quetta: n=5, Attock: n=4, Abbottabad: n=3, Daska: n=3, Mardan: n=2, Kohat: n=2, Dera Ismail khan: n=2, Jhelum: n=2 , Multan: n=2, Sialkot :n=2, Nowshehra: n=2, Karak:n=2, Raheem Yar Khan n=2, Faisalabad, Mohmand agency, Pakpattan, Hyderabad, Sargodha, Okara, Sahiwal, Mandibahhudin, Bhimber, Chakwal, Kashmir & Bahawalpur: n = 1 each).

Figure 5 Research participants according to their Physical Activities



(Jogging/ walk on Track: n=123: Working out at a Gym: n=36, Playing Team sports: n=24, Engaging aerobic activities: n=15 & others: n =2).

In Figure 5, Physical Activities were important aspect in demographic sheet as our target population was those who use to do any physical activity like Exercise in gym or sports or walk etc. 123 participants were engaged in Jogging/walk, 36 used to do working out in gym, 24 were involved in team sports like football, cricket and volleyball etc., 15 were engaged in aerobic activities and only 2 participants reported polo and squash.

Table No 2 Gender Differences on Body Dissatisfaction and Reasons for Exercise

Gender		N	Mean	Std. Deviation	Std. Error Mean	t Sig. (2-tailed)
Body	**Male**	100	14.27	8.17097	.81710	
	Female	**100**	**21.33**	**8.87062**	**5.854**	**.000**

Dissatisfaction

Exercise

$^{*}p < .01$ $^{**}p < .01$

Table 2 indicates the Mean, Standard Deviation and t-test of the participants on Body Dissatisfaction and Reason for Exercising. The mean of the Males participants on Body dissatisfaction is 14.27, standard deviation 8.171, whereas females mean scores are 21.33 and standard deviation is 8.872.

Table No. 3 Gender Differences On Positive Reasons For Exercise

	Gender	N	Mean	Std. Deviation	Std. Error Mean	t	Sig. (2-tailed)
Positive Reasons for Exercise	Male	100	75.20	14.21196	1.42120		
	Female	**100**	**60.10**	**26.16440**	**2.61644**	**5.071**	**.000***

*p < .01

Table 3 indicates the Mean, Standard Deviation and t-test of the participants on Positive Reason for Exercise. Males obtained significantly higher scores on Positive Reasons for Exercise than females. The mean of the Males participants on Positive Reasons is 75.20, standard deviation 14.21, whereas females mean scores are 60.10 and standard deviation is 26.16.

Females had lower mean scores which were fortified by results. So our second hypothesis was also supported by results that males have more positive reasons for exercise like exercising for health, fitness, enjoyment and attractiveness by t- Value is 5.071 and it's statistically significant at 0.01 and 0.05.

Table No. 4 Gender Differences on Negative Reasons for Exercise due to Body Image Dissatisfaction

	Gender	N	Mean	Std. Deviation	Std. Error Mean	t	Sig. (2-tailed)
Negative Reasons for Exercise	Male	100	29.02	15.74800	1.57480		
	Female	100	43.52	11.75807	1.17581	7.378	**.000***
Body Dissatisfaction	Male	100	14.27	8.17097	.81710		
	Female	**100**	**21.33**	**8.87062**	**.88706**	5.854	**.000****

*p< .01 **p< .01

Table 4 shows the Mean, Standard Deviation and t-test of the participants on Body Dissatisfaction and Negative Reason for Exercise. The mean of the Males participants on Body dissatisfaction is 14.27, standard deviation 8.171, whereas females mean scores are 21.33 and standard deviation is 8.872. t- Value is 5.854 and it is statistically Significant at 0.05 & 0.01. On the other hand females obtained higher score on negative reasons. The mean of the Males participants on Negative Reason is 29.02, Standard Deviation is 15.74, whereas Females' Mean score is 43.52, Standard Deviation is 11.75. t- Value is 7.378 and it is statistically Significant at 0.01.

These results indicated that mostly females exercise for negative reasons like weight reduction, body toning and mood symptoms. It was previously established that females are more dissatisfied with their body image than males and it was hypothesized to be the causal factor of doing exercise for negative reasons.

Table No. 5 Relation between Eating disturbances and Negative Reasons for Exercise

Correlation between Eating disturbances and Negative Reasons of Exercise of the participants including both Males & Females (N =200).

Variables	N	Pearson Correlation (r)	Sig. (2-tailed)
***EAT**	200	.062	**.383****
Negative Reasons	**200**		

*EAT= Eating Attitude Scale

**p > .05

Table 5 indicates the Correlation between disordered eating and negative reasons of the participants. Correlation (Pearson's) was calculated for whole sample N=200 to assess the fourth hypothesis of whether a relationship exists between EAT scale and Negative Reasons for Exercise which is r= .062. The Pearson Product- moment Correlation Co-efficient results state that eating disturbances and negative reasons are positively correlated but this correlation is not strong enough to conclude exactly and it is not statistically significant at 0.05.

Our fourth Hypothesis that there would be positive correlation among EAT and Negative Reasons for both males and females is recognized but not statistically significant.

Table no. 6 difference of marital status on body image dissatisfaction and eating disturbance

	Marital Status	N	Mean	Std. Deviation	Std. Error Mean	t	Sig. (2-tailed)
EAT	Married	54	20.7593	15.61196	2.12452		
						1.597	**.113***
	Unmarried	45	16.0222	13.50503	2.01321		
Body Dissatisfaction	Married	54	19.7963	7.95359	1.08235		
						1.786	**.077****
	Unmarried	**45**	**22.9556**	**9.65061**	**1.43863**		

Note: 1 female participant was divorced so did not taken as either married or unmarried

*p > .05 **p > .05

Table 6 shows the Mean, Standard Deviation and t-test of the female participants on Body Dissatisfaction and Eating Disturbance. Finally, we hypothesized that unmarried females would have more body image dissatisfactions and more eating disturbances as compared to married females. The mean of the Married Female participants on Body dissatisfaction is 19.79, standard deviation 7.95; whereas Unmarried females mean scores are 22.95 and standard deviation are 9.65, t=1.786 and it is not statistically significant at 0.05. It revealed that married females were more dissatisfied than unmarried ones.

Similarly Eating disturbance was also not being validated in unmarried females. The mean of the Married Female participants on Eating Disturbance is 20.75, Standard Deviation is 15.61, whereas

Unmarried Females' Mean score is 16.02, Standard Deviation is 13.50. t= 1.597 and it is not statistically Significant at 0.05. Overall this hypothesis is not commendable by results and thus did not verify by the sample. Contrary to the expectations, the last hypothesis did not show consistency with previous researches, because differences are not according to the expectations.

Discussion

Despite the fact that there was no sex contrasts in level of physical movement, ladies were more probable than men to exercise to attempt and get leaner. Of intrigue was the finding that age was not identified with body center or body disappointment for either sex. For ladies and more established men, how much they practiced was not related with any of the self-perception factors. An altogether different example of connections was found for young fellows. More noteworthy body fulfillment was related with increments in practice investment and with expanded body center, a variable that was likewise connected with expanded levels of activity. The profile of results is considered with regards to social impacts, for example, wellbeing advancement and sex parts factors that have likely influenced current mentalities to physical appearance and physical engaging quality among both genders.

Our first hypothesis that there would be gender difference in body image dissatisfaction and reason for exercising supported by our results and it was also established by previous researches. Furnham et al., (2002) examined the gender difference on body dissatisfaction and reasons for exercising concluded that there is considerable difference among both genders on these two notions. Girls were more dissatisfied with their body image and reasons for exercise were mostly appearance related, body shaping and physique enhancement whereas their male counterparts showed more positive reasons like enjoyment, mood alteration, fitness and health.

Our second hypothesis which emerged from first hypothesis was males would have more positive reasons for exercise than females, is strongly supported by our results and in agreement with earlier investigations. Hausenblas & Fallon (2002) found that body contentment is positively linked with fitness exercise in males, and generally males carry positive view about appearance. A negative correlation was determined among positive reasons and body dissatisfaction (Neelma et al., 2025).

The third hypothesis is also the extension of first and second hypothesis to make a clear connection between reasons for exercise was females would be having more negative reasons for exercise due to higher dissatisfaction level of their body was also strongly approved by statistics of this research and in congruence with foregoing analyses. Such as Kostanski, et al.,2004, Fatima et al., 2025 concluded females reacted more to exerting for weight loss due to dissatisfaction with their body perception, regardless of their weights they feel low about appearance and take measures to counter that feelings in the form of exercising (Hausenblas & Fallon, 2002).

The fourth hypothesis that there would be a positive Correlation in disordered eating attitude and negative reasons for exercise in both male and females was marginally affirmed by analysis and in consistency with former inquiries. Lewinsohn, Seeley, Moerk & Striegel- Moore (2002) found out that females have higher levels of eating disturbance than males but body dissatisfaction is equally persist in both males and females. Because being fat is unacceptable for both and males

are preoccupied to get muscular, females to get thin (Yousaf et al., 2025). Ghoch, Soave, Calugi and Grave (2013) conducted a systematic review of different studies from 1977 to 2013 about eating disorders and physical fitness and concluded having eating disorders negatively affect physical activities and sports performance.

The last hypothesis that Body dissatisfaction in unmarried females promotes more distorted eating attitude as compared to married females was not well substantiated by results and there are few studies addressing the vice versa. An old research on marital status gave good explanation to our results. Forty married and twenty two unmarried females were tested on eating disorders and it was found that twenty six married females developed eating disorders after marriage and fourteen remarriage times whereas unmarried sample was low on eating pathologies. These Causal factors were reported; 69% triggered by marital problems like incongruence with husbands, separation and other issues, 57% triggered by dieting in order to get slim on spouse demand (Kirrike, Nagata, Matsunaga, Watarutobitan & Nishiura, 1998).

Conclusion

This study is conducted to show the relationship between body dissatisfaction, eating disturbances and reasons for exercise, which depicts that mostly males do exercise for fitness and to enjoy good health whereas female are mostly obsessed with their negative body image and are dissatisfied with their cosmetic appearance, leading them to derange eating patterns and exercise. So this thesis uncovered the different approach of both the genders towards their body image and hence the reasons for exercise and eating patterns.

This study could not validate this hypothesis that unmarried ladies are more obsessed with their negative body image as compared to married ones as it proved to be vice versa. The reason could be that married ladies are judged more in our society by their spouses, in laws, relatives etc. making them even more concerned about their outlook and cosmetic appearance.

The results of this study are strongly in correlation with previous studies and can contribute in this part of world.

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