Research Article

Relationship Of The Social Appearance Anxiety With Self Esteem And Social Adjustment In Women [1]

Kadınlarda Sosyal Görünüş Kaygısının Benlik Saygısı ve Sosyal Uyum ile İlişkisi

Nurgül ÖZDEMİR[1] Döndü ÇUHADAR[2] Büşra BOZKURT[3]

[1] Assoc. Prof. BSN, PhD, Gaziantep University, Faculty of Health Sciences, Department of Psychiatric Nursing, Gaziantep, Turkey
[2] Assoc. Prof., BSN, PhD, Gaziantep University, Faculty of Health Sciences, Department of Psychiatric Nursing, Gaziantep, Turkey
[3] Nurse, Gaziantep University, Faculty of Health Sciences, Department of Psychiatric Nursing, Gaziantep, Turkey

ABSTRACT

This study was conducted to determine the relationship between social appearance anxiety, self-esteem and social adjustment in women. As data collection tools; Individual Information Form, Social Appearance Anxiety Scale(SAAS), Social Adaptation Self-Evaluation Scale(SASS) and Rosenberg Self-Esteem Scale(RSES) were used. The study was conducted with 436 women. The analysis of the data was in IBM SPSS 22.The mean RSES score of the women was 14.88 ± 5.86, the SASS score average was 25.16 ± 6.47, and the SAAS score average was 32.05 ± 13.25. There was a significant relationship between social anxiety, self-esteem, and social adjustment in the negative direction, and positive correlation between self-esteem and social adjustment ($p <0.05$). Anxiety about social appearance has been a concern for how individuals are assessed by others, and it has been determined that this anxiety affects women's self-esteem and social adjustment negatively. Psychiatric nurses working with this group; they can determine their perceptions of how women are assessed within the society they live in and their beliefs about the appearance of women in that society. Later on they can contributetothesolution of the problem by planning the applications which will create positive awareness about their social appearances.

Keywords: Self Esteem, Social Appearance, Anxiety, Social Adjustment, Psychiatric Nursing

ÖZET

Bu araştırma, kadınlarda sosyal görünüş kaygısı, benlik saygısı ve sosyal uyum arasındaki ilişkiyi belirlemek amacıyla yapılmıştır. Veri toplama araçları olarak; Bireysel Bilgi Formu, Sosyal Görünüş Kaygısı Ölçeği (SGKÖ), Sosyal Uyum Kendini Değerlendirme Ölçeği (SUKDÖ) ve Rosenberg Benlik Saygısı Ölçeği (RBSÖ) kullanılmıştır. Araştırma 436 kadın ile yapılmıştır. Verilerin analizi IBM SPSS 22'de yapılmıştır. Kadınların RBSÖ puan ortalaması 14.88 ± 5.86, SUKDÖ puan ortalaması 25.16 ± 6.47 ve SGKÖ puan ortalaması 32.05 ± 13.25 idi. Sosyal kaygı, benlik saygısı ve sosyal uyum arasında negatif yönde, benlik saygısı ile sosyal uyum arasında pozitif yönde anlamlı bir ilişki vardı ($p<0.05$). Sosyal görünüş kaygısı, bireylerin başkaları tarafından nasıl değerlendirildiği ile ilgili bir kaygı olmuş ve bu kaygının kadınların benlik saygısını ve sosyal uyumunu olumsuz yönde etkilediği belirlenmiştir. Bu grupla çalışan psikiyatri hemşireleri; kadınların yaşadıkları toplumda nasıl değerlendirildiğine ilişkin algılarını ve o toplumdaki kadının görünümüne ilişkin inançlarını belirleyebilirler. Daha sonra sosyal görünümleri hakkında olumlu farkındalık oluşturacak uygulamaları planlayarak sorunun çözümüne katkıda bulunabilirler.

Anahtar Kelimeler: Benlik Saygısı, Sosyal görünüş, Anksiyete, Sosyal Uyum, Psikiyatri Hemşireliği

1. INTRODUCTION

As is the case today, characteristics such as youth, beauty, attractiveness have been considered in many societies as the most important individual characteristics throughout history. Individuals strive to leave a more effective impression on other people and to seem attractive since majority of the people are more eager to establish contact with attractive individuals (Alemdağ and Öncü, 2015; Yousefi, Hassani, &Shokri, 2009).It has been observed in recent years that psychological characteristics related with the body such as personal satisfaction from one's own physical appearance and related concerns have increased the participation of individuals in physical activities (Mülazımoğlu and Aşçı,2006).

Social appearance anxiety as a form of social anxiety is expressed asa type of anxiety specifically about the physical appearance of the individual when evaluated by other people. People with high social anxiety frequently make social comparisons between themselves and other people and perceive their appearances as more negative in comparison with others (Telli and Ünal. 2016). Social appearance anxiety emerges when individuals think that their physical appearance will not be sufficient to establish the desired image in others(Hagger and Stevenson, 2010).

---

[1] This study is in the V. International IX. Presented as an oral presentation at the National Psychiatric Nursing Congress, Antalya, Turkey, (20.11.2018).

Social appearance anxiety has negative impacts on the social, academic and vocational aspects of individuals (Varet al. 2018; Telli and Unal 2016).

Self-esteem is the individual's overall sense of satisfaction in one's own self as a result of his/her own personal assessment. Self-esteem can be improved by way of positive feedback from other individuals (Yöyen, 2017).The efforts of the individuals to have their own selves approved lead them to establishing social relationship networks and to continue their relations (Kurtyılmaz et al.,2017).Individuals with higher self-esteem are indicated to be more creative, successful, self-confident, bold who can express their opinions easily and who are socially compatible (Kurt et al.,2013;Baumeister et al., 2003).Self-esteem is an important concept with regard to the self-confidence and social relations of the individual (Özcan et al.,2013).

As a social being, humans have a tendency to establish social relations and take part in social relations with other human beings at every stage of their lives (Tanrıverdi, andErarslan,2015).Social adaptation is the ability of the individual to adapt to other individuals for taking part in a group or society and his/her ability to introduce himself/herself to others(Aydın, et al.,2017).

Social appearance anxiety is evaluated as the result of a negative body image of the individual related with his/her body and appearance and is related with physical self-perception (Pehlivan, et al.,2017).The emotion of an individual regarding his/her appearance is the most important factor that plays a role on self-esteem (Telli and Ünal, 2016). It is indicated that women with a negative self-perception with regard to their physical appearance tend to either taking part in physical activities or shy away from such environments. It is considered that lack of healthy living habits is effective in the development of social appearance anxiety. Social appearance anxiety is an important factor that has an impact on the participation of individuals and especially women in physical activities (Pehlivan, et al.2017).

The development of social appearance anxiety is related with expectations related with negative evaluations of his/her physical appearance by himself/herself and other individuals. Indeed, individuals are prone to evaluating their bodies more negatively due to the impact of the anxiety they experience (Mülazımoğlu-Ballı and Aşçı, 2006).Physical appearance may take precedence over the abilities, intelligence, skills of individuals due to the impact of social media, news, magazines or fashion shows as well as the impact of social environment. It is observed when socially accepted values are considered that a thin physical appearance is preferred more in women. Thus, thinness and physical fitness are ideally accepted as the norms of a healthy and beautiful physical appearance (Var et al.2018). Women have higher social appearance anxiety levels in comparison with men since they are more affected from the socially accepted norms of thin women (Mülazımoğlu-Ballı and Aşçı,2006). Many TV programs in recent years include broadcasts on the physical appearance of women. Hence, this cultural pressure for thinness has a greater impact on women than on men (Yaşartürk et al.2014). The purpose of the present study was to determine the relationship between social appearance anxiety, self-esteem and social adaptation.

2. METHOD

2.1. Study Population

A total of 600 women who visited a Sports and Culture Center in the Gaziantep province during February 01 – April 30, 2018 comprise the study population. Sample selection was not made and instead it was planned to reach 420 women making up at least 70 % of the population as a result of which the study was carried out with 438 women who volunteered to take part in the study.

2.2. Data Collection Tools

"Sociodemographic Data Form", "Social Appearance Anxiety Scale (SAAS)", "Social Adaptation Self-Evaluation Scale" and "Rosenberg Self-Esteem Scale (RSES)" were used for data collection.

Sociodemographic Data Form: Comprised of 11 questions prepared by the researchers on various socio-demographic information such as age, marital status, income level.

Social Appearance Anxiety Scale (SAAS): Developed by Hart et al. (1989) for measuring the social appearance anxiety levels of individuals. The scale is a 16 item five-point Likert type self-report scale. Social appearance anxiety scale is comprised of cognitive, emotional and behavioral expressions on the appearance anxieties of individuals. The scale was adapted into Turkish by Doğan(2010).Internal consistency scale related with the reliability ofSAAS was determined as .93whereas the reliability coefficient calculated via split-half testmethod was determined as .88.SAAS is a five-point Likert type scale with a minimum score of 16 and a maximum score of 80.Increasing scores indicate greater levels of social appearance anxiety (Doğan,2010; Doğan,2011).

Social Adaptation Self-Evaluation Scale: It has been developed by Bosc et al. (1997) as a self-evaluation scale for measuring social functionality. SASS is a 21-item self-evaluation scale and questions the four main areas (work, spare time, family and, environmental organization and coping abilities) of social functionality.Those who fill the scale respond to complementary questions for the assessment of their motivations and behaviors, self-perceptions, interests in and satisfaction from the different roles they play in their daily lives.Items 1 and 2 of the 21 item scale are filled out based on profession and each individual responds to a total of 20 items evaluated within a range of 0-3.The scores of each item are summed up to obtain a total score. The score interval of the scale is between 0-60.An individual should take a minimum score of 35 for normal functionality. Scores of lower than 25 lead us to think that he/she has problems with regard to social functionality (Akkayaet al.2008).

Rosenberg Self-Esteem Scale (RSES): The scale used for measuring self-esteem in the present study was developed in 1963 by Morris Rosenberg. The validity and reliability studies have been carried out in our country by Çuhadaroğlu (1986) as a result of which the validity coefficient was determined as r = 71. Reliability coefficient was calculated as r =75 by test-retest reliability method. Rosenberg Self-Esteem Scale is a self-report scale comprised of 63 multiple choice questions. The scale is comprised of twelve sub-categories. The first "ten" items of the scale were used for measuring self-esteem in accordance with the purpose of the study. Items 1, 2, 4, 6, 7 question positive self-evaluation with scores ranging between 3 to 0, while items 3, 5, 8, 9, 10 question negative self-evaluation with scores ranging between 0 to 3.Total score interval is between 0-30, with scores ranging between 15-25 indicating sufficient self-esteem, whereas scores that are below 15 indicate low self-esteem (Tezcan, 2009).

2.3. Statistical Analysis

The data acquired from the study was analyzed via IBM SPSS 22.0 software. Shaphirowilk test was used for examining whether the data are in accordance with normal distribution, whereas Student t test was used for comparing the characteristics with normal distribution in 2 independent groups and Mann Whitney u test was used for comparing the characteristics without normal distribution in 2 independent groups. Moreover, one-way analysis of variance (ANOVA) and LSD multiple comparison tests were used for characteristics without normal distribution in more than 2 independent groups, while Kruskal Wallis test and All pairwise multiple comparison test were used for characteristics without normal distribution. The relations between numerical variables were obtained via Spearman correlation coefficient. Cronbach alfa coefficients were calculated for testing reliability. Mean±standard deviation values were provided as descriptive statistics for numerical variables, whereas number and % values were provided for categorical values. P<0.05was accepted as statistically significant.

2.4. Study Ethics

Written approvals were obtained prior to the study from Gaziantep University Clinical Studies Ethics Council and Gaziantep Şahinbey Municipality Cultural and Social Affairs Directorate related with the Sports and Culture Center. The women who took part in the study were informed on the study objective and content of the forms after which their informed consents were taken in writing.

3. RESULTS

It was determined that 61.4 % of the women are in the 18-29 age interval, 63.7% have been born in the Southeastern Anatolia region,87.4% live in the city center, 59.6 % are unemployed,31.7 % are students and 58.0 % are single. It was determined that the education level of 61.2 % of the women is at the university level, that 83.6 % take part in a physical activity program, 40.4 % travel in their spare time, 92.5 % use social media, 50.7 % have a moderate income level and 79.0 % have a regular diet (Table 1).

The total mean score for the social appearance anxiety scale for women was determined as 32.18±13.71, whereas total mean score for the Rosenberg self-esteem scale was determined as 22.36±4.47 and total mean score for social adaptation scale was determined as 42.42±6.51 (Table 2).

A negative and statistically significant relationship was determined between the social appearance anxiety scale and Rosenberg self-esteem scale (r=-0.354,p=0.000), while a negative and statistically significant relationship was observed between social appearance anxiety scale and social adaptation scale (r=-0.232,p=0.000), a negative and statistically significant relationship was determined between social appearance anxiety scale and body mass index (r=-0.26,p=0.000),a negative and statistically significant relationship was determined between body mass index and social adaptation scale (r=-0.034,p=0.478), while a statistically significant relationship could not be determined between the body mass index and Rosenberg self-esteem scale (r=0.005,p=0.918) (Table 3).

Table 4 presents the comparison of the descriptive characteristics of women with their scores from SAAS, RSES and SASS. It was determined that the SAAS total mean score of women born in the Marmara region are higher at a statistically significant level (34.72±15.04) (p<0.05).A statistically significant difference could not be determined between the birth place of the women and the total mean scores for the RSES and SASS (p>0.05).

It was determined that the total mean score for RSES is higher for employed women at a statistically significant level (22.99±4.42) RSES(p<0.05). A statistically significant difference was observed when the SASS total mean scores were compared for the women with regard to their employment stats (p<0.05). A statistically significant difference could not be determined between the SAAS total mean scores of women subject to their employment status (p>0.05).

The social appearance anxiety scale SAAS total mean score was determined as 43.75±16.21 for literate women and a statistically significant difference was observed between the groups(p<0.05).The SASS total mean score was observed to be higher at a statistically significant level for women with an education status of secondary school (41.86±6.99) (p<0.05).Whereas a statistically significant difference was not observed when the total mean scores for the Rosenberg self-esteem scale RSES were compared with regard to education status (p>0.05).

It was determined that the RSES total mean score was 22.70±4.44, for women who stated that they take part in physical activities, whereas the SASS total mean score was determined as 43.22±6.03 with a statistically significant difference between the groups (P<0.05).The social appearance anxiety scale (SAAS) total mean score was (35.26±13.52) was observed to be higher at a statistically significant level for women who indicated that they do not take part in physical activity RSES (p<0.05).

The SASS total mean score (44.96±7.56) was observed to be higher at a statistically significant level for women who indicated their income level as good(p<0.05). A statistically significant difference could not be observed when the income level and total mean scores for SAAS and RSES were compared (p>0.05).

It was determined that the total mean scores of women for SAAS, RSES and SASS do not differ at a statistically significant level subject to their age, social media use, diet, current place of residence and marital status characteristics (p>0.05).

4. DISCUSSION

The social appearance anxiety levels of the women were determined to be at a moderate level in the present study. There are studies in literature which indicate that women have a moderate level of social appearance anxiety (Topuzet al. 2019;İsmail, 2018; Çakmak, 2018;Turan 2017;Tahilar et al.2017;Dinç-Altun,2016; Kılıç and Karakuş,2016; Amil and Bozgeyikli,2015;Yaşartürket al., 2014; Şahin et al. 2014).Social appearance anxiety is indicated to be higher in women based on the fact that they give more importance to their physical appearance in comparison with men (Davison et.al.2006).et al.et al.et al.et al. When the development periods of women are taken into consideration, it is considered that they have higher levels of social appearance anxiety with regard to how they are perceived in society as a result of the changes that take place in their bodies during periods such as pregnancy, birth, breastfeeding and menopause. In addition to the self-perceptions of individuals related with their bodies, it is also important how other people them. Humans have been motivated to leave a positive impact on others; however some are more sensitive when it comes to how their physical appearance is perceived by others. Thus, the thought that they will not be able to create the desired impact in others may increase social anxiety.

It has been determined that the social appearance anxiety levels of women increase with decreasing self-esteem. Özcan et al. (2013) carried out a study with a total of 176 women with ages varying between 12 to 24 as a result of which it was determined that self-esteem positively predicts social appearance anxiety. Whereas Kılıç and Karakuş (2016) carried out a study with the participation of1386 (629 females, 756 males) students as a result of which it was determined that low self-esteem increases social appearance anxiety. Crouker et al. carried out a study on in (2003)on 631 young women (aged between 15-16)as a result of which it was reported that the self-esteem of women decrease with increasing social appearance anxiety. Topuz et al. (2019) carried out a study on 328(165 male, 163 female) sports department students aged18-24 in which it was put forth that there is a negative relationship between social appearance anxiety and that self-esteem decreases with increasing social appearance anxiety. Seki and Dilmaç (2015) carried out a study on 322 male and 278 female adolescents making up a total of 600 with ages ranging between 13 and 18 in which it a negative and statistically significant relationship was determined between subjective well-being and social appearance anxiety. Şahin et al. (2014) carried out a study on a total of 2222 students with 1113 female and 1089 male students (age interval of 11-15) as a result of which it was observed that those with high social appearance anxiety have lower self-esteem levels. Individuals with high self-esteem can control their lives including their health behaviors. Whereas those with low self-esteem are focused on

proving themselves to others (Enejoh et al. 2016). High self-respect and confidence make positive contributions on social interactions as well. Those who do not have an anxiety of being humiliated in front of others or making a mistake may feel more relaxed and comfortable in their social relations.

It was determined in the study that social adaptation levels of women decrease with increasing social appearance anxiety. Özkan (2017) carried out a study on1385 (601 females, 784 males) students aged between 14-20 as a result of which it was observed that social appearance anxiety has an impact on interpersonal relations. Kılıç and Karakuş (2016) carried out a study with the participation of1386 (629 females, 756 males) students in which it was reported that the levels of loneliness increases with increasing social appearance anxiety. Çakmak (2018) put forth in the study with a total of 140 students aged 18-24 comprised of 76 female and 64 male students that there is a positive and statistically significant relationship between social appearance anxiety and social media use. Turan (2017) carried out a study on 376 female and 256 male high school students aged between14-19 making up a total of 623 as a result of which it was determined that there is a converse relationship between social appearance anxiety and loneliness. Özcan et al. (2013) determined as a result of the study carried out on a total of 176 females with ages ranging between 12 to 24 that social appearance anxiety and depression are related. It is considered that anxieties related with thoughts of appearance being negatively evaluated by individuals in the social environment have a negative impact on issues related with social adaptation such as making new friends, participating in social activities with friends and being satisfied from the social network and relations.

It has been determined that the social appearance anxiety levels of women increase with increasing body mass index. Turell et al. (2018) determined that individuals who are not satisfied of their body and weight have higher levels of social appearance anxiety. M. J. Zimmer-Gembeck et al., (2018) carried out a study on 387 adolescents as a result of which it was determined that social appearance anxiety increases with increasing body mass index. Crouker et al. carried out a study in2003 with a total of 631 young women (aged between 15-16) in which it was put forth that the social appearance anxiety levels increased at a statistically significant level with increasing body mass index. According to the World Health Organization (WHO) data, there are over 400 million obese individuals in the world. The obesity ratio in Turkey has been reported based on TURDEP (Turkey Diabetes, Hypertension, Obesity and Endocrinological Diseases Prevalence) data as 31.2 % and obesity prevalence subject to gender has been reported as 44.2 % for females and 27.3 % for males (WHO 1997; Balcıoğlu and Başer,2011). Obesity is the most important public health issue of the 21st century and it frequently results in social prejudices and feelings of shame in the individual due to his/her weight. The prevalence of obesity keeps on increasing making it a significant threat for public health despite the social pressure for losing weight and the advancements in diet/weight loss technologies(Turkey Health Survey 2012). It is considered that the emphasis placed by popular culture and media on thin, elegant appearances that are difficult to achieve results in increased social appearance anxiety in women. When it is considered that the sample group of our study was comprised of women visiting a culture and sports center, it is thought that increasing body mass index has a negative impact on the social adaptation of women.

A relationship could not be observed between the body mass index and self-esteem of women in the present study. There are studies in literature which support the findings of this study (Boğaz et all.,2019; Okumuşoglu,2017; Değirmenci, 2006). Küçüket al. (2018) carried out a study in which it was reported that the self-esteem levels of women decrease with increasing BMI and obesity level. Hamurcu et al. (2015) determined in a study that self-esteem decreases with increasing weight.

The social appearance anxiety levels of women taking part in physical activities were determined to be lower at a statistically significant level. Özkan (2017) carried out a study on a total of 1385 (601 females, 784 males) students in the age interval of 14 -20 as a result of which it was determined that those who exercise regularly have higher social appearance anxiety levels in comparison with those who do not. Gouya et.al. (2014) reported in a study carried out on a total of 150 students with an age average of 24±2.53 that those with high social appearance anxiety levels take part less in social activities in their spare time. Soylu et al. (2017) carried out a study on 263 (170males, 165 females) students aged between 14-16 in which it was observed that young people who take part in physical activity have higher social appearance anxiety levels. Alemdağ et al. (2016) put forth that those who take part in sports activities for losing weight have higher levels of social appearance anxiety. Yaman et al. (2008) reported in his study that women and men who take part in physical activity have positive opinions on the physical fitness levels of their bodies and that they have high physical self-perception levels. Being satisfied of one's physical appearance may be a positive factor that increases the participation in physical activity. It is known that physical activity applications provide physical, mental and psychological well-being (Akyolet al.2015; Yaman et al.,2008). It is considered that individuals who take part in physical activities will have lower social appearance anxiety levels due to this state of well-being.

The self-esteem mean score of women who take part in physical activity was observed to be higher at a statistically significant level.It can be stated when the relationship between the perception of a healthy body and positive self is taken into consideration that physical activity to attain a healthy body increases self-perception in women.

The social appearance anxiety levels were observed to be higher in women with lower education levels. Thoughts on the evaluation of other people result in the disruption of the interaction of the individual with his/her environment leading to anxieties related with the expectations of negative evaluations from others. Overcoming this anxiety is related with the ability of the individual to use coping skills, whereas positive coping skills are related with the education level of the individual. It is considered that the use of positive coping skills decrease with decreasing education level leading to increased levels of anxiety.

It was determined that the social appearance anxiety levels of women living in the Marmara Region are higher in comparison with women living in other regions. Marmara Region is geographically located in western Turkey and the group of people living there are individuals who have adapted western culture as a social life style as a result of which they give importance to features such as beauty, slimness as well as how these features are seen by others. Whereas women in southeastern Turkey are evaluated based on their fertility and their strength to work in the field with strength as the desired feature rather than slimness or beauty and hence it is considered that the women living in this region have lower levels of anxiety related with how they are seen by others. It can be stated that the study results are affected by the cultural differences in the perception of women.

The self-esteem levels of working women were observed to be higher at a statistically significant level. The individual attains many social benefits through professional life such as financial benefits, personal prestige as well as an identity accepted by everyone (Singh and Vinnicombe, 2001). Hence, it is considered that the self-esteem levels of working women are higher.

5. CONCLUSIONS AND SUGGESTIONS

It was determined as a result of the present study that social appearance anxiety has a negative impact on the self-esteem and social adaptation levels of women. It is considered that planning applications for increasing the self-esteem levels of individuals from childhood is important due to the fact that positive self-esteem and good social adaptation are important factors for decreasing social appearance anxiety. It is important to increase facilities (sports centers, dance centers etc.) for increasing healthy life style behaviors of women since they are important with regard to both the perception of health and a positive perception of the body. Defining risky groups and monitoring them are among the duties of community mental health nurses. Since women are part of a vulnerable and risky group, it is suggested that CMHNs should evaluate the women who apply to the centers where they work at with regard to characteristics such as body perception, social appearance anxiety. It is important whilst doing all these to take into consideration how the cultural characteristics of the region have an impact on the perceptions related with women and the female body.

Conflicts of Interest

The authors declare no conflicts of interests with respect to the authorship and/or publication of this article.

Funding Statement

REFERENCES

Akkaya, C., Sarandöl, A., Danaci, A. E., Sivrioğlu, E. Y., Kaya, E., & Kirli, S. (2008). Sosyal Uyum Kendini Değerlendirme Ölçeği (SUKDÖ) Türkçe Formunun Geçerlik ve Güvenilirliği. Turk Psikiyatri Dergisi, 19(3).

Akyol, P., Erim, V., & Yamak, B. (2015). Beden Eğitimi Öğrencileri, Öğretmenleri Ve Dansçilarin Fiziksel Benlik Algilarinin Karşilaştirilmasi. Spor ve Performans Araştırmaları Dergisi, 6(2), 109-120.

Alemdag, S., Alemdag, C., & Ozkara, A. B. (2016). Social appearance anxiety of fitness participants. Baltic Journal of Sport and Health Sciences, 3(102).

Alemdağ, S., & Öncü, E. (2015). Öğretmen adaylarının fiziksel aktiviteye katılım ve sosyal görünüş kaygılarının incelenmesi. International Journal of Science Culture and Sport (IntJSCS), 3, 287-300.

Amil, O. ve Bozgeyikli, H. (2015). Investigating the relationship between social appearance anxiety and loneliness of Turkish university youth. Journal of Studies in Social Sciences, 11(1);68-96.

Aydın, E., Mustafa, B. A. Ş., & Çelik, A.(2017). Üniversite Öğrencilerinin İnternet Kullanımına Yönelik Tutumları İle Sosyal Uyum Düzeyleri Arasındaki İlişkilerin İncelenmesi. Stratejik ve Sosyal Araştırmalar Dergisi, 1(1), 35-46.

Balcıoğlu, İ., & Başer, S. Z. (2008). Obezitenin psikiyatrik yönü. İÜ Cerrahpaşa Tıp Fakültesi Sürekli Tıp Eğitimi Etkinlikleri Sempozyum Dizisi, 62(1), 341-348.

Baumeister, R. F., Campbell, J. D., Krueger, J. I., & Vohs, K. D. (2003). Does high self-esteem cause better performance, interpersonal success, happiness, or healthier lifestyles?. Psychological science in the public interest, 4(1), 1-44.

Boğaz, M. E., Kutlu, R., & Cihan, F. G. (2019). Obezite ile yeme davranışı, beden algısı ve benlik saygısı arasındaki ilişki. Cukurova Medical Journal/Çukurova Üniversitesi Tip Fakültesi Dergisi, 44(3), 1064-1073.

Çakmak, M. (2018). Üniversite öğrencilerinin sosyal medya kullanım düzeyleri ile sosyal görünüş kaygısı arasındaki ilişkinin farklı değişkenler açısından değerlendirilmesi. (Master Thesis). Beykent Üniversitesi, İstanbul.

Çetinkaya, B., Gülaçtı, F., & Çiftci, Z. (2019). Lise Öğrencilerinin Sosyal Görünüş Kaygı Düzeylerinin Bazı Değişkenlere Göre İncelenmesi. OPUS Uluslararası Toplum Araştırmaları Dergisi, 10(17), 904-922.

Crocker, P., Sabiston, C., Forrestor, S., Kowalski, N., Kowalski, K., & McDonough, M. (2003). Predicting change in physical activity, dietary restraint, and physique anxiety in adolescent girls. Canadian Journal of Public Health, 94(5), 332-337.

Davison, T. E., & McCabe, M. P. (2006). Adolescent body image and psychosocial functioning. The Journal of social psychology, 146(1), 15-30.

Değirmenci, T. (2006). Obez erişkinlerde benlik saygısı, yaşam kalitesi, yeme tutumu, depresyon ve anksiyete.

Dinç, M. A. (2016). Lise öğrencilerinin sosyal görünüş kaygıları. (Master Thesis), Ondokuz Mayıs Üniversitesi, Sosyal Bilimler Enstitüsü Eğitim Bilimleri Anabilim Dalı, Samsun.

Doğan, T. (2011). Sosyal Görünüş Kaygısı Ölçeği'nin Psikometrik Özelliklerinin Ergenlerden Oluşan Bir Örneklemde İncelenmesi. İlköğretim Online, 10(1), 12-19.

Doğan, T. (2010). Sosyal Görünüş Kaygısı Ölçeği'nin (SGKÖ) Türkçe uyarlaması: geçerlik ve güvenirlik çalışması. Hacettepe Üniversitesi Eğitim Fakültesi Dergisi, 39(39), 151-159.

Enejoh, V., Pharr, J., Mavegam, B. O., Olutola, A., Karick, H., & Ezeanolue, E. E. (2016). Impact of self esteem on risky sexual behaviors among Nigerian adolescents. AIDS care, 28(5), 672-676.

Gouya, S.M.A., Nia, M.Z., Mirdar, H., Zadeh, Z.B. (2014). The Role of Social Physique Anxiety in leisure time Physical activity of Youngers Intl. Res. J. Appl. Basic. Sci. 8(11): 1945-1949.

Hagger, M. S., & Stevenson, A. (2010). Social physique anxiety and physical self-esteem: Gender and age effects. Psychology and Health, 25(1), 89-110.

Hamurcu, P., Öner, C., Telatar, B., & Yeşildağ, Ş. (2015). Obezitenin benlik saygısı ve beden algısı üzerine etkisi.

İsmail, M. (2018). Mutluluğun yordayıcısı olarak cinsel benlik şeması ve sosyal görünüş kaygısı (Master's thesis), İstanbul Ticaret Üniversitesi).

Kılıç, M., & Karakuş, Ö. (2016). The study of the relationships between social appearance anxiety, self-esteem and loneliness level among university students. Journal of Human Sciences, 13(3), 3837-3852.

Küçük, N., Kaydırak, M. M., Bilge, Ç. A., & Şahin, N. H. (2018). Kadınlarda obezitenin benlik saygısı ve cinselliğe etkisi. Anadolu Psikiyatri Derg 2018; 19 (2): 126, 134.

Kurt, E. (2010). Romatoid artrit'li hastalarda beden imajı ve benlik saygısı (Doctoral dissertation, Sağlık Bilimleri Enstitüsü.

Kurtyılmaz, Y., Can, G., & Ceyhan, A. A. (2017). Üniversite öğrencilerinin ilişkisel saldırganlık ile benlik saygısı, sosyal bağlılık ve sosyal kaygı düzeyleri arasındaki ilişkiler. Türk Psikolojik Danışma ve Rehberlik Dergisi, 7(47), 33-52.

Balli, Ö. M., & Aşcı, F. H. (2006). Sosyal Fizik Kaygı Envanteri" nin Geçerlik Ve Güvenirlik Çalışması. Spor Bilimleri Dergisi, 17(1), 11-19.

Okumuşoğlu, S. (2017). Diyet Yapan Kadınlarda Beden Algısı, Benlik Saygısı, Yaş Ve Vücut Kitle Indeksi İlişkisinin Araştırılması. Ulakbilge Sosyal Bilimler Dergisi, 5(13), 1171-1181.

Özcan, H., Subaşı, B., Budak, B., Çelik, M., Gürel, Ş. C., & Yıldız, M. (2013). Ergenlik ve genç yetişkinlik dönemindeki kadınlarda benlik saygısı, sosyal görünüş kaygısı, depresyon ve anksiyete ilişkisi. Journal of Mood Disorders, 3(3), 107-13.

Özkan, Y. (2017). Ergenlerde sosyal görünüş kaygısı ile duygusal yeme arasındaki ilişkinin incelenmesi (Master's thesis, İstanbul Gelişim Üniversitesi Sosyal Bilimler Enstitüsü).

Pehlivan, Z., Ada, E. N., & Öztaş, G. (2017). Ev kadınlarının sosyal görünüş kaygıları ve sağlıklı yaşam biçimi davranışları. Spor Bilimleri Dergisi, 28(1), 11-23.

Sahin, E., Barut, Y., Ersanli, E., & Kumcagiz, H. (2014). Self-Esteem and Social Appearance Anxiety: An Investigation of Secondary School Students. Online Submission, 4(3), 152-159.

Sahin, E., Barut, Y., & Ersanli, E. (2013). Sociodemographic Variables in Relation to Social Appearance Anxiety in Adolescents. Online Submission, 15(1), 56-63.

Seki, T., & Dilmaç, B. (2015). Ergenlerin sahip oldukları değerler ile öznel iyi oluş ve sosyal görünüş kaygı düzeyleri arasındaki yordayıcı ilişkiler: Bir model önerisi. Eğitim ve Bilim, 40(179).

Seyed -Mohammad, A. G., Mohsen Z.N., Homeira Mirdar Zahra Bozorg Zadeh.(2014). The Role Of Social Physique Anxiety In Leisure Time Physicalactivity Of Youngers. Intl. Res. J. Appl. Basic. Sci. 8 (11): 1945-1949.

Singh, V., & Vinnicombe, S. (2001). Impression management, commitment and gender:: Managing others' good opinions. European Management Journal, 19(2), 183-194.

Soylu, Y., Atik, F., & Öçalan, M. (2017). Ergenlerin Sosyal Görünüş Kaygısı Düzeylerinin Incelenmesi (Kırıkkale İli Örneği). Sportif Bakış: Spor ve Eğitim Bilimleri Dergisi, 38-45.

Tahılar, R., Karaoğlu, B., & Turan, M. B. Investigation Of University Student's Social Appearance Anxiety According To Some Variables. Journal of Physical Education Research, Volume 4, Issue II, 37-44.

Tanrıverdi, H., & Erarslan, N. Okul Öncesi Çocukların Sosyal Uyum Ve Beceri Düzeyleri Ile Değer Kazanimları Arasindaki Ilişki. Karadeniz Teknik Üniversitesi Sosyal Bilimler Enstitüsü Sosyal Bilimler Dergisi, 5(9), 9-23.

Telli, E., & Ünal, Z. (2016). Social Appearance Anxiety Of University Students According to Sosyo-Demographic Characteristics: A Field Study. Mehmet Akif Ersoy Üniversitesi Sosyal Bilimler Enstitüsü Dergisi, 8(15), 134-146.

Tezcan, B. (2009). Obez Bireylerde Benlik Saygısı, Beden Algısı ve Travma tik Geçmiş Yaşantılar. Uzmanlık Tezi, TC Sağlık Bakanlığı Bakırköy Prof. Dr. Mazhar Osman Ruh Sağlığı ve Sinir Hastalıkları Eğitim ve Araştırma Hastanesi, İstanbul.

Topuz, R., Bahadir, Z., & Erdogan, Ç. H. (2019). Examining the Social Appearance Anxiety and Self-Esteem Levels of Students of the Sport Management Department. Asian Journal of Education and Training, 5(1), 74-79.

Turan, N., Özdemir Aydın, G., Kaya, H., Aksel, G., & Yılmaz, A. (2019). Male Nursing Students' Social Appearance Anxiety and Their Coping Attitudes. American journal of men's health, 13(1), 1557988319825922.

Turan, A. 2017. Lise Öğrencilerinde İnternet Bağımlılığının Sosyal Görünüş Kaygısının, Yalnızlık Ve Depresyon İle İlişkisi.(Master Thesis).Yakın Doğu Üniversitesi Sosyal Bilimler Enstitüsü Klinik Psikoloji Yüksek Lisans Programı, Kıbrıs.

Turel, T., Jameson, M., Gitimu, P., Rowlands, Z., Mincher, J., & Pohle-Krauza, R. (2018). Disordered eating: Influence of body image, sociocultural attitudes, appearance anxiety and depression-a focus on college males and a gender comparison. Cogent Psychology, 5(1), 1483062.

Türkiye Sağlık Araştırması 2012.(2013). Ankara: Türkiye İstatistik Kurumu Matbaası, Eylül .

Var, L., Karabulut, E. O., & Atasoy, M. (2018). Examination of social appearance anxiety levels of senior taekwondo athletes studying at university. International Journal of Eurasia Social Sciences/Uluslararasi Avrasya Sosyal Bilimler Dergisi, 9(33), 1434-1451.

World Health Organization. 1997. Prevention and Management of the Global Epidemic of Obesity Report of the WHO Consul-tation and Obesity. Geneva: World Health Orga-nization.

Yaman, Ç., Teşneli, Ö., Koşu, S., Yalvarıcı, N., Tel, M., & Gelen, N. (2008). The effects of different kinds of elite sport branches on physical self-perception. Journal of Human Sciences, 5(2):1–16.

Yaşartürk, F., Çalık, F., Kul, M., Türkmen, M., Akyüz, H. (2014). Beden Eğitimi Ve Spor Yüksek Okulunda Okuyan Öğrencilerin Sosyal Fiziki Kaygı Durumlarının Incelenmesi. International Journal Of Science Culture And Sport 1: 863-869.

Yousefi, B., & Hassani, Z. (2009). Reliability and factor validity of the 7-item of social physique anxiety scale (SPAS-7) among university students in Iran.

Yöyen, E. (2017). Üniversite öğrencilerinin benlik saygısı ve yalnızlık düzeylerinin incelenmesi. Kastamonu Eğitim Dergisi, 25(6), 2185-2198.

Zimmer-Gembeck, M. J., Webb, H. J., Farrell, L. J., & Waters, A. M. (2018). Girls' and boys' trajectories of appearance anxiety from age 10 to 15 years are associated with earlier maturation and appearance-related teasing. Development and psychopathology, 30(1), 337-350.

TABLES

Table 1: Sociodemographic Charecteristics of The Women (N=438)

Characteristics		sayı	%
Age	18-29	269	61,4
	30-39	102	11,4
	40-49	50	11,4
	50 and above	17	3,9
Place of Birth	Central Anatolia Region	19	4,3
	Eastern Anatolia Region	32	7,3
	Southeastern Anatolia Region	279	63,7
	Marmara Region	18	4,1
	Blacksea Region	11	2,5
	EgeAegean Region	27	6,2
	Mediterranean Region	52	11,9
Current place of residence	Village	12	2,7
	District	43	9,8
	Province	383	87,4
Employment status	Employed	177	40,4
	Unemployed	261	59,6
Occupation	Private sector	65	14,1
	Self-employed	4	1,1
	Government	102	23,3
	Other (student)	139	31,7
	Housewife	128	29,2
Marital Status	Married	184	42,0
	Single	254	58,0
Education Status	Literate	8	1,8
	Primary School	53	12,1
	Secondary School	29	6,6
	High School	80	18,3
	University	268	61,2
Participation to physical activity	Yes	366	83,6
	No	72	16,4
Spare time activity	Reading	133	30,4
	Travelling	177	40,4
	Sports	88	20,1
	Handcraft, Needlework	40	9,1
Internet use	Yes	405	92,5
	No	33	7,5
Income Status	Income exceeds expenses	52	11,9
	Income equals expenses	222	50,7
	Income less than expenses	164	37,4
Diet	Regular	346	79,0
	Irregular	92	21,0

Table:2: Rosenberg Self-Esteem Scale for Women, Social Appearance Anxiety Scale and Social Adaptation Self-Evaluation Scale Total Scores (N=438)

Scales	Mean(x)	Std(sd)	Median(Xort)	Min-Max
Rosenberg Self-Esteem Scale	22.36	4.47	23.00	7-30
Social Appearance Anxiety	32.18	13.71	28.00	26-76
Social Adaptation	42.42	6.51	42.00	18-60

Table.3: Relationship Between Rosenberg Self-Esteem Scale for Women, Social Appearance Anxiety Scale, Social Adaptation Self-Evaluation Scale and Body Mass Index (N=438)

	Rosenberg Self-Esteem Scale	Social Appearance Anxiety Scale	Social Adaptation Scale	Body Mass Index
Self-esteem		**r**=-0.354 **p**=0.000	**r**=0.394 **p**=0.000	r=0.005 **p**=0.918
Social appearance anxiety	**r**=-0.354 **p**=0.000		**r**=-0.232 **p**=0.000	**r**=-0.26 **p**=0.000
Social adaptation	**r**=0.394 **p**=0.000	**r**=-0.232 **p**=0.000		**r**=-0.034 **p**=0.478
Body mass index	**r**=0.005 **p**=0.918	**r**=-0.26 **p**=0.000	**r**=-0.034 **p**=0.478	

Table.4: Comparison Between Rosenberg Self-Esteem Scale for Women, Social Appearance Anxiety Scale and Social Adaptation Self-Evaluation Scale Total Scores and Socio-Demographic Characteristics

Characteristics	Rosenberg Self-Esteem Scale	Statistical Value	Social Appearance AnxietyScale	Statistical Value	Social Adaptation Scale	Statistical Value
Age						
18-29	22.21±4.57	F=2.175	31.71±13.17	F=0.593	42.59±6.29	F=0.927
30-39	21.94±4.36	P=0.090	33.75±15.13	P=0.620	41.58±6.98	P=0.428
40-49	23.53±4.06		31.50±14.01		43.30±6.49	
50 and above	23.88±5.03		32.29±12.81		42.23±7.05	
Place of Birth						
Central Anatolia Region	23.26±3.64		26.00±8.74		45.05±3.18	
Eastern Anatolia Region	23.12±4.36	F=1.188	30.93±13.07	F=2.480	40.84±7.07	F=1.967
Southeastern Anatolia Region	21.98±4.43	P=0.312	33.33±13.95	**P=0.023**	41.91±6.60	P=0.069
Marmara Region	22.33±4.99		34.72±15.04		45.09±5.70	
Blacksea Region	23.90±4.30		26.62±11.62		45.00±5.22	
Aegean Region	23.55±4.35		32.36±14.58		43.55±6.32	
Mediterranean Region	22.67±4.90		32.18±13.71		42.44±6.51	
Place of residence						
Village	21.16±2.88	F=1.340	37.25±15.84	F=1.252	40.58±7.40	F=0.633
District	21.53±5.30	P=2.263	33.83±16.16	P=0.287	42.97±6.97	P=0.532
Province	22.49±4.41		31.84±13.34		42.42±6.43	
Employment status						
Employed	22.99±4.42	t=2.425	43.58±6.08	t=-1.691	30.84±13.02	t=3.086
Unemployed	21.94±4.47	**P=0.016**	41.64±6.68	P=0.092	33.09±14.11	P=0.02*
Marital status						
Married	22.85±4.42	t=1.959	32.75±14.70	t=0.726	42.14±6.97	t=0.459
Single	22.01±4.49	P=0.51	31.77±12.96	P=0.468	42.62±6.16	P=-0.763
Education status						
Literate	21.87±4.29		43.75±16.21		39.12±7.86	
Primary school	21.81±4.33	F=0.486	34.62±13.88	F=5.221	40.90±6.99	F=3.819
Secondary school	22.37±4.04	P=0.746	37.20±15.78	**P=0.000**	41.86±6.99	P=0.005
High school	22.05±4.41		34.63±14.24		40.88±6.79	
University	22.58±4.58		30.08±12.77		43.34±6.09	
Physical activity participation						
Yes	22.70±4.44	t=3.632	31.57±13.68	t=-2.092	43.22±6.03	t=5.213
No	20.63±4.26	**P=0.000**	35.26±13.52	P=0.037	38.40±7.37	**P=0.000**
Internet use						
Yes	22.45±4.51	t=1.503	31.92±13.54	t=-1.386	42.63±6.37	t=1.990
No	21.24±3.96	P=0.134	35.36±15.54	P=0.166	39.90±7.65	P=0.054
Income status						
Income more than expenses	23.51±4.93	F=2.796	29.32±11.75	F=1.283	44.96±7.56	F=10.368
Income equals expenses	22.46±4.18	P=0.062	32.54±14.23	P=0.278	43.02±5.41	**P=0.000**
Income less than expenses	21.87±4.66		32.60±13.53		40.80±7.14	
Diet						
Regular	22.49±4.31	t=1.148	31.73±13.50	t=-1.344	42.71±6.32	t=1.813
Irregular	21.89±5.03	P=0.252	33.89±14.43	P=0.180	41.33±7.09	P=0.071