



Moving Towards Body Satisfaction: An Examination of the Relationship Between MVPA and Body Image in UCSD Students



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Background

- Physical activity is correlated with mental health
- College students undergo a high amount of stress that pertains to their mental health.
- Body image refers to the subjective view of one's physical appearance, and varies with one's actual body size
- Studies show a direct relationship between moderate-to-vigorous intensity physical activity (MVPA)



Objective

- To identify if the increased MVPA (exposure) is associated with positive body image (outcome) in college students



Methods

- An electronic questionnaire was created and distributed to public health students as well as other undergraduate students at UCSD through faculty and peers (n=47)
- Data collection occurred in April 2022
- Students were surveyed on weekly MVPA and perception of one's body satisfaction, evaluating the exposure (MVPA) with the outcome (body image satisfaction)
- Google sheets used for Statistics

Assessing Body Satisfaction

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
On the whole, I am satisfied with my physical appearance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am worried about how my body looks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other's perception of my physical appearance is important to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I compare my physical appearance to the appearance of others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Results

UCSD Students' Self-evaluated Level of Body Satisfaction in 2022, By Level of Physical Activity

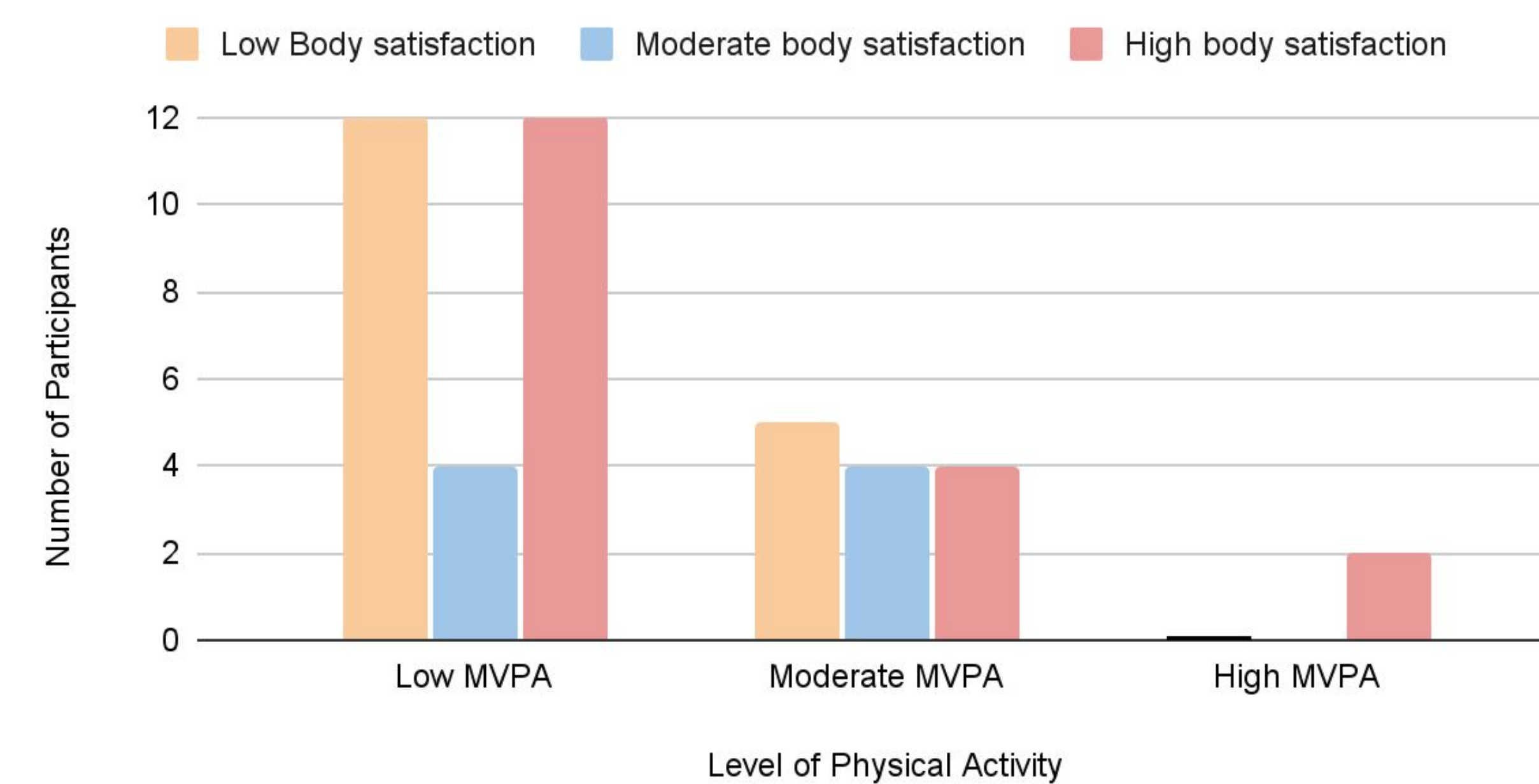


Figure 1.

- Positive relationship between exposure (MVPA) and outcome (body satisfaction)
- The frequency of MVPA is directly proportional to the level of body satisfaction and positive body image

Sample Characteristics

UCSD Undergraduates	47	
Male	12	26.1%
Female	33	71.7%
Non-binary	1	2.2%
Student Athletes	8	17%



Conclusion

- They can help professionals finetune their projects to fit the behaviors of individuals with distorted body image and heightened body consciousness
- Further research is needed to examine how specific demographic characteristics impacts one's level of body satisfaction and MVPA



Policy Implications

- Implement motivational signage around campus to encourage walking and cycling as a mode of transportation, as well as the use of stairs
- Make physical fitness tools accessible to students at little to no cost. These tools should provide fitness monitoring, personalized nutritional and fitness feedback, and goal setting services
- Develop physical activity focused school events such as challenges and contests to encourage MVPA



Scan for Abstract

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