

Body Image Discrepancy in Diverse Women

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Introduction

- College women report high rates of body dissatisfaction¹
- Additional body ideals, such as muscularity² and curviness³, have recently emerged
- Women of different races and ethnicities differ in their endorsement of body ideals^{4,5}
- Less research has investigated differences in women's body ideals by race/ethnicity

Methods

Participants:

- 30 White, 27 Black, and 32 Hispanic women (N = 89)
- Between the ages of 18 and 25

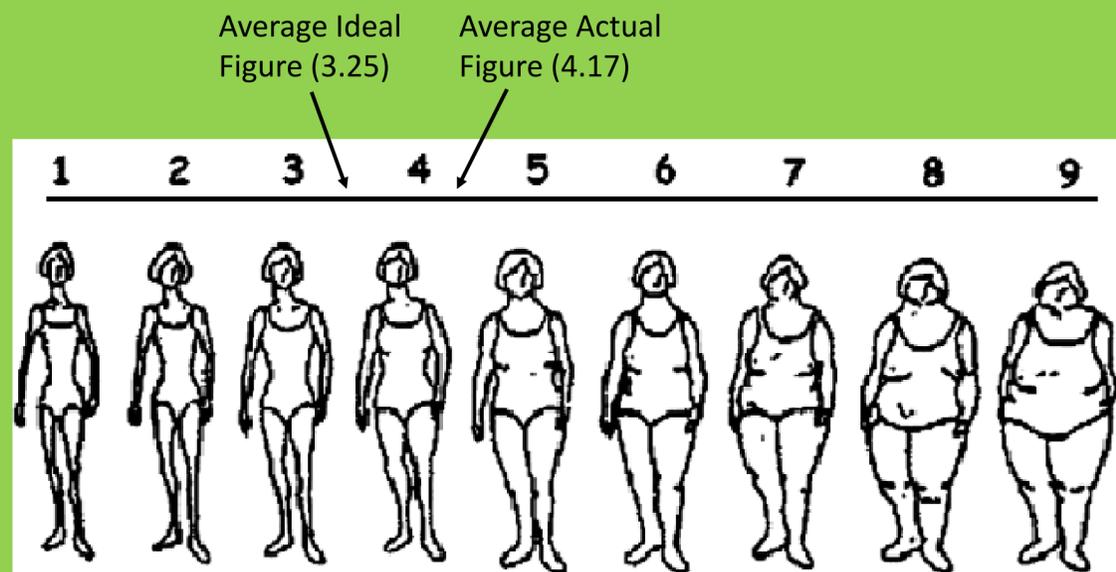
Measures:

- Stunkard Figure Rating Scale (SFRS)
- Body Image Matrix of Thinness and Muscularity (BIMTM-FB)
- Curvy Ideal Silhouette Scale (CISS)

Analyses:

- Dependent variables: actual and ideal figure ratings, figure rating discrepancies (actual-ideal)
- 3x2x2 repeated measures ANOVA with pairwise comparisons to determine whether actual and ideal ratings differ for each race/ethnicity
- Paired samples t-test to determine actual and ideal figure differences on the SFRS

Women want to be thinner and curvier, but not more muscular.



References

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Results

- Regardless of race/ethnicity, women indicated thinner ($p < .01$) and curvier ($p < .01$) ideal figures than actual figures
- Women did not indicate a more muscular ideal figure than their actual figure
- Women indicated a thinner ideal figure than their actual figure on the SFRS ($p < .01$)

Discussion

Conclusions and Implications:

- Women reported curviness-related differences in their actual and ideal bodies, suggesting that body dissatisfaction is not limited to thinness
- Discrepancies in curviness highlight the importance of including this dimension in body dissatisfaction assessments
- Further research is needed to determine which body ideals are most relevant to women of different races/ethnicities

Limitations

- Relatively small sample size
- Factors contributing to body dissatisfaction were not investigated