

The Comparison of Social Physique Anxiety of High School Students by Gender

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Abstract—The ideal physique is something that is coveted, especially among adolescents. Often, they do not realize that lifestyle and sedentary behavior can affect physical appearance. The present study was to examine the differences in social physique anxiety (SPA) among male and female adolescents. To uncover this problem, comparative study methods were used. The subjects of this study were 263 students (130 males, 133 females) aged between 17–18 years who involved in sport extracurricular. SPAS was used to measure social physique anxiety. The results showed that there were differences between male and female adolescents in social physique anxiety ($p < 0,05$). It indicates that male adolescents have a high social physical anxiety and need more attention.

Keywords: *gender, high school students, lifestyle, physical activity, social physique anxiety*

I. INTRODUCTION

Physical activity is closely related to various cardiovascular diseases, such as cancer, type 2 diabetes, obesity, and musculoskeletal diseases [1–8]. In high school there is a drastic decrease in physical activity [9]. Physical activity is influenced by various factors, one of them is social physique anxiety (SPA) [10].

SPA is anxiety based on a person's experience in responding to evaluations related to their physical condition. SPA is related to the concept of body image [11], and has a very important role because it is related to psychological conditions and behavioral factors related to health [12]. If the SPA is high the possibility to do physical exercise activities tends to be small [13]. Social physical anxiety plays an important role in knowledge and behavior related to health, therefore it is necessary to understand the factors that contribute to its development [14].

There have been many studies related to SPA both in adolescents and adults, but the same research in Indonesia is relatively limited. The differences in environmental and cultural physical activity allow differences in the results of the research. SPA research related to a sample of adolescents involved in sports extracurricular activities in schools was also relatively limited.

Many research on SPA focused on women's groups [15–18], assuming that men are more physically active than women [19]. Another reason is that female SPA is higher than male

[12,20]. In this regard, this study aims to examine differences in the level of SPA based on gender in adolescents, in this case, high school age who are involved in sports extracurricular activities. It is expected that the findings of this study will make a unique contribution to the literature by demonstrating the developmental trends in social physique anxiety across gender groups, especially in developing countries like Indonesia, where have unique views toward sports and physical activity.

II. METHODS

A. Research Design

The research design used is comparative study. in this case comparing SPA between male and female high school students involved in sports extracurricular activities.

B. Participants

Participants (N=263) were secondary school students (male=130, female=133) from two different secondary schools in West Java Province, Indonesia. School pupils were recruited from second and third secondary school years (age range 17–18 years). All of the participants are they were involved in sport extracurricular in their school.

C. Measures

SPAS [11] are given to students to fill in the classroom. SPAS is an instrument used to measure Social Physique Anxiety. The SPAS scale consists of 12 items (eg 'My unattractive physical features/figures make me nervous in certain social settings') and answers are made with a 5-point Likert scale. Scores for a scale that is, not at all (1), few (2), moderate (3), very (4) and very (5). Items number 1, 5, 8 and 11 show positive perceptions of physical presentation, while the rest are negative scales.

D. Procedure

SPAS was first made into Google forms to make it easier for students to fill in via their smartphone. Students are asked to fill out a willingness and identity sheet to become participants in research on the start page of the Google form. Students then fill in the SPAS according to the conditions they feel and experience by being guided directly so that if there are

students who do not understand related questions can be explained.

E. Data Analysis

Descriptive statistics are used to obtain an overview of the data, especially the average standard deviation. Independent sample t-test was used to find SPA differences by gender.

III. RESULTS AND DISCUSSION

A. Results

The mean score SPA of male students was 39.09 with a standard deviation of 6.63, while female students averaged 35.30 with a standard deviation of 3.44. Judging from the average, there are differences in SPA between male and female students. Further testing will be discussed on the results of the independent sample t-test.

TABLE I. SPA DESCRIPTIVE STATISTIC

Gender	N	Mean	Std. Deviation
Male	33	39,09	6,63
Female	30	35,30	3,44

The results of testing with an independent sample t-test found that there were differences in SPA between male and female students ($t = 2.808$; $p < .05$). When viewed from the average, men have a higher score compared to female students. It shows that male students have higher SPA compared to female students.

TABLE II. INDEPENDENT SAMPLE T-TEST

t	df	Sig.
2,808	261	,007

The average student overall feels comfortable with the physical appearance they have, this is evidenced by the question about it the highest average score is 4 on a scale of 1 - 5. The lowest average score is related to statements when others assess their physical or figure, with an average score of 2.74 on a scale of 1-5.

B. Discussion

This study examines the differences in SPA levels between male and female high school adolescent students involved in sports extracurricular activities. The results of data processing and analysis are known there are significant differences SPA between male and female secondary schools involved in sports extracurricular activities. The SPA level of adolescent male is higher than that of female.

The other finding was that of the 12 SPA statements that were asked to students, the question about felt comfortable related to their physical appearance had the highest average scores. Meanwhile, the average student, on the whole, has a better feeling when it comes to the judgment of others of their character.

This finding differs from previous research that suggests that SPA rates for female students are higher than males [20], as well as both secondary school and university students [12]. This indicates that involvement in extracurricular variables is thought to influence differences with the results of previous studies.

Involvement in sports extracurricular activities can be a form of motivation and intervention that affects SPA [21]. In terms of reasons currently, more women want to have a lean body proportion, while men want to have an athletic and muscular body. [22,23].

Involvement in a practice based on preference relates to SPA [10]. In this case, it could be that the female subjects involved in this study feel more comfortable with involvement in sports extracurricular activities, thus affecting the level of SPA.

The type and duration of involvement in physical activity also affect SPA. One example is experienced bodybuilders had lower SPA compared to weight lifters and bodybuilders with less experience [24]. In this study, the duration of exercise and the type of sports extracurricular participated by the participants have not been studied. Further studies are needed relating to these problems with a larger number of samples.

IV. CONCLUSION

The results of the study concluded that the level of social physique anxiety between male and female high school adolescents involved in sports extracurricular activities was significantly different. The level of social physique anxiety of female high school adolescents is lower than that of male adolescents.

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