

Effect of BMI on Appearance Perception, Peer Pressure and Health Locus of Control in late adolescence

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Abstract

Standards of ideal weight and body shape influence adolescents a lot. These influences lead them to feel dissatisfied with their own bodies. This paper aims to find out how the Body Mass Index (BMI) affects a person's appearance perception, peer-pressure; and health locus of control (HLOC) and how these variables are related to each other. The data were collected from a total of 397 adolescents. Based on BMI, this sample was divided into three groups: underweight, normal weight and overweight. Tools used to study these variables included Multi-dimensional Body-Self Relations Questionnaire, Multi-dimensional Health Locus of Control (Form-A) and Peer pressure Scale. After collecting the data one way ANOVA and correlation were computed. Results revealed that there were significant differences between the groups on appearance evaluation. Overweight people had the lowest mean in appearance evaluation. The three groups differed on health locus of control (powerful others) and peer pressure also. Appearance evaluation was positively correlated with appearance orientation and negatively correlated with HLOC (chance, internal and powerful others). Appearance orientation was negatively correlated to HLOC (chance and powerful others) and peer-pressure. The three dimensions of HLOC were positively correlated with one another. HLOC (powerful others) was positively correlated with peer pressure. Peer-pressure and BMI were also correlated with each other positively.

Keywords- BMI, health locus of control, peer-pressure, body image, appearance perception, overweight, underweight, normal weight.