

Structural Modeling of Attitudes Toward Body Image with Identity Status and Attachment Styles Mediated by Need for Approval

Hashemian, Maedeh¹; Aflakseir, Abdolaziz^{2*}; Goodarzi, Mohammadali³; Rahimi, Changiz³

1. Ph.D. student in Clinical Psychology. Faculty of Psychology and Educational Sciences, Shiraz University, Shiraz, Iran.

2. Corresponding Author: Associate Professor of Psychology. Faculty of Psychology and Educational Sciences, Shiraz University, Shiraz, Iran. ✉

3. Professor of Psychology. Faculty of Psychology and Educational Sciences, Shiraz University, Shiraz, Iran.

Abstract

The aim of this study was to determine the structural equation modeling of attitudes toward body image with identity and attachment styles mediated need for approval in adolescent. The research method was descriptive-correlation. The high school students in Isfahan in 2021 were the statistical population of this study, 567 of whom participated in by cluster random sampling method. Data collection instruments included Multidimensional Body–Self Relations Questionnaire (MBSRQ), Extended Objective Measure of Ego Identity Status-2nd (EOM-EIS-2) Version, Revised Adult Attachment Scale (RAAS) and Need for Approval subscale of Dysfunctional attitude scale (DAS-26). Structural equation methods were used to analyze the data. The results showed a good fit of the model. The Identity, Attachment styles and Need for Approval directly affected the attitudes toward image; also, indirect effect of Identity and Attachment styles through Need for Approval on attitudes toward body image.

Keywords: Adolescence, attachment, body image, identity, need for approval

Introduction

Physical features are the first source of information in social interactions (Pourfarahani, et al., 2018). Considering physical features and physical attractiveness as a method to earn valuation factors set by society that teenagers invest on for confirmation and social acceptance of the others (Poursharifi, et al., 2018). Confirmation and need for social approval are one of adolescent orientations to reach a proper social position. Secure attachment style refers to closeness, relations and connection in friendly relationships and interactions being Some of the variants in having a better understanding of body image relation (Khorshidi and Fathiaghdam, 2018). Secure attachment is effective in creating body image satisfaction and is even effective in improving body image in adults (Menafi and Dehshiri, 2020, Holmqvist and Frisen, 2019). In addition, physical image is one of the important aspects in shaping identity in people (Sheikh khanlu and Tasbihsazan,2018). Adolescents in identity shaping faze look for outer sources of compliment and thus are more vulnerable to effects of external pressure and attractiveness standard forced by society. Increasing pressure of media and society caused an increasing outbreak of dissatisfaction towards physical image and extreme preoccupation in people, toward their physical features (Rodgers, et al., 2019). Efforts to decrease dissatisfaction of one’s body image can cause increase in life quality and also decrease health and hygiene costs (Griffiths, et al., 2018). The research void in the subject of mutual consideration about attachment style and identity status as two effective variants in shaping “self” identification that can put self-acceptance of people under the effect of others approval or not, considering all the pressure coming from media and

culture about beauty. therefore, this study is trying to assess a relation model between attitude toward body image with identity status and attachment style with intermediation of need for approval.

Method

This was a fundamental and descriptive-correlational study using structural equation modeling. The statistical study population included all the high school female students in the academic year of 2021-22 in Isfahan city, of these 567 students who were selected by cluster sampling. The following questionnaires were used to collect data.

Multidimensional Body–Self Relations Questionnaire (MBSRQ): This scale consists of 64-items and measures the six dimensions of Body–Self Relations included appearance evaluation, appearance orientation, fitness evaluation, body areas satisfaction, subjective weight and Fitness orientation. In the present study, Cronbach's alpha coefficients of subscales and total score in the range of 0.77 to 0.97 were obtained.

Extended Objective Measure of Ego Identity Status-2nd Version (EOM-EIS-2): This scale consists of 64-items and measures the four status of Identity achieved, moratorium, foreclosure, diffusion. In the present study, Cronbach's alpha coefficients of subscales and total score in the range of 0.90 to 0.97 were obtained.

Revised Adult Attachment Scale (RAAS): This scale consists of 18-items and measures the three styles of secure attachment, avoidant and anxious. In the present study, Cronbach's alpha coefficients of subscales and total score in the range of 0.73 to 0.90 were obtained.

Dysfunctional attitude scale (DAS-26): This scale consists of 26-items and measures the four dysfunctions in attitude included Need for approval, perfectionism, need to please other and vulnerability. In this study need for approval score were used in data analysis and Cronbach's alpha for the total score was 0.923.

Results

In this study 567 of female adolescents (between the ages of 13 to 17) in Esfahan city responded to the questionnaires. Based on results all four variants were normal in terms of skewness and their distribution was symmetrical and also had normal protraction. Measuring indicators related to assessing attitudes toward body image, structural equation model indicated the optimal fit of the model. Figure 1 shows the results of structural modeling of attitudes toward body image with identity status and attachment styles mediated by need for approval.

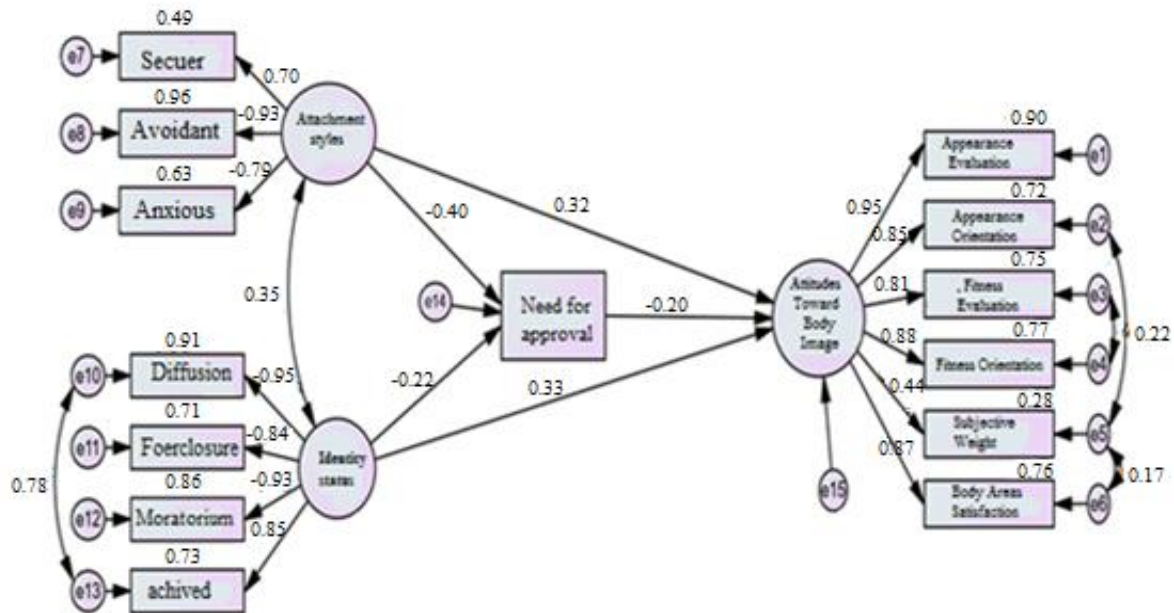


Figure 1. Measurement model of variables

In order to assess and test conceptual model of the study and confirming it Structural equation modeling and path coefficient calculation were used, in which the results are shown in table 1.

Table 1: Estimation of indirect effect coefficients

Path	Path coefficient	Confidence scope 95%		Significance level
		Lower bounds	Upper bounds	
Attachment on attitude toward body image with mediating role of need for approval	0.07	0.04	0.11	0.01
Identity status on attitude toward body image with mediating role of need for affirmation	0.04	0.01	0.07	0.01

According to the findings of Table (1), the coefficients of indirect effect of attachment and identity based on attitude toward body image with the mediating role of need for approval are 0.07 and 0.04. At significant levels less than 0.05, the path coefficients are confirmed ($p \leq 0.05$).

Conclusion

The present research is the first study to investigate the complex relations between basic interpersonal and personality factors simultaneously with attitude toward body image. The study findings showed that identity status, attachment styles and need for approval had a direct significant relationship with attitude toward body image. Also, need for approval mediated the relationship between identity status and attachment styles with attitude toward body image. Therefore, attitude toward body image by managing identity status, attachment style and need for approval are promotable. The statistical study population and correlational nature of this study are the limitations of the present study. Therefore, Examining the proposed model in

the other population and the application of longitudinal study are suggested. In sum, from findings of the current study it is concluded that interpersonal and personality factors have important roles in explanation of attitude toward body image. So, their roles should be considered in prevention, diagnosis and treatment of dissatisfaction of body image and promotion attitude toward body image.

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Conflicts of interest

Authors found no conflict of interests.



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