

# Comparative Study of Attitude towards Body Self-Awareness between Women Practicing and Non-Practicing Physical Fitness

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**Abstract:** *The prime aim of the study was to compare the attitude towards body awareness between women practicing and non-practicing physical fitness programme. A sample of 60 female (30 from each group) aged between 18 to 25 years was selected for the purpose of the study. The tool used for this study was the body awareness questionnaire developed by Shields, Mallory & Simon in 1989. The collected data were tabulated and statistically analyzed by computing mean, standard deviation and 't' -test. The findings of statistical analysis revealed that there was a significant difference on attitude towards Body Self awareness between practicing and non – practicing physical fitness program women.*

**Keywords:** Attitude, Body awareness, physical fitness

## 1. Introduction

*Your body wants to tell you something. You just have to listen*

Body awareness is an innate tendency of our organism to self organize and to feel the unity with oneself (Mehling et al, 2011). Body awareness is the perception of bodily states, processes and actions that is presumed to originate from sensory proprioceptive and interoceptive afferents and that an individual has the capacity to be aware of. Body awareness includes the perception of specific physical sensations (e.g., awareness of heart activity; proprioception of limb position) as well as complex syndromes (e.g., pain; sense of relaxation; "somatic markers" of emotions). Body awareness is hypothesized as the product of an interactive and dynamic, emergent process that (a) reflects complex afferent, efferent, forward and back-projecting natural activities, (b) includes cognitive appraisal and unconscious gating, and (c) is shaped by the person's attitudes, beliefs, experience and learning in a social and cultural context" (Mehling et al., p. 4, 2009)

Now a day each and everyone becomes aware regarding their body image. People use to go for regular physical activity, Yoga, maintaining proper diet manual in order to create a perfect body image. Besides this, many research has already proved that the tendency of body awareness is more in physically active one rather than that of physically inactive one. The study of **Anna Brytek-Matera & et al(2015)**, The body self-awareness among women practicing fitness: a preliminary study, aimed to explore the relationship between body awareness and negative body attitude, interoceptive body awareness and physical self in women practicing fitness as well as to analyze the determinants of body awareness. The Body Awareness Questionnaire, the Multidimensional Assessment of Interoceptive Awareness, the Physical Self-Description Questionnaire and the Body Attitude Test were applied to 43 women practicing fitness and 32 non-fitness practitioners. Bodily self-awareness was connected with greater fitness practitioners' interoceptive body awareness and greater physical self. Noticing and

global esteem predicted body awareness in women practicing fitness. **Dittmann and Freedman (2009)** also conducted study on the issue of body awareness. It transpired that regardless of the motivation type to start exercising, the level of body awareness, responsiveness to body sensations was high among active people. Moreover the forgoing research of **Daubenmier, 2005; Impett, Daubenmier, & Hirschman, 2006; Sze, Gyurak, Yuan, & Levenson, 2010** in this area proved that body awareness among active people indicated the greater ability to recognize proprioceptive as well as interoceptive signals in comparison to people not participating in sporting activities. Simultaneously, the positive influence of physical activity on the changes in one's own body perception

## 2. Statement of the Problem

Body awareness in much more efficient to live a healthy life apart from one's appearance perception. As the researcher belongs to the field of physical education wanted to compare the attitude towards body self-awareness between women practicing and non-practicing physical fitness program. Hence the researchers decided to take up the study was stated as "Comparative Study of Attitude towards Body Self-Awareness Between Women Practicing And Non-Practicing Physical Fitness"

## 3. Purpose of the Study

Therefore the purpose of the study was to compare the attitude towards body self-awareness between women practicing and non-practicing physical fitness program.

## 4. Significance of the Study

- 1) The findings of the study would throw light to understand attitudes of the practicing and non-practicing physical fitness women

- 2) The result of the present study is helpful to understand whether sports influence significantly the physical concept of one.

**Hypothesis**

On the basis of literatures, discussion with experts and scholars' own understanding it was hypothesized that there may be a significant difference on attitude towards body awareness between practicing and non- practicing physical fitness women

**Delimitations**

- 1) The study was delimited to the H.V.P.Mandals', Amravati
- 2) This study was delimited to physical education department and Engeneering Department female students.
- 3) 30 physically active, who use to perform regular physical fitness training and 30 non practicing fitness, who are not regular physical fitness training practitioner selected as the subjects
- 4) The age of the subjects ranged from 18 – 25 years.

**Limitations**

- 1) There will not be control over responses of the subject
- 2) The psychological conditions of the subjects at the time of answering the questionnaires will not under the control of the scholar
- 3) Specific motivational techniques will not be used at the time of collecting the data to encourage or discourage the subjects

**Definitions**

**Body awareness** – Body awareness is any form of awareness that is directed toward our physical appearance, movement and sensation

**Physical fitness** – Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.

**5. Methodology**

**Sources of Data**

For the present study 30 physical fitness practitioner and 30 non physical fitness practitioner from H.V.P.Mandal's, Amravati were selected for sources of data

**Selection of subjects**

30 athletes of Degree College Of Physical Education that use to participate regular physical fitness training program and 30 non regular physical fitness training practitioner from Engineering department of the same institution were selected as subjects. The subjects' age ranged from 18-25 years.

**Selection of sample**

Purposive sampling procedure was applied to select the subject.

**Selection of the tool**

The tool used for this study was the Body Awareness Questionnaire developed by Shields, Mallory & Simon, 1989. The questionnaire consisting of 18 statements regarding sensitivity to normal, none motive body processes. Subjects were asked to select a number from 1 to 7 that best describes how the statement describes her & and place the number in the box to the right of the statement.

**6. Findings**

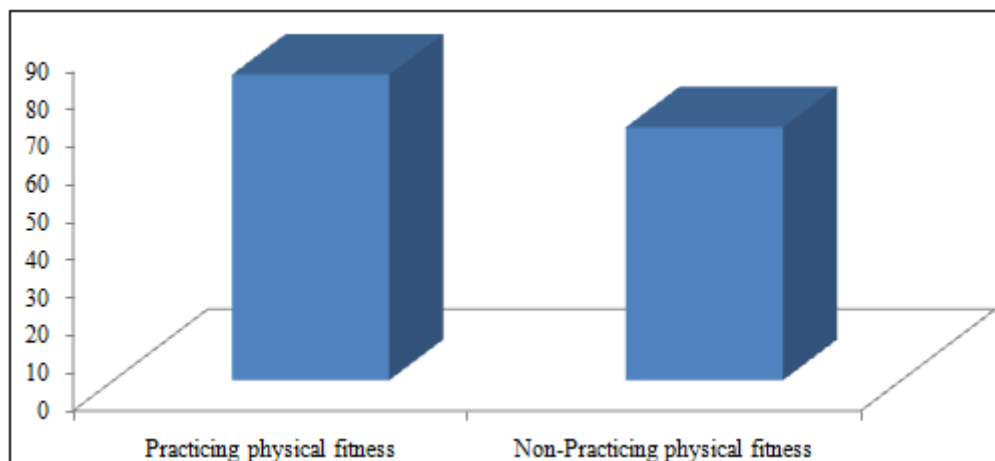
**Table 1:** Description of Mean, Standard Deviation and t-ratio for the Data on attitude towards Body awareness

Groups	Mean	Standard Deviation	Mean difference	t-ratio
Physical fitness practitioner	81.23	2.4	14	13.207
Non - Physical fitness practitioner	67.23	5.36		

\*Significance at .05 level

Tabulated t .05(58) = 2.0017

The findings of table 1 reveals that the mean of the physical fitness practicing and Non practicing are 81.23 and 67.23 respectively and their mean difference is 14, standard deviation of both the groups are 2.40 and 5.36. After statistical analysis the value of t-ratio was found 13.207 to be which is greater than tabulated t-value of 2.0017 at 0.05 level for the 58 degree of freedom. The difference of means has been graphically presented in figure – 1.



**Figure 1:** Comparison of Means between the practicing and Non practicing physical fitness on attitude towards body self-awareness

## 7. Discussion on Findings

The findings of statistical analysis revealed that there was a significant difference between practicing and non- practicing physical fitness on attitude towards body awareness. It is also understood from the mean values that physically active women kept more positive attitude towards body awareness than that of non – practicing. Hence such results might have occurred in this study

## 8. Conclusion

Recognizing the limitations of the study and on the basis of findings it can be fairly concluded that the attitude toward Body awareness was significantly different between physical fitness practicing women and non – practicing women.

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