5.1 SUMMARY

We all have a body image. We all have feelings about the way we look. And we have ideas and feelings about how others think about our looks. Our overall body image can range from very positive to very negative.

It is a very well established fact that participation in regular physical activity is core of psychological as well as physical well-being. It has also been documented in the past that physical activity is beneficial for positive body image and enhanced psychological characteristics. But the results in this regard is contradictory and especially for gainfully employed/working women and housewives. In the modern world, the number of working women is increasing day-by-day and it is true that working women interact with many people during their work. It is also noted that body image and personality of women may be different on the basis of their working status because working women get more exposure in outside world as compared to non-working women. Surprisingly impact of participation in physical activity upon body image and personality of working and non-working women has not been explored scientifically.

If a person has a distorted body image it could be postulated that the information processed, or processing mechanism, could be at fault. The study of body image, how one perceives oneself, is an important
aspect of the body’s psycho-physical orientation. Hence, the researcher decided to work on this topic.

Keeping these aims in mind investigator had decided to work systematically and use the scientific approach to solve his hypotheses. Therefore, 400 married women were selected as subjects. Out of these, 100 women subjects (Ave. age 38.54 yrs.) employed in govt. or private sector and have a daily routine of physical exercise; 100 women subjects (Ave. age 38.37 yrs.) employed in govt. or private sector but are not doing any physical exercise regularly; 100 housewives (Ave. age 40.18 yrs.) with a daily routine of physical exercise and 100 housewives (Ave. age 37.43 yrs.) with no regular physical exercise, were selected as sample for the present study. The sample was collected from Chhattisgarh state by random sampling method.

The problem was to analyse the effect of participation in physical activity and its effect on body image and personality of working and non-working women, it was decided to use Modified Version of Self Assessment Questionnaire for Body Image, prepared by Agashe and Karkare (2008). To assess personality of the selected subjects, Hindi version of Eysenck’s PEN inventory prepared by Menon et al. (1978) was preferred. Assessment of physical activity was based on regular participation in activities such as cycling, walking, yoga, light to moderate physical exercise and, jogging. While routine physical activities of women at home and at their respective work place did not constitute as participation in physical activity.
To solve the hypotheses stated in chapter I, it was decided that to verify the hypotheses one by one with appropriate statistical technique. To solve differential hypotheses t-test was used; to see the joint action effect, the suitable factorial design ANOVA technique was implemented. On the basis of statistical analysis of differential and interactional hypotheses, following results were found.

5.2 RESULTS

• The body image of working and non-working did not differ significant with each other.

• No statistically significant difference was observed in psychoticism dimension of personality between working and non-working women.

• Non-working women were found to be extrovert as compared to working women.

• No statistically significant difference was observed in neuroticism dimension of personality between working and non-working women.

• No statistically significant difference was observed in L-score dimension of personality between working and non-working women.

• Women with regular daily physical exercise routine had been found to exhibit more positive body image as compared to women subjects with no daily physical exercise routine.
Psychoticism did not vary in a significant manner between groups of women having daily physical exercise routine and women having no daily physical exercise routine.

Women subjects with daily physical exercise routine were found to be extrovert as compared to women who do not exercise daily.

Women with daily physical exercise routine were found to be more emotionally stable as compared to women who do not exercise daily.

Body image of non-working women with daily physical exercise was significantly better as compared to body image of working women without daily physical exercise.

Working women doing regular physical exercise are found to be psychotic as compared to non-working women doing regular physical exercise.

Working women doing regular physical exercise are found to be psychotic as compared to working women, not doing regular physical exercise.

Non-working women who are not doing regular physical exercise are found to be less psychotic as compared to non-working women doing regular physical exercise.

Working women not engaged in daily physical exercise regime are found to be less psychotic as compared to non-working women of the same physical exercise regime i.e. no physical exercises regularly.
• Non-working working women doing regular physical exercise are found to be extrovert as compared to working women not doing regular physical exercise.

• Non-working working women doing regular physical exercise are found to be extrovert as compared to non-working women not doing regular physical exercise.

• Non-working working women without regular physical exercise are found to be more neurotic as compared to working women doing regular physical exercise.

• Non-working working women doing regular physical exercise are found to be less neurotic as compared to non-working women not doing regular physical exercise.

• Non-working working women without regular physical exercise are found to be more neurotic as compared to working women not doing regular physical exercise.

• Two factor interaction effect of psychoticism (Low-High) and work status (working-non working) upon body image of selected women subjects did not found to be statistically significant.

• The joint action interaction effect of extraversion and work status (working-non working) upon body image of women, turned out to be statistically significant. It shows that body image of extroverted women is significantly superior to body image of introverted non-working women.
Two factor interaction effect of neuroticism (Low-High) and work status (working-non working) upon body image of selected women subjects did not found to be statistically significant.

Two factor interaction effect of psychoticism (Low-High) and status of physical exercise (daily physical exercise - no physical exercise) upon body image of selected women subjects did not found to be statistically significant.

Two factor interaction effect of extraversion-intraversion and status of physical exercise (daily physical exercise - no physical exercise) upon body image of selected women subjects did not found to be statistically significant.

Two factor interaction effect of neuroticism (Low-High) and status of physical exercise (daily physical exercise - no physical exercise) upon body image of selected women subjects did not found to be statistically significant.

On the basis of results and associated discussion, following conclusions are drawn:

5.3 CONCLUSION:

- Body image of women is not influenced by their working status i.e. body image of gainfully employed and homemakers did not differ only due to this fact.

- Regular physical activity in the form of walking, cycling, running, jogging and yoga enhances body image.
Personality of working and non-working women was found to be almost same except that non-working women are more extrovert as compared working women.

Participation in regular physical activity has been emerged as a major variable in influencing the personality of working and non-working women.

5.4 SUGGESTIONS FOR FUTURE STUDIES

- A study may be conducted in future to assess body image of women on the basis of their physical fitness and weight status.

- A study may be conducted in future to assess body image of women on the basis of their socio economic status and emotional maturity.

- A study may be conducted in future to assess body image of women on the basis of their participation in recreational sports and games.