



Disponible en ligne sur
ScienceDirect
www.sciencedirect.com

Elsevier Masson France
EM|consulte
www.em-consulte.com/en



Original article

Siblings' appearance-related commentary, body dissatisfaction, and risky eating behaviors in young women

Les commentaires des frères ou des sœurs sur l'apparence, l'insatisfaction corporelle et les comportements alimentaires à risque chez les jeunes femmes

A. Nerini^{a,*}, C. Matera^b, C. Stefanile^a

^a Department of health sciences, section of psychology, university of Florence, via di San Salvi, 12, Pad. 26, 50135 Florence, Italy

^b Department of education and psychology, section of psychology, university of Florence, via di San Salvi, 12, Pad. 26, 50135 Florence, Italy

ARTICLE INFO

Article history:

Received 26 January 2016
Received in revised form 7 June 2016
Accepted 9 June 2016

Keywords:

Verbal commentary
Siblings
Body dissatisfaction
Eating behavior
Young women
Italy

Mots clés :

Commentaires verbaux
Frères et sœurs
Insatisfaction corporelle
Comportements alimentaires
Jeunes femmes
Italie

ABSTRACT

Introduction. – Negative feedback on appearance is a risk factor for the development of problems related to one's body image.

Objective. – The present research aimed to analyze the relationship among siblings' positive and negative appearance-related feedback, dissatisfaction with one's body and risky eating behaviors among young women. The mediational role of body-related social comparison has been investigated.

Method. – Two hundred and eight young women living in Italy, with a mean age of 23.15 years, filled in a questionnaire containing the Italian version of the Verbal Commentary on Physical Appearance Scale – Siblings, the Physical Appearance Comparison Scale, the Body Shape Questionnaire-14, and the Eating Disorder Examination-Questionnaire.

Results. – Dissatisfaction with one's body shows a significant link with risky eating behaviors. Weight and shape-related positive comments made by siblings were significantly and negatively related to social comparison, which in turn was associated with women's dissatisfaction with their body image. Negative comments were directly linked to body dissatisfaction; the mediation role of social comparison with respect to negative comments was not confirmed.

Conclusions. – These findings underline the significant role of siblings in the development of females' body image. Programs aimed to prevent or reduce body dissatisfaction and risky eating behavior could be implemented; these programs should be concerned with not only negative feedback on appearance but also positive comments because of their relevant role.

© 2016 Elsevier Masson SAS. All rights reserved.

RÉSUMÉ

Introduction. – Les feedback négatifs concernant l'apparence sont un facteur de risque pour le développement de problèmes liés à l'image de son corps.

Objectif. – Le but de cette étude était d'analyser le rôle que les commentaires positifs ou négatifs des frères ou des sœurs à propos de l'apparence jouent sur l'insatisfaction corporelle et sur les comportements alimentaires à risque chez les jeunes femmes. Le rôle médiateur de la comparaison sociale liée au corps a été également examiné.

Méthode. – Les participants étaient 208 jeunes femmes (âge moyen : 23,15), qui ont complété un questionnaire contenant les versions italiennes de la Verbal Commentary on Physical Appearance Scale – Siblings, de la Physical Appearance Comparison Scale, du Body Shape Questionnaire-14 et du Eating Disorder Examination-Questionnaire.

Résultats. – L'insatisfaction corporelle montre un lien significatif avec les comportements alimentaires à risque. Les remarques positives concernant le poids et la forme de la part des frères et des sœurs étaient significativement et négativement liées à la comparaison sociale, qui à son tour était

* Corresponding author.

E-mail addresses: nerini@psico.unifi.it (A. Nerini), camilla.matera@unifi.it (C. Matera), stefanile@psico.unifi.it (C. Stefanile).

liée à l'insatisfaction corporelle. Les remarques négatives ont donc un effet direct sur l'insatisfaction corporelle ; le rôle médiateur de la comparaison sociale concernant les remarques négatives n'a, cependant, pas été confirmé.

Conclusions. – Ces résultats soulignent le rôle significatif des frères et des sœurs dans le développement de l'image corporelle féminine. Des actions pour la prévention de l'insatisfaction corporelle et des comportements alimentaires à risque devraient être mis en œuvre ; ces programmes devraient prendre en compte non seulement les feedback négatifs sur l'apparence, mais aussi les remarques positives, en raison de leur rôle important.

© 2016 Elsevier Masson SAS. Tous droits réservés.

1. Introduction

Much research has been conducted to identify significant predictors of body dissatisfaction among young women given its crucial role as an antecedent of several health outcomes, such as eating disorders (e.g., Ricciardelli & McCabe, 2001; Stice & Shaw, 2002), depression (e.g., Darby, Hay, Mond, Rodgers, & Owen, 2007), social anxiety (e.g., Cash & Fleming, 2002). Body dissatisfaction is also linked to risky health behaviors, such as unhealthy eating habits (e.g., van den Berg, Thompson, Obremski-Brandon, & Coovert, 2002), excessive exercise (e.g., Darby et al., 2007), and cosmetic surgery (e.g., Matera, Nerini, Giorgi, Baroni, & Stefanile, 2015; Menzel et al., 2011; Stefanile, Nerini, & Matera, 2014). According to the Tripartite Influence model of body image (TIM; Thompson, Heinberg, Altabe, & Tantleff-Dunn, 1999), sociocultural factors like peers, the media, and family members play an important role in shaping body image. Sociocultural sources may influence body dissatisfaction levels among women through verbal comments on physical appearance, namely criticism and positive feedback (i.e., appreciation) about one's body image (Herbozo & Thompson, 2006a). Negative comments are body-related comments that are considered to be offensive, and may involve teasing and criticism (Herbozo & Thompson, 2006b). Negative comments from significant others can have detrimental effects on body image (Donovan, Spence, & Sheffield, 2006; Matera, Nerini, & Stefanile, 2013a; Mousa, Mashal, Al-Domi, & Jibril, 2010; Slater & Tiggemann, 2011), and are associated with restrictive behavior (Paxton, Schutz, Wertheim, & Muir, 1999) and binge eating (Ata, Ludden, & Lally, 2007). Negative appearance-related feedback can increase dieting habits and binge eating among women (Bailey & Ricciardelli, 2010). For instance, a study by Lieberman, Gauvin, Bukowski, and White (2001) found that girls who reported being teased about their weight, body shape, and appearance showed higher levels of body dissatisfaction compared to girls who were not exposed to negative feedback. Moreover, negative feedback about weight appeared to be related to dieting behavior. In a meta-analysis, Menzel et al. (2010) found that teasing about weight was strongly associated with girls' dissatisfaction with their bodies. Weight-related teasing during adolescence predicts hurtful weight-related comments in young adults (Eisenberg, Berge, Fulkerson, & Newmark-Sztainer, 2011). Several longitudinal studies have confirmed that higher levels of teasing about one's weight can lead to higher levels of body dissatisfaction (Cattarin & Thompson, 1994; Thompson, Coovert, Richards, Johnson, & Cattarin, 1995).

Positive appearance-related feedback can also influence body image and dissatisfaction levels, although the nature of that relationship remains unclear (Bailey & Ricciardelli, 2010; Calogero, Herbozo, & Thompson, 2009; Herbozo, Menzel, & Thompson, 2013; Herbozo & Thompson, 2006a, 2006b, 2009). Some studies have shown that positive feedback concerning one's weight, shape, and general appearance is related to lower levels of body dissatisfaction and greater self-esteem (Herbozo & Thompson, 2006a, 2006b, 2009). Conversely, other research reveals a negative

correlation between positive feedback and body dissatisfaction levels (Calogero et al., 2009). According to Calogero et al. (2009), positive feedback might make more salient the perception that an individual's appearance is under constant scrutiny, particularly with regard to the ideals ubiquitously promoted by the mass media. In turn, this process could have a negative impact on girls' body image and self-esteem.

Body mass index (BMI) plays a significant role in influencing the frequency of positive and negative remarks among women (Herbozo & Thompson, 2006a). Herbozo et al. (2013) found that overweight and obese women were likely to experience more negative and less positive feedback about their weight and shape compared to underweight and normal weight women. Some research found that weight status could affect the comments that women receive with respect to their appearance and the way in which such feedback could influence body image and eating habits (Herbozo et al., 2013). A higher frequency of negative comments was associated with greater eating concerns in underweight, normal weight, and overweight women and with greater eating restraint in overweight women, whereas a higher frequency of positive feedback was related to lower levels of body dissatisfaction, independent of women's weight status (Herbozo et al., 2013).

Social comparison appears to be a crucial process for shaping women's body image; according to the TIM (Thompson et al., 1999), sociocultural factors might influence body image and eating concerns via social comparison and internalization processes. Much empirical evidence suggests that a positive relation exists between social comparison and women's body dissatisfaction (Cattarin, Thompson, Thomas, & Williams, 2000; Engeln-Maddox, 2005; Keery, van den Berg, & Thompson, 2004; Matera et al., 2013a; Myers & Crowther, 2009; Posavac, Posavac, & Weigel, 2001; Shroff & Thompson, 2006; Tiggemann & McGill, 2004; van den Berg et al., 2002). Moreover, verbal appearance-related comments appear to be associated with social comparison; specifically, a positive correlation exists between teasing and both the internalization of ideals of thinness and appearance-related social comparisons (Keery et al., 2004; Nerini, Matera, & Stefanile, 2014; Shroff & Thompson, 2006). Bailey and Ricciardelli (2010) found that negative statements were related to more frequent upward comparisons, which in turn emerged as important predictors of body concern and eating disorders. According to the authors, these findings suggest that the thin-ideal images proposed by the mass media to which women are continuously exposed give considerable salience to such a body ideal, which could thus become a widespread social standard (Bailey & Ricciardelli, 2010; Strahan, Wilson, Cressman, & Buote, 2006).

According to the TIM (Thompson et al., 1999), peers, media, and family members play an important role in the onset and maintenance of body image and eating disorders. Among these, greater consideration has been given to media and peers, including in the Italian context where the present study was conducted (e.g., Dakanalis et al., 2014; Nerini, 2015; Stefanile, Matera, Nerini, & Pasciucco, 2015), while the study of family influence has received

Download English Version:

<https://daneshyari.com/en/article/5036643>

Download Persian Version:

<https://daneshyari.com/article/5036643>

[Daneshyari.com](https://daneshyari.com)