



Body pride and physical activity: Differential associations between fitness- and appearance-related pride in young adult Canadians[☆]



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ABSTRACT

Body-related pride has been associated with health behaviors such as physical activity; however, researchers have overlooked distinctions between different domains of pride (appearance/fitness) and the two facets of pride (authentic/hubristic). The objective of the present research was to examine relationships between fitness- and appearance-related authentic and hubristic pride and physical activity. In Study 1, participants ($N = 115$) completed measures of fitness-related pride and participation in moderate-to-vigorous physical activity (MVPA). Both authentic and hubristic pride were positively associated with MVPA. In Study 2, participants ($N = 173$) completed measures of appearance-related pride and MVPA. Neither facet of pride predicted engagement in MVPA. In Study 3, participants ($N = 401$) completed measures of both fitness-related pride and appearance-related pride as well as MVPA. Authentic and hubristic fitness-related pride were associated with MVPA, while appearance-related hubristic pride was negatively associated with MVPA. Results support the adaptive nature of pride in motivating engagement in health behaviors when it is experienced around the body's functionality rather than appearance.

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1. Introduction

In recent years, there has been a shift in research examining negative body image (e.g., body dissatisfaction) to examinations of positive body image. Such investigations are warranted because positive body image is not simply the inverse or absence of negative body image, but rather encompasses unique features that reflect how one perceives, feels, thinks, and behaves with regard to the body. Research in this domain has subsequently informed the protective factors and health-promoting behaviors that positive body image facilitates (Andrew, Tiggemann, & Clark, 2014; Gillen, 2015; Homan & Tylka, 2014). For example, individuals with positive body image report frequently engaging in physical activity and view it as

a way to care for their bodies and contribute to their overall health and well-being (Frisén & Holmqvist, 2010; Wood-Barcalow, Tylka, & Augustus-Horvath, 2010). Importantly, physical activity is a hallmark feature of a healthy lifestyle, yet the majority of young adults fail to engage in physical activity and even fewer engage in the recommended amount commensurate for health benefits (Ding et al., 2016). Thus, fostering positive body image may show promise for promoting engagement in physical activity.

The research advancing positive body image and physical activity is promising; however, most researchers have focused on the cognitive dimension, at the expense of understanding affective dimensions of body image – such as how one feels about the body's appearance and function. Positive body-related emotions have been identified as important facets of body image that predict health behavior engagement and well-being (Pila, Brunet, Crocker, Kowalski, & Sabiston, 2016; Sabiston et al., 2010; Webb, Wood-Barcalow, & Tylka, 2015). As such, research on positive body-related emotions is emerging and research in this area has been encouraged to broaden theoretical frameworks of body image (Pila, Barlow, Wrosch, & Sabiston, 2016; Webb et al., 2015).

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Body-related pride has been identified as a relevant emotion that individuals experience when thinking about and evaluating their bodies positively and functions to reinforce and encourage individuals to engage in behaviors conducive to feelings of pride (Castonguay, Gilchrist, Mack, & Sabiston, 2013; Krane, Choi, Baird, Aimar, & Kauer, 2004; McHugh, Coppola, & Sabiston, 2014). Furthermore, experiences of body-related pride are related to positive health outcomes including engagement in physical activity and well-being and may act to buffer against negative health outcomes (Castonguay et al., 2013; Castonguay, Pila, Wrosch, & Sabiston, 2015; Cummins, Ireland, Resnick, & Blum, 1999; Sabiston et al., 2010; Mack, Kouali, Gilchrist, & Sabiston, 2015; McHugh et al., 2014). The findings from this research highlights the positive association between body-related pride and engagement in health protective behaviors.

However, these findings pertain to evaluations of the body in general despite theoretical accounts that body image is multifaceted in nature, comprised not just of appearance evaluations but also of the body's functioning (Tylka & Wood-Barcalow, 2015). Importantly, current conceptions of *positive* body image emphasize a respect and appreciation for the functionality of the body, rather than a focus on appearance related aspects (Abbott & Barber, 2010; Alleva, Martijn, Van Breukelen, Jansen, & Karos, 2015; Alleva, Tylka, & Kroon Van Diest, 2017; Tylka & Wood-Barcalow, 2015; Wood-Barcalow et al., 2010). Notably, marked differences have been observed depending on whether the emphasis is on the body's appearance or function. A focus on appearance-related goals attenuates engagement in health behavior and is associated with negative body image (Homan & Tylka, 2014; Prichard & Tiggemann, 2008). Conversely, appreciating body functionality has received support as a potential resource for enhancing positive body image and health-promoting behaviors (e.g., intuitive eating, engagement in physical activity; Abbott & Barber, 2010; Avalos & Tylka, 2006; Frisén & Holmqvist, 2010; Homan & Tylka, 2014; Rubin & Steinberg, 2011; Wood-Barcalow et al., 2010). Focusing on the body's functioning may encourage awareness of, and attentiveness to the body, as well as a sense of physical empowerment and competence (Menzel & Levine, 2011; Piran, 2016). For example, female collegiate athletes described feeling proud of their strong and developed bodies (Krane et al., 2004). They focused on the function of their bodies and appreciated how their strength helped them succeed in their sport. Many of the feelings and attitudes described by these athletes are similar to the characteristics of positive body image, suggesting a connection between physical activity and feelings of pride related to the body's functioning.

Extending this line of research, Castonguay et al. (2013) identified that feelings of pride can be experienced both as a result of evaluations of one's appearance and also of one's physical functioning. In this area of research, Castonguay et al. (2013) further defined function as it relates to fitness, and measures for both appearance and fitness assessing two different facets or types of pride (authentic and hubristic pride) have been developed (Castonguay, Sabiston, Kowalski, & Wilson, 2016; Castonguay et al., 2013). Specifically, experiences of hubristic pride result from evaluating one's appearance or fitness as superior to others while authentic pride results from meeting or exceeding goals related to one's appearance or fitness. Critically, what feelings of pride are *about* is highly relevant in defining the nature of body-related pride as consistent with positive body image (or not) with implications for health behavior noted (Tylka & Wood-Barcalow, 2015; Webb et al., 2015). Although representing positive views of one's body, criticisms of appearance-related pride, regardless of the facet, as representative of positive body image have been raised (Webb et al., 2015). Differentiating among the different domains of the body (appearance, function) and facets of pride (authentic and hubristic) can allow for

a better understanding of the outcomes associated with positive body-related emotions.

Initial work has identified that both facets of fitness-related pride are positively associated with engagement in physical activity (Castonguay et al., 2016; Mack et al., 2015). However, a limitation of this work is that the authors did not control for positive affect. Positive affect has been shown to be associated with engagement in physical activity (Lyubomirsky, King, & Diener, 2005; Williams & Evans, 2014). Given the positive affective valence of pride, the possibility remains that previous findings were a function of positive valence, rather than pride specifically. To provide a more cogent argument that pride specifically is associated with engagement in physical activity, it is necessary to control for positive affect in the analyses (Ho, Tong, & Jia, 2016; Williams & DeSteno, 2008). Additionally, there is little research that has examined associations between appearance-related pride and engagement in physical activity.

2. Purpose

The objective of this research was to examine domain-specific (i.e., appearance and fitness) authentic and hubristic pride and engagement in physical activity after controlling for positive affect and sex across three studies. Study 1 examined associations between physical activity and fitness-related pride, and Study 2 examined associations between physical activity and appearance-related pride. Study 3 examined both appearance and fitness-related pride concurrently in the prediction of physical activity. Sex was included based on noted differences in pride and physical activity engagement between males and females (Pila, Barlow et al., 2016; Tracy & Robins, 2007). Based on conceptual underpinnings that perceptions of competence and appreciation of the body's functionality, rather than appearance, are linked with adaptive health behavior engagement (Webb et al., 2015) and previous research that has linked fitness-related pride to physical activity (Castonguay et al., 2016; Mack et al., 2015), it was expected that both authentic and hubristic fitness-related, but not appearance-related, pride would be positively related to engagement in physical activity.

3. Study 1

3.1. Method

3.1.1. Participants and procedures

Following ethical approval, participants were recruited from kinesiology classes at a mid-size university in Southern Ontario, Canada using a cross-sectional survey design and convenience sampling procedures. Participants were provided with the first author's email address, and interested individuals arranged for a mutually agreeable time to complete the questionnaire package in the laboratory. Participants completed all surveys in the lab after providing informed consent and received course credit for their participation.

Data from 115 participants (55 women, 60 men; $M_{\text{age}} = 20.34$ years; $SD_{\text{age}} = 1.47$ years) were analyzed. The majority of participants indicated that their cultural origin was "Caucasian" ($n = 103$; 89.6%) and their current marital status was "single" ($n = 114$; 99.1%).

3.2. Measures

3.2.1. Fitness-related pride

Participants completed the 8-item Authentic and Hubristic Pride-Fitness subscale of the Body-related Self-Conscious Emotions instrument (BSE-FIT; (Castonguay et al., 2016) as a domain-specific measure of pride. Participants were asked to report how often they

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