

Modeling feelings of body dissatisfaction within a sorority using two different relationships

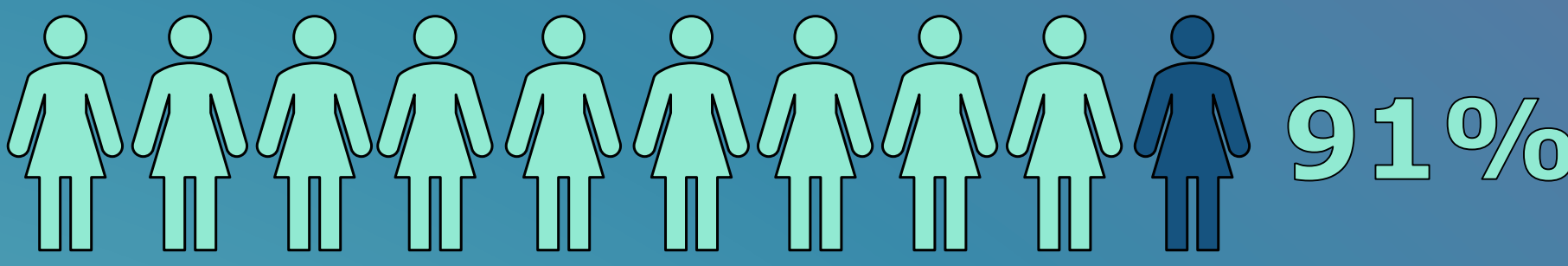
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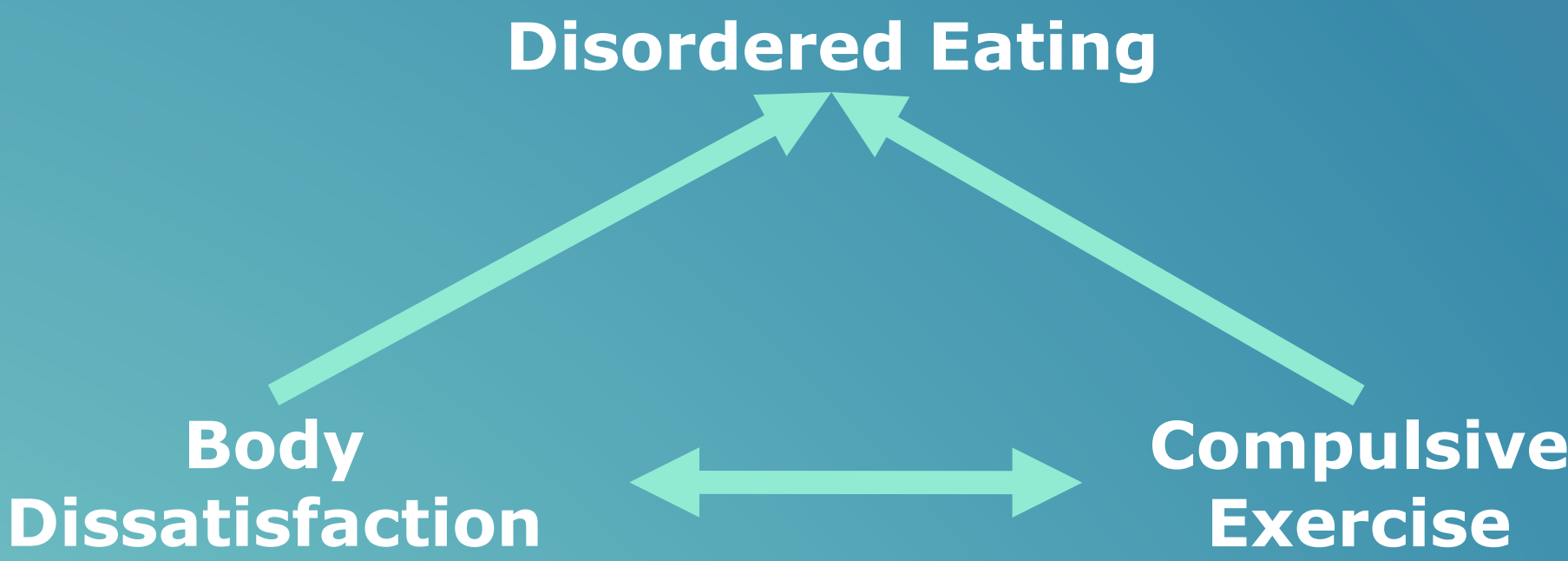
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Introduction

- Body Dissatisfaction (BD) - Negative perceptions and feelings a person may have about their body
- BD is a precursor and predisposing factor for disordered eating
- BD is related to compulsive exercise
- Thin-ideal internalization and athletic-ideal internalization have been linked to both body dissatisfaction and compulsive exercise
- Tripartite Influence Model suggests that relationships, social comparison, and internalization impact feelings of body dissatisfaction
- College students are particularly impacted by their social network
- Social Network Analysis (SNA) is a method and theory to interpreting social connections



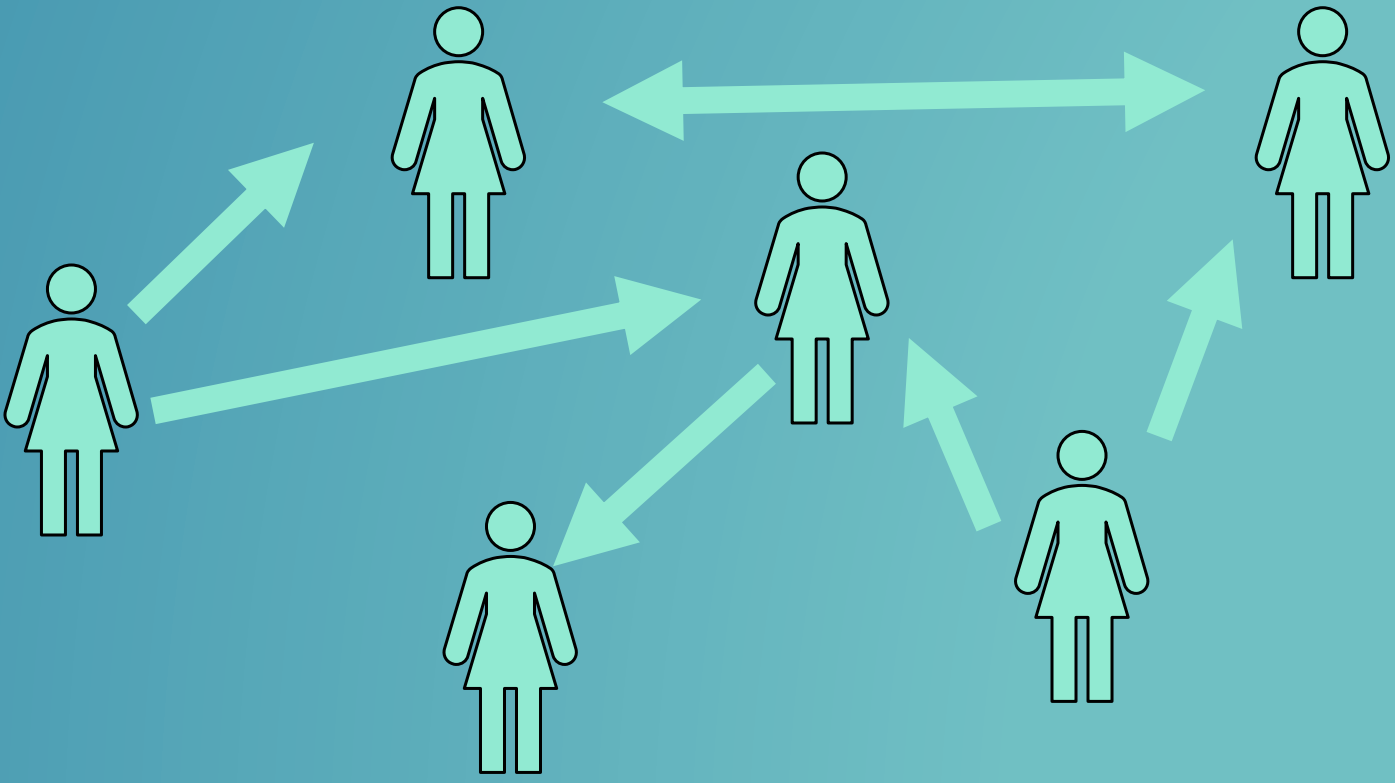
US college-aged women report a discrepancy between current and preferred body



Objective

Conduct a SNA to measure how individual and network level variables relate to body dissatisfaction in a sorority. Connections to those with whom sorority members spent the most time and felt closest to were analyzed. Two distinct relational networks were examined: "close-to" and "time-with".

Methods



- Sorority members (n=208, 87% White, 39.1% freshmen) were asked to nominate up to 5 members they felt closest to (close-to) and 5 members they spent the most time with (time-with) in their sorority.
- SNA assessed relationships between BD and BMI, compulsive exercise, grade classification, and network characteristics (e.g. degree or the amount of connections on person has).

Results

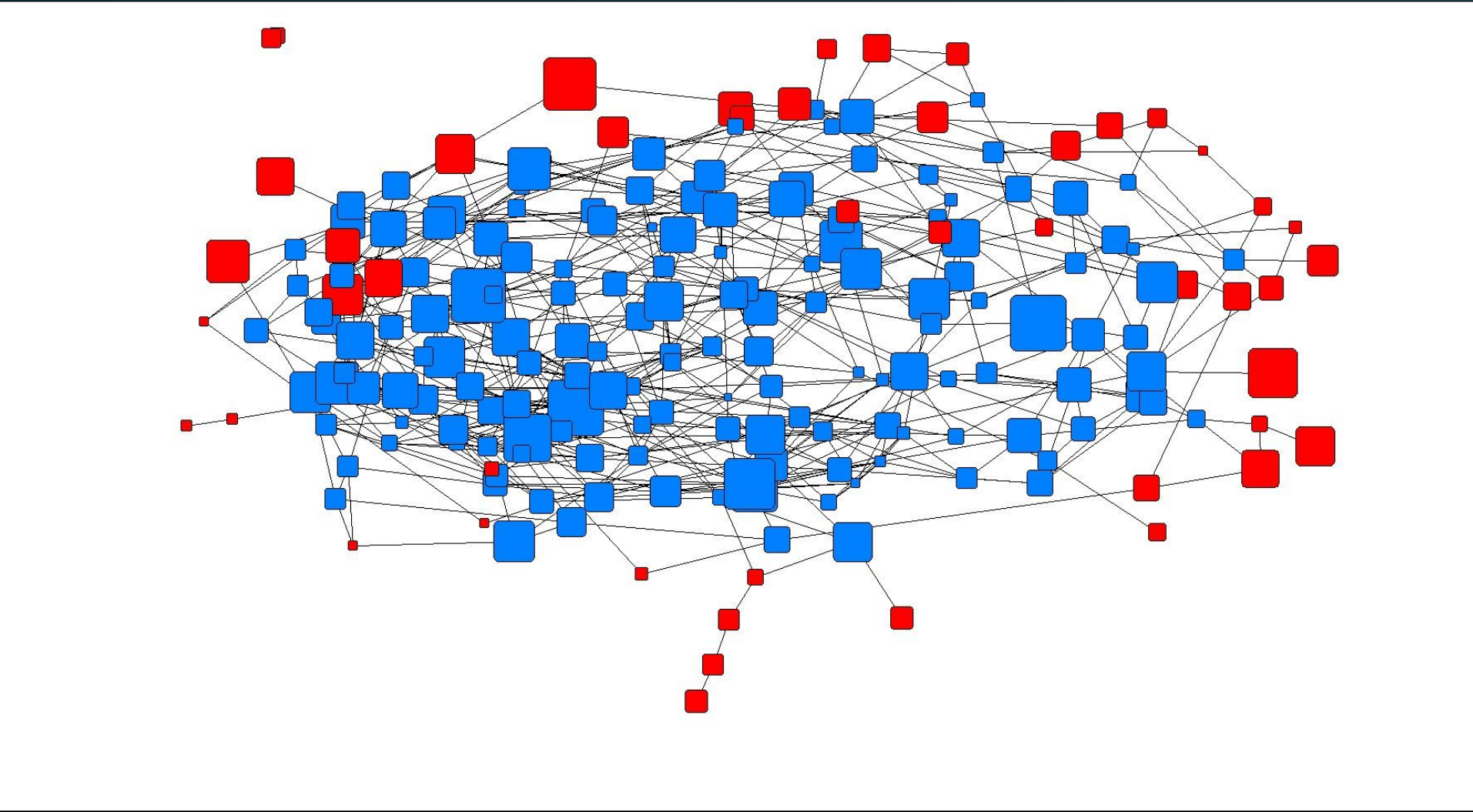
- QAP regression analysis revealed a significant model for both "close-to" (R²=.404) and "time-with" networks (R²=.400).
- Compulsive exercise, BMI, grade classification, and degree centrality were statistically significant predictors for "close-to", while compulsive exercise, BMI, and closeness were significant for "time-with".
- Close-to and time-with networks were correlated (r=.298).

Close-to Network

	R ²	Adjusted R ²
Close-to Model	0.404	0.404
	St. Coefficient	p-value
Compulsive Exercise	0.479	0.0005
BMI	0.268	0.0005
Classification	-0.114	0.029
Degree	-0.156	0.006

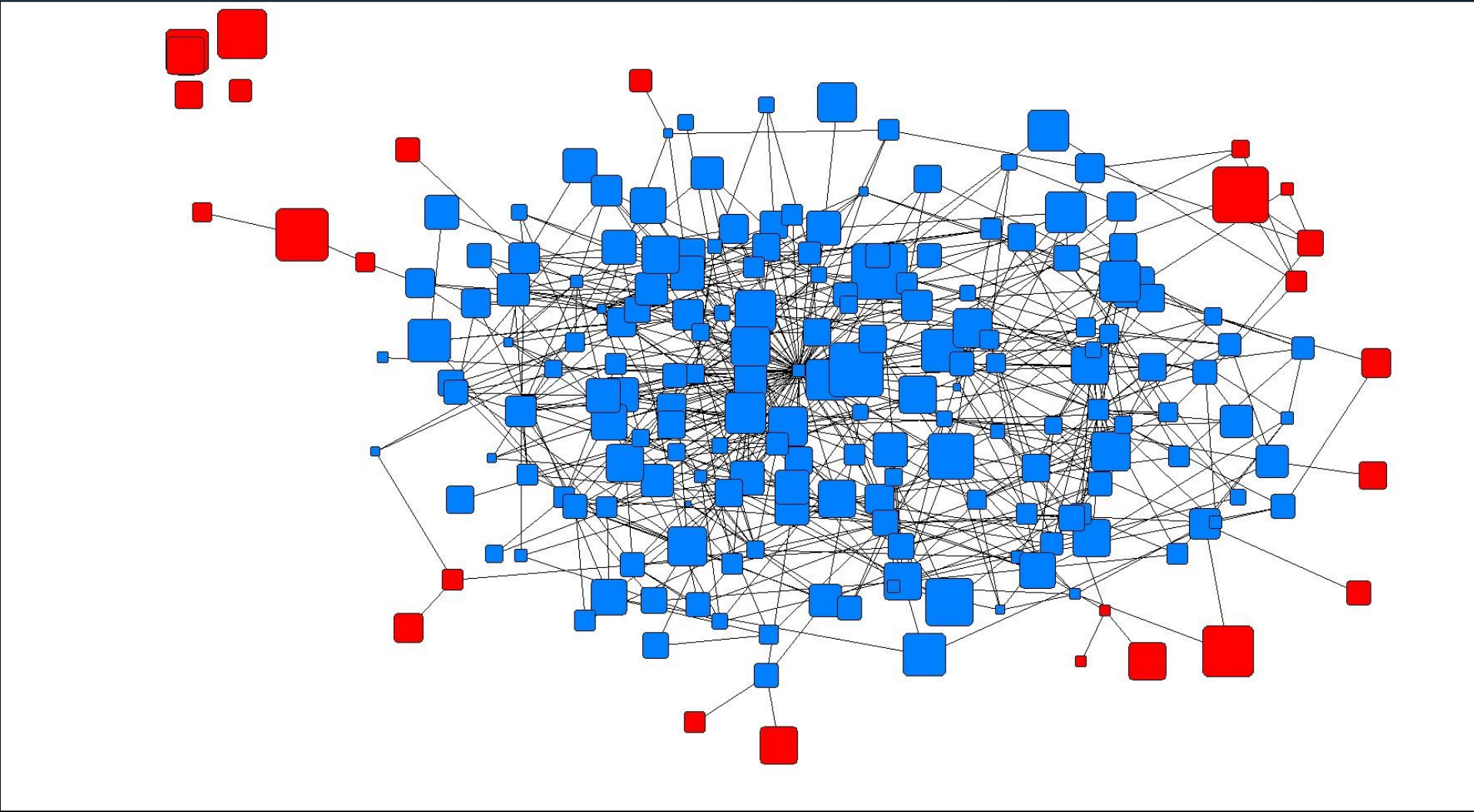
Time-with Network

	R ²	Adjusted R ²
Time-with Model	0.400	0.400
	St. Coefficient	p-value
Compulsive Exercise	0.515	0.0005
BMI	0.259	0.001
Closeness	0.152	0.005



Size of squares are representative of BD scores

Red squares represent those "at risk" for higher BD due to network centrality scores



Conclusions

- More close connections within a sorority may mean more social support to serve as a buffer for BD.
- Younger members with more close connections to older members tended to have higher BD suggesting upward comparisons.
- In both networks, members that were further from the center of the network tended to report greater BD.
- Researchers or practitioners looking to decrease BD among sororities should focus on fostering meaningful social connections among class similar peers, new member bonding experiences, and the impact of "big-little" mentoring.

