

## **CORPORAL IMAGE AND SEXUAL SELF-ESTEEM**

### **Resumen**

**Introducción:** La imagen corporal es "la imagen que forma nuestra mente de nuestro propio cuerpo" y parece estar vinculada a distintos problemas de salud mental. Respecto a la sexualidad, se considera que la forma de percibir y evaluar el cuerpo se relaciona íntimamente con las relaciones sexuales que se tengan. Por lo que, la satisfacción sexual ha sido estudiada en relación con variables psicológicas, encontrando que una mayor autoestima sexual se asociaría con una menor insatisfacción corporal, siendo las mujeres las que tienen menor autoestima y están más insatisfechas con su cuerpo. Sin embargo, los resultados necesitan ser consolidados. El objetivo es analizar si hay diferencias en la satisfacción con la imagen corporal entre hombres y mujeres, y la asociación con el índice de masa corporal y la autoestima sexual. **Método:** 157 participantes realizaron de forma online, anónima y voluntaria un cuestionario adhoc que valora los datos sociodemográficos y el IMC, la escala de autoestima sexual del Multidimensional Sexuality Questionnaire (MSQ), el pictograma de Stunkard, y el Body Shape Questionnaire (BSQ). **Resultados:** La media del cuestionario BSQ es mayor en mujeres que en hombres, resaltando diferencias significativas entre sexos en ítems relacionados con la preocupación por engordar, malestar con zonas específicas de su cuerpo, deseo de perder peso e insatisfacción con su cuerpo. Además, se ha encontrado correlación entre la imagen corporal y la autoestima sexual, así como con el IMC y la imagen corporal. **Conclusiones:** A través del estudio, se ha mostrado que las mujeres están más insatisfechas con su imagen corporal, al igual que en pasadas investigaciones, así como su relación con la autoestima sexual. Por lo que, el desarrollo de una buena imagen corporal debería considerarse al elaborar estrategias de educación sexual, siendo importante sobre todo en mujeres.

### **Summary**

**Introduction:** Corporal image is "the image that forms our mind of our own body" and this seems to be related to some mental health problems. With regard to sexuality, it is considered that the way of perceiving and evaluating the body is associated with sexual relations that you have. Therefore, sexual satisfaction has been studied in relation to psychological variables, finding that a higher sexual self-esteem would be associated with a less body dissatisfaction, with women having lower self-esteem and being more dissatisfied with their body. However, the results need to be consolidated. The aim is to analyze if there are differences in satisfaction with body image between men and women, and its association with body mass index and sexual self-esteem. **Method:** 157 participants filled an adhoc questionnaire that evaluates the sociodemographic data and the BMI, the sexual self-esteem scale of the Multidimensional Sexuality Questionnaire (MSQ), the Stunkard pictogram, and the Body Shape Questionnaire (BSQ) online, anonymously and voluntarily. **Results:** The mean of the BSQ questionnaire is higher in women than in men, highlighting significant differences between sexes in items associated to worry about getting fat, discomfort with specific areas of the body, want to lose weight and dissatisfaction with their body. We have founded a correlation between corporal image and sexual self-esteem, as well as with BMI and body image. **Discussion:** Through the study, it has been shown that women are more dissatisfied with their corporal image, as in past investigations, as well as this is associated with sexual self-esteem. Therefore, the development of a good corporal image should be considered to develop sex education strategies, being important mostly in women.

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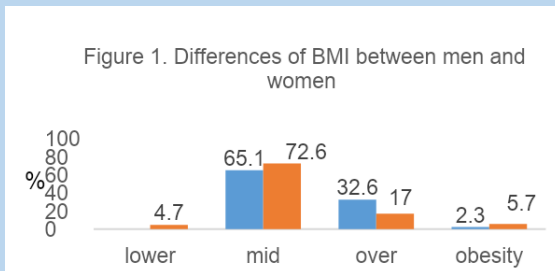


## Introduction

Corporal image is "the image that forms our mind of our own body" (Vaquero-Cristóbal et al., 2013). It is considered that the way of perceiving and evaluating the body is associated to sexual relations that you have. Therefore, sexual satisfaction has been studied in relation to psychological variables, finding that a higher sexual self-esteem would be associated with a less body dissatisfaction, with women having lower self-esteem and being more dissatisfied with their body (Martínez-Borba et al., 2018). However, the results need to be consolidated. *The aim* is to analyze if there are differences in satisfaction with body image between men and women, and the association with body mass index and sexual self-esteem.

## Method

**Participants.** 157 people, 71.3% women and 28.7% men. The mean age of the women was 33.70 (SD = 15.00) and of the men was 28.60 (SD = 12.02).



**Instruments.** An adhoc questionnaire that values the sociodemographic data and the BMI, the sexual self-esteem scale of the Multidimensional Sexuality Questionnaire (Snell, Fisher & Walters, 1993), the Stunkard pictogram, and the Body Shape Questionnaire (Cooper, 1987).

**Procedure.** Participants filled the online questionnaires anonymously and voluntarily. Descriptive, differential, correlational and regression analyzes were made with the SPSS 23.

## Results

Figure 2. Mean of the BSQ questionnaire

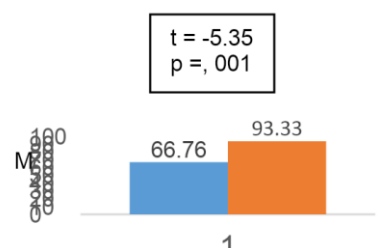
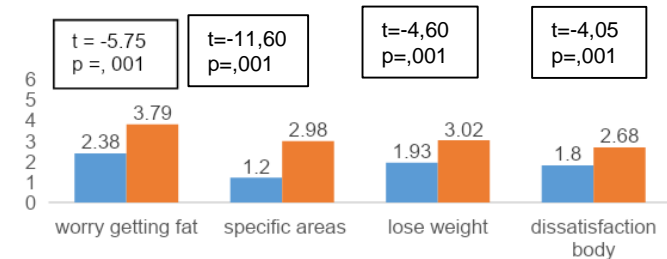


Figure 3. Differences of the BSQ items between men and women



There is a correlation between corporal image and sexual self-esteem ( $r = -.169$ ;  $p = .034$ ), as well as between BMI and corporal image ( $r = .236$ ;  $p = .004$ ). And the regression shows that 3.8% of the variance of sexual self-esteem would be associated with a better corporal image ( $F = 6.05$ ;  $p = .015$ ).

## Discussion

Through the study, it has been shown how women are more dissatisfied with their corporal image, as in past investigations. BMI correlates with satisfaction with corporal image, in line with past studies that found that the female sex with higher BMI is more susceptible to feeling dissatisfied. And, in addition, we found that sexual self-esteem would also be modulated by corporal image. Therefore, the development of a good corporal image should be considered to develop sex education strategies, being important mostly in women.

## **CORPORAL IMAGE AND SEXUAL SELF-ESTEEM**

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