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Every-Body is Beautiful: Including Gender, Sexual Orientation, and Race in Investigations on Body Image

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Every-Body is Beautiful: Including Gender, Sexual Orientation, and Race in Investigations on Body Image

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Mentors: Ann Merriwether, Sean Massey, Melissa Hardesty, & Sarah Young

DISCUSSION:

Findings suggest that men experience less of a desire to look thinner compared to women. Furthermore, non-heterosexual females and heterosexual males experience more body respect than non-heterosexual males. Additionally, white individuals experiences less family influence on their body image compared to people of color. However, people of color experienced less of a desire to look thinner compared to white individuals. This may be due to protective factors such as group belongingness and cultures that don't emphasize thinness (Daga & Raval, 2018). Future studies should consider investigating if similar trends exist across various age cohorts as well as continue examining body image alongside the nuances of sexual orientation and gender. Limitations of this study include an inadequate sample of racial and ethnic Minorities and future studies should tease apart differences that may exist across various racial and ethnic identities.

NOTE:
To see the full paper, scan the QR code!



SELECTED REFERENCES:

Berg, P.A., Paxton, S., Keery, H., Wall, M., Guo, J., & Neumark-Sztainer, D. (2007). Body dissatisfaction and body comparison with media images in males and females. *Body Image*, 4(3), 257-68.

Daga, S. S., & Raval, V. V. (2018). Ethnic-racial socialization, model minority experience, and psychological functioning among south Asian American emerging adults: A preliminary mixed-methods study. *Asian American Journal of Psychology*, 9(1), 17-31.

Klingaman, B. (2010). *Body Image Among Women of Color: What Mediates Culture?*. American Psychological Association 118th Annual Convention, San Diego.

INTRODUCTION:

Although body image satisfaction has been extensively examined in straight, white women, fewer studies have explored the nuanced differences that may exist across other demographic groups. Previously, body satisfaction, appearance-pressures from the media and family, and body respect have been shown to vary across gender, sexual orientation, and race. For instance, some studies have shown that homosexual females have higher body satisfaction compared to their homosexual male counterparts (Berg et al., 2007), which potentially could be due to greater appearance-based pressure from the media. Additionally, women of color have been shown to experience more perceived family appearance-pressure than their white counterparts (Daga & Raval, 2018). However, women of color, especially queer women of color, appear to have higher body satisfaction (Klingaman, 2010).

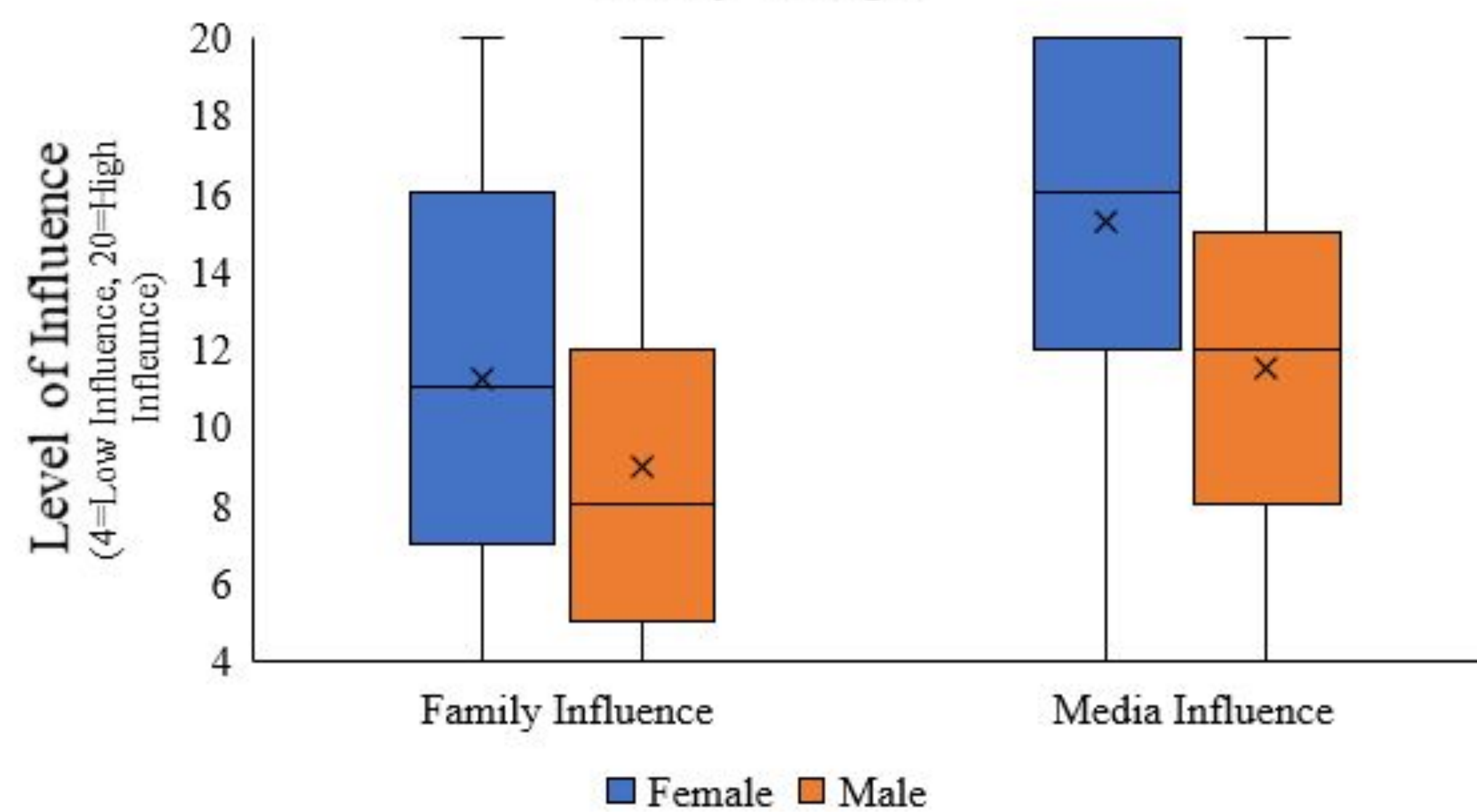
METHODS:

Participants: Undergraduate students recruited in the Fall 2016 and Spring 2017 semesters from the Binghamton University psychology department subject pool served as the participants for the present study.

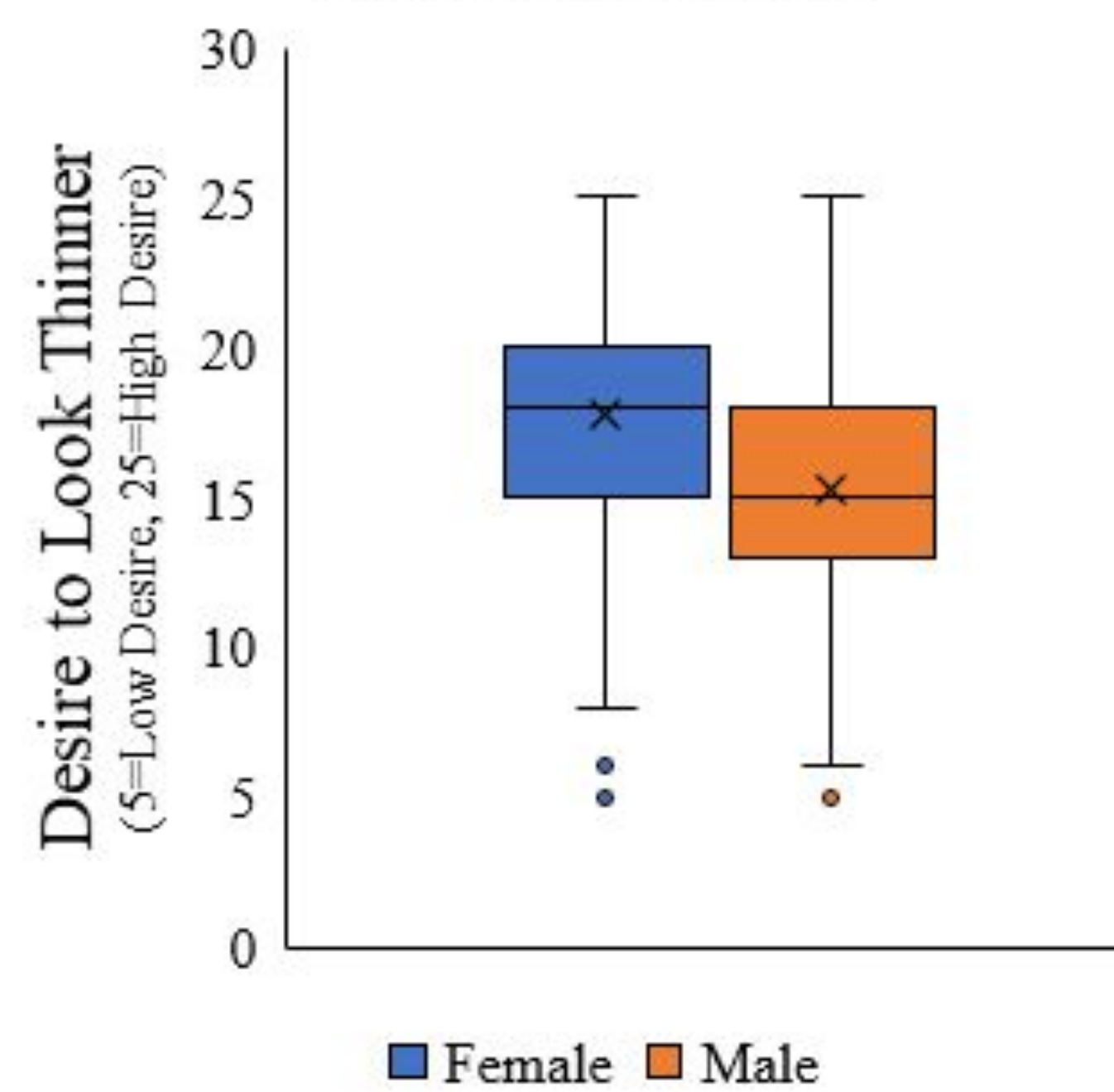
- 57.6% were female, and 42.4% were male.
- 77.2% identified as exclusively-heterosexual, while 22.8% identified as not-exclusively heterosexual on the Klein Sexual Orientation Grid for self-identity.
- 72.2% were white, 14.7% were Asian/Pacific Islander, 8.7% were mixed race, 4.3% were Black, and 0.1% were Native American
- 11% identified as Hispanic/Latinx, and 89% did not identify as Hispanic/Latinx.

Procedure: Each participant completed an online survey via Qualtrics that asked several questions regarding how they viewed their body in addition to a set of demographic questions. Results from the questionnaire were then examined in SPSS using a multivariate generalized linear model.

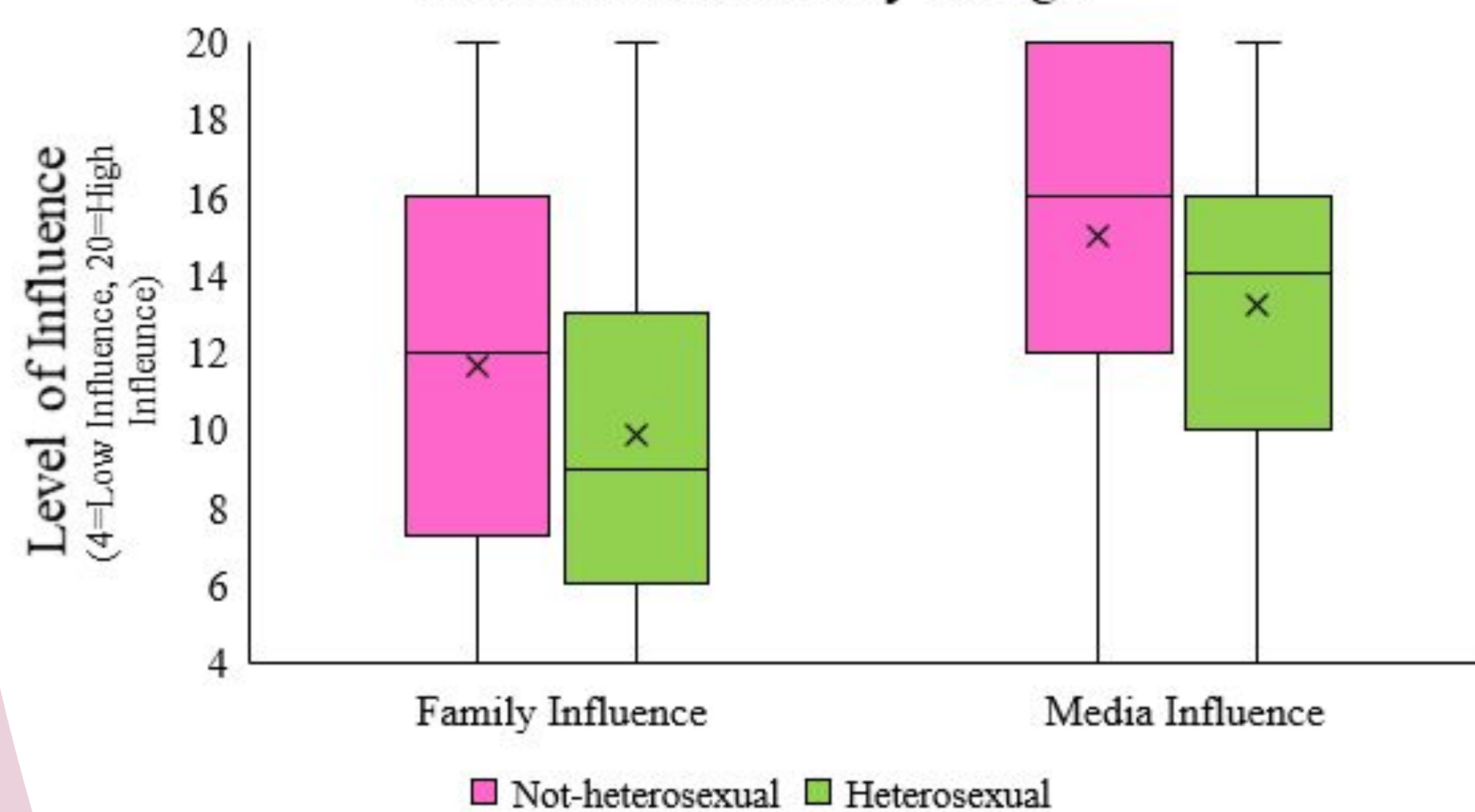
Gender Differences in Family & Media Influence on Body Image



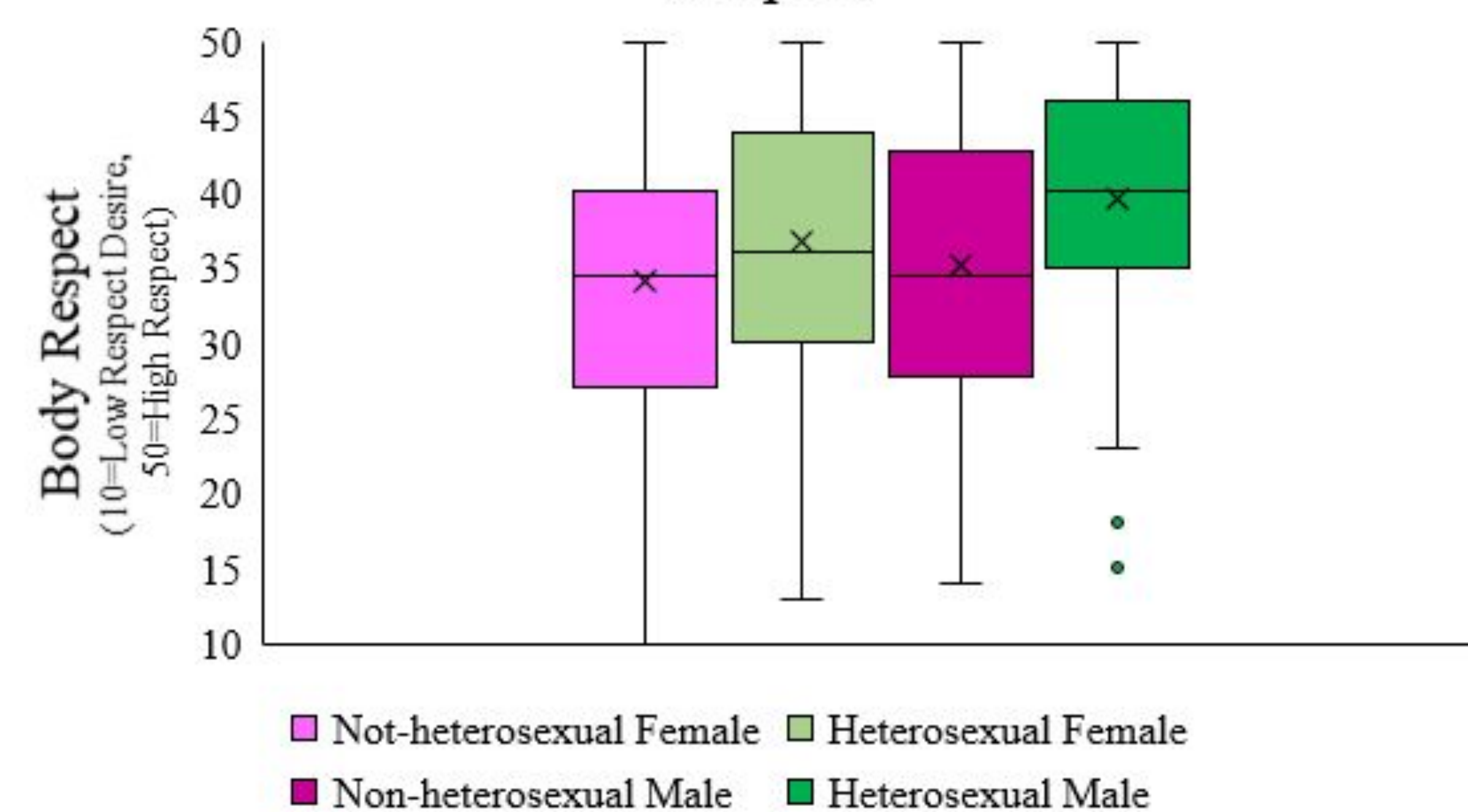
Gender Differences in Desire to Look Thinner



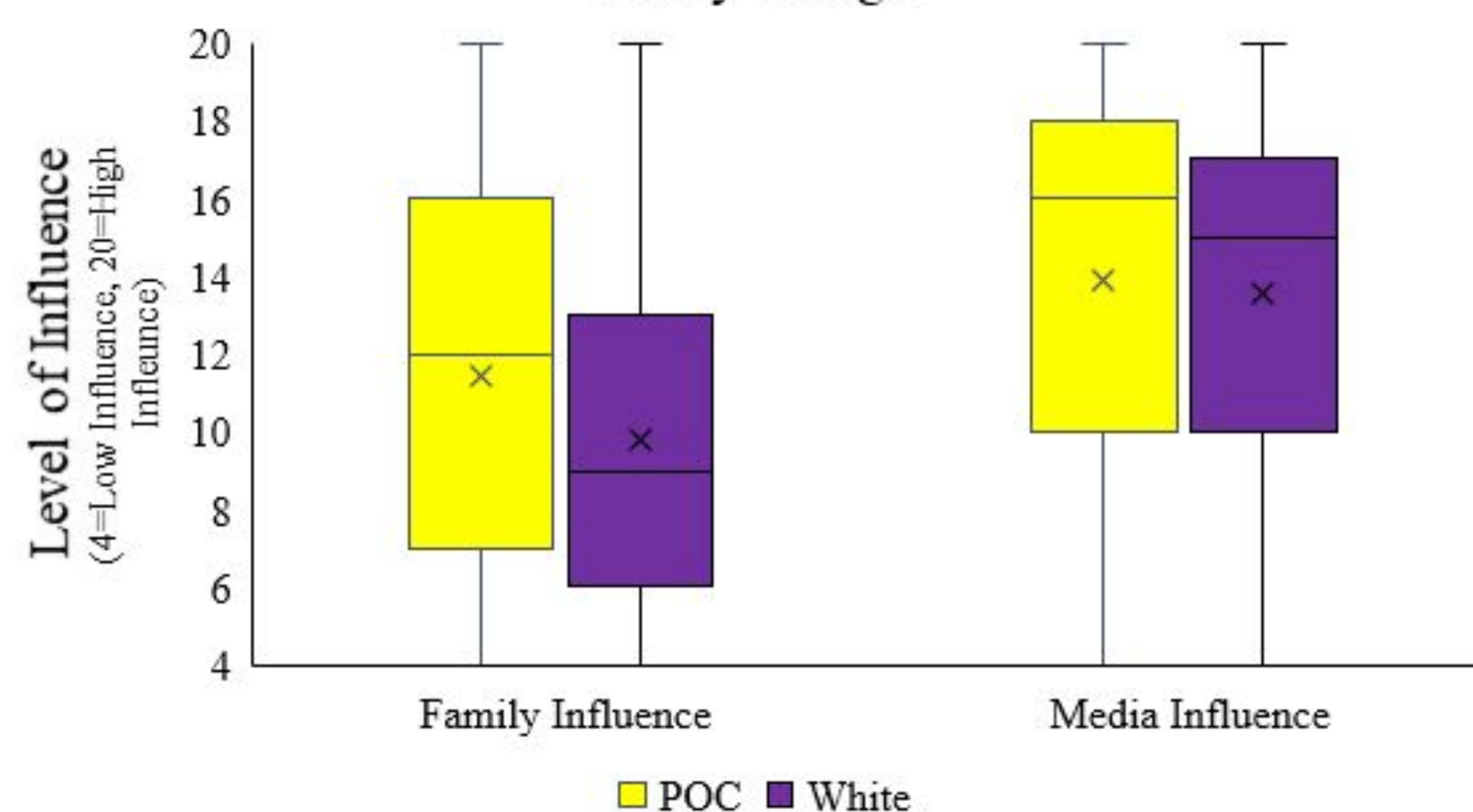
Sexual Orientation Differences in Family & Media Influences on Body Image



Gender and Sexual Orientation Differences in Body Respect



Racial Differences in Family & Media Influences on Body Image



Racial Differences in Desire to Look Thinner

