Why Do They Sweat? Body (Dis)Satisfaction and Evaluation of Health and Body Attractiveness Among Young Men Taking Regular Gym Exercises

DOI: 10.15804/tner.2015.42.4.22

Abstract
Studies on men's body image are becoming increasingly popular. They show that body dissatisfaction may lead to certain health disorders (depressive mood, bigorexia, anxiety). This study focuses on the differences in body dissatisfaction among young men who work out to reach different aims (to increase, strengthen or to shape muscle mass). Body dissatisfaction was measured using the Bodybuilder Image Grid Scale. The results of this study show that there are no significant differences between men who exercise in gyms using different types of work-out. However, there is a significant difference between men who exercise to gain muscle mass and those who do not work out at all; the first group is less satisfied with their bodies as far as fat mass is concerned. Moreover, the evaluation of health and body attractiveness was measured using the questionnaire 'Your values' and asking men about the hypothetical possibility of giving up their longevity for a perfect body. The results indicate that men who exercise tend to treat health more instrumentally than those who do not train. Finally, those who train regularly find attractiveness of the body much more important than those who do not exercise at all.

Keywords: body image, body dissatisfaction, gym, working out

Introduction
For many years body image studies were focused on women. However, since the early nineties of the twentieth century it is more and more popular to concentrate on men’s body image (Brytek – Matera, 2008). As the studies show (e.g. Zarek,