BODY IMAGE AND ITS RELATIONSHIP TO SHYNESS AMONG FEMALE STUDENTS AT THE UNIVERSITY OF BASRA FOR OIL AND GAS

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Abstract

The study aimed to identify the nature of the relationship between body image and shyness among a sample of university students. As well as identifying the level of shyness among university students and identifying the statistically significant relationship between body image and shyness among university students. The study sample consisted of (60) students from the University of Basra, the College of Education for Human Sciences and the College of Physical Education and Sports Sciences. To achieve the objectives of the study, the researcher used the analytical descriptive approach, and the researcher adopted the questionnaire as a basic tool for collecting information, as it adopted the first measurement tools to measure body image, consisting of (29) items. The second is to measure shyness, consisting of (26) items. The study tools were applied to a survey sample of (15) female students from the study community. The tools were distributed after verifying their validity, stability, and good psychometric properties, on a random sample of (60) female students. The researcher used multiple statistical methods to analyze the sample's response As for the results of the study The body image is not fixed, but rather changing according to life events, and it differs in conditions of illness from health and in different stages of life, and depending on the economic and social status.

Keywords: Image, body, shyness, female students, university.

1. Introduction

In the era of the media revolution and the dominance of images and their culture, when browsing through magazines and watching television, in order to achieve the ideal body away from obesity, most women and girls feel the need for body rehabilitation. They constantly feel dissatisfied with their physical appearance, and it has become an obsession that disturbs the minds of many girls and women, specifically regarding their relationship with themselves.

University students, particularly girls, are among the most concerned about their appearance and are keen on it. They care about their body shape and appearance and are concerned about the evaluation of others towards them. The body image they possess is crucial, and it is more pronounced among females compared to males. The body image represents a reflection of the functional, nervous, and physical aspects of the body, and it also represents the idea of a person's self and their relationship with the environment, in addition to being a determinant that influences behavior.

Cultural and social factors play a significant role in determining the satisfaction or dissatisfaction of individuals with their body image, based on the judgments and evaluations made by others. This means that the body itself is not inherently important, but its significance arises from the perspective of others. All these factors contribute to an increased level of concern among female students, especially if comments about their bodies come from significant individuals in their lives, such as life partners, leading to feelings of embarrassment and even depression related to their body shapes (Kafi & Nyall, 1996).

Negative body image is associated with various psychological disorders such as anxiety, low self-esteem, hopelessness, shyness, and discomfort in social situations. The dissatisfaction with one's body can lead to

distortions in body image perception. This problem arises when the body shape does not conform to what is considered ideal according to societal standards. This emphasizes that negative self-perception of the body is often due to a distortion in the perception of body image (Al-Ansari, 2002).

Shyness is considered a social and psychological illness that controls a person's entire personality and affects their creative energy and potential. It affects the mentality, freezes behavior, both towards oneself and towards the society in which one lives. A student suffering from shyness lacks self-confidence and finds it difficult to integrate into their surroundings. This hampers various aspects of their life and restricts them from acquiring new skills and experiences that can result from social integration. The effects of shyness also reflect on academic achievement, which can be overcome by a feeling of disability and excessive concern about body image.

The importance of the research lies in using the Body Image and Shyness Scale to understand the level of shyness among female students in relation to their body image. Additionally, it aims to identify the self-perceived body image of female students at the University of Basra.

1.2. Research Problem: The researcher identified the current research problem after reviewing a section of the literature on body image. Social and cultural factors contribute to the uniqueness of human behavior concerning their body image and physical attractiveness. However, very few studies have explored the impact of beauty or its absence on body image. By addressing this issue, the researcher aims to develop a counseling program that promotes self-acceptance of body image and alleviates shyness. Furthermore, the research seeks to examine the effect of this program on the relationship between body image and shyness among students. The study can be guided by the following activities:
What is the relationship between body image and shyness?

1.3. Research Objectives:

1. The current research aims to identify:
2. The level of body image among female university students.
3. The level of shyness among female university students.

2. Theoretical Studies

2.1. Concept of Body Image: The concept of body image, or body image perception, is a topic that researchers differ on in terms of its definition. Body image is not merely the external appearance of a person; it goes beyond that. Some argue that body image is the external appearance of an individual, but it also encompasses psychological and behavioral aspects. It is not fixed and can change due to various factors, including personal, social, and cultural influences throughout different stages of life. (Pruzinsky, 2004: 72)
Body image is a multidimensional construct that includes self-perception and attitudes related to physical appearance. There are two essential aspects of attitudes towards physical appearance: evaluation (satisfaction or dissatisfaction) and the importance of physical appearance from a psychological perspective. The mental image of oneself is formed based on body performance and overall body shape, as well as the social aspect of body image. (Anwar, 2001: 134)

2.1.2 Concept of Shyness: The concept of shyness can be perplexing, as it affects people differently. Shyness is a personality trait that varies in intensity, manifestation, and occurrence from person to person, situation to situation, age to age, and culture to culture. It takes on various forms and types, ranging from social to situational and cognitive aspects. (Alniyal & Abu Daid, 1999: 1)

Shyness is considered a social and psychological disorder that affects a person's entire personality, impacting their emotional well-being and freezing their behavior and actions towards themselves and others. Shyness in itself is not harmful, but the danger lies in its consequences, such as the individual's inability to integrate into life. (Shakshak, 2009: 111)

3. Research Methodology and Procedures

3.1. Research Method: The researcher employed the descriptive survey method for this study.

3.2. Research Population and Sample: Therefore, the researcher identified the research population, which consisted of female students from the College of Industrial Management for the current academic year (2022-2023) who were enrolled in the regular morning attendance program. The total number of students was 75. For ease of communication with this accessible population, a sample of 30 students was selected randomly from the Department of Management and Marketing, representing 40% of the total population. Similarly, a sample of 30 students was chosen from the Project Department, representing 35% of the total population. The survey sample consisted of 15 students, representing the observed phenomenon in the research problem.

Table 1. provides a description of the distribution of the research population according to the affiliated department in the College.

Department	Size sample	Survey Sample	Total
Oil Management and Marketing	30	10	40
Oil Project Department	30	5	35
Total	60	15	75

3.3. Research Tools: Laptop computer (HP):

3.3.1. Research Methods: The sources used in the research included Arabic and foreign references and the internet.

3.4. Research Instruments: The construction of research instruments and scales has been a long-standing movement, not only in terms of the number and diversity of these tools but also in terms of adopting methodological approaches in their development or adaptation, facilitating the processes of application, correction, and progress. Each tool has its specificity in design, application, and procedure. This necessitates attention to a set of principles and conditions before embarking on the construction of any tool, followed by meticulous testing to deepen the level of mastery to produce a more effective, credible, accurate, practical, and objective tool. (Al-Nabhani, 2013)

3.4.1. Body Image Scale: After reviewing the educational literature and previous studies related to the research problem and conducting an informal personal interview survey with a sample of specialists in the field of psychology and education, the researcher adopted a body image scale to assess the body image of female students in the College of Industrial Management and to explore the relationship between body image and academic achievement. The scale consisted of 29 items, as presented in Appendix (2).

Field Procedures for the Scale:

First: The researcher reviewed scales that addressed the topic of body image. The reviewed scales include:
- Body Image Scale by Zeinab Shakir (2005)
- Body Image Scale by Kafafi and Alnyal (1996)

Second: The researcher reviewed previous studies closely related to the research topic.

Third: The researcher adopted the scale items, including positive and negative statements. The scale consisted of 29 items in various domains. The scale was presented to a group of experts in the field of psychology in the Department of Psychological Counseling and Guidance. There were 10 reviewers, and Appendix (1) shows the members of the arbitration committee. After that, there were no modifications suggested by the reviewers, and the scale was applied to the research sample for validity and reliability calculations. The final scale consisted of 29 items, as shown in Appendix (2).

First : Validity of the Scale:

Validity refers to the extent to which the instrument measures what it is intended to measure. The researcher ensured the validity through the following methods:

1) Reviewers' Validity: The questionnaire was initially presented to a group of university professors who specialize in the field of psychology. They provided their opinions and observations regarding the suitability of the questionnaire items to the research topic, linguistic clarity of the statements, and based on their feedback, some items were modified by the experts (Appendix 2).

Second: Reliability of the Body Image Scale:

After applying the scale, its reliability was calculated using the following methods:

Cronbach's Alpha: The researcher calculated the Cronbach's Alpha coefficient to measure the internal consistency of the body image scale. The scale was applied to a sample of 15 female students in the College of Industrial Management, in the departments of management, marketing, and industrial projects. The calculated Cronbach's Alpha coefficient for the overall scale was 0.88, indicating high reliability.

Shyness Scale

After reviewing the educational literature and previous studies related to the research problem and conducting an informal personal interview survey with a sample of specialists in the field of psychology and education, the researcher adopted a shyness scale to assess the prevalence of shyness among female students and to explore the relationship between shyness and academic achievement. The scale consisted of 26 items, as presented in Appendix (2).

Field Procedures for the Scale

First: The researcher reviewed scales that addressed the topic of shyness. The reviewed scales include:

Shyness Scale by Hussein Aldarrini (1998)

Social Shyness Scale by Abdulhamid Abu Azeez and Mayssa Alniyal (1999)

Second: The researcher reviewed previous studies closely related to the research topic.

Third: The researcher adopted the scale items, including positive and negative statements. The scale consisted of 26 items in various domains. The scale was presented to a group of experts in the field of psychology in the Department of Psychological Counseling and Guidance. There were 10 reviewers,

and Appendix (1) shows the members of the arbitration committee. After that, there were no modifications suggested by the reviewers, and the scale was applied to the research sample for validity and reliability calculations. The final scale consisted of 26 items, as shown in Appendix (2).

Second: Reliability of body image scale

After applying the scale and entering the data into the statistical software SPSS, the reliability of the scale was calculated using two methods as follows:

1. Cronbach's Alpha Reliability:

The scale was applied to a sample of 15 female students in the College of Industrial Management for both the Management and Marketing departments and Industrial Projects department. After applying the scale, the Cronbach's Alpha coefficient was calculated to measure reliability. It was found that the Cronbach's Alpha value for the overall scale was 0.88, which indicates a high level of reliability.

2. Shyness Scale:

After reviewing educational literature and previous studies related to the issue, a shyness scale was adopted to assess the prevalence of shyness among female students and its relationship to body image. The final scale consisted of 26 items (see Appendix 2).

Field Procedures for the Scale

First: After reviewing the available studies and scales related to shyness, it was found that there is a lack of Arabic studies in general. This led the researcher to adopt a shyness scale, as existing scales were not suitable for the research topic and sample. The scales that were reviewed include:

Shyness Scale by Hussein Al-Duraini (1998).

Social Shyness Scale by Abdulhamid Abu Aziz and Maisa Al-Nayal (1999).

Second: The researcher reviewed previous studies related to the research topic and made a connection with them.

Third: The scale items were initially adopted by the researcher, including positive and negative statements, with a total of 26 items covering different domains. The scale was presented to a group of specialists in the field of psychology and educational counseling in the Department of Psychological Counseling and Guidance, where they acted as evaluators. The evaluation was done by 10 expert reviewers (see Appendix 1). There were no modifications suggested by the reviewers. After applying the scale to the pilot sample and calculating its validity and reliability, the scale consisted of 26 items and was applied to the main sample.

First: Scale Validity

Validity refers to the degree to which an instrument measures what it is intended to measure. The researcher ensured the validity of the scale through the following steps:

Expert Validity: The questionnaire was initially presented to a group of university professors who are specialists in the field. They provided their opinions and observations regarding the appropriateness of the questionnaire items, their relevance to the research topic, and the clarity of their language formulations. Based on their feedback, some items were excluded and modified by the experts (see Appendix 2).

Second: Scale Reliability: After applying the scale, its reliability was calculated using the following methods:

1. Cronbach's Alpha Reliability: The scale was applied to a sample of 15 female students in the College of Industrial Management for both the Management and Marketing departments and Industrial Projects department. After applying the scale, the Cronbach's Alpha coefficient was calculated, and it was found that the Cronbach's Alpha value for the overall shyness scale was 0.93, indicating a high level of reliability.

3.5. Survey Experiment: The researcher conducted the survey experiment on a sample of 15 students from the College of Industrial Management for both the Management and Marketing departments and the Industrial Projects department. This was done for one day, where the researcher administered the survey on the research sample. The results showed that the questionnaire was acceptable, clear, and did not require modification. The average time taken to complete the scale was approximately 10-20 minutes.

3.6. Final Application of the Scale: After completing all the requirements of the scale, the scale was ready for final application on a sample on April 2, 2023. Where the body image scale reached its final form with 29 items, and the shyness scale reached its final form with 26 items, as shown in Appendix 2.

3.7. Statistical Methods: The researcher used the following statistical procedures: One-sample test , Independent samples two-test ,Pearson correlation coefficient,Mean

4. Presentation and interpretation of results.

4.1. First objective: The level of body image for the research sample in general: The scores of the sample showed a mean of 63.567 and a hypothetical median of 87, with a standard deviation of 23.339. Using the second test for the sample, it was found that the calculated t-value is 7.714, which is greater than the critical t-value of 1.671 at a significance level of 0.05 and 59 degrees of freedom. The researcher also compared the accompanying t-value of 7.714 with the critical t-value of 1.671 and noticed that the calculated t-value was greater than the tabulated value, indicating statistically significant differences between the sample mean and the hypothetical mean, as shown in the table.

Table 2: The t-test for the body image sample in the research sample in general.

variable	The sample	The middle asthmatics	Deviation normative	Freedom degree	The middle hypothesis	Next value		Level function	Verdict
						tabular	calculated		
Body image	60	63,567	23,339	59	87	7,714	1,671	0,05	Function

This result can be interpreted in light of the fact that the study sample is in the stage of youth. Therefore, the physical growth disturbance that was present at the beginning of adolescence is moving towards moderation, leading to satisfaction with their body image. Additionally, the presence of Islamic religious teachings from an early age, emphasizing that their bodies are created by God and that Allah, the Exalted, has shaped their bodies in the best form, encourages them to be content with their bodies regardless of their appearance. This result contradicts the findings of the studies conducted by VALE Khalil in 2001 and 2006, which showed a prevalence of body image dissatisfaction among university students.

4.2. Second objective: The level of shyness among the research sample in general: The sample's scores showed an arithmetic mean of 66.917 and a median of 87, with a standard deviation of 66.917 degrees. Using the second test for the sample, the calculated t-value was 6.970, which is greater than the tabulated t-value of 66.917 at a significance level of 0.05 and degrees of freedom of 59. The researcher also compared the accompanying p-value of 6.970 with the tabulated p-value of 66.917 and observed that the calculated p-value was higher than the tabulated value, indicating statistically significant differences between the sample mean and the hypothesized mean, as shown in the table.

Table 3: One-sample test for the variable "shyness" in the research sample in general.

variable	The sample	The middle asthmatics	Deviation normative	Freedom degree	The middle hypothesis	Next value		Level function	Verdict
						tabular	calculated		
shyness	60	66,917	66,917	59	87	6,970	1,671	0,05	function

The results indicate that they have shyness, and the researcher attributes this to the lack of use of counseling programs to overcome the feeling of shyness. The students may learn various inappropriate methods such as violence, reprimanding, and self-deprecation due to family upbringing. This indicates that the environment in which the student lives is characterized by disputes between parents, which is the cause of this level of shyness and consequently affects her academic achievement and self-perception. In addition, there is a lack of self-esteem. The results of this study coincide with the findings of studies conducted by Fayyad, Al-Shanawi, and Youssef and Khaliq.

4.3. The third objective: The correlation between body image and shyness among female research participants. The aim was to determine whether there is a statistically significant relationship between body image and shyness among female research participants in general. The Pearson correlation coefficient was used to assess this relationship. The results showed no statistically significant relationship between these variables, as the correlation coefficient was 0.040. To determine the statistical significance of the extracted correlation coefficient, Table (5) was consulted.

Table 4: Correlation coefficient between body image and shyness.

The function is statistically at level (0,05)	Correlation coefficient value		The sample	the value of the correlation conflict between body image and shyness
	Calculated	Tabular		
Is not statically significant	1,671	0,0306	60	0,040

The results showed that the computed correlation coefficient, with a value of 0.306, is lower than the theoretical tabulated value of 1.671 at a significance level of 0.05. This indicates a lack of statistically significant relationship. The researcher attributes this to the influence of students' orientation on their self-perception in general and their body self-perception in particular. Additionally, body image contributes to the formation of self-esteem, and self-esteem is influenced by various factors such as satisfaction, self-acceptance, and self-concept. Individuals with a positive body image tend to be more confident and assertive in life.

5. Conclusions and Recommendations

5. 1. Conclusions:

1. Body image is not static but varies depending on life events, health conditions, age stages, economic status, and social status.
2. The prevalence of body image among female research participants reached 65%, while the prevalence of shyness among them was 54.5%.
3. There is a significant negative correlation between body image and shyness, indicating that lower body mass is associated with lower levels of shyness.
4. There is a significant negative correlation between body image and height among the research sample, indicating that taller individuals tend to have lower levels of shyness.
5. There is a significant negative correlation between body image and both shyness.

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