PERCEIVED PARENTING, SOCIAL APPEARANCE ANXIETY, MINDFUL EATING, AND BODY IMAGE SATISFACTION IN COLLEGE STUDENTS

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DEDICATION

In the name of Allah Almighty, the Most Gracious and the Most Merciful, whose infinite blessings, guidance, and strength have enabled me to reach this milestone. It is only by His will and mercy that I have been able to complete this thesis successfully. This thesis is dedicated to my beloved parents, whose unconditional love, countless sacrifices, and endless prayers have been the foundation of my strength. Throughout every stage of my life, their guidance, encouragement, and unwavering belief in me have inspired me to pursue my goals with determination. Their support has not only shaped my character but has also given me the courage to overcome challenges and remain steadfast in my journey. Without their love and prayers, this achievement would not have been possible, and for that, I remain forever grateful.

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ABSTRACT

The present study examined the relationships between perceived parenting, social appearance anxiety, mindful eating, and body image satisfaction in college students. Correlational research design was used and it was hypothesized that there would be a significant relationship between perceived parenting (Authoritative, Authoritarian, and Permissive) social appearance anxiety, mindful eating (Awareness, Distraction, Disinhibition, Emotional, and External), and body image satisfaction (favorable body image and Unfavorable body image) in college students. Moreover, it was also hypothesized that perceived parenting, social appearance anxiety, and mindful eating would be the significant predictors of body image satisfaction. It is hypothesized that mindful eating would be mediated the connection between social appearance anxiety and body image satisfaction. It is hypothesized that there would be significant gender differences, between perceived parenting, social appearance anxiety, mindful eating, and body image satisfaction in college students. The sample comprised of 350 college students with age range of (16- 22). A total of 400 participants were initially recruited; however, 50 responses were discarded because the participants' parents were either deceased or separated, resulting in a final sample of 350 students. The demographic sheet, Parental Authority Questionnaire (Alkharusi et al, 2011), Appearance Anxiety Inventory (Veale et al, 2014), Mindful Eating questionnaire (Framson et al, 2009) and Body Image Questionnaire (Bruchon et al, 1987) were used. Data were analyzed using Pearson product Moment Correlation, Multiple Linear regression Analysis, Mediation Analysis, Independent Samples *t*-Test. The results of the study showed that authoritative parenting was positively linked to the mindful eating and body image satisfaction whereas social appearance anxiety was linked to higher levels of mindful eating and unfavorable body image. The regression analysis

found the demographics to be having only a little impact on favorable body image, social appearance anxiety and mindful eating contributed a significantly predictors of unfavorable body image. Mediation analysis also found that mindful eating partially mediated the relationship between social appearance anxiety and body image satisfaction. The independent sample t-test which calculated an unequal gender distribution as females had higher scores on perceived parenting styles, mindful eating, and males had higher scores on social appearance anxiety and mindful eating and unfavorable body image satisfaction. Findings have important implications include incorporating mindful eating and social appearance anxiety interventions, along with parent-focused programs, into educational and clinical settings to promote favorable body image and emotional well-being.

Keywords: perceived parenting, social appearance anxiety, mindful eating, body image satisfaction, college students, mediation, gender differences

Table of contents

CHAPTER	TITLE	PAGE
	APPROVAL FOR EXAMINATION	ii
	AUTHOR'S DECLARATION	iii
	DEDICATION	iv
	ACKNOWLEDGEMENT	v
	PLAGIARISM UNDERTAKING	vi
	ABSTRACT	vii
	TABLE OF CONTENTS	ix
	LIST OF TABLES	xii
	LIST OF FIGURES	xiii
	LIST OF ABBREVIATIONS	xiv
	LIST OF SYMBOLS	xv
	LIST OF APPENDICES	xvi
1	**INTRODUCTION**	1
	1.1 Background	1
	1.2 Literature Gap	12
	1.3 Problem Statement	14
	1.4 Research Questions	15
	1.5 Research Objectives	15
	1.6 Hypothesis	15
	1.7 Significance of the Study	17
2	**LITERATURE REVIEW**	
	2.1 Theoretical framework	21

	2.1.1 The Social Learning Theory	22
	2.1.2 The Attachment Theory	22
	2.1.3 Self-Discrepancy Theory	23
	2.2 Body Image Satisfaction and Perceived Parenting	25
	2.3 Social Appearance Anxiety and Body Image Dissatisfaction	27
	2.4 Mindful Eating and Body Image satisfaction	29
	2.5 Perceived Parenting and Social Appearance Anxiety	31
	2.6 Perceived Parenting and Mindful Eating	34
	2.7 Social Appearance Anxiety and Mindful Eating	36
3	**RESEARCH METHODOLOGY**	
	3.1 Research Strategy	38
	3.2 Population and Sampling	38
	3.3 Data Collection	39
	3.4 Procedure	44
	3.5 Data Analysis	45
	3.6 Research Ethics	45
4	**DATA ANALYSIS AND RESULTS**	
	4.1 Demographic Analysis	49
	4.2 Mean and Standard Deviation	51
	4.3 Reliability and Validity Analysis	52
	4.4 Correlation Analysis	55
	4.5 Regression Analysis	58
	4.6 regression Analysis	60

4.7 Mediation Analysis 62

4.8 Independent Sample T- test 65

4.9 Independent Sample T- test 68

4.10 Independent Sample T- test 70

4.11 Independent Sample T- test 72

5 DISCUSSSION AND CONCLUSION

5.1 Discussion 85

5.2 Implications of the Study 93

5.2.1 Theoretical Implications 93

5.2.2 Practical Implications 93

5.2.3 Policy Implications 94

5.3 Limitations of the Study 95

5.4 Future Research Directions 96

5.5 Conclusion 96

LIST OF TABLES

TABLE NO.	TITLE	PAGE
4.1	Frequencies and Percentage of Demographic Characteristics	49
4.2	Means and Standard Deviation of Age, Height and Weight	51
4.3	Reliability and Descriptive Statistics of study variables	52
4.4	Pearson moment correlation analysis	55
4.5	Multivariate Regression to Predict Favorable Body Image Satisfaction	58
4.6	Multivariate Regression to predict unfavorable body Image Satisfaction	60
4.7	Mediation Analysis	62
4.8	An independent sample t-test was conducted to compare males and females	65
4.9	An independent sample t-test was conducted to compare family system	68

LIST OF FIGURES

FIGURE NO.	TITLE	PAGE
4.1	Mediation model	66

LIST OF ABBREVIATIONS

Abbreviations	Full Form
SPSS	Statistical Package for the Social Sciences
AAI	Appearance Anxiety Inventory
BIQ	Body Image Questionnaire
CI	Confidence Interval
LL	Lower Limit of confidence interval
UL	Upper Limit of confidence interval

List of symbols

Symbol	Description
β	Standardized Coefficient
B	Unstandardized Coefficient
SE	Standard Error
SE B	Standard Error of Unstandardized Coefficient
M	Mean / Mediator (Distraction)
SD	Standard Deviation
p	Probability value / Significance level
t	t-value
F	F-ratio from one-way ANOVA
d	Cohen's d (effect size)
i	Constant/Intercept
k	Number of items
c′	Direct effect of X on Y controlling for M
X	Independent variable (Social Appearance Anxiety)
Y	Dependent variable (Unfavorable Body Image)
R^2	Coefficient of Determination
ΔR^2	Change in Coefficient of Determination

List of Appendices

APPENDIX	TITLE
A	Permission by Authors of scale
B	Permission Letter by the Concerned Authorities
C	Consent form
D	Demographic Sheet
E	Parental Authority Questionnaire (Alkharusi et al, 2011)
F	Appearance Anxiety Inventory (Veale et al, 2014)
G	Mindful Eating questionnaire (Framson et al, 2009)
H	Body Image Questionnaire (Bruchon et al, 1987)