

Senior Project

Body Type vs. Body Image

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Growing up in a thirteen-year-old female body, I often looked into the mirror and thought negative things about myself. I would stare at myself for over an hour fighting with the enemies in my mind. The devil on my shoulder told me I had cellulite all over my body, while the angel on my other shoulder told me I had to accept and love my body for what it was. I couldn't listen to either because I felt numbness and guilt. The ultimate god of anxiety was taking over me in that moment. As time went on, it got worse and worse until I decided to go to the gym. I saw the way other people looked and I wanted to look exactly like them, so I started working out six days a week, but still wasn't looking like the models I saw online.

The depression got worse and worse and the anxiety was building up. While time was running its course, I still didn't look the way I wanted to. I wondered what it was. One day I looked into the mirror and noticed how my body was shaped: bigger hips, fat around my stomach, and big breasts. I was muscular and just an overall bigger woman than the instagram fitness models. All I saw in the media was smaller waists, toned arms, and toned glutes. The media portrayed these beautiful women to be the ideal body shape for other women to have. Every day, I would see comments full of praise from both men and women and I wanted that for myself. I wanted my body to be praised and validated by people I didn't even know. I would compare more and more each day.

## Senior Project

I worked hard at the gym and trained for at least two hours a day. I fought with myself after the gym because of my frustration at my seemingly unchanging body. I would ask for help and still nothing would lead me to happiness. When I was seventeen, I started watching youtube videos and became more knowledgeable about overall fitness. I worked in a gym and all I would see were personal trainers providing terrible form for their clients. I would always compare the trainers with the youtube videos and it all felt off to me. It was a never ending learning experience, which is when I knew I wanted to become a trainer at some point. I started to grow mentally and physically, and by the age of eighteen I was a personal trainer.

As a personal trainer, I see the various types of mindsets that my clients, who are mostly women, have. For most, their goal is to look and feel sexy, with a big emphasis on “looks”. Their relationships to their own bodies is related to their families, celebrities, certain types of bodies in the fitness world and/or magazines. As their trainer, it is my duty to educate them on how their bodies do not define them. I do this by describing to them that they are doing the best they can and are doing something for themselves when they log on to me. I make sure that they realize that they are unique and special, and I emphasize that everybody is different and to try not to compare themselves to where they should’ve been or how they should be at their age. This helps them calm their pressures that they give themselves on the daily.

This gives me anxiety to learn that a lot of women have trouble loving their bodies. Not only that, but it affects their love for themselves as well. I’ve witnessed mental breakdowns and certain attitude changes when women talk about themselves or their bodies. In my response to these, it is my duty to describe that fitness is an

everyday lifestyle rather than a need to rush to look a certain way. It is important that I can teach my clients a new vision of what fitness is. Being a healthy person is more important than looking a certain way. Getting the right kinds of nutrients and implementing exercise in someone's daily life is only just a part of what being healthy is. Finding the moments for a healthy mind is just as important. I have found that functional training is one of the best optimal training programs to do so. If I find my clients need to get their heart healthy or their glutes strong to walk in their daily lives, I will absolutely teach them ways in which to do so. Body image has become such an extreme concept for women that we can forget that it is a contrived prescribed by the media and not rooted in reality.

I have been a trainer for three years. I have worked with multiple different people, but have always questioned why is it that this one woman wants to lose weight when they are already in good shape? Why is it that this one woman feels insecure when we lift fifteen pounds in the gym? It has never dawned on me until my recent college years that maybe it had to do with societal pressures. I hope to understand what and how these pressures have grown and might have gotten worse over the years. I hope that my analysis can better define how these insecurities got there in the first place and what I can do in order to eliminate these insecurities the best way I can.

To narrow it down, female athletes get criticized too. Why does this matter? Who says that a certain female athlete has to have a certain body? What is the ideal body image for female athletes? Why is there a body image for female athletes? Muscles are a means or strength and hard work that females need to get credited on.

## Senior Project

It is more than the looks, it's about the determination and the will that female athletes have. I will be revealing my questions through surveys and using content analysis about the body image to a female athlete. I will show that female athletes go through a lot to obtain these goals that they have to pursue. I want to normalize the importance of a female athlete's strength and show that it is far more important than their looks and how important it is to normalize any type of body that a female has. On the other hand, normalize that muscles are invigorating and no matter how a female athlete's body looks, that they are to be seen for defined energy.

## Literature Review

### *Sports*

For every female athlete, there are certain sports that uphold a body image that many women drive to look like. This could be a curvy bottom, and a skinny top or skinny all around. Depending on the sport, there will be certain expectations that a female would have to pertain to, even if she already has a good body and good stamina for the sport. Let's talk about body type versus body image. Body type is described as what your body is already like as is. Body Image is described as what a person would like their body to look like. The article talks about how a young dancer was rehearsing for her dance recital and afterwards her coach told her to lose 10 pounds to look like a "real" ballerina. In this case, this is a pure example of how body image came to be, but the ultimate question is: why is her body not enough the way it is?

## Senior Project

During these times of body image and body type, athletes put themselves through harmful ways of dieting and physical activity to meet these standards. Certain sports like gymnastics, soccer and skating each hold a different body type to succeed. In the article, "Predictors of Social Physique Anxiety in Elite Female Youth Athletes" discusses three different elite sports which are gymnastics, skating and soccer. This article talks about how there are different body types for each one because all of them are so different. In this article, "The Relationship Between Types of Female Athletic Participation and Female Body Type" explores the weight and muscle development of a female in sports versus a female not in sports. This article emphasizes the body type a female in sports has for the sport that she is in. We can view both of these articles to be fond of the "body image" vs the "body type". In this particular article, there is a study on non-athletes and to view their own body types. After reviewing both articles, I can consider that women athletes will always have a hard time liking their own bodies without the repercussion of a positive turn out. Going back to "Predictors of Social Physique Anxiety in Elite Female Youth Athletes," one of the factors that they examined was body fat percentage. I can consider, as a young female athlete, having body fat is normal as a woman and depending on how fast the metabolism is, there will be fat on a woman. In general, losing weight is a hard thing to accomplish as a young woman. What this article shows us is the outcome of having a positive outlook on yourself versus a non positive outlook. Having confidence and or not having confidence is related to body fat percentage. Similarly, %BF is positively related to SPA (Eklund & Crawford, 1994; Hart et al., 1989). Thus, we assessed %BF to determine if self-esteem, body-esteem, and PBC would account for

variance in SPA beyond that attributable to %BF.” These sports uphold a certain body type for the women to achieve. With those achievements come physical difficulty and mental difficulty. In the article, “Body Image of Highly Trained Female Athletes Engaged in Different Types of Sport” talks about the socio-cultural negatives that female athletes have to face for their overall body image. Women have to not only be aware of the discussions faced as an athlete about their body image, as well as their own daily lives. For sports, body image changes depending on which sport it is. The article states, “Similar results were recorded by Kong and Harris [13], in which female athletes from leanness sports (such as dancers and gymnasts) reported higher levels of body dissatisfaction than athletes engaged in non-leanness sports (e.g., ball sports), regardless of participation level. Moreover, elite athletes declared higher levels of body dissatisfaction than recreational and noncompetitive individuals [13].” Competition in sports is a head game as well as a physical one. Thus, the mental health is very important to maintain.

### ***Mental health***

When female athletes participate in a sport that they participate in and make it a big part of their life, there may be some negative effects that can take control of their mental health. Some difficulties women may have are anxiety and depression. In the article, “Mirror Image: Female Athletics Participate In Nationwide Body Image” talks about the different kinds of messages that these women received about their bodies. Some of these messages could be a positive compliment or the messages could be a demeaning response. Women athletes go through enough of the harsh ways to satisfy their weight management and muscle development as well. Along with this

journey brings up a bunch of unhealthy disorders that affect the young women's mental health. In the article, "thin-ideal Internalization and social comparison tendency as moderators of media models' impact on women's body-focused anxiety" talks about the negative impact that social media has for women who are not "thin models". The "thin" look is what a lot of females strive for in order to feel good about themselves. The thin look is the ideal body image. In the article they describe that a lot of women get pure anxiety when they see a perfect body image on social media. In the article, "Research Directions in Social Media and Body Image" talks about how the media takes control over the Body image and projects it negatively to women. The findings of the article considered that because of the media, women have higher percentages of body dissatisfaction. The body image has created a new competition between women versus themselves. Women have to go through multiple mental breakthroughs in order for themselves to love their bodies. Female athletes have gone through multiple challenges to endure a change for themselves. In the book, Running In Silence: My Drive for Perfection and the Eating Disorder that Fed by Rachael Rose Steil, is a true story about a girl who develops an unhealthy relationship with food while being an athlete. In her story, the main character talks about how her coach wanted her to lose weight even though she was a track star and hitting great times in her meets. It was trying to meet a certain body image that made her mind unwillingly go into a depression. Throughout the book we see that it is very unhealthy to live in a mindset unable to enjoy food or drinks. Body image has caused not only women to feel a certain way, but female athletes. In the book, being a female athlete is hard because in certain ways more eating disorders come from the relationship with



the coaches. There are repercussions when this happens. A big difference between Body type and Body Image has to do with other people commenting on a person's body for the most part. It is important to note that body image has become very popular nowadays because of social media. Social media has a lot of negative effects that happen towards women.

### ***Overall Health***

There are many positive effects of being physical and that overall is a great part of participating in a sport. While continuing to do physical activity there is a great sense of healthiness that comes with that. In the article, "Mirror Image: Female Athletics Participate In Nationwide Body Image" emphasizes about how women who go through negative comments can still be positive and have coping methods. The article says, "A major factor in Bodies in Motion is mindfulness, which Alexander described as paying attention non-judgmentally in the moment. They're not trying to chase the negative thoughts away or train the female athletes to never have negative thoughts. Rather, Alexander said, she works with athletes to change their relationships to those thoughts and emotions." Having physical activity too helps a lot when it comes to health. Physical activity is very important to have in an individual's life. Although, health is still very controversial for female athletes.

In the article, "The Relationship Between Types of Female Athletic Participation and Female Body Type" talks about the weight and muscle development of a female in sports versus a female not in sports. There is a lot of body dissatisfaction that females face that can be read through. The health benefits of working out are talked about as

well as women who don't work out seem to have lower confidence as well as body dissatisfaction. Being physical is critical for mental health, and physical health. In the article, "Eating Regulation Styles, Appearance Schemas, and Body Satisfaction Predict Changes in Body Fat for Emerging Adults" talks about the body fat percentage of more specifically younger women in college. The article states, "Body satisfaction plays an important role in an emerging adults eating regulation, intrinsic or extrinsic motivations, and resulting body composition." Body satisfaction is an important part of a women's life because most women, more so than men, get negative words thrown at them for how their bodies look. The article states, "Women also have been shown to be more appearance-focused than men, with a greater relationship between body satisfaction and overall psychological functioning (Cash et al. 2004a)." The health of the person is very important. Functionality in a person's life is important to practice in exercise or nutrition. At the end of the day, health is more important than the way a person looks.

### **Methodology**

With the topic being very controversial, I have aimed to do surveys and interviews. My plan is to interview some of the athletes at SUNY Purchase. To be more specific, I plan to interview three female athletes from SUNY Purchase about how they feel about being an athlete affecting their bodies being on a college team.

Using my knowledge from my literature review, I will be furthering the information and hopefully seeing some interesting results. I believe this is a great method to use because I can get the inside-scoop of an actual female athlete. This can measure a lot of what my research question is and it can be very beneficial to this

## Senior Project

proposal. I want to target these women specifically because in most of my literature review, most of the women are in college. They talk about how women are viewed and what they experience in the sports they choose to do. I want to ask these girls how they feel if they are asked to lose weight or gain weight. I want to know the preferences of the coaches. I would like to know how they are mentally challenged. I would like to know if they are physically challenged. I would like to know if they are happy competing and being on a team. I would like to know if there is any pressure. I would like to know if there is a certain body image they strive to obtain.

Since my topic is very broad, I would like to approach these questions from a slightly different lens. With these questions, I believe there may be some limitations because I have to make sure the participants are comfortable answering. I will ask if they are comfortable before they start and I hopefully will get some great answers from them. Another limitation with interviews is having the time to talk to the athletes. I believe a large portion of them are student athletes, and because of that, I know it will be hard to find times for them to help me out. I may have to limit conversations to thirty minutes because of their busy schedules. Hopefully they won't mind, and I will thank them for their time.

For the interviews, I have been approved by the Institutional Review Board. The process to receive the approval was challenging, but a great lesson. You must pin point everything you will do in order to receive an approval. Making sure that you have the liability is very important. Along with this, I will be using Instagram as my recruitment method. Along with consent forms for my interviewees to fill out. I am choosing to do interviews because it is a great way to get true words from a real

## Senior Project

person about this topic. This also allows me to see them through a screen and get real answers from the interviewees.

Another method I will be using to obtain data is through surveys. My plan is to create a survey for female athletes in general in order to get their intake on body type versus body image with regards to their sport. I believe this is an effective method to have in place because it will allow me to gain a broader scope of college-age females. I would like the survey to be a bit more generalized so I can see what these athletes say in multiple sports. I would like to use this for Suny Purchase as well since there are certain sports that are not listed in the papers above. A limitation with a survey is the fact that people may not be equipped to answer the questions. I would love to ask deep end questions as with light hearted ones first. My plan is to start light, then go to medium and then heavy. I hope that with the heavy ones there will be a great amount of women who would not mind answering those. I have to make sure that my surveys make sense and that they are a bit more broader in the sense that many of these female athletes may have different answers. I will be very shocked if some come out with positive rather than negative answers.

Although, that will definitely further my questionnaire with this data. Knowing that this topic is controversial I have to be careful in my word choosing and how I will present this to the female athletes. This goes with both the interviews and the survey. I believe these two methods will help me further my research question and help me even further it. Knowing that the year is 2020, I am very curious to see how the body image or if it has changed at all and maybe new information has risen. As well with these methods, I believe that it will challenge me to figure out different questions

and to come up with a good amount for a long period of time. Knowing the information I do now about my topic, I am excited to shorten and differentiate questions for these female athletes in a new way.

### **Data Collection/Findings**

During my interviews of three female athletes at SUNY Purchase, the three females were all different, but had a few main things in common. All three had felt the pressure of body image while they were playing sports. From these interviews, there is information where it is similar to the information I have received from these interviews. Each young woman talked about their insecurities and how societal pressures have made them feel insecure in their own ways, even leading some to develop dysmorphia. I will be using pseudonyms to keep the names anonymous.

Rose, who is a junior soccer player at Purchase College, had told me that she was very self-conscious of her body while she was in season. Rose is nineteen years old and she could be described as Caucasian. During the season, she was more aware of her diet to increase her energy, and how her stomach appeared. She told me that she has played soccer for many years, but as she was growing older, she felt more pressure to be the best on the team. She never truly hated it, but because of how she was told to look and/or feel, the pressures had gotten to her.

As we were getting deeper into the conversation, she was telling me that she had body dysmorphia. When she first began college, she was more aware of her body

## Senior Project

dysmorphia and how the societal pressures affected her. From this conversation, I learned that body dysmorphia is a disorder where a person emphasizes their flaws and heaps on those for the majority in their mind. A lot of people can suffer from this disorder. An example of this is somebody who is skinny, but perceives themselves as overweight. Rose was saying how she naturally loses weight when the season comes in. For her, performance is a big part of her season, but once it's over, she feels that she needs to continue to put in the same amount of work. When she rests, she tends to overthink when she thinks about her body. From the information I've collected so far, it seems that a lot of women struggle with their weight off season because they don't have the same push or goal for that specific amount of time.

Another female athlete that I had an interview with was describing to me how she too has body image issues while she is in season. Dawn is a junior on the soccer team, who I had a very emotional conversation with. Dawn is nineteen and can be described as hispanic. She was saying how she was always bullied for being a bit more on the "plus size" but she "can run like an animal". I was getting teary eyed listening to her talk about her body image issues ever since she was a kid. She has always been athletic but she finds it hard to "lose weight". One of my questions to her was, "Has anyone ever commented on your body with respect to your athleticism? How does that make you feel?". Dawn said this wasn't the case while she was growing up, but when she got to Purchase she felt more confident about her weight because she wasn't getting bullied as much. In fact, over the years clothing industries have been hiring

plus size models. She really enjoys that because it brings the body positivity movement into play.

Even though she struggles with her body, she doesn't see herself the way she did when she was playing sports as a young girl. This is very important because not everyone can lose weight easily. There is a stigma in society that if a person is overweight, people tend to think that they are lazy and/or weak side. I believe that it is a different situation for each person. Weight should not mean less strength or being lazy. The body positivity movement allows those who don't feel comfortable in their skin to really shine. It is great to think your body has functional movement rather than focus on what your body looks like. Dawn was very happy that she had the interview with me and that she felt more validated that someone is talking about this topic.

For my third female athlete that I interviewed was Wendy. She is a sophomore at Suny Purchase. Wendy is eighteen and can be described as caucasian. She was much more quiet and shy about her answers, but opened up towards the end. Wendy was very insecure about her body, but found being on a team has helped her gain some body confidence. She expressed that she has been feeling more secure with her own body as she can connect to these women about her body insecurities. One of my questions that I had asked her was, "What is the ideal body for someone who participates in this sport?". She responded with the phrase "my body". She was describing how she is very lean and "skinny" which meant that she can run fast which she was proud of. We were then in the conversation of body image for soccer. She brought up some females from the USA team and started comparing her body to

theirs. She was expressing that she does need to add on more lean muscle mass, but said it was hard for her to do so. I was glad that she felt more comfortable as the interview went on.

Overall, there were a lot of topics in the body movement that was brought up in these three interviews. All three female athletes agreed that there are multiple stigmas for women in the sports field. I was thrilled that each woman opened up to me about their insecurities, but what it also means is that there needs to be a change in the field. I was surprised to hear that they did not feel any pressure from their coach. They felt more pressure from the societal standards and social media. Social media is another source for women to see other women's bodies. Presently, the media is flooded with fitness and women who also alter their image in order to go with the standards. This can bring flaws to even non athletes as Instagram is used by many people all the time. This app has brought many pros but many cons along the way. While I was talking to Wendy, she said that she does compare herself to a lot of the athletes on the USA team. That was where more of the body image insecurities stemmed from for her.

In my findings for my survey, I found roughly the same answers when it came to societal pressure on female athletes. It seemed that everyone had agreed that there is a pressure for female athletes when it comes to body image. One of my questions that I had asked on the survey was, "Do you know the difference between body image and body type?" I was shocked to see that more than a few did not. Genetics should play a big role in how a body is for someone, but in hindsight, it doesn't as much anymore.



## Senior Project

Even after interviewing three young women, it was hard for me to see how much the social pressures of body image affected them. Luckily, being with their teammates and talking about it did help them feel that they weren't alone. I believe as a trainer that being supported in the same field is very important to have. My clients feel safe with me and I can keep them accountable with their workouts. Having that support can go a lot further than doing it by oneself. Body image has become well known all around the world. It could be said that One of the biggest factors of body image for female athletes is seeing the celebrity athletes. Seeing the famous athletes can hurt an athlete as they are struggling with their own self esteem. Young girls nowadays are getting more insecure while seeing other people shine in the spotlight. It is known that Hollywood can alter images in order to get this "perfect" body.

For the most part Hollywood alters women. No wonder there was a good percentage, from my survey, on what body image can do to women. Hollywood can create insecurities for these women and not even know it. From one hundred years ago to now, the entire body image system has changed completely. The beauty standards have exploded over the years and less and less of what is considered the "normal" isn't so "normal" anymore. One of my survey questions was, "Do you wear shorts or leggings while you workout". Two out of the three interviewees had said leggings. I dug deeper into the "why is this" and realized that cellulite is a normal aspect to a female but is going away. Many people are trying to "normalize" cellulite again. Wearing shorts apparently is an end all be all while being an athlete. I followed up the question with, "if shorts please explain along with if leggings please explain".

## Senior Project

Many women felt uncomfortable with shorts and feel as though when they wear shorts, they seem to not focus on the game as much and rather their own body issues. Even as a trainer, I never see my clients wear shorts. There needs to be a better way to use body image in a better light rather than have women feel that they need to hide what is actually normal for their bodies. Although, multiple questions can be asked like why is it that men need to look at women in these shorts? Why is it that shorts are uncomfortable for women? Why is it that women shorts have the tendency to ride up? There needs to be more light on this topic because it is not as talked about.

For female athletes, many non female athletes do seem to be more bothered by them as well, because for the most part females athletes have muscles and have stronger staminas because of their cardio respiratory system. Although there never seems to be an end to the everlasting cycle of body image issues as it stems from Hollywood and continues in reality.

Another one of my questions I asked on my survey was, "As a female athlete, do you ever feel less of a feminine when you use weights." Most of the answers I received were no. I was happy about getting this response because there is a stigma that if a woman lifts, she will become bulky. As a trainer, I have to break these boundaries in each of my clients mind. A woman overall produces less testosterone in their bodies. It would take steroids and many uses of supplements in order to produce that bulk. Overall, the stereotype is false. I believe female athletes do not deserve to be penalized for having muscles. Muscles indicate strength and pushing past boundaries which is something a person should be proud of and not penalized for. I

## Senior Project

believe female athletes should be celebrated for their hard work and dedication to the sport and/or the gym. Women should not be perceived as weak and because of the societal pressures that women do face, there is a certain fear that should be conquered. Over the years, fitness has become more and more famous especially online. There are online personal trainers and nutritionists everywhere that give a lot of information. This information has been great for many people going online and using Instagram. More and more people have been seeking help for their bodies from these online tools which is a huge progression in the fitness industry.

## Conclusion

As I grow older, I realize that many people don't notice their own body type. Most people are aware of body image, instead. Body type is important because when you can understand your own body, it means you can notice what feels right and what doesn't. Body image is a way to mess that process up, because it changes how you perceive your body based off of what others think. I am confused as to how some people don't understand this. When I coach my clients, I try to teach them body awareness without them knowing about it. Body awareness is loving and accepting your own body for the way it is. Being a trainer, I deal with many body image issues and how my body doesn't look like a celebrities'. It is difficult to even look like a celebrity in the first place, but I want people to understand that there is no other

## Senior Project

person in the world that is going to look like you. Each individual is unique and special in their own ways. Societal pressures push people to extremes, when in reality if someone is trying their best, it should be seen as good enough. Feeling this pressure can take away from work that they have already done for themselves. It is important to understand that human beings have fat, muscle, hair, skin, acne, and many imperfections.

Body image and body type are not at all alike, in fact they are complete opposites of each other. There is a large amount of competition between people today that only contributes to anxiety. In terms of female athletes, we need to let the stigma that says “females should not have any muscle” fall by the wayside. Body image adds the pressure, “You need to lose more weight in order to look like this”. It is important to have less pressure, “You need to look like this celebrity in order to...”. These little remarks can go a long way with these athletes. I wonder if I were to interview a female athlete who works out by herself if she would feel worse in her mental health or better. From the interviews, I have noticed that being in a group setting is more positive for them when they are playing. One did say off season is where she doesn't feel her best. Although that discussion is for another time. Female athletes should be recognized for their ability and skills and not for their body shape. Genetics can play a big role with someone's ability and that should be a better factor. There are other ways to push past the limits of someone's capacity. I would love to see more body positivity movements along with less altered images of Hollywood celebrity athletes.

## Senior Project

A person could say that in order to push past the limits, one may need to lose weight or cut back on their calorie intake. Weight is a big issue but weight itself is actually made up of everything including muscle mass, skin, limbs, joints and not all of it is fat related. As a woman can look on the scale and see a high number, the factors indicating that number are barely taught. A woman who is perceived as skinny who sees a high number may wind up with body dysmorphia. A better way to have a person push past their limits is have them focus on their muscle mass and water intake. Rather than the weight itself.

The number on the scale may indicate insecurities and flaws to that person. Alternating the word choices can create a happier version of that person's self. With this, there could be a better self-view of that athlete and it can create a better sense of self. Not to mention the coach and the athlete could have a better relationship. The athlete would have a better relationship with the media too. Knowing that can indicate a higher confidence level too. Words do mean a lot when it comes to female athletes. Encouragement and support is key to have when competing. When a person has another person to lean on when the mental blocks come in, it makes a big difference for that person.

As a sociology major, I have learned a lot of key tactics that have helped me gather this knowledge. Learning about ways of society has been very eye opening. These examples are learning how surveys impact people, how interviews impact people and along with how there are certain things that society has created and how that affects people in general.

## Senior Project

My hope for female athletes is to have a better body positivity movement moving forward. I hope that muscles are normalized, words are used more carefully and that women get to feel strong again without feeling embarrassed about it. In the next 5 years, the body positivity movement should establish all of this and I hope that one day women can feel secure with their body genetics.

### Appendix Section

1. What is your sport? Why did you choose it?
2. What do you hope to achieve as an athlete?
3. Have you achieved it?
4. Can you describe to me a peak experience as an athlete? Can you describe to me something that is challenging as an athlete?
5. What is your relationship with the coach like? Can you describe it to me? 6. What were some drills/exercises the coach had you do?

## Senior Project

6. How does your body change when you are in season with the sport?

7. What is the ideal body for someone who participates in this sport?

8. How do you work to maintain this type of body?

9. Do you ever feel pressure to maintain this body? How/Can you describe it?

10. Has anyone ever commented on your body with respect to your athleticism? How does that make you feel?

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Senior Project

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