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Examining the Relationship between Body Appreciation Attitudes and Self-Confidence of Women According to their Participation in Physical Activity

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KEYWORDS

Physical activity, Body appreciation, Self-Confidence

ABSTRACT:

The aim of this research is to examine the relationship between body appreciation attitudes and self-confidence of women according to their participation in physical activity. The sample of the research consists of women between the ages of 25-60 in Çorum Municipality Women's Cultural Centres in 2022. The sample consists of 165 people. In the study, personal information form, Body Appreciation Scale and Women Self-Confidence Scale were applied to the participants. Frequency, percentage distribution, arithmetic mean and standard deviation, frequency, percentage distribution, mean values, Mann-Whitney U Test, Kruskal-Wallis Test and Spearman Correlation Analysis were used in the analysis of the data.

In the findings of the study, a significant difference was found in the total score of the body appreciation scale, satisfaction and social relations sub-dimension of the women self-confidence scale. A significant difference was observed in favour of women who participated in physical activity. A positive and low level significant relationship was found between the height variable of the participants and the body appreciation scale and the satisfaction, social relations, internal self-confidence, appearance sub-dimensions of the women self-confidence scale. A positive and moderately significant relationship was found between the height variable and the performance sub-dimension of the women self-confidence scale. In this case, it can be said that women who are taller will have higher body appreciation and self-confidence. As a result of the correlation analysis between the body appreciation scale and the sub-dimensions of the women self-confidence scale, a significant relationship was found in all sub-dimensions. As a result of the analysis, a positive, medium and high level significant relationship was found between the body appreciation scale and the women self-confidence scale. Therefore, it can be said that as women's body appreciation levels increase, their self-confidence will increase and as their self-confidence increases, their body appreciation will increase.

1. Introduction

Employee Sedentary lifestyle, which is common today, is an impMiddlent health problem due to its negative effects on health. Physical activity improves physiological, metabolic and psychological parameters, reduces the risk of many chronic diseases and early mMiddlelity, and helps to maintain bone, muscle and joint health [1]. It is known that regular exercise is an impMiddlent factor in making the body physically fit [2]. The physical activities in which women who do and do not participate in sports have a positive effect on their psychological development as well as their physical and cognitive development. One of these developing psychological factors is body appreciation. Body appreciation includes having positive ideas about one's body, accepting one's body regardless of its actual shape, width, weight and defects, and taking care of one's health as an indicator of respect for one's body [3]. Another one is self-confidence. In general, self-confidence can be expressed as believing in one's own ideas, learning ability and feelings. Self-confidence, which has emerged since the existence of humanity, is a need in every period of life affected by various experiences during school, family and business life [4]. Body image is a multifaceted concept that covers all positive/negative approaches of the individual about

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his/her body and emotional and mental self-evaluation. In other words, it is the picture that the individual visuaHigh Schools his/her own body in his/her mind [5]. Body image disorders are seen as a multifaceted structure including a perceptual and attitudinal component. While the perceptual component includes misperception of one's own body size [6], the attitudinal component defines negative cognitions and feelings about one's own body [7]. It has been reported that individuals with high levels of physical activity also have high levels of body appreciation [8].

When the studies in the literature on the relationship between physical activity, body appreciation attitude and self-confidence in women are examined; Bıyıklı [2007] stated in his study that people who exercise regularly have more positive feelings and behaviours towards their bodies [9]. Yalçın and Ayhan [2020] concluded that the self-confidence levels of women who felt physically well increased [10]. This suggests that the body appreciation levels of women who do regular physical activity are higher than those of women who do not, and this may help to increase self-confidence. Although there are studies in the literature that address the concepts of physical activity, body appreciation attitude and self-confidence separately, there are almost no studies that address these concepts together on women. In the literature, no research examining the relationship between body appreciation attitude and self-confidence in a sample of women who engage in physical activity has been found. This research is important in terms of its contribution to the literature. The aim of this study is to examine the relationship between body appreciation attitudes and self-confidence of women according to their participation in physical activity.

2. Method

Research Model

The research model is a survey model. Among the survey models, relational survey model was used. The type of the research is quantitative research.

Population-Sample [Research Group]

The sample of the research consists of women between the ages of 25-60 in Çorum Municipality Women's Cultural Centres in 2022. G*Power 3.1.9.7 programme was used to calculate the number of participants and it was concluded that a total of 125 women should participate. 165 women participated in the research. The research group was selected by simple random sampling method from probability sampling methods.

Data Collection Tools

In the study, personal information form and two separate scales were applied to the participants. In the personal information form, "monthly income level, educational status, height, weight, physical activity participation status, weekly physical activity duration" questions were included. At the same time, the Body Appreciation Scale and the Women Self-confidence Scale were used.

Body Appreciation Scale

The original study of the Body Appreciation Scale [BAS], which was translated into Turkish by Anlı et al. in 2015 [11], was conducted by Tylka, & Wood-Barcalow [2015]. The BAS, which is a 5-point Likert [1 never - 5 always] type measurement tool, consists of 10 items and the participants are asked to determine the rate of agreement with the statement in each item. The item-total correlation coefficients of the scale ranged between .31 and .76. Confirmatory factor analysis showed that the unidimensional model gave a good fit. The internal consistency reliability coefficient of the BAS was found to be .88. These results show that the Turkish form of the BAS is a valid and reliable measurement tool and can be used as a valid and reliable tool to evaluate the body appreciation levels of individuals.

Women Self-confidence Scale

The scale was developed by Yurtçiçek Ergüntop in 2019 [4]. The Women Self-Confidence Scale [WSS] consists of 5 sub-dimensions: Satisfaction [2 items], Social Relations [7 items], Internal self-confidence [11 items], Appearance [4 items] and Performance [14 items]. The scale consisting of a total of 38 items is 5-point Likert type: "Strongly agree=5, agree=4, neutral=3, disagree=2, strongly disagree=1". In the last scale, items 7, 8, 13, 14, 22, 23, 30, 31 are reverse scored. In order to calculate the scale score, firstly the reverse scored scale items are reversed. In reversing the item scores: "Strongly agree=1, agree=2, undecided=3, disagree=4, strongly disagree=5". The correlation between the scale and the Self-Confidence Scale for the

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concurrent validity study was found to be .94. The "total Cronbach's alpha value" of the scale was found to be 0,97 and it was seen that these values ranged between 0,77 and 0,94 in the sub-dimensions of the scale.

Analysing the Data

SPSS 22.0 package programme was used for data analysis. Non-parametric tests were used since it was determined that the data did not show normal distribution after the analyses for whether the data showed normal distribution. Frequency, percentage distribution, mean values, Mann-Whitney U Test, Kruskal-Wallis Test and Spearman Correlation Analysis were used in the analysis of the data. The significance level of the data was taken as p<,05.

Table 1. Demographic Characteristics of Participants

Variables		N	%
Physical Activity Participation	Participate	112	67,9
	Not Participate	53	32,1
Monthly Income Level	Low	36	21,8
	Middle	104	63,0
	High	25	15,2
Education	Primary School	43	26,1
	Secondary School	31	18,8
	High School	57	34,5
	University	34	20,6
	N	**Mean**	**SS**
Height	165	164,10	6,606
Weight	165	70,38	15,260
Weekly Physical Activity Duration [Hours]	165	2,56	2,410

Among the participants, those who participate in physical activity constitute 32.1%, while those who do not participate constitute 67.9%. The monthly income level is low 21.8%, middle 63% and high 15.2%. Regarding their education, 26.1% were primary school graduates, 18.8% were secondary school graduates, 34.5% were high school graduates and 20.6% were university graduates. The average height of the female participants was 164.10 cm, while their average weight was 70.38. Their weekly physical activity participation time was 2.56 hours.

3. Findings

Table 2. Mann-Whitney U Results of Body Appreciation Scale and Women's Self-Confidence Scale [WSS] According to Physical Activity Participation Status

	Physical Activity Participation	n	Mean	S	U	z	p
Body Appreciation	Participate	112	89,64	10039,50	2224,5	-2,611	**,009**
	Not Participate	53	68,97	3655,50			
WSS - Satisfaction	Participate	112	87,81	9834,50	2429,5	-2,178	**,029**
	Not Participate	53	72,84	3860,50			

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	Physical Activity Participation	n	Mean	S	U	z	p
WSS - Social Relations	Participate	112	90,14	10096,00	2168	-2,825	**,005**
	Not Participate	53	67,91	3599,00			
WSS - Internal self-confidence	Participate	112	87,43	9792,50	2471,5	-1,746	,081
	Not Participate	53	73,63	3902,50			
WSS - Appearance	Participate	112	86,66	9705,50	2558,5	-1,453	,146
	Not Participate	53	75,27	3989,50			
WSS - Performance	Participate	112	84,76	9493,00	2771	-,693	,488
	Not Participate	53	79,28	4202,00			

When Table 2 is analysed, it was examined whether there was a statistically significant difference at p<,05 between the participants' body appreciation scale and the sub-dimensions of the women self-confidence scale and the variable of physical activity participation. A significant difference was found in the total score of the body appreciation scale, satisfaction and social relations sub-dimension of the women self-confidence scale [U= 2224,5; 2429,5; 2168; p<,05]. A significant difference was observed in favour of women who participated in physical activity. No significant difference was observed in the internal self-confidence, appearance and performance sub-dimensions of the women self-confidence scale according to physical activity participation status.

Table 3. Kruskal Wallis Results of Body Appreciation Scale and Women's Self-Confidence Scale [WSS] According to Monthly Income Variable

	Monthly Income Level	n	Mean	Chi-Square	sd	p	Difference**
Body Appreciation	Low	36	81,69	3,998	2	,135	
	Middle	104	79,28				
	High	25	100,34				
WSS - Satisfaction	Low	36	89,92	17,161	2	,000*	Low>Middle High>Low High>Middle
	Middle	104	73,98				
	High	25	110,56				
WSS - Social Relations	Low	36	79,88	3,327	2	,189	
	Middle	104	80,27				
	High	25	98,86				
WSS - Internal self-confidence	Low	36	91,71	12,674	2	,002*	Low>Middle High>Middle
	Middle	104	73,75				
	High	25	108,96				

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	Monthly Income Level	n	Mean	Chi-Square	sd	p	Difference**
WSS - Appearance	Low	36	92,57	13,474	2	,001*	Low>Middle High>Middle
	Middle	104	73,43				
	High	25	109,02				
WSS - Performance	Low	36	91,46	13,228	2	,001*	High>Middle
	Middle	104	73,63				
	High	25	109,82				

*p<,05, ** Mann Whitney U test results to determine which group/groups the difference originated from

When Table 3 is analysed, it was examined whether there was a statistically significant difference at p<,05 between the participants' monthly income variable and the sub-dimensions of the body appreciation scale and the women self-confidence scale. No significant difference was found in the body appreciation scale and the social relations sub-dimension of the women self-confidence scale. A significant difference was found between the satisfaction, internal self-confidence, appearance and performance sub-dimensions of the women self-confidence scale and the monthly income variable [X2=17,161, p<,000; X2=12,674, p<,002; X2=13,474, p<,001; X2=13,228, p<,001].

As a result of the Mann-Whitney U test, a significant difference was found between low and middle income in favour of low income [U=1494,000; z=-2,012; p<,044], between high and low income in favour of high income [U=321,000; z=-2,648; p<,008], between high and middle income in favour of high income [U=740,000; z=-3,838; p<,000]. In the internal self-confidence and appearance sub-dimension, a significant difference was found between low and middle income in favour of low income [U=1461,500; z=-1,969; p<,049, U=1421,500; z=-2,182; p<,029] and between high and middle income in favour of high income [U=748,000; z=-3,314; p<,001, U=755,500; z=-3,297; p<,001]. In the performance sub-dimension, a significant difference was observed between high and middle income in favour of high income [U=729,000; z=-3,430; p<,001].

Table 4. ANOVA Results of Body Appreciation Scale and Women's Self-Confidence Scale [WSS] According to Education Variable

	Education	n	Mean	Chi-Square	sd	p	Difference**
Body Appreciation	Primary School	43	70,86	15,628	3	,001*	University>Primary School High School>Secondary School University>Secondary School University>High School
	Secondary School	31	66,71				
	High School	57	86,57				
	University	34	107,22				
WSS - Satisfaction	Primary School	43	73,12	10,240	3	,017*	University>Primary School University>Secondary School
	Secondary School	31	71,97				
	High School	57	87,02				
	University	34	98,82				
WSS - Social Relations	Primary School	43	70,19	13,931	3	,003*	High School>Primary School University>Primary School University>Secondary School University>High School
	Secondary School	31	70,34				
	High School	57	85,59				
	University	34	106,41				

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	Education	n	Mean	Chi-Square	sd	p	Difference**
WSS - Internal self-confidence	Primary School	43	62,86	24,000	3	,000*	High School>Primary School University>Primary School University>Secondary School University>High School
	Secondary School	31	71,65				
	High School	57	86,08				
	University	34	113,66				
WSS - Appearance	Primary School	43	60,56	23,107	3	,000*	High School>Primary School University>Primary School High School>Secondary School University>Secondary School
	Secondary School	31	68,11				
	High School	57	97,80				
	University	34	100,15				
WSS - Performance	Primary School	43	56,44	26,552	3	,000*	High School>Primary School University>Primary School High School>Secondary School University>Secondary School
	Secondary School	31	71,24				
	High School	57	100,18				
	University	34	98,51				

*p<,05, ** Mann Whitney U test results to determine which group/groups the difference originated from

When Table 4 is analysed, it was examined whether there was a statistically significant difference at p<,05 between the participants' body appreciation scale and the sub-dimensions of the women self-confidence scale and the education variable. A significant difference was found between the monthly income variable and the satisfaction, social relations, internal self-confidence, appearance and performance sub-dimensions of the body appreciation scale and women self-confidence scale [X2=15,628, p<,001; X2=10,240, p<,017; X2=13,931, p<,003; X2=24,000, p<,000; X2=23,107, p<,000; X2=26,552, p<,000].

As a result of the Mann-Whitney U test, in the body appreciation scale, there was a difference between university and primary school in favour of university [U=442,500; z=-3,009; p<,003], between high school and secondary school in favour of high school [U=656,000; z=-1,995; p<,046], between university and secondary school in favour of university [U=291,000; z=-3,148; p<,002], between university and high school in favour of university [U=670,000; z=-2,486; p<,013]. In the satisfaction sub-dimension of the women self-confidence scale, a significant difference was found between the university and primary school in favour of the university [U=493,000; z=-2,845; p<,004], and between the university and secondary school in favour of the university [U=370,000; z=-2,536; p<,011].

In the social relationships and internal self-confidence sub-dimension of the women self-confidence scale, there was a difference between high school and primary school in favour of high school [U=945,500; z=-1,961; p<,050, U=815,000; z=-2,872; p<,004], between university and primary school in favour of university [U=433,500; z=-3,136; p<,002, U=299,000; z=-4,484; p<,000], between university and secondary school in favour of university [U=331,000; z=-2,676; p<,007, U=303,000; z=-3,058; p<,002], between university and high school in favour of university [U=666,500; z=-2,545; p<,011, U=582,500; z=-3,226; p<,001].

In the appearance and performance sub-dimension of the women self-confidence scale, there was a significant difference between high school and primary school in favour of high school [U=628,000; z=-4,221; p<,000, U=561,000; z=-4,657; p<,000], between high school and secondary school in favour of high school [U=596,500; z=-2,569; p<,010, U=615,500; z=-2,385; p<,017], between university and primary school in favour of university [U=375,000; z=-3,707; p<,000, U=320,000; z=-4,236; p<,000], between university and secondary school in favour of university [U=341,000; z=-2,503; p<,012, U=364,000; z=-2,167; p<,030].

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Table 5. Correlation Results of Body Appreciation Scale and Women's Self-Confidence Scale [WSS] According to Height Variable

		Body Appreciation	WSS-Satisfaction	WSS- Social Relations	WSS- Internal self-confidence	WSS-Appearance	WSS-Performance
Height	r	,258**	,254**	,222**	,243**	,200**	,326**
	p	**,001**	**,001**	**,004**	**,002**	**,010**	**,000**

In Table 5, correlation analysis was performed to examine the relationship between the participants' body appreciation scale and women self-confidence scale sub-dimensions and height variable. As a result of the analysis, a positive and low level significant relationship was found between the height variable and the satisfaction, social relations, internal self-confidence, appearance sub-dimensions of the body appreciation scale and women self-confidence scale [r= ,258, p<,001; r= ,254, p<,001; r= ,222, p<,004; r= ,243, p<,002; r= ,200, p<,010]. A positive and moderately significant relationship was found between the height variable and the performance sub-dimension of the women self-confidence scale [r= ,326, p<,000].

Table 6. Correlation Results of Body Appreciation Scale and Women's Self-Confidence Scale [WSS] According to Weight Variable

		Body Appreciation	WSS - Satisfaction	WSS - Social Relations	WSS - Internal self-confidence	WSS - Appearance	WSS - Performance
Weight	r	-,321**	-,201**	-,321**	-,288**	-,313**	-,227**
	p	**,000**	**,010**	**,000**	**,000**	**,000**	**,003**

In Table 6, correlation analysis was performed to examine the relationship between the participants' body appreciation scale and the sub-dimensions of the women self-confidence scale and the weight variable. As a result of the analysis, a negative, low-level significant relationship was found between the weight variable and the satisfaction, internal self-confidence and performance sub-dimensions of the women self-confidence scale [r= -,201, p<,010; r= -,288, p<,000; r= -,227, p<,003]. A negative and moderately significant relationship was found between the weight variable and the body appreciation scale and the social relations and appearance sub-dimensions of the women self-confidence scale [r= -,321, p<,000; r= -,321, p<,000; r= -,313, p<,000].

Table 7. Correlation Results of Body Appreciation Scale and Women's Self-Confidence Scale [WSS] According to Weekly Physical Activity Duration [Hours] Variable

		Body Appreciation	WSS - Satisfaction	WSS - Social Relations	WSS - Internal self-confidence	WSS - Appearance	WSS - Performance
Weekly Physical Activity Duration [Hours]	r	,119	,132	,137	,081	,127	,027
	p	,128	,090	,079	,299	,104	,731

In Table 7, correlation analysis was performed to examine the relationship between the participants' body appreciation scale and women self-confidence scale sub-dimensions and the variable of weekly physical activity duration [hours]. No significant relationship was found as a result of the analysis.

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Table 8. Correlation Results of Body Appreciation Scale and Women's Self-Confidence Scale [WSS]

		WSS - Satisfaction	WSS - Social Relations	WSS - Internal self-confidence	WSS- Appearance	WSS- Performance
Body Appreciation	r	,516**	,989**	,658**	,634**	,652**
	p	**,000**	**,000**	**,000**	**,000**	**,000**

As a result of the correlation analysis between the body appreciation scale and the sub-dimensions of the women self-confidence scale, a significant relationship was found in all sub-dimensions. As a result of the analysis, a positive and moderately significant relationship was found between the body appreciation scale and the satisfaction, internal self-confidence, appearance and performance sub-dimensions of the women self-confidence scale [r= ,516, p<,000; r= ,658, p<,000; r= ,634, p<,000; r= ,652, p<,000]. In the social relations sub-dimension of the body appreciation scale and the women self-confidence scale, a positive and highly significant relationship was found [r= ,989, p<,000].

4. Discussion and Conclusion

In this study, the relationship between body appreciation attitudes and self-confidence of women who do and do not exercise regularly according to their participation in physical activity was investigated.

Body appreciation is based on the individual's own subjective perception. This internal presentation is related to feelings and thoughts and shapes the behaviours of the individual in certain situations [12]. Body perception varies according to the age and society. Today, the positive perception is to have a slim body for girls and a muscular, sportive body structure for boys. Negative body perception predicts that weight control behaviour may manifest itself through actions such as fasting, diarrhoea, smoking, unhealthy diets or excessive sports [13]. The difference between the actual body and the ideal body may be caused by improper diet and low physical activity habits[14]. Therefore, people who exercise regularly have more positive feelings and behaviours towards their bodies [9]. In recent studies, the concept of positive body image draws attention. Positive body image requires the person to be satisfied with his/her body even if it does not coincide with social ideals. The concept of "body appreciation" has emerged as an extension of positive body image [15].

In this study, a positive and moderately significant relationship was found between the body appreciation scale and the satisfaction, internal self-confidence, appearance, and performance sub-dimensions of the women self-confidence scale. This relationship means that there is a positive relationship between body appreciation level and self-confidence of women participating in physical activity. Research has shown that there is a relationship between body image and self-confidence. Studies have found that body image concerns such as dissatisfaction with one's appearance may have a negative effect on self-esteem and self-confidence [16,17].

Dimler et al. [2017], Yalçın and Ayhan [2020] support the idea that exercise is associated with more positive body image perceptions, which may contribute to higher levels of body appreciation and self-confidence [18,10]. In a study conducted to examine the relationship between body appreciation and social competence in terms of various variables, it was found that the scales applied differed according to sociodemographic variables and there was a significant positive relationship between body appreciation and social competence [19]. Łebek and Knapik investigated body image and its relationship with physical activity and eating habits and found that negative perception of body mass in girls caused them to adopt dietary restrictions as opposed to motivating them to increase physical activity [20]. In a study in which the relationship between body appreciation levels and positive thinking levels of elite level tennis players was evaluated, it was shown that there was a positive correlation between the body appreciation score and positive thinking score of the group [21].

On the other hand, there are also studies in the literature [Özkara, 2019] reporting that there is no statistically significant relationship between physical activity

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participation status and body appreciation level [22]. In their study, Güven et al [2021] examined the relationship between body appreciation and exercise addiction levels of regular gym users according to their physical activity levels; they reported that there was a positive relationship between exercise addiction and physical activity level, but body appreciation was independent of physical activity levels [23]. As a result of the research on the effect of recreational activities on leisure time satisfaction and self-confidence levels of women, an increase in self-confidence levels was observed in women, while a significant difference was found in leisure time satisfaction levels. They stated that they found a negative relationship between leisure time satisfaction and female self-confidence [24]. Gozana et al [2019] found no difference in body dissatisfaction between adolescents who did and did not engage in physical activity [25]. When the findings of this study were evaluated, a positive relationship was determined between self-confidence and high income levels of the participants. This relationship shows that as the income level increases, the level of self-confidence also increases. When the research results in the literature that are in parallel with the findings of this study are examined; Allobaney et al. [2022] investigated the self-confidence of nurses caring for COVID-19 patients and found that income levels were associated with higher self-confidence [26]. In addition, Tawalbeh et al., [2017], Pooler et al., [2017], Konlan et al., [2017] further support the idea that self-confidence is associated with higher income levels [27, 28, 29].

According to the education variable of this research, it was determined that the level of body appreciation and self-confidence increased as the level of education increased. Bandura [1982] discusses the concept of self-efficacy, which is a form of self-confidence, and states that higher self-efficacy levels are associated with higher performance achievements [30]. This suggests that individuals with a high level of education, who have gained knowledge and skills may have higher self-efficacy and therefore higher confidence in their abilities. In addition, J & A [2014] found a significantly high correlation between self-esteem, which is a component of self-confidence, and academic achievement, which suggests that individuals with high self-esteem, which may be affected by education, may also have high self-confidence [31]. In addition, Karataş and Öktem [2022], in their study investigating the relationship between self-confidence levels of sport sciences students and their anxiety about finding a job, found that individuals with high levels of self-confidence potentially affected by their education in the field of sport sciences may have lower anxiety about finding a job [32]. In summary, the selected references provide scientific evidence supporting the idea that as the level of education increases, the level of self-confidence also increases.

A positive and low level significant relationship was found between the height variable of the study and the body appreciation scale and the satisfaction, social relationships, internal self-confidence, and appearance sub-dimensions of the women self-confidence scale. The findings obtained from the existing studies support the claim that there is a positive and low-level significant relationship between height variable and body satisfaction scale as well as satisfaction, social relationships, internal self-confidence and appearance dimensions. Wu et al. [2017] show that taller individuals tend to have higher levels of body satisfaction [33].

As a result of the study, a negative, low-level significant relationship was found between the weight variable and the satisfaction, internal self-confidence and performance sub-dimensions of the women self-confidence scale. Findings from other studies, Fridman et al., [2005], Puhl et al., [2017], Griffiths et al., [2018] show that higher weight is associated with lower self-confidence levels [34, 35, 36]. These studies support the claim that there is a negative and low-level significant relationship between the weight variable and women's self-confidence level.

As a result, women's participation in physical activity, monthly income level, education levels, body perceptions about height and weight, body appreciation levels and self-concept has an effect on self-confidence. At the same time, a parallel relationship was found between body appreciation and self-confidence. Both parameters are important issues that deeply affect people's psychological and emotional well-being. A positive body perception, that is, the level of body appreciation, can positively affect the self-confidence of the person and provide psychological well-being. However, in the opposite case, the person's self-

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confidence may decrease and her psychological state may be negatively affected. Many researches also support this result. In this case, women can show a positive change in their bodies by participating in physical activity and this may affect their psychological well-being, and accordingly, their body appreciation levels and self-confidence may increase.

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