



## Exercising the Self - On the Role of Exercise, Gender and Culture in Physical Self-Perceptions

By Magnus Lindwall

VDM Verlag. Paperback. Book Condition: New. Paperback. 152 pages. Dimensions: 8.7in. x 5.9in. x 0.3in. In modern society, individuals constantly pass judgments on their own body and physical competence. For the person, these physical self-perceptions (PSP) may negatively affect global self-esteem and general mental well being. Three studies was conducted to examine the role that exercise, gender and culture play in the formation of PSP. In Study I, cross-cultural differences in PSP across three national samples (Great Britain, Sweden and Turkey) of university students was found. Also, the validity of the instrument Physical Self-Perception Profile was supported across the samples. In Study II, higher self-reported exercise frequency was associated with more positive PSP and more importance attributed to PSP in Swedish university students. Males overall demonstrated more positive PSP than females. In Study III, strong support for the effects of an empowerment-based exercise intervention programme on PSP and social physique anxiety (SPA) over six months for adolescent girls was found. The results of the studies show that exercise can be a powerful tool in the professional promotion of general well-being, especially for groups that are less satisfied with themselves and their bodies. This item ships from multiple locations. Your book may...



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