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Evaluation the Efficacy of Emotion Regulation Increase Social Adjustment and Reducing Negative Body Image

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ABSTRACT

This study tries to analyze the efficiency of treating emotion regulation on increasing social adjustment and decreasing the negative body image of the girls who referred to Aesthetic surgery clinics in the Tehran city. This study was done in 2013-2014 using access sampling method on 40 individuals as sample. 20 individuals were classified as experimental group and 20 others were considered as control group). To measure research variables the Casch *et al's* (2003) questionnaire of negative body image and California social adjustment was used. Analysis of result using covariance analysis showed that interference of emotion regulation has been able to decrease the rate of body image in the experimental group in the post test that pretest. In addition, its efficacy on increasing social adjustment of individuals represented increasing the level of social adjustment. Result of this research and paying attention to family factors as one of the influential variables in developing the self-image and behavioral cognitive therapy to treatment with high efficiency is suggested in disorders related to negative body image.

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INTRODUCTION

The contemporary world is along with developments and mental growth in itself that emphasized on personality issues; it is issues that 100 years ago was considered as unimportant and banal issue. Of the discussions about human personality that previously was less dealt with is body image. The body image represents attitude of individuals from themselves along with sensations and thoughts that can change behavior in different conditions in a positive direction. Such body image can be influenced by factors such as physical growth, personal interactions with social environment, events and damages to body and worriedness to body image. It seems that negative body image has a multiple dimension having consequences like anxiety, depression, social isolation, weakening self-concept and self-esteem will be the result [1].

In Sandez view (2001) the concept of body image is a complex issue that involves biological factors, psychology, intrinsic and extrinsic social factors. Perceptual, attitude, and behavioral evaluations related to the body image are more predicting factors for disorders related to the body image attempts for atrophy and nutrition disorders than each of the evaluations alone. Result of our analysis in the previous months showed that a number of people in the society especially for women following their body image [2].

Dissatisfaction about body is an emotional-cognitive component to body image that includes sensations and negative introductions about body [3]. Flamet, Hill, Bochholz *et al* (2012) indicated that when the ideal common body is internalized for people as personal standard, individuals are exposed to body dissatisfaction danger and in this time a wide spectrum of eating disorders will be common. Morai, Bairen, and Raijer (2011) that considered dissatisfaction consequences of body as decreasing self-esteem, depression, eating disorder and selecting dangerous methods of life. In one study Gross and Levenson (1993) stated that girls are more

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dissatisfied with their bodies than boys. Girls had a higher experience in experiencing pressure for losing weight by media and boys suffered higher level of pressure for increasing the size of their muscles. Human being is a sociable creature and physically needs social communication, but such communication is not possible for all and factors like lack of self-esteem, evaluation of others about individual, fear of isolation and criticism or other factors cause people to feel anxiety in social positions. One of the cases that individual in social positions became stressful is the time when individual is not satisfied with his/her body image. When individual is dissatisfied with his mental image, it causes him/her to avoid such positions or such conditions are experienced with horrible fear and finally this anxiety in performance and social relations of individual causes disorder and decreases social adjustment. The importance of dealing with social adjustment in different studies showed that people with higher adjustment, experience higher positive emotions and they have more positive evaluation about their surrounding events that is he more healthier and creative immune system [6]. One of the groups with lower social compatibility is individuals with negative body image. Emotion regulation has an important role in our adjustment with stressful events in the life [7]. Result of our study showed that capacity of individuals in positive adjustment of emotions effects mental happiness, physical and interpersonal affairs for example the signs of malfunction in adjusting emotion affects the entire personality disorders in line 2 and more than half of the disorders happen in line 1 [8].

Personal efficiency in emotion regulation and introducing substructure factors are very influential. Emotion regulation is the innate aspect of trends of emotional responses [9]. In fact regulation of emotion refers to actions that are used to influence the changing of emotional states. Regulation of emotion is very influential in managing emotions [10]. Emotion regulation is a specific form of self-regulation and as internal and external processes involved in review, evaluation and adjustment of the length of emotional reactions [11]. Therefore, individuals' ability in controlling emotions is one of the most important capabilities that should be learnt. Emotional adjustment is defined as a process for starting, preservation or changing in reflection, intensity and continuation of internal senses and also it is related to social and mental processes and emotions to result in specific purposes [12]. Many experiences showed that emotional adjustment is related to achievement or lack of achievement in different aspects of life. Generally difficulty in regulation of emotions in one of the problems of people with negative body image that mostly are looking for low social adjustment for separation using plastic clinics. Based on stated issues and effect of emotional processes in beginning and continuation of negative body image it is possible to use variable of emotions to adjust emotions in individuals with negative body image. Doing this research can be suitable in the two levels of theoretical and applied levels. Approving research hypotheses and responding them in the theoretical level, approval of research hypotheses and clarifying research hypotheses and relationship between components of treating emotion regulation with negative body image and efficiency of emotion regulation treatment causes more introductions to relationship between variables and efficiency of the stated treatment will be provided for specified variables. This finding specifically will be offered for servicing the theories that are posed about negative body image and related issues to individual's health and influential factors on this variable. In this level approval of research hypothesis and the type of relationship between components of emotional treatment with social adjustment will clarifies the common border between these two construct and influences on theoretical science in this area. In the practical level, approval of research variables poses efficiency of this treatment on decreasing negative body image, increasing social adjustment and mental health and these findings will makes educational, health and treatment issues more strongly.

MATERIALS AND METHODS

In a clinical semi-experimental study using pre and posttest, the effect of emotion regulation skills on social adjustment and negative body image of people who referred to plastic clinics of Tehran city were analyzed in 2013. The research samples were the ready samples. So that 30 indiv

Duals were selected from among individuals who referred to plastic clinics (15 individuals as control group and 16 individuals as experimental groups), then individuals were divided into two groups randomly. Education of these individuals was at least diploma and their age was from 18 to 35 years that had a low social adjustment and a high negative body image. In the next stage referees of experimental group participated in the sessions of emotion regulation and control group did not receive such education. After describing the method of interference for apprentices and their satisfaction for taking part in interferences is the sign of developing the questionnaire of California social adjustment and negative body image before interferences by one of the colleges and two educated psychologists.

Research tools:

Demographic questionnaire:

Demographic questionnaire contains open and closed information about history of mental and physical problems of his family, socio economical and income of family.

Multidimensional questionnaire of relationship between body-self:

This questionnaire is a self-measuring scale having 46 articles that was invented by Casch *et al* in 1986 and 1987 for evaluating body image. This questionnaire includes a number of sentences about the way of thinking, sensation and behavior of individuals. This tool has three subscales: evaluation of appearance, tendency to appearance, evaluating appropriateness and tendency to appropriateness, preoccupation and obsessive, satisfaction from body organs, the questionnaire psychometrics features and body-self multidimensional issues were emphasized in the foreign studies [13]. Validity and reliability of this questionnaire was approved and similarity coefficient of its items in treatment of male and female are:

Evaluation of appearance condition 1·2·8·9·25·26·27·28

Tendency to appearance 14·15·20·21·7·13·6

Evaluation of appropriateness, including questions: 4·5·17 19·22·29·31
32·34·35·

Tendency to appropriateness: including questions: 3·10·11·12·16·18·23·24·30·33

Satisfaction with body organs, including questions: 38·39·40·41·42·43·44·45·46

Psychometric features of the questionnaire of multidimensional relationship between body and self was emphasized in foreign researches [13]. Validity and stability of this questionnaire was approved and similarity coefficient for items in men and women respectively is as follow:

0/88 و 0/88= AE

0/88 و 0/88 = AO

0/79 و /80 = FE

0/76 و 0/73 = FO

0/88 و 0/88 = SW

0/77 و 0/73 BAS =

The questionnaire of California social adjustment questionnaire (CTP). This questionnaire was invented by Sorb, Clark and Tikez [14]. The part related to social adjustment includes 90 questions to specify social adjustment this test has six parts: social frameworks, social skills, antisocial tendencies, family relationships, the college and social relationships. Scoring California test has 90 questions containing sub-questions of social adjustment personality of California in the form of yes/no answers. Based on the key for test correction in every six scales to correct answers score 1 and for incorrect answers score zero was allocated. Then correct answers related to 15 questions in every scale were summed that accordingly the sub-test score will be achieved. Then the score related to every 6 scale is summed and total score of social adjustment achieved. The test social coordination by dividing the test using Spairman Brown method for sub tests of social adjustment was reported from $\alpha=87$ to $\alpha=90$ that shows the entire questions have 6 subscale and they benefit appropriate intrinsic coherence.

Apprentices of experimental groups in 8 sessions each one 2 hours took part in treatment of emotion regulation treatment that was applied weekly for two months and then the apprentices of the two groups were tested (posttest) data were analyzed using covariance analysis with help of SPSS software .

The table for application of treating the states programs including 8 educational sessions every session 2 hours that is applied for 2 months. The content of sessions is as follow:

Sessions	Content of sessions
Content of session	Applying pretest, establishing relationship and conceptualization and necessity of using emotion regulation
Second session: educating awareness from positive emotions	Containing a short review on previous session educating awareness from positive emotions and different types of them (happiness, interest and love) and educating attention to positive emotions and sing them along with examples in the form of mental imagination, homework and writing positive emotions and registering them in the related form.
Third session: educating awareness from negative emotions	Including a short review on previous session, educating awareness from negative emotions and different types of them (worriedness, sadness, anger, hate) and educating attention to negative emotions and necessity of using them along with example in the form of mental image (for example experiencing worries) homework and writing negative emotions and registering them in the related form
Forth session: educating acceptance of positive emotions	Including review of previous session, educating acceptance without judgment about the rate and number of them, positive and negative consequences from these emotions, homework of asking about ideas of husband and close friend about the rate positive emotions and registering them in the related form.
Summery of the third session	Educating fourth session for negative emotions along with homework of the session about negative emotions
Six session: education and expression	New evaluation of positive emotions containing a review on previous session, educating the mental imagination (happiness, interest, and love), mental retention, and educating appropriate tools of these emotions
Seventh session: educating new evaluation and tools of negative emotions	Including a review of previous session, educating mental experiences of negative emotions (worriedness, sadness, anger and hate) appropriate tool and inhibition from inappropriate tools of these emotions
Eighth session	Summing up education sessions and application of post test

Results:

For the sake of testing hypotheses, the average rate of differential scores of pre and posttest of the two experimental and control group in the variable of social adjustment and negative body image by covariance analysis. Before applying covariance analysis the following assumptions were analyzed.

*Existence of linear relationship between variable of helping and dependent variable

* Gradients homogeneity assumption

*Assumption of equality of variances

Analysis of the stated conditions showed that it is possible to use covariance analysis test.

Table 1: scores of general score of social adjustment in the pre and posttest in referee individuals.

Variable	Test level	Groups	Frequency	Mean	SD
	Pretest	Experiment	20	58.10	8.077
		Control	20	55.90	10.90
	Post test	Experiment	20	63.50	4.77
		Control	20	51.85	7.69

By considering the data it was specified that scores of social adjustment in the post test stage than pretest stage increased in the experimental group while there is no change in the control group.

Table 2: Covariance analysis of the effect of treating emotion regulation on variable of social adjustment in individuals in the two stages of pre and post test

Source of changes	Degree of freedom	Value f	Sig level	Eta value
Interaction effect of testing stages and groups	1	56.28	0.000	0.603
Effect of examination stages	1	89.78	0.000	0.708
Effect of groups	1	87.08	0.000	0.702

Studies showed that the mean rate of average scores for adjustment in experimental group in the post test stage is greater and this difference is trivial in the control group. In addition analysis of the results showed that interference has been able to significantly increase the rate of social compatibility, because in the f value 89.78 the significant level 0.000 is smaller than 0.01. Therefore the hypothesis represents the sig effect of interferences on variable of confident 0.99 and the rate error possibility 0.01 is approved.

Table 3: General score of negative body image in referees in the pre- and posttest stage in the two experimental and control groups.

Variable	Test stage	Groups	Frequency	Average	SD
	Pre-test	Experimental	20	149.4	10.83
Negative body image		Control	20	151.8	12.25
	post test	Experimental	20	108.1	8.13
		Control	20	120.6	6.01

Paying attention to the data in the stated table shows that the scores of negative body image in the post test stage than pretest decreased in the experimental group while in the control group no changes experienced.

Table 4: Covariance analysis of the effect of emotion regulation treatment on variable of negative body image in the referees in the two pre and post stages.

Source of changes	Degree of freedom	f	Sig level	Eta value
Interactive effect of test stages and groups	1	37.8	0.000	0.506
Effect of test stages	1	12.3	0.0330	0.060
Effect of groups	1	29.7	0.000	0.446

Studies showed that the average rate of scores for negative body image in experimental group in the post test has lowered than pretest stage and this difference in control group is trivial. Also analysis of the result showed that this interference has been able to decrease negative body image significantly. Because in the rate of observed f value 12.35 and sig level is reported to be 0.033 that is lower than 0.05. Therefore our hypothesis representing sig level is approved as sig level of on variable of negative body image with 0.95% certainty and error level of 0.05.

Discussion:

First hypothesis: emotion regulation treatment is influential on increasing individuals' adjustment in individuals who referred to plastic clinic.

Result showed that emotion regulation treatment has been able to increase social adjustment in individuals. Result of this study is in line with the result of studies Thayer, J. F., & Lane (2002), Brody, G.H. & Flor (1998), Biederman, J., Faraone (1993), Bailey, Shannon D & Ricciardelli, lina (2010).

In addition, Gross (1995) have used behavioral-cognitive treatment of body image for individuals afflicted to body deformation. Result showed that this disorder in 82% of afflicted individuals decreased and this decreasing if followed in 77% follow up results. The study of Kring (2004) showed that women, who analyze the good appearance more, have lower self-esteem and are affected by thinness pressures more. Result of the study by Slomowski (1996) showed that individuals who are satisfied with their body, they perceive their body more completely and accept their physical weakness. In introducing the result in this study and other studies we can say that for several reasons we can specify the issues related to negative body image in the teenage and youth. These signs are more seen in the girls that may have personal, social and cultural affects. As mass media and social groups in the present society offer a picture of girls with an ideal appearance that to the extent physical organs are important that by advertisement and development of this issue for girls, such issue causes social pressure for girls. On the other hand we can say that the maturity age of apprentices causes most of the problems in these ages that based on the speed of such changes we can say that individuals cannot adjust to such rapid changes and this issue causes decreasing personal and social adjustment in these times. On the other hand, it is possible to refer to family reasons as one of the potential factors for afflicting to such negative body image. Result of several studies showed that strict parenting styles along with perfectionism expectations cause appearance of a series of unattained ideals in the youth that later with a little social and external pressure causes activating beliefs that are rooted in the family parenting style. We can say that here media is considered as an external factor that continues the ideals of the childhood times.

Second hypothesis:

Emotion regulation treatment has an important effect on negative body image of referee to aesthetic clinics.

Result showed that treatment of emotion regulation has an important role in reducing negative body image. In a study, as cognitive - behavioral model based on Cash 8 step on students' negative body image Raygan and *et al.* (2006) indicated that treatment intervention could reduce students' negative body image. Bashirpoor and Farahbakhsh' (2008) studies as efficiency of consulting group, using cognitive – behavioral approach in reducing students' shyness showed that there is a significant difference between the control and experimental groups in this regard, consulting group of cognitive – behavioral approach as an effective treatment way in reduction of students' shyness is applicable. Kring (2004) showed that the women who have more self-concern about the appearance has less self-esteem and are more affected by the danger of thinness pressures. The result of the study and other related ones showed that the symptoms are more observed in girls than that of boys due to the individual, social and cultural factors. Nowadays, as regards to the social media propaganda girls should be appeared ideal in society, so that the physical appearance is an important factor in girls that leads to social pressures. On the other hand, being exposed to psychological and physical changes results in multitude of psychological and physical changes that the subjects cannot accompany with rapid changes and circumstances and this issue causes to decreasing the social and individual adjustment. On the other hands, family factors are predisposing factors that increase negative body image. One of the limitations in this study was related to the referees of aesthetic clinic only, rather than the other people in 1392. Therefore, age range limited to 18-35. According to this study the individuals who have negative body image along with psychological disorders are advised educational experts to deal with it as a primary prevention and train parents in order to educate children and improving their self-esteem. Based on the result of this study, skills of adjusting emotion with adjustment has a direct relationship and clinical psychologists should pay specific attention to this issue to take more influential steps in this way.

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