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Investigation of Social Appearance Anxiety Levels of Physical Education and Teaching, Coaching Education and Sports Management Department Students in Terms of Different Variables

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Abstract

This research was carried out in order to determine the anxiety levels of the students of the Faculty of Sport Sciences, who are studying at Mehmet Akif Ersoy University in the province of Burdur, in the Republic of Turkey, according to their departments, due to their social appearance.

The population of the research is Mehmet Akif Ersoy University, a higher education institution in Burdur, and the sample is a total of 201 university students, 57 female and 144 male, studying in the "Physical Education and Sports Teaching, Sports Management and Coaching Education" departments of the sports sciences faculty of this university has created. The "Social Physics Anxiety Inventory" scale, which was developed by Hart et al. (1989) and was adapted to Turkey by Mülazımoğlu, Ballı, and Aşçı (2006), consisting of 12 items and two sub-scales, was developed by Hart et al. (1989) in order to measure students' anxiety levels towards their social appearance (Doğan, 2010; Mülazımoğlu-Ballı & Aşçı, 2004). Only the 7-item part, which is suitable for the characteristics of the Turkish people, was used. Appropriate SPSS program was used for the analysis of the data obtained in the research. In addition, before starting the research, the students filled out a "Voluntary Consent Form" to declare that they participated in the research voluntarily. "Pearson Correlation" test to examine the relationship between variables, the "Independent Samples" test to detect the effects of variables on each other, and the one-way analysis of variance test (One-Way ANOVA) to detect the difference between groups, and multiplexes to find between which groups this difference is "Bonferroni" test which is one of the comparison tests (Post Hoc)

was applied. Significant differences were taken as $p < 0.01$ and $p < 0.05$.

As a result of the research, it has been determined that there are positive and negative significant differences in the anxiety levels of 51 female and 144 male students studying at Burdur Mehmet Akif Ersoy University, Faculty of Sports Sciences, Physical Education and Sports Teaching, Sports Management and Coaching Education departments. Regarding the evaluation of these determinations, it can be said that female students are more sensitive than male students in terms of social appearance.

Keywords: Physical education, Coaching education, Sports management, Appearance, Anxiety

1. Introduction

1.1 Social Appearance

We can express all of the physical, mental and social stance that individuals want to achieve in order to have a better impact on other individuals in society, as social appearance (Hart, Leary, & Rejeski, 1989; Hart et al., 2008, Gunes, 2009; Ozcan et al., 2013).

1.2 Anxiety

Anxiety; It can be defined as negative mental changes and thoughts that occur outside the control of the individual. The English and medical equivalent of the word anxiety is translated as “Anxiety” (Karadayı, 2020). During anxiety, people can lose confidence in themselves. However, they are afraid or uneasy about all kinds of foreign thoughts and substances (Sahın, 2019; Levine and Harrison, 2004; Ozcan et al., 2013).

Anxiety as another definition; It is unclear how the person will live at the moment and in the future; perhaps it can be defined as a state of Anxiety and uneasiness about a subjective situation that is unlikely to happen (Bratman, 2017). Individuals deny, reject and ignore the situations that hurt them, cut off internal and external contact; (Almeida, Borba, & Santos, 2018) resort to defense mechanisms (Güney, 2018). These repressed and unconscious situations and unresolved problems cause the person to be uneasy, anxious and anxious even in ordinary situations (Sahın, 1985; Erskine, 2015; Kring & Johnson, 2015; Akin, 2007).

The formation of anxiety is based on the individual’s childhood experiences (Agopyan et al., 2019). Extremely rejecting and humiliating attitudes in childhood; cynical attitudes of other adults during adolescence; (Albayrak, Tarakçıoğlu, & Kadak, 2018) impulsive behavior of parents accompanying punishment when punishing; the child’s dirtying and sexual games are met with reaction; conflicting wishes of parents; quarrels between parents that continue even after divorce; difficulties faced by the child in his first socialization experience; (Batı et al., 2018) The repulsive and humiliating behaviors he encounters in his friendships can cause anxiety (Gectan, 1984; Hausenblas & Mack, 1999; Mulazımoglu, Ballı, & Ascı, 2006).

1.3 Social Appearance Anxiety

The expression “social appearance anxiety”, which was first used by Janet in 1903, is a sudden change in the negative emotions and thoughts that an individual feels in front of

society. In a different way; We can also say that the individual feels physically restless and uneasy in front of the society (Özteke Kozan & Hamarta, 2017) The individual thinks that he is physically evaluated negatively in the society (Hart et al., 2008; Ozturk & Alp, 2020; Cash & Fleming, 2002; Levine & Harrison, 2004).

2. Material and Method

The population of the research is Mehmet Akif Ersoy University, a higher education institution in Burdur, and the sample is a total of 201 university students, 57 female and 144 male, studying in the "Physical Education and Sports Teaching, Sports Management and Coaching Education" departments of the sports sciences faculty of this university has created. The "Social Physics Anxiety Inventory" scale, which was developed by Hart et al. (1989) and is the Turkish adaptation of Mulazımoglu, Ballı, and Asci (2006), consisting of 12 items and two subscales, was developed by Hart et al. (1989) in order to measure the anxiety levels of students towards their social appearance. Only the 7-item part, which is suitable for the characteristics of the Turkish people, was used. Appropriate SPSS program was used for the analysis of the data obtained in the research. In addition, before starting the research, the students filled out a "Voluntary Consent Form" to declare that they participated in the research voluntarily. "Pearson Correlation" test to examine the relationship between variables, the "Independent Samples" test to detect the effects of variables on each other, and the one-way analysis of variance test (One-Way ANOVA) to detect the difference between groups, and multiplexes to find between which groups this difference is. "Bonferroni" test which is one of the comparison tests (Post Hoc) was applied. Significant differences were taken as $p < 0.01$ and $p < 0.05$.

3. Results

Table 1. Frequency analysis table showing the frequency distribution of the participants

		f	%
Gender	Woman	57	28.4
	Man	144	71.6
Department	Physical Education	94	46.8
	Trainer	43	21.4
	Sports management	64	31.8
Sport Branch	Team Sports	99	49.3
	Individual Sports	102	50.7
Bmi	1,000	11	5.5
	2,000	158	78.6
	3,000	29	14.4
	4,000	3	1.5
	Total	201	100

Looking at Table 1, within the scope of variables; The distribution of participants by gender is 201 people, the number of male participants is 144 (71.6%), the number of female participants is 57 (28.4). As for the distribution of the department variable, it is seen that there are 94 (46.8%) Physical Education Teachers, 43 (21.4) Coaches, 64 (31.8%) Sports Management. Team Sports as a branch of sports 99 (49.3%), Individual Sports 102 (50.7) people. When the BMI variable is examined, the number of participants at the level of 1,000 is 11 (5.5%), the number of participants at the level of 2,000 is 158 (78.6%), the number of participants at the level of 3,000 is 29 (14.4%), and the number of participants at the 4,000 level is 3 (1.5%) constitute people.

Table 2. Table showing the average values of the variables of the participants

	N	X	Sd
Cender	201	1.72	.452
Department	201	1.85	.876
Sport Branch	201	1.51	.501
Size	201	1.7444	.07878
Kilo	201	68.6617	11.43602
Physical Appearance Comfort (I never worry about wearing clothes that make me look too thin or too fat)	201	2.48	1.346
I wish I wasn't obsessed with my physical appearance	201	2.91	1.357
There are times when I worry that other people are making negative judgments about my weight or muscle growth	201	2.38	1.284
Unattractive areas of my physical appearance make me nervous in certain social situations	201	2.18	1.236
It bothers me to know that other people are reviewing my physique	201	2.45	1.300
I get very shy when I show my physical appearance to other people	201	2.09	1.188
When I'm in a swimsuit, I often feel nervous because of the shape of my body	201	1.96	1.187

Looking at Table 2, as the average of the variables; Gender variable mean (1.72), Department variable mean (1.85), Sports branch variable mean (1.51), Height variable mean (1.7444), Weight variable mean (68.6617), Physical Appearance Comfort sub average of the size (2.48). Average of I Wish I Wasn't Obsessed About My Physical Appearance (2.91), There Are Times When I Worry About Other People's Negative Judgments About My Weight Or Muscle Growth sub-dimension average (2.38), Unattractive Areas of My Physical Appearance Cause Me Angry in Certain Social Environments It is seen that the average of the sub-dimension It Happens (2.18), the average of the sub-dimension It bothers to Know that Other People Are Examining My Physique (2.45).

Table 3. Pearson correlation analysis to examine the relationship between variables

		Physical Appearance Comfort (I never worry about wearing clothes that make me look too thin or too fat)	I wish I wasn't obsessed with my physical appearance	There are times when I worry that other people are making negative judgments about my weight or muscle growth.	Unattractive areas of my physical appearance make me nervous in certain social situations	It bothers me to know that other people are reviewing my physique	I get very shy when I show my physical appearance to other people	When I'm in a swimsuit, I often feel nervous because of the shape of my body.
Gender	*r*	.086	.007	.042	.056	-.180*	-.055	.063
	p	.223	.918	.557	.433	.010	.439	.376
Department	*r*	.023	.182**	.136	.242**	.068	.042	.052
	p	.743	.010	.055	.001	.334	.557	.464
Sport Branch	*r*	-.098	.067	-.008	-.002	.006	-.052	-.092
	p	.166	.344	.906	.976	.929	.468	.194
Bmi Grup	*r*	.168*	-.073	-.080	.055	.024	.050	.076
	p	.017	.302	.258	.441	.732	.484	.283

Note. * $p < 0.05$, ** $p < 0.01$.

According to Table 3, it is seen that there is a positive significant difference ($r = .168$, $p < 0.05$) between the "Physical Appearance Comfort" variable and "Bmi". It is seen that there is a positive significant difference ($r = .182$, $p < 0.01$) between the variable "I Wish Not To Be Obsessed About My Physical Appearance" and the variable "Department" where the students studied. It is seen that there is a positive significant difference ($r = .242$, $p < 0.01$) between the variable "Unattractive Regions of My Physical Appearance Causes Me to Be Angry in Certain Social Environments" and "Partition". It is seen that there is a negative significant difference ($r = -.180$, $p < 0.05$) between the variable "It Makes Us Uncomfortable To Know Other People Are Examining My Physique" and the variable "Gender".

Table 3. Pearson correlation analysis to examine the relationship between sub-dimensional variables (continued)

		Physical Appearance Comfort (I never worry about wearing clothes that make me look too thin or too fat)	I wish I wasn't obsessed with my physical appearance	There are times when I worry that other people are making negative judgments about my weight or muscle growth.	Unattractive areas of my physical appearance make me nervous in certain social situations	It bothers me to know that other people are reviewing my physique	I get very shy when I show my physical appearance to other people	When I'm in a swimsuit, I often feel nervous because of the shape of my body
Physical Appearance Comfort (I never worry about wearing clothes that make me look too thin or too fat)	*r*	1	.125	.228**	.140*	.055	.185**	.078
	p		.077	.001	.047	.442	.008	.272
I wish I wasn't obsessed with my physical appearance	*r*		1	.419**	.406**	.264**	.225**	.243**
	p			.000	.000	.000	.001	.001
There are times when I worry that other people are making negative judgments about my weight or muscle growth	*r*			1	.637**	.375**	.443**	.411**
	p				.000	.000	.000	.000
Unattractive areas of my physical appearance make me nervous in certain social situations	*r*				1	.401**	.455**	.472**
	p					.000	.000	.000
It bothers me to know that other people are reviewing my physique	*r*					1	.605**	.368**
	p						.000	.000
I get very shy when I show my physical appearance to other people	*r*						1	.527**
	p							.000
When I'm in a swimsuit, I often feel nervous because of the shape of my body	*r*							1
	p							

According to Table 3, there is a positive significant difference ($r = .228$, $p < 0.01$) between the "Physical Appearance Comfort" variable and "There are times when I worry about other people's negative judgments about my weight or muscle growth". Unattractive parts of my appearance cause me to be nervous in certain social environments" ($r = .140$, $p < 0.05$). Likewise, it is seen that there is a positive significant difference ($r = .185$, $p < 0.01$) between the variable of "Physical Appearance Comfort" and "I am very shy when I show my physical appearance to other people".

There is a positive significant difference ($r = .419$, $p < 0.01$) between the variable "I Wish Not To Be Obsessed About My Physical Appearance" and the sub-dimension "There are times when I worry about other people having negative judgments about my weight or muscle growth". Unattractive parts of my appearance cause me to be nervous in certain social

environments" sub-dimension ($r = .406$, $p < 0.01$), there is a positive significant difference between the sub-dimension "It is disturbing to know that other people are examining my physique" ($r = .264$, $p < 0.01$), there was a positive significant difference ($r = .225$, $p < 0.01$) between the sub-dimension "I am very shy when I show my physical appearance to other people", "Because of the shape of my body when I was in a swimsuit. It is seen that there is a positive significant difference ($r = .243$, $p < 0.01$) between the sub-dimension "I often feel nervous".

There is a positive significant difference between the variable "There are times when I worry that other people have negative judgments about my weight or muscle growth" and the sub-dimension "Unattractive parts of my physical appearance cause me to be nervous in certain social environments" ($r = .637$, $p < 0.01$), there is a positive significant difference ($r = .375$, $p < 0.01$) between the sub-dimension "It bothers me to know that other people are examining my physique", and there is a positive difference between the sub-dimension "I get very shy when I show my physical appearance to other people". It is seen that there is a significant difference ($r = .443$, $p < 0.01$), and there is a positive significant difference ($r = .411$, $p < 0.01$) between the sub-dimension "I often feel nervous because of the shape of my body when I am in a swimsuit".

There was a positive significant difference ($r = .401$, $p < 0.01$) between the variable "Unattractive parts of my physical appearance cause me to be nervous in certain social environments" and the sub-dimension "It is disturbing to know that other people are examining my physique". I get very shy when I show it to people" sub-dimension ($r = .455$, $p < 0.01$), there is a positive significant difference between the sub-dimension "I often feel angry because of the shape of my body when I am in a swimsuit" ($r = .472$, $p < 0.01$).

There was a positive significant difference ($r = .605$, $p < 0.01$) between the variable "It bothers me to know that other people are examining my physique" and the sub-dimension "I am very shy when I show my physical appearance to other people". It is seen that there is a positive significant difference ($r = .368$, $p < 0.01$) between the sub-dimension "I feel".

It is seen that there is a positive significant difference ($r = .527$, $p < 0.01$) between the variable "I am very shy when I show my physical appearance to other people" and the sub-dimension "I often feel nervous because of the shape of my body when I am in a swimsuit".

Table 4. Results of the independent T-Test to detect the comparison between the gender variable and the sub-dimension variables

	Gender	N	X	Sd	t	df	p
Physical Appearance Comfort (I never worry about wearing clothes that make me look too thin or too fat)	Woman	57	2.30	1.362	-1.223	199	.223
	Man	144	2.56	1.337			
I wish I wasn't obsessed with my physical appearance	Woman	57	2.89	1.359	-.103	199	.918
	Man	144	2.92	1.361			
There are times when I worry that other people are making negative judgments about my weight or muscle growth	Woman	57	2.30	1.349	-.589	199	.557
	Man	144	2.42	1.260			
Unattractive areas of my physical appearance make me nervous in certain social situations	Woman	57	2.07	1.193	-.785	199	.433
	Man	144	2.22	1.254			
It bothers me to know that other people are reviewing my physique	Woman	57	2.82	1.351	2.588	199	**.010**
	Man	144	2.31	1.253			
I get very shy when I show my physical appearance to other people	Woman	57	2.19	1.407	.696	84.037	.488
	Man	144	2.05	1.092			
When I'm in a swimsuit, I often feel nervous because of the shape of my body	Woman	57	1.84	1.066	-.887	199	.376
	Man	144	2.01	1.232			

According to Table 4, it is seen that there is a significant difference between the Gender Variable and the "It is disturbing to know that other people are examining my physique" Sub-variable. There is no significant difference with other sub-variables.

Table 5. One-Way ANOVA and Bonferroni (Post Hoc) table to identify the variable revealing the relationship of the groups belonging to the section variable and the significant difference within the group

	Department	N	X	Sd	F	df	p	Bonferroni
Physical Appearance Comfort (I never worry about wearing clothes that make me look too thin or too fat)	[1] Beden Eğitimi Öğretmenliği	94	2.48	1.346	.453	198	.637	
	[2] Trainer	43						
	[3] Sports management	64						
I wish I wasn't obsessed with my physical appearance	[1] Physical Education	94	2.91	1.357	3.710	198	.026	**1 < 3**
	[2] Trainer	43						
	[3] Sports management	64						
There are times when I worry that other people are making negative judgments about my weight or muscle growth	[1] Physical Education	94	2.38	1.284	5.050	198	.007	**1 < 2**
	[2] Trainer	43						
	[3] Sports management	64						
Unattractive areas of my physical appearance make me nervous in certain social situations	[1] Physical Education	94	2.18	1.236	7.511	198	.001	**1 > 2; 1 > 3**
	[2] Trainer	43						
	[3] Sports management	64						
It bothers me to know that other people are reviewing my physique	[1] Physical Education	94	2.45	1.300	.885	198	.414	
	[2] Trainer	43						
	[3] Sports management	64						
I get very shy when I show my physical appearance to other people	[1] Physical Education	94	2.09	1.188	.323	198	.724	
	[2] Trainer	43						
	[3] Sports management	64						
When I'm in a swimsuit, I often feel nervous because of the shape of my body	[1] Physical Education	94	1.96	1.187	.827	198	.439	
	[2] Trainer	43						
	[3] Sports management	64						

According to Table 5, there is a significant difference between the sub-dimension of "I wish not to be obsessed with my physical appearance" and the variables of "Physical Education Teaching", "Training" and "Sports Management". It is seen that it is more dominant in this sub-dimension ($p < .026$, $1 < 3$) compared to the section.

There are times when I worry that other people have negative judgments about my weight or muscle development. It is seen that this sub-dimension is more dominant ($p < .007$, $1 < 2$) compared to the "Educational Education" section.

There was a significant difference between the sub-dimension "Unattractive parts of my physical appearance cause me to be nervous in certain social environments" and the variables of "Physical Education Teaching", "Training" and "Sports Management", "Physical Education Teaching" section is seen to be more dominant within the scope of these sub-dimensions ($p < .026$, $1 > 2$, $1 > 3$) compared to the "Sport Management" section.

Table 6. Results of the independent T-Test to detect the comparison between the sport variable and the other sub-dimensional variables

	Sport Branch	N	X	Sd	t	df	p
Physical Appearance Comfort (I never worry about wearing clothes that make me look too thin or too fat)	Team Sports	99	2.62	1.441	1.390	199	.166
	Individual Sports	102	2.35	1.240			
I wish I wasn't obsessed with my physical appearance	Team Sports	99	2.82	1.380	-.949	199	.344
	Individual Sports	102	3.00	1.335			
There are times when I worry that other people are making negative judgments about my weight or muscle growth	Team Sports	99	2.39	1.260	.118	199	.906
	Individual Sports	102	2.37	1.312			
Unattractive areas of my physical appearance make me nervous in certain social situations	Team Sports	99	2.18	1.240	.031	199	.976
	Individual Sports	102	2.18	1.238			
It bothers me to know that other people are reviewing my physique	Team Sports	99	2.44	1.303	-.089	199	.929
	Individual Sports	102	2.46	1.302			
I get very shy when I show my physical appearance to other people	Team Sports	99	2.15	1.155	.727	199	.468
	Individual Sports	102	2.03	1.222			
When I'm in a swimsuit, I often feel nervous because of the shape of my body	Team Sports	99	2.07	1.264	1.303	199	.194
	Individual Sports	102	1.85	1.103			

According to Table 6, there is no significant difference between the Variables of Sports and Other Sub-variables.

Table 7. One-Way ANOVA and Bonferroni (Post Hoc) table showing the results of the relationship between bmi group and other variables and the differences of the group

	BMI_GRUP	N	X	Sd	F	df	p	Bonferroni
Physical Appearance Comfort (I never worry about wearing clothes that make me look too thin or too fat)	0-18.49 Thin (1)	11	2.48	1.346	3.850	197	.010	**1 < 4**
	18.50-24.99 Standart (2)	158						
	25.00-29.99 Overweight (3)	29						
	30.00-39.99 Obese (4)	3						
I wish I wasn't obsessed with my physical appearance	0-18.49 Thin(1)	11	2.91	1.357	.401	197	.752	
	18.50-24.99 Standart (2)	158						
	25.00-29.99 Overweight (3)	29						
	30.00-39.99 Obese (4)	3						
There are times when I worry that other people are making negative judgments about my weight or muscle growth.	0-18.49 Thin (1)	11	2.38	1.284	.823	197	.482	
	18.50-24.99 Standart (2)	158						
	25.00-29.99 Overweight (3)	29						
	30.00-39.99 Obese (4)	3						
There are times when I worry that other people are making negative judgments about my weight or muscle growth	0-18.49 Thin (1)	11	2.18	1.236	.333	197	.802	
	18.50-24.99 Standart (2)	158						
	25.00-29.99 Overweight (3)	29						
	30.00-39.99 Obese (4)	3						
It bothers me to know that other people are reviewing my physique	0-18.49 Thin (1)	11	2.45	1.300	.201	197	.896	
	18.50-24.99 Standart (2)	158						
	25.00-29.99 Overweight (3)	29						
	30.00-39.99 Obese(4)	3						
I get very shy when I show my physical appearance to other people	0-18.49 Thin (1)	11	2.09	1.188	.431	197	.731	
	18.50-24.99 Standart (2)	158						
	25.00-29.99 Overweight (3)	29						
	30.00-39.99 Obese (4)	3						
When I'm in a swimsuit, I often feel nervous because of the shape of my body	0-18.49 Thin (1)	11	1.96	1.187	1.424	197	.237	
	18.50-24.99 Standart (2)	158						
	25.00-29.99 Overweight (3)	29						
	30.00-39.99 Obese (4)	3						

According to Table 7, there was a significant difference between the sub-dimension "I wish I wasn't obsessed about my physical appearance" and the "BMI" variable, and accordingly, the "Obese" group was more dominant in this sub-dimension compared to the "Thin" group ($p < .010$, $1 < 4$) is seen. There is no significant difference in the scope of Other Variables and sub-dimensions.

4. Discussion

According to Table 1; Considering the BMI of the students participating in the research, it was determined that 78.6% of them were in the "Standard (2)" group according to the Bmi classification. We can say that the reason why this value comes out as a standard is that the students who win the faculty of sports sciences are away from a sedentary life and regularly engage in any sports branch.

According to Table 2; It was determined that the general average of the "Physical Appearance Comfort" sub-dimension variable for the questionnaire answers was "Generally correct" (2.48). The general average of the sub-dimension "I wish not to be obsessed with my physical appearance" for the survey answers was found to be "Generally wrong" (2.91). The general average of the sub-dimension "Other people have negative judgments about my weight or muscle growth" sub-dimension variable (2.38) was found to be "Usually wrong". It was determined that the general average of the sub-dimension "Unattractive parts of my physical appearance causes me to be nervous in certain social environments" (2.18) for the answers to the questionnaire was "Generally wrong". The general average of the sub-dimension "It is disturbing to know that other people are examining my physique" for the survey responses of the variable was found to be "Generally wrong" (2.45). It was determined that the general average of the sub-dimension "I am very shy when I show my physical appearance to other people" for the questionnaire answers was "Generally wrong" (2.09). The general average of the sub-dimension "I often feel nervous because of the shape of my body when I am in a swimsuit" was found to be "Totally wrong" (1.96) for the questionnaire answers. According to these results, we can say that the students of the faculty of sports sciences have physical shyness and this is due to the fact that the faculty they study is sports-oriented and they are engaged in a regular branch.

According to Table 3; In terms of a positive significant difference between "Physical Appearance Comfort" and "Bmi", it was determined that the students of the sports sciences faculty care about Bmi values, and that if the Bmi values are bad, their physical appearance comfort will deteriorate, or vice versa. We can say that they think that their physical appearance comfort will be at a positive level throughout.

According to Table 3; A positive and significant relationship between the departments was determined with the variable "I wish I wasn't obsessed about my physical appearance". The result of which section this obsession occurs more is determined in Table 5 ($1 < 3$). In this difference between physical education teaching and management departments, it has been determined that the administration department is more obsessed than the physical education department. We can say that this is due to the fact that the students of the management department do not have any background in sports. In addition, we can say that the less number of applied courses in the management department as a department causes this result.

According to Table 3; It was determined that there was a significant positive relationship between the sub-dimension variable "Unattractive parts of my physical appearance cause me to be nervous in certain social environments" and the variable of Department. The statistical value of this difference between which departments ($1 > 2$; $1 > 3$) is also presented in Table 5.

It is seen that the physical education department is more dominant in this sub-variable compared to the coaching and management departments. We can say that the reason for this is that the level of active involvement in sports in these departments is less than that of the coaching department, and the negativity of the physical education department students in their body structures may make them nervous due to the responsibility of the teaching profession.

According to Table 3; The explanation of the positive significant difference between the sub-dimension variable “It bothers me to know that other people are examining my physique” and the gender variable is explained in Table 4. Accordingly, it can be said that female students (x = 2.82) are more sensitive than male students (x = 2.31).

In the continuation of Table 3, it has been determined that all sub-dimension variables have significant relations with each other. We can say that this increases the reliability of the study.

According to the results of the Independent T Test to Detect the Comparison between the Gender Variable and the Sub-dimension Variables in Table 4; It has been determined that men (x = 2.56) are more comfortable than women (x = 2.30) in terms of “Physical Appearance Comfort” (I have no worries about wearing clothes that make me look too thin or too fat). We can say that the reason for this is that women are more sensitive than men by nature. In the variable “I wish not to be obsessed with my physical appearance”, it was determined that men (x = 2.92) were more obsessed than women (x = 2.89) according to gender. We can associate the reason for this with the result that occurs in a subvariable. In the variable “There are times when I worry that other people have negative judgments about my weight or muscle growth”, it was determined that men (x = 2.42) were more worried about physical losses than women (x = 2.30) according to gender. We can say that the reason for this is that men give more importance to the beauty and size of their muscles than women and that they think that they will be appreciated and attracted attention in this way. In the variable “Unattractive parts of my physical appearance cause me to be nervous in certain social environments”, it was determined that men (x = 2.22) were more nervous about physical losses than women (x = 2.07) according to gender. In the variable “It bothers me to know that other people are examining my physique”, it was determined that women (x = 2.82) according to gender, compared to men (x = 2.31), had the opinion that it would disturb them if their physique was examined by another person. We can say that the reason for this is that women may feel this discomfort in terms of the values of the society they live in and due to their nature. In the variable “I am very shy when I show my physical appearance to other people”, it was determined that women (x = 2.19) according to gender would be ashamed to show their physique to other people compared to men (x = 2.05). This result is consistent with the reason above. In the variable “I often feel angry because of the shape of my body when I am in a swimsuit”, it has been determined that men (x = 2.01) are more nervous in swimsuits than women (x = 1.84) according to gender. It can be said that the reason for this is that men may experience problems due to obesity in their body structures or lack of muscle in case of nudity.

According to Table 6, there is no significant difference between the Variables of Sports and

Other Sub-variables. However, if the general interpretation of the table is made; According to the relationship between the "Physical Appearance Comfort (I don't have any worries about wearing clothes that make me look too thin or too fat)" sub-dimension variable and the variable of sports branches, students who are engaged in team sports (X = 2.62), students who are engaged in individual sports (X = 2.35) were found to be less worried than The reason for this is that in team sports, the choice of clothes is the same for each member of the team and is prepared according to the body of the person, and in individual sports, the person may have the fear of not being liked by choosing the outfit he likes. According to the relationship between the sub-dimension variable "I wish not to be obsessed with my physical appearance" and the variable of sports branches, it was determined that students who are engaged in team sports (X = 2.82) are less obsessed than students who are engaged in individual sports (X = 3.00). This is a result that supports the above result. According to the relationship between the sub-dimension variable "Other people have negative judgments about my weight or muscle development" and the Sports branch variable, students who are engaged in team sports (X = 2.39), Students who are involved in individual sports (X = 2.37) were found to be more worried than The reason for this result can be said to be that the individual feels inadequate towards his teammates in terms of his physical structure. According to the relationship between the sub-dimension variable "Unattractive parts of my physical appearance cause me to be nervous in certain social environments" and the variable of sports branches, students who are engaged in team sports (X = 2.18) are equally compared to students who are engaged in individual sports (X = 2.18). They have been detected. According to the relationship between the sub-dimension variable "It bothers me to know that other people are examining my physique" and the variable of sports branches, it was determined that the students dealing with team sports (X = 2.44) were less worried than the students dealing with individual sports (X = 2.46). It can be thought that the main reason for this is that the physical differences of the person in team sports do not stand out as much as in individual sports. According to the relationship between the sub-dimension variable "I am very shy when I show my physical appearance to other people" and the variable of sports branches, students who are engaged in team sports (X = 2.15) are more shy than students who are engaged in individual sports detected (X = 2.03). This result can be said that the self-confidence and ability to cope with stress may be higher in the athletes engaged in individual sports.

Table 7, According to the results of One-Way ANOVA and Bonferroni (Post Hoc) analysis showing the Relationship between Bmi Group and Other Variables and the Results of the Group's Differences; According to Table 7, there was a significant difference between the sub-dimension "I wish I wasn't obsessed about my physical appearance" and the "BMI" variable, and accordingly, the "Obese" group was more dominant in this sub-dimension compared to the "Thin" group ($p < .010$). , $1 < 4$) were detected. It is obvious that the main reason for this is due to obesity.

5. Conclusion

As a result of the research, it has been determined that there are positive and negative significant differences in the anxiety levels of male and female students participating in the

research about their social appearance. Regarding the evaluation of these determinations, it can be said that female students are more sensitive than male students in terms of social appearance. Regular exercise to be applied together with regular nutrition plays an important role in eliminating the physical anxiety in individuals regarding these results. It is professionally inevitable for university students, especially those studying at the faculty of sports sciences, to show sensitivity in this regard and to set an example for the society and their students in the future.

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