

Impact of Body Image on Life Satisfaction with Mediating Role of Emotional Distress among Unmarried Females

Uzma Mumtaz¹, Soulat Khan², Tayyab Ali Butt³

¹MS Scholar, Department of Psychology, Foundation University, Islamabad, Pakistan.

²Lecturer, Department of Psychology, Foundation University, Islamabad, Pakistan.

³Lecturer, Department of Psychology, Foundation University, Islamabad, Pakistan.

Correspondence: ksoulat91@gmail.com²

ABSTRACT

Aim of the Study: The study aimed to examine the impact of body image on life satisfaction with mediating effect of emotional distress among unmarried Pakistani females.

Methodology: Sample comprised of $N=100$ females who were at least rejected once by a marriage proposal in last 6 months. Participants aged 19 to 30 years. Purposive and Snowball sampling strategies were used to recruit the research participants. Body Image Scale, Perceived Emotional Distress Scale and Satisfaction with Life Scale were used for assessment.

Findings: Results showed that body image dissatisfaction had significant negative relationship with life satisfaction and significant positive relationship with emotional distress. Body image dissatisfaction emerged as a significant negative predictor of life satisfaction and significant positive predictor of emotional distress. Findings also revealed emotional distress as significant mediator in the relationship between body image dissatisfaction and life satisfaction. Moreover, females aged 25 – 30 years were more emotionally distressed and dissatisfied with their life and had high level of body image dissatisfaction as compared to females aged 19 – 25 years.

Conclusion: This study highlighted the devastating effect of body image dissatisfaction in lives of unmarried females, directing counselors to inculcate the concept of a healthy body image in females to make them realize that it is the capability of an individual that is of worth not the body image.

Keywords: Body Image Dissatisfaction, Emotional Distress, Life Satisfaction, Disapproval Proposal, Unmarried Females.

Article History

Received:
January 15, 2025

Revised:
March 22, 2025

Accepted:
March 26, 2025

Online:
March 30, 2025

1. INTRODUCTION

Body image dissatisfaction is considered to be an important public health concern, due to its prevalence worldwide (Sharifi, Omid & Marzban, 2016; Frederick, Sandhu, Morse, & Swami, 2016; Joseph & Shiffrar, 2006). Skinny females or females with ideal body image are preferred for marriage proposals

(McComb & Mills, 2022). Many females are being rejected for marriage due to their body appearance (Malik, Rafaqat, & Zafar, 2023). Females strive to reach ideal body image, ultimately face adverse psychological outcomes i.e. life dissatisfaction and emotional distress (Subish & Shankar, 2007; Lin, Peh, & Mahendran, 2017; Potter, 2015).

Schilder (1935) initially established the concept of ideal body image as psychological phenomenon and explained body image as the mental images that individuals have of their own bodies. Body image dissatisfaction refers to negative subjective evaluations of one's own body figure (Aime, Cotton, Guitard & Bouchard, 2012). According to Shin and Johnson (1978) life satisfaction is a global assessment of a person's quality of life according to his chosen criteria, it includes the capacity for enjoyment. Judgments of satisfaction are dependent upon a comparison of one's circumstances with what is thought to be appropriate standard (Diener, Emmons, Larsen, & Griffin, 1985). A person's quest for happiness and success, coupled with availability of other's lives for comparison, will continually produce unpleasant emotional experience. Sleeplessness, restlessness and irritability are most frequently mentioned symptoms of what is labelled as emotional distress (Bernstein, 2011; Abele, 2003).

Body image dissatisfaction is common among females of all ages. Females are encouraged to pay attention to their weight, dressing sense, style, appearance, hair and skin from very early age. They are been taught that they will be appraised for their physical appearance. Females are mostly worried about large or out of shape physique (Pop, 2016). In various countries and regions around the world there is a lot of evidence that females experience dissatisfaction from their bodies and almost 80% of females in US are dissatisfied with their bodies (Zawawi, 2014; Hricova et al., 2015).

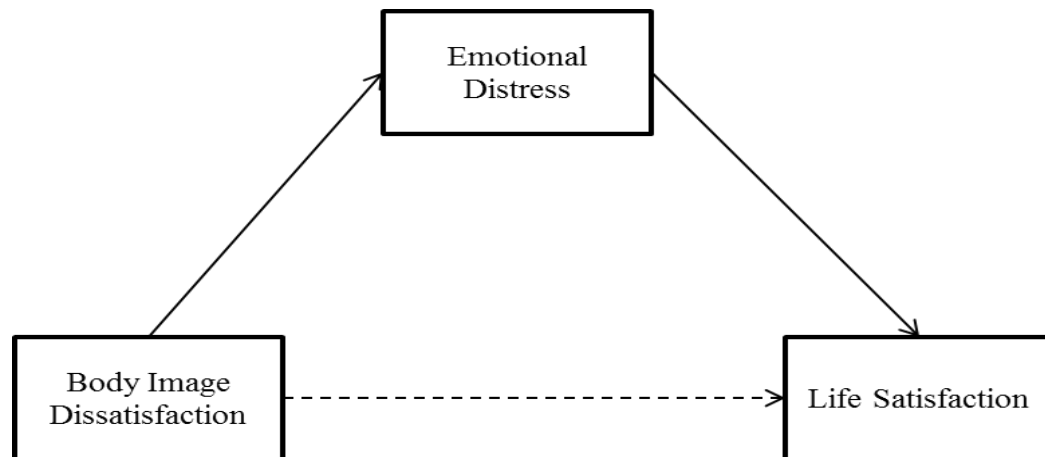
Females being dissatisfied with some features of their body are at high risk of experiencing psychological issues i.e. emotional distress and life dissatisfaction (Sihag & Joshi, 2017; Kates, 2008; Moin, Duvdevany, & Mazor, 2009). The effect of the body image dissatisfaction can range from least to severe and linked to poor life satisfaction (Amissah et al., 2015; Cohen et al., 2011; Kitsantas et al., 2006). Stress has been found to be associated with body dissatisfaction leading to psychological concerns and eating disorders (Castellano et al., 2021).

Asian cultures have been reported to be very susceptible to body image dissatisfaction and disturbances (Goel et al., 2021). Separate researches from Asian cultures such as China report increase in desire for thinness (Chen et al., 2007), increased facial appearance dissatisfaction (Jackson & Chen, 2008), as well as height dissatisfaction (Watts, 2004). Evidence also existed about the body image dissatisfaction of Pakistani females (Mahmud & Crittenden, 2010). In Pakistan, it is also observed that females are pressurized by their families to look more beautiful. Moreover, it is evident that marriage proposals scan the beauty of females and reject them on the basis of their physical appearance (Shahzad, 2017). Females being dissatisfied with some features of their body are at high risk of experiencing psychological issues i.e. psychological distress and life dissatisfaction (Hicks et al., 2022). Castellano et al. (2021) highlights the mediating role of stress between body dissatisfaction and eating disorder, which indicates the essential role of stress in the development of mental health issues in women due to body dissatisfaction. So, the present study addresses the concern by examining the mediating role of emotional distress involved with body image dissatisfaction contributing to life satisfaction among females being rejected by marriage proposals.

Millions of females are also bombarded with the media's idea of the perfect body image every day (McComb & Mills, 2021; Harriger, Thompson, & Tiggemann, 2023). The message being sent to female is that they are not pretty or skinny enough to be accepted for marriage (McComb & Mills, 2022; Sharifi et al., 2016; Chojnacki et al., 2014). In Pakistan it is also observed that females are pressurized by their families to get skinny to look more beautiful. Moreover, in Pakistani culture it is evident that marriage proposals scan the beauty of females and reject them on the basis of their physical appearance (Iram & Muazzam, 2016). Thus, it is important to emphasize on body image dissatisfaction and emotional strain leading to its impact on lives of unmarried women experiencing a declined proposal. So, the present study

addresses the concern by examining body image dissatisfaction as a predictive factor of emotional distress and life-satisfaction among unmarried females being rejected by marriage proposals. Moreover, present inquiry also aimed to examines the mediating role of emotional distress in the relationship between body image dissatisfaction and life satisfaction in unmarried females. Figure 1 represents the research model of the study.

Figure 1. *Proposed Research Model of Present Study*



The following hypotheses are formulated in accordance to the aims of the study:

- Body image dissatisfaction will likely to have negative relationship with life satisfaction and positive relationship with emotional distress among unmarried females.
- Body image dissatisfaction will negatively predict life satisfaction and positively predict emotional distress among unmarried females.
- Emotional distress is likely to mediate the relationship between body image dissatisfaction and life satisfaction in unmarried females.
- Unmarried females aged 25 – 30 years will have high body image dissatisfaction, emotional distress and low life satisfaction as compared to unmarried females aged 19 – 25 years.

2. METHOD

2.1 Research Design

The present study employed a correlational research design. The data was gathered through a designed survey.

2.2 Sample

Sample was comprised of $N=100$ participants with age range between 19 – 30years. Purposive and snowball sampling strategy was used to select research participants. Unmarried females who were at least once rejected by a marriage proposal in last six months were recruited as research participants. Demographic Characteristics of sample are reported below in Table 1.

Table 1: Demographic Characteristics of the Sample (N=100)

<i>Variables</i>	<i>f</i>	<i>%</i>
Age		
19 – 25	46	46.0
25 – 30	54	54.0
Education		
Middle	2	2.0
Metric	8	8.0
Intermediate	23	23.0
Bachelors	42	42.0
Masters	23	23.0
Post - Graduate	2	2.0
Working Status		
Yes	37	37.0
No	63	63.0
Height		
4.5 – 5.0	24	24.0
5.1 – 5.5	58	58.0
5.6 and above	18	18.0
Weight		
40 – 50	36	36.0
51 – 60	33	33.0
61 – 70	16	16.0
71 – 80	12	12.0
81 – 90	3	3.0

2.3 Assessment Measures

Body Image Scale (BIS). The Body Image Scale (BIS; Moeen, Muazzam, & Zubair, 2013) is a 35-item indigenous measure assessing three domains of body image dissatisfaction, namely physical component, psychological component, and strategies for body image. These three subscales of BIS are measured by 15, 13, and 7 items respectively with a total score range of 0 to 140. Participants rate each of the item on a 5-point Likert scale ranging from 0 = never to 4 = always. The high scores indicated more body image dissatisfaction. The alpha coefficient of the subscales ranged between $\alpha = .83$ to $\alpha = .90$ (Moeen et al., 2013).

Perceived Emotional Distress Inventory (PEDI). Perceived Emotional Distress Inventory (PEDI) by Moscoso, Lengachar and Reheiser (2012) was used to assess Emotional Distress. It is a 15 item self-report inventory. Response categories ranged from 0 (not at all) to 3 (very much so). Total score ranges from 0 – 45 where high scores indicate high emotional distress. The sample item is “I am not enjoying the things I usually do for fun”. The Cronbach alpha reliability of PEDI was reported in a study conducted by Khan et al. (2020) as .89.

Satisfaction with Life Scales (SWLS). Satisfaction with Life Scale was used to assess life satisfaction (Diener, Emmons, Larsen, & Griffin, 1985). It is a 5 items scale which is used to measure global cognitive judgments of one’s life satisfaction. It is a type of likert scale scoring ranging from 1 (strongly disagree) to 7 (strongly agree). The sample item is “In most ways my life is close to my ideal”. The high scores indicated high life satisfaction of participants with a total score range of 5 to 35. The alpha reliability of SWLS was found to be .91 (Joshnloo, 2022).

Demographic Information Questionnaire. Demographic Information Questionnaire developed by researcher. Questionnaire was comprised of information regarding participants' age, gender, education, working status, height and weight.

2.4 Procedure

Formal departmental permissions as well as permissions from the authors of scale were taken. Participants were approached through purposive sampling as well as snowball sampling strategy. Unmarried women were approached through purposive sampling and referred to other unmarried women who were rejected at least once. Informed consent was taken from each research participant. Those who provided their consent for participations were explained about the aim of study, nature of data collection, confidentiality, and privacy of their information as well as their right to withdraw from the research. The questions of participants were answered during the research process. It took 10 to 15 minutes for each participant to fill the questionnaires.

2.5 Ethical Considerations

The permission to conduct this study was taken from the relevant institution. The participants were informed about the study and the purpose of conducting this study. Written and verbal informed consent was taken from the participants. Confidentiality and anonymity of the participants were ensured. It was ensured to participants that their information will only be used for research purpose and their identity will not be disclosed to any third party or irrelevant person.

2.6 Data Analyses

Analyses were conducted using SPSS version 23 and Hayes' Process Macro. Before conducting the main analyses, certain pre-requisites were ensured such as absence of missing data, screening for outliers, normality of the data, linearity of the data, and reliabilities of the measures. After that, to test the first aim of the study, Pearson product moment correlation was conducted to determine the association between body image dissatisfaction, emotional distress and life satisfaction. Linear regression analysis was conducted to investigate the predictive role of body image dissatisfaction in emotional distress and life satisfaction. Mediation analysis was carried out through Process Macro model 4 to explore the main aim of this study i.e. to identify the mediating role of emotional distress in the relationship between body image dissatisfaction and life satisfaction. Furthermore, to explore the secondary aim of this research, independent samples t – test was conducted to find out the age differences in body image dissatisfaction, emotional distress and life satisfaction on the basis of two groups. Females were categories into two groups on the basis of their age (group 1 = 19 -25 years old; group 2 = 26 - 30 years old).

3. RESULTS

Preliminarily analyses such as descriptive and reliability were conducted to examine internal consistencies and descriptive of the measures. Skewness, and kurtosis were calculated to ensure the normality of the data, and Pearson product moment correlation was computed to analyze the relationship between study variables. Table 2 provides an overview of mean, standard deviations, Cronbach alphas, skewness, kurtosis, and inter correlations of the variables of the interest.

Table 2: Psychometric Properties of Study Variables (N=100)

Variables	<i>k</i>	<i>M</i>	<i>SD</i>	<i>α</i>	Ranges		Skew	Kurtosis
					Actual	Potential		
BID	35	49.60	23.36	.85	8 – 104	0 – 140	.06	-.78
Physical component	15	19.79	9.95	.74	3 – 39	0 – 60	.01	-.78
Psychological component	13	18.90	9.56	.74	1 – 40	0 – 52	.13	-.32
BS	7	10.91	5.86	.75	2 – 25	0 – 28	.22	-.71
Emotional distress	15	23.10	8.18	.73	5 – 38	0 – 45	-.11	-.30

Life Satisfaction	5	18.29	6.39	.77	9 – 34	1 – 35	.49	-.71
-------------------	---	-------	------	-----	--------	--------	-----	------

Note. k = number of items of a scale; M = mean, SD = standard deviation; α = alpha reliability; BS= Strategies to maintain one's body; BID= body image dissatisfaction.

Pearson correlation analysis was conducted to determine the relationship between body image dissatisfaction, emotional distress and life satisfaction among unmarried women as reported in Table 3.

Table 3: *Correlation between Body Image Dissatisfaction, Emotional Distress and Life Satisfaction in Unmarried Females (N=100)*

Variables	α	1	2	3	4	5	6
1 BID	.74	-	.92**	.95**	.86**	.53**	-.47**
2 Physical component	.74	-	-	.80**	.66**	.53**	-.51**
3 Psychological component	.75	-	-	-	.79**	.51**	-.40**
4 BS	.85	-	-	-	-	.38**	-.36**
5 Emotional distress	.73	-	-	-	-	-	-.52**
6 Life Satisfaction	.77	-	-	-	-	-	-

Note. BS= Strategies of body images, BID= body image dissatisfaction

*p < .05. **p<.01

Results revealed significant positive relationship between body image dissatisfaction and emotional distress among unmarried females. Results also revealed that there was a significant negative relationship between body image dissatisfaction and life satisfaction among unmarried females. Physical component, psychological component and strategies to maintain one's body image had significant positive relationship with emotional distress and negative relationship with life satisfaction.

Regression analysis was used to find whether body image dissatisfaction and its domains (physical and psychological) are predictors of emotional distress and life satisfaction among unmarried females. The results of regression are shown in Table 4.

Table 4: *Body Image Dissatisfaction as a Predictor of Emotional Distress and Life Satisfaction in Unmarried Females (N=100)*

Outcome		B	β	S.E	95% CI
Emotional Distress	Constant	13.89		1.63	[10.65, 17.13]
	BPH	.28	.34*	.11	[.04, .05]
	BPY	.26	.31	.15	[-.03, .57]
	BS	-.130	-.09	.19	[-.52, .26]
	R	.55			
	R ²	.30			
	F	14.20*			
Life Satisfaction	Constant	24.85		1.31	[22.23, 27.46]
	BPH	-.30*	-.53	.09	[-.53, -.15]
	BPY	.06	.09	.12	[-.18, .30]
	BS	-.90	-.80	.15	[-.40, .22]
	R	.51			
	R ²	.26			
	F	11.46*			

Note. BPH= Physical components of Body image; BPY= Psychological components of body image; BS= Strategies of body image; CI= confidence interval.

*p<0.5. **p<.01.

Results revealed that Physical component of body image emerged as a significant positive predictor of emotional distress and significant negative predictor of life satisfaction. Results also indicated that

psychological component of body image and strategies to maintain body image did not emerge as significant predictors of emotional distress and life satisfaction.

Mediation analysis was conducted on Process macro to determine the mediating effect of emotional distress in the association of body image dissatisfaction and life satisfaction among unmarried females.

Table 5: Mediating Role of Emotional Distress in Relationship between Body Image Dissatisfaction and Life Satisfaction in Unmarried Females

Variable	Total effects				Direct effects				Indirect effects			
	B	S.E	t	P	B	S.E	t	p	B	S.E	LL	UL
Body Image Dissatisfaction	-.12	.02	-5.31	.00	-.07	.02	-2.73	.00	-.06	.01	-.08	-.03

Note. N = 100. *p < .05. **p < .01

Table 5 indicates that B-value for indirect effect does not include zero, so the point that the confidence interval does not comprise zero means that there is likely to be a true indirect effect. Results of Sobel z test indicated that the size of indirect effect for body image dissatisfaction ($b = -.06$, $p = .00$), and life satisfaction is also significant. So, in the relationship between body image dissatisfaction and life satisfaction, results confirmed the mediating role of emotional distress.

In order to determine the differences in body image dissatisfaction in two subgroups of unmarried females on the basis of age i.e. 19 – 25 years and 25 – 30 years, independent sample t-test was conducted.

Table 6: Age differences in Body Image Dissatisfaction, Life Satisfaction and Emotional Distress in Unmarried Females (N=100)

Variables	Unmarried females (19 – 25 years)		Unmarried females (25 – 30 years)		t(98)		p		95% CI		Cohen's d
	M	SD	M	SD					LL	UL	
BID	42.91	25.61	55.29	19.77	-2.72	.00			-21.39	-3.36	0.54
BPH	17.47	11.13	21.75	8.43	-2.18	.03			-8.17	-3.90	0.38
BPY	16.52	10.54	20.92	8.20	-2.34	.02			-8.12	-.68	0.46
BS	8.91	5.79	12.61	5.40	-3.29	.00			-5.92	-1.47	0.66
Emotional Distress	20.80	6.83	25.05	8.77	-2.66	.00			-7.41	-1.08	0.008
Life Satisfaction	20.67	6.64	16.25	5.64	3.64	.00			2.01	6.81	0.72

Note. BPH= Physical components of Body image; BPY = Psychological component of body image; BS= Strategies of body image scale; BID= Total score of body image dissatisfaction; CI= confidence interval; LL= lower limit; UL= upper limit

*p < .05. **p < .01.

Table 6 shows that there was significant age difference in body image dissatisfaction, emotional distress and life satisfaction among unmarried females. Unmarried females aged 25 – 30 years were more dissatisfied with their body image, more emotionally distressed and more dissatisfied with their life as compared to unmarried females aged 19 – 25 years. Hypothesis is supported by research findings.

4. DISCUSSION AND FINDINGS

The present study aimed to investigate the predictive role of body image dissatisfaction and the mediating effect of emotional distress in the relationship between body image dissatisfaction and life satisfaction among unmarried females in Pakistan. Present research findings revealed that body image dissatisfaction had significant positive relationship with emotional distress among unmarried females. Similarly, in previous research studies, it was found that high level of body image dissatisfaction is positively

associated with emotional distress (Cohen et al., 2011; Lin et al., 2017). Research findings also revealed significant negative relationship between body image dissatisfaction and life satisfaction. Similarly, the previous studies indicate that body image dissatisfaction has negative relationship with life satisfaction (Kates, 2008; Moin et al., 2009; Sakellariou, 2023). Another study found negative correlation between body image dissatisfaction and life satisfaction due to cyberbullying victimization influencing the body image and associated eating patterns (Salazar, 2021). Current research findings are in accordance to previous studies.

Findings highlighted that body image dissatisfaction positively predicted emotional distress among unmarried females. Potter (2015) also found that body image dissatisfaction positively predicted emotional distress. The results also showed that body image dissatisfaction emerged as significant negative predictor of life satisfaction among unmarried females. A study conducted by Phoosuwan and Lundberg (2023) also revealed that life satisfaction is related to the body image among women with breast cancer. According to some more previous studies, it was found that body image dissatisfaction negatively predicted life satisfaction (Ferguson et al., 2013; Fredericka et al., 2016; Jaegar & Camara, 2015; Jain & Tiwari, 2016; Mond et al., 2013). So, previous research studies supported current research findings.

Results also confirmed the mediating role of emotional distress between body image dissatisfaction and life satisfaction. This role of emotional distress was not directly explored and established in literature but the direct paths were rigorously explored and established in previous studies (Ferguson et al., 2014; Kates, 2008; Moin et al., 2009). There is empirical evidence on the association of body image dissatisfaction and emotional distress (Przedziecki et al., 2013; Ricciardelli & McCabe, 2001) and emotional distress and life satisfaction (Kong, Zhao and You, 2012), however the mediating effect of emotional distress highlights the indirect impact of body image dissatisfaction on life satisfaction among unmarried females.

Results revealed that unmarried females aged 25 – 30 years were more dissatisfied with their body image, emotionally distressed and dissatisfied with lives as compared to unmarried females aged 19 – 25 years. In Pakistani culture, it is observed that age between 19 – 25 years is not considered to be a must age for marriage and if proposal is even rejected, it is not considered a problem for them and for their parents. In result even after facing rejection by a marriage proposal female in this age bracket do not go through such a huge distress, life dissatisfaction and body image dissatisfaction. So, this can be one possible reason for current research findings. The other scenario in Pakistan is that no matter how much a family is educated, they still prefer females to get married as soon as they cross 25 years and once reached 30 years (Rajwani & Pachani, 2015). At the age of 30 years when a female is rejected by a marriage proposal, her parents due societal pressures, pressurize their daughter to lose weight in order to get married soon (Shahzad, 2017). According to a study, young females who receive negative body image related comments from home and family environment, they also compare themselves with others and are at more risk of developing body image dissatisfaction and psychological issues (Cakar, 2012; Curtis & Loomans, 2014). Empirical evidence and cultural norms support the findings of present study (Rajwani & Pachani, 2015).

4.1 Limitations and Recommendations

It was a time bound study so sample size was small. Sample was taken from only one city of Pakistan and only female participants were selected. Future studies can take a large sample size from multiple cities to increase the generalizability of the results. Moreover, only unmarried females were recruited in this study, for future studies males can also be included in the study to identify body images issues in males being rejected by marriage proposals in Pakistan. The current study employed quantitative methodology, in future, studies can utilize qualitative methodology to explore more specific cultural factors leading to body image dissatisfaction in unmarried females.

4.2 Implications

Finding highlighted the negative impact of body image dissatisfaction in life of unmarried females. Counsellors and psychologists can incorporate emotional distress and body image dissatisfaction issues of unmarried females leading to stress into their counseling and therapy sessions to enhance life satisfaction and self-esteem of unmarried females. Seminars, workshops and awareness programs regarding body image can be more successful, by focusing on the outcomes explored in the present study. Families can also be educated regarding the concept of a healthy body image.

5. CONCLUSION

Based on obtained findings it is concluded that in Pakistan unmarried females who confront rejection by different marriage proposals face the issue of body image dissatisfaction which negatively influence their life by enhancing emotional distress and decreasing life satisfaction among them. Moreover, study yielded another important finding that emotional distress is the significant mediator of the relationship between body image dissatisfaction and life satisfaction. Furthermore, it was found that in Pakistani unmarried females aged 25 – 30 years are more likely to suffer more from body image dissatisfaction, emotional distress and life dissatisfaction as compared to unmarried females aged 19 – 25 years. Thus, this study highlights that with age unmarried females face more distress and body image dissatisfaction due to experience of a declined marriage proposal.

Acknowledgements

Authors would like to acknowledge the participants of this study for their support.

Conflict of Interest

Authors declared NO conflict of interest.

Funding Source

The authors received NO funding to conduct this study.

ORCID iDs

Uzma Mumtaz ¹  <https://orcid.org/0009-0002-1552-9110>

Soulat Khan ²  <https://orcid.org/0009-0004-1466-2141>

Tayyab Ali Butt ³  <https://orcid.org/0000-0002-2931-3161>

REFERENCES

- Abele, J. R. (2003). *Emotional Distress: Proving Damages*. (2nd Ed.). Tucson: Lawyers & Judges Publishing Company, Inc.
- Aime, A., Cotton, K., Guitard, T., & Bouchard, S., (2012). *Virtual Reality and Body Dissatisfaction Across the Eating Disorder's Spectrum, Virtual Reality in Psychological, Medical and Pedagogical Applications*. (1st Ed.). InTech.
- Amissah, M. C., Nyarko, K., Gyamerh, G. A., & Winne, M. N. (2015). Relationships among Body Image, Eating Behavior, and Psychological Health of University of Ghana Students. *International Journal of Humanities and Social Sciences*, 5(6). 192-203.
- Bernstein, D. A. (2011). *Essentials of Psychology*. (6th Ed.) Belmont: Wadsworth Cengage Learning.

- Cakar, F. S. (2012). The Relationship between the Self-efficacy and Life Satisfaction of Young Adults. *International Education Studies*, 5(6), 123-130. DOI:[10.5539/ies.v5n6p123](https://doi.org/10.5539/ies.v5n6p123)
- Castellano, S., Rizzotto, A., Neri, S., Currenti, W., Guerrero, C. S., Pirrone, C., & Di Corrado, D. (2021). The relationship between body dissatisfaction and eating disorder symptoms in young women aspiring fashion models: the mediating role of stress. *European Journal of Investigation in Health, Psychology and Education*, 11(2), 607-615. <https://doi.org/10.3390/ejihpe11020043>
- Chojnacki, M. S., Grant, C., Maguire, K., & Regan, K. (2014). The effects of female magazine models on the self-esteem and body image of college-age women. *Depleting Body Image*, 2, 34-38.
- Chen, H., Gao, X., & Jackson, T. (2007). Predictive models for understanding body dissatisfaction among young males and females in China. *Behaviour research and therapy*, 45(6), 1345-1356. <https://doi.org/10.1016/j.brat.2006.09.015>
- Cohen, M., Mabjish, A. A., & Zidan, J. (2011). Comparison of Arab breast cancer survivors and healthy controls for spousal relationship, body image, and emotional distress. *Quality of Life Research*, 20(2), 191-198. <https://doi.org/10.1007/s11136-010-9747-9>
- Curtis, C., & Loomans, C. (2014). Friends, family, and their influence on body image dissatisfaction. *Women's Studies Journal*, 28(2), 39-56.
- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction With Life Scale. *Journal of Personality Assessment*, 49(1), 71-75. https://doi.org/10.1207/s15327752jpa4901_13
- Ferguson, C. J., Muñoz, M. E., Garza, A., & Galindo, M. (2013). Concurrent and Prospective Analyses of Peer, Television and Social Media Influences on Body Dissatisfaction, Eating Disorder Symptoms and Life Satisfaction in Adolescent Girls. *Journal of Youth and Adolescence*, 43(1), 1-14. <https://doi.org/10.1007/s10964-012-9898-9>
- Frederick, D. A., Sandhu, G., Morse, P. J., & Swami, V. (2016). Correlates of appearance and weight satisfaction in a U.S. National Sample. *Body Image*, 17(4), 191-192. <https://doi.org/10.1016/j.bodyim.2016.04.001>
- Goel, N. J., Thomas, B., Boutté, R. L., Kaur, B., & Mazzeo, S. E. (2021). Body image and eating disorders among South Asian American women: What are we missing?. *Qualitative Health Research*, 31(13), 2512-2527. <https://doi.org/10.1177/10497323211036896>
- Hricova, L., Orosova O., Benka, J., Petkeviciene J., & Luckas, A. (2015). Body Dissatisfaction, Body Mass Index and Self Determination among university students from hungary, lithuania and slovakia. *Čes a slov Psychiat*, 111(2), 64-71.
- Iram, H., & Muazzam, A. (2016). Self-esteem Body image and self-consciousness among Women after rejection of Marriage Proposals. *Pakistan Journal of Gender Studies*, 12(1), 71-86. <https://doi.org/10.46568/pjgs.v12i1.200>
- Harriger, J. A., Thompson, J. K., & Tiggemann, M. (2023). TikTok, TikTok, the time is now: Future directions in social media and body image. *Body Image*, 44, 222-226. DOI: [10.1016/j.bodyim.2023.01.005](https://doi.org/10.1016/j.bodyim.2023.01.005)
- Hicks, R. E., Kenny, B., Stevenson, S., & Vanstone, D. M. (2022). Risk factors in body image dissatisfaction: Gender, maladaptive perfectionism, and psychological wellbeing. *Heliyon*, 8(6). e09745. <https://doi.org/10.1016/j.heliyon.2022.e09745>
- Jackson, T., & Chen, H. (2008). Sociocultural predictors of physical appearance concerns among adolescent girls and young women from China. *Sex Roles*, 58, 402-411. <https://doi.org/10.1007/s11199-007-9342-x>

- Jaegar, M. B., & Camara, S. G. (2015). Media and Life Dissatisfaction as Predictors of Body Dissatisfaction. *Paidéia*, 3, 78-90. <https://doi.org/10.1590/1982-43272561201506>
- Jalees, T., & Run, E. C. (2014). Body Image of Pakistani Cosumers. *Journal of Management Sciences*, 1 (1), 16-34. DOI:[10.20547/jms.2014.1401102](https://doi.org/10.20547/jms.2014.1401102)
- Joseph, C., & Shiffrar, M. (2006). Do observers' Negative Self Evaluations of Their Own Bodies Mediate Their Visual Attention Towards Other Bodies? *Rutgers Newark*, 11-12. <https://doi.org/10.1167/11.11.110>
- Kates, M. (2008). The Relationship Between Body Image Satisfaction, Investment in Physical Appearance, Life Satisfaction, And Physical Attractiveness Self-Efficacy in Adult Women. *ProQuest Information and Learning Company*, 19(2), 121-152. DOI:[10.5296/jsss.v2i1.6843](https://doi.org/10.5296/jsss.v2i1.6843)
- Kitsantas, A., Gilligan, T. D., & Kamata, A. (2006). A College women with eating disorders: self regulation, life satisfaction, and positive/negative affect. *The Journal of Psychology*, 137(4), 381-395. <https://doi.org/10.1080/00223980309600622>
- Kong, F., Zhao, J., & You, X. (2012). Social support mediates the impact of emotional intelligence on mental distress and life satisfaction in Chinese young adults. *Personality and Individual Differences*, 53(4), 513-517. <https://doi.org/10.1016/j.paid.2012.04.021>
- Lin, J., Peh, C. X., & Mahendran, R. (2017). Body image and emotional distress in newly diagnosed cancer patients: The mediating role of dysfunctional attitudes and rumination. *Body Image*, 20(1), 58 - 64. <https://doi.org/10.1016/j.bodyim.2016.11.001>
- Mahmud, N., & Crittenden, N. (2010). A comparative study of body image of Australian and Pakistani young females. *British Journal of Psychology*, 98(2), 187-197. <https://doi.org/10.1348/000712606X112446>
- Malik, A. S., Rafaqat, A., & Zafar, M. (2023). Marriage proposals & self-perceived experiences of females for standard or ideal beauty: An exploratory study of Pakistan. *Journal of Arts & Social Sciences*, 10(1), 42-54. <https://doi.org/10.46662/jass.v10i1.324>
- McComb, S. E., & Mills, J. S. (2021). Young women's body image following upwards comparison to Instagram models: The role of physical appearance perfectionism and cognitive emotion regulation. *Body image*, 38, 49-62. <https://doi.org/10.1016/j.bodyim.2021.03.012>
- McComb, S. E., & Mills, J. S. (2022). Eating and body image characteristics of those who aspire to the slim-thick, thin, or fit ideal and their impact on state body image. *Body Image*, 42, 375-384. <https://doi.org/10.1016/j.bodyim.2022.07.017>
- Moin, V., Duvdevany, I., & Mazor, D. (2009). Sexual Identity, Body Image and Life Satisfaction Among Women With and Without Physical Disability. *ResearchGate*, 27(2), 83-95. DOI:[10.1007/s11195-009-9112-5](https://doi.org/10.1007/s11195-009-9112-5)
- Mond, J., Mitchison, D., Latner, J., Hay, P., Owen, C., & Rodgers, B. (2013). Quality of life impairment associated with body dissatisfaction in a general population sample of women. *BMC Public Health*, 4(2), 83-92. <https://doi.org/10.1186/1471-2458-13-920>
- Moscoso, M. S., Lengachar, C. A., & Reheiser, E. C. (2012). The Assessment of Percieved Emotional Distress: The neglected side of cancer care. *Psicooncologia*, 9(2), 277-288. DOI:[10.5209/rev_PSIC.2013.v9.n2-3.40897](https://doi.org/10.5209/rev_PSIC.2013.v9.n2-3.40897)
- Moeen, T., Muazzam, A., & Zubair, B. (2013). Development and Validation of Body Image Scale (BIS) For Young Adult Females. *Pakistan Journal of Social & Clinical Psychology*, 11(1). <https://doi.org/10.1186/s40337-022-00657-z>

- Pop, C. (2016). Self-Esteem and body image perception in a sample of university Students. *Eurasian Journal of Educational Research*, 64, 31-44. DOI:[10.14689/ejer.2016.64.2](https://doi.org/10.14689/ejer.2016.64.2)
- Potter, M. (2015). Adolescent Body Dissatisfaction and Emotional Distress. FHSS Mentored Research Conference. Book 274.
- Przezdziecki, A., Sherman, K. A., Baillie, A., Taylor, A., Foley, E., & Stalgis-Bilinski, K. (2013). My changed body: breast cancer, body image, distress and self-compassion. *Psycho-oncology*, 22(8), 1872-1879. <https://doi.org/10.1002/pon.3230>
- Rajwani, A. A., & Ali Pachani, N. H. (2015). Early marriage of girls in Pakistan. *i-manager's Journal on Nursing*, 5(3). DOI:[10.26634/jnur.5.3.3624](https://doi.org/10.26634/jnur.5.3.3624)
- Ricciardelli, L. A., & McCabe, M. P. (2001). Dietary restraint and negative affect as mediators of body dissatisfaction and bulimic behavior in adolescent girls and boys. *Behaviour Research and Therapy*, 39(11), 1317-1328. [https://doi.org/10.1016/S0005-7967\(00\)00097-8](https://doi.org/10.1016/S0005-7967(00)00097-8)
- Schilder, P. (1935). The Image and Appearance of the Human Body: *Psyche Monographs*, 4. London: Kegan Paul, Trench, Trubner & Co.
- Shahzad, A. (2017). Differentials in female age at marriage in Pakistan: Have they changed or not?. *Nust Journal of Social Sciences And Humanities*, 3(1), 71-94. <https://doi.org/10.51732/njssh.v3i1.19>
- Sharifi, S. M., Omid, A., & Marzban, B. (2016). The Impact of Instagram Use of Body Image Concerns among Iranian University Female students: A Phenomenological Approach. *International Journal of Academic Research in Psychology*, 3(1). 26-36. DOI:[10.46886/IJARP/v3-i1/2280](https://doi.org/10.46886/IJARP/v3-i1/2280)
- Shin, D., & Johnson, D. (1978). Avowed happiness as an overall assessment of the quality of life. *Social Indicators Research*, 5, 475-492. <https://doi.org/10.1007/BF00352944>
- Sihag, R., & Joshi, H. (2017). A study on Body image dissatisfaction, BMI status and dietary patterns among newly entrant girls students of Punjab Institute of Medical Sciences, Jalandhar. *International Journal of Community Medicine and Public Health*, 4(7), 2531-2537. <https://doi.org/10.18203/2394-6040.ijcmph20172854>
- Subish, P., Shankar, P. R. (2007). Fair skin in South Asia: an obsession? *Journal of Pakistan Association of Dermatologist*, 17, 100-104.
- Sakellariou, C. (2023). The effect of body image perceptions on life satisfaction and emotional wellbeing of adolescent students. *Child Indicators Research*, 16(4), 1679-1708. <https://doi.org/10.1007/s12187-023-10029-x>
- Tayaba, M., & Amina. M. (2013). Development and Validation of Body Image Scale (BIS) for Young Adult Females. *Pakistan Journal of Social and Clinical Psychology*, 11(1), 52-58.
- Zawawi, D. J. (2014). Relationship between Body Mass Index, Body image Dissatisfaction and Psychological Distress among Fitness Center Female Users in Zarqa-Jordan. *International Journal of Humanities and Social Science*, 4(11), 109-130.