To Study the Correlation between Body Types and Basic Neurotic Behavioral Consequences

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Abstract

Background and Objectives: The purpose of research was to determine the relationship between body types and fundamental neurotic behavioral reactions and their social adjustment. A review of current literature was undertaken in order to summarize some of the possible effects of body type on one’s behavior and development of neurotic patterns and how they can be rehabilitated. This research gives an overview of causes of clinical symptoms among adolescents.

Method: Information was gathered from one hundred and eighty adolescents N = (180) which includes sixty endomorphs (obese), sixty mesomorphs (normal) and sixty ectomorphs (under weight) males and females of various colleges of Peshawar District. Depression Anxiety and Stress scale, developed by Lovinbond, S.H & Lovinbond, P.F (1995) was used as an instrument to collect the required data. The DASS is the set of three self-report scales designed to measure the negative emotional states of depression, anxiety and stress. The nutritional guideline and different exercise program were used for rehabilitation of depressed endomorphs.

Result: The analysis revealed that ectomorphs and endomorphs had moderate depression level, whereas mesomorphs had mild depression level. On other hand severe anxiety was found among ectomorphs and endomorphs. And the stress level among these two groups was moderate. While analyzing the depression scores of endomorph group who was gone through diet plan and physical exercise showed significant reduction of weight and depression as well.

Conclusion: It is therefore concluded that those who deviates from the standard body type tend to be more depressed, anxious and more under stress whereas more females showed signs of neurotic symptoms than their male contemporary. And the adolescents who adopt healthy life style may easily overcome the weight and neurotic problems.

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