

# The Level of Body Dysmorphic Disorder and Sports Personality among Sports Enthusiasts: Basis for an Intervention Program

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**Abstract**— The researcher pursued this study for the reason of self-indulgence to sports and martial arts and manifestation of Body Dysmorphic Disorder in some point. This pursuit will serve not only a research beneficial to the other readers but a self-help study to prevent BDD, to be fully aware of its causes and possible effects, and above all, to assess if BDD can affect the sports performance of the athletes and martial artists.

The rationale of the study is to prove or disprove the existence of Body Dysmorphic Disorder among sports enthusiasts and to strengthen or weaken some theory that supports the presumption that those who indulge their selves to sports are suffering from this disorder and it affects their performance as athletes or merely sportsmen.

This study aims to find a way to treat a person with Body Dysmorphic Disorder or BDD. Also, this work would like to reveal incidence of Body Dysmorphic Disorder among Sports Enthusiasts that might serve as a basis for an intervention program.

Specifically, this research hopes to answer the profile of the subjects according to educational attainment, occupation, years of training, age, civil status, sex, and sports involvement. Also, it aims to identify the level of Body Dysmorphic Disorder of the respondents and the level of Sports Personality of the respondents. If there is a significant difference between the level of BDD-YBOCS (Yale Brown Obsessive Compulsive Scale Modified for Body Dysmorphic Disorder) among respondents when grouped according to their profile, if there is a significant difference between the level of SPQ20 (Sports Personality Questionnaire Factor 20) of the respondents when grouped according to their profile, if there is a significant relationship between the level of BDD-YBOCS (Yale Brown Obsessive Compulsive Scale Modified for Body Dysmorphic Disorder) and level of SPQ20 (Sports Personality Questionnaire Factor 20) and what is the best intervention that is applicable for martial artists and sports enthusiasts with body dysmorphic disorder

The study covers martial arts practitioners and sports enthusiasts of any endeavors. The researcher will submit permission letters to fitness centers and martial arts schools and

will conduct a survey to classify them according to their profile. Conduct the Sports Personality Inventory Questionnaire and measure the intensity or severity of body dysmorphic disorder among Martial Artists and Sports Enthusiasts using the BDD-YBOCS questionnaire.

The research was conducted only within the City of San Pedro, Laguna with a total of 100 sports enthusiasts as participants. Given the insufficient time to accomplish the study, the researcher limited the view only within the level of Body Dysmorphic Disorder and the other 20 personality factors that might affect the elite performance of the respondents.

Test results showed no significant difference among the subjects when it comes to their level of body dysmorphic disorder. It was observed that during the test, the respondents are reluctant to give their honest opinions and answers because the test questions appear to be disturbing in a way that they will look like there is something wrong with them if they answer each items with sincerity. Furthermore, the tests questions were too deep to be understood by undergraduate respondents and that might cause them to answer the test with recklessness and inattention. The researcher would want to recommend revision of the Yale-Brown Obsessive Compulsive Scale Modified for Body Dysmorphic Disorder to come up with a more reliable and valid results for future research and exploration to the matter of Body Dysmorphic Disorder.

**Keywords**—Body Dysmorphic Disorder, BDD-YBOCS, Intervention Program, Sports Enthusiasts, SPQ20

## I. INTRODUCTION

Martial Arts erased the picture of well-advertised massacre and covered it with more sensual images that give everyone the idea that anyone can be “sexy and strong” at the same time while looking at the picture of the young jujitsu princess Kyra Gracie (heiress of the Gracie Family, reigning in the arena of Jujitsu), Phil Younghusband (English-Filipino footballer who plays as a forward for Loyola Agila and the Philippines national team) and Gina Carano (Strikeforce Women's Middleweight Champion with 13 wins : 1 loss record). Inspired by these modern amazons and hunky gladiators of MMA and other sports, a lot of men and women are enjoying training together in gymnasiums to achieve same body built. However, some enthusiasts may end up into the obsession of perfecting their body frames. Worst scenario, some may be positive with Body dysmorphic disorder (BDD) (previously known as dysmorphophobia is sometimes referred to as body dysmorphia or dysmorphic syndrome) which is a (psychological) somatoform disorder in which the affected person is excessively concerned about and preoccupied by a

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perceived defect in his or her physical features (body image). With these things in mind, the researcher would like to find out this phenomenon and if Body Dysmorphic Disorder (BDD) is helping the subjects get better or falter in their performance.

People with BDD have distorted views of themselves, which can lead to harmful or socially avoidant behaviors or repeated attempts to correct perceived problems through surgery. Some of the warning signs that a person may have BDD include the following: (a) Engaging in repetitive and time-consuming behaviors, such as looking in a mirror, picking at the skin, and trying to hide or cover up the defect, (b) Constantly asking for reassurance that the defect is not visible or too obvious, (c) Repeatedly measuring or touching the defect, (d) Experiencing problems at work or school, or in relationships due to the inability to stop focusing about the defect, (e) Feeling self-conscious and not wanting to go out in public, or feeling anxious when around other people, (f) Repeatedly consulting with medical specialists, such as plastic surgeons or dermatologists, to find ways to improve his or her appearance. (American Psychiatric Association . *Diagnostic and Statistical Manual of Mental Disorders*, Fourth Edition, Text Revision, 2006)

Body dysmorphic disorder (BDD) is characterized by a preoccupation with imagined or minor defects in appearance leading to significant distress and impairment in social and/or occupational functioning. Preoccupations commonly concern face, skin and hair (Philips, 2000). BDD is frequently co-morbid with obsessive-compulsive disorder (OCD) and the two disorders share many features. Individuals with BDD experience recurrent, persistent and intrusive preoccupations about their perceived physical defects that are similar to the obsessions seen in OCD. Ritualistic BDD behaviors such as mirror checking and hair grooming are similar to the compulsions of OCD. For these reasons, it has been speculated that BDD may be an obsessive-compulsive spectrum disorder (Castle, 2006).

Phillips & Menard (2006) found the completed-suicide rate in patients with BDD to be 45 times higher than that of the general United States population. This rate is more than double that of those with clinical depression and three times as high as that of those with bipolar disorder. Suicidal ideation is also found in around 80% of people with BDD. There has also been a suggested link between undiagnosed BDD and a higher-than-average suicide rate among people who have undergone cosmetic surgery.

The researcher, decided to take a chance on this study for the reason of self-indulgence to sports and martial arts and manifestation of Body Dysmorphic Disorder in some point. This pursuit will serve not only a research beneficial to the other readers but a self-help study to prevent BDD, to be fully aware of its causes and possible effects, and above all, to assess if BDD can affect the sports performance of the athletes and martial artists.

In this study, the sports personality as performing and non-performing athletes or martial artists and the severity of Body Dysmorphic Disorder will be compared and correlated to check if somehow BDD is a condition that could trigger athletes

or martial artists to perform better or to lose the drive to excel as sportsmen.

## II. PROCEDURE FOR PAPER SUBMISSION

### A. Review Stage

The researcher submitted permission letters to fitness centers and martial arts schools and used the SPQ20 sport personality questionnaire which is designed to provide information about the personality and mental factors that contribute to elite performance in sport. Next, the researcher will administer the BDD test called Yale Brown Obsessive Compulsive Scale Modified for Body Dysmorphic Disorder (BDD-YBOCS), a 12-item semi structured clinician-rated instrument designed to rate severity of body dysmorphic disorder (BDD). From this point, the martial artists and athletes were already divided into two groups, the performing and non-performing.

### B. Final Stage

The subjects were compared if BDD is affecting their performance in the sports they are involved with or somehow their sports attitude has somehow bring forth BDD. Finally, the researcher recommended the appropriate statistical treatment to quantify the percentage of Martial Artists and Sports Enthusiasts who are positive with Body Dysmorphic Disorder from those who are not and how is it affecting them and the other aspects of their lives.

### C. Statistical Treatment

For the demographic profile of the subjects according to:

#### 1. Educational Attainment

The researcher divided the subjects into three highest educational attainments which are elementary graduate, high school graduate and college graduate. In order to get the correlation and dependence of the mean between three groups, the researcher will use ANOVA (Analysis of Variance).

#### 2. Occupation

The researcher divided the subjects into with or without occupation. In order to get the correlation and dependence of the mean between two groups, the researcher will use t-test in these two different conditions.

#### 3. Years of Training

The researcher divided the subjects into less than 5 years and more than 5 years sports players. In order to get the correlation and dependence of the mean between two groups, the researcher will use t-test in these two different conditions.

#### 4. Age

The researcher divided the subjects into teens (11-19) and adults (20-above) sports players. In order to get the correlation and dependence of the mean between two groups, the researcher will use t-test in these two different conditions.

**5. Civil Status**

The researcher divided the subjects into married and single sports players. In order to get the correlation and dependence of the mean between two groups, the researcher will use t-test in these two different conditions.

**6. Sex**

The researcher divided the subjects into male and female sports players. In order to get the correlation and dependence of the mean between two groups, the researcher will use t-test in these two different conditions.

**7. Sports Involvement**

The researcher divided the subjects into team and individual sports players. In order to get the correlation and dependence of the mean between two groups, the researcher will use t-test in these two different conditions.

**8. Sports Personality and Level of Body Dysmorphic Disorder**

For the significant relationship between BDD and SPQ, the researcher will use Pearson *r* test which is used to measure the correlation (linear dependence) between two variables *X* and *Y*.

III. METHODOLOGY

*A. Research Design*

This study applied descriptive correlational design which is based on observation, of an event or events, from which theories may later be developed to explain the observations. The descriptive techniques discussed above permit a statement, in the form of correlations, about that relationship to make comparison among Sports Enthusiasts with regards to their sports personality inventory and which among them have the manifestation of Body Dysmorphic Disorder and how does it affect their performance.

In this study, the researcher came up with details about Body Dysmorphic Disorder, its symptoms and possible percentage of Martial Artists and Sports Enthusiasts who are affected and positive with this condition. Also, the researcher will employ exploratory research to yield information to explain problems which are not yet clearly defined or the real scope is still unclear.

*B. Research Locale*

The researcher focused on the Martial Artists and Sports Enthusiasts located within the vicinity of San Pedro, Laguna, Philippines for the reason of accessibility and convenience to conduct the study. San Pedro, Laguna is a nest of more than 20 gyms and dojos and over 1,000 martial artists and sports enthusiasts who regularly train every weekend.

*C. Samples and Sampling Technique*

The researcher chose convenience sampling and purposive sampling technique. Convenience sampling technique is either a collection of subjects that are accessible or a self-selection of individuals willing to participate which is exemplified by your volunteers.

Since the researcher is a Martial Artists and Sports Enthusiasts, it is convenient to pick subjects that are also attending trainings and exercising in gyms and schools. On the other hand, purposive sampling targets a particular group of people. In this case, the main subject of the research will be one hundred (100) Martial Artists and Sports Enthusiasts who are practicing regularly in their schools and training areas.

*D. Instrumentation*

The SPQ20 was designed to meet the key criteria in the EFPA Review Model for the Description and Evaluation of Psychological Tests (Bartram, 2002). The EFPA Review Model was produced to support and encourage the process of harmonizing the reviewing tests. It provides a standard set of criteria to assess the quality of modern psychometric tests. These cover the common areas of test review such as norms, reliability, and validity.

The SPQ20 has adequate internal consistency reliability as defined by the EFPA Review Model. The sten score seems range from 0.84 to 1.31 with a median of 1.08. This indicates that there is a 68% likelihood that the person’s true score on one of the scales will about one sten either side of the observed score. There needs to be a difference of two stens between the scores of two athletes on a scale before it can be assumed that there is a reliable difference between them on a scale (SPQ20 Manual, 2011).

Also, a follow-up test to find out the intensity or severity of Body Dysmorphic Disorder will be administered to the subjects. The authors developed the Yale Brown Obsessive Compulsive Scale Modified for Body Dysmorphic Disorder (BDD-YBOCS), a 12-item semi structured clinician-rated instrument designed to rate severity of body dysmorphic disorder (BDD). The scale was administered to 125 subjects with BDD, and interviews with 15 subjects were rated by 3 other raters. Test-retest reliability was assessed in 30 subjects. Other scales were administered to assess convergent and discriminant validity and sensitivity to change was evaluated in a study of fluvoxamine. Each item was frequently endorsed across a range of severity. Good interrater reliability, test-retest reliability, and internal consistency were obtained. BDD-YBOCS scores correlated with global severity scores but not with a measure of general psychopathology; they were modestly positively correlated with depression severity scores. Three factors accounted for 59.6 percent of the variance. The scale was sensitive to change in BDD severity. The BDD-YBOCS appears to be a reliable and valid measure of BDD severity and is a suitable outcome measure in treatment studies of BDD.

IV. RESULTS AND DISCUSSIONS

*A. Figures and Tables*

**The Level of Body Dysmorphic Disorder Scores of the Subjects Grouped According to Educational Attainment**

Sum of Squares	df	Mean Square	F	Sig.	Interp.	Decision
59.920	2	29.960	.436	.648	No Sig.	Accept H <sub>0</sub>

This table displays the level of the body dysmorphic disorder scores of the subjects grouped according to educational attainment using ANOVA (Analysis of Variance) since there are three groups being tested. According to the result, having  $\alpha=0.05$ , the test result is higher, therefore there is no significant relationship between the levels of Body Dysmorphic Disorder scored of the subjects grouped according to educational attainment.

**Independent Samples Test of the Body Dysmorphic Disorder Score of the Subjects Grouped According to Occupation**

t	df	Sig. (2-tailed)	Interp.	Decision
.575	98	.567	No Sig.	Accept H <sub>0</sub>

This table illustrates the level of the body dysmorphic disorder scores of the subjects grouped according to educational attainment using t-test since there are only two groups tested. Based on the result, having  $\alpha=0.05$ , the test result is higher, therefore there is no significant relationship between the levels of Body Dysmorphic Disorder scored of the subjects grouped according to occupation.

**Independent Samples Test of the Body Dysmorphic Disorder Score of the Subjects Grouped According to Years of Training**

t	df	Sig. (2-tailed)	Interp.	Decision
.163	98	.871	No Sig.	Accept H <sub>0</sub>

This table indicates the level of the body dysmorphic disorder scores of the subjects grouped according to educational attainment using t-test since there are only two groups being tested. Found from the result of this table, having  $\alpha=0.05$ , the test result is higher, therefore there is no significant relationship between the levels of Body Dysmorphic Disorder scored of the subjects grouped according to the years of training.

**Independent Samples Test of the Body Dysmorphic Disorder Score of the Subjects Grouped According to Age**

t	df	Sig. (2-tailed)	Interp.	Decision
-1.788	98	.077	No Sig.	Accept H <sub>0</sub>

This table insinuates the level of the body dysmorphic disorder scores of the subjects grouped according to educational attainment using t-test since there are only two groups being tested. Established from the data of this table, having  $\alpha=0.05$ , the test result is higher, therefore there is no significant relationship between the levels of Body Dysmorphic Disorder scored of the subjects grouped according to age.

**Independent Sample Test of the Body Dysmorphic Disorder Score of the Subject Grouped According to Civil Status**

t	df	Sig. (2-tailed)	Interp.	Decision
-.159	98	.874	No Sig.	Accept H <sub>0</sub>

This table directs the level of the body dysmorphic disorder scores of the subjects grouped according to educational attainment using t-test since there are only two groups being tested. Supported by the data in this table, having  $\alpha=0.05$ , the test result is higher, therefore there is no significant relationship between the levels of Body Dysmorphic Disorder scored of the subjects grouped according to civil status.

**Independent Sample Test of the Body Dysmorphic Disorder Score of the Subject Grouped According to Sports Involvement**

t	df	Sig. (2-tailed)	Interp.	Decision
-.559	98	.578	No Sig.	Accept H <sub>0</sub>

This table denotes the level of the body dysmorphic disorder scores of the subjects grouped according to educational attainment using t-test since there are only two groups being tested. Insinuated by this table, having  $\alpha=0.05$ , the test result is higher, therefore there is no significant relationship between the levels of Body Dysmorphic Disorder scored of the subjects grouped according to sports involvement.

**Pearson Correlation and p Value of BDD-YBOCS and SPQ20**

BDD-YBOCS and SPQ20	Pearson Correl.	p value	Interp.	Decision
Competitiveness	-.108	.284	No Sig.	Accept H <sub>0</sub>
Aggressiveness	.130	.198	No Sig.	Accept H <sub>0</sub>
Self-Efficacy	.038	.708	No Sig.	Accept H <sub>0</sub>
Flow	.029	.773	No Sig.	Accept H <sub>0</sub>
Achievement	.062	.542	No Sig.	Accept H <sub>0</sub>
Power	.113	.263	No Sig.	Accept H <sub>0</sub>
Conscientiousness	.070	.487	No Sig.	Accept H <sub>0</sub>
Ethics	-.073	.473	No Sig.	Accept H <sub>0</sub>
Adaptability	.166	.098	No Sig.	Accept H <sub>0</sub>
Self-Awareness	.075	.460	No Sig.	Accept H <sub>0</sub>
Intuition	.090	.375	No Sig.	Accept H <sub>0</sub>
Relationships	.214*	.032*	Sig.	Reject H <sub>0</sub>
Empathy	.145	.151	No Sig.	Accept H <sub>0</sub>
Emotions	.100	.322	No Sig.	Accept H <sub>0</sub>
Managing Pressure	.131	.194	No Sig.	Accept H <sub>0</sub>
Fear of Failure	.018	.861	No Sig.	Accept H <sub>0</sub>
Burn out	-.137	.175	No Sig.	Accept H <sub>0</sub>
Self-Talk	-.051	.614	No Sig.	Accept H <sub>0</sub>
Visualization	.043	.674	No Sig.	Accept H <sub>0</sub>
Goal-Setting	.011	.915	No Sig.	Accept H <sub>0</sub>

This table shows the Pearson correlation and p-Value of BDD-YBOCS and SPQ20 and it refers to the significant relationship of the score of the respondents in personality factor Relationships. Therefore, there is a significant relationship of Body Dysmorphic Disorder and to the personality factor Relationship score of the sports enthusiasts that as the level of BDD increase the Relationship factor of the sports enthusiasts decrease. Wherein those with high scores in the factor of Relationships enjoy being where the action is, find it easy to talk to people, and use sport as a platform for building relationships are expected to have a low level of Body Dysmorphic Disorder but those with low score in the factor of Relationships are

mostly quiet and reserved in groups and dislike being the center of attention and are probably have a high level of Body Dysmorphic Disorder.

## V. CONCLUSION

Having occupation give some sportsmen the capacity to pay gym membership and training fees that sometimes are costly. Joblessness may have also caused some of the respondents to spend time finding job rather than training.

There are more neophytes training compared to veterans or those who have been training for more than 6 years. When asked about the probable reason, a coach mentioned that those who have been training for so long tend to get used to the art and weary about it. A lot of students are coming in but when they learn already after a while, they quit for two common grounds: they became so busy or they found something more interesting to do.

There is more population of young adolescent sports enthusiasts rather than the adults. Adults may be more enthusiastic but they tend to be more preoccupied with a lot of things such as work, family, marriage and finances unlike the young adolescents who have the luxury of time and are more active physically. During summer, parents tend to look for summer sports clinic where they can enroll their children to prevent them from doing things that are not productive and helpful that could be a good basis to come up with this result.

It is observable that there are more single athletes than married ones. This is expected because married athletes are into a lot of responsibilities and priorities rather than training sports. Some experts also noted that, especially as they mature, athletes also have to manage kinds of life stressors that most adults address on a daily basis. They are faced with concerns such as marriage, families of their own, setting up and moving house, handling mortgages and other major financial commitments and family illnesses (Richardson, 2008).

It can be seen that more sportsmen are involved in individual sports. Everyone raves about the benefits of team sports for children. They develop teamwork. They develop social skills and networks of friends and so on. But team sports may pale in comparison to individual performance sports when it comes to things like independent thought, leadership, and self-reliance. Self-reliance is a skill undoubtedly developed in individual sports. As a sole performer, you've got no one to rely on but yourself. Training for that event you may have several friends and training partners helping you, but you know that it's up to you on performance day. Whereas in group sports most athletes have the knowledge that success and failure both are a team effort, and no matter how well or how poorly one performs, it's up to the team as a whole to work together and win. One may argue this develops dependence rather than independence (Fazio, 2012).

It is evident that most of the subjects who are high school at present have higher level of body dysmorphic disorder compared to the subjects who were high school graduate and college graduate. In a study of Phillips, et al. (2006), Body dysmorphic disorder (BDD) usually begins during adolescence, but its clinical features have received little investigation in this age group. Two hundred individuals with BDD (36 adolescents;

164 adults) completed interviewer-administered and self-report measures. Adolescents were preoccupied with numerous aspects of their appearance, most often their skin, hair, and stomach. Among the adolescents, 94.3% reported moderate, severe, or extreme distress due to BDD, 80.6% had a history of suicidal ideation, and 44.4% had attempted suicide. Adolescents experienced high rates and levels of impairment in school, work, and other aspects of psychosocial functioning.

It is evident that there are more newbies who tend to have body dysmorphic disorder rather than those who have been training for quite a long time. In the journal of Peters (2012), he stated that the new generation of athletes tends to have more eating disorder problem at present time. He also cited that the most common disorder is muscle dysmorphia which is a disorder wherein a person becomes obsessed with the idea that he or she is not muscular enough.

It is therefore seen that more adult athletes have the tendency to have body dysmorphic disorder. There were studies that talk about the involvement of veteran athletes into problems such as eating disorders and depression concerning body appearance. They have more tendencies to perfect their physique and to excel in their sports.

Married sports enthusiasts tend to have a higher level of body dysmorphic disorder compared to those who are single. This can be observed among married athletes whose attention is diverted from sports into a married life. Training is most often the last in their priority list although in the long run they tend to see what they have taken for granted.

Those who are involved to individual sports have the tendency to have a higher level of body dysmorphic disorder when compared those who are involved to team sports. Since individual sports encourage self-reliance, some athletes tend to see that they are solely dependent with their selves and more eyes are focus on them rather than if they are in the team.

It is perceptible that high school graduates have not found successful technique for regulating their feelings and emotions but they most of the time uses visualization to rehearse performances and regulate their emotions.

It is concluded that those who are working tend not to be motivated by power and authority in sports and have avoided putting their selves forward for leadership positions. On the other hand, they display sportsmanship, trying to do the right thing, and avoiding performance enhancement drugs.

It can be therefore concluded in this record that married athletes can display sportsmanship, try to do the right thing, and avoid performance enhancement drugs but have not found a successful technique for regulating their feelings and emotions.

It shows that there is a significant relationship of Body Dysmorphic Disorder and to the personality factor Relationship score of the sports enthusiasts that as the level of BDD increase the Relationship factor of the sports enthusiasts decrease. Wherein those with high scores in the factor of Relationships enjoy being where the action is, find it easy to talk to people, and use sport as a platform for building relationships are expected to have a low level of Body Dysmorphic Disorder but those with low score in the factor of Relationships are mostly quiet and reserved in groups and dislike being the center of attention and are probably have a high level of Body Dysmorphic Disorder.

## VI. RECOMMENDATION

It is really important that adolescents should be guided properly in dealing with their imperfections and this should be explained by a trusted coach or a reliable counsellor. They should be given the confidence that having defects or physical flaws has nothing to do with their performance and despite these; they should be helped to function well personally and socially.

Those who are not working have higher level of body dysmorphic disorder compared to the subjects who are working. This tendency is inevitable because of the luxury of time given to those without occupation to look at their selves and have self-criticism. Group counselling is recommended to hearten each one who feels not good enough due to their body dilemmas. Trainers should also be trained to speak fortifying words to prevent hurting the ailing heart of the athletes who have no job or are still studying.

It is evident that there are more newbies who tend to have body dysmorphic disorder rather than those who have been training for quite a long time. New trainees should be given the moral support that they need because sometimes, the reason why they involved their selves in to their sports is because of the physical problems that they were trying to deal with. Performance assessment is therefore advocated to show the improvement as they progress in years in their performance instead of focusing to their bodily crisis.

Married sports enthusiasts tend to have a higher level of body dysmorphic disorder compared to those who are single. This case could be the most common scenario among married athletes. They tend to focus on improving their selves to stay attractive for their spouses or loathe their bodies due to the result brought by marriage. Marriage counselling is highly directed. A marriage booster counselling may help the couples to understand the needs of each other and encourage one another to make each other feel good about their selves.

Those who are involved to individual sports have the tendency to have a higher level of body dysmorphic disorder when compared those who are involved to team sports. This is really surprising because the researcher expected the opposite result due to the point of comparison of team player from the other members of the team. However, this result could still be expected since an individual player is carrying all the pressure in his shoulders and concentrated to enhance their selves and performance. If this is the case, individual counselling is needed to correct the view of one person to their selves and to eliminate their attention from their physical blemishes.

The test result shows that there are five personality factors that have significant relationship among the level of SPQ20 of the subjects grouped according to educational attainment. The following are power, emotions, burn out, self-talk, and visualization. In general, the subjects who were elementary graduates or are high school students at present showed high score in these categories. Adolescents may be active in sports for they have the luxury of time and support that they can get and their youth is allowing them to improve further in sports but they also have the tendency to burn out easily. Therefore, it is highly recommended to do some variations and further

exploration when it comes to sports. However, adults should still try to stay active and improve their athletic skills. Age is not an excuse to be stagnant and stop excelling in sports. Proper time management skills workshop may therefore be recommended and suitable encouragement from a counsellor or coach is highly recommended.

Those subjects without occupation or may be still studying until now want to make their mark, give total commitment, keep on trying to do their best, and are willing to make personal sacrifices rather than those with occupation that are less concerned about getting on, doing well that is why they tend to achieve more in sports. Conversely, occupation may highly affect the athletic side of a person because it steals so much time and energy that makes the athletes to lose interest and zeal in sports. Time management skills workshop is advised to maintain good athletic performance among sports enthusiasts with occupation to allot a phase for body improvement and routine enhancement in sports.

Those who have been training for less than 5 years tend to be more emotional than those who have been training for more than six years. It is suggested that athletes should be oriented properly even before they start training. They may have all the physical strength to make them push thru the training but they have to be emotionally prepared as well to make them ready for the pressure and hardships of the athletic training. Appropriate encouragement and correct program planning for athletes are prescribed to improve this aspect.

Single sports enthusiasts follow a healthy lifestyle, get sufficient sleep and rest, and take care not to burn out while those who are married display the physical and emotional symptoms of burn out. To avoid this problem, married couples are suggested to participate in the same sports or to be actively supportive to the sports their partners are involved in to. Sports is really essential to keep a healthy lifestyle and well-being of one person. So, if it's possible, married athletes should still continue to train in their sports.

Subjects who were involved in group sports have lower self-efficacy compared to those who are involved to individual sports. It could be expected but it is proposed that self-efficacy should still be improved among athletes who were playing with groups because a group with players who are doing their best and focused on making their selves effective in performing their sports. A banner like "Do your best in anything" posted in gyms or training schools may actually help to boost their self-efficacy during their game time. Also, coaches should be advised to continue uplifting the morale of each players not only the individual player to show that each one of the members has an important role to play.

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