

**Personality Traits, Drive for Muscularity and Tendencies of Muscle
Dysmorphia Among Bodybuilders**



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DECLARATION

I, Ms. **Sadia Rehman** ID: **15007146006** Student of **MS** in the subject of **Clinical Psychology session 2015-2017**, hereby declare that the matter printed in the thesis title **“Personality Traits, Drive for Muscularity and Tendencies of Muscle Dysmorphia Among Bodybuilders”** is my own work and has not been printed, published and submitted as a research work thesis or publication in any form in any university, research institution etc. in Pakistan or abroad.

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Dedication

I dedicated this thesis to my beloved parents and siblings for nursing me with great love and affection. Thank you for their unconditional love, support, prayers, sacrifices and dedicated partnership for success in my life.

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Abstract

The numbers of extensive researches have been going on the subject of drive for muscularity and tendencies of muscle dysmorphia throughout the world. Hence, it was necessary to study this subject in Pakistani culture with the purpose to understand the drive for muscularity and tendencies of muscle dysmorphia in Pakistani men. The present research was conducted to study the personality traits, drive for muscularity and tendencies of muscle dysmorphia in Pakistani male bodybuilders (n= 211). For this purpose, Big Five Inventory (John & Srivastava, 1999) was used to measure the personality traits and to measure the tendencies of muscle dysmorphia the Body Dysmorphic Disorder Modification of the Y-BOCS (BDD-YBOCS) ((Phillips, Hollander, Rasmussen, Aronowitz, DeCaria & Goodman, 1997) used in this study. The drive for muscularity was measured by constructing the indigenous scale with well developed psychometric properties. Results revealed a positive correlation between the drive for muscularity and tendencies of muscle dysmorphia. It noted that 62 % bodybuilders was falling in the moderate level of drive for muscularity. Likewise, the most of bodybuilders with drive for muscularity was exhibited the traits of neuroticism as compared to the traits of extroversion, agreeableness, conscientiousness and openness on Big Five Inventory (BFI). Furthermore, the unmarried bodybuilders with the age range of 16 to 26 showed more drive for muscularity. These findings apparently point to the existence of a drive for muscularity and tendencies of muscle dysmorphia in Pakistani bodybuilders.

Key words: Drive for Muscularity, Personality Traits, Muscle Dysmorphia, Bodybuilders

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Introduction

Many individuals are endeavoring to attain the ideal body image due to the continuous changing with the current trends in the body image of men throughout the world. Many men are striving to attain “V shaped” a like broad chest, muscular arms, and a narrow shaped waist, which considered the ideal body image in today’s society. As the individuals in the western world are having a strong drive for muscularity strives to attain the ideal physique.