

**Perceived Fear of Obesity and Body Dissatisfaction among Pakistani female Hostelite Students**

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BY:

Mahrukh Fatima      15006142005

SESSION: 2015-2017

SUPERVISOR:

Ms. Saira Munsaf Khan

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Department of Psychology

School of Social Sciences and Humanities

University of Management and Technology, Lahore.

Research Project

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Mahrukh Fatima

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**DEPARTMENT OF PSYCHOLOGY, SCHOOL OF SOCIAL SCEINCES AND  
HUMANITIES, UNIVERSITY OF MANAGEMENT & TECHNOLOGY LAHORE.**

### Declaration

I, **Mahrukh Fatima**, Student No: 15006142005, student of MScin the subject of psychology, session of 2015 - 2017, hereby declare that the material printed in this thesis, titled “Perceived Fear of Obesity and Body Dissatisfaction among Pakistani female Hostelite Students” is original work and has not been printed, published or submitted as research work or thesis in any university or research institution in Pakistan or abroad.

Dated: \_\_\_\_\_

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Signature of Declarer

### **Research Completion Certificate**

Certificate that the research work contained in this thesis titled “Perceived Fear of Obesity and Body Dissatisfaction among Pakistani Female Hostelite Students” has been carried out and completed by **MAHRUKH FATIMA, Student No:15006142005**; Student of MSc Psychology, session 2015 - 2017, under my supervision. This study is an independent research work and carried out under given instruction and consideration.

Dated: \_\_\_\_\_

\_\_\_\_\_  
**Ms. Saira Munsaf Khan**

(Supervisor)

\_\_\_\_\_  
**Dr. Iftikhar Ahmad**

(Head of Department)

\_\_\_\_\_  
**External Examiner**

\_\_\_\_\_  
**Prof. Dr. Abdul Hameed**

Dean of SSSH

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### **Abstract**

Basic aim of the study is to investigate the psychological implications of fear of obesity and body dissatisfaction experienced by the female hostelite students. For data collection, two screening questionnaires and 6 semi-structured interviews were conducted. IPA was used for data analysis. 6 Hostelite women (aged 18 to 27) were interviewed having perceived fears of obesity and body dissatisfaction in them. Results revealed that there are many reasons of these fears like Bullying, disliking of people, marriage problem, health issues, difficulty in fashion persuasion and rude beauty standards. It also revealed that stress, aggression, bad mood, distracted mind, ruining relationships and bad behavior are the negative consequences of Fears of obesity and body dissatisfaction. They use different measures to lose weight as dieting, exercise, gym, home remedies, medicine use and consult nutritionist to control weight. Lastly hostel contribute to increase fear of obesity and body dissatisfaction because it has low quality food, lack of time, household works, carelessness in eating, comparison to other girls and bullying, privacy problem, limited space, relations with roommate and lack of facilities. This study suggests that bullying and obesity stigmatization plays an important role to disturb the mental health of obese people and increasing the perceived fear of obesity and body dissatisfaction in people. People follow many measures to lose weight but the other people's behavior and bullying negatively affect them and discouraged them. They try to find the happiness and satisfaction which are not present in their lives because of the trend and standards of the society about body and figure. These fears are very dangerous for their mental health.

## **Chapter I**

### **Introduction**

#### **1.1 Self Concept and Ideal-Self:**

In this era, people want to look like a real ideal. Ideals which may be smart, attractive, beautiful and charming. There are many types of ideals that most of the people follow and they vary from culture to culture. People want to fit in the concept of beauty which, in their culture most of the people like. It is a common phenomenon of the entire world. According to a proverb “It is not the thing it’s your eyes that make it beautiful”. As a human being we admire beauty. So the beauty is present and appreciated by human mechanism. People want to look beautiful and admire beauty. All these norms and habits reflect human nature and human desire to look beautiful. So if we want to look good we have to make our self’s according to the norms of culture and religious exceptions but when this nature converts into obsession and when most of the people start overthinking about them selves, problem starts.