

## Self-Objectification among Students of Dhi Qar University: A Psychology based Study

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### ABSTRACT

The current research aims to identify:

- 1- Self-objectification among university students.
- 3- the correlation between Self-objectification on the variables:  
A- Gender: (male-female)  
B- Specialization: (Humanitarian - Scientific)

To achieve the objectives of the current research, the researcher adopts the Self-objectification scale that is built by (Dahesh, 2021) and consists of (27) items.

The researcher conducted a sample of (400) male and female students from all faculties at the University of Dhi Qar distributed according to gender (153) males with a rate of (38%), and (247) females with a rate of (62%), and according to specialization and the number of students In the scientific specialization, there are (268) male and female students, with a rate of (68%), As for the number of students in the human specialization (132) male and female students, with a rate of (33%), the sample (400) male and female students was selected using the simple stratified random method from the University of Dhi Qar, then the paragraphs of the scale were analyzed logically and statistically to calculate their discriminatory ability, and their validity coefficients, and they were verified. The researcher of apparent validity, indicators of constructive validity of scales, Calculation of the stability of the two measures by (Alpha Crow Nabach \_ re-test), and for the purpose of ascertaining the research procedures and results, the researcher used the following statistical methods: the t-test for one sample - the t-test for two independent samples - Pearson's correlation coefficient - simple regression analysis of variance percentage.

The results reached the following:

- 1-The research sample has low Self-objectification.
- 2- Self-objectification the lower, and vice versa when he has mental openness, the level of Self-objectification decreases.
- 3-There are no differences in the relationship between Self-objectification according to gender (male – female)
- 4-There are no differences in the relationship according to specialization (humanitarian – scientific)

The researcher interpreted these results based on theoretical frameworks, and the findings of the results of previous studies, and in light of the results reached in the current research, the researcher came out with a number of recommendations and proposals, including:

The Recommendations:

- 1-Providing university and public libraries with books dealing with Self-objectification, especially the translated ones.
- 2-Creating psychological and social conditions that help students exchange opinions and scientific ideas among themselves.

The Proposals

- 1-Conducting studies similar to the current study dealing with other samples such as (preparatory students, social influencers on social networking sites, athletes).
- 2-Studying Self-objectification and its relationship to (openness to experience, personal values, and self-esteem).

**Keywords:-** Self-objectification, Specialization, current research

## Chapter One

**First: The Problem of Research:** The research problem is focused on the total society's view of the person with his external image, the nature of his weight and the numbers of its sizes. The modern society looks at the very thin individual as a manifestation of the ideal person in some societies. Therefore, the individual is happy with his loss of some kilograms of weight, and he is also anxious, eating, depression and frustration because he does not lose weight and increases his weight. The problem of living in a society in which the focus on the external image of people and the embodiment of the external appearance leads to individuals to criticize themselves on the basis of their suitability for the cultural base used in light of what the media platforms offer. This negatively affects the nature of individuals, and university students as an important part of this society, as they are aware of the negative factors that affect public health and the impact of plastic surgery and their dangers on the human being and his health. (Fredrickson et.al, 1998; p167)

It is strange that the leadership in managing the matters of life between a person and the "criticism" is this a new lifestyle that controls the daily life of individuals and the money is the partner controlling this life. (Musa,2002; p81) (1) George Lukacs has developed the concept of reversataion from the concept of another theory, which is (2) implicit of the commodity Fetishism that (3) Marx explained in his book *The Capital* 1967 where Lukash defined it as: it is the process of transforming human qualities into things Rigid, this idea won a strong moral criticism of the capitalist system, which considers a system that transforms humans into things that can be sold and bought. Lucas also clarified the marriage process, as it is a process of purchase of the two parties, the man relies on its ingredients in obedience and its capabilities to cook or the wealth of her parents or its attractiveness, and thus the beginning of the relationship of marriage depends on the mirror's omitivity and the man's thing in order to create an external social structure that people benefit in general as if they are dolls sold And buy. (Crepe, 1999: p. 309)

The results of studies and research conducted by Friedrikson and others have confirmed on the theory of self - derived and its consequences. There are studies that revealed the existence of differences between the sexes and many of the proposed links to self -mail in women and in men as well, Murdi and Huang, 2008) \* MORIADI A study confirmed the association of self -affection in men in a large way with the fears of Muscular athlete's body image (Moradi& Huang&, 2008: p377) Kreef and Helmick also found that men who showed higher levels of self-objectification (Grieve&Helmick, 2008) were more likely to have an athletic, muscular body and were more likely to report symptoms of muscular dysmorphia disorder in which the individual is more focused at the level of pictorial muscles). The study showed that muscular deformity is equivalent to an eating disorder in women within the framework of the theory of self-objectification (Grieve& & Helmick, 2008: p288). This theory also supported the fact that society sends a message to men that they value and value their muscles. The letter has harmful effects on physical dissatisfaction in men (Leit et al. al 2002: p334) Relevant studies revealed the impact of self-objectification and the relationship between depression and self-harm, and the relationship was moderate between self-objectification and depression in full from aspects of the negative view of the body,

(1) Most scholars consider it the founder of Western Marxism as opposed to the philosophy of the Soviet Union. He contributed several ideas, including "objectification" and "class consciousness," which fall under Marxist theory and philosophy.

(2) Karl Heinrich Marx is a German philosopher, critic of political economy, historian, sociologist, political theorist, journalist, and socialist revolutionary whose most famous writings are *The Communist Manifesto* and *Capital*.

(3) The book is considered a foundational theoretical text in materialistic philosophy, economics, and politics for Karl Marx. Marx aimed to reveal the economic patterns on which the capitalist mode of production is based.

as well as shyness from the external body image, as the study showed that there is a strong relationship between objectification The self and depression, and the presence of the depression factor leads to the incidence of physical self-harm in a positive degree (Muehlenkamp et.al ,2005:p24) It was also found that women who have high levels of self -creation say they have awareness of internal emotional states (Muehlenkamp et.al,2002) where self - objectification and body control in women are related to a negative association with psychological association

(Dahl, 2014:p24) Studies indicated that a thing is a thing The self in turn leads to many health problems, including eating disorders, malnutrition, abuse of drugs and alcohol, causing skin cancer and dry skin, that many wrong behaviors that lead to diseases that occur as a result of people's interest in 'how others look at them' such as the frequent use of women of cosmetics and abundance They resorted to plastic surgery, especially the face or body, is a way to improve the impressions of others. Therefore, it is possible to lead to the occurrence of many skin diseases and abnormalities in the face and body or the occurrence of abnormalities resulting from the failure of these operations, leading women to increase the use of cosmetics or perform other plastic surgery in order to cover the deformities that they obtained in advance, and this leads to a number of Other skin and physical problems and diseases. (Iery et al, 1994: p466). There is also another study conducted in (2019) that the self -creation is linked to manipulating pictures, exploiting feelings and deception via the Internet in their study using self -preparation and behaviors of publishing personal images through regular cameras, yet it was not confirmed by a strong way of the existence of a strong correlation between self - objectification and self - objectification behaviors. (Chen et al,2022; p3)Thus, the current research problem becomes clear by answering the important question : **Is there self-objectification among university students?**

**Second: The Importance of Research:** Shedding light on such topics in scientific research is considered new, and has not been dealt with extensively in Arab societies despite the increase in research and studies in Western societies, which begin with a lack of desire and satisfaction with the image of the body, and lead to serious repercussions and factors on the individual, through the individual's objectification of himself, And society in the long term and affect the physical safety and mental health in all age groups and its impact on women in particular. (Al-Qaryouti, 2009: p. 6) Also, people are different among themselves, although there are great similarities in common, and the events of their lives are considered behavioral patterns that make researchers in psychology want to study and understand them. (Saleh, 1987: p. 9) The theory has helped The objectification of the self-sheds light and insight into the potential influence of culture through how a person perceives himself and evaluates himself, and that the person sees himself through a lens or an external view, to see himself as an object, and these effects lead to self-objectification with negative results, including eating disorders, Depression and increasing a person's sense of body shame, anxiety and thus weakness in Cognitive processes. (fredrickson & Roberts 1998; p 173)

The importance of this study also lies in that there are many women, especially girls at the beginning of life, they control themselves on the basis of thinness, so they begin to compare themselves with others of girls as well as for the satisfaction of the other sex, and focus on their external, beauty and desirable form and thus to disable any thought or awareness Or development of its intellectual and mental capabilities. (Sheikh, 2005: p. 5) And that the value of the female body can be considered a general cultural image that has been found from ancient times. They invoke the body of the mirror and describe its charms, and the mirror body in that era was among the prevailing aesthetic criteria after that the transformation and replacement of the aesthetic model and it became suitable with the image recognized by society and here the body of the mirror became a symbolic tool that is more subject to the decision of the human group that is more controlled in its definition For the beauty of the mirror and its external shape, which works continuously to change it in multiple media and in societal cultures.

(Al -Zahi, 1999: p. 14) The Tabe study (Altabe, 1998) indicated that the Asian American women considered them less likely to appreciate the external appearance, when it was compared to white American women with American women of African descent and the Americans of Spanish origin, and the study indicated that women are women The ASI American women are less satisfied with the distinctive physical characteristics that distinguish them from white American women such as the nose and the color of its humanity, so the American women are less likely to social pressures than white American women as well as to accommodate their bodies as its hope, and that the Asian Americans show higher levels of symptoms of depression compared to white Americans Therefore, the relationship of these variables is important to a great extent by studying their association with self - objectification. (Okazaki, 1997: P52), while the (Sinclair & Mayers, 2004) indicated that university students with a low level of self - objectification were in general health and wellness. Eser physical health degrees have been associated with factors such as control, humor, stress management and self -esteem. In this regard, Taika and August (tylka & Augustus ,2011) It found a way to prevent self - objectification is the promotion of a scheme that explains the negative factors of the self - objectification and its bad effects in society. (MCKAY, 2013: P67)

**First: Theoretical importance:**

1. The self - objectification was not studied according to the researcher's knowledge of previous and modern studies in general and students of Dhi Qar University in particular.
2. Lack of Arab and Iraqi studies on self - objectification variable, according to the researcher.
3. Providing a new and scientific model of the theories that are adopted for the changes of self - objectification, which helps students and researchers enrich scientific research with modern topics and studies.

**Second: Applied importance:**

1. Providing a scale that measures the self - objectification of the university students. And benefit from it in the upcoming studies.
2. The current research is studying modern and basic changes after the era of globalization and cultural knowledge between societies and modern developments and the results of social media over students.
3. Explain the importance of study for researchers in terms of variables (self - objectification) and how to develop them, and identify their behavioral components.

**Third: AIM Research: The current research aims to identify:**

1. Self - objectification the research sample (university students).
2. Knowing the significance of statistical differences of self - objectification according to sex (male, female).
3. Learn about the significance of self- objectification. Specialization (human - scientific).

**Fourth: imitiots of the Research:**

1. **Conciliation determinants:** The current research variables show that the self - objectification is found.
2. **Human determinants:** The sample is shown by the students of Dhi Qar University as a whole and from both sexes.
3. **Spatial determinants:** Students and students of the University of Dhi Qar in the governorate of Dhi Qar.
4. **Time determinants:** The morning studies of students for the academic year (2022-2023) show.

**Fifth: Assigning the Terms: First: Self-objectification:**

**1- (Frederickson & Roberts, 1997):** The tendency of the individual to view himself as a material thing that enables him to achieve his goals, by exploiting his physical characteristics to influence others instead of dealing with them as a person who values himself and has his own entity.

(Frederickson and Roberts ,1997: p174)

**2- (Frederickson et.al, 1998):** Self -perception that includes the initial view of the self and dealing with it as something that is easy to display and use for material or sexual purposes. (Frederickson et.al, 1998: p271)

**3- (Calogero,2013):** What explains the psychological process through which women notice society's objectification of their bodies, which leads to their constant criticism of their bodies. (Calogero,2013; p11)

**Theoretical definition:** The researcher adopted the theoretical definition of (Frederickson and Roberts 1997) as its adopted theory of the theory, which is in light of which was adopted by the self - objectification scale, almost to measure.

**Dial definition:** the overall degree that the student (the respondent) gets when answering the vertebrae of the self - objectification scale prepared in the current research.

## Chapter II

**Self-objectification concept:** The concept of self - objectification is based on relying on the construction theory set by both (Frederickson & Roberts, 1997) as a general photo to understand the experience of self - objectification,

which women are exposed to continuous and societal cultures will have the great and distinctive role in stabilizing this type of concept in women. Therefore, the Objectification Theory indicated that it is the society's view that helps greatly to adopt the idea and point of view of others to them and how they look at their bodies, and this factor is a reason Essential for women to have a self - objectification because society and general culture helps significantly to this, so this is a key factor in their low performance in scientific and practical life and their only thinking is how society looks at the external appearance. The two researchers see (Frederickson & Roberts, 1997) that this is this The experiment begins through the staring (Gaza) in the woman's body, and this staring at the social relations of daily life occurs by communicating with For daily life by communicating with others, men or women, and men's view is directly without any hesitation, and this stigma is often accompanied by criticism and comments in which the woman's body resides, which leads to women and exposes her to a series of health and psychological risks during her complete rejection of her body because of these criticisms And the many comments, and here the woman's self - objectification because of society's view of her may lead to her rejection of themselves, such as the emergence of social anxiety, shame from the body and disturbances in nutrition and depression, and here there is a low concept of self - objectification, and the lack of awareness of internal sensations (the emergence of confusion, anxiety and the inability to distinguish Emotional) etc. (Frederickson alet,2006: p23) The objectification theory indicated that there are two types of psychological anxiety in societies that objectification a woman's body:

1- Anxiety about the outward appearance.

2-. Concern about public safety and vigilance for fear of being harassed.

Because those same societies demand that women be careful and maintain their health and physical safety, which leads women to focus only on the external appearance all the time, which greatly affects the lack of focus and the quality of their scientific and practical life.

(Franzoi, 1995) wrote that there are two basic ways of thinking about a woman's body that are particularly relevant to the discussion of gender differences in appreciating the body, namely:

1 - the aesthetic aspect

2 - the dynamic aspect

and for this reason the vast majority of people tend to look at the female body in terms of its shape and not as a person with his scientific and functional standing, as most people tend to look at the stereotypical image of women, which leads to self- objectification and thus to her objectification herself. (franzoi,1995; p417) The presentation of the objectification theory at the beginning in order to explain the psychological results in women, and the experimental support for the theory of objectification in relation to women continues through their growth period as well as the way to communicate to form social relationships with others, so some researchers assumed the basic principles that can be applied to men as well in terms of Experimental, although women show higher rates of self - objectification compared to men, the experience showed good and good validity in male samples, and thus a lot of research focused on self - objectification tion in men through specific sub -samples of men who are particularly high in this respect For example, I mentioned the study of each of ( wade & hallsworth, 2005) Male bodybuilders have a higher level of self - objectification among non -athletes. Where the results were more varying between men and women in their self - objectification, and I founded a study,( Frederickson et.al, 1998) The self - objectification was not related to the same results for women as it was for men where high self - objectification was associated with mathematics performance is low for women, and vice versa for For men and that the self in men is not associated with changes such as the shame of the body, appearance anxiety, eating disorders, although it is found in women and at a high rate. On the other hand, other research found that there are important ties between self - objectification and the psychological problems of men, as (Strelan & Hargreaves, 2005) was found that men who reached higher levels of self objectification with their lower respect for their bodies. (Oehlhof,2009; p309)

**Historical roots of self - objectification:** The start of the self -objectification concept in view of the object as if it is something, so that these are one of the social problems that have appeared throughout history, as it does not carry the identity of a specific society and the objectification is not in one direction against one party or a specific gender, for construction is a situation that a person exercises against man, and it has continued Man from the dawn of history using many practices that led to the emergence of a rebellion and revolutions such as those revolutions against slavery and racial discrimination when he treated the servant as something or as a commodity owned by another person who may be a governor or feudalism, and not as if he is a human being. Therefore, the fragmentation is considered one of the old problems, except that the knowledge and search for it seemed modern, especially in Western societies, when the era of enlightenment that established the civil society's struggle against the church and its authority that did not do is began. As for the Arab societies and the third world countries, it had a role in researching and investigating the problem of self-objectification because it is more affected by Western societies,

especially since we are in the time of globalization and the openness of the Arab world and all societies to the outside world and its influence with it so that many individuals are affected by the consequences of what is happening Since Arab society differs due to the nature of the customs and traditions that are imposed on all people in general and adherence to them. (Calogero ,2005: p30)

**1. Media:** The media is a slim body model, one of the pressure factors that take place in society, so individuals in general, men and women, seek to reach the ideal body that occurs due to society, and this is done through the media, family, peer and personal meetings, where the media is displayed Directly or indirectly in public magazines, movies, television and programs. Therefore, fashions occur in individuals through a presentation of TV programs and series, videos, video clips as well as ads. (Diebold&Tolman,1994) referred to the slim female body is considered one of the ideal body features and is linked to strength and success, through this the media communicates ideas to females that their bodies are goods and their life experiences are affected by them, as well as for European society is considered High physical fitness women are the ideal body. (McKay, 2013: p61) Either with regard to the role presented by women's magazines in the mirror body, and that these magazines use repressive ideology in the mirror, and they have a wrong and unhealthy awareness and create a sense of guilt due to the presence of certain defects in the form of her body and the search for its treatment, whatever the methods. (Gamble, 2002: p. 65)

**2. Society:** The concept of self - objectification explains to the process that women do to absorb and accept the beliefs that society imposes on them. In this case( Frederickson al. et, 2006) Girls and women have somewhat can consider themselves as a material thing, which leads them to form a self -understanding of excellence and continuous monitoring of their external appearance, due to the collective view that society provides to women and how her image is, given the external appearance It is not on the scientific, professional and life aspects of it, so most women focus on the external appearance only in order to satisfy society.( Frederickson al. et, 2006: p180)

**3. Friends:** The studies conducted by grabe showed that most of the factors of self-objectification among women by likening women among themselves to men as criticism of their external appearance and body image. Between body measurements and the lifestyle of individuals and that they are among the cultural standards, and his study concluded that the interest of individuals is focused on the consistency of their bodies and comparing them with others, and that they are of a higher degree for females compared to males, and that they want to have a harmonious body. (Abu Aisha, 2007: p. 67) These cases often appear through the social structures in which they often find themselves, where their bodies are constantly evaluated, and many studies have been conducted on the staring process, and studies have shown that male gaze and negative evaluation negatively affect females and women. Frederickson and Roberts 1997 theorize that objectification occurs in three main ways: personal and social encounters. The images people convey about you through social relationships. Confrontations between the view people have of you and your own .Confrontations help women to be victims of high rates of mistrust and anxiety from the male gaze, and this gaze is a major cause of female self-objectification. (Frederickson and Roberts, 1997; p126)

**4. Family:** has the concept of objectification in the family from an early age in the life of the child, since the beginning of the stage of playing with dolls and makeup bags, where girls are encouraged to collect and pay attention to clothes and other physical decorations, where the family teach females that their bodies are an important factor in the value of aesthetic women And the way to rule others to it is what determines this, and here the messages are transferred to the child directly or indirectly by the peer, parents and people close to them and who have his place, especially in their lives, and socialization is often the focus on both sexes, but the most important focus is girls And this focus is most often strict and exaggerated, and from here it develops the girls 'feeling of dissatisfaction and reassurance about their external appearance and that it is not sure if it is socially acceptable or not because of their exposure to ridicule, rejection or criticism continuously and during their life. (McKay , 2013:p 63)

**5. External factors:** The subjective objectification of self-formation was assessed through the use of an objective questionnaire of traits consisting of 10 items in two categories on the basis of appearance and competence, where the items based on appearance focus as a feature of the body that can be observed such as, attractiveness, measurements Weight, physical attractiveness, muscle tone. The other list focuses on efficiency by focusing external factors on unobservable body attributes such as strength, health, stamina, energy level and physical fitness. These factors are considered the most influential factors on the thinking of others.

(Fredrickson & Noll, 1998: p75)

**The risks of self - objectification:** It is possible that the self - objectification can lead to harmful results that negatively affect the females and males in particular and in society in general. Among these risks: the occurrence of depression where it appears through the deficit and anxiety that women suffer from as a result of the woman's lack of knowledge where and when this type faces The evaluation may increase the exposure of women to depression

(Frederickson and Roberts, 1997: P377) found that self-objectification can lead not only to depression but to feel ashamed of the body and thus to eating disorders. The occurrence of eating disorders, which can occur and continuously through the view and evaluation of others for the external appearance and the weight evaluation and that the continuous efforts of the woman to change their body and appearance lead to it to follow various food systems and continuous exercise and the use of cosmetics and cosmetics and is the most dangerous. Continuing to change the image of the external body in order to be socially acceptable and to stay away from unwanted assessments and thus has great harm to the person because of the excessive use of cosmetic products and submission to a number of surgeries. And the occurrence of weakness in the various tasks of life, such as forming long-term personal relationships and achieving academic success, as self-objectification is a strong relationship with academic weakness, where Frederickson, Roberts, 1998 have experienced they asked the participants to wear a swimming suit or jacket. The results indicated that women who wear clothes Swimming feels more physical than those who wear the jacket and that the feeling of shame from the body is linked to restricting eating and weak sports performance as the experiment makers suggested that the 'attention resources' may have been exhausted because of the experiment. In solving simple issues in study, such as solving mathematical issues. (Frederickson and Roberts, 1998: p 269) , Self-objectification includes pieces, burning, beating, beating of the head, excessive scratching, tightening hair, swallowing or inserting toxic or sharp materials and unnecessary surgeries. The self has. (Calogero Al.et, 2011, p 226) The appropriate treatment for such cases can be the definition of women and girls to the general dangers that lead them to self-objectification and harm to the continuation of such cases, as well as to encourage them to eat to honor the body, determine feelings, and deal together, and the situation Self-objectification in the context of talking about the positive benefits of it, but it is short and superficial for those individuals in society who are involved in self-objectification as well as by finding environmental positions or contexts that lead one to object to himself. And criticizing the slim model and avoiding a negative view from the fact that the slim body is the ideal body, but the human is different, and this difference lies in its body as well, as the health of the body does not lie only in the slim body, but rather lies in all types of different bodies. (Calogero al et, 2011: p 199)

### **The self- Objectification Theory:**

The theory of self-objectification, presented by Barbara Fredrickson and Tommy and Roberts in 1997, considers that the individual, through being subjected to objectification, becomes dissatisfied with his outward appearance, as he views himself as just something to draw the attention of others to him. And he must be evaluated on the basis of his appearance, as society appreciates him according to the appearance of his body only, and through that he becomes very aware and interested in his physical appearance, and that the process of objectification can increase the individual's anxiety more about the external appearance and the way his body is coordinated, so he reduces awareness of the inner bodily sensations (for example, hunger, health problems, physical disorders) with an increase in the chances of feeling ashamed of one's body and that this leads to an imbalance in the functions of the body and to the occurrence of depression and various and various psychological and health disorders. negative on the individual. (Fredrickson & Roberts, 1997: p176) Therefore, when the individual realizes the message that he needs to consider themselves as material things, they have an objectification of themselves, and in another way, the individuals who see themselves in the same way that Others see it, and here the self-objectification happens to them, that is, the individual is in permanent thinking in how others view them and the continuous evaluation of them, especially through consideration, as positive non-physical features such as intelligence creativity are the character of fun and humor is no longer seen as important and distinctive factors compared to the importance of the importance The characteristics and features that must be found in the exterior appearance (Fredrickson & Roberts, 1997: p174) Most individuals put very great importance to the opinions of others, and about how others view their bodies, and they are more vulnerable to anxiety, and this aspect leads the individual to monitor his body and continuously and be more focused on society's view of them, and how to continue to monitor them, and they are more concentrated Understanding the outside world. Self-Importing theory also made it clear to a set of ways in which the individual's self-objectification, body will appear during his daily life. As it appears during many situations that cause self-objectification, such as looking or staring at the bodies of others and negative comments about the bodies of people continuously, launching the trumpet of the car on passers-by and taking pictures of women from the cell phone. All of these factors lead to the occurrence of self-objectification if exposure is ongoing and in a negative and critical way. (Fredrickson & Roberts, 1997: P175) indicated that the majority of women have a steady level of self-objectification, as this type of delicacy is of a self-objectification. Here, we find that self-objectification is a state that occurs to most women, even to those women who are subject to low self-objectification. And there is a belief that subjective objectification is a state that occurs, as the objective event that a woman may be exposed to makes most women focus only on the fact that her value is concentrated only

in her outward appearance, and that she must pay more attention on an ongoing basis. (Fredrickson & Roberts, 1997: p177) also showed that the self - objectification occurs through two forms: It is a stable behaviour (characteristic), when the absorption of such a topic is deeply. This type is through individual differences and how they realize the physical appearance. (Fredrickson & Roberts, 1997: P173) When talking prolonged about the body and how to look at it from the individuals and evaluate it continuously and treat it as something or material value, most individuals are waiting for an evaluation from others about the nature of their external appearance by others according to the shape and coordination of their bodies. Here, the body becomes an essential tool for public activities and behaviors that the individual can do in order to compensate for the state of dissatisfaction with the body shape and continuous monitoring of his objectification management. When the individuals are considered to themselves within this objective lens, they have a strange attitude towards their bodies and that this position is completely separated from the relationship of the body in particular. And that this case Treated as a trait or condition, once an individual takes this external view of self he has a state of observing and worrying about his external physical appearance. This chronic monitoring of the body is called self-monitoring, and it can be considered as one of the most important behavioural manifestations of objectification of the self, and it is the beginning of not accepting the body as it is, and that continuous self-monitoring leads the person to be continuously dissatisfied with the shape of his body, and here it is the beginning of self-objectification as described by the objectification theory self. (Calogero, 2012: p574) The objectification of the self-objectification the framework of the objectification theory can be considered the basic psychological mechanism, which explains the connection between the experiences that individuals live in their own thing on a cultural and objective level as well as on an individual level. (Calogero, 2012: p575) Frederickson and Roberts also focused on that the individual must lose his self- objectification to achieve success, while the woman must absorb the point of view and control her body and thus creates self- objectification in her, and that the woman's focus on such aspects impedes the chances of success as this theory is reinforced Women who wear swimwear feel a great deal of body comparison They have an increased sense of body shame, and other results showed a decrease in general performance in simple tasks by those who wear swimwear (Quinn et al, 2006: p22). Therefore, the researcher adopted the theory of self-objectification for the following reasons: This theory is the only one that interpreted the self-objectification. This theory was able to explain the overlapping concepts in the objectification of the self-objectification and other subjects. The researcher relied on it to adopt the current research scale.

**Previous studies: Arab studies:**

<b>Dahsh, 2021</b>	<b>Study (1)</b>
<b>self-objectification and its relationship to emotional intelligence</b>	<b>title of the study<sup>1</sup></b>
<b>Al-Qadisiyah University, Diwaniyah</b>	<b>Place of study</b>
<b>To identify self-objectification and its relationship to emotional intelligence among university students</b>	<b>Study Objectives</b>
<b>university students, 400</b>	<b>The study sample</b>
<b>program spss</b>	<b>Statistical means</b>
<b>sample has no self-objectification and they are characterized by emotional intelligence, and the inverse relationship between self-objectification and emotional intelligence</b>	<b>Results</b>

**English studies:**

<b>)2004 (Tiggemann &amp; kuring</b>	<b>Study (2)</b>
<b>self-objectification and its relationship to eating disorders and the incidence of depressed mood</b>	<b>title of the study<sup>1</sup></b>
<b>South Australia</b>	<b>Place of study</b>
<b>identify the existence of self-objectification and its relationship to eating disorders and the occurrence</b>	<b>Study Objectives</b>
<b>the population of the community randomly, 171 women, 115 men,</b>	<b>The study sample</b>



two groups, ages 17-45.	
program spss	Statistical means
self- objectification with women than men, and women care about their appearance more than men, and there are eating disorders and depressed mood.	Results

### Chapter III

**Methodology Research:** In this chapter, the researcher discusses the research methodology and the most important procedures that the researcher took, in order to achieve the objectives of the scientific research, namely: the research methodology, the community, the sample, the tools are defined and applied, and an explanation of the most important statistical methods used. The following is a description of those procedures:

**First: Method of The Research:** The current research is interested in identifying the nature of the relationship between the variable (self-objectification), where the researcher used the descriptive research method, because the descriptive approach is used on the basis of identifying the characteristics of the phenomenon, describing it and describing its nature, as well as the two types of the relationship between its variables, causes and trends. (Al-Dulaimi and Saleh, 2014: p. 148).

**Second: Research Community:** is defined as that community that the researcher seeks to carry out a set of studies on, in other words, every individual, unit, or element is within the boundaries of that community and within the components of that community. (Suleiman, 2009: p. 76). The current research community was determined by the students of Dhi Qar University in the city of Nasiriyah for the academic year (2022-2023), whose number is (17251) students, distributed as (6580) males, representing 38%, and (10771) females, representing 62%, distributed as (11781). Scientific specialization, their percentage is (68%), and (5570) human specialization, and their percentage is (32%).

**Third: Samples of the Research:** The sample is defined as part of the society on which the study has been based, and the researcher chooses it for studies through it through a set of special rules in order to represent society correctly. (Al -Azzawi, 2008: p. 161), and this is why his eye was extracted, which is the representative of the original community and subject to study, to the scale of (self - objectification) on his eye number (40) male and female students from the College of Administration and Economics, the College of Engineering, the College of Education for Humanities and the College of Information, where they are distributed in its way Random, and the samples included the following: the survey sample, the same statistical analysis of stability (all of these three samples are: statistical analysis, exploratory, stability subject to scientific research procedures). The final app.

**Fourth: The search tool:** For the purpose of measuring the current research variables (self -creation) at his university request, where the researcher adopted the Self - objectification (Dahsh, 2021), which relied on his theory of self - objectification proposed by both(Friedakrson and Roberts, 1997) The researcher also relied on previous studies that the researcher reviewed all of them, whether foreign or Arabic:

**The first variable: the scale Self-objectification:** After the researcher reviewed the literature and previous studies that dealt with the variable of self-objectification, the researcher found a suitable scale with the nature of the current study and was built by (Dahesh, 2021) and in his study tagged (Self-objectification and its relationship to emotional intelligence among university students).

**Justifications for the researcher's adoption of the (Dahesh, 2021) scale:** The researcher found that the (Dahesh, 2021) scale is the most appropriate scale for the objectives of her current research, the most recent, and has a sufficient amount of psychometric characteristics (honesty-reliability), and this is what encouraged the researcher to adopt it, as it reached stability By the re-test method (0.75) and Cronbach's alpha (0.84), (Dahesh, 2021, pp. 62-63), the comprehensiveness of the domains of (Dahsh, 2021) scale for the items of the self-objectification scale. It is considered modern at the time of its construction, as it was built in the year (2021) and was built in a way that is compatible with the current research community.

**The description of the scale:** The scale is composed by the researcher (Dahsh, 2021) of 27 poverty distributed over:

**A- Self -features:** In order to measure the object of self -traits, the participant is required to arrange a list consisting of 10 features (such as weight), depending on the extent of the impact of each of them on the person's physical concept of the person, where the respondents arrange the features from the most important (9) to The least important (0), where the respondent determines only one feature of each of the levels of importance, after which the ten features are divided into two categories: either for features related to appearance (for example, physical gravity) or efficiency related features (for example health). After that, the scores of two types of features are collected, and a set of efficient points of the total appearance points are offered. The final grades can range from 25- to 25 with higher degrees that correspond to higher levels of self- objectification. (Dahl, 2014: p31)

**B- monitoring body scale:** The use of the observer scale for measuring the objective body (Objective Body Consciousness) to measure the usual body monitoring of the participants, and it consists of eight paragraphs with alternatives ranging from 1 (I do not agree with 5 (I agree) severely) on a set of phrases such as (I rarely worried about how I looked at others and the overall result was obtained by taking average vertebra Men (Martins et. Al, 2007: p 644)

**C- scale shyness body:** The sub -body shyness scale is used to measure the objective body awareness, because this sub -measure consists of seven paragraphs. And the alternatives start from 1 (I do not agree with 5) to 5 (I agree very much). On a group of phrases such as (I will be ashamed to know what people are really weighted) as the end result was by taking the average vertebrae and their alternatives from (1 to 7). The sub -body shyness scale showed a good internal consistency and close validity in women (mckinley & hyde, 1996: 204). And in men (Martins et. Al, 2007: p 646).

**D- Appearance Anxiety Scale:** The anxiety of the appearance of the body is used to measure the extent of the anxiety that the individual feels regarding his appearance, as it consists of 30 paragraphs according to the distribution of Laker A manifestation), the result is obtained by taking the average elements, and it is enforced from (1 to 5). The body's appearance scale showed a good internal consistency and the reliability of the test - the re -test, and the validity approached in both women and men. (Martins et. Al, 1990: p 176).

**E- Appearance Direction Scale:** The direction of the appearance is used to measure the self -relations of the body, which is developed Always how I look), which ranges alternatives to the scale from 1 (I certainly does not agree) to 5 (I definitely agree) then the total degree is determined by calculating the average vertebrae. Then the scale is found to be valid and reliable for both men and women. (Brown et. Al, 1990: p 140-144).

**F- Rosenberg for self -esteem:** Rosenberg, 1965 is used for self -esteem for self -esteem, and it consists of 10 paragraphs according to the Likert method, and it is distributed over 5 positive paragraphs and 5 negative paragraphs of self -esteem, whose answers range from 1 (I do not agree strongly) to 4 (I agree strongly) to a set of questions such as (in general, I am satisfied with my life). The negative paragraphs are reflected, and the end result, which ranges from 1 to 4 by calculating the average vertebrae, and with higher degrees indicating high self -esteem, and showed (RSES) to the presence of a good stability in the test, the re -test and the simultaneous validity in both men and women. (Dahl, 2014: P, 35) (Robins, et.al, 2001).

**Description of the self - objectification measure in its final form:** The self - objectification measure consists in its final form of (27) paragraphs distributed over five factors: The first factor: - **This factor is one:** of the most important factors, as the value of its contribution was (3.471) and it represents higher after the value of the total of socialists It explains (12.856) of interpreted contrast. This worker has saturated (3) paragraphs that bear the sequence, 14, 15, 16, 17, 18, 19, 21, 24), and from reading the content of these paragraphs and a higher observation of saturation, the researcher sees that it includes evaluating the individual for himself and feeling their value according to the standards Social, so we can call this factor (self -esteem). **The second factor:** - The importance of this factor comes in the second degree, as the value of his contribution to the total of socialists (2.517) and interpreted (9.323) of the interpreted contrast. It has been saturated with (7) paragraphs that carry sequences 2, 6, 8.7, 9, 11, 12, and from reading the content of these paragraphs and noticing the highest saturation in it, the researcher sees that it includes the individual's continuous observation of his external appearance and what appears to be the shape of his body, so it is possible To call this factor (body control). **The third factor:** - The importance of this factor came in the third degree, as it was In the third degree, as the value of his contribution to the total of socialists (2.036) and interpreted (7,539) of the interpreted contrast. This worker was saturated with (5) paragraphs that bear sequence 13, 20, 25, 26, 27). ( Self -monitoring) **The fourth factor:** - The importance of this factor came in the fourth degree, as the value of the contribution of this factor in the total socialist (1.936) and interpreted (7.170) of the interpreted contrast. (3) paragraphs that carry the sequence (1, 22, 23) are satisfied with reading the content of these paragraphs and a higher observation in them, it is noted that they indicate a criterion of the external form of a person or the desire of the other person. So we can call this factor (physical gravity). **The fifth factor:** - The importance of this factor came in the fifth degree, as the value of the contribution of this factor in the total socialist

(1.698) and interpreted (6.289) of the interpreted contrast. (4) paragraphs bearing sequences 3, 4, 5, 10, and from reading the content of these paragraphs and a higher observation in them, it is noticed that they indicate the constant interest in the appearance image of the individual and the extent of its effect on others. So we can call this factor (Appearance Anxiety).

**First: Determine the weights of alternatives and the method of correction:** The examiner answers through five alternatives, which are (always, often, sometimes, rarely, never). Either for paragraphs that do not measure self-objectification, the degrees are given on the contrary.

**Second: The statistical analysis of Self-objectification:** The goal of the vertebrae analysis is to keep good paragraphs, and give an indication of the sincerity and stability of the scale, and the vertebrae of the self-objectification scale has been analyzed in two methods: **First:** Discrimination Power of ITEMS lies in the paragraph of the paragraph in its ability to distinguish between those who get high degrees on the scale and those who get in it (Stang & Wrghtsman, 1982: P.51) through the use of two parties through The rates of their response to each paragraph, and the percentage is (27%) is the best percentage of determining the number of members of the upper and minimum group in large samples with natural distribution. (Anastasia, 1976.p.208) **Second:** The ITEMS Validity Paragraphs The researcher Specialists in the field of psychological measurement agreed on the importance of honesty in the paragraphs of psychological standards, because honesty depends mainly on the sincerity of its paragraphs, where the logical honesty of the paragraph can be used in order to estimate its representation of the characteristic to be measured (Abdul Rahman, 1998: p. 184). The researcher also calculated the sincerity of the consistency of the paragraphs through the following: Calculating the correlation of the degree of each paragraph in the total degree of the scale: This type of honesty has been achieved in the subject of self-affiliation by finding the correlation between the degree of each paragraph and the overall degree of the scale, as the researcher used Pearson's correlation coefficient to extract the correlation between each paragraph and the total degree on the research sample The basic, as it turns out that all correlation transactions are greater than the gratitude value at the level of significance (0.05) and the tabular value (0.098) and the degree of freedom (398) and that they are all indicative. Construct Validity: The construction is characterized as the most important types of honesty of the concept of honesty, which is sometimes called the sincerity of the concept or the sincerity of the hypothesis, and expresses it the extent of measuring the psychological scale of a hypothetical formation or a specific psychological concept (Spring 1994: p. 98)

**Second: Reliability Scale:** The Reliability scale is intended to be the scale tools of a high degree of accuracy, mastery and consistency, as it provides us with data on the behavior of the examiner, and Allam sees (2000), and stability has been calculated for the Self-objectification in two way The method for applying the test twice to the same group is examined within a period of time of no less than one week and does not exceed the month often and requires the calculation of the correlation coefficient between their results in the two times, which is called the stability laboratories (Mikhail, 2016, p. 96). It reached the stability coefficient (0.90) and reliable. B-Gronbach's alpha: This method relied on the consistency of individual responses through the vocabulary of the scale and reliable when estimating the stability coefficient (Allam, 2014: p. 101). To calculate the stability laboratories with this equation, the researcher applied the self-objectification scale to a sample of (400) male and female students from Dhi Qar University, who were randomly chosen and found that the stability coefficient (0.86) is a good stability coefficient. **Third: Statistical indicators of the Self-objectification:** Some statistical indicators were extracted for the degrees of responses of the research sample of (400) male and female students using the statistical bag (SPSS). It was found that the distribution of the statistical analysis sample in the self-objectification scale was closer to the normal distribution.

#### Chapter 4

Presenting, interpreting and discussing results: This chapter includes a presentation of the results reached by the researcher after analyzing the answers by university students in accordance with the research objectives, and then interpretation in the light of the theoretical framework adopted, then recommendations and proposals are submitted and they are as follows: **The first goal: identifying self-objectification among university students.**

To achieve this goal, the researcher applied the self-objectification scale to the research sample of (400), and it became clear that their average score on the scale amounted to (78) degrees and a standard deviation of (17.56) degrees, and by comparing this average with the hypothesis\* for the scale and (81) The degree, and by using the T-Test test for one sample, it was found that there is a statistically indicative difference at the level of (0.05) between

the arithmetic and hypothesis averages and for the benefit of the hypothesis, as the calculated Tape reached (36.13), which is greater than the Table Table value of (1.96) With the degree of freedom (399), Table (17), and the shape shows this .

Table (1)

The t-test for the difference between the sample mean and the hypothetical mean of the self-objectification scale

Ushering	Liberty degre	Table value	t-tast	Medium Default	Standard D eviants	the average arithmeti	The number of members of the sample
<b>D in favor of the hypothesis</b>	<b>399</b>	<b>1.96</b>	<b>3.42</b>	<b>81</b>	<b>17.56</b>	<b>78</b>	<b>400</b>

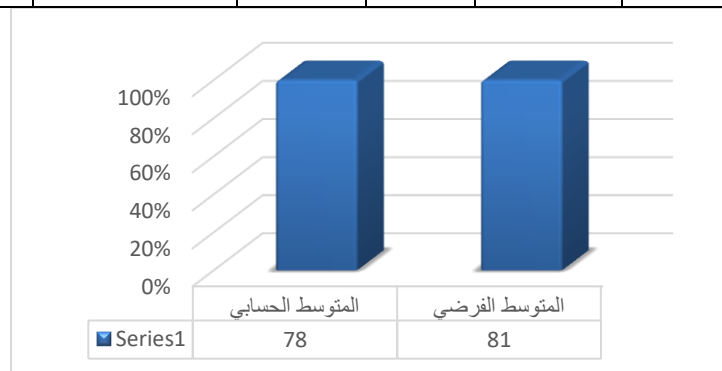


Figure 1 mean and Medium Default

**Conclusions:** 1. The research sample asserts that students have self - **objectification**, but at a low degree, and that this result indicates that students have negative thinking towards the external image of the body and not accepting themselves, but they do not give this serious attention and direct and daily focus.

2. Self - **objectification** does not have differences according to the gender variable (male - female).

3. Self - **objectification** does not have differences (scientific - humanitarian). **Recommendations:** Through the results that the researcher reached in the current research, thereby recommends:

1- Providing university and public libraries with books dealing with self- **objectification**, especially translated from them.

2- Create psychological and social conditions that help students exchange scientific opinions and ideas between them.

3- Working to develop students of Dhi Qar University by sending them in external scientific missions and emphasizing their attendance with seminars and scientific workshops because of its results that help them to develop their thinking.

**Suggestions:** Based on what was mentioned and continued for the research presented, the researcher suggests the following:

1- Conducting a study similar to the current study that deals with other samples such as (middle school students, social influencers on social media, athletes).

2- Studying the self- **objectification** and its relationship to (openness to experience, personal values, self-esteem).

3- Benefiting applying the current scale to students from different stages, and in all governorates.

4- It is possible to benefit from the scales used in this research to conduct many studies that include university students.

5- Applying a study to find the impact of these variables on the achievement in the stages of a stud.

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