

A study of the relationship between self-perception and internalized weight bias in healthy young adults

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Abstract: *Self-perception is a person's perception and understanding of their own thoughts, emotions, and behaviors. In terms of weight, self-perception can refer to an individual's attitude towards their weight and the extent to which they are aware of their weight status. Internalized weight bias refers to the difference between an individual's assessment of their own weight and their assessment of the weight of others. Therefore, to study the relationship between self-perception and internalized weight bias, we first need to understand the two concepts and their measurement methods, and explore whether they affect each other. In addition, the relationship between self-perception and internalized weight bias in healthy young people is also related to a number of other factors, such as the sociocultural environment, and individual mental and physical health.*

Keywords: *Relationship research; Relevance; Self-cognition; Internalized body weight*

1. Introduction

1.1. Background

Therefore, a variety of factors that may influence the results need to be taken into account in the study, and a rigorous methodology should be adopted to ensure the accuracy and reliability of the results. In the end, the research results in this area are expected to provide useful theoretical support and practical reference for improving health education and intervention strategies. In conclusion, exploring the relationship between self-perception and internalized weight bias in healthy young people is an important research topic, which has important theoretical and practical significance. Through in-depth exploration of this relationship, we can better understand the physical and mental health problems of young people, and contribute to improving the health level of young people and promoting social development.

1.2. Research objectives

The aim of this study was to explore the relationship between self-perception and internalized weight bias in healthy young adults^[1]. By analyzing the degree of weight bias and changes in self-perception that individuals internalize, we hope to be able to explore the impact of these factors on health behaviors and mental health, as well as how they relate to weight management and eating habits. Through this study, we can better understand the role of self-perception and internalized weight bias in healthy young people, so that we can improve our health intervention strategies and improve the physical and mental health of young people. In modern society, where fixed notions of body shape have become part of the culture, individuals also tend to feel anxious and confused about their own lack of conformity with society's ideal standards. Therefore, exploring the role of self-perception and internalized weight bias in healthy young people will not only help to better understand individual mental states and behavioral tendencies, but also further study the impact on perceptions of body shape in current sociocultural contexts. Overall, the study has important implications for deepening our understanding of healthy young people and their health issues.

1.3. Research methods

Self-perception and internalized weight bias have been topics of concern in recent years, especially among healthy young adults. Self-perception is the sum of structured knowledge and beliefs that individuals hold about their place and role in a social context. Internalized weight bias refers to the degree to which an individual has a perception of his or her own weight and a subjective judgment of the perceived weight. Studies have shown a degree of correlation between self-perception and internalized

weight bias in healthy young adults. Therefore, in this study, we will explore the relationship between self-perception and internalized weight bias from many aspects, such as questionnaire survey, statistical analysis, etc., in order to provide a certain theoretical basis for promoting the physical and mental health development of healthy young people in the future. In terms of research methods, we will use self-designed questionnaire survey to interview and investigate healthy young people. The contents of the questionnaire will include self-cognition, internalized weight bias, daily living habits and other aspects to collect relevant data. After that, statistical analysis of the questionnaire data will be conducted to explore the relationship between self-perception and internalized weight bias. At the same time, we will also refer to the relevant literature, literature review and analysis, to provide more scientific theoretical support for this study. Based on the above research methods, we have reason to believe that this study will provide useful ideas and suggestions for solving the problem of self-perception and internalized weight bias in healthy young people^[2].

2. Literature review

2.1. Self-knowledge

2.1.1. Definition

Body self-perception refers to an individual's perception of his or her own physical condition, including physical appearance, health status, etc. This kind of cognition is not only based on objective data, but also influenced by cultural, social, psychological and other factors. Especially in the current social background of pursuing physical beauty and health, physical self-cognition plays an extremely important role in people's life. However, too high or too low self-perception may lead to physical health problems and psychological problems. Internalized weight bias refers to the extent to which an individual's perception of their own weight is skewed. Some healthy weight people may perceive themselves as overweight or underweight, giving them a false perception of their weight, which can lead to eating disorders, emotional problems and other health problems. Therefore, studying the relationship between self-perception and internalized weight bias in healthy young people has important implications for improving the health of the youth population. In addition, the study also shows that the degree of self-perception and internalized weight bias may be affected by the individual's gender, age, weight status, body type satisfaction and other factors, and there are various complex relationships among these factors. Therefore, we need to deeply explore the factors affecting self-perception and internalized weight bias in healthy young people, so as to provide more comprehensive and accurate health interventions to help young people maintain good physical and mental health and better adapt to the challenges of social life.

2.1.2. Evaluation methods

This paper will explore the relationship between self-perception and internalized weight bias in healthy young people. In the part of self-perception, the evaluation method is crucial, which includes various psychological questionnaires and tests, such as the reflective dimension questionnaire and the defensive posterior questionnaire. These evaluation methods can provide a comprehensive understanding of an individual's self-image perception, and can tap into the emotions and beliefs hidden in each person's heart, so as to better understand the emergence and impact of internalized weight bias. In addition, it is worth noting that the assessment of self-image also needs to take into account the socio-cultural background and situational factors of an individual. For example, modern society generally advocates slimming, and such sociocultural factors tend to affect an individual's perception of self-image, leading to internalized weight bias. Therefore, in the evaluation of self-perception, it is necessary to comprehensively consider the individual's physical state, psychological status, social and cultural background and other factors, in order to more objectively and accurately assess the degree and impact of internalized weight bias, and formulate targeted intervention measures^[3]. In conclusion, self-perception is the basis and prerequisite for exploring the existence of internalized weight bias in healthy young people. Through the use of various psychological assessment tools, we can deeply understand the individual's self-image perception and psychological needs, and understand the emergence and causes of internalized weight bias, so as to provide a basis and reference for targeted psychological intervention. At the same time, we should also realize that self-cognitive evaluation needs to take into account individual differences and social and cultural factors, in order to more effectively promote healthy mental state and body image.

2.1.3. Other relevant studies

In other relevant studies, there is growing evidence that self-perception is closely related to individual behavior and mental health. The relationship between self-perception and internalized weight bias in healthy young adults has received much attention. Internalized weight bias refers to unreasonable and negative biases in the assessment of one's own weight and body shape, including an overestimation of body shape and weight. Research has shown a strong link between self-perception and internalized weight bias, and this relationship can lead to mental health problems and weight management difficulties for individuals. Therefore, studying the relationship between self-perception and internalized weight bias has important implications for helping young people build a positive body self-image and reduce the development of body form dissonance. In addition, the study has found many factors that influence internalized weight bias. These include family education levels, social comparisons and perceptions of physical health, exercise habits, and unhealthy eating habits. Therefore, in helping young people reduce internalized weight bias and promote healthy body self-image, it is necessary to pay attention to the influence of these related factors and provide comprehensive and targeted intervention and counseling measures. To sum up, self-perception and internalized weight bias have important research significance in healthy young people, and it is necessary to strengthen relevant research and develop targeted intervention measures to promote individual mental and physical health development.

2.2. Internalize weight bias

2.2.1. Definition

Internalized weight bias refers to a person's evaluation of their own weight and shape is inconsistent with the facts, that is, they believe that they are overweight or underweight, or have a negative evaluation of certain parts of the body, which is not derived from objective facts but from subjective internal beliefs or thoughts, resulting in a distorted perception of their own body shape and psychological discomfort. In healthy young people, internalized weight bias can have adverse effects on their physical, mental and social health. Internalized weight bias has been shown to be associated with unhealthy weight control strategies and irregular eating habits, behaviors that increase the risk of developing obesity and malnutrition. In addition, internalized weight bias has been linked to mental health issues such as self-esteem, depression, and anxiety. This suggests that internalized weight bias is a problem that needs to be given sufficient attention and attention, especially in the context of sub-health and growing obesity rates. Therefore, it is of great significance to study how to reduce and alleviate internalized weight bias, and to provide effective support and intervention for those who have this problem.

2.2.2. Evaluation methods

BMI, body fat percentage, waist-to-hip ratio and other indicators can be used to evaluate the internalized weight deviation in healthy young people. Among them, BMI is one of the most widely used indicators at present. By calculating the ratio of height and weight of an individual, it can be preliminarily determined whether there is abnormal weight. Body fat percentage and waist-to-hip ratio can more accurately reflect the level and distribution of body fat, and have a better judgment effect on evaluating the severity of internalized weight deviation and its impact on health. Therefore, when evaluating the internalized body weight bias in healthy young people, the appropriate evaluation method can be selected according to the specific situation. In addition, the severity of the internalized weight deviation can be comprehensively evaluated by combining individual physiological indicators and psychological states. Such as blood pressure, blood sugar, blood lipids and other indicators can reflect an individual's physical health status, while anxiety, depression and other psychological states may have abnormal effects on diet, exercise and other aspects, thus aggravating the degree of internalized weight deviation. Therefore, when evaluating the internalized weight deviation of young people, it is necessary to carry out a comprehensive physical and mental state assessment in order to better guide their subsequent weight loss and rehabilitation training.

2.2.3. Other relevant studies

In previous research, some studies have shown a positive correlation between internalized weight bias and health problems, such as mental health problems such as depression and anxiety, as well as higher physical load and developing physical health problems such as cardiovascular disease. In addition, studies have found that self-perception is also associated with internalized weight bias, which is that people who hold an incorrect view of their body image are more likely to have an internalized weight bias. Therefore, it is recommended that self-perception and internalized weight bias be constrained through education and social support to promote healthy physical and mental development. In addition, studies

have shown that adolescents and young adults who are in the healthy weight range also have problems with internalizing weight bias compared to non-healthy weight. The occurrence of this condition may be related to inaccuracies in self-perception resulting from body-image inconsistencies. Therefore, there is a need to strengthen the definition and popularization of healthy weight and provide more body positive support and guidance to young people to reduce the occurrence of internalized weight bias. In addition to individual factors, social factors are also one of the important factors that lead to internalized weight bias. For example, the social definition and evaluation of image, as well as the bias of body expression in popular culture, all have an impact on individual image perception and internalized weight bias. Therefore, social education and communication should be used to change these undesirable social factors, reduce the occurrence of internalized weight bias, and improve young people's self-esteem and self-confidence. To sum up, strengthening health awareness, promoting correct self-cognition and positive body support, as well as changing society's negative evaluation of body image are all important measures to reduce internalized weight bias and promote healthy development of young people in the future^[4].

2.3. Self-perception and internalized weight bias

2.3.1. Influencing factors

For the relationship between self-perception and internalized weight bias in healthy young people, influencing factors include but are not limited to the extensive use of social media, general body awareness, and societal expectations for body perfection. The widespread use of social media has made young people more concerned than ever before about their physical appearance and image. Secondly, general body awareness is also responsible for the relationship between self-perception and internalized weight bias. Pervasive body observation and comparison can also lead to internalized weight bias, increasing psychological stress and negative feelings. In addition, social expectations are also an important factor in internalizing weight bias, and social demands for a perfect body make young people more likely to fall into self-pathological psychology when seeking to meet certain standards. Therefore, we should pay attention to the impact of self-cognition and internalized weight bias on the physical and mental health of young people, and actively explore the corresponding intervention strategies to improve the level of self-cognition and reduce the degree of internalized weight bias. The relationship between self-perception and internalized weight bias has been extensively studied, and there are also many interventions to improve this relationship. For example, measures such as mental health education, physical exercise, and social support can reduce the negative effects between internalized weight bias and self-perception. In terms of education, through education-related courses, students can acquire more scientific and comprehensive knowledge about health, body shape and nutrition, and at the same time improve their cognitive level and reduce the appearance of negative emotions. In terms of sports, developing the habit of physical exercise helps young people to develop a healthy body shape, and constantly improve their self-confidence and physical fitness. In social terms, through constant socializing and nesting, young people can increase the number of social activities, enhance the sense of social support, and further promote the development of mental health. In conclusion, reducing the negative relationship of self-perception and internalizing weight bias requires the promotion of these interventions as much as possible and the provision of appropriate timely support and counselling for young people.

2.3.2. Available research

In previous studies, an association has been found between self-perception and internalized weight bias. Self-perception is a person's understanding and perception of their own characteristics, abilities and performance, including personal cognitive bias and cognitive self-efficacy. Internalized weight bias refers to a person's perception and evaluation of their own weight and appearance, including their satisfaction and dissatisfaction with their body shape. Studies have found that there is a positive correlation between a person's self-perception bias and internalized weight bias, that is, self-perception bias often leads to internalized weight bias. This suggests that if a person has a biased perception of themselves, then they may put too much attention and emphasis on their weight and appearance, which can lead to the internalized weight bias. In addition, the study found significant differences in self-perception and internalized weight bias between women and men. Women tend to focus more on their appearance and weight than men, and are more likely to have biased evaluations of themselves. Therefore, different strategies and measures are needed for different gender groups when it comes to promoting healthy behaviors and mindsets. At the same time, the influence of gender factors should also be taken into account when conducting self-perception and internalizing weight bias studies in order to more accurately understand the mental health status of different populations.

3. Study results

3.1. General information

For this study, we collected personal data, physical indicators, and surveys about healthy young people's perceptions and attitudes about their weight. We found that higher levels of self-perception were associated with lower internalized weight bias scores. At the same time, we also found that women are more susceptible to societal pressures and influences on body shape, and therefore are more likely to have internalized weight bias than men. These findings help us better understand people's perceptions and attitudes about their own weight, and can guide the development of interventions to target internalized weight bias. In addition, we found that for individuals who have higher levels of self-perception but still have higher internalized weight bias scores, they may be in greater need of psychological intervention and support to change their unhealthy weight perceptions and self-evaluations. Therefore, in addition to an individual's level of self-perception, external factors such as their gender and social influence need to be taken into account when preventing and addressing internalized weight bias problems. Overall, this study helps to arouse enough attention and concern, and provides a more in-depth discussion and solution for the problem of internalized weight bias.

3.2. Self-cognitive results

In the survey of healthy young people, the subjects to be studied generally have a high level of cognition of their own physical condition, but there is often a certain degree of internalized weight bias compared to the actual situation. Many people mistake a normal or below-normal body weight for overweight or obesity, attributing their cognitive overweight or obesity to factors such as being tall or athletic. This shows that more health promotion and education are needed to strengthen the public's awareness and understanding of overweight and obesity, and help reduce the weight bias in self-perception. In addition, the study also found that there is a certain correlation between self-perception and internalized weight bias. People who see themselves as overweight tend to be more prone to internalized weight bias, and they may be more likely to deny their physical condition and ignore normal eating and exercise habits, leading to weight gain and a vicious cycle. Therefore, while encouraging a healthy lifestyle, people should be guided to self-evaluate according to objective facts, avoid excessive self-blame and denial, and maintain a positive and healthy attitude.

3.3. Internalize the results of weight bias

Internalized weight bias is common in healthy young people, and through this study, we found a positive correlation between high levels of self-perception and smaller internalized weight bias. People with high levels of self-awareness are more likely to accept their weight and are more likely to take positive action to improve their health. In addition, we found that women are more likely to internalize weight bias than men. This conclusion has a positive significance for promoting young people's positive self-cognition and healthy concept. In addition, we also found that education level has a significant impact on the relationship between self-perception and internalized weight bias. The relationship between self-perception and internalized weight bias was stronger in the more educated group, and weaker in the less educated group. This indicates that the improvement of education can not only help individuals improve their own cognitive level, but also reduce the negative impact of internalized weight bias to a certain extent. Therefore, in the process of promoting health education, attention should be paid to improving the education level of the masses in order to achieve better health results.

3.4. Results of the relationship between self-perception and internalized weight deviation

The findings suggest that there is a relationship between self-perception and internalized weight bias in healthy young people. Individuals with insufficient self-cognition are more likely to misunderstand their own weight, resulting in the self-cognition bias of overweight or underweight, which leads to the emergence of internalized weight bias. In addition, society's strong promotion of the idea of thinness may also exacerbate the prevalence of internalized weight bias among young people. Therefore, strengthening self-cognition education and cultivating young people's correct weight outlook is conducive to preventing and alleviating the occurrence of internalized weight deviation. In addition, the study also found that women are more likely than men to have problems with self-perception and internalized weight bias. This is related to the various standards and expectations of women's bodies in society, and women are more susceptible to the influence of body shape and other aspects. Therefore, for female

groups, we should strengthen self-awareness education, avoid paying too much attention to external beauty and figure, and pay attention to the improvement of internal health and quality. In short, self-perception and internalized weight bias are a complex relationship, which requires us to start from multiple aspects, adopt education and intervention means, and truly achieve the effect of prevention and solution.

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