

## The influence of scoring subjectivity and competition clothing exposure on athletes' body image

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### Abstract

**Purpose:** The purpose of the study is to explore the impact of scoring criteria and competition clothing on body image. Past research has not considered the impact of scoring standards and the exposure level of competition clothing on body image at the same time. Therefore, this study wants to explore the impact of scoring standards and exposure level of competition clothing on athletes' body image.

**Methods:** This study recruited a total of 175 voluntary participants, all of whom were over 18 years old and had been training in this sport for more than three years. The average age was  $21 \pm 3.67$  years old. They participated in the highest level events including international competitions, national games, and national games. The inquire about utilized two rebellious: a fundamental data sheet and the Multidimensional Body-Self Connection Survey (MBSRQ). The fundamental data sheet included member socioeconomics such as sex, wear type, age, a long time of engagement within the don, cooperation within the highest-level competition, height, and weight.

**Results:** The overall Cronbach's  $\alpha$  for the whole scale was 0.89, and for the three subscales, Cronbach's  $\alpha$  was 0.86 for Appearance Assessment, 0.92 for Appearance Introduction, and 0.83 for Body Zones Fulfillment. These values illustrate great inside consistency. With respect to sex contrasts, the think about found that in outside appearance assessment and fulfillment with different body parts, guys scored higher than females, whereas in outside appearance introduction, females scored higher than guys.

**Conclusions:** Within the setting of the athletes' critical others, such as family individuals, giving warmth, solid bolster, companionship, and support in everyday life can contribute emphatically to athletes' mental well-being. Hence, lessening feedback or negative dialect around appearance among partners can avoid negative impacts on athletes' body picture and execution. Empowering positive intuitive and communication between partners can have a positive effect on athletes' body picture and mental improvement.

**Keywords:** Body Image; Athletes; Sports; Appearance

### 1. Introduction

In the past inquire about for the most part found that competitors in tasteful sports tend to have lower body picture compared to competitors in non-aesthetic sports, and female competitors tend to have lower body picture than male competitors. All things considered, this ponder found that male competitors in equitably judged sports, when competing in clothing with moo presentation, tend to have more appearance introduction in cognition and behavior compared to competitors in clothing with tall presentation. Particularly within the current time of thriving Data and Communication

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Innovation (ICT), media and data have ended up an fundamentally portion of life, affecting person values to an expanding degree. Media regularly grandstands influencers, celebrities, and icon bunches, with men depicted as tall and nice looking, and ladies as rich and charming. They endeavor to show their charm to pull in gatherings of people, pick up ubiquity, and indeed make a living. Past inquire about did not investigate body picture from the points of view of subjective judgment and competition clothing introduction. Data media is indistinguishable from our lives, and promotions related to clothing and count calories specifically or by implication pass on the message and values that being "thin" is wonderful. Indeed in case watchers acknowledge their claim more full body shapes, they are still affected by the publicizing publicity of the media, slowly altering their values towards the societal expectations of body guidelines [1]. Be that as it may, there's a steady finding that ladies in stylish sports have higher appearance introduction than men, which adjusts with the discoveries of this ponder.

Whereas past ponders have inspected sex contrasts, they did not join the directing impacts of subjective judgment and clothing introduction. The investigate comes about as it were found that in dispassionately judged sports with moo clothing introduction, male competitors tend to have higher appearance introduction than competitors with tall presentation. This proposes that competitors with moo introduction pay more consideration to their appearance. Hence, athletes' body picture may be affected by the level of introduction in competition clothing. With respect to other sport-related factors in body picture investigate, discoveries show that first class competitors score higher than non-elite competitors, and competitors score higher than non-athletes. In any case, endeavors to examine contrasts in body picture among distinctive sorts of sports have not appeared noteworthy varieties [2].

### **1.1. Research Objectives**

From the over comes about, it can be watched that athletes' body picture tends to be lower when the introduction level of their clothing is higher. This can be since competitors may gotten to be more cognizant of their body shape when they realize they got to wear less or more tightly competition clothing. Tragically, the gotten investigate comes about are not steady and appear to be impacted by other components. Also, categorizing sports into tasteful and non-aesthetic may not be suitable without encourage observational discoveries, as the need of separation in scoring criteria or competition clothing might lead to conflicting comes about in tasteful sports. It shows up that basically categorizing sports into stylish and non-aesthetic may not successfully address the issue. It is prescribed to encourage separate based on the characteristics of sports, such as scoring criteria and competition clothing directions.

Scoring criteria can by and large be isolated into subjective and objective categories, counting sports like ball recreations and track and field, where the result decides the champ impartially, and sports like acrobatic, musical acrobatic, cheerleading, and jumping, where execution is subjectively assessed. Also, in terms of occasion classification, introduction of athletes' bodies in competition clothing can be highlighted, with tall introduction occasions counting tumbling and beach volleyball, and moo introduction occasions counting ball and figure skating. This approach gives a more nuanced understanding instead of a basic refinement between tasteful and non-aesthetic sports.

### **1.2. Research Main Goals**

The study hypothesizes that there will be an interaction between the impact of the scoring standards and the exposure level of competition clothing on athletes' body image, that is, the impact of the scoring standards on athletes' body image will be moderated by the exposure level of competition clothing. Sports events with both subjective scoring criteria and high-exposure clothing will have lower body image than sports with only subjective evaluation or sports with high-exposure clothing. Secondly, sports events with objective scoring criteria and low-exposure clothing will have lower body image. All will be higher than other sports.

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## **2. Body Image**

Body image refers to a person's evaluation of one's own body shape, which will produce a more positive evaluation of one's own body shape. Perceiving a situation where it is public and will be evaluated, individuals may choose clothing that easily reveals their figure. [3], believes that body image focuses on the appearance characteristics of the body, and individual clothing choices will differ depending on body image and perceptual situational background. For example, when an individual's body image is low, he or she will have a negative evaluation of his or her own body shape, and may even avoid the perception of his or her own body shape. When he or she perceives a public and judgmental situation, the individual may choose loose-fitting clothing that does not easily reveal the figure;

On the other hand, when an individual has a high body image, he or she will have a more positive evaluation of his or her body shape, and if he or she perceives a situation that is public and will be evaluated, the individual may choose clothing that easily reveals their figure. In the past, most of the research on body image focused on the discussion of

aesthetic sports. In addition to aesthetic sports specifically emphasizing or focusing on the beauty of body expression, it is also a key factor in determining performance, that is, including subjective ratings of beauty.

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### 3. The Influence of Body Image

[4], set that the effect of body picture happens in three parts, to be specific body assessment, the impacts of body picture, and body picture speculation. Body picture assessment alludes to fulfillment or disappointment with one's body qualities and convictions around the assessment of one's appearance. The impacts of body picture allude to the distinctive enthusiastic encounters that these self-evaluations may trigger in particular relevant foundations. Body picture speculation includes the degree to which an individual pays consideration to their appearance, its significance relative to self-awareness, and behaviors related to appearance administration or upgrade. In other words, competitors may involvement feelings and consequent impacts on execution or behavior due to their assessment of their possess appearance. For occasion, in the event that competitors feel their appearance isn't idealize, they may involvement pity, dissatisfaction, and need of certainty, driving to cautious and reluctant execution in competitions. With respect to the discourse of subjective judgment completely different sports, scoring criteria can be subjective or objective. "Objective" alludes to fair-minded and fair assessments, whereas "subjective" suggests predisposition, impacted by feelings or inclinations, and may indeed mutilate truths due to interface or weight [5]. In other words, subjective judgment shifts among people, though objective judgment does not. In competitive sports, numerous occasions have clear and objective scoring strategies, such as the time in track and field or the focuses in volleyball. Be that as it may, a few occasions, in spite of having characterized rules, may still encounter score varieties due to subjective judgments by officials.

For case, in acrobatic, competitors perform challenging developments inside a brief period, but each judge may characterize the trouble of the developments in an unexpected way, making it a subjective scoring occasion. Tasteful sports competitions fundamentally survey the tasteful sense and execution of athletes' developments. For occurrence, in competitive cheerleading, whereas emphasizing objective specialized trouble, scoring criteria generally center on the imaginative course of action, creativity of developments, in general style, and completion. Judges moreover pay consideration to the athletes' appearance and clothing, making subjective assessments more conspicuous.

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## 4. Main Factors Affecting Body Image

### 4.1. Aesthetic Games

According to [6], has found that tasteful and non-aesthetic sports can be critical variables impacting body picture, with competitors in non-aesthetic sports having higher body picture than those in stylish sports. Indeed weight misfortune does not fundamentally lead to made strides body fulfillment. A few analysts propose that this may be due to higher levels of consideration from gatherings of people when taking part in stylish sports (Chen, 2016). Stylish sports such as musical tumbling, figure skating, high-impact move, competitive cheerleading, synchronized swimming, etc., center on the expression of real aesthetics in both rules and judging criteria. This can be unmistakable from other sports that emphasize speed or exactness. In tasteful sports, members effectively engage in weight misfortune or physical wellness to get favorable stylish assessments. Be that as it may, it's worth noticing that a few considers have found no critical contrasts in body picture among diverse sorts of sports. A consider by [8], comparing tasteful and ball sports found that tasteful sports were more inclined to eating clutters but did not display contrasts in body picture. In this manner, the fittingness of recognizing between stylish and non-aesthetic sports in investigating body picture and their affect remains an address.

A few considers propose that body picture in stylish sports is lower than in other sports, whereas others discover no contrasts, conceivably due to the balance of other components. Encourage inquire about is required to clarify these perspectives. As the matter of fact, [9], consider centered on female competitive cheerleaders' hazard of eating clutters and body picture disappointment. The consider found that competitors wearing midriff-baring regalia had lower body picture desires, recommending that clothing might influence the recognition of body picture and possibly contribute to eating disorders. In expansion, competitors detailed that coaches tend to favor competitors with way better body shapes. In this manner, coaches ought to be mindful that their preferences or assessments may impact competitors, and they ought to be careful when talking about such things with competitors.

### 4.2. Non-Aesthetic Games

However, among non-aesthetic sports, there are also some sports that have clothing regulations and will highlight the figure, such as beach volleyball, swimming, etc. [2]'s research focuses on the impact of different clothing styles in non-aesthetic sports on clothing satisfaction and body shape The study conducted interviews with basketball players, tight-

fitting volleyball players, orienteering and rowing athletes who wear loose clothing. The study shows that basketball players wearing loose clothing are satisfied with the clothing and have positive body evaluations, but volleyball players wearing tight clothing are satisfied with the clothing and have positive body evaluations. In addition to being dissatisfied with the clothing, they also expressed dissatisfaction with their exposed figures. Some athletes also expressed that athletes who need to lose weight are more likely to have symptoms of eating disorders than the average person.

According to [6] interview study, volleyball players mentioned that when on the playing court, they felt that the audience was looking at her body rather than her performance. Therefore, athletes may be threatened by the social environment's evaluation of their body due to clothing. That is to say, athletes who wear clothes that highlight their figure are more likely to perceive negative evaluations of their figure from others, which may affect the athlete's body image.

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## 5. Research Methods

This study recruited a total of 175 voluntary participants, all of whom were over 18 years old and had been training in this sport for more than three years. The average age was  $21 \pm 3.67$  years old. They participated in the highest level events including international competitions, national games, national games. For national college and university sports games and national championships, participants will be recruited by the researchers themselves, and the consent of coaches and athletes will first be sought. The participants were divided into four groups according to the different types of events designed in the study. The first group included 17 girls and 10 boys in gymnastics, and 15 girls in dance (ballet) with a high degree of exposure in competition clothing. The second group is subjective scoring and the competition clothing is less exposed. Taekwondo Poomsae has 8 girls and 7 boys, a total of 15 people, and break dancing (breaking) has 5 girls and 10 boys, a total of 15 people; the third group is objective scoring and competition. The clothing exposure level is high. There are 6 girls and 7 boys in track and field, a total of 13 people, 5 girls and 15 boys, a total of 20 people in swimming, and 14 girls and 15 boys in volleyball, a total of 29 people. The fourth group is more exposed in terms of objective scores and competition clothing. Low, there are 12 girls and 13 boys in basketball, a total of 25, 8 girls and 8 boys in petanque, a total of 16.

### 5.1. Research Tools

The inquire about utilized two rebellious: a fundamental data sheet and the Multidimensional Body-Self Connection Survey (MBSRQ). The fundamental data sheet included member socioeconomics such as sex, wear type, age, a long time of engagement within the don, cooperation within the highest-level competition, height, and weight. The Multidimensional Body-Self Connection Survey (MBSRQ) could be an instrument planned to degree individuals' body picture, adjusted from the interpretation by Lin, Lo, and Lee (2016) of Cash and Pruzinsky's (1990) MBSRQ. The survey comprises of three subscales: Appearance Assessment, Appearance Introduction, and Body Regions Fulfillment, totaling 26 things (6 things for Appearance Assessment, 12 for Appearance Introduction, and 8 for Body Ranges Fulfillment). The Likert five-point scale was utilized for scoring, extending from 1 (emphatically oppose this idea) to 5 (emphatically concur). Members given reactions based on their genuine sentiments, with higher scores demonstrating a more positive body picture.

Appearance Assessment evaluates an individual's fulfillment or disappointment with their appearance. Appearance Introduction measures the level of venture an person puts into their appearance, reflecting whether they contribute more exertion in prepping and dressing up. A better score demonstrates a more prominent accentuation on appearance and more engagement in prepping behaviors, whereas a lower score recommends impassion towards one's appearance. Body Regions Fulfillment assesses an individual's fulfillment with different angles of their physical appearance. A better score shows more prominent fulfillment, whereas a lower score proposes disappointment [4].

The overall Cronbach's  $\alpha$  for the whole scale was 0.89, and for the three subscales, Cronbach's  $\alpha$  was 0.86 for Appearance Assessment, 0.92 for Appearance Introduction, and 0.83 for Body Zones Fulfillment. These values illustrate great inside consistency. In terms of legitimacy, the aggregate clarified variance for the in general scale was 26.11%, 50.10%, and 62.13%, demonstrating that the complete scale has built legitimacy [10].

### 5.2. Classification Inspection of Subjective and Objective Scoring Items

To affirm the adequacy of the classification of the two autonomous factors within the consider, specifically the subjective rating level and the level of competition ensemble introduction, three sports science teachers with mastery in sports were invited to help within the classification. Each master freely filled out a classification table for subjective and objective scoring of sports things, counting the study's reason and definitions of subjective and objective things and outfit introduction levels. The classification comes about are as takes after:

- Gather 1: Sports things with subjective scoring criteria and tall ensemble presentation (e.g., tumbling, move).
- Gather 2: Sports things with subjective scoring criteria and changing levels of outfit introduction (e.g., taekwondo shapes, breakdance).
- Gather 3: Sports things with objective scoring criteria and tall ensemble introduction (e.g., track and field, swimming, volleyball).
- Bunch 4: Sports things with objective scoring criteria and moo ensemble presentation (e.g., ball, French bocce).

### 5.3. Inquire and Strategy

Recently the formal information collection, the analyst reached the members by means of phone or mail, giving nitty gritty clarifications of the inquire about reason, appraisal strategies, and timing. Upon getting introductory assent from members and endorsement from their coaches, they were authoritatively enlisted as research participants. The analyst by and by conducted the appraisals, clarifying the investigate reason and appraisal prepare to the members some time recently disseminating the "Member Assent Shape," permitting participants to decide whether to continue with the think about. The analyst educated members of any safety measures and perused out loud the enlightening. The survey was completed namelessly, taking roughly 15-20 minutes. Members were empowered to inquire questions amid the method, and they might pull back from interest at any time.

### 5.4. Information Examination

The think about at first utilized autonomous tests t-tests to examine sexual orientation contrasts within the three body picture factors. In this way, a two-way MANOVA was utilized to look at whether there was an interaction impact between the two free variables—subjective rating level (subjective and objective) and outfit presentation level (tall and low)—on the scores of the body picture subscales, counting Appearance Assessment, Appearance Introduction, and Body Zones Fulfillment. In the event that there was an interaction impact, encourage investigations would look at the straightforward fundamental impacts of each autonomous variable independently. Information investigation for the consider was conducted utilizing SPSS measurable program

## 6. Descriptive Statistics

- Mean, standard deviation, skewness and kurtosis analysis of the variables of height, weight and body image. The data of each variable shows that the skewness value distribution of each variable ranges from -0.168 to .418, and the kurtosis value distribution ranges from -.682 to .794, between  $\pm 1$ , roughly consistent with the assumption of normal distribution. (For a summary of descriptive statistics of each variable, please refer to Table 2).

**Table 1** Means and standard deviations of body image exposure in subjective (Sub.) and objective (Obj.) sports and competition clothing

	Exposed Level	Appearance evaluation		appearance orientation		Satisfaction of various body parts	
		Average	Standard Deviations	Average	Standard Deviations	Average	Standard Deviations
Sub.	High	18.38	4.455	47.40	8.370	25.64	4.355
Sub.	Low	18.83	4.094	42.83	8.750	27.00	5.446
Obj.	High	19.10	4.084	42.21	7.202	27.23	5.924
Obj.	Low	18.83	4.738	45.39	6.953	24.85	5.838

- Means and standard deviations of subjective and objective body image with high and low levels of exercise and exposure. Descriptive statistics show that the average score in appearance evaluation is highest for athletes who are objective and whose competition clothing is highly revealing (M = 19.10, SD = 4.084), and is lowest for athletes who are subjective and whose competition clothing is highly revealing (M = 18.38, SD = 4.455); the average score of appearance orientation was highest for athletes who were subjective and whose competition

clothing was highly revealing ( $M = 47.40$ ,  $SD = 8.370$ ), and lowest for athletes who were objective and whose competition clothing was highly revealing ( $M = 42.21$ ,  $SD = 7.202$ ); The average score of satisfaction for each body part was the highest for athletes in sports with objective and high exposure to competition clothing ( $M = 27.23$ ,  $SD = 5.924$ ), and the lowest for athletes in sports with objectivity and low exposure to competition clothing ( $M = 24.85$ ,  $SD = 5.838$ ). (Please refer to Table 1 for the means and standard deviations of body image exposure in subjective and objective sports and competition clothing).

### 6.1. Independent Samples t-Test Analysis

The independent samples t test was used to test whether there are differences between different genders in the three variables of body image. The research sample did not violate Levene's test of homogeneity in appearance evaluation ( $F = 1.382$ ,  $p = .241$ ) and appearance orientation ( $F = .351$ ,  $p = .554$ ); in terms of satisfaction with various body parts ( $F = 9.448$ ,  $p = .002$ ) violates Levene's test of homogeneity of variances, so equal variances are not used. The results showed that different genders had significant differences in appearance evaluation ( $t = 3.190$ ,  $p = .002$ ), appearance orientation ( $t = -2.618$ ,  $p = .010$ ) and satisfaction with various body parts ( $t = 2.991$ ,  $p = .003$ ). Differences, it can be seen from the average that men ( $M = 19.86$ ) score higher than women ( $M = 17.83$ ) in appearance evaluation; women ( $M = 45.87$ ) score higher than men ( $M = 42.72$ ) in appearance orientation; and in each body Men ( $M = 27.52$ ) scored higher than women ( $M = 24.93$ ) on site satisfaction. (Please refer to Table 2 for the means and standard deviations of body images of different genders; please refer to Table 3 for the summary table of the independent samples t test).

**Table 2** Mean and standard deviation of body image by gender

Genders	No. of people	Appearance Evaluation		Appearance Orientation		Satisfaction of Various Body Parts	
		Average	Standard Deviations	Average	Standard Deviations	Average	Standard Deviations
Male	85	19.86	4.313	42.72	8.326	27.52	6.098
Female	90	17.83	4.087	45.87	7.370	24.93	4.556

**Table 3** Please refer to the independent sample t test summary table

Dependent variable	t	df	p	Mean Difference
Appearance Evaluation	3.190	173	.002*	2.025
Appearance Orientation	- 2.618	173	.010*	- 3.093
Satisfaction of Various Body Parts	2.991	156.938	.003*	2.462

### 6.2. Analysis of the subjective degree of scoring and the degree of exposure of competition clothing in different genders.

Since the independent sample t-test analysis of this study found that the three subscales of body image are significantly different between different genders, the male and female samples were separated into  $2 \times 2$  (scoring subjective and objective items  $\times$  the level of competition clothing exposure). Independent sample 2 Factorial multivariate analysis of variation examined whether there were differences in the three body image scores (namely, appearance evaluation, appearance orientation, and satisfaction with various body parts) between athletes' subjective ratings and clothing exposure.

### 6.3. Men Independent Sample Two-Factor Multivariate Variance Analysis

The analyst conducted a  $2 \times 2$  (subjective/objective rating  $\times$  high/low ensemble introduction) free tests two-way multivariate investigation of change (MANOVA) to look at whether there were contrasts within the scores of three body picture factors (outside appearance assessment, outside appearance introduction, and fulfillment with different body parts) among male competitors based on their subjective rating level and outfit presentation level. The comes about of the homogeneity test appeared that the test did not abuse the homogeneity of multivariate fluctuations (Box's  $M$   $p < .01$ ; Box's  $M$  esteem = 32.682,  $F = 1.654$ ,  $p = .040$ ). The multivariate test comes about demonstrated no fundamental

impact for subjective rating level (Wilks  $\Lambda = .998$ ,  $p = .979$ ) and no primary impact for ensemble presentation level (Wilks  $\Lambda = .993$ ,  $p = .914$ ).

In any case, a noteworthy interaction impact was found between the subjective rating level and outfit presentation level on the scores of the three body picture factors (Wilks  $\Lambda = .888$ ,  $p = .024$ ). The interaction impacts were moreover noteworthy for outside appearance assessment ( $\Lambda = .112$ ,  $p < .05$ ), outside appearance introduction ( $\Lambda = .126$ ,  $p < .05$ ), and fulfillment with different body parts ( $\Lambda = .126$ ,  $p < .05$ ). The consequent investigation uncovered that the interaction impact was basically driven by outside appearance introduction. Assist straightforward fundamental impact tests were conducted, and the results showed a noteworthy interaction impact for outside appearance introduction ( $F = 4.852$ ,  $p = .030$ ), whereas no critical interaction impact was found for outside appearance assessment ( $F = 1.169$ ,  $p = .283$ ) and fulfillment with different body parts ( $F = 3.086$ ,  $p = .083$ ). The straightforward primary impact tests for subjective rating level shown no critical contrasts within the scores of the three body picture factors between tall and moo ensemble presentation levels. Be that as it may, for objective rating level, a noteworthy distinction was found in outside appearance introduction ( $F = 4.163$ ,  $p = .046$ ), where the moo outfit introduction level ( $M = 45.29$ ,  $SD = 6.739$ ) had higher scores than the tall outfit presentation level ( $M = 41.24$ ,  $SD = 7.522$ ). No critical contrasts were watched in outside appearance assessment and fulfillment with different body parts.

Moreover, for ensemble presentation level, the straightforward fundamental impact tests revealed no noteworthy contrasts within the scores of the three body picture factors between tall and moo subjective and objective rating levels within the tall costume exposure condition. Additionally, within the moo costume exposure condition, no noteworthy contrasts were found within the scores of the three body picture factors between tall and moo subjective and objective rating levels.

#### 6.4. Female Independent Sample Two-Factor Multivariate Variation Analysis

A 2×2 (subjective and objective scoring item level of competition clothing exposure) independent sample two-factor multivariate analysis of variation was used to examine the subjective rating and clothing exposure of female athletes in three body image scores (namely appearance evaluation, appearance orientation, body). Is there any difference among the three dependent variables of satisfaction of each part? First, a homogeneity test was performed, and the results showed that the research sample did not violate the Box M assumption of homogeneity of multivariate variation numbers, and the Box's M value was 24.729 ( $F = 1.273$ ,  $p = .194$ ). The results of the multivariate test found that there was no significant interaction between the subjective and objective rating items and the level of clothing exposure in the scores of the three dependent variables of body image (Wilks  $\Lambda = .935$ ,  $p = .131$ ), while there was no significant interaction in the subjective and objective ratings. There was a main effect (Wilks  $\Lambda = .960$ ,  $p = .323$ ), and no main effect was found for competition clothing exposure (Wilks  $\Lambda = .978$ ,  $p = .591$ ).

Comprehensive analysis results show that there is no significant main effect or interaction between the subjective degree of women's ratings and the exposure of competition clothing on athletes' body image. However, there is an interaction between the subjective degree of scoring and the exposure of competition clothing on athletes' body image among men. Further analysis found that only in the objective items rated by men, the appearance orientation score of the items with low exposure to competition clothing was higher than that of items with high exposure to clothing. No significant difference was found in other items.

#### Findings

The investigate points to investigate the effect of subjective rating level and competition outfit presentation on athletes' body picture, which incorporates three components: outside appearance assessment, outside appearance introduction, and fulfillment with different body parts. The think about hypothesized that there would be an interaction impact between subjective rating level and ensemble presentation on athletes' body picture. The comes about mostly back this theory, because it was found that among male competitors in objective-rated sports, those with moo outfit presentation had higher scores in outside appearance introduction compared to those with tall ensemble introduction.

In other words, male competitors locked in in sports with moo outfit introduction and objective rating, such as ball and French bowling, were more concerned around their appearance than those locked in in tall ensemble introduction sports, such as sports, volleyball, and swimming. Competitors in sports with moo outfit introduction and objective rating were more likely to dress up to upgrade their appearance, keep up prepping when going out, screen their appearance routinely, and care almost others' conclusions on their appearance. In any case, there were no contrasts in outside appearance assessment and fulfillment with different body parts. With respect to sex contrasts, the think about found that in outside appearance assessment and fulfillment with different body parts, guys scored higher than females,

whereas in outside appearance introduction, females scored higher than guys. The comes about uncovered that in outside appearance introduction, there was no contrast in subjective rating level and ensemble introduction level among females, which is conflicting with past inquire about showing that females ordinarily score higher than guys in outside appearance orientation [12].

It is essential that the think about found that female competitors in sports with tall subjective rating and ensemble presentation, particularly in outside appearance introduction (such as tumbling and move), scored the most noteworthy. This can be ascribed to the nature of tasteful sports, emphasizing the expression of excellence, frequently centering on outside preparing. Competitors in these sportswear impressive outfits amid competitions, upgrading their visual request on the field. They may also pay more consideration to body administration in way of life to meet the desires of competitions or the open, driving to a more noteworthy center on appearance-related cognition and behavior.

### *Limitations*

Based on the comes about of this think about, it was found that as it were among competitors in sports with objective rating and moo outfit introduction, there's a better accentuation on their outside appearance introduction. Past inquire about has appeared a positive relationship between outside appearance introduction and other mental factors (such as narcissism, uneasiness) [13]. People with narcissistic inclinations may look for openings to grandstand their capacities in a group setting (Roberts & Woodman, 2017). Subsequently, competitors with tall outside appearance introduction, such as in ball, may advantage from coaches giving convenient openings for them to grandstand their gifts. The consider too uncovered that in male competitors locked in in objective-rated sports with moo ensemble introduction, scores for outside appearance introduction were higher than those in tall outfit introduction sports. This shows that competitors in sports with moo ensemble introduction and objective rating are more concerned approximately their appearance. Coaches can pick up a comprehensive understanding of athletes' mental states and lock in in successful communication and coordination to cultivate a positive demeanor towards their competitors [14].

In sports with moo ensemble presentation, such as French bowling, frequently alluded to as the "most elegant relaxation don" [15], where activities are generally basic, competitors tend to prep themselves and select appropriate outfits for competitions. Athletes in these sports have more choices in dressing, proposing that they pay more consideration to their appearance. On the opposite, male competitors with objective rating and tall outfit presentation had lower scores in outside appearance introduction. It is fundamental to pay extraordinary consideration to whether tall ensemble introduction makes competitors see it challenging to preserve a great picture, possibly diminishing administration adequacy and affecting athletes' perceptual control capacity for looking for positive outside evaluations. Coaches are exhorted to supply positive communication, assessments, laud, and embrace a positive state of mind when instructing competitors. Colleagues play a vital part as well. Past ponders have found that competitors who get basic comments from partners approximately their appearance have lower body picture and are more inclined to eating clutters.

Overall, besides, the sports environment, especially with the fast advancement of mass media data, has competitors seeing steady introduction to open investigation. Competitors may feel the have to be display themselves as alluring and look for endorsement and commend from the open. Hence, the center of media consideration may impact athletes' external appearance introduction. In the event that the group of onlookers continually centers on athletes' appearance, behavior, and picture, competitors are likely to lock in in more appearance management behaviors. It is recommended that the media ought to give less feedback and more positive outside appearance evaluations and center more on athletes' competition execution to have a positive impact on competitors. By and large, understanding the impact of subjective rating and ensemble introduction on athletes' body picture provides valuable experiences for coaches, colleagues, and the media to make a strong environment that cultivates positive mental advancement among competitors.

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## **7. Conclusion**

Overall, this research aim to bridge that gap by making the passage more compelling and beneficial to society. This research mainly talks about iconic figures like influencers and celebrities often showcased as epitomes of beauty. That women should be elegant and glamorous, and men should be tall and handsome. Hence, pass research has largely didn't explore body picture according to the perspectives of emotional judgment and rivalry clothing presentation. The study hypothesizes that the impact of the scoring standards on athletes' body image will be moderated by the exposure level of competition clothing. In other words, that there will be an interaction between the two factors. The goal of the study is to find out how subjective rating level and competition outfit presentation affect athletes' body image. These three aspects are outside appearance assessment, introduction to outside appearance, and satisfaction with various



body parts. It was hypothesized that the subjective rating level and ensemble presentation would interact to influence athletes' body images. It is essential that the study found that female competitors in sports with tall subjective rating and ensemble presentation, particularly in outside appearance introduction (such as tumbling and move), scored the most noteworthy. The findings primarily support this theory because it was found that among male competitors in objective-rated sports, those with moo outfit presentation had higher scores in exterior appearance introduction compared to those with tall ensemble introduction. This can be attributed to the nature of tasteful sports, which place an emphasis on expressing excellence and frequently focus on preparation from the outside. During competitions, competitors in these sportswear-appropriate outfits enhance their visual appeal on the field. They might also give more thought to how they manage their bodies in their daily lives in order to meet the requirements of competitions or the open, putting a greater emphasis on cognition and behavior that are related to appearance.

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## Compliance with ethical standards

### *Disclosure of conflict of interest*

The authors declare there is no conflict.

### *Statement of ethical approval*

Conceptualization: all authors, original draft.

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