

Importance of Psychological Health, Evaluation of Body Image and Distress on Quality of Life

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Abstract—*Body Image refers to the personal experience of embodiment. Importantly it is more than a mental picture of what one looks like, in fact it consists of a personal relationship with our body-encompassing perceptions, beliefs, thoughts, feelings and actions that pertain to one's physical appearance. With this in mind the aim of the research is to study the effect of psychological health, evaluation and distress on quality of life. The test used is a set of questionnaires on Body Image by Cash(2008).The sampling frame for the research was Daulat Ram College and convenience sampling was used to identify female participants within the age group of 18-20 years. Result indicate a positive relationship between quality of life with psychological health, evaluation of body image and distress. Thus, poorer the health, the more negative impact it has on quality of life. Also the more dissatisfied one is with its body image, the more negative impact it has on quality of life. And the more distressed one is about one's body image, the more negative impact it has on quality of life. The overall conclusion of the research is that poor psychological health, dissatisfied evaluation of body image and distress have a negative impact on quality of life. The study has consequences for women's psychological health and body image, counseling and therapy.*

Key Words: Psychological health, young women, evaluation, quality of life