

NEW ZEALAND BODYBUILDER SURVEY

Bodybuilding Opinions: “The Body”

Introduction by Anne Probert

This paper is part of a series I am progressively releasing to bodybuilders in New Zealand who participated in my national survey concerning competitive bodybuilding. 382 bodybuilders responded to the survey and these papers provide insight into the lives and views of such participants.

The survey included a list of 36 statements and participants were asked to define on a scale from 1 to 4 the extent they agreed or disagree with the statements. (1= strongly disagreed; 2= somewhat disagreed; 3= somewhat agreed; 4= strongly agreed).

Although each statement pertains to many complex issues, for the purposes of simplicity, I have categorized them into several broad sections.

This paper documents the results of those statements which I have broadly categorized relating to **“the body”**.

Specifically, it highlights bodybuilder responses i.e. their views, self-perceptions and opinions, with respect to the following survey statements:

- **I am satisfied with how my body looks.**
- **Relative to people of a similar age, I consider myself physically superior.**
- **I enjoy wearing clothes which display my physique.**
- **I believe that bodybuilding is a form of vanity and obsession with bodily perfection.**
- **I have experienced concern and pressure from family and/or friends that I could become too muscular.**
- **If female bodybuilders become too muscular, they become less feminine.**
- **My bodybuilding physique makes me feel more sexually attractive.**
- **The muscularity of male bodybuilders enhances their masculinity.**
- **I don't care what other people think about my body.**

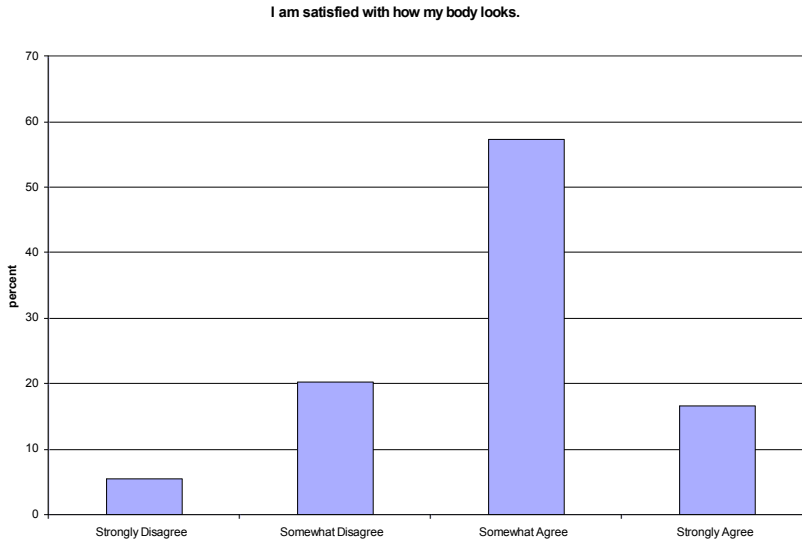
(Papers documenting the results of the other statements will be released in due course).

Survey Results

Statement: I am satisfied with how my body looks.

Outcome: The majority of respondents "somewhat agreed" with this statement.

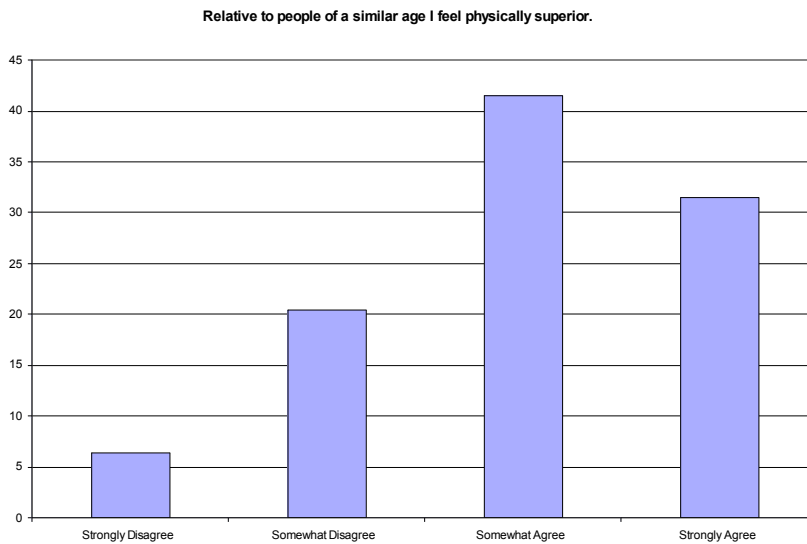
Mean score: 2.85



Statement: Relative to people of a similar age, I consider myself physically superior.

Outcome: the majority of respondents "somewhat agreed" with this statement.

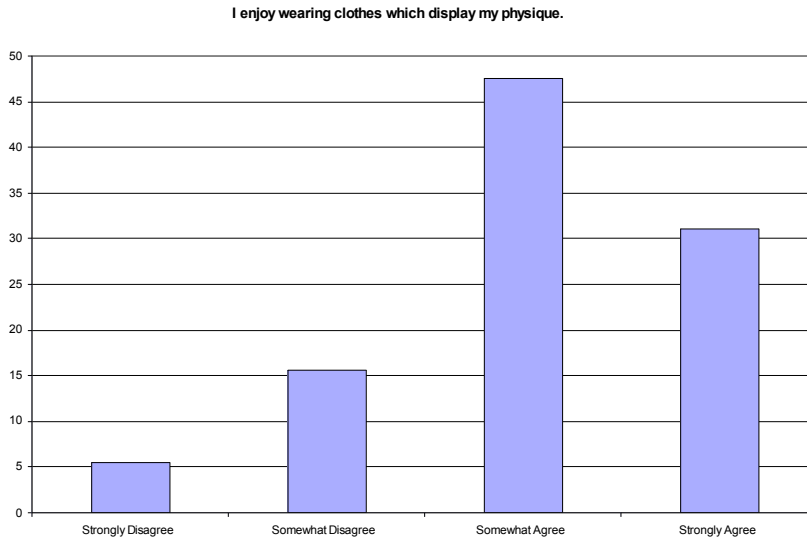
Mean score: 2.98



Statement: I enjoy wearing clothes which display my physique.

Outcome: The majority of respondents "somewhat agreed" with this statement.

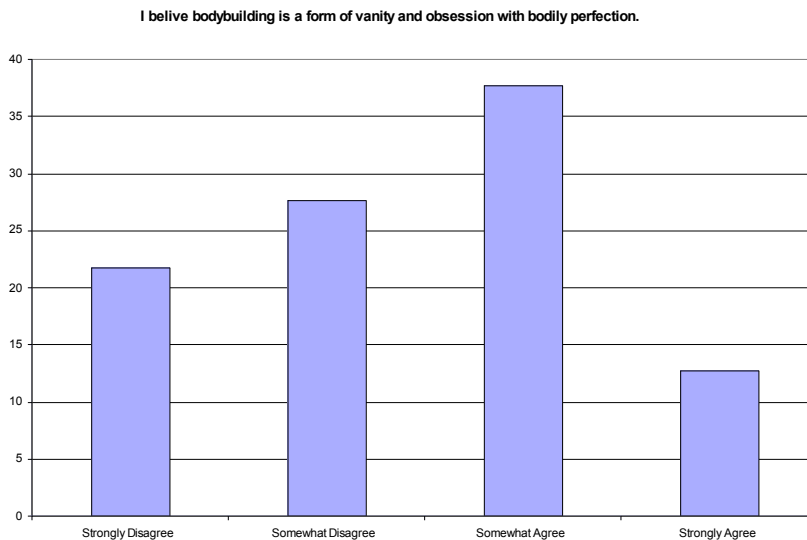
Mean score: 3.04



Statement: I believe that bodybuilding is a form of vanity and obsession with bodily perfection.

Outcome: The majority of respondents "somewhat agreed" with this statement.

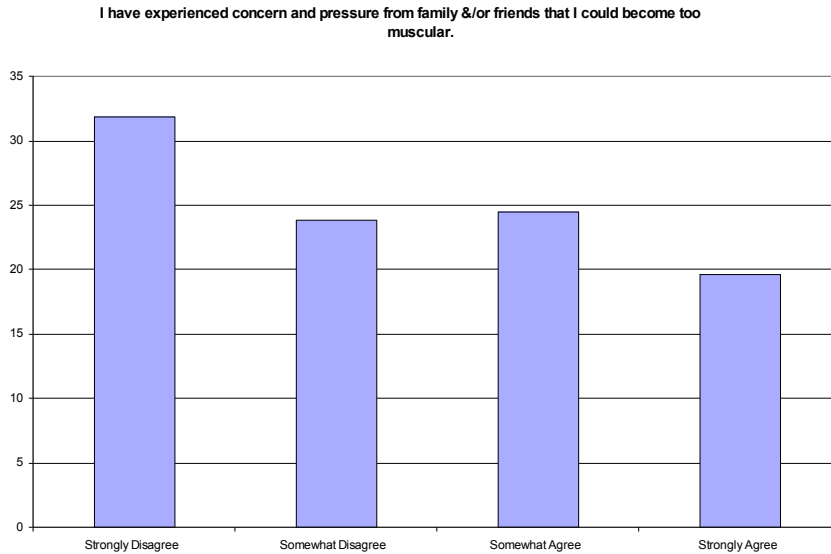
Mean score: 2.41



Statement: I have experienced concern and pressure from family and/or friends that I could become too muscular.

Outcome: The majority of respondents “strongly disagreed” with this statement.

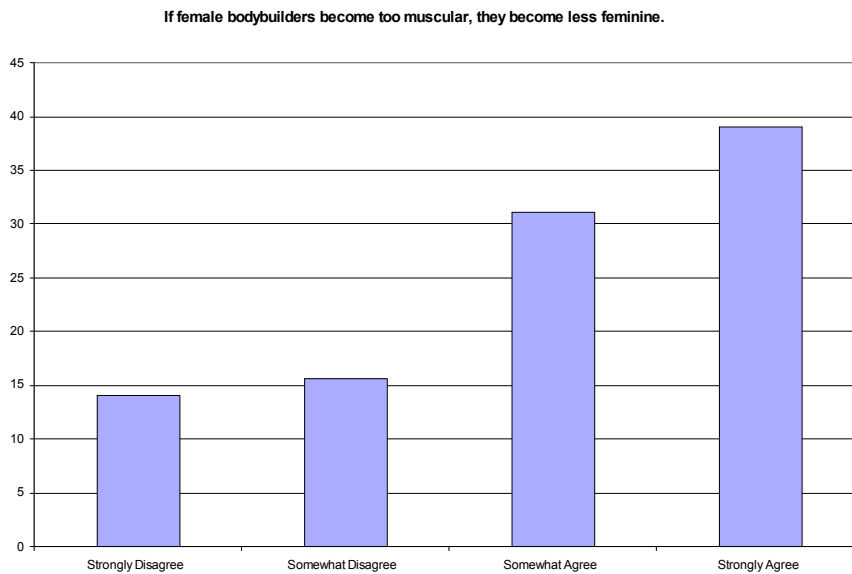
Mean score: 2.32



Statement: If female bodybuilders become too muscular, they become less feminine

Outcome: The majority of respondents “strongly agreed” with this statement.

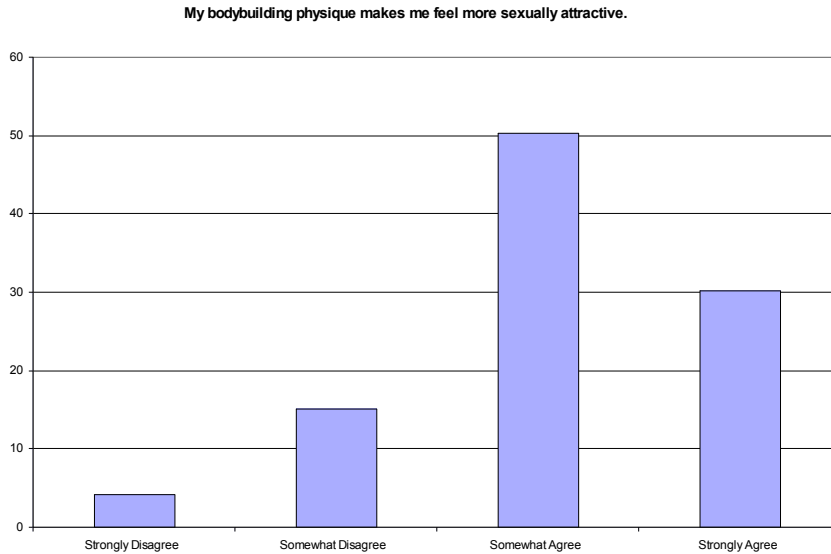
Mean score: 2.95



Statement: My bodybuilding physique makes me feel more sexually attractive.

Outcome: The majority of respondents "somewhat agreed" with this statement.

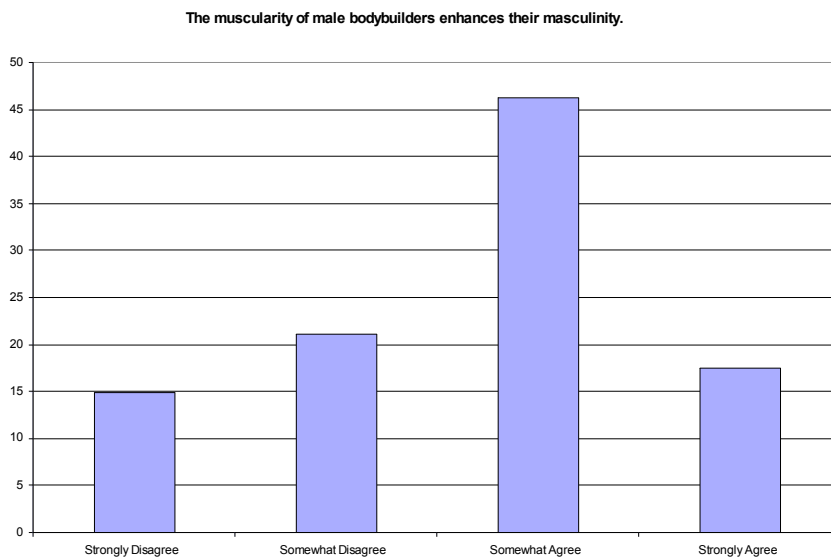
Mean score: 3.06



Statement: The muscularity of male bodybuilders enhances their masculinity.

Outcome: The majority of respondents "somewhat agreed" with this statement.

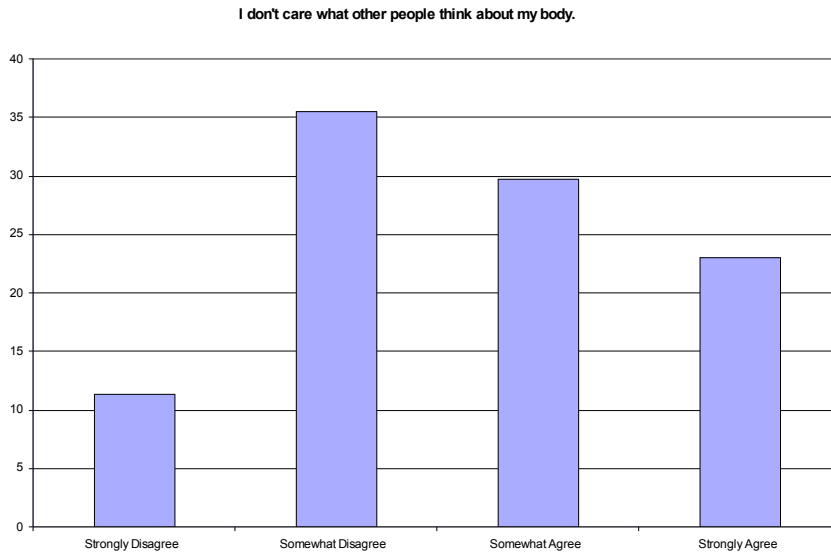
Mean score: 2.67



Statement: I don't care what other people think about my body.

Outcome: The majority of respondents "somewhat disagreed" with this statement.

Mean score: 2.65



These results, in conjunction with other survey outcomes, provide preliminary insights on a range of issues. They will combine with more in-depth information, to be gathered via personal interviews with competitive bodybuilders in New Zealand, planned for 2006.