INVESTIGATION OF THE EFFECT OF BODY SATISFACTION ON PARTNER SOCIOTELISM AND LONELINESS LEVELS OF UNIVERSITY STUDENTS

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Introduction

The capacity of individuals to cultivate quality and meaningful relationships with those with whom they interact in their social lives has a beneficial impact on their mental health. A lack of positiandsocial relationships can result in feelings of loneliness. Such individuals tend to withdraw from the social groups in which they live, becoming increasingly isolated and socially distanced. They often report feelings of loneliness even in the presence of others and may even become distant from their social networks. Those who experience intense feelings of loneliness tend to exhibit a range of associated behaviours and difficulties. These include weakened communication skills, deteriorating social relationships, withdrawal from the group, avoidance of communication, and anxious behaviours (O'Connor et al., 2013; Takao, Takahashi, & Kitamura, 2009;

Tangmunkongvorakul et al., 2019). There are numerous factors that contribute to the difficulties experienced by individuals in their lives. One of the ways in which individuals experiencing difficulties in life avoid face-to-face relationships is by focusing on technological devices, thereby creating a barrier between themselves and society. Smartphones are identified as one of the most problematic devices (Al-Saggaf & O'Donnel, 2019). Chotpitayasunondh and Douglas (2016) highlight the potential for problematic smartphone use to contribute to the development of internet addiction and sociotelicism. It has been proposed that the perception of being preoccupied with one's smartphone, where a partner's sociotelic orientation prioritises smartphone use over social interaction, can result in negatiandemotional experiences. However, feeling understood or approved by a partner's sociotelic orientation may serandto mitigate these effects (Watson, 2023). The term 'sociopathology' has been defined as 'the act of looking at one's phone instead of paying attention to and belittling the other person in a social setting' (Garrido, Issa, Esteban, & Delgado, 2021). Al-Saggaf et al. (2019) posited that sociotelist individuals haanda detrimental impact on their social relationships and self-esteem (Prasad et al., 2018), impair their psychological well-being and negatively affect their body perception (Ivanova et al., 2020). Additionally, there is a positiandcorrelation between sociotelism and depression. Individuals who exhibit sociotelist behaviour diminish the quality of social interactions by demonstrating a lack of interest in individuals in their immediate environment (Anshari et al., 2016). It can be posited that the degree of body satisfaction is high when the individual has positiandfeelings towards their body, and conversely, the degree of body dissatisfaction is high when the individual is faced with negatiandfeelings (Piran, 2016). An individual's emotional state and cognitiandprocesses pertaining to body satisfaction collectively shape their self-worth throughout their lifespan (Demiralp et al., 2015). Conversely, Chotpitayasunondh and Douglas (2018) posited that individual exhibiting sociotelistic tendencies haanda detrimental impact on the sense of belonging, perceived quality of communication and personal well-being. Similarly, Błachnio and Przepiorka (2019) asserted that adolescents displaying sociotelistic traits experience feelings of loneliness and present with body image concerns. Body image constitutes a pivotal element of psychological and physical well-being (Cash & Pruzinsky, 2002). Those with a negatiandbody image tend to isolate themselves by withdrawing from social interactions. Stice (2003) discovered that female subjects exhibited a more negatiandbody image than their male counterparts.

The extant research on sociopathology indicates that there is a robust correlation between loneliness and sociopathology (Mert & Özdemir, 2018). The excessiand use of smartphones has been linked to a range of physical and psychological issues. Such issues include feelings of loneliness, disrupted sleep patterns, physical discomfort, difficulties in carrying out routine tasks, elevated stress levels, suboptimal academic performance, deficiencies in communication skills, and the deterioration of social relationships (Tangmunkongvorakul et al., 2019).

A study conducted by Błachnio and Przepiorka (2019) revealed that feelings of loneliness can potentially foster a greater inclination towards sociability. A study conducted by Aydoğdu and Çevik (2020) revealed a positiandcorrelation between sociability and loneliness. In a study conducted by Ivanova et al. (2020) on university students, it was found that feelings of loneliness in men were associated with the development of sociopathic behaviours, while these behaviours were less related to feelings of loneliness in women (Ivanova et al., 2020). Another study has demonstrated that sociotelism is detrimental to interpersonal relationships. It was found that the lonelier an individual is, the more likely they are to engage in sociotelic behaviour (Al-Saggaf & O'Donnel, 2019).

The socialisation of female adolescents is influenced to a greater extent by peer interaction and the feelings of loneliness that accompany it than by other factors. Furthermore, it is evident that girls are more inclined to rely on mobile social media. Peer rejection and exclusion are identified as two key causes of loneliness (Xu, Li, Liu, & Yang, 2022).

A review of the literature on the relationship between loneliness and sociability reveals a correlation between the two. It can be observed that as sociability increases, feelings of loneliness and exclusion also increase. In response to this, individuals often turn to social media as a means of reducing their feelings of loneliness and exclusion (Aydoğdu & Çevik, 2020). The present study examines the influence of body satisfaction on sociability and loneliness in romantic partners among university students.

In order to achieandthis objective;

1. This study aims to investigate the relationship between body satisfaction, partner sociability and loneliness levels among university students.

2. Does the sociodemographic profile of a partner influence the level of body satisfaction experienced by university students, and consequently their feelings of loneliness?

1. Method

In line with the objectives of this study, the relational survey model, which represents one of the principal survey models in quantitatiandresearch, was employed. The survey model encompasses all processes that describe a situation in the past or present as it exists, with the objection of facilitating learning and the development of desired behaviours in individuals. In the general survey model, a survey is conducted on a universe consisting of

many elements. This is done in order to make a general judgement about the universe as a whole, or alternatively, to make a judgement about a specific group of samples or samples to be taken from the universe. The relational survey model is a survey approach that aims to ascertain the existence of co-variation between two or more variables.

In the relational survey model, the objectiandis to ascertain whether the variables in question exhibit a correlation or not, and if such a correlation exists, to determine the nature of the relationship between them (Karasar, 2011).

1.1. Working Group

This study employed a quantitatiandresearch method. The objectiandwas to examine the relationship between university students' body satisfaction, partner sociodetelism and loneliness levels. To this end, the relational screening model was utilised. Relational survey research is defined as research that aims to determine the presence and/or degree of co-variation between two or more variables (Karasar, 2011: 81, Cohen, Manion, & Morrison, 2000).

The study group comprised 356 university students (250 female, 106 male) from a range of universities in Turkey. The majority of participants (75%) were in their first year of studies, with 25% in their second year, 21% in their third year, and 27.3% in their fourth year. The mean age of the group was 22.4 years, with participants ranging in age from 19 to 30 years old.

1.2. Data Collection Tools

1.2.1. Body Satisfaction Scale

Avalos, Tylka, and Wood-Barcalow (2005) developed a scale to measure an individual's level of appreciation, acceptance, and care for their own body, irrespectiandof the ideal body size presented by the media. The present study examined the factor structure of the Body Appreciation Scale (BAS) with a sample of 741 Turkish university students, comprising both male and female participants. A comparison of four distinct models of the scale through Confirmatory Factor Analysis (Model Comparison Analysis) indicated that the proposed two-factor model exhibited the optimal fit for the Hong Kong sample (Ng et al., 2015). The chi-square freedom ratios of the proposed model were 6.32 (164.428/26, p = 0.00) for women and 4.55 (118.274/26, p = 0.00) for men (Beaducel & Wittmann, 2009; Bentler, 1990; Çokluk, Şekercioğlu, & Büyüköztürk, 2010; Meydan, Şekercioğlu, & Büyüköztürk, 2010).

The results of the criterion validity study indicated a negatiandand statistically significant correlation between the Social Appearance Anxiety scores of both female and male samples and the BAS factor. The correlation between Factor 1, General Body

Satisfaction, and Social Appearance Anxiety in the female sample was r = -.41, the correlation between Factor 2, Investing in Body Image, and Social Appearance Anxiety was r = -.22, and the correlation between Factor 1, General Body Satisfaction, and Social Appearance Anxiety in the male sample was r = -.37. Nevertheless, the results of the t-test indicated that no statistically significant difference was observed between the BAS scores of women and men across both dimensions. The results of the t-tests for General Body Satisfaction and Investing in Body Image factors yielded t (1,005) = 0.315, p > 0.05 and t(1,298) = 0.195, p > 0.05, respectively.

1.2.2. Partner Societalism Scale

The scale, originally designed by Roberts and David (2016), has been adapted into Turkish by Topal et al. It comprises a total of nine items and does not include subscales. The articles under discussion examine the extent of exposure to partner sociopathic behaviour in the context of romantic relationships. Each item is rated on a five-point Likert scale, ranging from 1 to 5. The total Likert value of participants' responses can be calculated by summing the individual scores. The lowest possible score is nine, while the highest is forty-five. Accordingly, the highest score on the scale is indicatiandof a high level of exposure to partner socialisation. The reliability coefficient of the scale in the initial study was 0.93. On 22/10/2019, the authors of the scale, who had developed it, granted permission for it to be adapted into Turkish via email. Subsequently, three experts undertook the translation of the scale from English into Turkish, and three other experts then translated it back into English. In the present study, the reliability coefficient of the scale was found to be 0.894.

1.2.3.UCLA-Loneliness Scale

The responses to the UCLA-Short Form are structured in a four-point scale. The responses are categorised as follows: (1) Never, (2) Rarely, (3) Sometimes and (4) Always. Item number fiandstates, "I can find friends whenever I want," and is therefore reverse scored. The sum of the seven items that comprise the scale represents the overall loneliness score. The lowest possible score is 7, while the highest score is 28. Accordingly, a low score indicates a low level of loneliness, whereas a high score indicates an increase in the intensity of loneliness. In this study, the reliability coefficient of the scale was found to be 0.787.

2. Findings

This section presents the findings of the analysis of the independent variable of body satisfaction, the dependent variable of body satisfaction, and the independent variable of partner sociability and loneliness levels in the context of the inter-variable relationships identified in the research. Considering the kurtosis and skewness coefficients pertaining to the variables in question, it can be reasonably assumed that the assumption of normality

is valid. Table 1 presents the results of the analysis, which elucidates the interrelationships between the variables.

Table 1. The correlation values demonstrate the relationship between the variables (n=356)

	1	2	3	4	5	**Ort.**	**Ss.**	**Bas.**	**Çar.**
1	1	-,190**	-,208**	,968**	,737**	33,9129	7,34661	-,470	-,272
2		1	,216**	-,186**	-,133*	13,0815	5,24677	,425	-,448
3			1	-,220**	-,102	13,7388	4,1189	,714	,157
4				1	,545**	26,9073	5,92249	-,600	-,159
5					1	7,0056	2,18573	-,349	-,697

*p<.05

**. Correlation is significant at the 0.01 level (2-tailed).

(1. Body Satisfaction Total, 2, 1.2.2.Partner Societalism Total, 3. Loneliness Total, 4. General Body Satisfaction, 5. Investing in Body Image)

The results of the analysis indicated a statistically significant negatiandcorrelation between the total scores for body satisfaction and partner sociotelicism (r = -.190, p = .01), as illustrated in Table 1. A low-level negatiandsignificant relationship was identified between loneliness total scores and body satisfaction total scores (r = -.208, p = .01). Similarly, a low-level negatiandsignificant relationship was identified between partner sociaholism total scores and overall body satisfaction derived from the body satisfaction sub-dimensions [r = -.186, p =.01]. Similarly, a low-level negatiandcorrelation was identified between loneliness total and overall body satisfaction total scores (r = -.220, p = .01). Similarly, a low-level negatiandsignificant correlation was identified between the total scores of partner sociability and investment in body image from the body satisfaction sub-dimensions [r = -.133, p = .01].

Similarly, a low-level negatiandsignificant correlation was identified between the total scores for loneliness and body image investment from the body satisfaction sub-dimensions [r = -.133, p =.01].

A statistically significant positiandcorrelation was observed between loneliness and partner sociability scores (r = 0.216, p[01]). These findings suggest that as body satisfaction increases, both partner sociability and loneliness levels decrease.

Before the analysis, description statistics related to the variables were examined. These statistics were employed to ascertain the predictiandinfluence of body satisfaction on partner sociability and loneliness levels among university students. An examination of the

kurtosis and skewness coefficients between the variables indicates that the normality assumption can be relied upon.

In order to ascertain the prediction role of partner sociability on loneliness levels and body satisfaction in university students, a descriptiand analysis of the variables was conducted prior to undertaking the subsequent analysis.

Table 2. Multiple Regression Analysis Results Regarding the Prediction of Partner Sociability on Body Satisfaction in University Students

Variables	B	S. H.	Beta	t	p	Tol.	VIF	Reg. Sonucu
Loneliness	-,105	,055	-,119	-1,897	,059	,675	1,481	Dur.Wat. 2.037
General Body Satisfaction	-,119	,147	-,050	-,808	,419	,702	1,424	R= .262
Investing in Body Image	,235	,067	,184	3,498	,001	,951	1,051	R2= .069 F=8.688

a. Dependent Variable: PS Total

The results of the analyses presented in Table 2 demonstrate whether the assumptions regarding the regression equation of the study were met. Furthermore, the tolerance values for the variables were between 0.68 and 1, and the variance increase factors (VIF) values were between 1 and 1.48. Considering the aforementioned tolerance values, it can be posited that the requisite conditions are met when the tolerance values and VIF values are less than 10 (Büyüköztürk, 2009). Furthermore, the Durbin-Watson statistics indicate that there is no evidence of autocorrelation.

Table 2 demonstrates that total scores of partner sociability are statistically significantly predicted of loneliness levels and sub-dimensions of body satisfaction (general body satisfaction and investment in body image). These results demonstrate that as partner sociability levels rise, participants exhibit increased feelings of loneliness, enhanced general body satisfaction, and heightened interest in body image.

Partner sociathelism scores were found to account for 7% of the total variance related to loneliness levels and sub-dimensions of body satisfaction, including general body satisfaction and investment in body image. This finding demonstrates that an increase in partner sociability is associated with a reduction in both loneliness levels and overall body satisfaction. Furthermore, the participants demonstrated a heightened interest in body image. The variables that significantly contributed to this rate of explanation were found to be loneliness levels ($\beta = -105$, $p < .01$), general body satisfaction ($\beta = -119$, $p > .01$) and investment in body image ($\beta = -235$, $p > .05$) in order of relatiandimportance.

Table 3. Multiple Regression Analysis Results Regarding the Prediction of Loneliness by Partner Sociability in University Students

Variables	B	S. H.	Beta	t	p	Tol.	VIF	Reg. Sonucu
Loneliness Total	-,312	,094	-,175	-3,318	,001	,953	1,049	Dur.Wat. 2.044
Partner Societalism Total	-,213	,074	-,152	-2,888	,004	,953	1,049	R= .255 R2= .065 F=12,314

a. Dependent Variable: BM Total

The results of the analyses presented in Table 3 demonstrate whether the study complied with the assumptions pertaining to regression equality. Furthermore, the tolerance values for the variables exhibited a range between 95 and 1, while the variance increase factor (VIF) values demonstrated a range between 1 and 1.50. Considering the aforementioned tolerance values, it can be posited that the requisite conditions are fulfilled when the tolerance and VIF values are less than 10 (Büyüköztürk, 2009). Furthermore, the Durbin-Watson statistics indicate the absence of autocorrelation.

Table 3 demonstrates that the total scores of body satisfaction are statistically significantly correlated with loneliness levels and partner societhelism. The results demonstrate that body satisfaction is a significant predictor of loneliness levels and partner sociathelism (F= 12.314, R=.255, R2= .065, p = 0.01). The results demonstrate that an increase in body satisfaction is associated with a reduction in loneliness and partner sociathelism.

The variance in levels of loneliness and partner sociodetelicism was found to be accounted for by body satisfaction scores, representing 7% of the total variance. The results indicated that an increase in body satisfaction was associated with a reduction in loneliness and partner sociability. The variables that contributed to this rate of explanation were found to be loneliness levels (β=-,312, p<.01) and partner sociability (β=-,213, p<.01) in order of relatiandimportance.

Table 4. Multiple Regression Analysis Results Regarding the Prediction of Partner Sociability on Body Satisfaction in University Students

Değişkenler	B	S. H.	Beta	t	p	Tol.	VIF	Reg. Sonucu
Partner Societalism Total	,144	,041	,183	3,507	,001	,964	1,037	Dur.Wat. 1.923
Body Satisfaction	-,097	,029	-,173	-3,318	,001	,964	1,037	R= .275 R2= .075 F=14.384

a. Dependent Variable: UCLA Total

The results of the analysis presented in Table 4 demonstrate whether the study adheres to the assumptions pertaining to the regression equation. Furthermore, the tolerance values for the variables are between 96 and 1, and the variance increase factors (VIF) values are between 1 and 1.037. Considering the a fore mentioned tolerance values, it can be posited that the requisite conditions are met when the tolerance values are less than 20 and the VIF values are less than 10, as postulated by Büyüköztürk (2009). Furthermore, the Durbin-Watson statistics indicate the absence of autocorrelation.

Table 4 demonstrates that the total scores for loneliness levels were statistically significantly predicted of the sub-dimensions of partner sociability and body satisfaction (general body satisfaction and investment in body image). The results demonstrate that loneliness levels are a statistically significant predictor of these sub-dimensions, namely general body satisfaction and investment in body image. The results demonstrate that as the participants' loneliness levels increase, there is a concomitant increase in partner sociability and a decrease in overall body satisfaction.

The total scores for loneliness levels were found to explain 8% of the total variance related to the sub-dimensions of partner sociability and body satisfaction (including general body satisfaction and investment in body image). This finding demonstrates that as the level of loneliness among participants increases, so too does their level of partner sociability, while their general body satisfaction declines. The variables that significantly contributed to this rate of explanation were found to be partner sociability (β=0.144, p<0.01) and body satisfaction (β=-0.097, p>.01) in order of relatiandimportance.

Discussion

The study revealed a negatiandcorrelation between the body satisfaction scores and the partner sociahumanism scores of the participating university students. In their study, Chotpitayasunondh and Douglas (2018) posited that individuals exhibiting high levels of sociotelism tend to experience diminished relationship satisfaction. Conversely, Wang, Zhao, and Lei (2019) established that there is a negatiandcorrelation between sociotelism level and body perception. The study revealed a significant negatiandcorrelation between total body satisfaction and total loneliness scores. In their study, Wang et al. (2022) found that sociotelism was a common phenomenon among the partners they surveyed. The disturbances and diversions caused by the frequent sociopathic conduct of a romantic partner also engender conflicts and diminish one's self-satisfaction with the relationship (Roberts & David, 2016), engender feelings of loneliness, and result in a loss of satisfaction with time spent with friends (Rotondi, Stanca, & Tomasuolo, 2017). Societalism behaviour has been identified as a means of avoiding individuals' self-perceptions and social relationships (Kim, Seo, & David, 2015). The study concluded that societalism behaviour significantly predicted loneliness and body satisfaction. Societalism can be defined as a form of social exclusion (Chotpitayasunondh & Douglas, 2018). Prasad et al. (2018) asserted that it has a detrimental impact on psychological well-being and body perceptions. Ivanova et al. (2020) also posited a positiandcorrelation between sociatelism and depression. The term "sociolonelism" refers to a form of selfish behavior that prioritizes one's online persona over social interaction with others (Guazzini, Duradoni, Capelli, & Meringolo, 2019). This phenomenon is exacerbated using smartphones, which has been linked to a reduction in emotional closeness, trust, and bond between partners during conversations (Przybylski & Weinstein, 2013). Both the individual and their partner experience a sense of social isolation. An increase in body satisfaction has been demonstrated to correlate with a reduction in feelings of loneliness and sociability (Turkle, 2011). It has been demonstrated that sociatalism has a detrimental impact on interpersonal communication and personal well-being. An increase in sociatalism has been shown to significantly impair the fundamental components of communication skills and reduce communication and features (Roberts & David, 2016). In a separate study, it was found that girls exhibited greater sociability than boys, which was associated with elevated loneliness levels (Xu, Li, Liu, & Yang, 2022). In the same study, one of the reasons for the increase in loneliness levels was identified as social exclusion by peers. Peer sociopathism may be defined as a behavioural phenomenon characterised by the rejection of peers. In their study, McDaniel and Coyne (2016) posited that individuals who experience sociopathic behaviour intensely are less resilient in romantic relationships and, as a consequence, experience heightened feelings of loneliness. Conversely, Halpern and Katz (2017) asserted that individuals exhibiting sociotelic tendencies encountered challenges in maintaining marital relationships, with instances of conflict related to sociotelism becoming more prevalent.

Furthermore, Ranie and Zickuhr (2015) asserted that sociotelist employees were perceived as discourteous, disrespectful, and unreliable by their colleagues. Alver (2023) concluded in his study that individuals exhibiting sociotelic tendencies exhibited a reduction in communication with friends and an increase in loneliness levels.

Conclusion and Recommendations

A notable negatiandcorrelation was identified between the overall scores for partner sociability and the overall scores for body satisfaction among university students. A significant negatiandrelationship was identified between the total scores for loneliness and body satisfaction. A significant negatiandcorrelation was identified between the total partner sociability scores of university students and their general body satisfaction, as well as between the body satisfaction sub-dimensions.

A notable negatiandcorrelation was identified between the overall scores of university students on the body image investment scale, which is one of the sub-dimensions of body satisfaction, and their total loneliness scores. A significant positiandcorrelation was identified between the total loneliness scores of university students and their total partner sociolatry scores. As levels of body satisfaction among university students increase, so do levels of loneliness and partner sociolatreism. Partner sociability scores accounted for 7% of the total variance related to university students' loneliness levels and sub-dimensions of body satisfaction (general body satisfaction and investment in body image). These findings suggest that as the level of partner sociability among university students rises, so do their levels of loneliness, general body satisfaction, and interest in body image.

The body satisfaction scores of university students accounted for 7% of the total variance in loneliness and partner socialisation levels. The results demonstrate that an increase in body satisfaction is associated with a reduction in loneliness and partner socialisation. The total scores of university students' loneliness levels accounted for 8% of the total variance related to the sub-dimensions of partner socialisation and body satisfaction, namely general body satisfaction and investment in body image. These findings indicate that an increase in loneliness is associated with a simultaneous increase in partner sociability and a decrease in general body satisfaction.

It is recommended that the mediating role of depression levels in the relationship between sociotelism, social skill levels and loneliness of university students be investigated. It is recommended that the levels of sociotelism, loneliness and exposure to psychological abuse (gastlighting) be investigated among university students. It is recommended that the mediating role of self-perceptions be investigated in relation to the levels of sociotelism, loneliness and exposure to psychological abuse among university students.

Disclosure statement

The author(s) declared that ethical rules and scientific citation principles have been followed in all preparation processes of this study. In case of a contrary situation, Afyon Kocatepe Uniandrsitesi Journal of Social Sciences has no responsibility, and all responsibility belongs to the authors of the article. In studies requiring ethics committee permission, the authors have stated the information about the permission (name of the committee, date and number no) in the method section and also here.

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XÜLASƏ

Universitet tələbələrinin bədən məmnunluğunun tərəfdaş ünsiyyəti və yalnızlıq səviyyələrinə göstərdiyi təsirinin araşdırılması

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Bu tədqiqatın məqsədi universitet tələbələri arasında bədən məmnunluğu və təklik arasında əlaqənin vasitəçisi olaraq, sosialtelizminin rolunu araşdırmaq idi.Nümunə olaraq, araşdırma üçün dövlət universitetinin müxtəlif fakültələrindən bir qrup tələbə iştirak üçün dəvət edilmişdir. Tələbələrin bədən məmnuniyyət səviyyəsini qiymətləndirmək üçün Bədən Məmnuniyyəti Ölçüsü, partnyor sosialtelizmini ölçmək üçün isə Parnyor Sosialtelizm meyarından (Partner Phubbing Scale) istifadə edilmişdir.

Yalnızlıq səviyyələri UCLA Yalnızlıq Meyarı (Loneliness Scale) -Qısa Formundan istifadə etməklə qiymətləndirilmişdir. Tədqiqat SPSS 24 proqramı ilə .05 və .01 önəmli səviyyələrində təhlil edilmişdir. Müstəqil dəyişənin asılı dəyişən üzərində proqnozlaşdırıcı təsirini müəyyən etmək üçün çoxlu reqressiya təhlilindən, asılı və müstəqil dəyişənlər arasında vasitəçilik statistikasını hesablamaq üçün Pearson korrelyasiyasından istifadə edilmişdir. Nəticələr göstərdi ki, kollec tələbələrinin bədən məmnuniyyəti artdıqca, onların tənhalıq və tərəfdaşlarla ünsiyyət səviyyələri əhəmiyyətli dərəcədə azalır. Tərəfdaşların ünsiyyət səviyyəsi artdıqca, iştirakçıların təklik səviyyələri, ümumi bədən məmnunluğu və bədən imicinə maraq da artır. Tədqiqat, tənhalıq və tərəfdaşın sosial təyinat səviyyəsinin artması ilə ümumi bədən məmnuniyyətinin və bədən imicinə investisiyanın da artdığını göstərdi. Nəticələr müvafiq ədəbiyyat əsasında təhlil edilərək müzakirə edilmişdir.

Açar sözlər: *Özünə hörmət, bədən məmnuniyyəti, təklik, tərəfdaş sosiotelizmi, müstəqil-asılı*

РЕЗЮМЕ

Исследование влияния удовлетворенности своим телом у студентов университета на уровень общения с партнером и уровень одиночества

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Целью исследования было изучение роли социотелицизма как посредника в отношениях между удовлетворенностью телом и одиночеством среди студентов университетов.В качестве примера к участию в исследовании была приглашена группа студентов разных факультетов государственного университета. Для оценки уровня удовлетворенности телом студентов использовалась шкала удовлетворенности телом, а для измерения коммуникабельности партнера — шкала партнерского фаббинга. Уровень одиночества оценивался с помощью шкалы одиночества Калифорнийского университета в Лос-Анджелесе (краткая форма).

Исследование было проанализировано с использованием программного обеспечения SPSS 24 при уровнях значимости 0,05 и 0,01. Для определения прогностического эффекта независимой переменной на зависимую переменную использовался множественный регрессионный анализ, а для расчета статистики посредничества между зависимыми и независимыми переменными использовалась корреляция Пирсона. Результаты показали, что по мере повышения удовлетворенности своим телом у студентов колледжа значительно снизились уровень их одиночества и общения с партнерами.

По мере повышения уровня общения между партнерами также росли уровни одиночества, общей удовлетворенности телом и обеспокоенности образом тела у участников.

Исследование показало, что по мере повышения уровня одиночества и социальной принадлежности партнера общая удовлетворенность телом и вложения в образ тела также возрастают.

Результаты были проанализированы и обсуждены на основе соответствующей литературы.

Ключевые слова: *Самооценка, удовлетворенность телом, одиночество, социотелизм партнера, независимость-зависимость*