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**Sociological Study: The relationship between Social Capital and Body
Management Case Study: Tabriz University Students**

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Abstract

Attempts to find out social aspects of the body, have formed the main trend of research and debate for sociologists in recent decades. Body is a phenomenon that can be socially built so its construction and functions are matters of social and cultural beliefs. In this study, the relationship between social capital and body management has been investigated through survey method. For data collection, in this descriptive-analytic study, questionnaires have been used. The sample contains 235 Tabriz University students which have been selected using stratified sampling. The findings show that there is positive and significant relationship (in the %99 confidence level) between body management and social capital. And there is also a significant relationship (in the confidence level of 99%) among body management and social norms, trust in groups and institutions and interpersonal relationships and trust. Regression analysis results show that of the independent variables, interpersonal trust, gender and age have been able to explain 17.2 percent of the variance of body management (dependent variable).

Key words: Body Management, Social Capital, Trust and Interpersonal Relationships

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Introduction

Although in many cases the concept of human body is considered as a biological and psychological phenomenon, today the sociological approach toward body, as one of the branches of health has become especially important. Society and culture which a person grows up, teaches the individual how to explain and interpret many of the changes in his body and the other bodies occur over the time.

Our image of the body, that is how we understand our bodies, may influence our ability to establish a relationship with others and affects the responses we receive from others. This conception has an impact on the way we experience our bodies in every day life. This conception can also affect our self-respect, our trust in social situations, and the nature of our social relationships.

Our body imagination isn't merely shaped through what we imagine that it looks like, but social and cultural contexts improve our interpretation of what we observe... The act of understanding such an image is a process that has been originated in social conditions. In other words, body imagination and our social relations are affected by each other. So everyday life, basically means the production and reproduction of bodies and body reconstruction is rebuilding the life world of which the social capital is considered to be the most influential factor. (Abazary and Hamidi, 2009: P129)

Social construction of the body can largely be traced to Foucault's structuralist theories. Foucault clearly shows that how the human body, as a kind of social capital and under the influence of social pressure which determines its form and social value, is exposed to processes of

deformation. (Haji Amiri, 2005, P3). It is clear therefore that in recent years and in current societies, body has grown beyond its organic condition and has become a social and cultural phenomenon and that societies influence and form kinds of the bodies we have and that body management and monitoring are affected by cultural and social conditions and requirements; therefore various

factors such as social capital, cultural capital ... are included in this category (Freund, 1998: 3).

Although the society can not accurately produce and create bodies, it can affect and shape them, social groups and their culture can shape their own members bodies. (Freund and McGuire, 1991: 3-4). Accordingly in view of the fact that body management as a new subject in sociological studies and acknowledging the existence of some shortcomings in this area, this question is: what is the relationship between body management and social capital and to what extent does social capital affect body management?

Conceptual Framework

Body Management

By analyzing the body, Michel Foucault, one of Post-structuralist representatives, has helped to develop a new specialized field of sociology so called sociology of the body. The argument was complemented with Turner's book entitled "Body and Society" as the first work in this area. One area of investigation in this case is the social construction of the body. In medical sociology, social construction of the body is closely related to Foucault's analysis about body as a product of power and knowledge. Here we examine the individuals' intentions of shaping, embellishing,

showing off, managing, and socially assessing their bodies. (Kaivan Ara 2007: pp 68-70)

Foucault suggests that until onset of the eighteenth century, the society was trying to supervise death, but in the beginning of the century, the society abandoned this emphasis and tended to monitor life, especially sexual desire. Social pressures on sexual desire introduced "a kind of skeletal policy on body" which aimed put human body and his sexual instincts under surveillance. (Haji Amiri, 8:2005)

In Foucault's model, the power is productive and reproductive, and exerted pressure in countless ways. Knowledge, particularly social science is highly effective in producing obedient body and minds. According to Foucault, disciplinary mechanisms create obedient bodies (Giddens, 1999: 82 and Lumpkin, 2004).

Among sociological schools which use the body as a main subject in their discussions, symbolic interaction school and Canadian-American sociologist's, Irving Goffman, can be mentioned. The ideas of symbolic interaction theory are based on the principle that social reality is constructed (in small scope) by the society, where individuals based on common symbolic meanings interact with each other. Since individuals have the capability of thinking, they can define the situation and form their behaviors according to their interpretations and definitions. (Kaivanara, 2007).

Goffman also in his work "representation of self in daily life" also discusses about social and human self and focuses on the distance between social self human self and. He describes self interpretation through representation approach. In this approach Goffman considers social roles and positions as the only dramas performed in daily life. He thinks individuals' selves are formed and become meaningful through the roles performed

in these situations. While Goffman uses the concept of self, he largely refers to the body of self. From his perspective body and physical agents are also vote collectors, resorting to all methods of social signaling and try to attract others' attentions. These body agents are embodied representatives of identity and dignity that can be interpreted of other actors. (Fatehi, 2008 quoted by Lopez and Scott, 2009 15).

Giddens believes that facial expressions and other body postures provide the basic essence of the same expressions our daily communications are subjected to them. In order to learn to be a qualified agent or, in other words, in order to be able to share equally with others in producing and reproducing social relations, we should be able continuously and successfully to monitor our face and body (Giddens, 1998: 86).

The exterior appearance of body includes all superficial features of our figure, such as how to dress and makeup, which is visible for others and the individual himself normally take them as signs for the interpretation of actions. The specifying deed is how the individual uses his appearance in everyday activities: that is how to mobilize the bodies in relation with the daily life structural contractions. (Giddens, 1999)

Themes of uncertainty, shaped by the central concept of Giddens work and many people like Beck (1992) and Douglas (1986), consider risk as the key point in understanding contemporary societies. Giddens (1991) writes: uncertainty has penetrated all parameters of everyday life and has shaped crucial aspects of contemporary social world. In such a world, body is not a pre-given object anymore, but is a flexible, programmable and reflectable object which would observe a lot of changes in individual's life. That is why Schilling (1993) introduces body as an incomplete project which changes during participation in

society. Emily Martin (1994) calls his book "flexible bodies" (Abazry et al, 2009: 132 and Nettleton, 1998: pp 4-7).

Social capital

The topic of social capital was posed for the first time in the second decade of the twentieth century introduced in an article by Hanifan (Share Pour, 2004: 65) It has come into the theoretical literature of different branches of social science in recent three to four decades, and has conceptually and theoretically passed through several stages over this period. The first stage was the emergence and use of this term in social science texts. At this stage, the concept of social capital has been used to explain social life problems in many times. In the second stage of its theoretical development, social capital was recognized as an important topic within the social structure. Social structure as a set of interrelations of components that form any social group can conjure up the totality of such social and human groups. The relations among constructive components, among both individuals and human groups, led to raise the concept of social capital as a factor of facilitating social relationships and social norms.(Dellaviz, 2005). Today, one of the important factors which facilitate social relationships is body management. So in this contexts body management and social capital are intereffected by each other. In his action theory, James Coleman made a lot of efforts to introduce the concept of social capital as relationships and relation networks among social actors. He believes social organization generates social capital. He thinks social capital is defined through its functions. In fact one of the key points in Coleman's action theory is to use social networks, relationships based on trust and reliability of the

social environment as social capital.(Coleman, 1998)

Pierre Bourdieu introduces four types of capitals (Turner, 1998):

1. Economic capital
2. Social capital
3. Cultural capital and
4. Symbolic capital.

Economic capital refers to monetary assets and other financial resources that crystallize economic ownership rights.(Turner, 1998) Economic capital is composed of three dimensions that includes: financial capital, physical capital, and environmental capital.

Bourdieu defines social capital as total potential and actual resources that are linked to the possession of a lasting network of more or less institutionalized relationships based on awareness and mutual recognition of members." Social capital for Bourdieu, is situations and relations within groups and social networks that increase access to opportunities, information, material resources and social status for individuals. Bourdieu sees an agreement between social status and tastes and attitudes. (Salehi, Purmehr, 2007) For Bourdieu, individuals' status is determined by considering their access to social, economic, and cultural capital. Creating opportunities and establishing correct relations and specific ways that individuals use in their interactions , are all manifestation of social capital. Access to social capital for most people depends more on amounts of economic and cultural capital that help them in gaining more knowledge and relationships. In Bourdieu's theory, durable and compact links are vital for social capital, because the amount of social capital for each individual depends on the number of individual relationships and the amount of capital (cultural, social and symbolic), Field, 2007)

Bourdieu's conceptualization of physical capital has considerable influence on the development of sociology of body. Bourdieu conceives physical capital as one of the various sub-branches of cultural capitals, a kind of cultural resource that has been invested in the body. Production of physical capital refers to socially shaping body by individuals through sports, leisure and other activities which are rooted in individuals' *habitués*. This shaping is consistent with the value of an individual's class status and gives them special prestigious value. Bourdieu proposes a differentiation theory that is based on the relationship between prestige, taste and body. On this basis, he shows how status and power relations manifest themselves in different styles and taste and also body. Relations that, at macro-level, also reflect the body's position and priorities in the social system. (Zokayy, 2008: 123). Considering the body as a physical capital, Bourdieu related individual identities with social values consistent with the size, shape and physical appearance. (Fatehi and Ekhlasi, 2008). Since for Bourdieu social, cultural and economic capitals are convertible to each other, so body management as a characteristic cultural capital can be changed into extra social capital for the individual.

In the third stage of the theoretical evolution of the concept most theories insist on social capital outcomes in different dimensions and areas. In this intellectual framework, social capital is considered as a factor for social cohesion and consensus among individuals, communities and different groups. In fact the existence of social capital emphasizes increasing economic efficiency of companies and firms, creating health, establishing civil society and ... Theorists like Putnam,are included in this stage.

Literature Review

In a study entitled "Mapping reflexive body techniques; body modification and maintenance" a conceptual tool called the reflexive body techniques (RBTs) was proposed and, the author asserts that he has created this index based on book Marcel Mousé book and his previous articles in the field of sociology of the body. The results of this study based on the techniques of reflexology and body shows that in most categories of body management women significantly do more body monitoring activities than men, except in cases such as tattooing and body building that men were superior to women. (Crossley, 2005). The author of article also has classified the reflexive body techniques into three clusters and has examined these three clusters in connection with the three zones. (Ibid, 2005)

- "Body conception and behaviors based on body management and physical appearance among university women" is another work that has been done using "lived experience" qualitative analysis approach. The study aimed at testing the complex relationship between body imagination and behaviors based on physical appearance and body management among university women. In this study, 99 female students at the age range of 19-24 years in different branches of education and of numerous nationalities and races were interviewed. (Rudd & Lennon, 2000: p155). The results showed that 48% of women were satisfied with their current body conditions and only 15% expressed discontent. Also, some factors like risky behaviors, social comparison, way of dressing, attitude towards the world, influencing others, social interaction etc have been investigated. (Ibid, pp 156-158).

- Kozer and Damharest (2009) in their study examine the relations between age, body imagination and women's tendency to compare

themselves with fashions in a sample of 281 women 30-80 years old. The results indicate that there is a significant and inverse relationship between social comparison of behavior and body satisfaction. The more individuals compare themselves with the fads, the less body satisfaction there is. In addition, older women were less interested in comparing themselves to fashions; in contrast, younger women were more inclined to compare their bodies with fashions.

- Lee and colleagues (2009), applying rational action theory investigated the effects of physical satisfaction and subjective norm (as others) on the meaning of behavior and body change among 301 female undergraduate students and concluded that more attention to body change, significant others (parents, friends and ..) and high levels of body satisfaction were the explanatory factors for body change. Those who had high levels of body satisfaction were less interested in making changes in their bodies. On the contrary, those who had low body satisfaction, valued significant others' ideas and cared more for body changes tried to make changes in their bodies. Finally, the results supported the rational action theory.

- Azad Armaky and Chavoshyan in a research entitled "Body as identity media" have considered the impact of variables such as influence of body management, socio-economic status, economic capital, cultural capital, traditional family ideology and religiosity. Their general hypothesis was that controlling individual and collective identity forms through manipulation and monitoring physical appearances is a process which is related more to cultural rather than structural factors. Their findings confirm this hypothesis. Also based on their findings variables such as gender, age, education, cultural capital, traditional family ideology and religious commitment had

significant relations with different levels of body management. (Chavoshyan, 2002).

- "Body Management and its relationships with social acceptance of body" is the title of a research that aimed to assess the relationship between social acceptance and the body. Employing survey method has and a sample that contained 400, women between 18-40 years residing in 8 different zones in Shiraz that were selected randomly using multi-stage cluster sampling, that the average body management equaled 8.62 percent, which indicated high level of attention to the body in terms of all its various aspects including cosmetics, care, maintenance, etc. Based on the results of testing the hypotheses, there was a significant and direct relation between media consumption, social acceptance of body, social - economic status and body management but there was a significant and inverse relation between religiosity and body management (Fatehi, 2008).

- Zhyanpour, (2008) investigated sociological factors influencing cosmetic surgery in Isfahan with a sample of 140 people based on systematic and stratified sampling. The survey findings showed: the majority of those who have had cosmetic surgery were women, singles, and belonged to low middle and lower classes of society, but their level body management were high or higher than medium. Cosmetic surgery as a consumer behavior which brings dignity is not limited to the privileged strata of society and has been pervasive among the lower strata of society. Behaviors focused on beauty and physical attractiveness as part of a lifestyle are distinctive for different strata. Age, sex and marital status are the various factors that affect cosmetic surgery, while there is no relations between types of surgery and status and class variables significant relation is not observed.

Research Hypotheses

- There is a significant relationship between body management and social capital.
- There is a significant relationship between body management and different dimensions of social capital
- There is a significant relationship between social capital and aspects of body management.
- There is a significant relationship between background variables (gender, marital status, age, education branch) and body management.

Methodology

The method used in the present survey is study because part of the information is based on respondents' comments. Both body management and social capital are made up of various

components and dimensions and each has been studied through field survey. Using a questionnaire that contained 83 questions. The questions and choices, depending on their types, have been measured in terms of nominal, ordinal, and interval scales.

The study sample includes all B.A and M.A students of Tabriz University in the second semester of the academic year of 2008-2009.

According to statistics provided by the Education Department of the university, The total number of students are 11,435 of whom 235 were studied using stratified sampling methods. The sample size in this study using the Cochran formula equaled 202 individuals, but to compensate for possible problems and increase the generalizability,of the results 235 individuals were studied.

$$n = \frac{N t^2 s^2}{N d^2 + t^2 s^2}$$

N: Universe = 11,435

t: 95 confidence coefficient = 1.96

s: variance of the dependent variable (body management) = 0.267

d: Confidence degree calculated considering amount of average standard error

$$n = \frac{11435 \times 3.8416 \times 0.267}{11435 \times 0.004987 + 3.8416 \times 0.267} = 202$$

Measuring dependent variable

In order to separate and classify the 20 questions related to the assessment of body management factor analysis technique, was used. According to the results of this test, the amount of KMO was 0.80 and since this amount is larger than 0.5 , so the number of samples for performing factor analysis is very suitable. Also based on the results, the value of Bartlett's test of sphericity equal 28.1758 with a significance level of P=0.00

and as this value is significant, it is concluded that factor's division has ben made properly and questions within each factor basically have high correlation with each other.

In addition to factor analysis test, reliability analysis was done for each factor and variables related to body management and the results show that all four dimensions have acceptable reliability coefficients. The total reliability coefficient of body management is also appropriate.

Figure 1-Results of factor analysis and reliability analysis of items related to body management

DEPENDENT VARIABLE	ASPECTS	ITEMS & QUESTIONS	FACTOR LOADING	PCT OF VAR	EIGEN VALUE	RELIABILITY	TOTAL RELIABILITY
Body Management	Health and cosmetics care	Aromatic materials (such as perfume.)	0.71	25.99	5.198	0.79	0.79
		Moisturizing Creams	0.692				
		Use underarm deodorant	.664				
		Makeup or haircut	0.649				
		Sunscreens	.635				
		Hair Color	0.634				
		Face shave	0.569				
		Daily bathe	0.432				
	Hair gel and oil	0.396					
	Thinness and Weight management procedures	Use sauna and Jacuzzi	0.80	14.775	2.96	0.81	
		Swimming	0.788				
		Aerobics	0.721				
		Bodybuilding	0.695				
		Use thinness diets	0.586				
		use certain medicine	0.564				
Walking		0.561					
Level of tendency to body fitness	weight	0.853	9.016	1.803	0.81		
	Fitness	0.851					
	height	0.833					
	appearance adornment	0.606					
BTS=1758.28 KMO= 0.80 sig= 0.000							

Also in order to specify the 16 factors related to the assessment of social capital, factor analysis technique based on “principal components decomposition” was used. Accordance to the the results of this test, the value of KMO= 0.815 was obtained and since it is larger than 0.5, so we can conclude that the number of samples for implementing factor analysis is very appropriate. Also based on the results, Bartlett sphericity value equals to 1248.7 with the significance level of

P=0.000 and as this value is significant, so factor decomposition has been done correctly and the questions in each factor are basically highly inter-correlated. Besides factor analysis test, the reliability analysis for all factors and the variables concerning the dimensions of social capital has been conducted and the obtained results show that all five dimensions have acceptable reliability coefficients. The total reliability coefficient of social capital variable was appropriate.

Table 2 - Results of factor analysis and reliability analysis of items related to social capital

DEPENDENT VARIABLE	DIMENSIONS	ITEMS AND QUESTIONS	FACTOR LOADING	PCT OF VAR	EIGEN VALUE	RELIABILITY	TOTAL RELIABLIY
Social Capital	Social norms, trust in groups and institutions	1. I fully trust the words of authorities.	0.78	28.03	4.76	0.82	0.82
		2. I trust the domestic media reports	0.75				
		3. I believe that citizen rights are respected in our society.	0.69				
		4. Individuals normally respect the ethical values.	0.65				
	Associative relationships, relationship networks with groups and institutions	5. I participate in religious assemblies.	0.80	13.72	2.33	0.82	
		6. I devote a pat of my income to religious assemblies.	0.78				
		7. I am a member of islamic, charities, and other associations.	0.73				
		8. I actively participate in councils elections.	0.59				
	Interpersonal relationships and trust	9. In case someone faces a problem and needs help, I'll give him a hand.	0.70	7.77	1.32	0.50	
		10. I enjoy participating in collective activities	0.67				
		11. I'd like to have family intercourse with my friends' family.	0.52				
	Solidarity and social cohesion	12. If I have a problem, my friends help me.	0.73	6.83	1.16	0.51	
		13. My friends usually trust me.	0.66				
		14. I have some friends and relatives from other languages and ethnics.	0.60				
	Social support	15. My relatives support me in case I have a problem.	0.83	5.78	0.98	0.62	
		16. I have family intercourse with my close relatives.	0.71				
BTS=1248.7		KMO= 0.815		sig= 0.000			

Research findings

Descriptive and univariate results of research

According to research results, the total respondents were 152 male and 83 female, that is 65% male and 35% female. Also the frequency distribution of respondents based on marital status shows that among the total number of 235 respondents, 222 people were single and 13 were married.

Descriptive statistics of respondent age indicates that the average age of respondents' age is approximately 23 and student age graph is sharper and more kurtosis than normal one. The youngest

student in the sample is 18 and the oldest one is 43.

Distribution of respondents by educational field

In the present study, instead of classifying students according to academic faculty; they were classified by four educational branches. The results are presented in the table3. following.

Table 3 – Frequency distribution of respondents by educational category

Educational branches	Basic science	Arts and Humanities	Agriculture	Engineering	Missing	Total
Frequency	46	90	34	60	5	235
Percentage	19.6	38.3	14.5	25	2.1	100

Descriptive statistics related to body management

Body management which was the dependent variable in the present study and consisted three dimensions has been measured through 20 items and questions. To measure it, a 6 point Likert scale ranging from never to very much, 1 to 6 in the questionnaire, was used. 1 indicates minimum

attention and 6 represents maximum attention to body management. According to table4 the average of this variable for respondents equals 71.37 indicating the point that actions and activities based on body management among respondents is close to average.

Table 4 – Descriptive statistics of body management and its aspects

VARIABLE	NUMBER. OF QUESTIONS	RANGE	AVERAGE	VALID NUMBER	RESPONDENTS CONDITION
Body Management	20	35 - 115	71.37	214	Moderate
Thinness and Weight control practices	7	7 - 42	18.68	219	Rarely - scarce
interest in fitness	4	5 - 24	19.26	233	Normal - Much
Health and cosmetics care	9	12 - 54	33.71	231	Very much

Descriptive statistics related to social capital

Social capital has been considered as independent variable in this study and consisted of five

dimensions which were measured by 16 items. All questions and items are at ordinal level and have been designed using 6-option Likert scale ranging

from complete disagreement to complete agreement that were coded from 1 to 6.; 1 indicates completely disagreement and code 6

represents complete agreement. According to table 5 the respondents' social capital average is 78.60.

Table5- Descriptive statistics of social capital and its aspects

VARIABLE	NUMBER OF QUESTIONS	RANGE	AVERAGE	VALID NUMBER	RESPONDENTS CONDITION
Social capital	16	30-90	60.78	222	normal and high
Social norms, trust in groups and institutions	4	4-24	11.67	230	low
Associational relationships, networks	4	4-24	11.83	226	normal and low
Interpersonal relationships and trust	3	5-18	14.36	233	normal and high
Solidarity and social cohesion	3	3-18	13.93	234	normal and high
Social support	2	2-12	9.13	222	normal and high

The relationship between body management and social capital

To test the relationship between body management and social capital, Pearson's correlation test was used. The correlation coefficient between body management and social capital was 0.294, and the significance level was 0.000. Because of their significance level it can be concluded that there is a positive and significant

relation between body management and social capital. And this indicates that high social capital leads to high rate of body management and vice versa. This shows that physical capital and care for body management lead to social capital. Bourdieu believes that cultural, economic and social capitals are all convertible into each other, hence body management as a cultural capital item can improve the individual's social capital.

Table 6 – Pearson correlation test results related to the relation between social capital and body management

Independent Variable		Social Capital
Body Management	Pearson's correlation coefficient	0.294**
	significance level	0.000
	Number of observations	206

Test results also show that there is a significant relation between body management and, social norms, trust in groups and institutions and interpersonal relationships and trust and associational relationships, network relationships with groups and institutions at confidence level of %99. There is no significant relationship between body management and social solidarity and cohesion and social support. So social norms and trust in groups and institutions, interpersonal relationship networks have had a significant relationship with body management. According to Foucault, the human body as a kind of social

capital under the influence of social stress, whose form and value are determined by such social stress and norms, is subjected to transfiguration. So body imagination and our social relations affect each other.

		Social norms, trust in groups and institutions	Associational relationships, network relationships with groups and institutions	Interpersonal relationships and trust	Solidarity and social cohesion	Social support
Body Management	Pearson correlation coefficient	0.257	0.205	0.313	0.106	0.124
	Significance level	0.000	0.003	0.000	0.124	0.069
	Number of observations	212	210	213	211	214

Table 7 – Pearson correlation test results related to body management and social capital dimensions

The relationship between social capital and body management dimensions

According to the information in table8 we can see that social capital has a significant relation with all aspects of body management at the confidence level of 99%. The results of the study approve

Schilling’s idea that body is like an incomplete project that changes in the process of social participation, that is, individuals’ social capital and social relations influence the way of body management and construction of social body.

Table 8- Pearson correlation test results, relationship between social capital and body management dimensions

		Thinness and Weight control practices	To be interested in fitness	Health and cosmetics care
Social Capital	Pearson correlation coefficient	0.207	0.247	0.217
	Significance level	0.003	0.000	0.001
	Number of cases	209	221	220

Gender and body management

To examine the relationship between gender and body management, average differences or T-test was used. The results of this test show that the significance level less than 0.05 and this is why there is a significant difference between male and female students regarding body management and the observed difference between the two groups is not random. Females, with an average of 77.05, pay more attention to body management than

males do. These findings are inconsistent with Crosly’s in which females considerably pay more attention to body management activities than males do. It also confirms Gidden’s idea that due to social norms, women, are judged specifically by their physical characteristics. So feeling embarrassment about their bodies is directly related to social expectations. Therefore females pay more attention to body management compared with males.

Table 9- The results of body management average difference test according to gender

Variable	gender	Number of Cases	Average	t-value	DF	Average differences	Significance level
Body Management	Male	139	68.31	212	4.56	8.74	0.000
	Female	75	77.05				

Relationship between marital status and body management

To study the relationship between marital status and body management and to find out the differences between averages, a T-test was performed for independent groups.

According to the information included in table 10 it is observed that despite the difference between the averages of single and married students in the dependent variable (body management), the observed difference was not statistically significant because the significance level of the

test for body management equals 0.679 which is more than 0.05 so it supports the null hypothesis and there is no significant differences between

single and married students in terms of body management.

Table 10 - The results of body management average difference test according to marital status

Variable	marital status	Number of Cases	t-value	DF	Average differences	Significance level
Body Management	single	195	71.28	212	- 0.414	0.679
	Married	12	73			

Relationship between Students’ ages and body management

To examine the relationship between students’ ages and body management Pearson’s r correlation test was used.

Table11 shows that there is a negative and significant relationship between students’ age and body management. That is, the higher the

students’ ages are, the less body management there is. The significance level sig=0.000 shows that there is a significant relationship between students’ ages and body management (dependent variable) at significance level of 0.99. So body care in lower ages is more and individuals tend more to body management in lower ages.

Table11 - Pearson’s correlation coefficient results, relationship between student’s age and body management

		Body management
Student’s age	Pearson’s correlation coefficient	-0.247
	Significance level	0.000
	Number of observations	209

The relationships between academic branches and body management

To examine the relationship between academic branch and body management, one-way variance analysis test, "ANOVA" (known as "F") was used. The purpose of applying it is to observe average differences in several societies simultaneously. We will see that the average body

management averages based on educational branch are significantly different. This fact is deducted from the significance of this variable which equals 0.113. So it can be said that body management is influenced by basic factors such as social norms and interpersonal relationships and age which applies to all students beyond their different academic branches.

Table 12 – The results of variance analysis test “ANOVA” for body management according to academic branch

Variable	source of variations	Sum of rooted squares	DF	Average of rooted Squares	F	Significance level
Body Management	between groups	1172.872	3	390.957	2.014	0.113
	within groups	39785.176	205	194.074		
	Total	4095.48	208			

Multivariate regression analysis

The aim of multivariate regression analysis is to specify the share and effects of research variables in explaining and predicting the variations of dependent variable. To carry out regression analysis, its presuppositions have been investigated.

Regression model of body management

After estimating the presuppositions of regression for measuring the effects of each dimensions of social capital and identifying variables on multivariate regression analysis, on the basis least square method (OLS), the stepwise method was applied. In Stepwise method the entrance of variables into the regression analysis is not under the control of the researcher and the procedure here is that the first predictor, based on the highest correlation coefficient with dependent variables, enters regression analysis and other predictor variables, according to partial or semi-partial, correlation enter into the analysis.

The results show that among independent and identifying variables which have entered the equation the four variables, interpersonal relations and trust, social norms and trust, gender, and age have been remained in the final model which in

total explain 17.5 percent of the variance of the dependant variable.

As observed in table 12, the multiple correlation coefficient for regression model $R=0.438$ that is the root square of regression equals 0.192 and adjusted explanatory coefficient is 0.175. In other words the rate of adjusted explanation of variations of body management by the four variables above is 17.5 percent.

Also Durbin Watson’s test result obtained for this model equals 1.57, which shows error independence or residuals for this regression model. Body management regression model is as follows:

$$\text{Body Management} = - 0.185, \text{ gender} = + 0.199, \text{ interpersonal relationships and trust} = +0.159, \text{ Social norms, trust in groups and institutions} = - 0.149, \text{ and students' ages.}$$

Based on the above equation, it is noted that the body management variable, is influenced more by gender, interpersonal relations and trust than by others and then social norms is the most influential factor in students’ body management. And finally the age factor occupies the last rank.

Table13 – Body management multivariate regression analysis

source of Variable variations	Sum of roots square	DF	Average of roots Square	F	Significance level
Regression	7589.546	4	1897.386	11.626	0.000
Residual			163.201		
Total	31987.469	196			
	39577.015	200			

Table14: Social capital multivariate regression analysis

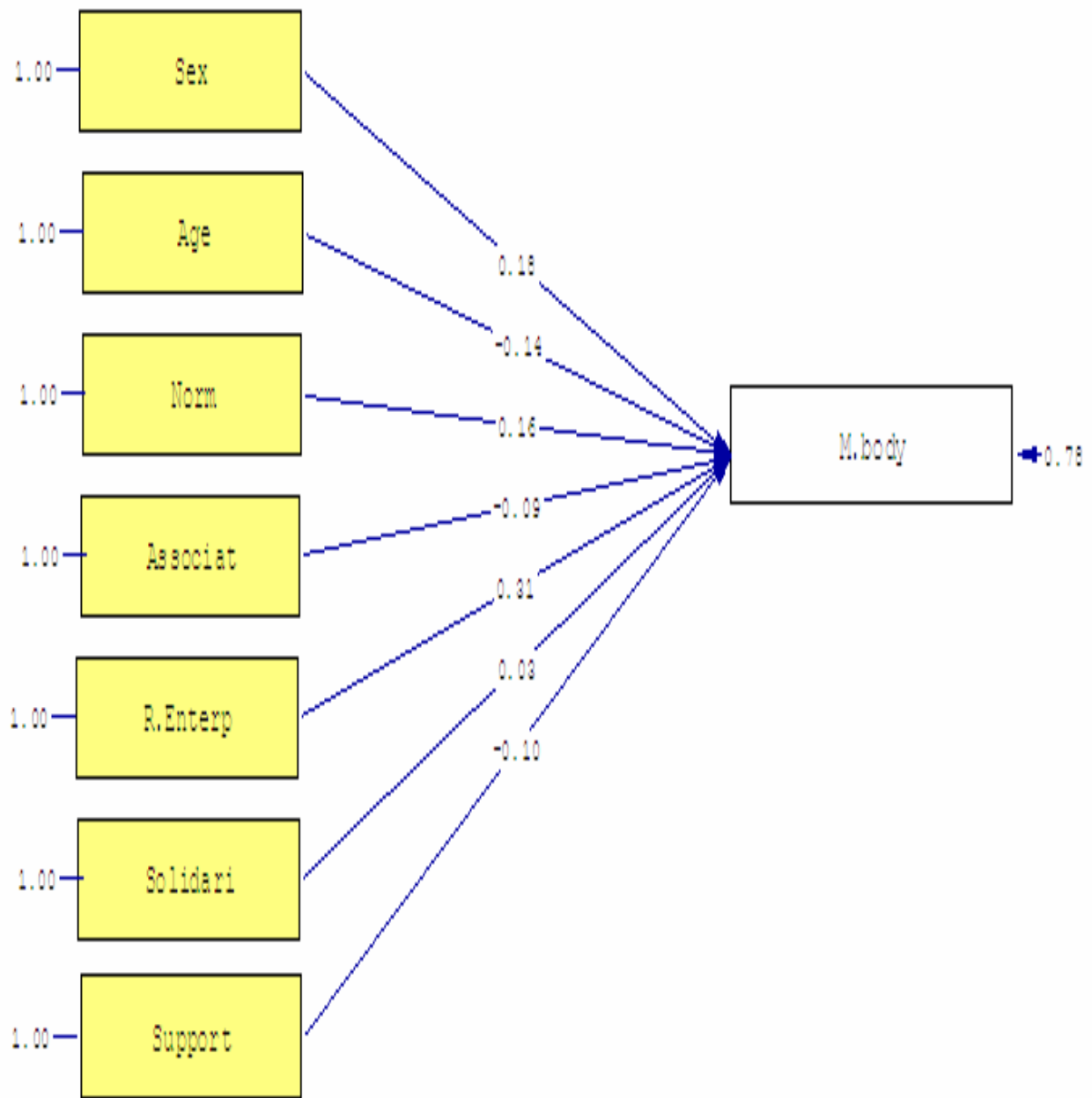
Multiple R	0.438
R square	0.192
Adjusted R square	0.175
Standard Error of the Estimate	12.78
Durbin –Watson Test	1.57

As mentioned above, in the current analytic model, the four variables interpersonal relationships

and trust, social norms, trust in groups and institutions, gender and age are those entered in the final model.

Table15 – Statistics related to the regression of independent variables (the remained variables in final model)

Variables	B	Std .EB	Beta	t	sig
Intercept	6.48	10.19		6.48	0.000
Gender	-2.67	2.03	-0.185	-2.67	0.000
Interpersonal relationships and trust	2.99	0.439	0.199	2.99	0.003
Social norms, trust in groups and institutions	2.38	0.211	.159	2.38	0.018
Student’s age	-2.18	0.320	-0.149	-2.18	0.030



Chi-Square=0.00, df=0, P-value=1.00000, RMSEA=0.000

Model(1): Regression model related to body management explanation by independent variables

Conclusion

Our findings show that students put too much importance on activities and practices that lead to body management and care for it so that only 4.9 percent of the students pay little attention to their body management. While 60.6 percent of them were in moderate level and 34.5 percent had the highest level of body management in their lives.

The results of relationship between body management and social capital show that there is a significant relation between them and this implies that for individuals, especially the young students, adornment and showing off is completely a social fact and body construction and body care are rooted in social relations.

The results also indicate another point that in body management, activities, trust interpersonal relationships and trust and social norms are the most influential factors and these two factors determine the ways of showing of the bodies among the younger generation of students.

Also social capital has a significant relationship with all aspects of body management. This shows that body management as a physical capital is closely related to social capital.

And also the results show the differences between male and female students regarding body management, that is, the average of body management among girls is higher than the boys'. In this case Giddens believes that women specifically are judged because of their physical characteristics and the feeling of embarrassment toward their bodies is directly related to social expectations. Therefore females pay more

attention to body management compared to males. According to him it originates in some main reasons:

Firstly, our social norms toward women put more emphases on physical attraction. Secondly, what is socially defined as a desirable image of body, is a thin image rather than a muscular one. Thirdly, although women in the public sphere and in social life are more active than the past, they are still evaluated based on their progresses and achievements as well as physical appearance. (Ahmadnia: 1384: 4).

Also the results of multivariate regression indicated that 17.5 percent of the variance of body management variable was explained by four variables including interpersonal relations and trust, social norms and trust, gender, and age. This shows that body management study among students considering their age and gender (mostly girls) is important and influence their social relationships so that interpersonal relationships and trust exclusively explained 10 percent of body management variance.

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