Body image and its relationship to suggestibility for students of Alsalam University

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Abstract:

The study aimed to know the body image and its relationship to suggestibility among the students of Al-Salam University in the light of some variables. The sample size of the study was (110) students, chosen in a simple random way, and their average age was (22.42), standard deviation (2.113).

To collect the study data, the researchers used the body image scale prepared by (Mohamed Al-Noubi, 2010), and the suggestibility scale prepared by (Kotov, 2004), and to analyze the study data, the researchers used the Statistical Package for Social Sciences (SPSS) and the study reached the following results :

-The body image of the University of Salam students is positive, while their suggestibility decreases, and there is a statistically significant inverse correlation between body image and suggestibility, there is no relationship between body image and (age, educational level)

The study concluded with some recommendations including the need for awareness and continuous guidance on the importance of accepting and preserving the body through scientific seminars, workshops and the media.

Keywords: body image, suggestibility, Alsalam University.

Introduction:

There are many theoretical frameworks that deal with psychological and social phenomena with explanation and analysis; Trying to understand and predict it. Moreover, attention to psychological and behavioral problems is increasing day by day in an era in which problems have become magnified and complicated, and are affecting individuals and groups at the personal and social levels, as well as at the near and far levels (Abu Riah, 2006)

It is found that every individual has an image that he forms about his body and has a great and important impact on his thoughts, feelings and behavior. The inner view in this broad sense represents the image of the body (Desouky, 2006)

Awareness of body image is a characteristic of continuity and accompanies the different stages of life. It is a process that the individual perceives from childhood to old age. It is common in males and females, but females are more sensitive and scrutinizing their body image than their appearances than males,

 .Where women are preoccupied with the shape of their body and their external appearance since their childhood throughout their life, and this preoccupation takes different directions and levels from time to time according to developments and changes that occur in the body.

The view of the body is not the same throughout the different stages of life. In the childhood stage, the view of the body is characterized by totality, but in the adolescence stage, the view of the parts of the body begins and its comparison with each other and with peers (Ibtisam, 2006).

Since the view of the body image may be affected by many factors, but it is also affected by the extent of female suggestibility, because suggestibility means being affected by the opinions, ideas and trends of others without criticism or scrutiny.

The suggestibility is one of the psychological concepts, which is among the negative phenomena that have captured the attention of researchers, due to its seriousness and bad impact on the mind, conscience, and behavior of the individual, ispite of its prevalence in various times and civilizations, However, the degree of its mastery in individuals varies from one to another, and this difference is clearly visible, and in over the normal rate among those of under age, weak minds, and wills, and the names that dealt with this concept varied, some named it suggestibility, others named it alienation) (Al-Nawajah, 2021)

This concept usually interfers with similar psychological concepts and components such as sympathy, conformity which refers to the individual's desire to change his thoughts, beliefs, and behavior to be similar to the ideas, beliefs, and opinions of the group, and also to avoid the opposition of the group (Bani Mustafa, Abu Asiya: 20216)

The concept of suggestibility refers to the actual process that results in acceptance without discrimination, or scrutiny of ideas at the level of the mind, or belief without critical consideration, such as: the effect of words, attitudes, or actions issued by a person, or other persons, or based under circumstances specific to processes inside the individual mind (Awad, 2011).

It expresses a general willingness or tendency among many individuals to quickly believe or accept the ideas, opinions, directions and beliefs of others in a way that lacks critical thinking and insight into various matters. Therefore, their behavior is often illogical.They are often victims of rumors, myths, targeted and destructive

messages broadcast by many satellite channels and other media, but also victims of bad peers and others.

This phenomenon does not concern specific society , group , sex or gender but it is found in many societies and groups, mainly in uneducated and developing societies.

The psychological field reported that gatherings in general have psychological forces that help the spread of such phenomena, as many similar emotional states prevail among individuals, which facilitate their spread; Such as cases of emotional participation, which some researchers described as an emotional infection because of its negative effects (Abu Riah, 2006).

Al-Qaws (1978) differentiates between two types of temptation, behavior temptation and speech temptation.

. In behavior tmptation the influencer believes in his idea, filled with it, and the effect of his fullness is clear, and his behavior is unintentionally or deliberate. As for the other category(speech temptation) the idea of the influencer may not be more than a mere verbal expression, and thus it may be superficial and have no effect on his behavior. (Al-Qossi) also divided the temptation into two parts: positive and negative. The affected person, in the positive temptation accepts the idea of the influencer but in the negative temptation he does not accept the idea, but rather accepts its opposite (Al-Nawajah, 2021)

The individual's ability to seduce is affected according to a some factors including: the individual's lack of immediate ability to investigate and criticize, his fatigue, continuous physical effort, and his low level of intelligence. The higher intelligence is less inclined to seduction than others. less attached to or associated with a previous idea and experience, It is noted that children are more receptive to the ideas of adults, and women are more than men, and the masses are more receptive to the ideas of their directors (Al-Hijazi, 2017) Susceptibility affects social attitudes, beliefs, and social systems, when it comes from notable, trusted people, or influencers; Or that many individuals embrace these views and ideas, as in the family's attitudes towards religion, the homeland, the social order, the trend towards the lawful, the forbidden, the right and wrong, the good and the bad. Family and media agencies play an important role in this matter (Ma'i and Belqis: 1982).

Relationship between body image and suggestibility:

The researchers reviewed theoretical literature and previous studies related to body image and suggestibility; they noted that the term body image in many definitions focused on the following:

Anwar (2001) believes that the image of the body is determined by a number of factors, which are the symmetry of the body parts, the general shape of the body, the functional efficiency of the body, and the social image of the body.

Researchers believe that a person who has a high suggestibility may be quickly affected by the opinions of others and what he sees in the social environment and the media from changes related to shapes and colors that are changed naturally or unnaturally, specially if his body image is negative.

Kafafi and Al-Nyal (1996) put four dimensions for the body image: weight, physical attractiveness, muscular coordination, and body parts coordination . One of the things agreed upon is that every individual seeks to have a normal weight, physical attractiveness and natural muscle coordination, whether he is male or female, old or young, educated or ignorant. However, it is noticed that females have more interest in their bodies and a relentless pursuit to improve their body image as mentioned by. Kafafi and Nyal (1996) and Anwar (2001), But women who have a higher tendency to suggestibility may be affected more by everything new related to body image improvement that occurs in the media or society, even if it has a negative impact on their health, and that is without criticism or scrutiny.

Body image plays an important role in the individual's enjoyment of mental health. A positive body image helps people see themselves as attractive. People who love themselves and think positively of it are more likely to be healthier (Stacy, 2002).

But those with high suggestibility andthose who have a negative image of their bodies may affect their mental health in the event of negative environmental conditions that make them seek to change their bodies always. (Stacy, 2002) confirms that people with negative body image have a low self-esteem, tend to be introverted, and not interact with others.

Negative body image is also associated with different emotions such as: anxiety, despair, anger, envy, disgust, shame, stigma, and confusion in various social situations (Cash, 1997).

Dissatisfaction with the individual's body may result in some psychophysical diseases that lead to distortion of the body's image, and this problem arises when the body's shape does not conform to what is considered ideal according to the community's assessment (Al-Ansari, 2002) and according to the individual's awareness of his body and its ability to suggest. Body image and suggestibility are affected by a number of factors, and the most important of these factors are the cultural and social factors, because these two factors play a major role in the individual's satisfaction or dissatisfaction with the body image , which is related to the judgments and evaluations issued by others, especially in societies that differ in terms of ethnic class and social and culturaldiversity. Media also plays a great role and effects on the body image, as well as affected by people who have a high ability to suggest positively or negatively, and it is noted the dominance of what is known as the model of thinness as the preferred model in the media in some societies, which represents the ideal image of the body, especially among

woman. The study of Grabe, Ward & Hyde (2008) indicated that the thinness model presented through the media is associated with excessive anxiety and preoccupation with body image in females. However, the researchers believe that this result is difficult to generalize due to the different cultures of societies. In Western societies, women prefer to be thin, not like some women in African society, for example, who want to be more weighty.

Henry (2016) study showed that being affected by the ideal body image common in the media is associated with increased anxiety and fears related to body image, and that the media affects both males and females at the university level, although females face more pressure to achieve the ideal body as portrayed by the media.

The researchers believe that people with high suggestibility may seek to achieve the ideal body more than those with low suggestibility because they are more affected and believe in what is presented in the various media, and this in turn may make them more vulnerable to mental and physical health risks.

The increased use of social networking by female university students such as Facebook was also associated with a frequent comparison of their bodies and weight, increased attention to their physical appearance and negative feelings about their bodies, in addition to eating disorders, and this was shown by the study of Eckler, Kalyango & Paasch (2017).

Both Ali and Nial (mentioned in Fayed,2006) claimed that the image of the body has a significant impact on the individual's social interaction, and the outcome of this interaction affects the growth and development of the personality. It is worth noting that individuals who avoid interaction with peers as a result of their awareness of their short stature or excessive obesity. For example, they tend to be more introverted, withdrawn, and isolated. The researchers did not monitor any study in the Arab environment aimed at examining the relationship between body image and suggestibility. Therefore, the study came to examine the relationship between body image and suggestibility as a primary objective of the study.

With regard to the scientific studies on body image, there are many studies that dealt with body image at the regional level, as follows:

-Walaa Abdel Fattah`s Study (2019).aimed to find out the body image and its relationship to the attitude towards life among a sample of married and unmarried university students at Faculty of Education, Prince Sattam University, the study sample amounted to (381) female students, The study concluded that the female students have a positive body image.

- Fayed's study (2001) aimed to study the relationship between irritability and perfectionism, body shape and negative self-esteem, on a sample of (300) university students, The study reached the most important results, including: There is a direct relationship between body shape and study variables.

- Kafafi and El-Nyal`s study (1996) also aimed to find out the relationship between body image and some personality variables in a sample of (325) egyptian female students and (306) Qatari female students in the secondary and university stages.The study found that there is a positive correlation between body image and self-esteem.

-Shaheen and Munib`s study (2003) aimed to find out the relationship between body esteem and its relationship to self-esteem on a sample of (480) male and female students from the faculty of education, Ain Shams University, and the faculty of education, Helwan University. The study reached the most important results, including: There is a positive relationship between body esteem and self-esteem among the study sample.

Hildebrandt`s study(2007) aimed to demonstrate the relationship between body image and self-esteem across males and females on a sample of (36) male and female students in the ninth grade and (38) in the twelfth grade. It was clear from the results that there is a correlation between the body image scores and the self-esteem scores in the study sample, and females had lower body image and lower self-esteem than males.

There are many studies that dealt with suggestibility at the regional and foreign levels, while researchers in the local community neglecting the study of suggestibility according to the researchers` knowledge, therefore this study is important. Some of the regional studies concerned suggestibility are the following:

-Muhammad et al.,study(2021), aimed to know the ability to suggestibility and its relationship to emotional imagination among Baghdad University students. The size of the study sample was (160) male and female students, and the study resulted in a decrease in the susceptibility to suggestibility among the students of the Baghdad University.

-Alnawajhah`s study (2021) aimed to know the suggestibility and its relationship to the trend towards migration among university students who are about to graduate at Al-Aqsa University, on a sample of (219) male and female students, The results of the study revealed that the susceptibility to suggestibility among university students is characterized by a medium degree.

- Khalil`s study (2012) aimed to find out the relationship of self-monitoring, better psychological presence and susceptibility to temptation among Baghdad University students on a sample of (400) male and female students. The results of the study came out to the variation in the level of susceptibility to temptation among university students.

- Mahmud and Muhammad`s study (2016) aimed at knowing the level of life skills, brain sovereignty, and susceptibility to temptation, and the study sample was (748) male and female students from the Diyala University. The results of the

study showed a decrease in the susceptibility to temptation among university students.

-Al-Harbi's study (2017) aimed at knowing the level of suggestibility and the differences between smokers and non-smokers in suggestibility. The study sample included (259) students from Taibah University in Madinah. The results of the study indicated that the level of suggestibility was greater than the average.

- Darraj`s study (2019) aimed to know the relationship between suggestibility and self-control. The study sample consisted of (150) male and female student ,the results   concluded that there is a statistically significant negative correlation between the suggestibility and self-control, and there are differences in the suggestibility according to gender in favor of females.

- Abbarah`s study (2018) aimed to know the correlation between the susceptibility to suggestibility and the emergence of some academic problems for adolescents, on a sample of (450) male and female adolescents from high schools in Hommos city. The results of the study showed a positive correlation between the mean scores of males and females on the suggestibility scale in favor of females.

There are many broad studies aimed at studying suggestibility, and its relationship to other variables ,as follows:

-Mariusz, Miroslawa`s study (2017), It aimed to assess the relationship between psychological factors (a sense of responsibility for one's health, and the susceptibility to being tempted by health) and the level of emotional eating among students of the College of Nutrition, the size of the study sample was (130) students of physical therapy and dietetics, and the results of the study showed that the students of dietetics were distinguished by a higher level of susceptibility to health cravings compared to students of physical therapy, and there is a positive correlation between the intensity of emotional eating and the severity of temptation.

The study Problem:

A positive view of the body is one of the indicators of mental health and self-satisfaction, and vice versa, where a negative view of the body is considered an indicator of a decline in mental health. Recently, researchers have also noticed that women are generally interested in improving their body image. This interest may not be considered striking, rather it is considered a natural behavior that any woman adopts, regardless of her mental and chronological age, education level, or economic, social or cultural class. However, excessively improving the image and shape of the body has become the behavior of the majority of women, especially university students. The positive view of the body is one of the indicators of mental health and enhances it, and it positively affects the psychological and social adaptation of the female, and vice versa. However, excessive attention to improving the image of the body may have very dangerous physical and

psychological effects and affect the student's life, especially if this negative image is associated with the student's ability to suggest, because the person who has a high tendency to suggestibility is more vulnerable to risks, especially in socially, economically, security and morally disordered societies. Because those with high susceptibility are quickly influenced by the opinions, ideas, trends and interests of others without criticism or scrutiny. lack of scientific statistics about suggestibility and body image in society within the limits of the researchers' knowledge motivated the researcher to conduct this study which seeks to know the body image and its relationship to suggestibility among students of Alsalam University of by answering the following questions:

-Is the body image of Alsalam University students positive?

- Is there a correlation between body image and suggestibility?

- Is there a relationship between body image, age and educational level?

The importance of the study is reflected in the following: The image of the body is a vital part of the sense of self, as it is linked to the appreciation and concept of self and mental health, and is affected by many social and cultural factors and belonging to the community._A - Measuring the body image, specifically for female students, is very important, because the negative image of the body can result in many psychological problems and some physical diseases - especially with a high susceptibility to suggestibility

- The scarcity of studies that dealt with body image and suggestibility among female students in society is one of the most important motives for the researchers to address the problem of the current study.

Terminology of study:

-Body Image: Liststobe claimed that body image is i our perception, emotions and feelings about our bodies, which are not static, but are constantly changing and subject to change in mood, environment, and physical experience.

- (Shukair, 2005) defines it as a mental image that the individual forms about his body, whether it is in its external appearance or in its internal components and its various organs and its ability to employ these organs and to prove its efficiency, and the accompanying positive or negative feelings or attitudes about that mental image of the body.

Procedurally, the researchers define it as the degree which the examinee obtained during his answer on the body image scale.

Suggestibility: The researchers summarized the definitions of suggestibility in the theoretical literature and defined it as the individual's willingness to quickly believe or submit and perhaps be convinced of opinions, ideas, beliefs and tendencies in general, which the individual tells in his social environment without

criticism or scrutiny and investigation, with the lack of sufficient logical evidence for the validity of these perceptions, and thus his behavior comes illogical

The limits of the study:

- Time limits: November 2020-2021 AD

- Place limits: West Kordofan State, Al-Salam University, College of Education, Asas.

- Human limits: Al-Salam University students, Bachelor's students, Department of Basic Education.

Study methodology:

In light of the objectives of the current study, its theoretical background, and previous studies , the hypotheses of the current study can be formulated as follows:
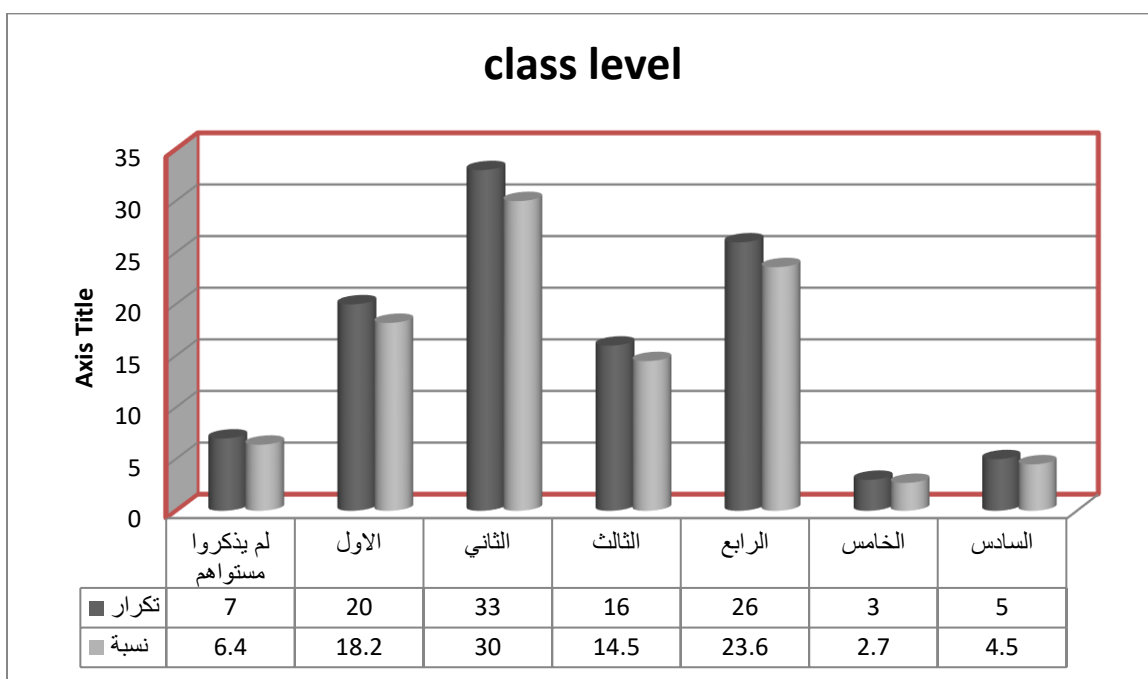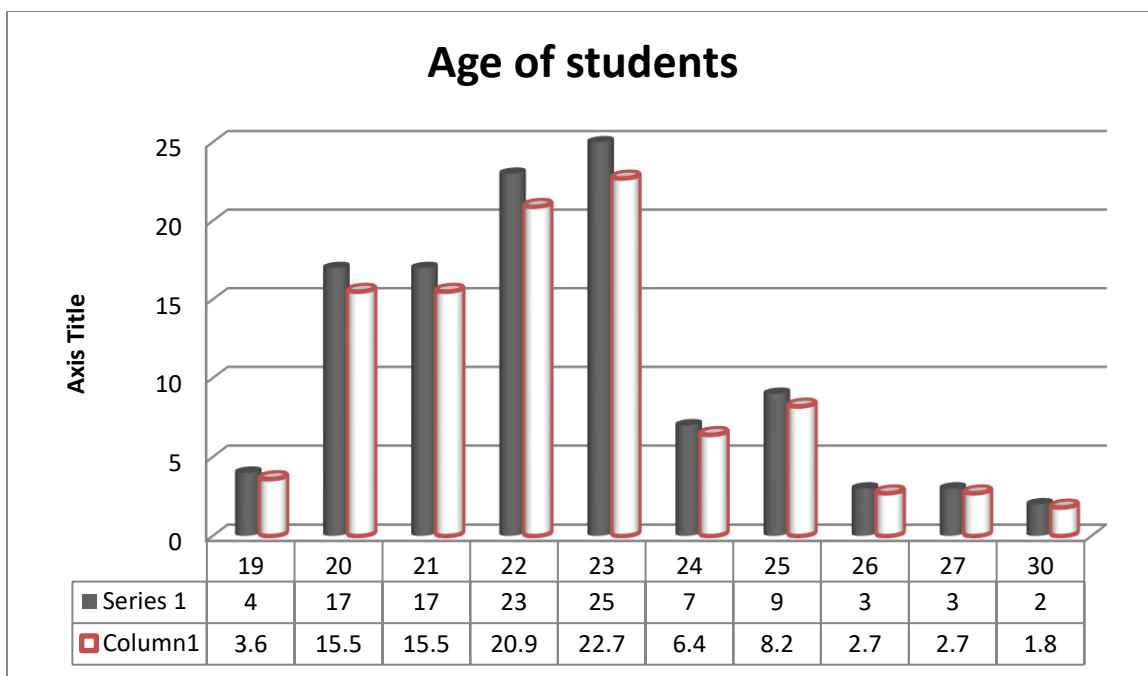
-The body image of Alsalam University students is positive.

- The susceptibility to suggestibility among the students of Alsalam University is high.

- There is a direct relationship between body image and suggestibility among the students of Alsalam University of.

- There is a relationship between body image, suggestibility, educational level and age.

 Methodology:

The study population is represented by the students of Al-Salam University, which is one of the public universities established in West Kordofan State in the city of Al-Fula, which consists of (10) colleges. (3) Colleges were randomly selected from the community of university colleges, which are faculty of Environmental Sciences and Natural Resources (190 students), faculty of Education in general (410 students) and faculty of Veterinary Medicine (370 students). the number of female students in these three faculties is (970) students, registered in the classrooms for the academic year 2020-2021 AD, and their ages ranged between (19-30).

The study sample: The study sample size was (110) female students who were chosen in a simple random way, and this number represents approximately (11%). Figure (1) shows the study sample according to the following variables (age, grade level, place of upbringing).

Figure No. (1) shows the characteristics of the study sample according to the following variables:

Age of students

	19	20	21	22	23	24	25	26	27	30
■ Series 1	4	17	17	23	25	7	9	3	3	2
▢ Column1	3.6	15.5	15.5	20.9	22.7	6.4	8.2	2.7	2.7	1.8

class level

	لم يذكروا مستواهم	الاول	الثاني	الثالث	الرابع	الخامس	السادس
■ تكرار	7	20	33	16	26	3	5
▪ نسبة	6.4	18.2	30	14.5	23.6	2.7	4.5

The study tools:

First: Body image scale: The researchers obtained, through the International Information Network (Internet), a copy of the (body image) scale of (Muhammad Al-Nubi Muhammad, 2010). In its initial form, the scale consists of (30) items, and the answer options are based on Likert's four-way method (a lot, sometimes, rarely, never).

The researchers added a fifth option so that the number of options became (5), and the following weights were given (1,2,3,4,5), and all the paragraphs of the scale were formulated negatively. The stability of the scale in its initial form through the half-segmentation reached (0.736), which is an acceptable stability coefficient in the personality scales.

Arbitrators' reliability:

The body image scale was presented to (5) arbitrators from professors of psychology in Sudanese universities and universities in the Kingdom of Saudi Arabia.

They recommended modifying some paragraphs and deleting (5) paragraphs, so that the number of paragraphs of the scale in its final form became (24) paragraphs representing the final picture of the scale.

Psychometric properties of the body image scale:

To find out the psychometric properties of the body image scale, in the current research community, the researchers applied its modified image, under the guidance of the arbitrators, which consisted of (23) paragraphs on an initial sample of (40) examinees who were chosen in a simple random way from the current research community and after correcting the responses, the researchers monitored the scores and entered them into the computer and then the following was done:

-The validity of the internal consistency of the paragraph on the body image scale:

- To find out the sincerity of the paragraphs' consistency with the total score on the body image scale when applied in the current research community, the researchers calculated the Pearson correlation coefficient between the scores of each of the items with the total score of the scale. After conducting the analysis, the researchers noticed that the correlation coefficients of all paragraphs are statistically significant at the level of significance (0.05), and that all the paragraphs are positive and have a strong internal consistency with the total scores of the scale. Except for the following paragraph (4), it is weak and the researchers decided to delete it.

Validity coefficients:

- To find out the validity of the total degrees of the body image scale in its final form in the current research community, the researchers applied the equations (Alpha Cronbach and Spearman Brown) on the data of the primary sample. The results of this procedure showed the following results (Alpha

Cronbach = 897.), (Spearman Brown = 858). It is acceptable validity coefficient in personality scales.

Peripheral comparison reliability:

The researchers relied on discriminatory honesty, so they took (27%) of the lowest questionnaire scores for the sample that consisted of (30) individuals and (27%) of the highest questionnaire scores.

After arranging the scores in ascending order, and each group had (08) members from the lower group, and (08) members from the higher group, then the researchers used the statistical method t-test (t) to indicate differences, using the statistical package for social sciences (SPSS), and the results were As shown in the following table:

Table (1) shows the validity of the peripheral comparison of the body image scale:

	Mean	S.D	T. value	D of F	P .value
Higher group	78.50	12.249	12.769	14	.000
Lower group	23.00	.000			

From the above table it is clear that the value (T) of the significance of the differences between the averages is statistically significant, which indicates that the body image scale has the ability to distinguish between high and low scores in the body image scale.

Second: Suggestibility Scale:

Suggestibility scale in its initial form: Suggestibility scale prepared by (Roman Kotov, 2004) from Stony Brook University in New York. In its initial form, the scale consists of (95) items distributed over (8) dimensions, which are: (Consumer suggestibility = 11 items, persuasiveness = 14 items, physiological susceptibility 12 items, physiological reactivity = 13 items, peer matching = 15 items, mental control = 15 items, lack of persuasion = 16 items, short-suggestibility = 21 items), Where the answer options for all paragraphs of the scale were as follows: (very much = 5, much = 4, somewhat = 3, a little = 2, very little = 1), and the stability ratio of the scale in its initial form was: (0.92-0.94).

The researchers chose only (25) items in a random way out of (95) items, which represent the (8) dimensions, given that the items of the scale are many, where the researchers focused on the items that are related to the second study variable which is the body image, so (25) was adopted Paragraph It represents the final image of the scale.

Sincerity of the arbitrators: The scale was presented in its final form to (5) arbitrators from professors of psychology in Sudanese governmental universities in the state of Khartoum, where the arbitrators agreed on the validity of the scale to measure what it was prepared for, with a high agreement.

Psychometric properties of the suggestibility scale:

To find out the psychometric properties of the suggestibility scale, in the current research community, the researchers applied its modified image, under the guidance of the arbitrators, which consisted of (25) paragraphs, on an initial sample of (40) examinees who were chosen in a simple random way from the current research community. After correcting the responses, the researchers monitored the scores and entered them into the computer. and then the following was done:

-The validity of the internal consistency of the paragraphs with the suggestibility scale:

To find out the consistency of the paragraphs with the total degree of suggestibility when applied in the current research community, the researchers calculated the Pearson correlation coefficient between the degrees of each of the paragraphs with the total degree of the scale and that the correlation coefficients of all items are statistically significant at the level of significance (0.05), and that all items are positive and have strong internal consistency with the total scores of the scale. Except for paragraph (3), it is weak and the researchers decided to delete it when applying it to the current study sample.

-stability coefficients:

To find out the stability of the total degrees of the suggestibility scale in its final form in the current research community, the researchers applied the equations (Alpha Cronbach and Spearman Brown) on the data of the primary sample. The results of this procedure showed that the suggestibility scale had an acceptable stability rate (Cronbach's alpha = 759., Spearman Brown = 675).

And the reliability coefficients of the degrees of suggestibility as a whole are greater than (66.), which confirms the appropriateness of this scale in its final form to measure the suggestibility of the examinees in the current research community.

Peripheral comparison validity:

The researchers relied on discriminatory validity, so they took (27%) of the lowest questionnaire scores for the sample that consisted of (30) individuals and (27%) of the highest questionnaire scores. After arranging the scores in ascending order, each group had (08) members from the lower group and (08) individuals from the higher group, then the researchers used the statistical method t-test to indicate differences, using the statistical package for social sciences (SPSS), and the results were as shown in the following table.

Table (2) shows the Peripheral comparison validity of the suggestibility scale

	Mean	S.D	T value	D of F	P.value
Higher group	96.62	2.669	23.444	14	.000
Lower group	47.50	5.292			

From the above table it is clear that the value of (T) for the significance of the differences between the averages is statistically significant, which indicates that the suggestibility scale has the ability to distinguish between those of high and low scores in the suggestibility scale.

Statistical methods:

-T-test for one sample.

-T-test for two independent samples.

-Pearson test.

-Spearman ordinal test.

- Cronbach's and Spearman-Brown's alpha equation.

Presentation of the study results:

-Presentation of the result of the first hypothesis: To verify the validity of the first hypothesis of the current study, which states: The body image of Alsalam University students is positive. To verify the validity of the hypothesis, the researchers conducted a t-test for the average of one population, and the following table shows the results of this procedure:

Table No. (3) Shows the result of the t-test for the average of one population to judge the general feature of the body image (degree of freedom = 109): n = 110:

	Mean	S.D	Hypothetical mean value	T .calculated value	P. value
Body image	92.45	14.736	66	18.822	.000

From the above table, it is clear that the arithmetic mean of the study sample on the body image scale and the narration value (hypothetical mean) of the scale and its value (66), which was obtained by summing the highest score of the scale and the lowest score on the scale and dividing it by the number of options and then multiplying it by the number of paragraphs, Which indicates the positive body image of the female students of the sample members, which means that the hypothesis was verified.

-Presentation of the result of the second hypothesis:

Which states: There is a correlation between body image and suggestibility. To verify the validity of the hypothesis, the researchers used the Spearman test, which showed the following results:

Table No. (5) Shows the correlation between body image and suggestibility:

Independent value	Correlation with suggestibility	p. value

Body image	-.408**	.000

From the above table, it is clear that the value of the correlation between the two variables amounted to (**408.-) at a probability value of (000.), which is a statistical function, which means that there is a statistically significant inverse correlation, and this means that the hypothesis of the study was verified.

-Presentation of the result of the third hypothesis:

To verify the validity of the third hypothesis , which states: "There are statistically significant differences in body image due to chronological age.

Table No. (6) Shows the results of the (one-way variance) test to find out the differences in body image by age:

Axis	Source of contrast	Some of squares	Df	Mean squares	F value	. P
Body image	Between the groups	2785.786	9	309.487	1.482	**.165**
	In the groups	20883.786	100	208.838		
	Total	23669.173	109			

From Table (5) it was found that the value of (P) amounted to (1.482), when a probability value greater than (0.05), it is not statistically significant, which indicates that there are no statistically significant differences in the body image of the sample members according to the chronological age.

-Presentation of the result of the fourth hypothesis

Which states: There is a correlation between body image, suggestibility, and grade level. To verify the hypothesis, the researchers used the Spearman test, which showed the following results:

Table No. (7) Shows the correlation between body image, suggestibility, and grade level:

Independent variable	Correlation value with class level	F	Result
Body image	.133	.165	**No statistically significant correlation**
Suggestibility	-.047	.625	**No statistically significant correlation**

From the above table it was found that the value of the correlation between the body image and the class level was (133.), while the value of the correlation

between the suggestibility and the class level was (047.-) at a probabilistic value of each of the body image and the suggestibility with the class level greater than (0.05). , they are not statistically significant, which indicates that body image and suggestibility are not related to a specific academic level.

Discussion:

- Discussing the result of the first hypothesis: By looking at the previous studies, we find that this result agreed with the results of the studies of (Walaa Abdel-Fattah, 2019), (Kafafi, El-Nyal, 1996) and (Shahin and Munib, 2003), and it differed with the result of the studies of (Heliobrand, 2007)and (Fayed, 2001).

This result came as expected by the researchers, because the body image of the female students may depend on a number of things, including: (the student's view of herself, her complete satisfaction with her body, her successful social relations through interaction between her and other female students, as well as the university environment in which supervision is somewhat lacking, even if little about the student's dress, which in turn may improve her positive body image) ,it is also noted that there is no significant ethnic contrast and that this would reduce the negative impact on her body image. Also, family and social control, which is represented in the prevalence of standards and values that work to control society, especially in the study community, because it is still conservative to a relative degree on these values and standards a ttempting to deviate or not comply with these standards will have dire consequences.

Both Ali and Al-Nyal affirm that the image of the body has a significant impact on the individual's social interaction, and the outcome of this interaction affects the growth and development of the personality (Fayed, 2006).

This result can be explained because the study sample is in the youth stage, and accordingly, the imbalance in physical growth that was at the beginning of the adolescence stage is moving towards moderation, which leads to satisfaction with their body image.

In addition to the presence of the Islamic religious scruples that educate girls from childhood that their bodies are God's creation, and that God Almighty shapes their bodies in the best forms, and they must be satisfied with them what ever happened.

It is worth noting that among the things that make the body image negative, for example (body distortion, short stature, excessive obesity, imposed thinness, lack of a part of the body), and by the researchers` observation during their interaction with the students community, they found that these effects are few and almost non-existent.

-Discussion and interpretation of the result of the second hypothesis:

The researchers, reviewd the literature of the theoretical framework and previous local, regional and foreign studies, no study was found that showed the relationship between body image and suggestibility according to the researchers' knowledge,this motivated the researchers to conduct this study, thinking that reaching results through the application of this study would provide a frame of reference and a previous study for future researchers.

The researchers explain this result as the lower the suggestibility, the more positive the body image. The suggestible person is more influenced by the opinions and tendencies of others, especially female students, as they do not put any opinion or point of view that leads to detraction or criticism of their body image

and if these opinions are not correct, they try to take them seriously without hesitation and prove, and they try to bring them down to the level of their own agenda.

The researchers believe that the interpretation of this result requires further studies and subsequent scientific research.

- Discussion and interpretation of the result of the third hypothesis:

The researchers of reviewed the theoretical framework and previous studies and no result was found that confirms agreement or disagreement with this result. By developing this hypothesis, the researchers concluded that the age variation of the students may be reflected in the extent to which they view their bodies, whether positively or negatively, on their bodies.

Especially since body image is closely related to the age stage, the female's view of her body image in youth is different from her view of her body image in old age.

The view of the body is not the same across the different stages of life. In the childhood stage, the view of the body is characterized by totality, but in the adolescence stage, the view of the parts of the body begins, comparing them with each other, and comparing them as well with peers (Ibtisam, 2006).

However, this result showed that there were no statistical differences due to the variable of chronological age. The researchers may attribute it to the convergence of the female students' ages, especially at the bachelor's level, while their ages do not exceed (5-6-7) years, at a rate of (18-30).

Which had a clear impact on the absence of these differences. This is because the perception of the female students in the sample of their body image is almost in agreement, although there are some minor discrepancies in their bodies that were not mentioned.

-Discussion and interpretation of the result of the fourth hypothesis:

By looking at this result, the researchers see that body image and suggestibility are not related to a particular study group. The assessment of the first-level students of their body image and their ability to suggest may not differ from that of the fifth-level students,this is what the result of this hypothesis showed. Also, there are no scientific studies confirming the relationship between body image, suggestibility, and the study group.

This can be explained by the fact that the body image of all female students in the sample is positive regardless of their academic level, and the same is the case that the susceptibility to suggestibility of female students in the sample is low regardless of their academic level.

Conclusion:

Praise be to God, thanks for Godwho guided us to complete this study. The study found that the body image of Alsalam University students is positive, and their ability to suggestibility decreases, with an inverse relationship between body image and suggestibility, and that body image is not related to a certain age and educational level.

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