



Relationship Between Objectified Body Consciousness and Frustration Intolerance Among Young Adult Male Gym Participants in Kerala

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ABSTRACT

Objectified body consciousness has become increasingly relevant in contemporary fitness culture, where appearance-related standards and social comparisons may influence psychological well-being. Although body consciousness has been widely studied in relation to body image and exercise behavior, little research has examined its association with frustration intolerance among young adult male gym participants, particularly within the Indian context. The current study examined the connection between frustration intolerance and objectified body consciousness in 107 male Kerala gym participants between the ages of 18 and 30. Purposive sampling was used in a quantitative correlational study design. The Frustration Discomfort Scale (FDS) and the Objectified Body Consciousness Scale (OBCS) were used to gather data. IBM SPSS Statistics (Version 20) was used to perform descriptive statistics, independent-samples t-tests, Pearson's product-moment correlation, and linear regression analysis. The results showed a small but statistically significant positive correlation ($r = .21$, $p < .05$) between objectified body consciousness and frustration intolerance, indicating that more appearance-related self-monitoring is linked to higher levels of frustration among gym participants. Significant group differences were observed only for frustration discomfort and irrational beliefs, whereas no significant differences were found for overall objectified body consciousness or frustration across levels of fitness involvement. The findings highlight the importance of addressing psychological well-being alongside physical fitness by promoting healthy body perceptions, realistic expectations, and adaptive coping strategies within fitness environments.

Key Words – *Objectified Body Consciousness, Frustration Intolerance, Gym Participants, Body Image*



General context and relevance of fitness and psychological aspects is engagement in physical fitness has become a central part of young adults' lifestyles, not only for maintaining health and physical performance but also for enhancing appearance and social identity (Smith et al., 2024; Prichard & Tiggemann, 2005). Exercise is commonly associated with improvements in physical health, but it also influences a person's thoughts, emotions, and self-perceptions. Modern fitness culture places considerable emphasis on physical appearance. Gyms, fitness communities, and social media platforms frequently showcase idealized body types, making comparison with others almost unavoidable.

Objectified Body Consciousness is a multidimensional psychological construct referring to the degree of awareness and attentional focus an individual places on their own body, including physical appearance, bodily sensations, and perceived evaluation by others. It involves ongoing self-monitoring, internalization of societal and cultural standards, and evaluative scrutiny of one's physical characteristics (Mehling et al., 2011). In fitness contexts, heightened body consciousness can manifest as persistent concern with body shape, weight, muscularity, or overall physical form, often independent of actual fitness levels or health. Individuals with elevated body consciousness are more likely to experience self-conscious emotions such as shame, guilt, anxiety, or embarrassment, particularly when their body does not align with personal or socially constructed ideals.

One psychological outcome that has received comparatively little attention in fitness research is frustration intolerance. Frustration intolerance refers to an individual's reduced ability to tolerate obstacles, discomfort, delays, or unmet expectations while pursuing personal goals (Harrington, 2005). People frequently devote a significant amount of time and energy to fitness settings in the hopes of seeing observable gains in their physical attributes, strength, or athletic ability. They may feel disappointed, distressed, and frustrated if these expectations are not met as soon as expected. Frequent encounters with poor development, training plateaus, injuries, or unfavorable societal comparisons might further lower one's tolerance for frustration and have a detrimental effect on motivation, exercise compliance, and psychological health. Several well-established psychological hypotheses explain the connection between objectified bodily consciousness and frustration intolerance.

Theoretical frameworks

Social Comparison Theory (Festinger, 1954) offers an important framework for understanding how body consciousness develops in fitness settings. According to this theory, individuals evaluate themselves by comparing their abilities, achievements, and appearance with those of others. In contemporary fitness culture, exposure to peers, fitness influencers, and idealized body images through gyms and social media platforms often encourages upward social comparisons. Such comparisons can heighten awareness of perceived physical shortcomings and contribute to negative emotional experiences, including

frustration, particularly when personal fitness outcomes do not align with desired expectations

The Stress and Coping Theory proposed by Lazarus and Folkman (1984) provides a useful framework for understanding these experiences. This viewpoint holds that the cognitive evaluation of stressful situations and the coping mechanisms available to deal with them determine psychological effects. Obstacles such training plateaus, delayed physical improvements, injuries, or unfulfilled appearance standards may be considered stressful experiences in fitness environments. Frustration, intolerance, and emotional pain are more common in those with unrealistic expectations or little coping mechanisms. According to this hypothesis, appearance-related issues do not always result in irritation unless they are thought to be overpowering or challenging to handle.

Fredrickson and Roberts (1997) introduced Self-Objectification Theory as the central framework for understanding objectified body consciousness. According to this perspective, people adopt an external observer's view of their own bodies and judge themselves based on culturally defined ideals of physical appearance. This mindset fosters persistent monitoring, evaluation, and scrutiny of one's looks, increasing vulnerability to negative outcomes such as body dissatisfaction, shame, anxiety, and emotional distress. In environments like gyms, where appearance is frequently emphasized, individuals with heightened awareness of their bodies as objects may become overly concerned with conforming to societal standards of ideal physique.

Grounded in these theories, the present study aims to examine the relationship between Objectified body consciousness and frustration intolerance to better understand their implications for fitness engagement and psychological well-being.

Research Gap

Objectified body consciousness has been widely studied in relation to body dissatisfaction, self-objectification, eating disorders, and exercise motivation, its association with frustration intolerance among individuals engaged in regular physical fitness remains underexplored. Most existing research has focused on women, adolescents, or clinical populations, leaving the psychological experiences of young adult men who regularly attend gyms comparatively overlooked.

Most research on frustration intolerance has been conducted within clinical psychology, education, or general mental health contexts, leaving fitness environments relatively unexplored. Regular gym participation often involves delayed physical progress, demanding training routines, plateaus in performance, and frequent exposure to appearance-based comparisons. Despite the rapid expansion of gym culture in India, along with increased social media influence and growing societal emphasis on muscularity and physical appearance among young adults, few studies have addressed this topic in the Indian context. To the researchers' knowledge, no published study has specifically investigated the relationship between objectified body awareness and frustration intolerance

among young adult male gym users in Kerala.

The present study addresses this gap by examining the association between objectified body consciousness and frustration intolerance among male gym participants aged 18–30 years in Kerala. Understanding this relationship may contribute to the development of psychologically informed fitness interventions that promote healthier body perceptions, adaptive coping strategies, and improved psychological well-being within exercise settings.

Significance of the study

The present study focuses on individuals aged 18 to 30 years who regularly participate in physical fitness activities, including gym workouts, sports, and fitness classes. This population was chosen due to their consistent engagement in structured exercise, which allows for meaningful examination of body consciousness and frustration within a fitness context. Young adults in this age range represent a critical developmental period marked by heightened self-awareness. Understanding the experiences of this population is important because it can shed light on the psychological and emotional factors that influence adherence, motivation, and overall well-being in fitness settings.

The results of this research may enhance our comprehension of the cognitive and emotional dynamics linked to fitness participation. Recognizing the impact of objectified body consciousness on the emergence of frustration can elucidate why certain individuals sustain a healthy commitment to exercise, while

others face challenges such as diminished motivation, avoidance of physical activity, or engaging in excessive exercise behaviours.

Furthermore, this study holds practical significance for fitness professionals, trainers, counsellors, and mental health practitioners. Additionally, it underscores the effect of social and environmental elements, including social comparison, performance expectations, fitness culture, and exposure to social media, on the experiences of those involved in fitness activities. The insights derived from this research may aid in fostering more supportive and inclusive fitness environments that promote both physical health and psychological well-being. Gaining an understanding of the emotional difficulties associated with increased body consciousness can enable fitness professionals and mental health practitioners to provide more effective support to individuals.

Research on objectified body consciousness has consistently demonstrated that individuals who place greater emphasis on their physical appearance are more likely to experience negative psychological outcomes. Within fitness environments, appearance-related self-monitoring is often reinforced by social comparison, cultural ideals of attractiveness, and exposure to idealized body images through social media.

Research indicates that body consciousness plays a key role in shaping both exercise motivation and psychological health. Lucibello et al. (2025) observed that self-conscious emotions like shame and guilt tend to

reduce physical activity engagement, while authentic pride supports sustained participation in exercise. However, the review mainly focused on motivational mechanisms rather than frustration intolerance, leaving an important psychological process unexplored.

In a related finding, Contractor and Rasquinha (2023) found that among gym-goers in India, dependence on exercise was linked to lower body esteem, implying that an intense focus on appearance may lead to problematic exercise behaviors. Nevertheless, the study did not investigate how irrational beliefs or frustration intolerance interact with body consciousness among gym participants. Mottelson et al. (2023), through a systematic review of virtual reality studies on embodiment, showed that awareness of one's body affects not only how people perceive their appearance but also their sense of bodily ownership and self-concept, highlighting the broader psychological impact of body consciousness. Together, these results point to objectified body consciousness as a significant factor influencing emotional responses and exercise habits.

Vansteenkiste et al. (2020) showed that when individuals' core psychological needs—autonomy, competence, and relatedness—are unmet in sports and exercise contexts, it consistently leads to emotional distress and weaker intrinsic motivation. These insights imply that difficulty tolerating frustration may undermine both long-term exercise engagement and mental well-being. Research conducted specifically among gym participants further highlights the

emotional challenges associated with appearance-focused fitness environments.

Engel et al. (2025) found that emerging adults frequently experienced self-doubt, fear of negative evaluation, and heightened body awareness within gym settings, particularly when comparing themselves with more experienced exercisers. Although qualitative findings provided valuable insights into gym culture, quantitative evidence examining psychological constructs remains limited. Ross (2023) similarly reported that larger-bodied gym participants experienced feelings of visibility, social exclusion, and frustration due to prevailing appearance norms within fitness environments. Wang, Y., Hua, G., Liu, W., Wan, C., Hao, M., & Zhang, M. (2025) also observed that individuals at risk of exercise addiction frequently experienced frustration, guilt, and emotional distress when unable to complete planned workouts, suggesting that frustration may reinforce maladaptive exercise behaviors.

Across these studies, several consistent patterns emerge. First, body consciousness is associated with increased appearance monitoring, self-evaluation, and emotional vulnerability. Second, frustration intolerance appears to be closely linked with emotional distress, maladaptive beliefs, and difficulties in emotion regulation. Third, social comparison within fitness environments may strengthen both body consciousness and frustration by encouraging unrealistic appearance expectations. Together, these findings indicate that cognitive, emotional, and social factors interact to influence psychological experiences among

individuals engaged in regular physical fitness activities.

Most previous studies have examined body consciousness in relation to body dissatisfaction, eating pathology, self-objectification, or exercise dependence rather than frustration intolerance. Furthermore, much of the existing evidence has been derived from female samples, Western populations, or clinical settings, limiting its applicability to young adult male gym participants. Research conducted in India is particularly limited, despite the rapid growth of fitness culture and increasing appearance-related pressures among young adults. The present study therefore addresses an important gap by examining this relationship within an Indian fitness context, thereby contributing to the growing literature on psychological well-being in exercise settings.

METHOD

The present study chooses a descriptive-correlational research design to examine objectified body consciousness and frustration intolerance among individuals involved in physical fitness activities.

A correlational design was considered appropriate because the primary objective was to determine the association between the study variables without manipulating any experimental conditions (Singh, A. K. 2019).

Data were collected using a survey method through structured questionnaires. Responses were scored according to the instructions provided in the respective manuals. The collected data were analysed using SPSS (version 20).

Objectives

1) To assess the level of objectified body consciousness among young adults engaged in physical fitness activities.

2) To assess the level of frustration intolerance among young adults engaged in physical fitness activities.

3) To examine the relationship between objectified body consciousness and frustration intolerance among young adults engaged in Physical fitness activities.

Hypotheses

H01: There is no significant relationship between objectified body consciousness and frustration intolerance among young adults engaged in physical fitness activities.

H02: There is no significant difference in objectified body consciousness between participants with low and high levels of fitness involvement.

H03: There is no significant difference in frustration intolerance between participants with low and high levels of fitness involvement.

Variables

The study included independent Variable as Objectified Body Consciousness; dependent Variable as Frustration Intolerance. Objectified body consciousness was examined as the predictor variable because appearance-related self-monitoring is theoretically expected to influence individuals' ability to tolerate frustration associated with delayed physical progress and unmet appearance expectations.

Sample

The population for this study consisted of 107 male individuals aged 18

to 30 years who regularly engage in physical fitness or exercise activities. Participants were selected using purposive sampling from gyms, fitness centres, and sports clubs in Palakkad, Kerala, India. This sampling method was selected because gym participants meeting the inclusion criteria were readily accessible within the study setting. The sample size was considered adequate for correlational analysis and group comparison procedures (Singh, A. K. 2019).

Inclusion criteria

- Male Participants aged 18–30 years.
- Regular fitness activities for at least 3 months.
- Participants willing to provide informed consent and complete the questionnaire.

Exclusion criteria

- Participants other than males were excluded.
- Individuals with known psychiatric or neurological disorders.
- Individuals unwilling or unable to provide informed consent.

Tools

1. Personal Data Sheet by Researcher

A Personal Data Sheet was used to collect demographic and fitness-related information, including age, educational qualification, height, weight, duration and frequency of gym participation, type of fitness activity, and relevant health information.

2. Frustration Discomfort Scale (FDS)

The Frustration Discomfort Scale developed by Harrington (2005) was used to assess frustration intolerance. The scale

contains 28 items measuring four dimensions: emotional intolerance, discomfort intolerance, achievement frustration, and entitlement. Items are rated on a 5-point Likert scale, with higher scores reflecting greater frustration intolerance. The Scale demonstrated internal consistency ($\alpha = .90$).

3. Objectified Body Consciousness Scale (OBCS)

The Objectified Body Consciousness Scale developed by McKinley and Hyde (1996) was used to assess body consciousness. The OBCS consists of 24 items measuring three dimension and scale measures body surveillance, body shame, and control beliefs. Responses are rated on a 7-point Likert scale, with higher scores indicating greater objectified body consciousness. OBCS demonstrated acceptable internal consistency ($\alpha = .84$) within the present sample.

Procedure

Prior to data collection, authorization was secured from the gym administration. Eligible participants were briefed on the study's objectives, the measures taken to ensure anonymity and confidentiality, and the voluntary nature of their involvement. Written informed consent was obtained from every participant.

The questionnaires were administered individually in person. Participants completed a demographic form, the Objectified Body Consciousness Scale, and the Frustration Discomfort Scale within approximately 20–25 minutes. All completed surveys were reviewed for missing data prior to entry.



Statistical Analysis

Data were analyzed using IBM SPSS Statistics (Version 20). Descriptive statistics, including means, standard deviations, frequencies, and percentages, were calculated to summarize participant characteristics and study variables. Data normality was assessed using the Shapiro–Wilk test, alongside skewness and kurtosis statistics. Given that the assumptions of normality were met, parametric statistical analyses were employed. Pearson’s product–moment correlation was used to examine the relationship between objectified body consciousness and frustration intolerance. Independent-samples t-tests were conducted to compare psychological variables across different levels of fitness involvement. Simple linear regression was performed to determine whether

objectified body consciousness significantly predicted frustration intolerance. Statistical significance was set at $\alpha = .05$ (Singh, A. K. 2019).

RESULTS

The data were analyzed using IBM SPSS Statistics Version 20. Descriptive statistics were computed to summarize participants' demographic and fitness-related characteristics. Independent-samples t-tests were conducted to compare psychological variables according to fitness involvement, and Pearson's product-moment correlation analysis was performed to examine the relationship between objectified body consciousness and frustration intolerance. Statistical significance was determined at $p < .05$

Table 1 Characteristics of the sample (N=107)

Sociodemographic	Category	Frequency (N)	Percentage (%)
Education level (edu)	School level	6	5.6
	College level	101	94.4
Fitness Involvement (Fitness)	Yes	54	50.5
	No	53	49.5
Physical activity status(Activity)	Low Activity	96	89.7
	High Activity	11	10.3
Role in Fitness (position)	Trainer	11	10.3
	Trainee	96	89.7
Duration of Fitness Involvement(long)	Short Duration	93	86.9
	Long Duration	14	13.1
Regularity of Participation(active)	Regular	73	68.2
	Not Regular	34	31.8

Table 1 presents the socio-demographic and fitness-related characteristics of the participants.

The study included 107 male participants, with the majority having college-level education ($n = 101$, 94.4%), While only 6 participants (5.6%) had school-level education. Fitness involvement was almost equally distributed between lower (50.5%) and higher (49.5%) involvement groups. The

majority of participants possessed college-level education and were categorized as trainees. Most participants reported regular participation in fitness activities, although the majority were classified within the lower physical activity category and had relatively short durations of fitness involvement. These findings indicate that the sample primarily consisted of young adult male gym participants at an early stage of structured fitness engagement.

Table 2 Results of the Independent samples *t*-test for Differences Based on Fitness Involvement Among Male participants

Variable	Lower Fitness ($n = 54$) $M \pm$ SD	Higher Fitness ($n = 53$) $M \pm$ SD	$t(105)$	p	Cohen's d
Objectified Body Consciousness (Total2)	97.74 $\pm$ 12.88	93.19 $\pm$ 9.98	2.04	.044	0.39
Irrational Beliefs	32.09 $\pm$ 8.13	28.53 $\pm$ 6.31	2.53	.013*	0.48
Body Surveillance	31.63 $\pm$ 4.49	32.42 $\pm$ 4.82	-0.87	.385	-0.17
Frustration	24.78 $\pm$ 4.99	26.11 $\pm$ 4.42	-1.47	.146	-0.28
Body Shame	33.33 $\pm$ 7.62	32.25 $\pm$ 5.63	0.84	.403	0.16
Entitlement	23.54 $\pm$ 4.33	23.19 $\pm$ 4.00	0.43	.666	0.08
Emotional Intolerance	22.76 $\pm$ 3.90	23.36 $\pm$ 3.16	-0.87	.385	-0.13
Frustration Intolerance (Total1)	93.33 $\pm$ 13.04	95.08 $\pm$ 10.21	-0.77	.444	-0.15
Discomfort Intolerance	22.26 $\pm$ 3.53	22.42 $\pm$ 2.86	-0.25	.803	-0.05

Cohen's d values of 0.20, 0.50, and 0.80 indicate small, medium, and large effect sizes, respectively (Cohen, 1988).

Table 2 examined differences in psychological variables based on levels of fitness involvement. An independent-samples t-test was conducted to compare psychological variables according to fitness involvement. Significant differences were observed for Objectified Body Consciousness, $t(105) = 2.04$, $p = .044$, Cohen's $d = 0.39$, and Irrational Beliefs, $t(105) = 2.53$, $p = .013$, Cohen's $d = 0.48$. No statistically significant differences were observed for the remaining variables ($ps > .05$).

However, no statistically significant differences were observed for Body Surveillance, Body Shame, Frustration, Entitlement, Emotional Intolerance, Discomfort Intolerance, or overall Objectified Body Consciousness ($p > .05$). These findings suggest that although fitness involvement was associated with differences in specific dimensions of frustration intolerance, it was not associated with overall objectified body consciousness or overall frustration intolerance.

Table 3 Pearson correlation matrix showing the relationship between body consciousness, frustration, and related psychological variables among individuals engaged in physical fitness activities

Variables	1	2	3	4	5	6	7	8	9
Discomfort	1								
Entitlement	.290*	1							
Emotional	.384*	.457**	1						
Frustration	.309*	.415**	.562**	1					
Frustration Discomfort	.618*	.740**	.797**	.807**	1				
Body consciousness	.235*	-.042	-.238*	-.102	-.193	1			
Shame	.136	.405**	.445**	.559**	.542**	.076	1		
Objectified body Consciousness	.059	.178	.218*	.210*	.198*	.448**	.697**	1	
Beliefs	-.034	-.065	.092	-.134	-.059	-.039	.064	.554**	1
Sd	3.32	4.15	3.50	4.70	4.66	6.71	11.71	7.47	
M	22.34	23.36	23.05	25.44	32.02	32.78	95.49	30.33	

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



Table 3 examine the relationships among objectified body consciousness, frustration intolerance, and related psychological variables using Pearson's product-moment correlation analysis. A weak but statistically significant positive correlation was observed between Objectified Body Consciousness and Frustration ($r = .21, p < .05$), indicating that participants reporting greater appearance-related self-monitoring also tended to report slightly higher frustration intolerance. Frustration demonstrated significant positive correlations with emotional intolerance, entitlement beliefs, discomfort intolerance, and body shame, suggesting that individuals who experienced greater frustration also reported higher levels of emotional distress and maladaptive cognitive beliefs.

Objectified body consciousness was positively associated with body surveillance and body shame, supporting the multidimensional structure of the construct. Although several statistically significant correlations were identified, the magnitude of the relationship between objectified body consciousness and frustration intolerance was small and should therefore be interpreted cautiously.

DISCUSSION

The current study investigated how objectified body consciousness relates to frustration intolerance among young adult male gym-goers in Kerala. The results indicated a weak yet statistically meaningful positive correlation between objectified body consciousness and frustration intolerance, suggesting that participants who engaged more in appearance-related self-monitoring also

tended to experience slightly elevated levels of frustration intolerance. Although the link was modest, it implies that concerns about appearance might play a role in emotional challenges faced in fitness environments.

This examined correlation aligns with Self-Objectification Theory (Fredrickson & Roberts, 1997), which asserts that individuals who consistently assess their bodies from an external viewpoint become more preoccupied with conforming to socially imposed standards of appearance. In gym settings, ongoing body monitoring may heighten awareness of perceived gaps between one's current physique and ideal standards. The findings can also be interpreted through Social Comparison Theory (Festinger, 1954). Modern fitness culture exposes individuals to highly idealized physiques through gym environments and social media platforms, encouraging frequent upward comparisons. Such comparisons may create unrealistic expectations regarding muscularity, body composition, and the speed of physical transformation. When these expectations are not achieved despite sustained effort, individuals may experience disappointment and frustration. Therefore, social comparison may serve as an important psychological mechanism linking objectified body consciousness with frustration intolerance. The results are further supported by the Stress and Coping Theory (Lazarus & Folkman, 1984), which suggests that psychological outcomes depend on how individuals appraise stressful situations and the coping strategies available to manage them. Gym participants often encounter challenges such as slow physical progress, performance plateaus, demanding training

routines, or injuries. Individuals with higher levels of objectified body consciousness may perceive these challenges as greater threats to their appearance-related goals, making them more vulnerable to frustration when expected outcomes are delayed.

Although the relationship between objectified body consciousness and frustration intolerance was statistically significant, the effect size was relatively small. This indicates that body consciousness alone explains only a limited proportion of frustration intolerance. Other psychological factors, including perfectionism, self-esteem, emotion regulation, resilience, coping style, exercise motivation, and perceived social support, are also likely to influence individuals' ability to tolerate frustration within fitness settings. Future studies should therefore adopt multivariate approaches to better understand the combined influence of these factors. The independent-samples t-test revealed significant differences in frustration discomfort and irrational beliefs between participants with different levels of fitness involvement, whereas no significant differences were observed for overall objectified body consciousness. This finding suggests that increased involvement in fitness activities may not necessarily reduce appearance-related self-monitoring but may influence individuals' ability to cope with discomfort and setbacks experienced during training. Individuals who engage more consistently in exercise may gradually develop greater tolerance for physical discomfort and delayed gratification through repeated exposure to challenging training experiences.

Overall, the findings contribute to the growing literature on psychological well-being within fitness environments by demonstrating that objectified body consciousness is associated with frustration intolerance among young adult male gym participants. Although the relationship is modest, the results highlight the importance of considering psychological factors alongside physical fitness in promoting healthy exercise behavior.

Implications of the Study

1. The findings suggest that gym participation may involve psychological components such as frustration, emotional distress, and cognitive beliefs, in addition to physical effort. Fitness involvement is not purely physical but also linked to emotional experiences.
2. Sports psychologists, health psychologists, and exercise counsellors can use these findings to develop psychoeducational programs that address body image concerns, perfectionistic thinking, and frustration tolerance
3. Study contributes to the limited Indian literature examining psychological variables among male gym participants and provides a foundation for future research investigating the psychological aspects of fitness participation.
4. Findings support the integration of mental health awareness within fitness settings. Workshops addressing healthy body image, social media literacy, emotional regulation, and resilience may reduce psychological distress and promote sustainable exercise participation.



Limitations of the study

- Participants were recruited from gyms within a single district of Kerala, and the findings may not represent individuals from different geographical regions or cultural backgrounds.
- The use of convenience sampling may have introduced selection bias and limits the generalizability of the findings to the broader population of young adult male gym participants.
- The cross-sectional design prevents establishing causal relationships between body consciousness and frustration. Also, the study did not include observational or physiological measures to validate self-reported data.
- This study cannot be generalized to female gym participants, adolescents, older adults, or individuals who engage in other forms of physical activity.
- Study focused primarily on objectified body consciousness and frustration intolerance. Other potentially relevant psychological variables, including self-esteem, perfectionism, resilience, coping strategies, exercise motivation, social media exposure, and perceived social support, were not examined and should be considered in future research.
- The study relied exclusively on self-report questionnaires, which are susceptible to response bias, including social desirability and inaccurate self-perception.

CONCLUSION

This study explored the relationship between objectified body consciousness and frustration intolerance among young adult men who frequent gyms in Kerala. Results revealed a weak yet statistically significant positive correlation, suggesting

that those more focused on their physical appearance tend to exhibit slightly lower tolerance for frustration.

While the association was small, it underscores the influence of psychological factors on how individuals navigate fitness settings. Concerns about appearance, unattainable goals, and comparisons with others may affect how people handle setbacks or difficulties during exercise.

This research contributes to a very small literature about psychological well-being in Indian men in gyms and highlights the importance of introducing mental health support into fitness spaces, encouraging balanced perspectives on body image, setting realistic fitness goals, and developing coping skills that can contribute to mental health and continued physical activity.

Further Scope of the Study

1. Future research should involve female or mixed-gender samples to examine potential gender differences in body perception, emotional distress, and frustration within fitness environments.
2. Research may extend beyond gym-based fitness to include individuals engaged in sports training, yoga, athletic coaching, recreational exercise, or other forms of physical activity.
3. Longitudinal studies and qualitative methods can examine changes in body consciousness and frustration over time with continued fitness engagement and personal experience.



4. Research may explore how external social pressures interact with individual psychological characteristics, thereby providing a more holistic understanding of emotional well-being in fitness contexts.
5. Experimental approaches can be used to determine whether structured psychological support reduces frustration and emotional distress while improving body perception among fitness participants.



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