

### Abstract

The current research uses the mixed methodology research design as its aims to gain an in depth understanding of the MD, narcissistic tendencies and level of body dissatisfaction in male weightlifters. The non-probability purposive sampling was employed. 135 male weightlifters were recruited from different gyms of Lahore, aged range 20-35 years. Statistical analysis helped to find out the relationship among MD, narcissism and body dissatisfaction. The demographic sheet along with three scales; MD inventory, narcissistic personality inventory and body dissatisfaction scale helped to understand the variables. The findings revealed significant relationship exists between muscle dymorphia and level of body dissatisfaction. It was also identified that narcissistic tendencies had insignificant relation with MD and level of body dissatisfaction. For the second phase of the study, out of 135 participants 4 of the respondents were recruited, who scored high on MD inventory. Further, screening questions were asked to get an appropriate sample for qualitative study. Semi-structured in depth interviews used as tool for data collection. Interpretive phenomenological analysis was conducted on interviews of 4 individuals and themes were identified 'bottom up'. With the help of phenomenological approach, four primary themes emerged out: (a) Contributing factors in development of MD; (b); Rumination in Dysmorphic Lifters; (c) Drive for muscularity; (d) and Consequential effects on life quality. Themes represent the lived experience of the respondents. The discussion focuses on the main issues that unfold with the help of findings. The study implies that there is a need to explore the coping strategies used by the weightlifters to set free from life stressors and to design better strategies to find out the underlying effects on life quality.

*Keywords: Muscle dysmorphia, Narcissistic tendencies, Body dissatisfaction, Weightlifters.*