

Abstract

The aim of the present study was to investigate the relationship between body dissatisfaction, defense mechanisms and mental health in gym going women. Using correlational research design (within group research) and area probability sampling strategy, a sample of 150 gym going women from ten gyms of different areas of all the nine towns and Cantonment area of Lahore city was drawn. The data collection instruments used were Body Dissatisfaction Scale (BDS) (Tariq & Ijaz, 2015), Defense Style Questionnaire (DSQ-28) (Callahan & Chabrol, 2013) and Mental Health Inventory (MHI) (Viet & Ware, 1998). Descriptive and inferential statistical analyses were done to find out the study results. Pearson Product Moment Correlation, Stepwise Multiple Regression Analysis, Anova and t-test were performed. The findings of the present research showed that there is likely to be a relationship between body dissatisfaction, defense mechanisms and mental health in gym going women. The findings also revealed that age, gym joining reasons, gym days, body dissatisfaction, mature, immature and neurotic defense mechanisms were significant predictors of mental health. The implications of the present research are that it may be helpful for the gym instructors, clinical psychologists and other mental health professionals to understand and resolve issues faced by gym going women and their other clients relating to body dissatisfaction, defense mechanisms and mental health.

Key Words: *Body Dissatisfaction, Defense Mechanisms, Mental Health, Gym Going Women*