

Abstract

The current study was conducted to explore the relationship between body dissatisfaction and the perceived parenting styles of women. For the purpose of study a sample of adult women ($N=308$) was drawn through the process of stratified random sampling. The sample consisted of women belonging to different categories which were based on their occupation. Two instruments, the Body Dissatisfaction Scale (BDSS), (Tariq & Ijaz, 2010) and Perceived Parenting Styles (PPSS), (Anwar & Ijaz, 2010) were used in the study to find the relationship between the two variables. The results showed that the controlling parenting style in father led to higher body dissatisfaction while the nurturing parenting style lead to lesser symptoms of body dissatisfaction. The results also proved that the controlling parenting style in mother also lead to high symptoms of body dissatisfaction as well. It was revealed that the women with high education showed more body dissatisfaction then women with lower education. It was also seen that there was a significant difference in the body dissatisfaction of working and the non-working women.

Keywords: body dissatisfaction, perceived parenting styles, Pakistani women