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Influence of dietary habits due to body image issues on homosexual men

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Abstract

The present study focused on the relation between all three variables target which includes a dietary habit, body image issues and lastly Homosexual men. A gay man or homosexual man is a male who is attracted to other males sexually, romantically or emotionally. A gay man is most often subjected to the abuse of the word gay although the wear of the gay is applicable to any person of the same gender Gays too like other people have different sexual orientations as well as the different kinds of men's images, jobs, life's styles. Their sexuality is only one part of their personalities. In this modern generation, however, various television has created so-called desired attractiveness that a everyone is trying to attain thus leading to body image issues/body dissatisfaction these concerns are viewed dominantly within the context of gay men. And to achieve or follow that particular standard they usually take up so extremely conservative lifestyle. Body image issues are sometimes associated with the development of disordered eating or eating disturbances, including restrictive eating, binge-eating, or purging. This makes the cases of total dysmorphia or mismatched ideal body standards among the homosexual men.

Keywords: Dietary habits, body image, homosexual men

Introduction

Imagine a world where fabulousness meets authenticity, and you've just taken your first step into the vibrant, fun, and diverse community of homosexual men—aka gay men! These are people who do not hide their real self because of social pressures or problems. They are proud, self-confident and they know how to express themselves. Also referred to as gay men, homosexual males are men who fall in love, emotionally or physically with other men. This type of sexual orientation is not the only one; others include heterosexuality - which means attraction to the opposite sex, bisexuality - which means attraction to both sex, and many others. Gay men have always existed in all cultures and communities from the beginning of time and so there is nothing wrong with the gayness in mankind. Previous years also differ in terms of this society's treatment of gay men. Some societies have shunned or outlawed homosexuality whilst others have embraced and applauded such practices. The LGBTQ+ rights movement has advanced the status of gay men in this modern age to an extent where they actively push for legal rights, marriage, and social acceptance. Despite this progression, there has been progress, but many challenges like homophobia, discrimination, and stereotypes persist in many legislations. In countries that recognize such families, homosexual males can have heterosexual relationships, marry and have children. They impact society in a variety of ways that can be compared to that of any other group and include political, artistic, scientific, and activist endeavors.

Body image terms are employed to refer to a person's perceptions, thoughts, and feelings about their body: the way a person regards and cherishes their physical aspects such as mass, form and size and also the person's beliefs, and the manner in which they act. Such attitude may include oneself evaluation of the body. The thing is, abs body perception and a person's body consequence can have either encouraging or haunting aspects also known as the pop culture, social relations, media and others like the changing environment and the people's mental state etc. There are a plethora of issues that include: eating disorders and low self-esteem, and factors that contribute to such problems are regards over body image especially amongst homosexual men. An important concern in the homosexual male society is body shaming which frequently remains unreported. According to societal demands, the standards of beauty are not only maintained by external communities but also by other sub-communities among the LGBTQ individuals themselves which can lead to various disorders namely Body dysmorphic disorder (BDD). It is a disorder where a person is obsessed with

catholically imagined defects in their physical appearance which in reality can be insignificant or hardly noticeable by others. This compulsive attention to details may be very distressing and interfere with the individuals' ability to function effectively within society leading to withdrawal, depression or anxiety. Contrary to that, Having a positive body image is associated with improved wellbeing and enhanced self-esteem levels. Speaking of body image, it requires acceptance of oneself, not giving preference to looks but functionality, as well as doubting the norms imposed by society. The new trends in the beauty industry during the 21st century: In the 21st Century beauty trends are determined by a number of factors such as social networks, fashion, advertisement, and the changing standards of society. However these standards have since then become less structured and diverse as compared to the previous ages, which frequently emphasize certain standards of beauty. The opportunities arise from the challenges that are attributed to the apparently complicated beauty standards in the twenty-first century. It still remains pressuring at times despite having more acceptance towards many body shapes, color, as well as gender identities because of so much exposure to 'the perfect' body through social media. This is probably one of the most challenging areas to deal with while managing the standards of the so-called 'beauty today'.

Simply, dietary habits mean food ingestion, which could be habitual or periodic for a person. Regular diets would include; the conventional diets, vegetarian diets, the ketogenic diet, the Mediterranean diet, low carb diets as well as fasting diets among others. Concerning, diet habits, these appear to be very negative as far as prevention or even elimination of any risk case of any chronic ailment is concerned, let alone the general health of a human. The dietary nutrition habits are influenced by some factors some of them being cultural and religious aspects, individual eating preference, nutrition content of food items, psychological tendencies and lifestyle, the surroundings etc. Over the years and decades of this era, it would appear that the last few hundred years or Russian social practices seem to have transformed some dietary practices. The first one is the hide and seek with countries for goods and services. Globalization is thus the engaging of countries and products on a global perspective. Globalization is the argument number two with the reference to technology and enhancement of the means of manufacturing and logistics. The third one is clean and green activities such as climatic mitigation. Also there is the primary way that surrounds the fourth cause. Nevertheless, among all these new recommendations it is very hard to follow these as there is a lot of junk food and life is busy. Also as food patterns converge in more variety, we also find more fully fledged starvation. Anorexia, bulimia, orthorexia, and similar extremes are regarded as devastating mental illness. In them, the person has an uncontrolled interest in food and the act of consumption. Such people may overeat, undergo starvation, or develop unhealthy eating habits. Most of them present as a disturbance of prominent biological and social factors and involve a psychological component as well. Usually, particular medical conditions may sound so ominous that it may deter an individual from acknowledging them, but in actuality, such disorders are fatal. Anorexia nervosa, Bulimia nervosa, Binge eating disorder (BED) has been indicated in people suffering from eating disorder with occurrence of avoidant/restrictive food intake disorder

(ARFID). There are many factors that cause eating disorders but the most attention is on psychological, social, and cultural due to an urge to be skinny, body image issues and beauty standards. Almost every person who has these problems has some form of trauma, anxiety, depression, the need for perfectionism, and low self-worth.

The connection between sexual orientation, particularly among homosexual men, and their dietary habits has garnered attention in social science and health research. Gay men often prioritize body image and physical appearance more than their heterosexual counterparts. This focus on appearance can significantly impact their dietary choices, often resulting in healthier eating patterns. Studies show that gay men are more prone to body dissatisfaction compared to heterosexual men, which can further influence their food choices. Self-reported information about eating disorders provided by gay males community and college populations is much higher compared to that of straight males. (Williamson & Hartley, 1998) [8]. Body dissatisfaction, it seems, is the main cause behind the creation of susceptibility to disordered eating in gay men (Alicia Bosley Journal of GLBT Family Studies 7 (5) also an additional important point is that Atkins T speculations about the gay male body ideal that involves muscularity and thinness are starting to receive empirical support (Boroughs & Thompson, 2002) [2]. It has been proposed that the media's obsession with the slimness of the images is a more dangerous and lethal factor for gay males than heterosexuals, who in fact, report more public self-awareness about their bodies. There is a cultural myth that gay men are more prone to body image issues and eating disorders because of the gay culture that emphasizes aesthetics (MURRAY J. N. DRUMMOND University of South Australia). Eating disorder scores were found to be in a positive relationship with more frequent and longer exercise sessions, and states of anxiety, depression, ambivalence, and concerns about the perceptions of others (DANIEL SICONOLFI *et al*, New York University). The gay men demonstrated a greater discrepancy between self-rated current and self-rated ideal body fat; greater drive for thinness with high levels of body avoiding, shape manipulation, general body disturbance, eating disorders and body dysmorphia pathology (Michaela Schmidt *et al*.) also gay men were found to score significantly more highly than heterosexual men on all measures of disordered eating (Christine Yelland, Marika Tiggemann *School of Psychology, Flinders University of South Australia). Furthermore, they were also found to possess a greater tendency for distorted cognitions regarding how important an ideal physique should be as compared to their heterosexual counterparts (Patricia L. Kaminskia *et al*.). There was stronger evidence indicating that dissatisfaction with body fat was a greater risk factor for disordered eating in gay men than what was found in body muscularity dissatisfaction alone (April R. Smith *et al*). Empirical studies suggest that there may be an interdependence between one's body image, diet, and homosexuality in general, and especially in men. When it comes to culture however homosexual men face different cultural and social pressures than heterosexual men. In the case of gay cultures, there would be some degree of focus on body image, increasing the desire for a specific body type and body image of media since more often than not, the depiction of gay men includes them with a fit body. This could create a greater desire for a particular look regardless of the

consequences of such. This lead to an increase in body dissatisfaction and comparison of oneself with others. Ongoing, paranoia induced, image dissatisfaction resulted in an increase risk of eating disorders and patterns.

Conclusion

Ever since, it is important to realize that men's bodies have been scrutinized more than ever. A review of relevant literature suggests that young gay men are the most likely candidates for developing body image problems. In this respect, it is necessary to understand the significance of body image in a broader and more comprehensive sense than what we have come to perceive it as being among homosexuals. A sociocultural and evolutionary perspective implies that body fat dissatisfaction but not muscularity dissatisfaction could predict disordered eating behaviors in gay males, including increased dietary restraint as well as concerns about their weight, shape, and eating behavior. The gay population believed that the body shape of their potential partner would be leaner than what they really are looking for themselves. In this regard, it seems that such preferences might make them develop some kind of eating disorders because they would want to achieve an ideal body type that they think is more attractive to a wanted partner. It was also observed that among male homosexuals, who tend to compare themselves with others, this could serve as another possible cause of their body dissatisfaction and therefore there is higher prevalence of eating disordered practices among these individuals. Body dissatisfaction in gay men was found together with cognitive distortions about themselves. Such pictures may be more noticeable for men who identify as gay, who see them as beauty benchmarks to meet. But this problem arises when the imagery of consummate masculine bodies tends to become terribly unattainable in successive years; almost no one can attain modern requirements without elaborate workouts and/or use of steroids. In addition, it is worth mentioning that time and again gay males expressed their need to gain muscles stronger than that of heterosexual guys while at the same time struggling with their bodies just like women do. In greater detail, though, this group had higher global levels of eating disorders compared to straight men. Furthermore, gay males have exhibited more worry about their body shape and size, but did not present any signs of dietary restraint or anxiety related to food. This suggests that despite the fact that gay men tend to be more preoccupied with issues regarding weight and appearance in respect to eating disorders (ED). Now an important avenue for further research will be to assess the prevalence between homosexual women and men, as how and in what extent does the set standards in relation to their respective bodies influence them and does it affect in the same intensity as of the homosexual men. Also one more area for further research is that as there is no age limit taken into consideration so in the future research we can make a comparative study between the homosexual men who are adolescents and homosexual men of middle age. On the other hand we can also look how body shaming shaped their mindset and make them adapt various restricted lifestyles. In order to better understand a collection of issues surrounding body dissatisfaction and eating problems in gay men, it is necessary to have information on these topics' specific risk factors, their typical age of onset, and other factors that influence trajectory. By doing so we will be able to identify the most efficient points and forms of

intervention for this condition.

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