



Body Perception Attributes as Reflected on the Holistic Wellness Mirror


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ABSTRACT

Pressure about body perception impacts well-being, and adopting holistic wellness promotes lasting health. The purpose of this study was to explore how body perceptions relate to holistic wellness by modeling a holistic wellness mirror based on the human triad of the body, mind, and spirit. The survey research method and convenient sampling were used, yielding 317 respondents from college classes and social media platforms. The survey was a combination of body perception scales and questions about holistic wellness: healthy eating, happiness, and religiosity. Analysis of variance results indicate that body appreciation and neutrality are significantly higher for individuals with higher healthy eating, happiness, and religiosity than those with low. Through structural equation modeling, body functionality emerges as a key perception attribute that contributes to holistic wellness. This study recommends that, since body perceptions are linked to holistic wellness, they should be nurtured together.

KEYWORDS

Holistic Wellbeing, Body Appreciation, Positivity, Functionality, Neutrality, Negativity

INTRODUCTION

Significance of the Study

In 2024, U.S. consumers identified wellness as a top priority and favored data-backed wellness solutions (Callaghan, et al., 2024). Consumers want an experience that supports their well-being (Reiman & Väyrynen, 2018); thus, this study is significant because it focuses on the psychographics of holistic wellness, based on the human triad of body (eating well), mind (happiness), and spirit (religiosity), and its relationship to body perception. Holistic proponents acknowledge the whole person by considering not just the body and mind but also the spiritual component. Nevertheless, there is a resistance to acknowledge that spirituality is core in each human and contributes to resiliency and better mental health (Crowell, 2023).

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Simultaneously, apprehensions about appearance are widespread because of the burden of unattainable beauty standards in society. Body perception is how individuals view their bodies, and it serves as an initial protective measure to prevent the occurrence of risk factors to well-being (Tylka & Wood-Barcalow, 2015). There is need to assess the content of fitness promotional images on social media because societal appearance ideals can be harmful to psychological well-being, particularly within the health and fitness industry (Monk et al., 2023). Body perception influence on diminishing mental and physical wellness is a global phenomenon (Gitimu et al, 2016; Han & Kim, 2020, Rodgers et al., 2023).

The purpose of this study was to explore how body perception attributes relate to holistic wellness by modeling a holistic wellness mirror based on the human triad of the body, mind, and spirit. This study fills a literature gap because previous studies have examined various body perceptions without connecting them to the human triad of holistic wellness. In addition, this study offers a unique perspective on how body perceptions are related to the psychographics of healthy eating, happiness, and religiosity, unlike previous studies that have focused on demographics (Frederick, 2022; Gitimu et al, 2016; Tylka & Wood-Barcalow, 2015).

LITERATURE REVIEW

This literature review covers the theoretical framework of holistic wellness (body, mind, and spirit) and the body perception attributes of body appreciation, functionality, positivity, neutrality, and negativity.

Theoretical Framework

The holistic wellness theoretical framework features nurturing the mind, body, and spirit and conceptualizes their connectedness. This study is grounded on the body-mind-spirit model of health (Dutta, 2024; Kaushik et al., 2024; Li & Chi (2022)). The body-mind-spirit model acknowledges that interconnection of body, mind, and spirit is fundamental to well-being.

The body and the mind cannot ignore their spiritual presence, and thus well-being is achieved through lifestyle changes, circumventing negative thoughts and feelings, and fulfilling a spiritual path. Holistic wellness is reflected as individuals attempt to take control over their bodies, minds, and spirits, and it is used in patients' recovery process (Scoles, 2024).

Holistic wellness is an indicator of balanced aspects of well-being, to combat prevalent mental health challenges such as depression (Stoewen, 2017). Society often thinks of wellness in terms of physical health (e.g., eating well or exercising). However, a healthier way to approach wellness is by assessing it through holistic wellness, which integrates physical health, mental health, and spiritual well-being. Holistic wellness is a state of health balance and not just the absence of disease (Gheonea et al., 2023; Li & Chi (2022)).

Holistic practice of wellness focuses on healing the whole person rather than focusing on symptoms of disease. This approach complements standard medical treatments with practices such as nutrition, physical movement, mindfulness, and mental health support. Holistic wellness promotes lasting healing, resiliency, and overall quality of life. The holistic approach offers a multi-disciplinary perspective and explores synergies between various therapeutic practices (Seixas et al., 2025).

This study's theoretical architecture builds its core pillars of body, mind, and spirit on the cornerstones of positive psychology, which are positive emotion, engagement, relationships, meaning, and accomplishments, also called the PERMA model or Seligman theory. Individuals' physical and mental well-being are enhanced when the PERMA model attributes are realized. In addition, Seligman, father of positive psychology, views well-being as a combination of three attributes: being satisfied in life, positive emotion or happiness, and having meaning in life (Seligman, 2018). According to Seligman (2018), positive emotion entails feeling pleasure and happiness, and being happy is the most direct way to express positive emotion because, when one feels good, then one feels positive.

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