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Weight Bias Internalization and Mental Toughness Among Young Adults

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Weight bias has been shown to negatively affect mental health, particularly among young adults. This study investigated the relationship between Weight Bias Internalization (WBI) and Mental Toughness (MT). WBI occurs when individuals who experience weight stigma begin to accept and believe negative attitudes about themselves based on body weight. Addressing WBI is important for fostering self-acceptance and promoting body positivity. MT, in contrast, refers to the capacity to remain resilient, motivated, and focused when confronted with pressure or setbacks. While the negative effects of weight bias are well-documented, limited research has examined its connection to MT. Using a snowball sampling method, data were gathered from 150 young adults with above-normal weight in selected barangays of Iligan City. Findings revealed a significant relationship between WBI and MT, suggesting that individuals who internalize weight bias may still demonstrate resilience and effective coping strategies. These results emphasize the importance of developing community-based programs that raise awareness about the psychological effects of weight bias and strengthen mental toughness to support overall well-being.

Authors: Ms SACABIN, Elyza Roseciel; Ms SIENES, Alondra; Mrs CARBONELL, Vienna Lou

Presenter: Ms SACABIN, Elyza Roseciel

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