# Article information:

Changes in body image perceptions upon leaving elite sport: The retired female athlete paradox.
<https://psycnet.apa.org/doiLanding?doi=10.1037%2Fspy0000111>

# Article summary:

1. A study of 218 retired female athletes from aesthetic sports found that years since retirement were unrelated to current weight status, attempts to lose weight, and satisfaction with current weight.

2. Despite the majority of participants considering themselves normal weight, 55% were dissatisfied with their weight and 59.6% were trying to lose weight.

3. The study identified four core themes characterizing participants' experiences: a move toward the feminine ideal, feeling fat and ashamed, a continued commitment to a former self, and conflicting ideals known as the retired female athlete paradox.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "Changes in body image perceptions upon leaving elite sport: The retired female athlete paradox" provides valuable insights into the experiences of retired female athletes and their body image perceptions. However, there are some potential biases and limitations to consider.

One potential bias is the sample selection. The study only included retired athletes from aesthetic sports, which may not be representative of all retired female athletes. Additionally, the study did not include male athletes or non-athletes for comparison, which limits the generalizability of the findings.

Another limitation is the reliance on self-reported data. Participants were asked to report their current weight status and satisfaction with their weight, which may be influenced by social desirability bias or inaccurate self-perception. Future studies could use objective measures such as body composition analysis to provide more accurate data.

The article also presents some unsupported claims and missing evidence. For example, the authors state that "perceived muscle loss was considered indicative of either increased fat (dissatisfaction) or increased femininity (satisfaction)," but do not provide evidence to support this claim. Additionally, while the study found that many retired athletes were dissatisfied with their weight and trying to lose weight, it does not explore potential negative consequences of excessive dieting or exercise.

Furthermore, while the article acknowledges conflicting ideals in retired female athletes' body image perceptions, it does not explore counterarguments or alternative perspectives. For example, some retired athletes may embrace a more diverse range of body types and reject societal beauty standards altogether.

Overall, while the article provides valuable insights into retired female athletes' experiences with body image perceptions, it is important to consider its limitations and potential biases. Future research could address these limitations by including a more diverse sample and using objective measures of body composition analysis.

# Topics for further research:

* Negative consequences of excessive dieting and exercise in retired female athletes
* Alternative perspectives on body image perceptions in retired female athletes
* Comparison of body image perceptions between retired male and female athletes
* Impact of retirement on mental health in elite athletes
* Societal beauty standards and their influence on retired female athletes' body image perceptions
* Long-term effects of participation in aesthetic sports on body image perceptions in retired female athletes

# Report location:

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