



3rd Global Conference on Psychology

24 - 26 October 2025

Oxford, United Kingdom

Physical Self-Concept Across Culture, Gender, and Sport Level

Kanupriya Rawat

Kazimierz Wielki University, Bydgoszcz, Poland

ABSTRACT

Physical self-concept is central to how athletes perceive their abilities, appearance, and body image, and it is shaped by both personal experiences and broader cultural values. This study examined the psychometric validity of the short form of the Physical Self-Description Questionnaire (PSDQ-S) in Indian and Polish athletes. A total of 1,212 athletes (596 from Poland, 616 from India) across recreational and elite sport levels participated. Confirmatory factor analyses supported the 11-factor structure with strong internal reliability. Measurement invariance testing confirmed configural, metric, scalar, and strict invariance across gender, age, and sport type, with partial equivalence across countries, indicating robust cross-group applicability. No significant gender effects were found, suggesting cultural mediation of body ideals. Elite athletes scored higher on endurance, strength, and sport competence, though cultural differences emerged: Polish elite athletes emphasized performance-related domains, while Indian elite athletes stressed health and coordination dimensions. Significant cross-national differences were observed across all domains, suggesting that cultural values play a central role in shaping athletes' physical self-concept. In Poland, sport participation is strongly tied to structured training and achievement orientation, whereas in India, body perceptions may be more deeply connected to collective identity, body maintenance, and holistic health values. Overall, findings support the PSDQ-S as a valid tool for cross-cultural sport psychology research and highlight the importance of considering cultural context when examining athletes' physical self-concept.

Keywords: athletes; cross-cultural comparison; physical self-description questionnaire; psychometric; validity