

"NO BODY IS PERFECT - DAS NACKTEXPERIMENT"

Paula Lambert will zusammen mit den drei erfahrenen Coaches **Sandra Wurster**, **Silvana Denker** und **Daniel Schneider** die Teilnehmer des **Body-Positivity-Experiments** dabei unterstützen, sich in ihrer eigenen Haut wieder wohlfühlen.

Das Außergewöhnliche bei "No Body is perfect": Paula Lambert, Tanzpädagogin und Coach Sandra Wurster, Fotografin, **Curvy-Model** und **Body-Positivity-Aktivistin** Silvana Denker und **Plus-Size-Model** Daniel Schneider – **alle vier Coaches sind nackt**, lediglich farbenfrohe Bodypaintings zieren ihre Körper.

Wissenschaftliche Studien haben gezeigt, dass sich die Lebenszufriedenheit und das Selbstwertgefühl eines Menschen steigert, wenn er sich durchschnittliche, nackte Körper anschaut und selbst mehr Zeit mit seinem eigenen nackten Körper verbringt.*

Um den Teilnehmern des Body-Positivity-Experiments das Vertrauen und den Glauben an die eigene körperliche Attraktivität zurückzugeben, führen die vier Coaches sie in vier Tagen auf der griechischen Insel Mykonos durch verschiedene Herausforderungen.

Ziel ist es, dass alle Teilnehmer am Ende der Woche sich selbst so annehmen, wie sie sind, um dann am "Naked Beach" alle Hüllen fallen lassen zu können. Kann man in vier Tagen tatsächlich lernen, sich selbst zu lieben?

*Dr. Keon West / Goldsmiths, University of London (2017): "Naked and Unashamed: Investigations and Applications of the Effects of Naturist Activities on Body Image, Self-Esteem, and Life Satisfaction."



The naked truth – research finds nudism makes us happier

Psychology

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Taking part in naturist activities can help make us significantly more satisfied with our bodies and lives, new research from Goldsmiths, University of London has found.

Researchers led by Dr Keon West (Department of Psychology) investigated the associations between naturist activity and psychological well-being, as well as the immediate effects of two real naturist events on participants' life-satisfaction.

The first study - an online survey of some 850 British people of a variety of ages, ethnicities and religions - found that those who spent time naked or partially naked around others (eg. topless sunbathing or taking part in World Naked Cycle Rides), also liked their own bodies more, thought better of themselves, and were more satisfied with their lives overall.

The longer they had been practicing naturism and the more frequently they did it, the happier they were.

The second and third studies took place at a "Bare all for Polar Bears" event at the Yorkshire Wildlife Park (24 participants) and British Naturism's Waterworld event in Stoke on Trent (100 participants). At both events, participants were assessed just before shedding their clothes and at the end of the event, before they put them back on.

In both cases participants experienced immediate and significant improvements in body-image, self-esteem and life satisfaction.

For decades, research has shown that body image dissatisfaction is a serious, global problem that negatively affects psychological health. Much of it stems from overexposure to "idealised bodies" such as those widely seen in magazines, on television, and increasingly on social media.

Previous research also shows that positive or neutral reactions to one's own body, and exposure to "non-idealised" bodies (otherwise known as normal people), should counter the negative effects of idealised imagery. Logically, then, naturism - the practice of being naked in the company of non-intimate others - should be good for your body image and self-esteem.

Dr West says:

"The naturists have been saying this for some time. However, despite a lot of positive claims, little to no empirical research has investigated whether naturist activity (rather than attitude or beliefs) actually makes us happier or, just as importantly, why it makes us happier."

Dr West believes that this current research is a good first step, but that there are still many more questions to answer. How exactly does naturism have these positive effects? And do the effects taper off after a certain number of naturist events?

Initial analyses of the data suggests that seeing other people naked is more important than being seen naked yourself. The data also seemed to find that the benefits hit a ceiling after about 20 naturist events a year - further naturist activity beyond this did not appear to make a difference.

Dr West suggests that further research, including longitudinal designs and randomised controlled trials would shed more light on these initial findings. While representation at the two naturist events was diverse, most of the respondents to the first survey were male, most were white, most were straight, and most were middle-aged. While the same effects were found when gender, ethnicity, sexual orientation and age were included as factors in the analyses, Dr West believes it would be useful to conduct research with more diverse populations.

However, this should not detract from the conclusion that naturism appears to have psychological benefits. For a long time many people, even health professionals, assumed that public nudity was a sign of psychological dysfunction. This perception has stuck even though an increasing number of people are now taking part in clothes-free activities.

The findings certainly indicate that naturism appears to have positive effects, not negative ones. As such, Dr West suspects that it could offer a low-cost, widely available solution to the problem of body dissatisfaction. “At the very least”, he concludes, “this is worth investigating”.

Naked and unashamed: Investigations and applications of the effects of naturist activities on body image, self-esteem and life satisfaction by Dr Keon West is published in the *Journal of Happiness Studies*.

Quelle: <https://www.gold.ac.uk/news/naked-and-unashamed/>

I feel better naked: Communal naked activity increases body appreciation by reducing social physique anxiety.

+ Tools

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Abstract or Description

Positive body image predicts several measures of happiness, well-being, and sexual functioning. Prior research has suggested a link between communal naked activity and positive body image, but has thus far not clarified either the direction or mechanisms of this relationship. This was the first randomised controlled trial of the effects of nakedness on body image. Two potential explanatory mediators of this effect were also investigated. Fifty-one participants were randomly assigned to one of two groups in which they interacted with other people either naked (naked condition) or clothed (control condition). All participants completed measures of body appreciation before and after the intervention, as well as measures of the relative perceived attractiveness of others and social physique anxiety immediately after the intervention. Perceived attractiveness of others was neither affected by the manipulation nor correlated with body appreciation. However, as expected, participants in the naked condition reported more body appreciation, an effect that was mediated by reductions in social physique anxiety. This research provides initial evidence that naked activity can lead to improvements in body image and evidence of a specific explanatory mechanism. Theoretical and practical implications are discussed.

Naturism is the practice of going without clothes - whether that is just occasionally at a beach or in your garden, or as a more general part of everyday life. Naturism is healthy, sensible - who wants to wear clothes when the weather is hot – and great fun!

Health benefits of Naturism

Being naked is good for you!

The human body was not designed to be wrapped up in clothes and there are numerous health benefits associated with clothes-free activities.

More and more people are realising the significant benefits nudity brings to mental, emotional and physical health, body image issues, and their ability to relax and escape the rigours of daily life. It's widely accepted that it's good for everyone to have the sun and fresh air on their skin – so why not get the maximum benefit?

When you shake off your clothes, you do more than just peeling away the layers of fabric. It often feels like you are removing your worries, stresses and particularly any hang-ups you have about your body. If you've yet to try it, there is no greater feeling of freedom than giving your whole body – and in fact your entire 'being' – a good airing.

Challenge yourself – and others

"Social nudity" is on the increase as people are far less hung up these days about seeing or being seen naked by others – including friends and family. We're all the same underneath. Why wear a swimming costume when all you are going to do is get it wet? Bare skin dries much quicker too. Being naked in the company of others helps people's perception of what constitutes a healthy body – it's okay to have wobbly bits and be different from most 'celebrity' bodies. It also helps us to keep an eye on potential problem areas such as skin conditions, lumps/bumps, obesity and other health problems and a recent scientific study has shown that people who are naked in a social setting have greater self-esteem than the rest of the population.

What, me?

You might be reading and feel you just couldn't, ever ... but just consider it for a moment. It could be a step towards doing something that could change your whole life. By honouring yourself enough to take a positive move towards creating a better relationship – with your naked body. To feel happier in your own skin, knowing that you can take your clothes off and no-one will judge you. To put an end to hiding away your naked form and pretending it is shameful – and instead committing to doing more to start looking after your body.

Some things you might like to know about Naturism

Naturism is normal

It's just ordinary people choosing not to wear clothes when the weather and circumstances are appropriate. Our activities are no different from what most people do in their leisure time, other than the dress code. We're not anti-clothes, we just know they are not always essential. It's also a lot of fun!

Naturism is not about sex

Naturists are not asexual, but despite what people think, a gathering of naked people doesn't make for a sexually charged environment.

You won't be embarrassed!

Once in a naturist place, you soon get used to being surrounded by naked people and forget that you are not wearing clothes. It's clothed people that stand out. What you look like is irrelevant. No-one stares at you, or judges your appearance – it's all about feeling good for yourself. No-one is forced to be naked all the time and people will put something on if the weather turns.

Naturism is very popular

Millions of people in the UK and around the world have discovered this wonderful way of life; a national survey by [IPSOS-MORI in 2011](#) discovered that there are 3.7 million naturists in the UK. There are thousands of holiday resorts and other places serving the community. Plenty of people skinny-dip, go topless on beaches and spend time naked at home.

Naturist children are happy, well-adjusted and safe

Children don't care if they are wearing clothes or not, it's adults who make them get dressed. They grow up with a better understanding of what will happen to their bodies and enjoy a relaxed, outdoor life. Naturist places tend to have entry requirements and secure gates, making the inside a far safer environment than the outside.

NO BODY IS PERFECT

PSYCHOLOGISCHER FRAGEBOGEN ZUR ERMITTLUNG DES BODY-IMAGE-WERTS DER TEILNEHMER

Wissenschaftliche Institution: Goldsmiths, University of London

Frage 1: Identität:

a. Wie lautet Dein vollständiger Name? _____ b. Was ist Dein Geschlecht? _____ c. Wie alt bist Du? _____

Frage 2: Über Deinen Körper:

Wie sehr beschreibt DICH jede der untenstehenden Aussagen? Bitte zeige an, wie sehr Du jeder der Aussagen unten zustimmst, indem Du auf der Linie bei jeder Aussage einen Punkt markierst:

a. Ich habe eine positive Einstellung meinem Körper gegenüber.
gar nicht ◀──▶ sehrb. Ich habe **KEIN** gutes Gefühl meinem Körper gegenüber.
gar nicht ◀──▶ sehrc. Ich respektiere meinen Körper.
gar nicht ◀──▶ sehrd. Trotz seiner Mängel akzeptiere ich meinen Körper wie er ist.
gar nicht ◀──▶ sehre. Insgesamt bin ich mit meinem Körper **NICHT** zufrieden.
Gar nicht ◀──▶ sehrf. Auch wenn mein Körper nicht perfekt ist, ich mag ihn trotzdem.
Gar nicht ◀──▶ sehrg. Ich achte auf die Bedürfnisse meines Körpers.
Gar nicht ◀──▶ sehrh. Meine Gefühle meinem Körper gegenüber sind meistens positiv.
Gar nicht ◀──▶ sehr**Frage 3: Über Dich:**

Bitte zeige an, wie sehr DICH jede der untenstehenden Aussagen beschreibt, indem Du die Linie darunter markierst:

a. Ich meine, dass ich einige gute Eigenschaften habe.
gar nicht ◀──▶ sehrb. Manchmal denke ich, dass ich gar nichts tauge.
gar nicht ◀──▶ sehrc. Insgesamt bin ich mit mir zufrieden.
gar nicht ◀──▶ sehrd. Ich kann vieles genauso gut wie die meisten anderen Menschen.
gar nicht ◀──▶ sehre. Manchmal denke ich, dass ich ein Versager bin.
gar nicht ◀──▶ sehrf. Ich meine es gibt **NICHT** viel auf was ich stolz sein kann.
gar nicht ◀──▶ sehrg. Ich fühle mich von Zeit zu Zeit richtig nutzlos.
gar nicht ◀──▶ sehrh. Ich halte mich für einen Menschen der etwas wert ist.
gar nicht ◀──▶ sehri. Ich wünsche mir, vor mir selber mehr Achtung haben zu können
gar nicht ◀──▶ sehrj. Ich habe eine positive Einstellung mir selbst gegenüber.
gar nicht ◀──▶ sehr**Frage 4: Über Dein Leben:**

Bitte zeige an, wie sehr DICH jede der untenstehenden Aussagen beschreibt, indem Du die Linie darunter markierst:

a. In vielerlei Hinsicht ist mein Leben nahezu ideal.
gar nicht ◀──▶ sehrb. Ich bin mit meinem Leben zufrieden.
gar nicht ◀──▶ sehrc. Bis jetzt habe ich alles Wichtige in meinem Leben bekommen.
gar nicht ◀──▶ sehrd. Die Bedingungen meines Lebens sind ausgezeichnet.
gar nicht ◀──▶ sehre. Würde ich mein Leben nochmals leben, ich würde nichts ändern
gar nicht ◀──▶ sehr**Frage 5: Über Deine Persönlichkeit:**

Bitte zeige an, wie sehr DICH jede der untenstehenden Aussagen beschreibt, indem Du die Linie darunter markierst.

Wie sehr siehst Du Dich als jemand der ...

a. originell ist, mit neuen Ideen kommt?
gar nicht ◀──▶ sehrb. neugierig ist, auf viele verschiedene Dinge?
gar nicht ◀──▶ sehrc. scharfsinnig ist, ein tiefer Denker?
gar nicht ◀──▶ sehrd. eine lebhaftere Vorstellungskraft hat?
gar nicht ◀──▶ sehre. erfinderisch ist?
gar nicht ◀──▶ sehrf. Routinearbeiten vorzieht?
gar nicht ◀──▶ sehrg. künstlerische, ästhetische Erfahrungen schätzt?
gar nicht ◀──▶ sehrh. gerne nachdenkt, mit Ideen spielt?
gar nicht ◀──▶ sehri. wenig künstlerisches Interesse hat?
gar nicht ◀──▶ sehrj. gebildet ist in Kunst, Musik und Literatur?
gar nicht ◀──▶ sehr