

# The Ideal Attractive Partner in the Opinion of Female and Male Students from Małopolska Universities

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## Abstract

In the past 20 years, there has been a tendency towards valorising one's own body, both among women and men, and its appearance is important for a person's mental functioning. The aim of the study was to determine the features of an attractive partner in the perception of students. A total of 1,208 people participated in the study, including 633 women. Students filled out a questionnaire designed by the authors. In the conducted research, it has been shown that, in the opinion of female students, the determinants of an attractive man are body height, athletic figure and proportional body build. The ideal partner is a man measuring 181-182 cm, with a BMI of 22 units, slightly more muscular than average, intelligent, ambitious, emotional, faithful and having various interests. On the other hand, according to students, the attributes of female beauty are proportional body structure, a slim figure and larger breasts. The ideal partner is a woman with a height of approx. 170 cm, lower limbs slightly longer than the average for the population, a BMI of 22 units and, similarly to men, intelligent, ambitious, emotional, faithful and having interests.

**Keywords** – physical attractiveness, non-physical attractiveness, students

“Appearance is the most public part of our self. It is a sacred part of ourselves, the visible self, which the outside world recognises as a reflection of the invisible, inner self” (Etcoff, 2002, p. 13). Scientists and artists are still looking for an answer to the question of what makes us susceptible to “beauty” and what factors arouse our interest (Beckett 2002, Čabrić and Pokrywka, 2010, Buss 2014). Is sensitivity to beauty universal among people?

We are currently living in times when people devote a lot of energy on their physical appearance, which plays a role in shaping our attitudes and behaviours. The beauty of the human body is of particular importance as an aspect of humanism. According to the theory of evolution, beauty is an instrumental means that serves as a signal and measure of reproduction (Boski, 2009). Anthropological indicators, including BMI (Body Mass Index), WHR (Waist-to-Hip Ratio), LBR (Leg-to-Body Ratio) or the right proportions of the face, skin type, hair or the shape of the lips are a sign of health and strength. Physical attractiveness contributes to greater vitality and fitness. A person feels better not only because of his/her physical condition, but also because of mental state. A nice body is synonymous with youth and physical fitness. It is important to maintain balance between the body and soul, in line with the Latin motto “*Mens sana in corpore sano*”. The ideal of physical beauty has changed over time (Eco, 2005; Britek-Matera, 2010; Corbin,

Courtine, and Vigarello, 2011). Regardless of the era and culture, man has always had his ideals, which he aspired to, the body being one of the most important attributes of beauty. This is especially true when the media creates the image of an attractive person. The assessment of our appearance according to the set canons of beauty determines the level of satisfaction with it. The vast majority of Poles (90%) attach great or very much importance to their appearance (CBOS, 2009a). Beauty benefits both women and men, because attractive people are assigned better features than those less attractive (Wiśniewska, 2014; Mandal & Doliński, 2015).

Research on physical and non-physical attractiveness is becoming more and more popular (including Zatorska 2015, Łosiak-Pilch, 2016), thus, it seems reasonable to indicate the current ideal of physical attractiveness in the opinion of young female and male Poles. This ideal, defined by women and men, reflects their sense of aesthetics.

The aim of the research was to determine the features of an attractive partner in the perception of students. The study objective, formulated in such a way, was reduced to answering the following research questions:

- 1) What are the main components of physical attractiveness in the opinion of students?
- 2) What morphological and behavioural features determine the high attractiveness of students?

## Research Materials And Methods

### Study participants and research course

A total of 1,208 subjects, including 633 women, participated in the study. The mean age was  $21.42 \pm 1.8$  years. The study group was selected from among students of Kraków Universities (1,011 participants: AGH University of Science and Technology – 536 subjects; University of Physical Education – 301 people; Jagiellonian University – 124 people (including 77 students of Collegium Medicum); University of Pedagogy – 50 participants; Nowy Targ (Podhale State College of Applied Sciences – 105 people) and Tarnów (University of Applied Sciences – 92 people). In order to select students for the research, 2- and 3-stage random selection were used. The selection unit was according to the given field of study, which was assigned to one of the areas of science (Regulation of the Minister of Science and Higher Education from August 8, 2011, Journal of Laws No. 179, item 1065). The following areas of education were examined: humanities (63 people), social sciences (77 people), science (235 people), technology (258 people), arts (39 people), medical sciences and health sciences, and physical culture sciences (536 people). In the latter, physical culture sciences (192 people) were further distinguished due to the role that physical activity plays in shaping the image of oneself. The research was conducted during the period from October 2015 to April 2016.

### Characteristics of the research tool

The questionnaire included inquiries about the degree of satisfaction with body image, attributes and components of a partner's physical attractiveness. The questions comprising the questionnaire were verified using a pilot study conducted in 2011 among physiotherapy students at the University of Physical Education in Kraków. At the beginning of the study, students were informed about the research purpose, ethical issues, duration, anonymity and the possibility of withdrawing at any time without giving reasons and without suffering any consequences. Consent was obtained from each subject for participation in the study. The trial was conducted in accordance with the Declaration of Helsinki. Data from the work by Pawłowski (2003), Sorokin and Pawłowski (2008) were used to determine the degree of Sexual Dimorphism in Size (SDS) and the preferences for the length of the lower limbs – following Pawłowski

(ed.) 2009. In order to define one's own figure and ideal partner, data from the work by Flegal (2013) and Frederick et al. (2005) – following: Pawłowski (2009), were used in the study.

The questionnaire consisted of 20 questions, mostly closed, based on the so-called the technique of selecting a single answer or selecting several answers with ranking. One question allowed to select more than 1 answer. The survey questionnaire also contained 4 open-ended questions. The personal data part contained basic information about the respondents, including year of birth, marital status, place of residence, area and year of study, current body height and mass.

## Research Results

The participants' responses to the questions regarding determinants of external attractiveness of people of the opposite sex are given in this section.

### Height of ideal partner

On the basis of the data presented in Table 1, it can be concluded that the height of an ideal partner according to women is  $181.5 \pm 6.0$  cm, while the height of an ideal partner for men should be  $169.8 \pm 5.8$  cm.

Using one-way ANOVA, it was investigated whether there were differences in perception of an ideal partner's height among students undertaking different fields of study. The results of post hoc analysis did not indicate any statistically significant differences in the assessment of height for an ideal partner ( $p > .05$ ) between the men (Table 2) and women (Table 3) from various areas of study.

### Difference in height between partners

The subjects were asked to indicate 1 of the 4 couples on a drawing who, in their opinion, express the most appropriate height difference.

Analysing the results related to Sexual Dimorphism Size (SDS), it was observed that the most frequently indicated was couple B with an SDS of 1.09, which was selected by 83.5% of all subjects (82.8% of women and 84.2 of men). Second place was occupied by the couple also presenting a model in which the man is taller than the woman – couple A (SDS = 1.19), chosen by 13.3% of all respondents (15.3% of women and 11.0% of men). Couple C, representing partners of equal height, was in-

**Table 1.** Descriptive statistics for answers to question 2 regarding body height of ideal partner

	Height of ideal partner				
	Mean	Standard deviation	Minimum	Maximum	Interval
<b>Women</b> (ideal height of man)	181.49	6.01	165	200	35
<b>Men</b> (ideal height of woman)	169.84	5.82	155	188	33

**Table 2.** Results of ANOVA, examining inter-group differences in the results for assessment of ideal partner's height according to women

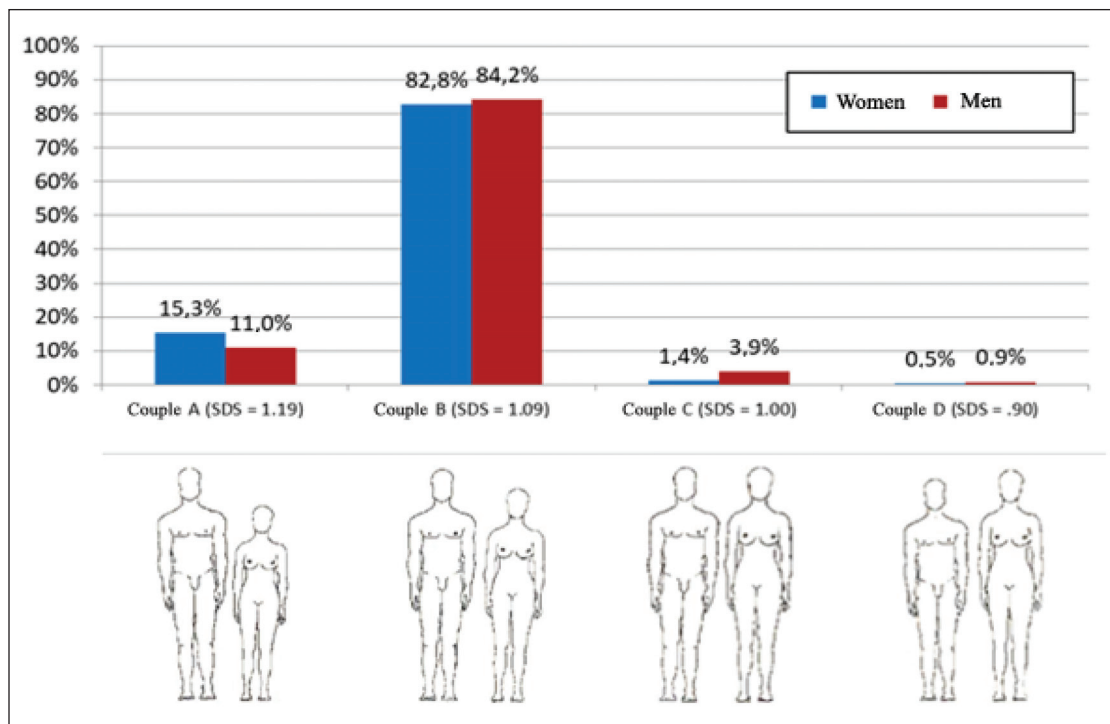
Height of ideal partner according to women						
Source	Type 3 sum of squares	Df	Mean square	F	p	$\eta^2_p$
Corrected model	406.069 <sup>a</sup>	6	67.678	1.865	.085	.018
Constant	13547524.945	1	13547524.945	373276.772	.000	.998
Area of studies	406.069	6	67.678	1.865	.085	.018
Error	22610.858	623	36.294			
Total	20769738.000	630				
Corrected total	23016.927	629				

df – degrees of freedom; F – test value; p – level of significance;

**Table 3.** Results of ANOVA, examining inter-group differences in the results for assessment of ideal partner's height according to men

Height of ideal partner according to men						
Source	Type 3 sum of squares	Df	Mean square	F	p	$\eta^2_p$
Corrected model	128.311 <sup>a</sup>	6	21.385	.629	.707	.007
Constant	6146795.332	1	6146795.332	180888.019	.000	.997
Area of studies	128.311	6	21.385	.629	.707	.007
Error	19063.464	561	33.981			
Total	16401768.000	568				
Corrected total	19191.775	567				

df – degrees of freedom; F – test value; p – level of significance;



**Figure 1.** Sexual Dimorphism in Size, SDS = men's body height/women's body height)

indicated by only 2.6% of all respondents (1.4% of women and 3.9% of men). The least frequently – i.e. 1.4% of all respondents, indicated couple D, which represented a woman taller than the man (SDS=.90).

**Figure**

The respondents were asked to indicate 1 of 9 nine pictures on which, in their opinion, the figure of an ideal partner is presented. The figures mentioned above

showed the body structure from significantly underweight to excessive obesity (BMI within the range of 17 to 40 kg/m<sup>2</sup>).

The obtained results are presented separately for women (Figure 2) and men (Figure 3).

Both the women and men most often indicated body shape No. 3, corresponding to a BMI of 22 kg/m<sup>2</sup> (63.3% of women and 63.8% of men). The following positions were occupied by: figure No. 2 and 3 – but in their case, some differences between women and men were noted.

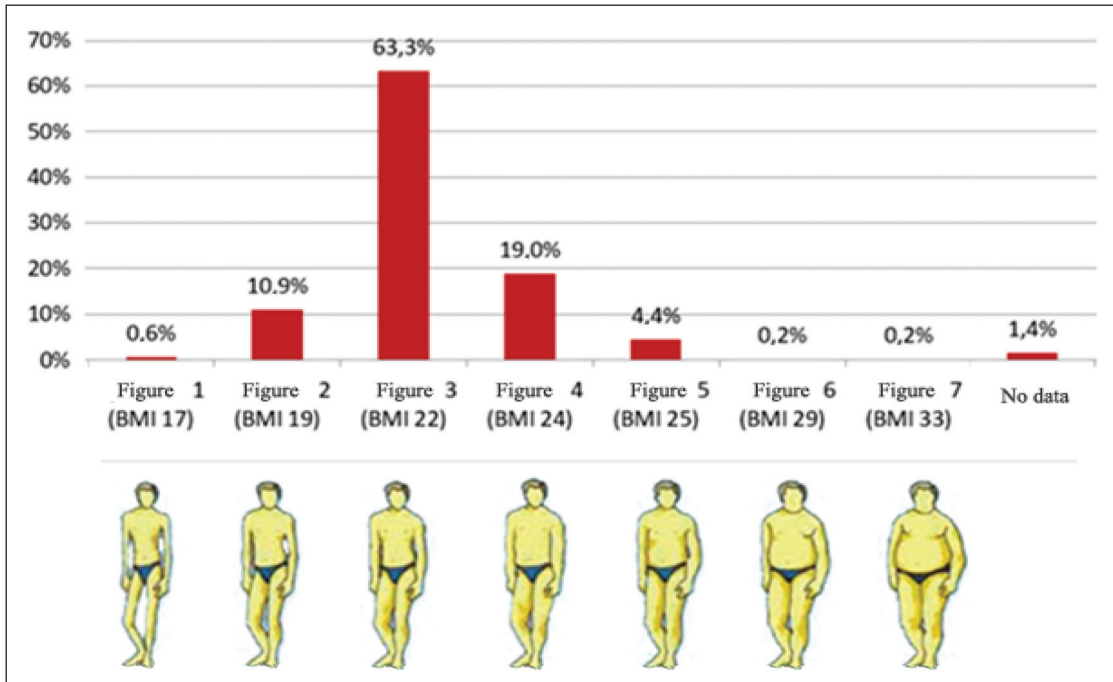


Figure 2. Assessment of ideal male figure indicated by female students

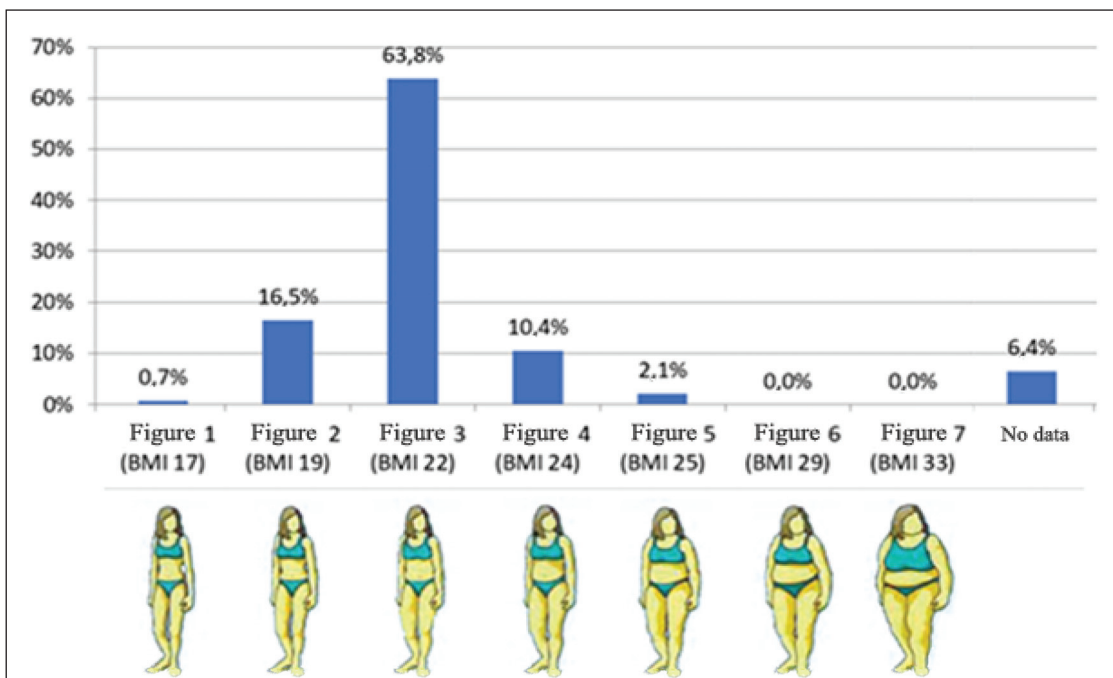


Figure 3. Assessment of ideal female figure indicated by male students

Women preferred the male figure No. 4 (19%), corresponding to a BMI of 24 kg/m<sup>2</sup>, more than male figure No. 2 (10.9%), which corresponded to a BMI of 19 kg/m<sup>2</sup>. In the case of men, an opposite tendency was found - they preferred figure No. 2 to a greater extent (16.5%) compared to figure No. 4 (10.4%). A very small percentage of the respondents chose figures other than No. 2, 3 or 4. Men, however, did not indicate the figures corresponding to a BMI above 25 kg/m<sup>2</sup>.

Another question addressed to the respondents concerned the indication of the figure that determines an

ideal partner's degree of muscularity (question addressed to women) and an ideal partner's hip size (question addressed to men).

In the case of women's responses (Figure 5), the most frequently indicated figure was No. 2 (78.2%), followed by No. 3 (12%), No. 1 and No. 4, respectively.

The men's responses were characterised by a more even distribution of choices (Figure 5). The most frequently selected figure was No. 4 (39%); No. 1 came in second (30.3%), then No. 2 (22.4%), while the least popular was No. 3.

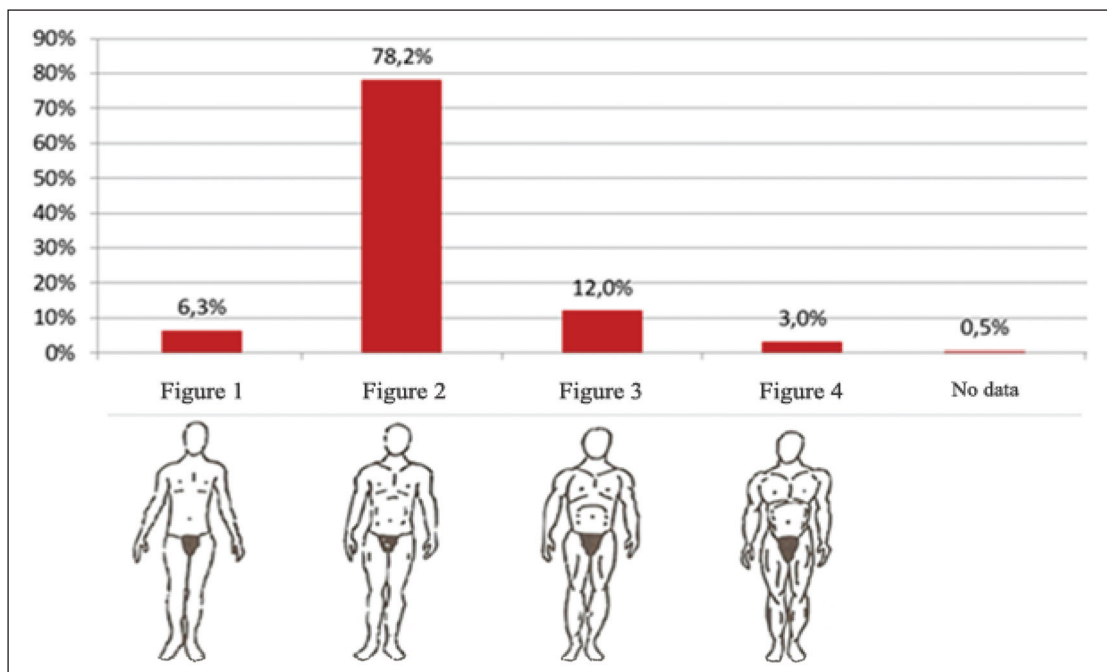


Figure 4. Assessment of ideal male figure indicated by females with regard to muscularity

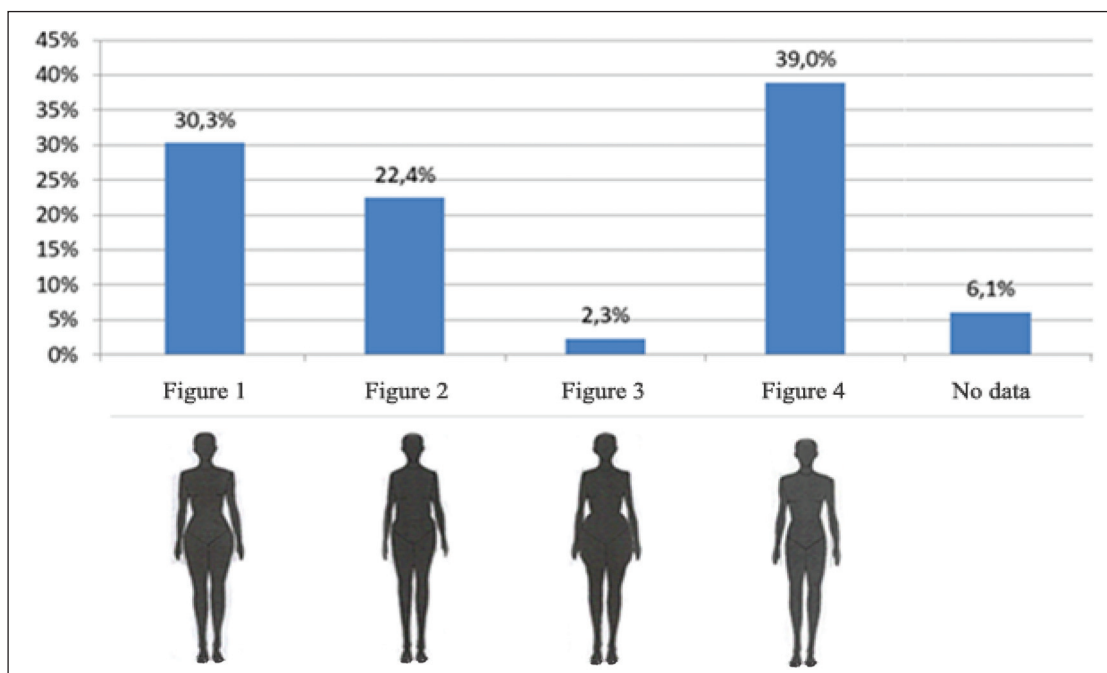


Figure 5. Assessment of ideal female figure indicated by males with regard to hip size

**Body length proportions and perceived attractiveness of men and women**

The next question regarded ideal figure in terms of lower limb length. The respondents could choose between 1 of 7 silhouettes presenting the male (question addressed to women) and female figures (question addressed to men) with different body proportions in relation to the

lower limbs. In Figures 6 and 7, the obtained results are presented.

According to women (Fig. 6), the ideal figure of a man in terms of leg length is the 5<sup>th</sup> one, followed by the 4<sup>th</sup> and 3<sup>rd</sup>, and finally, figure No. 1.

Men (Fig. 7) also considered figure No. 5 as the ideal for women, followed by the 4<sup>th</sup> and 6<sup>th</sup>, and the 2<sup>nd</sup> least frequently.

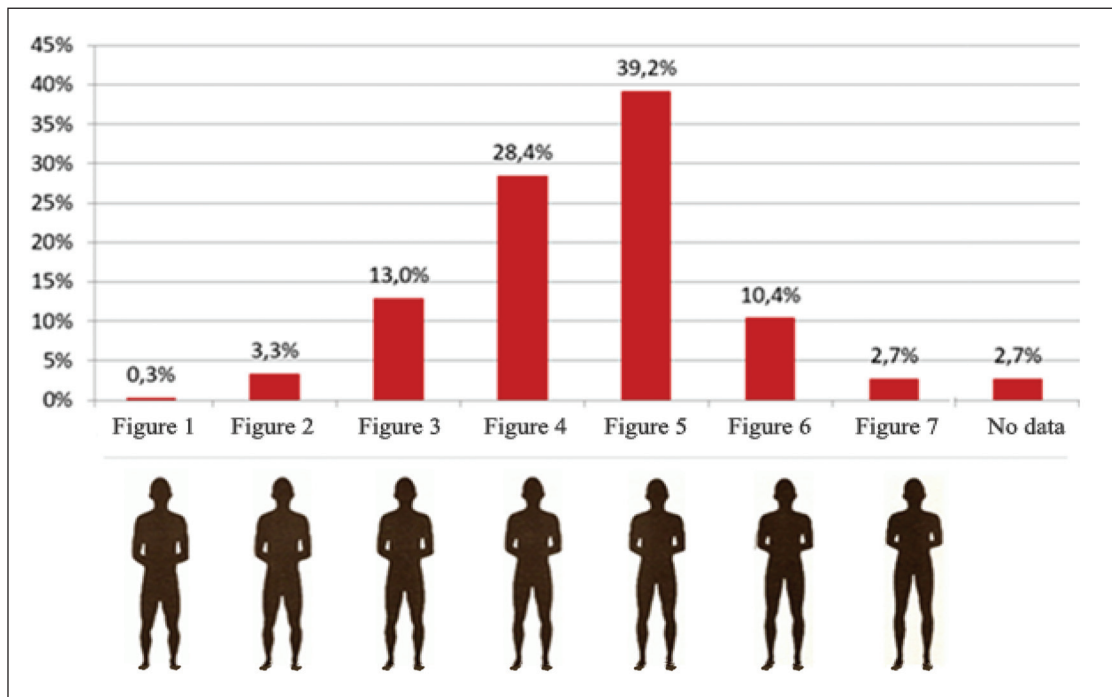


Figure 6. Assessment of ideal male figure indicated by females with regard to leg length

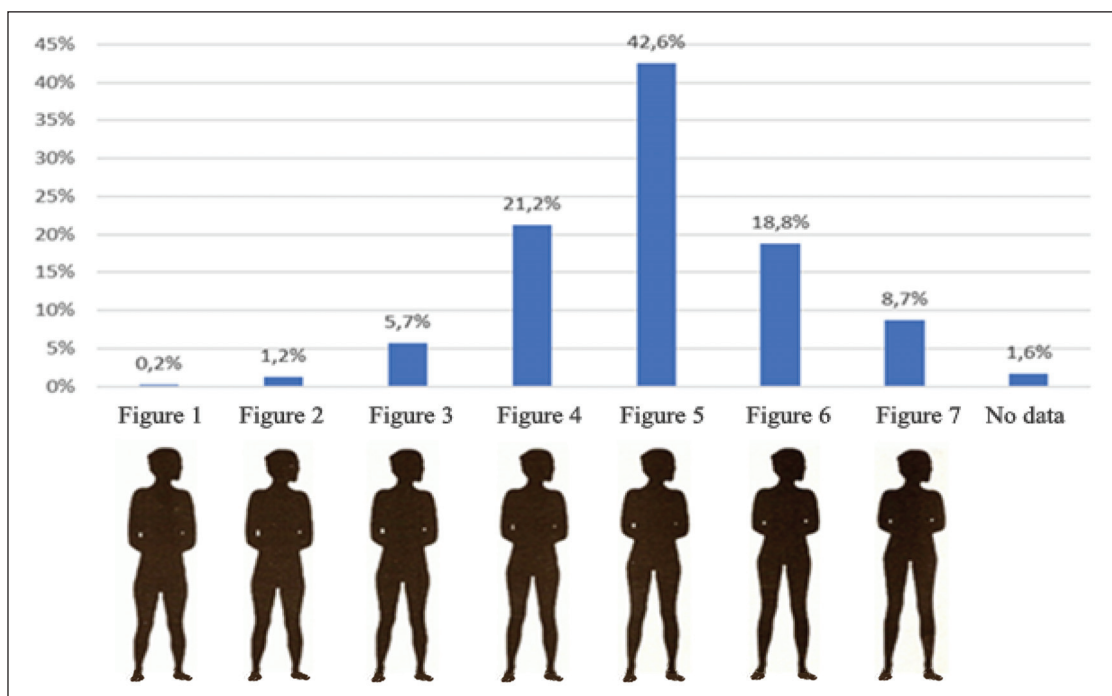


Figure 7. Assessment of ideal female figure indicated by males with regard to leg length

### Behavioural traits determining high level of attractiveness among men and women

The last question on the questionnaire concerned, apart from those physical, other aspects determining the attractiveness of women and men. The results obtained in this assessment is presented in Table 4 and Figure 8.

Among the listed features, both women and men indicated intelligence as the most important. However, for women this feature is slightly more important than for men ( $F(1,1206)=5.330$ ;  $\eta^2_p=.004$ ;  $p=.021$ ).

Next (at the level of the answer 'I agree'/'I strongly agree'), such features can be found as: ambition, affec-

tion, faithfulness and interests. In the case of affection ( $F(1,1206)=4.749$ ;  $\eta^2_p=.004$ ;  $p=.030$ ) and faithfulness ( $F(1,1206)=7.713$ ;  $\eta^2_p=.006$ ;  $p=.006$ ), significant differences were indicated between women and men – for women, these aspects turned out to be more important than for men. Additionally, in the case of ambition, differences in responses were demonstrated depending on the area of studies ( $F(6,1206)=2.330$ ;  $\eta^2_p=.013$ ;  $p=.013$ ) - it was observed that for people from the field of medical and health sciences, this feature proved to be the most important – respondents in this area obtained significantly higher results compared to those studying humanities and exact sciences. Additionally, it was in-

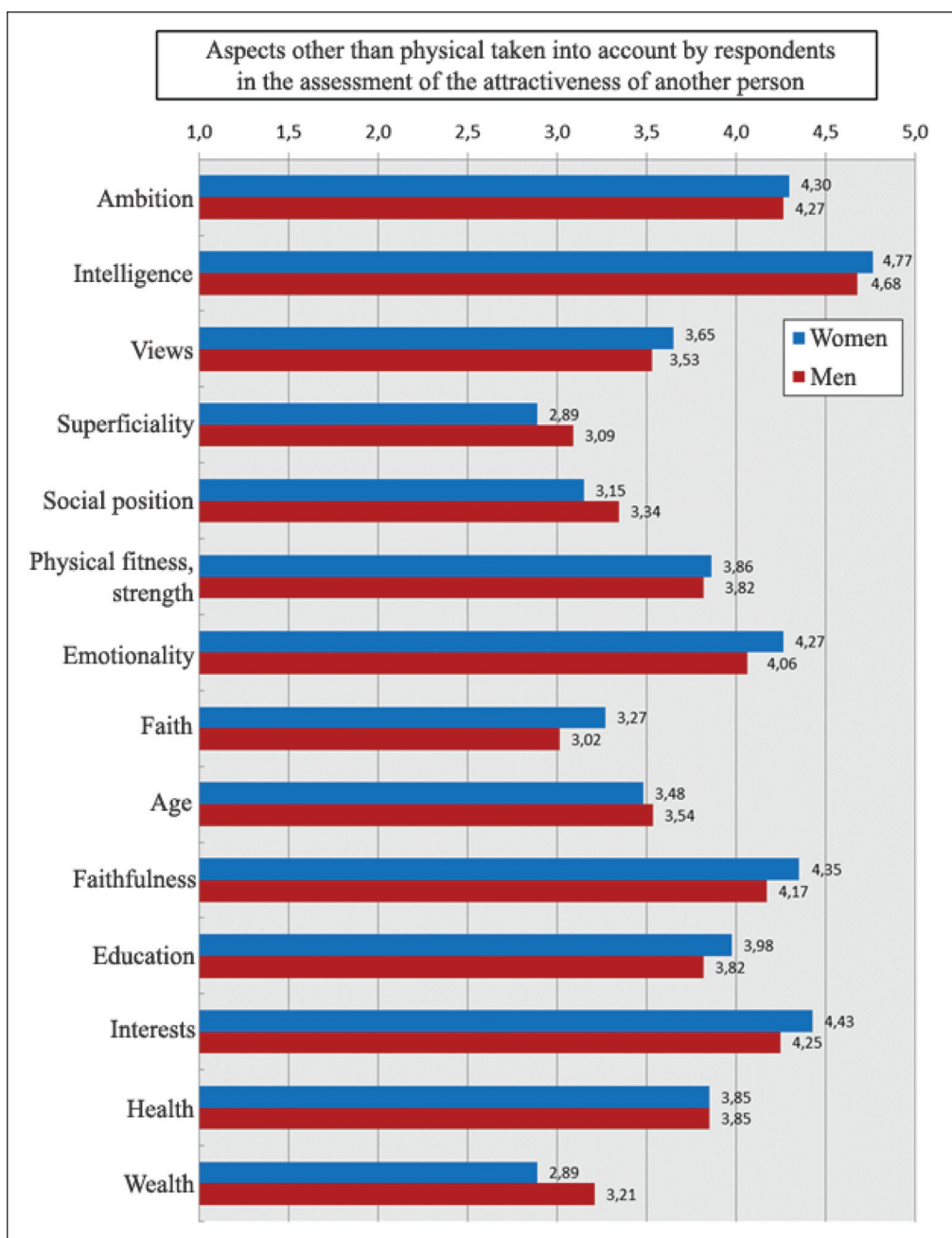


Figure 8. Aspects other than those physical, taken into account by the respondents in the assessment concerning attractiveness of another person

**Table 4.** Descriptive statistics and UNIANOVA results examining inter-group differences in responses to question about aspects other than those physical, taken into account by the respondents in assessment concerning attractiveness of another person

Question position 20	Descriptive statistics				UNIANOVA								
	Women		Men		Sex (df = 1)			Area of study (df = 6)			Sex x Area of study (df = 6)		
	M	SD	M	SD	F	P	$\eta^2_p$	F	P	$\eta^2_p$	F	P	$\eta^2_p$
Ambition	4.30	.84	4.27	.86	.707	.401	.001	2.709	.013	.013	1.986	.065	.010
Intelligence	4.77	.54	4.68	.64	5.330	.021	.004	.427	.862	.002	1.712	.115	.009
Views	3.65	1.00	3.53	1.12	1.828	.177	.002	1.669	.125	.008	1.102	.359	.006
Shallowness	2.89	1.14	3.09	1.05	11.431	.001	.010	1.201	.303	.006	1.004	.421	.005
Social position	3.15	1.17	3.34	1.20	5.317	.021	.004	3.275	.003	.016	.749	.610	.004
Physical fitness, strength	3.86	.90	3.82	.99	3.824	.051	.003	4.752	.000	.023	1.600	.144	.008
Emotionality	4.27	.89	4.06	1.02	4.749	.030	.004	1.449	.193	.007	.418	.867	.002
Faith	3.27	1.23	3.02	1.33	5.079	.024	.004	2.604	.016	.013	.765	.598	.004
Age	3.48	1.13	3.54	1.07	.485	.486	.000	.754	.606	.004	.296	.939	.001
Faithfulness	4.35	.86	4.17	.97	7.713	.006	.006	1.618	.139	.008	.746	.613	.004
Education	3.98	.96	3.82	1.04	3.008	.083	.003	1.150	.331	.006	.581	.746	.003
Interests	4.43	.75	4.25	.85	3.786	.052	.003	1.275	.266	.006	.665	.678	.003
Health	3.85	1.02	3.85	1.03	.015	.904	.000	4.694	.000	.023	1.196	.305	.006
Wealth	2.89	1.18	3.21	1.32	5.808	.016	.005	.673	.671	.003	1.032	.402	.005

indicated that people from the field of physical culture sciences assigned significantly higher importance to ambition than those from the field of exact sciences.

Between the responses neutral to a given feature and the consent that it is important ('I neither agree nor disagree', 'I rather agree'), the following aspects were noted: physical fitness, strength, age, education and health. Neither women nor men differed regarding the importance of these features ( $p > .05$ ). However, significant differences were observed between people from various fields of science with regard the assessment of importance of physical fitness, strength ( $F(6,1206)=4.752$ ;  $\eta^2_p=.023$ ;  $p < .001$ ) and health ( $F(6,1206)=4.694$ ;  $\eta^2_p=.023$ ;  $p < .001$ ). Post hoc analyses allowed to show that for people in the field of medical and health sciences, as well as those studying physical culture sciences, "physical fitness, strength" turned out to be the most important (significantly higher results compared to all groups, except for those from the field of arts). Health was also rated the highest for people from these groups – significantly higher values were observed in these groups compared to people from the study area of exact and technical sciences.

According to the respondents, the following can be considered neutral features (answers 'neither agree nor disagree'): shallowness, social position, faith and wealth. Differences between women and men relating to these features were observed – for men, aspects such as superficiality ( $F(1,1206)=11.431$ ;  $\eta^2_p=.010$ ;  $p=.001$ ), social position ( $F(1,1206)=5.317$ ;  $\eta^2_p=.004$ ;  $p=.021$ ) and

wealth ( $F(1,1206)=5.808$ ;  $\eta^2_p=.05$ ;  $p=.016$ ). On the other hand, women assigned significantly higher importance to the aspect of faith than men ( $F(1,1206)=5.079$ ;  $\eta^2_p=.004$ ;  $p=.024$ ). When it comes to inter-group differences, taking into account the areas of studies to which the respondents were classified, significant differences were observed in 2 aspects. The first was the aspect of social position ( $F(6,1206)=3.275$ ;  $\eta^2_p=.016$ ;  $p=.003$ ), for which it was indicated that people from the area of humanities rated it the lowest (significantly lower than other areas, except for exact sciences). The second aspect was faith and here, its lowest value was indicated for people from the field of technical sciences - significantly lower values were recorded than compared to students in the areas of medical sciences and health sciences, as well as physical education sciences.

## Discussion

In recent decades, there has been increased interest regarding issues concerning body image and focus on appearance (Galecki and Talarowska, 2015; Zatorska, 2015; Łosiak-Pilch, 2016; Lassek and Gaulin, 2019; Li, Zhang and Laroche, 2019; Danthinne et al. 2021). Valorisation of body image has been observed both among women and men (Wiśniewska, 2014). The perception of one's own body is, apart from the sense of aesthetics, one of the elements considered to be an important component of self-image (Maćkowiak, 2003; Britek-Mat-



era, 2008). The perception of one's own body may also influence emotional development and free-time participation, e.g. in sports (Liechty, Freeman, & Zabriskie, 2006). It is possible to improve the image of oneself through physical activity (Nowak, 2012). Positive assessment of one's own body contribute to greater comfort in social relations (Wiśniewska, 2014). The first impression is created by the image of the perceived person (Patzner, 1985). A physically attractive person is automatically assigned features that are socially desirable, e.g. sociability, sensitivity, interpersonal warmth, intelligence (Lee, Adams, & Dobson, 1984). Attractive people get better jobs, are more successful in their job, and have higher wages (Langlois et al. 2000). According to conducted meta-analyses, physical attractiveness may contribute to preferential treatment of candidates applying for a job in a situation where the evaluator is of the opposite sex (Feingold, 1992). In the case of the same sex, it may cause a person to be rated lower (Agthe, Spörrle, & Maner, 2011). Other advantages of attractive people: they have more friends of the opposite sex (Kościński, 2008), are more self-confident (Mobius and Resenblat, 2006; Wiśniewska, 2014), have higher self-esteem (Nęcki, 1996), are more satisfied with their lives and happier (Kujawa and Strzałko, 1998; Atiyeh and Hayek, 2007), receive lower court sentences (Mazzella and Feingold, 1994) and obtain help from strangers more easily (Ziółkowska, 2009b.)

According to Grieve et al. (2005), Leone, Sedory and Gray (2005), the ideal man is tall, physically fit and has a muscular body that is devoid of adipose tissue. The results of our research are consistent with the pattern indicating that the most important attributes of male beauty, assessed by female students, were body height (76%), athleticism (72%) and proportional body build (70%). There is a belief in society that, regardless of the era, a man is attractive, while the criteria for attracting women today are much more rigorous (Woszczyk, 2009).

One basic morphological feature is body height. In the research conducted by CBOS (2009b), it has been shown that for every third Polish woman, height is the most important characteristic of a handsome man. In American research on the basis of matrimonial ads (Cameron, Oskamp and Sparks, 1987: after Buss, 2001), it has been demonstrated that 80% of women prefer men who are approximately 180-cm tall, or taller. In the research by Salska et al. (2008), it was proved that women considered those with a body height of 173 to 193 cm to be the most attractive men, while taller men turned out to be less attractive.

In our research, students of various fields of science chose a man being an average of 181.5 cm tall as the ideal partner. On the other hand, in the case of determining the height of the body of the ideal female partner, the results were not as unambiguous, which corresponds to the study by Learn and Moore (1974), in which it was indicated that a woman's body height is not related to perceived attractiveness. In other studies (Salska et al., 2008), it has been shown that the most at-

tractive are women with an average height of 167 cm, between 152 and 178 cm. The results obtained in our research are similar to the preferences of American students and indicate that the average height of an ideal female partner should be 169.8 cm.

In our study, the couple most often indicated by both female (83%) and male students (84%) was the one with a SDS - 1.09, i.e. a man taller than a woman by approx. 14-15 cm, which is largely consistent with the research by Pawłowski (2003) - following Pawłowski /ed./ (2009), regarding the degree of Sexual Dimorphism in Size, which shows that women (66%) and men (72%) prefer a difference within the limits of SDS = 1.04-1.09, i.e. the man should be taller than the woman. Not only body height plays an important role in preferences for perceived physical attractiveness, but also the length of the lower limbs. In our research, it was shown that male (78%) and female students (82%) found the length of the lower limbs up to 10% above average to be the most attractive, which is in line with the results achieved by Sorokin and Pawłowski (2008) - following Pawłowski /ed./ (2009), who indicated that too short legs (below 5% from the population average) and too long (above 10%) were assessed as the least attractive. As for preferences regarding the figure of the opposite sex, the BMI value of 22 was recognised by both the female (63%) and male respondents (64%) as the most attractive. There were differences in the selection of subsequent figures, indicated as the second in the hierarchy of importance by women (19%), which turned out to correspond to BMI 24, and then the female students (11%) chose the BMI of 19. Male students (27%), to a greater extent, preferred female figures with a BMI totalling 19 and 21 units. The obtained results allow to indicate that the male students preferred slimmer women, while the surveyed female students preferred slightly muscular men. This is consistent with the research carried out by (Dixon et al., 2003; Frederick et al., 2005), in which women found a body with a mesomorphic type of build (muscularity slightly greater than average) the most attractive, which is also consistent with the stereotypical image of a man - strong and physically durable (Łopacka-Sęczyk and Machaj, 2009). The worst perceived by women and men are people with an anorexic figure, with a BMI below 16, and obese figures - BMI above 30 (Tovéé et al., 2002). Similarly, from our research, it resulted that the figure indicated the least frequently, regardless of area of study or gender, was the body shape with a BMI below 17 and above 29 units (correct body mass of adults according to WHO - BMI from 18.5-24.9 units).

The perception of attractiveness includes other components in addition to physical attractiveness. In our study, it was indicated that the most important feature for both women and men was intelligence. Following are components such as ambition, emotionality, loyalty and having interests. For female students, these aspects turned out to be more important than for men. This is in line with women's strategies for selecting a permanent partner, as they are looking for a worthy man (Buss, 2001). Ambition often goes together with

diligence. Being hard-working further contributes to increasing material resources and social position (Buss 2001; Buss 2014). In various studies (Jencks, 1979; Kyleku and Buss 1996; Willerman 1979: following Buss, 2001), it has been that an ambitious and hard-working man will achieve higher social position. That is why women more frequently choose these types of men. In our own research, it has been demonstrated that in the case of ambition, there are differences depending on area of study. For people from the field of medical sciences and health, this feature turned out to be the most important. Respondents from this area of science obtained significantly higher results compared to people from the field of humanities and sciences. Therefore, it may be assumed that the field of study, to some extent, determines the strength of the desired feature. The conducted research (Buss, 2001) on the mechanisms of partner selection proved that the most important features are: love, responsibility, stability and maturity. For men, stability in feelings may also be important due to the problem of uncertainty related to paternity.

A strong point of the study was the overall number of students – 1,208 participants. One of its limitations was the unequal number of respondents according to individual areas of science, especially the arts. This was due to the lack of consent of one of the universities in Kraków, where the research could have been conducted, but there were not many people studying at faculties in the field of art sciences. In further research, it would be worth increasing the number of respondents in this area of studies, because it seems particularly interesting how students of art universities perceive attractiveness. Are there any differences or similarities between these groups and others? In future research, different age groups could also be analysed to see if the canons of beauty are age-dependent. In this study, the vast majority of questions concerned physical attractiveness, while the work should be enriched with issues related to non-physical attractiveness, which would significantly broaden perspectives. It would also be worth considering the aspect of the respondents' self-esteem in subsequent studies. Such an analysis could contribute to insight into the psychological mechanisms of interpersonal attractiveness and how people pair up? From a different perspective, it would also be worth focusing on specific aspects: for example, does the assessment of one's own attractiveness correlate with the global self-esteem of the respondents? Or does low self-esteem of one's body image increase physical activity? The relationship between body image, perceived attractiveness of people representing different age groups and their physical activity could also be analysed. This seems especially important when an increasing number of people are addicted to the Internet and the world is struggling with the consequences of a pandemic, and finding a factor that could contribute to an increase in motivation to undertake sports would be important not only for ourselves, but also for parents and teachers.

Concluding, the obtained research results confirmed the functioning of certain stereotypes of attractiveness.

## Summary and conclusions

1. In the opinion of the female students under study, the determinants of an attractive man are body height, athletic figure and proportional body build. The ideal partner is a man measuring just over 180 cm, with a BMI of 22 units and slightly more than average muscularity.
2. In the opinion of male students, the attributes of female beauty are proportional body build, slim figure and breast size. The ideal partner is a woman with a height of approx. 170 cm, lower limbs slightly longer than the average for the population and a BMI of 22 units.
3. Regardless of gender, the determinants of attractiveness regarding non-physical traits were intelligence, ambition, emotionality, faithfulness and having interests.
4. Determining an attractive man and attributes of women's beauty allows to demonstrate what types of people will generally be socially favored and treated advantageously by the opposite sex.
5. A small percentage of choices in the preferred models of physical attractiveness for components such as excessively slim figure in women or overly muscular figure in men, can contribute to people starting to more sensibly care for their own appearance.

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