

The summary provides an overview of figures, tables, and graphs related to a study conducted among undergraduate medical students at Tanta University: Demographic Distribution: Gender distribution is nearly equal, with males representing 53% and females 47%. Dissatisfaction is noted in fatness evaluation, negative affect, height dissatisfaction, and social dependence. Overall, the study indicates a diverse range of perceptions and attitudes among undergraduate medical students at Tanta University regarding body image, physical activity, and self-esteem. Anthropometric Measures: The average age is 20 years, average weight is 71.21kg, average height is 1.71cm, and average BMI is 24.15. The majority rate themselves positively in terms of health fitness influence, attention to grooming, and investment in ideals. Self-Body Image Assessment: Around 70% or more are satisfied with overall appearance, health fitness influence, investment in ideas, health fitness evaluation, and attention to grooming.