

## Sexual Attractiveness: Waist not, want not.



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### **Reviews**

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*(Terry Bailey)*

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Neuware - Natural selection describes how characteristics of survival benefit are selected for & then successful genes are passed on to offspring. As the genetic quality of a potential mate cannot be observed directly, humans rely on physical attributes. The human body shape, specifically the waist-to-hip ratio (WHR) is an honest signal of a female's health & fertility. Research has linked WHR to perceived attractiveness. However, previous studies are criticised for using 2D & unrealistic stimuli. This book explores the role of WHR using new 3D stimuli. Participants viewed a movie of 4 computerised female figures & rated each on health, fertility, attractiveness, sexiness, good mother, femininity & age. It was found that WHR had a significant effect, with the lowest ratio (0.5) consistently rated the highest. As WHR increased the ratings decreased. Results offer support to evolutionary theory & WHR as an honest & adaptive signal of a female's health status & fecundity. The current study is discussed in relation to body mass index & the effects of cultural variation on body perceptions; the advanced stimuli aims to enhance further research. 76 pp. Englisch.

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