



# RELATIONSHIP BETWEEN BODY IMAGE AND SELF-ESTEEM AMONG ADOLESCENTS IN MYSURU

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**Abstract:** *The present study mainly focuses on gender differences and the relationship between body image and self-esteem among adolescents, aged 14 to 18 in Mysuru. This study incorporated 60 participants including 30 males and 30 females. Snowball sampling was used to collect the information from the participants and the questionnaires used for the data collection were Body-Image Questionnaire (BI), and Rosenberg self-esteem questionnaire, and the following information was analyzed using SPSS software and involved Spearman's correlation coefficient, Kruskal- Wallis test and Chi-Square test. The outcome of the result revealed that there is a strong positive correlation between body image and self-esteem among adolescents. Also, there is a significant difference among gender in body image and self-esteem. The implications of the findings were discussed and recommendations were made for further studies.*

**Keywords:** Relationship, Body Image, Self Esteem, Adolescents.

## 1. Introduction

Adolescence is a stage of life in which a lot of physiological and psychological changes takes place. These changes in physical appearance, affect the perception of the image. The term adolescence is derived from the Latin word 'adolescere' – which means "to grow into adulthood" (Lerner & Steinberg, 2004). It can be also understood as the stage moving from immaturity to maturity. The adolescence period was counted from the age of 13 to 19 years. Now, several kinds of research suggested that physical maturity is attained before 13, adolescence period is widened from 10 to 19 years (Steinberg,2011). Most adolescents try to change their body appearances (Croll, 2005).

The term 'Body image' is first put forward by the Austrian neurologist and psychoanalyst Paul Ferdinand Schilder in his book 'The Image and Appearances of the body' (1935). He defined body image as "the picture of our own body which we form in our mind", that is to say, how the body appears to us (Schilder,1935). Schilder (1950), defined body image as physiological, sociological, and libidinous- tri-dimensional perspective. On a physiological basis the body image is viewed as a material entity, meanwhile, in sociology, the role is evident that body image is considered as irrefutable society's influence in forming a different impression about the possibility of the body (Hanley,20004). Finally, Schilder emphasized the notion libidinal structure of the body image placing it in the context of Freud's psychoanalytic theories and concept of conscious and unconscious. The libidinal structure of body image can be seen as "the experience of the body as a loved object and felt reality" (Schilder,1950; Hanley,2004). There are many consequences of body image, which affect the emotional level, suicidal ideation, eating disorders, psychological well-being, and so on. It affects the everyday functioning of individuals.

According to Rosenberg (1965), a person's degree of self-esteem is seen to represent the total of their conscious self-evaluative judgment and feelings. According to Crocker and Major (1989), everyone's existence revolves around their sense of self-esteem. It is a crucial aspect of how psychology functions. Hopelessness, anxiety, motivation, and overall life satisfaction are all correlated with self-esteem.

The term self-esteem was first coined by William James in 1890, as its the oldest concept in psychology. According to Rosenberg (1965a), "self-esteem is one's positive or negative attitude toward oneself and one's evaluation of one's thoughts and feelings overall about

oneself.” According to Rosenberg (1965), a person's degree of self-esteem is seen to represent the total of their conscious self-evaluative judgment feelings. According to Crocker and Major (1989), everyone's existence revolves around their sense of self-esteem. It is a crucial aspect of how psychology functions. Hopelessness, anxiety, motivation, and overall life satisfaction are all correlated with self-esteem. The term self-esteem was first coined by William James in 1890, as it is another concept in psychology. According to Rosenberg (1965a), “self-esteem is one's positive or negative attitude toward oneself and one's evaluation of one's thoughts and feelings overall concerning oneself.” Stormer and Thompson's (1996) research, even when self-esteem and amount of chubbiness are taken into account as variables.

Body image is one of the most important aspects to be considered among individuals, especially adolescents all over the world. Body image perception can influence the person in different ways such as psychologically, emotionally, and so on, affecting their self-esteem and causing behavioral dysfunction. Self-esteem is another significant factor that is related to body image and explains the view that how individuals perceive themselves. According to Wood (2008), adolescent self-esteem is most strongly predicted by body image satisfaction. Teenagers' physical and hormonal changes, particularly how they perceive themselves to look, might cause their self-esteem to be overstated. The puberty period can highly influence body image and self-esteem among males and females and lead to a decrease in self-esteem, resulting in unhealthy practices of losing or gaining weight, and suicidal ideation. Social contrast and sociocultural factors are important predictors of body dissatisfaction, according to Stormer and Thompson's (1996) research, even when self-esteem and amount of chubbiness are taken into account as variables

The purpose of the study is to understand the relationship between body image and self-esteem among adolescents in Mysuru. The researcher has high expectations that this current study will assist many adolescents to lead healthier lives in the future.

## 2. Review Of Literature

**Kostanski .M and Gullone. E (1998)** conducted a study on adolescent body image dissatisfaction, to find the relationship between self-esteem, anxiety, and depression controlling for body mass in a non-clinical population of 516 adolescents aged 12 to 18. The questionnaires used for data collection were the Figure rating scale, Eating disorder inventory (EDI), Revised children's manifest anxiety scale (RCMAS), and Reynolds adolescent depression scale (RSES). The results recommended that PBID arises from a complex interplay of factors including gender, self-esteem, and actual body mass.

**Furham et al., (2000)** conducted a study on body image dissatisfaction: gender differences in eating attitude, self-esteem, reasons for exercise, and their ideal v/s current body shape and size. A sample size of 235 adolescents was selected and found that dissatisfaction with body image was not significantly correlated with self-esteem for males but significantly for females.

**Prax Kinder (2002)** conducted a study of sex differences in body image and significance for self-esteem among 326 adolescents aged 13 to 16 years by using regression analysis Results indicated that there is evidence for gender differences. Female adolescents were different from males as they are higher body awareness, a higher dissatisfaction with their shape, lower perceived athletic competence, and stronger feelings of depersonalization. The results show that the body image of adolescents is not gender specific but can be considered as gender depending.

**Shin and Paik (2003)** investigated the relationship between body image, self-esteem, and depression in 245 female college students on based anormal and overweight. The data was collected through personal interviews using a questionnaire and analyzed using SPSS software and involved descriptive statistics, chi-square, t-test, and Pearson correlation coefficient In conclusion, there was a significant positive correlation between body image and self-esteem, a negative correlation between body image and depression, and self-esteem and depression in female college students.

**O'O'Dea2004)** pointed out the evidence for a self-esteem approach in the prevention of body-imaged eating problems among children and adolescents. This article examines self-esteem as a risk and protective factor in the development of body image problems and eating disorders well as the use of a self-esteem approach to eating disorder prevention. Adolescents' body image and eating patterns are explored

in connection to interventions including high self-esteem components across the world. The use of self-esteem methods to reduce childhood obesity is also highlighted.

**Clay et al., (2005)** examined body image and self-esteem among girl adolescents: testing the influence of sociocultural factors. In this study, 13 of 6 girls aged 11- 16, experimental exposure to either, ultra-thin or average-size magazine models had lowered body satisfaction and self-esteem. Also, self-esteem was low among older than young girls. Structural equation modeling showed that this age trend was partially accounted for with upward age trends in awareness and internalization of social cultural attitudes towards appearance and social compassion with media models.

**Rattan et al.,(2006)** stated self-esteem about eight loci of control amongst adolescents, in a study comprising 200 adolescents using a random sampling method. The subject was administered the current thoughts scale and the dieting belief scale for assessing the variables. Results indicated that boys had significantly higher during dieting in compassion to boys.

**Ah-Kion, J (2006)** conducted a study on gender differences in body image and self-esteem among aimed- adolescents. This study pointed out at forming of body image and its relationship with self-esteem and investigated body differences in these two aspects of self. A sample of 243 students was randomly selected from middle to upper-form secondary schools and the information was collected using body image and Rosenberg self-esteem. Results indicated that there is a significant gender difference in both body image and self-esteem among adolescent girls, having lower body image and self-esteem than adolescent boys.

**Brennan, Maggie A et al., (2010)** conducted a study on body image perception: do gender differences exist, a survey was conducted and data were collected from 210 students using body exposure during Sexual activities questionnaire (BIQII), Situational inventory of body image dysphoria (SIBID-S), Objectified body conscious scale(OBC), Rosenberg self-esteem scale, Body- esteem scale for adolescents and adults (BESAA). Results stated that body image dissatisfaction is more among women than men, but men are more negatively affected by mass media and this leads to muscular ideals.

**Huebscher, Brenda C (2010)** researched the relationship between body image and self-esteem among adolescent girls. The findings mentioned that for negative body image, self-esteem is considered a predictor, in which females with low self-esteem experiences more body dissatisfaction than a female with high self-esteem.

**Mellor et al., (2010)**, examined body image and self-esteem across age and gender, in which 380 participants aged between 20 and 86 years were involved. This concluded that higher self-esteem was associated with lower body dissatisfaction.

**Naemeka and Solomon (2014)**, pointed out the relationship between body image and self-esteem among undergraduate female students of behavioral science. A total of 400 participants were drawn from the faculty of social sciences ( psychology, sociology, anthropology, economics, and political science), and were conducted using a correlational design. Results obtained revealed that an individual's level of self-esteem served as a correlate to one's perception of body image.

**Gatti et al., (2014)** conducted a cross-sectional study on, I like my body; therefore, I like myself, and the influence of body image on self-esteem on 242 Italian adolescents aged 11 to 17 years. This study explored factors influencing body image and self-esteem by comparing males and females. Results obtained from MANOVA illustrated gender was an important factor that influence body image perception. SEM analysis showed that good self-esteem was reached through good body satisfaction in male and female groups.

### Statement Of The Problem

The statement of the problem for the present study is “**The Relationship Between Body Image and Self-Esteem among Adolescents in Mysuru**”. Body Image creates crucial changes to self-esteem in adolescents. This study will also help to understand how body image and

self-esteem are interrelated among adolescents, age range from 14 to 18 years. Knowledge and identification of this issue can prevent the descendants from destroying their lives.

### Limitation Of The Study

- Samples were limited to only a particular age group.
- The population from the Mysuru district was only focused on in this study.

### Objectives Of The Study

- To find out the relationship between body image and self-esteem among adolescents.
- To study the gender difference in body image and self-esteem among adolescents.

### Hypothesis Of The Study

Based on the understanding and the research work done before, it is hypothesized that;

- There is a significant relationship between body image and self-esteem among adolescents.
- There is a significant gender difference in body image and self-esteem among adolescents.

### Methodology

#### Area of Study

The area of study was conducted in the Mysuru District of Karnataka, India.

#### Sample Size

The sample consisted of 120 participants including 60 males and 60 females adolescents of age 14 and 18 years from in Mysuru district

#### Sample Technique

A snowball sampling technique was used for the study.

### Statistical Tools

The data collected are scrutinized, calculated, and scored into standard scores. Each response form is hand scored as per the instructions given in the manual in the manual of the respective two measures. The research instrument required for this study were examined carefully. The scales chosen are reliable and standardized to achieve the objectives of the study. The following tools were used to obtain data from the subjects; Body-Image Questionnaire (BI), developed by Marilou Bruchon Schweitzer, (1987), and the self-esteem Questionnaire – by Dr. Morris Rosenberg, (1965). In Statistical Package for Social Science, (SPSS) 21 Version, Spearman's Correlation Coefficient, Kruskal-Wallis, Test, and Chi-square test were used to carry out the statistical analysis.

### Result and discussion:

Table No 1. Correlations of Body-Image and Self-Esteem

Correlations of Body-Image and Self-Esteem				
			Body-Image	Self-esteem
Spearman's rho	Body-Image	Correlation Coefficient	1.000	.917**
		Sig. (2-tailed)	.	<.001
		N	120	120
	Self-esteem	Correlation Coefficient	.917**	1.000
		Sig. (2-tailed)	<.001	.
		N	120	120
**. Correlation is significant at the 0.01 level (2-tailed).				

Table No 2. Gender difference in Body-image and Self- esteem

Descriptive Statistics					
	N	Mean	Std. Deviation	Minimum	Maximum
Gender	360	26.5222	27.80849	1.00	92.00
Groups	360	2.0000	.81877	1.00	3.00

### Kruskal-Wallis Test

	Groups	N	Mean Rank
Gender	Gender	120	30.50
	Body Image	120	149.23
	Self Esteem	120	91.78
	Total	360	

### Test Statistics

	Gender
Chi-Square	157.303
df	2
Asymp. Sig.	.000

As shown in table no 1, there is a strong correlation between body image and self-esteem among adolescents. From the results, it's evident that there is a significant relationship between body image and self-esteem among adolescents at ( $\rho = .917$ ,  $p < 0.01$ ). Based on the correlation value, since the value of  $p$  is less than 0.01, the null hypothesis is accepted. Therefore, it is clear that body image is directly related to self-esteem, as body image shows a positive effect it is reflected on the self-esteem of the adolescent.

As shown in table 2, There is a significant gender difference in body image and self-esteem among adolescents according to the Chi-square value (157.303) obtained. Hence, the hypothesis is accepted. Body image and self-esteem show a clear difference among the gender. The parameters vary accordingly to gender.

### Suggestion Of The Study

- A large number of samples would give wide scope for generalizing the result.
- In the future study, data could be collected from different geographical areas.
- The data can be collected from a wide age group.
- Future studies taking into consideration of more variables such as factors affecting self-esteem, the influence of media, eating attitude, and behavioural changes may contribute to a deeper understanding of the topic.

- Besides, longitudinal designs will be helpful in future research since an individual's perception of body image and self-esteem may change across different stages

### Implications of the Study

- A significant proportion of adolescents are not satisfied with their body image leading to lower self-esteem. The result of the present study indicates that appropriate intervention measures, such as counselling, health, and physical education should be practiced in secondary, higher secondary, and college students.
- Adolescents suffering from body image dissatisfaction have a high chance to destroy themselves such as getting addicted to drugs and having suicidal tendencies. There is an immediate need to counsel these adolescents and to implement primary intervention and psycho-educational interventions.
- These results may be helpful when formulating preventive measures targeting those at risk of developing body image dissatisfaction.
- Schools and colleges should advise organizing group counselling and mental health awareness camps.

### Conclusion

The study “**The Relationship Between Body-Image And Self-Esteem Among Adolescents in Mysuru**” examined the relationship between body image and self-esteem among adolescents. The study also revealed that there is a significant relationship, that is a positive correlation between body image and self-esteem among adolescents. As the body image increases, the self-esteem of the adolescents will also be high likewise when the body image is low then self-esteem will also be decreased. Also, there is a significant difference among gender in body image and self-esteem. Body image perception can influence the person in a different way such as psychologically emotionally and so on, affecting their self-esteem.

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