

Influence of Body image on health status and self concept of adolescents

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Abstract— A major transition to form an attitude towards one's body image is one of the most important phase of the adolescent and in a broader aspect we call this phase as Puberty. The individual takes up certain roles and responsibilities keeping in mind their body image which influences the health status and self concept. Rightly put by Harter as the construction of the self where the adolescents discover who they are and where do they fit .The impact and the outcome of the physical, emotional and behavioral changes is so vivid that it can affect the overall development of the adolescent. A confident and enterprising individual has all the qualities of a person with positive body image which can further inculcate in him qualities to become a good leader. Along with Leadership comes power and with power comes responsibilities. Hence, body image plays an extensive role in moulding great and responsible leaders.

Keywords— Body Image; Self Concept; Health Status; Adolescents; Leadership

I. INTRODUCTION

Body image is the dynamic perception of one's body- how it looks, feels and moves. It is shaped by emotional and physical sensations and is not static but can change in relation to mood, physical experience and environment. At this time of life, teenagers ask themselves

Who am I?

What am I really like?

What do I want to become?

How do I look?

These are the questions that the adolescents ask themselves almost on a daily basis of their age span. If these questions are not answered effectively then they may go to a world full of uncertainty and doubt as to where they want to go and what they want to accomplish. There is an overwhelming prevalence of the glitter and glamour of the outside world to such a great extent that body image concerns have become widespread among adolescents. Therefore ,body image has a versatile role in conceptualising the physical and emotional well being of the individual. A person with a positive body image will have a better view towards major life decisions, a systematic and practical approach to things whereas it would be reverse for individual with a negative body image.Body image is strongly connected to self concept and healthy lifestyle choices. "the way I look" is the most important indicator of self worth(American Association of University Women 1994)but at the same time the teenagers should be reminded of the other important aspects of personality ,mental aptitude, talents, their inner strengths which encompass an overall self image along with the body image.

A positive of healthy body image is feeling happy and satisfied about your body, as well as being comfortable with and accepting the way you look. A negative or unhealthy body image is being unhappy with the way one looks. It is often associated with wanting to change one's body size or shape. It

is strongly connected to their self concept and healthy lifestyle choices. When one feels good about his body, he is more likely to have a good self concept and mental health as well as a balanced attitude to eating and physical activity.

Our society today portrays a very crystal image of beauty for men and women of all ages. When adolescents view these images they get torn between their actual body image and perceived body image and the result is often devastating. Pressure and unrealistic expectations from media, peers and society leads the adolescents to behave that they must go to any extent to make themselves look what the media wants them to look like and not what they really are. Hence the present study entitled "Influence of body image on health status and self concept of adolescents" has been planned with the following objectives.

II. REVIEW OF LITERATURE

Maldonado et al.(2012)studied the effect of early adolescent anxiety disorders on Self concept development from adolescent to young adulthood. Anxiety disorders were measured at a mean age of 13 years.The results showed that their self concept increased during adolescence and continued to increase during young adulthood.

Birndorf et al.(2004)reported on high self concept among adolescents: longitudinal trends,sex differences and protective factors.The National Longitudinal Study provided a random sample of class 8th adolescents who measured changes in self concept.

Huang et al.(2007)reported on bodyimage and self concept among adolescents undergoing an intervention targeting dietary and physical activity behaviours.Body image and self concept were assessed for adolescents participating in PACE+ study ,a randomised controlled trial of a 1 year behavioural intervention targeting physical activity sedentary and dietary behaviors.The Body Dissatisfaction subscale of the Eating Disorder Inventory and Rosenberg Self Esteem scale were used to assess the body image and self concept respectively .Demographic characteristics and weight status was also recorded. There were 657 adolescents who completed all measurements. Body Image differences were demonstrated for age,gender and weight status at baseline whereas self concept differences were found for gender, ethnicity and weight status. Girls assigned to the PACE intervention who experienced weight reduction or weight maintenance at either 6 months or 12 months reported improvements in body image satisfaction($p=.02$)over time compared with subjects who had experienced weight gain during the 12 month study period. These results suggested that a behavioural intervention directed at improving physical activity and diet habits may be safely undertaken by adolescents including those who are over weight and at risk for over weight without adverse psychological consequences. Inclusion of specific elements in the intervention that directly addressed body image and self concept issues may have reduced the risk of negative psychological effects.

III. HYPOTHESIS

To determine the significant difference in body image of adolescents in relation to leadership qualities.

IV. LEADERSHIP

There has been considerable research on the effect of body image on adolescents. Leadership requires lot of skill and qualities in various fields of human environment and for adolescents, the image of a leader stands supreme. The leader has to have special abilities, charm, confidence and most importantly respect by the people.

V. THEORIES OF LEADERSHIP

1. Trait Theory: According to this theory an individual is not born as a leader but he can be made a leader. This theory takes into consideration some important factors such as personality, physical, social and intellectual traits to establish a difference from non leaders to leaders. Leaders have certain qualities which are unique and good leaders inherit these qualities.
2. Personality Theory: According to this theory an individual may have the persona of a leader. It might be either acquired or inborn.
3. Great man's theory of Leadership: This theory states that some of the individuals are born leaders and they have the qualities of a leader such as confidence, social skills, intelligence, charm, charisma etc. It affirms the statement that leaders are born not made.

VI. METHODOLOGY

A questionnaire was designed to assess the effect of body image on leadership qualities of adolescents keeping certain parameters in mind.

Sample

Data was collected from 50 students and their responses were counted on the basis of certain questions.

S.No	CHARACTERISTICS	PERCENTAGE
1.	Friendly	79.1
2.	Physical attractiveness	61.2
3.	Confidence	82
4.	Helping	67.8
5.	Awareness	80.1
6.	Presentable	62.3
7.	Polite	83.6
8.	Looks	55
9.	Weight	60
10.	Evaluation of one's appearance	58.5
11.	Mediator	73.6
12.	Convincing	81.8
13.	Networking	76
14.	Argumentative	63.2
15.	Punctual	53.1

From the above responses of students it was suggested that leaders are confident, good mediators, convincing, polite but there is no effect of body image in relation to leadership qualities.

VII. CONCLUSION

The aim of the research is to assess the effect of body image of adolescents in relation to leadership qualities. The research was conducted on 50 adolescents focusing on certain dimensions. The data was collected and analysed, the conclusion henceforth was that leaders are confident and charismatic but there is no effect of body image on leadership qualities.

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