



IMPACT OF BODY IMAGE ON SELF-ESTEEM OF ADOLESCENTS

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ABSTRACT

Adolescence is the crucial period of onset for serious mental illness and disorders like depression, behavior deviance and neurosis. In the presents cenario, it is not only physical differentials which matter but the psychological make up of an adolescent alsoplays decisive role in the life of an adolescent and is very important for the smooth functioning of the society. People who accept the way they look and feel good about their bodies most of the time have a commendatory body image. This study will try to find the relationship of body image and self esteem among adolescents. The sample size of the study was approximately 100 young adults including 50 males and 50 females from various higher secondary schools of Kasargod district in Kerala state . A cluster sampling technique was used to select the samples. The data was analyzed using statistical methods like correlation and t-test. The result revealed that there is a significant weak and positive relationship between the body image perception and self esteem, ie, there is a positive linear relationship between the two.

Keywords: ADOLESCENCE, BODY IMAGE, SELF-ESTEEM

Body image: Body image represents the manner in which a person has learned to organize and integrate his body experience. It is a multidimensional concept that manifests itself in a variety of ways, encompassing perceptual, cognitive, behavioural, and affective domains. As far as this research study is concerned, Body image was measured with the help of BIQ (Body-image ideals questionnaire) developed by T.F CASH (2000) which includes 10 physical characteristics: height, skin complexion, hair texture and thickness, facial features, muscle tone and definition, body proportions, weight, chest/ breast size, physical strength, and physical coordination.

Self-Esteem: Self-esteem is the evaluative aspect of the self-concept that corresponds to an overall view of the self as worthy or unworthy. Self-esteem is not arrogance or boastfulness, but believing in self and what we do. Self-esteem is how we sense our self as an individual and realizing that there are tasks that we can do thoroughly - in other words it is about being and about doing.

Gender: Gender is the state of being male or female in relation to the social and cultural roles that are considered appropriate for men and women.

Introduction

Adolescence is the most significant period about which poets, writers and historians have made special references in different epochs.

In the presents cenario, it is not only physical differentials which matter but the psychological, psycho-social, social, spiritual and ethical maturity begins to take place. Adolescence is also a time marked by an increase in a deposit issue for female sand an unease and despondence with bodily appearance puberty is key time when a person's body image may change. Our emotional state also influences our body image. People who accept the way they look and feel good about their bodies most of the time have a commendatory body image. Having a positive body image is about how you feel about the way you look. If we don't like our body (or a part of our body), it's hard to feel good about our own personality. An individual's body image is closely connected with their self-esteem Negative body image perception is a strong and regular originator of a entire range of unhealthy body-related behaviors like – detrimental and challenging eating behaviors, medical eating disorders. It is also linked to despair, nervousness, sexual disappointment, and low-down self-esteem. Therefore, body dissatisfaction is a note worthy jeopardy for physical and psychological health, and thus well-being.

Aderka, I. M., Gutner, C. A., Lazarov, A., Her mesh, H., Hofmann, S. G., & Maromd, S.(2014). Body image in social anxiety disorder, obsessive-compulsive disorder, and panic disorder Body Image. *International Journal of Eating Disorders*11(1),51–56.

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Review of Literature

A study of relevant literature is an essential step to get a good comprehension of what has been done with regard to the problem under study. The Literature in any field forms the foundation upon which all future work will be built. The literature relevant to the present study which has been collected from different sources of reference is described in this chapter.

Studies Pertaining to Body image

Aderka et al.(2014) examined body image annoyance, attitudes toward one's appearance, and anxiety among 68 outpatients with primary obsessive-compulsive disorder (OCD; n =22),social anxiety disorder(SAD;n=25),andpanic disorder(PD;n=21).Withthehelpof self-reported data and its analysis it was found that image annoyance and feelings toward appearance did not significantly differ between the selected groups. On the other hand, SAD symptoms predicted body image disturbance, Appearance assessment and Body Areas contentment, and OCD symptoms predicted Appearance Orientation. The findings of this study recommended that SAD and OCD may be associated with different dimensions of body image.

Studies pertaining to Eating disorders

Bleidorn et al. (2016) used a large Internet sample (N = 985,937) to provide the first large- scale systematic cross-cultural examination of gender and age differences in self- esteem. Across 48 nations, and consistent with previous research, they found age-related increases in self-esteem from late adolescence to middle adulthood and significant gender gaps, with males consistently reporting higher self-esteem than females. Despite these broad cross- cultural similarities, the cultures differed significantly in the magnitude of gender, age, and Gender × Age effects on self-esteem. These differences were associated with cultural differences in socioeconomic, socio-demographic, gender-equality, and cultural value indicators.

Studies Pertaining to Self-Esteem

Studies of Harter (1999), Rosen & Ramirez (1998), Thompson et al (1999), Shin and Paik (2003), Ata et al (2006) revealed that perceived appearance consistently emerges as the strongest single predictor of self-esteem among both male and female children and adolescents. Results from the above studies concluded that there was a significant positive correlation between body image and self-esteem thus; physical appearance has consistently been one big predictor of self-esteem at many ages. Furnham et al (1998), Kling et al (1999), Siegel et al (1999), Furnham et al. (2002), Grilo et al (2005), Berg et al (2010), Mamta (2015), Bleidorn et al. (2016) made a conclusion that women overall tend to have lower self-esteem and males score higher on standard measures of global self-esteem than females. However, in some studies the difference was small.

Objectives:

The main aim of the research study is

- 1.To identify the relationship between Body image perception and Self-Esteem among adolescents.
- 2.To find the differences between male and female adolescents on the variables: body image perception, and Self-Esteem.
- 3.To identify the differences between higher secondary and senior secondary adolescents on the variables: body image perception, and Self-Esteem.

Hypothesis of the Study

Based on the objectives of the research, the following hypotheses have been formulated

- 1.H1: There is a significant relationship between the Body image perception and Self-Esteem in all groups
- 2.H1: There is a significant difference between female and male adolescents owing to body image perception
- 3.H1: There is a significant difference between female and male adolescents owing to Self-Esteem
- 4.H1: There is a significant difference between higher secondary adolescents and senior secondary school adolescents regarding body image perception
- 5.H1: There is a significant difference between higher secondary adolescents and senior secondary school adolescents regarding Self-Esteem.

METHODOLOGY

Research Procedure

This research study was conducted among the adolescents in Kasaragod district, Kerala state. Data was collected from approximately 100 participants using self-administered questionnaires.

The investigator first approached the management of the school and explained the purpose of the research to them. After seeking permission from the management, the data was collected in small groups. The data was collected in the premises of the school only.

After getting permission, the investigator visited classrooms and introduced self to the students. Firstly, the investigator tried to establish rapport with the students and tell them about the purpose of visit and gave orientation about the tools that would administered. Students were assured that their responses would kept confidential and were used for research purpose only. The tools were then administered one by one and the instructions were explained to the students. The students were instructed that there is no right or wrong responses and they could take their own time in deciding any option by going through each and every item.

For EAT-26 scale, the current height and weight was measured of all the subjects. Behavior Deviance scale will be administered on few students to collect the data for all subjects.

They were also be instructed not to waste too much time on any one item. While administering the tools, help of the teachers could be sought for maintaining discipline in the class. The data collected and is stored by the researcher

Results and Discussion

The present study “RELATIONSHIP OF BODY IMAGE AND SELF-ESTEEM OF ADOLESCENTS” was conducted in order to investigate the relationship between body image and Self-Esteem of adolescents.

To examine the objectives and the main variables of the study, a total sample of 100 (N=100) was selected. Among them 50 were males while 50 were females.

The final results and interpretations of the data are discussed in the following manner:

Demographic Profile (Gender) of Students

In the present study, a sample of 100 adolescents was selected through convenience sampling and data has been collected from students of different Higher Secondary Schools in Kasaragod District, Kerala state.

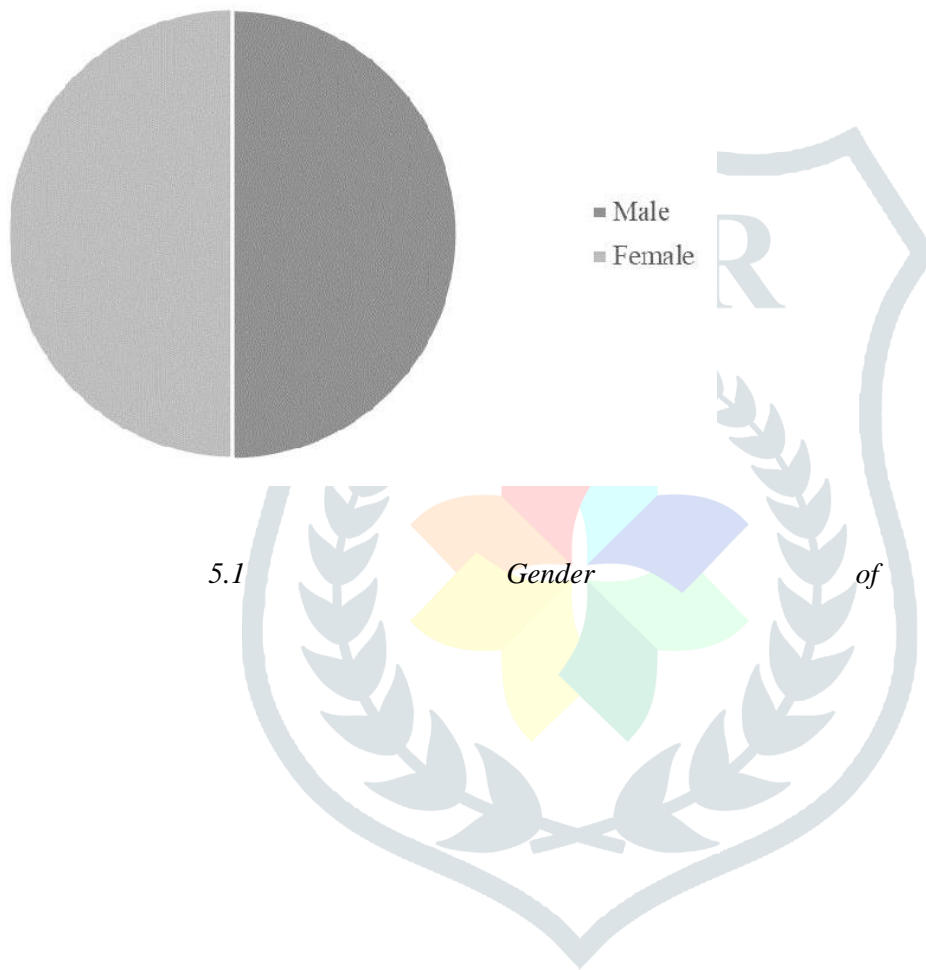
Gender

Gender is an important variable in any study, however, in recent times gender roles have blurred and gender is no longer an accurate way to distinguish.

Table 5.1 Gender of Participants

	Frequency	Percentage
Male	50	50%
Female	50	50%
Total	100	100%

This research study comprises of equal number of Males and Females



Chart

5.1

Gender

of

Participants

Correlation Between Body Image and Self-Esteem

H₁: There is a significant relationship between the Body image perception and Self Esteem

Tableno.5.2

	Mean	Std. Deviation	N	Correlation 'r'	Level ¹ of significance	
A product-						
Body Image	17.6	8.5	50	.316	Significant at 0.05	Pearson moment
Self-Esteem	74.675	10.064	50			

correlation coefficient was computed to assess the relationship between the image perception and Self-Esteem and the results are displayed in Tableno.5.2

Mean Score of image perception and Self-Esteem scores are given in the table no.5.2. The data reveals that the mean of body image score was 17.6 and the average score of Self-Esteem was 74.675.

From the table no. 5.2, it can be seen that the correlation coefficient (r) between image perception and Self-Esteem equals 0.316, indicating a positive relationship, and p value < 0.05 indicates that the correlation is statistically significant, hence, the alternate hypothesis is accepted. Overall, there is a weak and positive correlation between image perception and Self-Esteem. And there is sufficient evidence at the 0.05 significance level to conclude there is a positive linear relationship between the two.

Body Image vs Gender

H₁: There will be a significant difference between female and male adolescents owing to body image perception

TableNo.5.3 The mean, S.D. and t-value of Male and Female on body image perception

Groups compared	N	Mean	S.D.	t	Level of significance
Male	50	15.71	6.384	2.876**	Significant
Female	50	19.50	10.622		

The result presented in table 5.3 is on the variable Body image related to female and male adolescents. The descriptive statistics shows the Mean and S. D values of female sample as 19.50 and 10.622 respectively. However male sample had Mean and S.D values as 15.71 and 6.384 respectively. The 't' – value 2.876 as shown in the table above is higher than the table value of 2.581 which was significant at 0.01 level of significance with (df=98).

Thus, it implies that there is a substantial difference between the Male and Female in terms of their body image perception. Hence, null hypothesis is rejected.

Higher scores reflect that females have greater self-ideal disparity with strongly held

physical ideals. Thus, it projects that female adolescents have a better body image perception than their counterpart male adolescents. The outcome generated by the present study is also supported by studies of Armstong & Arustronp (1968), Nichols S.D et al (2009), Austin et al (2009), Brennan.M et al (2010), Otaibi et al (2013), Chawra et al (2014), (Gillen 2015) wherein they found that body

dissatisfaction was more common and was felt more strongly in women.

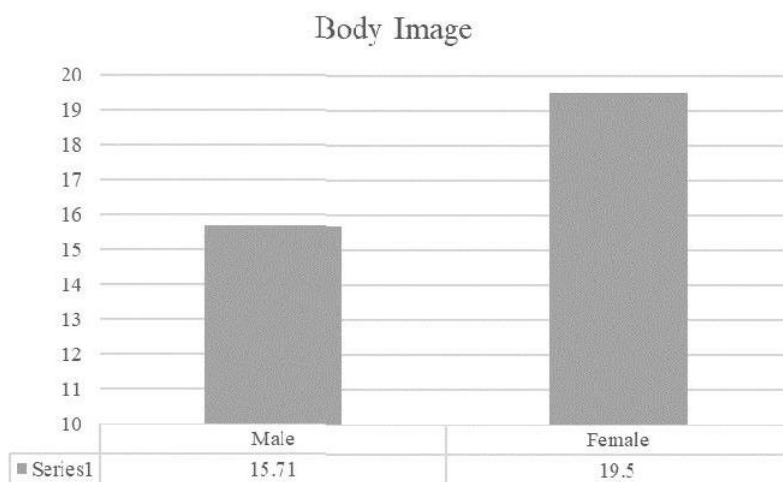
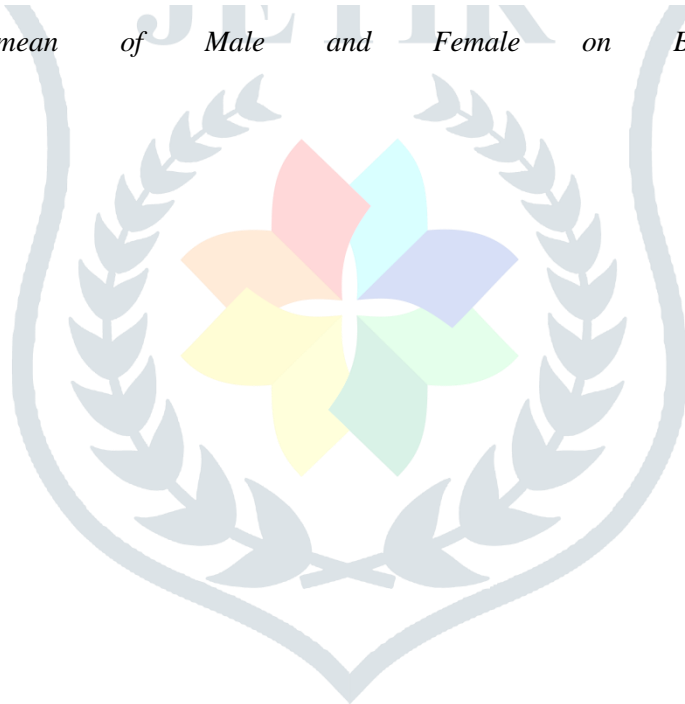


Figure 5.2 The mean of Male and Female on Body image perception



Self-Esteem's Gender

H₁: There is a significant difference between female and male adolescents owing to Self-Esteem

TableNo.5.4 The mean, S.D. and t-value of Male and Female on Self-Esteem

Groups compared	N	Mean	S.D.	t	Level of significance
Male	50	74.01	9.064	0.6575	Not Significant
Female	50	75.34	11.064		

The result presented in Table- 5.4 on the variable Self-Esteem indicates significant difference between female and male adolescent sample. The female adolescent sample has Mean value 75.34 and S.D value 11.064 respectively; where as male adolescents sample has Mean value 74.01 and S.D value 9.064 respectively. The 't' – value 0.6575 is found to be not significant at 0.05 level of significance as the 't' – value is lower than critical value. Thus, it implies that there is no substantial difference between the two groups of subjects namely Male and Female in terms of their Self-Esteem. Hence, null hypothesis is accepted.

Thus, it is revealed that there is no difference related to self-esteem among female adolescents and male adolescents.

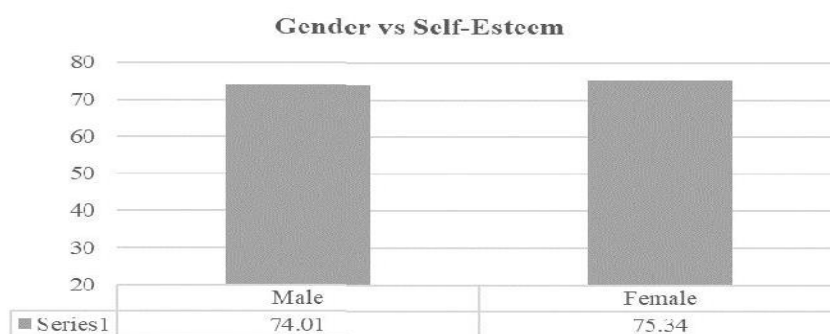


Figure5.3 The mean of Male and Female on Self-Esteem

Body Image vs Secondary School Class

H₁: There is a significant difference between higher secondary adolescents and senior secondary school adolescents regarding body image perception.

TableNo.5.5 The mean, S.D. and t-value of Secondary School adolescents on body image

Groups compared	N	Mean	S.D.	t	Level of significance
Higher Secondary	50	12.58	7.708	7.872**	Significant
Senior Secondary	50	22.62	8.352		

The result presented in table 5.5 on the variable Body image relate to higher secondary and senior secondary adolescents. The descriptive statistics shows the Mean and S.D values of higher secondary adolescents sample as 12.58 and 7.708 respectively. However senior secondary adolescents sample has Mean and S.D values as 22.62 and 8.352 respectively. The ‘t’-value 7.872 as shown in the table is higher than the table value of 2.581 which is significant at .01 level with (df=98).

Thus, it implies that there is substantial difference between the two groups of subjects namely higher and senior secondary adolescents in terms of their body image perception score. Hence, null hypothesis is rejected.

It shows significant difference regarding body image among higher secondary and senior secondary adolescents. Less scores in questionnaire shows very important congruence across all physical attributes and high score shows very important and maximum discrepancy across all physical attributes. Thus, it is revealed that senior secondary adolescents have greater self-ideal disparity with strongly held physical ideals as compared to higher secondary adolescents. The result might be attributed to the fact that senior secondary adolescents are more influenced by media, social standards of beauty and keep strong physical ideals of body as compare to higher secondary adolescents.

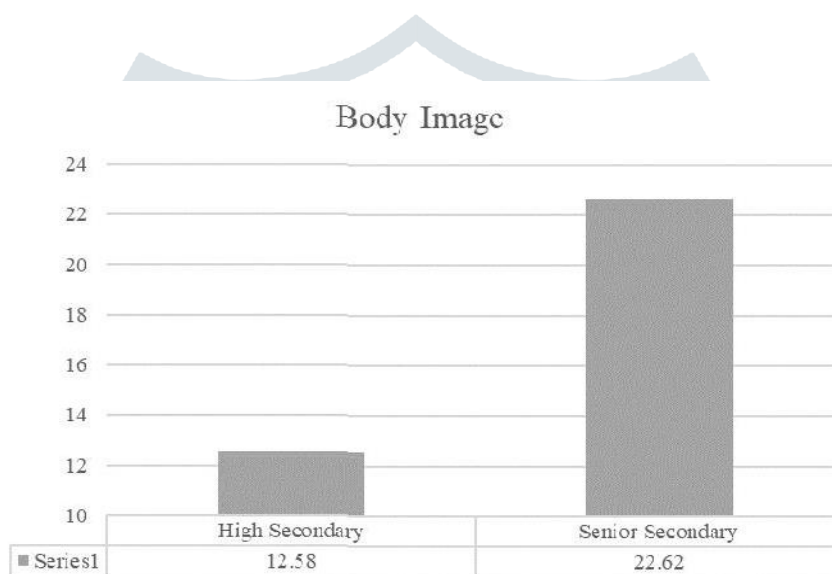


Figure 5.4 The mean of Secondary School adolescents on body image

Self-Esteem Image vs Secondary School Class

H₁: There is a significant difference between higher secondary adolescents and senior secondary school adolescents regarding Self-Esteem

TableNo.5.6The mean, S.D. and t-value of Secondary School adolescents on Self-Esteem

Groups compared	N	Mean	S.D.	t	Level of significance
Higher Secondary	50	75.46	10.124	0.7769	Not Significant
Senior Secondary	50	73.89	10.085		

The result presented in table 5.6 on the variable Self-Esteem indicate significant Difference between higher secondary and senior secondary adolescent sample. The higher Secondary adolescent sample had Mean value 75.46 and S.D value

10.124 respectively, Where as senior secondary adolescents sample had Mean value 73.89 and S .D value 10.085 respectively. The 't' – value 0.7769 found to be not significant as the 't' – value was lower than the critical value.

Thus, it implies that there is no substantial difference between the two groups of subjects namely higher and senior secondary adolescents in terms of their Self-Esteem score. Hence, null hypothesis is accepted.

Thus, it shows that higher secondary adolescents have almost similar Self- Esteem as compared to senior secondary adolescents. It was thus revealed from the results that self esteem is almost same but higher secondary school adolescents have higher self-esteem as compared to senior secondary adolescents. This might be attributed to the fact that senior secondary adolescent are more concerned about their career and academic expectations.

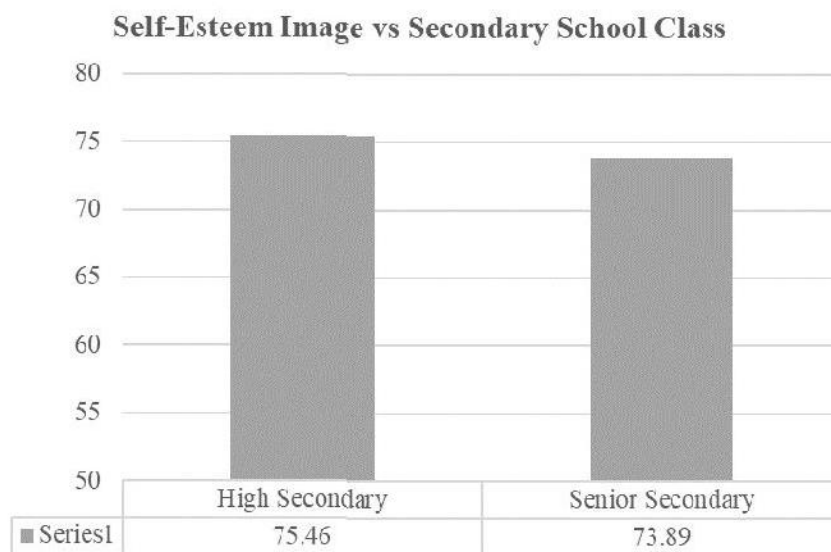


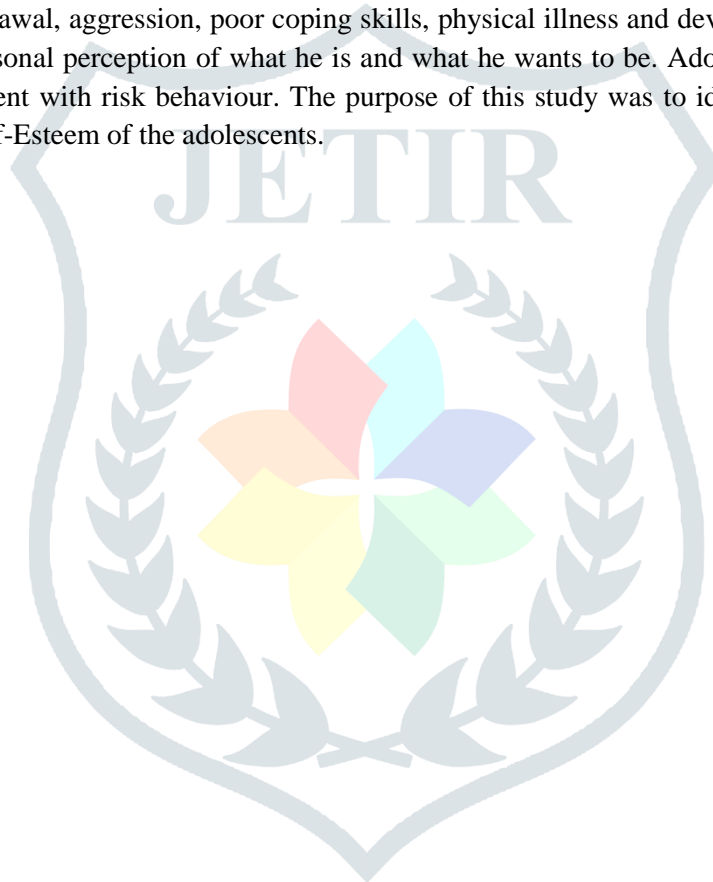
Figure 5.5 The mean of Secondary School adolescent on Self-Esteem

Conclusions

Adolescence is the transaction period and turning point in the life of the individual. A person's body image is closely associated with their self-esteem and it has been found that people with body image issues have lower self-esteem than those who have neutral or positive attitudes towards their body image. Some teens struggle with their self-esteem when they begin puberty because body goes through many changes.

Body image can be considered one of the main causes for eating disorders also. Body image involves the perception that the ideal male / female body is thin and fat makes one ugly. The major eating disorders are anorexia nervosa, bulimia nervosa and binge-eating disorder. Anorexia nervosa is an eating disorder characterized by immoderate food restriction and irrational fear of gaining weight, as well as a distorted body self-perception. Bulimia nervosa is an eating disorder characterized by binge eating (consuming a large amount of food in a short amount of time) and purging (followed by an attempt to rid oneself of the food consumed), typically by vomiting, taking a laxative, diuretic, or stimulant, and/or excessive exercise, because of an extensive concern for body weight.

Excessive pressure from physical, emotional, social and sexual change makes adolescents overloaded with stress which can result in anxiety, withdrawal, aggression, poor coping skills, physical illness and deviance in behaviour. His social conduct depends on his personal perception of what he is and what he wants to be. Adolescence is characterized by a strong tendency to experiment with risk behaviour. The purpose of this study was to identify body image perception and its relationship with Self-Esteem of the adolescents.



LIMITATIONS

Even though the present study has been successful in achieving the objectives which were formulated for the study, it suffers from some limitations which require a mention. Clarifying these limitations shall provide a better understanding to the reader, in to the study. They are as follows:

- The present study has particularly added an underrepresented population in the body image literature. However, while interpreting the result of the study, careful considerations must be taken while generalizing the results to other age group. As the sample comprised of adolescents only.
 - Since the study is conducted on adolescent sample belonging from not specifically mentioned any where in the topic/explanation the same cannot be generalized for adult population and rural population.
 - Further the sample size of the study is 100, which is collected from different Higher Secondary Schools of Kasaragod District, Kerala state., which represents a typical Indian culture. India being a multi-cultural country consideration should be taken while generalizing the results to the whole of the country.
 - Further more, the measures used in the study were all self-report, which brings in the tendency of possible bias. There are chances of some variations plus chances of providing a socially desirable value.
- Despite these limitations, the study contributes to the current literature.

Research Findings

In the light of previous research and findings of the current study the key Recommendations and Implications are:

1. Body image research is still nascent in India, and mental health professionals have not paid enough attention to psychological disorders that a negative body image can cause. At the moment, this disorder is grossly neglected. Researchers and mental health professionals are urged to give scientific and academic attention it deserves.
2. This study was under taken to assess the problems of body dissatisfaction, and eating disorders among adolescents. Identification of above problems at the earliest can save the adolescent in getting severe damage in future.
3. The findings of the study may add to existing knowledge in this area and will be beneficial to understand this complicated relationship.
4. Results of the study will help to plan strategies and create awareness among adults, teachers and parents to take responsibility for teaching children healthy habits, improving confidence and modeling healthy eating and exercise.
5. The study may be conducted on subjects of different age groups and sex with different demographical backgrounds.
6. Further study may be conducted by using different designs other than those employed in this study.
7. The researcher has great hopes and faith that his research will help many adolescents for their betterment and future progress both physically and mentally.

Educational Implications

The impact of body image and self esteem on adolescence has significant educational implications.

1. Mental Health support : schools should priorities mental health support, including counseling services, to help adolescence who may be struggling with body image and self esteem issues. Creating a safe non judgmental environment is essential.
2. Inclusive curriculum : educational institutions should strive to include diverse perspectives on body image, beauty and self worth in their curriculum. This can challenge societal stereo styles and promote a more inclusive and accepting atmosphere

3. Media literacy :Adolescence should have analyze and understand the portrayal of body image in media. This can help them a more realistic perception of themselves and reduce the influence of media on their self esteem.
4. Peer Education Programme : School can implement peer education programmes where older students educate younger once about body image and self esteem issues. Peer support can be highly effective in addressing these concerns.
5. Physical Education and Health Classes : Physical Education classes should focus on overall health and wellbeing rather than just physical appearance Health Classes should cover topics related to nutrition, exercise and mental health.
6. Anti bullying initiatives : School should have robust anti bullying initiatives in place to address body shaming and other forms of bullying that can negatively impact self esteem.
7. Parental involment : Encouraging parental involment and communication can be critical. Parents should aware of the importance of fostering a positive body image and self esteem in their children
8. Promote extra curricular activates: Encourage adolescence to participate in extra curricular activities that align with their interest and passions. These activities can help build self esteem and sense of belonging.
9. Assessment and monitoring : educational institutions should regularly assess and monitor the wellbeing of students, including their self esteem and body image. Early intervention can prevent long term issues.
10. Professional development for Educators : Teachers and staff should receive training on recognizing signs of low self esteem and body image issues and how to provide support or referrals to appropriate recourses.
11. Promote positive roll models : School can invite guest speakers or organize events featuring individual who promote positive body image and self esteem. These rall models can inspire and educate students.
12. Inclusive dress codes : Dress codes should be inclusive and avoid body shaming language or policies. They should focus on ensuring a safe and respectful learning environment

In summary

Addressing the impact of body image and self esteem on adolescence in an educational context requires a holistic approach that involves the entire school community, from students and teachers to parents and administrators. Creating a supportive and inclusive environment is essential for the wellbeing and academic success of adolescence.

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