

Relationship between Body Image and Self-Esteem among Females

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Abstract

Body image refers to a person's impression of their physical self as well as their thoughts and feelings, which can be good or negative. Self-perceptions and self-attitudes towards the body, including thoughts, ideas, feelings, and behaviors. When you have high self-esteem, you generally feel good about yourself. They are proud of their abilities see the positive aspects of their own personality Even if they don't perform well at first, they must have faith in themselves. The relationship between body image and self-esteem was investigated among female using correlation design. Data was collected using (BIS) body image scale and (RSES) Rosenberg self-esteem scale from a sample size of 100 females. The data collected was analyzed using a statistical package for social science (SPSS) to find relationship between the two variables. The result showed that there is a negative significant relationship with body image score is high it shows low body image the have low self-esteem in females.

Keywords: Body image, Self-esteem, Females

1. Introduction

It is generally seen that most of people especially teenagers and young adults show a lot of concern regarding their looks. Their concern is mostly about their complexion, weight, shape, etc. which is further influenced by the way the society, culture, and more importantly the media gives a lot of importance to these factors. These influences are some of the principal sources for developing body image. Body image is about how a person perceives their own looks and to what extent they believe that they are attractive. It is the mental representation of one's own body within oneself. It is one's feelings, perceptions, and attitudes toward one's physical self, as well as one's appearance, overall wholeness, functionality, and ability to relate to others.

Physical beauty perception influences generalized assumptions about attractions. What is attractive is thought to be good across cultures; attractive people are assumed to be more extroverted, popular, and joyful. This could become a self-fulfilling prophecy because attractive people are given more attention from an early age, which helps them develop these features.

During puberty, one's overall look and the appearance of specific body parts change dramatically. In a relatively short period of time, young people's appearance has become one of their primary concerns. This worry is linked to societal standards and cultural models of desirable physical appearance, which influence how people perceive their own bodies.

Generally, the concern related to body image is seen more in women than men because in most societies and cultures Women are frequently judged by their physical attractiveness and society places a larger focus on women's appearance than men's in defining their identities. Dietary interest has increased as a result of this focus. With the Advertising media mostly projecting women people with fair complexion and ideal body weight based on BMI as successful people with the ulterior motive of marketing their products this concern has increased in leaps and bounds among the general population. This has also led to increased interest in dietary practices with the goal of attaining an ideal body image which has only been a never-ending endeavor, especially in teenage and young adults.

Greater interest in diet industries and increased use of advanced medical technology to improve physical appearance demonstrate this focus. Women's discontent with their bodies has been recorded by studies and a growing inclination among women to diet.

Weight loss desire is strongly linked to poor body image, with more women than males wishing to lose weight. When only men and women who want to reduce weight are included, sex differences in body image become insignificant. Also, those in professions where there is a social pressure to be thin (such as models and dancers) are much more likely to develop anorexia during their careers.

A person's mental image of their body, may or may not have any effect on the final look. Males and females have different perspectives on what physical appearance means and how important it is, as well as different concerns about body weight and shape. However, it has been generally seen that many women desires to be slim since slender is thought to be attractive and overweight is seen as undesirable.

Disturbances in body image typically emerge when there is a disparity between how one perceived themselves previously and how they currently feel about themselves following a physical or psychological illness.

Given that appearance and weight become less significant as people age, it's reasonable to assume that the link between body image and self-esteem lessons as they become older (Triggerman 2004). However, studies that included middle-aged and older women in their samples found that body dissatisfaction is still linked to decreased self-esteem at these ages.

According to many early views, self-esteem was originally regarded to be higher level human need or motive. The American psychologist Abraham Maslow included self-esteem in his hierarchy of needs. He identified two sorts of esteem: the desire for others' regard and the need for inner self-esteem Others' respect consists of recognition, acceptance, status, and appreciation, (Maslow A. H., 1987) and it was traditionally regarded to be more fragile and easily lost than one's own inner self-esteem. If the Self-esteem need is not met, people will seek it out and will be unable to grow and reach self-actualization, according to Maslow.

Because one of the primary categories of self-esteem is body esteem, how others perceive your appearance and weight which is related to sentiments about one's general appearance or attributions, the literature suggests a substantial link between body image and self-esteem.

The importance of the body in the design of a physical self-concept and the formation of a general self-concept is significant since the body is the first thing that others notice in communication, especially when evaluating others. The body is the most visible component of an individual, and it is constantly exposed to others.

Self-esteem has also found to be strongly linked to self-reported happiness. It is evident, however, that this may inevitably lead to other human subjective thinking.

Furthermore, self-esteem has been found to be closely linked to forgiveness, with persons with high self-esteem being more forgiving than those with poor self-esteem

Many researches have tried to establish that self-esteem of a person is strongly linked to their body image. While Women's self-concept and self-esteem are generally focused on desirability and appearance, men's self-esteem is derived from achievements, power status, and control. As a result, women face greater pressure associated with body image when compared to the males.

Previous research has sought to address the consequences of low body image satisfaction on self-esteem, with the goal of improving either the former or the latter. Finding characteristics that regulate the degree to which body image pleasure is connected with self-esteem is another interesting option. Finding such moderators can help you intervene more effectively. As a result, such intervention has the potential to diminish the extent to which female teenagers' self-esteem is based on their body image.

C. Abamara Nnameka et al(2014), study of body image and self-esteem of 400 female behavioral science students using a body image questionnaire and a self-esteem index found that body image was significantly associated with self-esteem.

In a study conducted by Christina N Oney et al (2011), on the relationship between body dissatisfaction and self-esteem in a sample of 425 men and 316 women from three different regions of the United States, it was found that body dissatisfaction may be related to self-esteem only evident in African-Americans whose racial background is less focused on their identity. "High self-esteem and low body dissatisfaction were found to be synergistically associated with higher self-esteem. Low self-esteem is also associated with low self-esteem and significant body dissatisfaction.

In their study of body image and self-esteem in older adults, Lucie baker et al (2009), discovered that, contrary to popular belief, body-image concerns are important to self-esteem in older adults, but that these concerns differ by age and gender. Men, on the other hand, appear to be more negatively affected by aging, particularly in terms of body functioning, while women appear to develop various strategies to counteract the effects of aging. These findings demonstrate that the meaning of body image in older adulthood is more closely related to body functions than to appearances, and they have paved the way for a better understanding of the meaning of body image, the factors that influence it, and how these factors relate to older adults' self-esteem.

Research by Tim C Van de Grift et al (2018), Investigated the role of body image and self-esteem in disorders of sexual development and found that body-shaming, anxiety, and depression predict emotional well-being. Lower self-esteem.

in a study conducted by Ivana T Croghan et al(2006), to examine the relationship between smoking and sex with body image satisfaction, sensation, Stress, and self-esteem in adolescents it was found that Smoking and female gender were independently associated with higher levels of perceived stress, female gender was associated with low body image satisfaction and self-esteem, and current smoking was associated with higher levels of perceived stress. Associated with low self-esteem

According to a study by Amrit Virk et al (2020), low body mass index is strongly associated with body image, and there is a modest positive correlation between self-esteem and body image satisfaction. Body.

This study by Joel R Grossbard et al (2009), explored body image and self-esteem issues in male and female college students. The results showed that women had a higher association between self-esteem and weight problems, while men had a stronger association between self-esteem and desire to be fit.

Bhushan Chaudhari et al (2017), examined the association between sociodemographic characteristics, BMI, body image and self-esteem and the likelihood of having an eating

disorder, and found that male students had slightly higher risk of eating disorders than female students. Male students had significantly higher BMI and body image dissatisfaction than female students, and the risk of eating disorders was significantly associated with greater BMI and dissatisfaction. About body image. However, the study found no link between the risk of eating disorders and self-esteem.

Since all the studies related to Body image and self-esteem indicated a directly proportional relationship between the two variables it was decided to check the status in the Indian population residing in and around the city of Chennai. Previous research has sought to address the consequences of low body image satisfaction on self-esteem, with the goal of improving either the former or the latter. Finding characteristics that regulate the degree to which body image pleasure is connected with self-esteem is another interesting option. Finding such moderators can help you intervene more effectively. As a result, such intervention has the potential to diminish the extent to which female teenagers' self-esteem is based on their body image pleasure

2. Materials & Methods

Participants

The sample consisted of 100 subjects between age 18 – 40 years females. Participants were selected using convenient sampling before the study all subjects informed about the questionnaire. They were informed that participation is voluntary and confidential.

Hypothesis and variables:

The alternative hypothesis “There will be a significant relationship between body image and self-esteem among females. The alternative hypothesis selected based on previous studies suggested that there is significant relationship between Body image and self-esteem among females. Body image is taken as the independent variable and self-esteem is taken as the Dependent Variable.

Research design.

The research was a linear correlational study. It was conducted using standardized questionnaires to collect data on body image and self-esteem. The questionnaire was administered individually after collecting the demographic data. The time taken to collect the data from each participant was about 20 minutes.

Tools Description:

Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, NJ: Princeton University Press. A 10-item scale that measures global self-worth by measuring both positive and Negative feelings about the self. The scale is believed to be uni-dimensional. All items are Answered using a 4-point Likert scale format ranging from strongly agree to strongly Disagree.

The BIS Edel McDermott et al (2014), *Body Image Dissatisfaction in Inflammatory Bowel Disease*. It was designed to measure body image concerns that cancer patients/survivors The body image high score has body image was low, as experienced in the form of negative thoughts, feelings. This scale has no specific population mentioned so it is used for general population. The total scale and individual items have demonstrated high reliability It has 10 items measuring general perceptions of bodily appearance in patients with cancer. Respondents indicate their levels of body image concerns on a 4-point Likert type scale: whereby 0 = not at all, 1 = a little, 2 = quite a bit, and 3 =very much

Statistical analysis

Correlations between variables are calculated. Pearson product – moment correlations was done using SPSS.

3. Result & Discussion

Table 3.1: indicates the relationship between Body image and Self-esteem

Variables	Mean	Standard Deviation	N	R
Body image	5.0400	4.41741	100	-.659**
Self esteem	22.0200	4.73325		

**correlation is significant at the level at the 0.01 (2-tailed)

Table 3.1 provides the descriptive statistics of the study. According to table, body image (N=100) had a mean = 5.0400 and stand deviation (SD)= 4.41741 while self-esteem (N=100) had a mean = 22.0200 and standard deviation (SD) 4. 41741. It provides the Pearson correlation coefficient for the study variables. From the table, it can be interpreted that the two variables, body image and self-esteem are negatively correlated with value of -.659. we can also conclude from the above results that there is a significant relationship between body image and self-esteem at 0.01 level

The significance level obtained in this study is at a 0.01 level. This indicates that there is only a 1% risk that the results of this study might be wrong i.e., 1% chance of concluding that there is no relationship between body image and self-esteem suggesting that the alternative hypothesis that there is significant relationship between body image and self-esteem. It also indicates the result of this study is highly reliable

The results show that there is a negative correlation between the two variables used in the study body image and self-esteem. This means that if there is a decrease in the levels of body image score on the scale used for the study the increase in self-esteem and vice versa. But since the higher score on body image questionnaire used in the research indicate higher intensity of negative perception of body image the result suggest that the more people perceive a negative body image the lower their self-esteem.

The probable cause for the inverse relationship is that when someone dislikes their body, they may not feel good about themselves or take proper care of it. This can include not getting enough food or sleep, keeping away from friends and family, or declining opportunities to do things they would usually love. They also to develop negative feelings about themselves can create high level of sensitivity to how others acknowledge them, treat them which in turn leads to avoiding social situations and limit their social relationship to only those people and situation where they feel accepted. All these factors put together make them emotionally vulnerable and being highly self-conscious with the intention to avoid being criticized which acts as a consistent source of distress which can have negative impact on the feeling of self-worth and self-confidence there by leading to the development of low self-esteem.

Self-esteem has a high correlation with happiness. However, it is clear that this will unavoidably lead to more subjective human thinking. Furthermore, it has been discovered that self-esteem is linked to forgiveness, with people who have high self-esteem being more forgiving than people who have low self-esteem. Since the people with poor body image as under consistent distress they find it difficult to experience and express happiness. Moreover, since they develop the feeling of low self-worth, they are more defensive in situation which they apprehend can affect their self-esteem their trying to protect themselves. Since they themselves feel the need to be protected they don't experience the need to forgive others.

4. Summary

This study aims at finding the relationship between the body image and self-esteem in females. self-esteem refers to situation in which the individual is body image in female. The research design was collection and analyses of quantifiable data from sample population it is based on results. The sample collected with 100 females the participants ranged from 16 to 40 years of age with the average age to be 21,22. Participants only females 70% under graduate 23% post graduate 7% higher secondary. The tools used Rosenberg Self-Esteem Scale, and BIS which was designed to measure body image concerns that cancer patients/survivors. The results indicate that negative correlation - .659 were if female has low Body image, they have low self-esteem since the higher the BIS score the lower the body image according to the tool.

Conclusion:

From the result it can be concluded that there is significant relationship with body image and self-esteem among females and the lesser the body image the lower the self-esteem. Thus, it can be inferred that the relationship established between body image and self-esteem is also true for the current population taken for study which is in tune with the results of the similar study done in other populations.

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