

The Relationship Between Body Image Dissatisfaction And Self Esteem Among Young Female Adults

Athiya Fathima

Psychologist and Research Assistant

Abstract- *Body image dissatisfaction and self-esteem are critical psychological factors affecting young women, particularly in societies preoccupied with weight and body shape. While previous research has extensively documented these relationships in adolescents and children, understanding their association among young female adults remains important. This study examined the relationship between body image dissatisfaction and self-esteem among young female adults aged 18-35 years. A correlational research design was employed with 100 young female adults from Tamil Nadu, India, selected through snowball sampling. Data were collected via online survey using the Body Shape Questionnaire (BSQ-16B) to assess body image dissatisfaction and the Rosenberg Self-Esteem Scale to measure self-esteem. Pearson's product-moment correlation was used for statistical analysis. The analysis revealed no significant relationship between body image dissatisfaction and self-esteem among young female adults ($r = -0.141, p > .05$). The correlation coefficient indicated that body image concerns were not significantly associated with self-esteem levels in this population. Contrary to findings in adolescent populations, this study found that body image dissatisfaction and self-esteem are not significantly related among young female adults. These findings suggest that the relationship between these variables may differ across developmental stages, with self-esteem in young adulthood potentially influenced by factors beyond body image concerns.*

Keywords: Body image dissatisfaction, mental health, self-esteem, young female adults

I. INTRODUCTION

The present study focuses on the relationship between Body Image Dissatisfaction and Self-esteem, since our society has been characterized as being preoccupied with questions of weight and body shape, it has become important to investigate the topic of body image. In psychology, the terms "self-esteem" refers to a person's general evaluation of their value. Self-esteem is made up of feelings like triumph, despair, pride, and humiliation as well as beliefs like "I am capable" and "I am worthy." Self-esteem be specific to one aspect (for instance, "I think I'm a brilliant writer and I'm glad about that) or general (for instance, "I think I'm a bad person

and I feel bad about myself in general") Body Image Dissatisfaction is a behavioural manifestation of excessive concern with one's appearance, evidenced by behaviours such as avoiding social functions and engaging in cover-up activities (e.g., wearing bulky and loose-fitting clothing) to obscure and hide aspects of the body with which one is dissatisfied (APA). When one's impressions of their real body weight and shape do not match with their desires or expectations, body dissatisfaction develops (Wade, George, & Atkinson, 2009).

People are impacted by self-esteem and body image at all stages of life, from childhood to old age These are important issues for young people, especially during adolescence and puberty. The majority of the previous study has been on young children's and adolescents' self-esteem and body image. Recently, older adults have become the focus of this research (Elsevier, 2012) Mendelson and White may have been reasonably justified in believing that the relationship between body image and self-esteem continues to develop during puberty since a strong correlation between these two variables generally has been found for the early adolescent age group (Tobin-Richards, Boxer, and Petersen, 1982). Women's self-esteem is moderately, but significantly, lower than men's, according to a recent meta-analysis of self-esteem studies, the majority of which were conducted in Western Industrialized countries. In addition, the average gender difference is greatest during middle adolescence, peaking at around 16 years of age (Kling, Hyde, Showers, & Buswel, 1999).

Adolescent girls' self-definition revolves around their body image because they have been conditioned to believe that beauty is a significant factor in both their own and other people's evaluation of them (Thompson, Heimberg, Allabe, & Tastleff-Dunn, 1999) Age, gender, body weight, and race ethnicity have all been shown to have an impact on levels of body dissatisfaction or low self-esteem during adolescents. Body dissatisfaction is greater in late adolescence than in early adolescence in overweight individuals than in average weight or underweight individuals, in females than in males, and among whites than among blacks. Self-esteem has also been found to be lower among girls than among boys and to decrease as adolescents progress from early to late adolescence whereas the associations between self-esteem and

body weight among adolescents appear to be more complex. Gender difference in a negative correlation between body satisfaction and self-esteem has generally been supported in young adults (eg. Mintz & Betz, 1986; Wade & Cooper, 1999).

According to some authors, these beauty concerns are the cause of the significant decline in self-esteem that occurs during adolescence, which is more pronounced in females than in males (Robins, Trzesniewski, Tracy, Gosling, & Potter, 2002). Recent research indicates that body dissatisfaction among males may be more complex than that of females because it manifests in concerns about both weight and muscularity (Bergstrom and Neighbors 2006). A few studies have contrasted the self-esteem approach with a self-compassionate alternative (Fuller-Tyszkiewicz et al., 2018).

II. REVIEW OF LITERATURE

Baker and Gringart (2009) studied Body image and self-esteem among 148 older adulthood (men and women aged 65-85 year) They found that body image concerns are related to self-esteem in older adulthood, but these vary by age and gender.

Berg et al. (2010) investigated the link between body dissatisfaction and self-esteem among 4,746 adolescents aged (11-18) using longitudinal study. The study found that the relationship between self-esteem and body dissatisfaction is almost fairly strong among adolescents.

Clay (2005) investigated the Body Image and self-esteem among 136 Adolescent girls (11-16 age) They found that Body image is significantly correlated to self-esteem.

Grossbard et al. investigated the Body Image concerns and self-esteem to among 359 male and female College students (59.1% female) They found that body dissatisfaction in female and to a lesser extent in males, is associated with low self-esteem.

Kousari-Rad and McLaren (2013) investigated the relationship between Body Image dissatisfaction and self-esteem among 90 Australian Gay men. They found out a relationship between body image dissatisfaction and self-esteem for gay men who had low or moderate integration into the gay community, but not for those who had high integration.

Mellor et al. (2010) investigated relationship between Body Image and Self-Esteem across age and gender among 150 men and 239 women aged between 20 and 86 years. They found that cross sectionally, the lower body dissatisfaction is

associated with higher self-esteem but there was no consistent relationship between these variables across time for age and gender.

Moffitt et al. (2018) studied the efficacy of a brief-self-esteem and self-compassion for body dissatisfaction among 153 female undergraduate students. They found that self-esteem and body image was strongly correlated.

Monteiro et al. investigated the Body dissatisfaction and self-esteem among 283 female students (9-15 age) They found that greater body image dissatisfaction is associated with lower level of self-esteem. The results demonstrated that age negatively correlated with body dissatisfaction.

Shahyad et al (2015) investigated the comparison between Body Image dissatisfaction and self-esteem among 477 high school students. They found that there was a negative correlation between self-esteem and body image dissatisfaction.

Tiggemann (2005) investigated the relationship between body dissatisfaction and self-esteem among 242 female high school students (adolescents). They found that young girls with heavier actual weight and being overweight was perceived as being particularly prone to develop low self-esteem.

Objective of the study

To examine the relationship between Body image dissatisfaction and Self-esteem among young female adults.

Hypothesis:

In order to investigate the objective of the study and after examining the review of literature, the following hypothesis was constructed: There will be no significant relationship between Body image dissatisfaction and self-esteem among young female adults.

III. METHOD

Participants:

The sample consisted of 100 young female adults from the state of Tamil Nadu in the age range of 18-35 Snowball sampling design was used to collected data through online forms.

Procedure of data collection:

Data was collected through an online google form which was shared to the target population through WhatsApp and Instagram. The purpose of the study was explained through the description in the online form. The subjects were encouraged to participate with their free will. Confidentiality of the responses was guaranteed. Informed consent was taken and subjects were assured that they could withdraw at any time during the study if they feel uncomfortable.

Research design:

Correlation research design.

Instruments:

Data was collected by using 2 instruments.

1. The Body Shape Questionnaire (BSQ-16B) was developed by Evans & Dolan, (1993). It comprises of 16 items. The questionnaire is coded on 6-point Likert ranging from 1-Never, 2-Rarely, 3-Sometimes 4-Often 5-Very often 6-Always. The higher scores indicate higher concern with body shape.

2. The Rosenberg Self-esteem Scale was developed by Rosenberg, M. (1965). It comprises of 10-items that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be unidimensional. All items are answered using a 4-point Likert scale ranging from strongly agree to strongly disagree. The scale generally has high reliability: test-retest correlations are typically in the range of .82 to .88, and (Cronbach's alpha .77).

Personal data sheet:

Demographic details such as initial, age, educational qualification and marital status were collected.

Statistical analysis:

Pearson's correlation coefficient was used to study the relationship between Body image dissatisfaction and self-esteem among young female adults.

IV. RESULT AND DISCUSSION

Table-1 Pearson's Product Moment correlation between Body image dissatisfaction and self-esteem among young female adults

Variables		Correlation coefficient
Body image dissatisfaction	100	-0.141 NS
Self-Esteem		

Variables		Correlation coefficient
Body image dissatisfaction	100	-0.141 NS
Self-Esteem		

NS- Not significant

The Pearson's product moment correlation was computed to assess the relationship between Body image dissatisfaction and self-esteem among young female adults. It is evident from the results that the correlation coefficient between Body image dissatisfaction and self-esteem was not significant, $r(98) = -0.141$ indicating that there was no significant relationship between Body image dissatisfaction and self-esteem. Thus it can be inferred that body image is not related to self-esteem.

V. CONCLUSION

The study examined the relationship between Body Image Dissatisfaction and Self-esteem. The conclusion of the study is as follows: There is no significant relationship between Body image dissatisfaction and self-esteem among young female adults.

VI. LIMITATIONS

1. The research was conducted with only 100 young female adults.
2. The geographical area was restricted to Chennai.

VII. SUGGESTIONS FOR FURTHER RESEARCH

1. A larger sample can be studied.
2. The study can be carried out on other age groups.
3. Comparative study can be done between male and female populations to study the gender differences among the variables.

REFERENCES

- [1] Baker, L., & Gringart, E. (2009). Body image and self-esteem in older adulthood, *Ageing and Society*, 29(6), 077-995. Doi:10.1017/50144686X09008721
- [2] Daniel Clay, Vivian L. Vignoles, Helga Dittmar: (2005) Body image and self-esteem among adolescent girls: Testing the influence of sociocultural factors *Journal of research on adolescence* 15 (4), 451-477, 2005. <https://doi.org/10.1111/j.1532-7795.2005-00107>
- [3] Grossbard, JR, Lee, C.M., Neighbors, C. et al. (2009) Body Image Concerns and Contingent Self-Esteem in Male and Female College Students. *Sex Roles* 60, 198-207. <https://doi.org/10.1007/511199-008-9515->

- [4] Marika Tiggemann, Body dissatisfaction and adolescent self-esteem. (2005) Prospective findings, *Body Image*, Volume 2, Issue 2. Pages 129-135, ISSN 1740-1445. <https://doi.org/10.1016/j.bodyim.2005.03.006>
- [5] Mellor, D., Fuller-Tyszkiewicz, M., McCabe, M.P. et al. (2010) Body Image and Self-Esteem Across Age and Gender: A Short-Term Longitudinal Study. *Sex Roles* 61, 672-681. <https://doi.org/10.1007/s11199-010-9813-3>
- [6] Monteiro, Lilian A., Novaes, Jefferson S., Santos, Mara L. and Fernandes, Helder M. (2014) "Body Dissatisfaction and Self-Esteem in Female Students Aged 9-15: the Effects of Age, Family Income, Body Mass Index Levels and Dance Practice" *Journal of Human Kinetics*, vol.43, no.1, 2014, pp. 25-32. <https://doi.org/10.2478/2Fhukin-2014-0086>
- [7] Robyn L. Moffitt, David L. Neumann, Shannon P Williamson (2016). Comparing the efficacy of a brief self-esteem and self-compassion intervention for state body dissatisfaction and self-improvement motivation *Body Image* 27, 67-76, 2018. <https://doi.org/10.1016/j.bodyim.2018.08.008>
- [8] PanteaKousari-Rad MPsych& Suzanne McLaren PhD (2013) The Relationships between Sense of Belonging to the Gay Community, Body Image Dissatisfaction, and Self-Esteem Among Australian Gay Men, *Journal of Homosexuality*, 60(6), 927-943, DOI: 10.1080/00918369.2013.774866
- [9] Paxton, S. J. Eisenberg, M. E. & Neumark-Sztainer, D. (2006). Prospective predictions of body dissatisfaction in adolescent girls and boys A five-year longitudinal study. *Developmental Psychology*, 42(3), 888-899. <https://doi.org/10.1037/0012-1649.42.5.888>
- [10] ShimaShahyad, ShahlaPakdaman, Omid Shokri (2015) Prediction of body image dissatisfaction from self-esteem, thin-deal Internalization and appearance-related social comparison. *International Journal of Travel Medicine and Global Health* 3 (2), 65-69. <https://doi.org/10.20286/ijtmgh-030299>