

Effects Of Body Image on Self -Esteem Among Young Adults of Selected Nursing Colleges of Guwahati, Kamrup Metro Assam

Momi Dehingia¹, Poyum Homtok²

¹Lecturer, Department of Community Health Nursing, Royal School of Nursing, Guwahati, Assam, India

²B. Sc Nursing, Royal School of Nursing, Royal Global University, Guwahati, Assam, India

Abstract—Background: An individual's perspective, thoughts, and feelings about their physical appearance are all parts of the complex construct known as body image. Excessive concern about body image, body image misconception is leading to dissatisfaction, disturbed eating pattern, affecting the nutritional status and also leading to depression and anxiety disorder. **Objective:** To assess the effects of body image on self-esteem among young adults of selected Nursing colleges and to find the association of effects of body image on self-esteem among selected young adults with the selected demographic variables. **Methods:** Non probability Purposive sampling technique was used. Study was undertaken on 100 young adults in selected nursing colleges. The tools used for the study were Rosenberg Self- esteem. The Reliability of tool was worked out by using Cronbach's alpha and was found to be 0.78.

Result: Demographic variable gender ($\chi^2=4.837$, $p=0.028$) had statistically significant association with level of body image concern among young adults at $p<0.05$ level. The demographic variables age ($\chi^2=17.627$, $p=0.0001$) and religion ($\chi^2=12.581$, $p=0.006$) had statistically significant association with level of self esteem among young adults at $p<0.05$ level respectively. **Conclusion:** Body image and self-esteem go hand in hand. With body dissatisfaction and in try of changing their body shape can lead to unhealthy practices with food and exercise. On the other hand, with low self-esteem, people have a lower worth about themselves and think about themselves as nobody, which can negatively influence their mental capabilities.

Index Terms—Adolescent, Body image, self- esteem.

I. INTRODUCTION

An individual's perspective, thoughts, and feelings about their physical appearance are all parts of the

complex construct known as body image. Excessive concern about body image, body image misconception is leading to dissatisfaction, disturbed eating pattern, affecting the nutritional status and also leading to depression and anxiety disorder. This concept of body image has been less explored in India context, especially among young girls. The definition of self-esteem states that it is a positive or negative attitude towards the self and can be taken to be a key indicator of an individual's psychological wellbeing. Body image is affected by self –esteem and self-evaluation more than by external evaluation by others.

The purpose of this study was to determine effects of body image on self-esteem among young adults of 18 to 24 years. This chapter outlines the problem of the study, the objectives of the study, and the research questions.

A. Objective

- To assess the effects of body image on self-esteem among young adults of selected Nursing colleges of Guwahati, Assam.
- To find the association of effects of body image on self-esteem among selected young adults with the selected demographic variables.

II. LITERATURE REVIEW

Annie T (2023) conducted a study on the relationship between body image and self-esteem among adolescent. The 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.

Priyanka B, Dr. Naghma J (2022) conducted a study on body image and self-esteem: a comparative study among men and women in Lucknow. The purpose of this study is to find if there’s any relation between body image, self-esteem, and anxiety, depression and stress. The study was administered on 54 females and 76 males from all over India. The samples were collected by administering a Body Image Questionnaire, Rosenberg Self-Esteem Scale and Anxiety, Depression and Stress Scale (ADSS). It was concluded that there is a significant correlation between body image and self-esteem among the Indian population.

III. RESEARCH METHODOLOGY

Research approach-Quantitative research approach
 Research design- Descriptive research design
 Setting-The study was conducted in selected Nursing colleges of Guwahati, Assam.
 Population-In this study the population was the students of selected Nursing Colleges of Guwahati, Assam.

Section 2: Frequency and Percentage Distribution of Body Image Concern among Students.

Body Image Concern	Frequency	Percentage (%)
Low (\leq Median)	61	61
High ($>$ Median)	39	39

Section 3: Frequency and Percentage Distribution of Self Esteem among Students.

Self Esteem	Frequency	Percentage (%)
Low ($<$ 15)	10	10
Normal (15 - 25)	90	90
High ($>$ 25)	-	-

Target Population- B. Sc nursing 2nd semester students of selected Nursing Colleges

Accessible Population- B. Sc nursing students of Dispur Nursing Institute and St. Martha Institute, Guwahati Assam.

Sample- B.sc nursing students of selected nursing colleges of Guwahati Kamrup, Assam who fulfils the inclusion criteria.

Sample Size- 100

Sampling Technique- Purposive sampling technique

IV. SAMPLE CRITERIA

A. Inclusion Criteria

- Present on the day of data collection
- Who can understand English

B. Exclusive criteria

- Not willing to participate

C. Tool and Technique

Tool: Section I- Rosenberg self – esteem rating scale

TECHNIQUE: Self-Structured Questionnaire

V. RESULTS

Section 1: Description Of Sample Characteristics:

The study results revealed that majority i.e. 81(81%) nursing students fall under the age group of 18-20 years. Out of 100 student’s majority i.e. 97(97%) were females whereas 3(3%) were male. Shows that out of 100 students’ majority i.e.57 (57%) was Muslim. Majority i.e. 97(97%) belongs from first and second semester. Study shows that out of 100 students’ majority i.e. 89(89%) were from nuclear family. Out of 100 students i.e. 68(68%) had knowledge regarding the topic.

Section 4: Association of the Body Image Effects Among the Young Adults with Demographic

DEMOGRAPHIC VARIABLES	LOW (\leq MEDIAN (22))		HIGH ($>$ MEDIAN (22))		CHI-SQUARE & P-VALUE
	F	%	F	%	
AGE					$\chi^2 = 1.686$ d.f=2 p=0.430 N.S
18 – 20 years	51	51%	30	30%	
21 – 23 years	9	9%	9	9%	
24 and above years	1	1%	0	0	
GENDER					$\chi^2 = 4.837$ d.f=1 p=0.028 S*
Male	0	0	3	3%	
Female	61	61 %	36	36%	
Transgender	-	-	-	-	

HEIGHT					
<5 feet	11	11%	11	11%	$\chi^2 = 3.228$ d.f=3 p=0.358 N.S
5 – 5.3 feet	34	34%	19	19%	
5.4 – 5.7 feet	16	16%	8	8%	
>5.7 feet	0	0	1	1%	

EDUCATION					
First and second semester	59	59%	38	38%	$\chi^2 = 0.042$ d.f=1 p=0.838 N.S
Third and fourth semester	2	2%	1	1%	
Fifth and sixth semester	-	-	-	-	
Seventh and eighth semester	-	-	-	-	

WEIGHT					
≤40kg	8	8%	7	7%	$\chi^2 = 5.838$ d.f=3 p=0.120 N.S
41 – 50 kg	24	24%	20	20%	
51 – 60 kg	23	23%	6	6%	
≥ 60 kg	6	6%	6	6%	

RELIGION					
Hindu	27	27%	12	12%	$\chi^2 = 2.839$ d.f=3 p=0.417 N.S
Muslim	31	31%	26	26%	
Christian	2	2%	1	1%	
Others	1	1%	0	0	
TYPE OF FAMILY					
Nuclear family	53	53%	36	36%	$\chi^2 = 1.058$ d.f=2 p=0.589 N.S
Joint	7	7%	3	3%	
Extended	1	1%	0	0	

MONTHLY FAMILY INCOME					
Rs.≥249044	8	8%	7	7%	$\chi^2 = 6.792$ d.f=6 p=0.341 N.S
Rs 124489 – 249043	5	5%	1	1%	
Rs 93381 – 124488	10	10%	8	8%	
Rs 62273 – 93380	10	10%	6	6%	
Rs 37325 – 62272	8	8%	9	9%	
12445 – 37324	11	11%	7	7%	
Rs ≤12444	9	9%	1	1%	

Do you have knowledge regarding effects of body image on self – esteem					
Yes	42	42%	26	26%	$\chi^2 = 0.052$ d.f=1 p=0.819 N.S
No	19	19%	13	13%	

Section 5: Association of Level of Self Esteem among Young Adults with Selected Demographic Variables

DEMOGRAPHIC VARIABLES	LOW (<15)		NORMAL (15 – 25)		CHI-SQUARE & P-VALUE
	F	%	F	%	
AGE					$\chi^2 = 17.627$ d.f=2 p=0.0001 S***
18 – 20 years	4	4%	77	77%	
21 – 23 years	5	5%	13	13%	
24 and above years	1	1%	0	0	
GENDER					$\chi^2 = 0.344$ d.f=1 p=0.558 N.S
Male	0	0	3	3%	
Female	10	10%	87	87%	
Transgender	-	-	-	-	

EDUCATION					
First and second semester	10	10%	87	87%	$\chi^2 = 0.344$ d.f=1 p=0.558 N.S
Third and fourth semester	0	0	3	3%	
Fifth and sixth semester	-	-	-	-	
Seventh and eighth semester	-	-	-	-	

HEIGHT					
<5 Feet	3	3%	19	19%	$\chi^2 = 1.444$ d.f=3 p=0.695 N.S
5 – 5.3 Feet	6	6%	47	47%	
5.4 – 5.7 Feet	1	1%	23	23%	
>5.7 Feet	0	0	1	1%	
WEIGHT					
≤40 kg	1	1%	14	14%	$\chi^2 = 0.317$ d.f=3 p=0.957 N.S
41 – 50 kg	5	5%	39	39%	
51 – 60 kg	3	3%	26	26%	
≥60 kg	1	1%	11	11%	
RELIGION					
Hindu	5	5%	34	34%	$\chi^2 = 12.581$ d.f=3 p=0.006 S**
Muslim	3	3%	54	54%	

Christian	2	2%	1	1%	
Others	0	0	1	1%	
TYPE OF FAMILY					
Nuclear family	9	9%	80	80%	$\chi^2 = 0.112$ d.f=2 p=0.945 N.S
Joint	1	1%	9	9%	
Extended	0	0	1	1%	
MONTHLY FAMILY INCOME					
Rs. \geq 249044	0	0	15	15%	$\chi^2 = 6.322$ d.f=6 p=0.388 N.S
Rs 124489 – 249043	0	0	6	6%	
Rs 93381 – 124488	2	2%	16	16%	
Rs 62273 – 93380	2	2%	14	14%	
Rs 37325 – 62272	4	4%	13	13%	
12445 – 37324	1	1%	17	17%	
Rs \leq 12444	1	1%	9	9%	

Do You Have Knowledge Regarding Effects of Body Image on Self - Esteem					$\chi^2 = 2.471$ d.f=1 p=0.116 N.S
Yes	9	9%	59	59%	
No	1	1%	31	31%	

The table portrays that the demographic variable gender ($\chi^2 = 4.837, p=0.028$) had statistically significant association with level of body image concern among young adults at $p < 0.05$ level and the other demographic variables did not show statistically significant association with level of body image concern among young adults at $p < 0.05$ level

VI. DISCUSSION

inding of the present study shows that 61% young adults have low body image concern and 39% of the young adults have high body image concern whereas 90% of the young adults have normal self esteem and 10% of young adults have low self esteem.

Demographic variable gender ($\chi^2 = 4.837, p=0.028$) had statistically significant association with level of body

image concern among young adults at $p < 0.05$ level and the other demographic variables did not show statistically significant association with level of body image concern among young adults at $p < 0.05$ level.

The demographic variables age ($\chi^2 = 17.627$, $p = 0.0001$) and religion ($\chi^2 = 12.581$, $p = 0.006$) had statistically significant association with level of self esteem among young adults at $p < 0.05$ level respectively and the other demographic variables did not show statistically significant association with level of self esteem among young adults at $p < 0.05$ level.

VII. CONCLUSION

The study findings demonstrate that adolescent girls have more body image dissatisfaction as compared to boys and positive body image will lead to higher levels of self-esteem and self-worth. Since a large proportion of adolescents with negative body image and even with positive body image were found to be having psychological distress, plans have been made with school authorities regarding counseling sessions/ stress management, workshops to help with the same. We also recommend conducting regular programmes to address issues like academic counseling, sex education, health education, self-acceptance and developing peer relationships. The constancy of body image dissatisfaction among young adults' points to the need for future research throughout early developmental periods as there is limited data in this regard.

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