

THE IMPACT OF BODY IMAGE ON SELF-ESTEEM (REVIEW BASED ARTICLE)

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ABSTRACT

Body image can be seen as the perceptions and attitudes one holds towards one's own body, especially, but not exclusively, one's physical appearance (Cash and Pruzinsky 2004). And according to Rosenberg (1965), self-esteem is one's positive or negative attitude towards oneself and one's evaluation of one's thoughts and feelings overall about oneself. The study aimed to explore the impact of body image on self-esteem. Negative and positive body image could affect an individual's self-esteem. The Researcher evaluated eleven reviews of literature and interpreted a positive correlation between body image and self-esteem.

KEYWORDS: body image, self-esteem.

1. INTRODUCTION

The concept of "body image" was first formulated as an important and integral psychological phenomenon by the German writer, Schilder, in his monograph *The image and appearance of the human body*, which was published in English in 1935. In his monograph Schilder spoke of body image as "the picture of your own body which we form in our mind, that is to say, how the body appears to ourselves" in recent times the definition has been expanded to refer to 'the picture we have in our minds of the size, shape, and form of our bodies; and to our feelings concerning these characteristics and our constituent body parts (Slade, 1988). The recent literature on "body image" has been greatly influenced by applied clinical concerns. These involve three main areas. The first, and the most influential area, is that of specific 'neurological disorders' in which patients exhibit a faulty perception of their own body. The second area is that of body image distortion (BID) as observed in patients with either an eating disorder (i.e. anorexia nervosa and bulimia nervosa) or a weight disorder (i.e. Obesity). The final clinical area relates to a highly specific problem concerning body image concern, which is viewed as involving a delusional misperception. And is referred to as 'body dysmorphic phobia'. The 'misperception' of body size and shape is the central concern in all these areas. Body image is the perception that a person has of their physical self, but more importantly the thoughts and feelings the person experiences as a result of that perception. It is important to understand that these feelings can be positive, negative, or a combination of both and are influenced by individual and environmental factors.

The four aspects of body image:

1. The way you see yourself (perceptual)

The way you see your body is not always a correct representation of what you look like. For example, a person may perceive themselves to be fat when they are underweight in reality. How a person sees is their perceptual body image.

2. The way you feel about the way you look (Affective)

There are things a person may like or dislike about the way you look like. Your feelings about your body, especially the amount of satisfaction or dissatisfaction you experience about your appearance, weight, shape, and body parts is your affective body image.

3. The thoughts and beliefs you feel about your body (cognitive)

Some people believe that they will feel better about themselves if they are thinner. Others believe they will look better if they develop more muscle. The way you think about your body is your cognitive body image.

4. The things you do about the way you look (behavioral)

When a person is dissatisfied with the way they look, they may employ destructive behaviors such as excessive exercising or disordered eating as a means to change their appearance. Some people may isolate themselves because they feel bad about the way they look. Behaviors in which you engage as a result of your body image encompass your behavioral body image.

People with positive body image will generally have a higher level of physical and psychological health, and better personal development. A positive body image will affect:

- **Self-esteem levels**
Self-esteem dictates how a person feels about themselves and this can infiltrate every aspect of that person's life. The higher your self-esteem. The easier you will find it to stay on top of daily life, the more sociable you will be, leading to a higher level of happiness and wellbeing.
- **Self-acceptance**
The more positive a person's body image, the more likely that person is to feel comfortable and happy with the way they look. A person with a positive body image is less likely to feel impacted by unrealistic images in the media and societal pressure to look a certain way.
- **Healthy outlook and behavior**
When you are in tune with, and respond to the needs of your body, your physical and psychological wellbeing improves. A positive body image will lead to a balanced lifestyle with healthier attitudes and practices with food and exercise.

Rosenberg (1965), one of the pioneers in this domain, stated that self-esteem refers to an individual overall positive evaluation of the self. The researcher added that high self-esteem consists of an individual respecting himself and considering himself worthy. In similar vein, Sedikides, and Gress (2003) stated that self-esteem refers to an individual's perception or subjective appraisal of one's self-worth, one's feelings of self-respect and self-confidence, and the extent to which the individual holds positive and negative views about self. There are three types of self-esteem. They are inflated self-esteem, low self-esteem, and high self-esteem.

Low self-esteem: when someone lacks confidence about who they are and what they can do. They often feel incompetent, unloved, or inadequate. People who struggle with low self-esteem are consistently afraid of making mistakes or letting other people down.

Inflated self-esteem; people with inflated self-esteem tend to think of themselves as better than other people and are always ready to underestimate others. This is a very negative type of self-esteem because it prevents people who have it from forming meaningful and healthy relationships.

High self-esteem; is not just liking yourself but generally affording yourself love, value, dignity, and respect, too. Positive self-esteem also means believing in your capability (to learn, achieve, and contribute to the world) and autonomy to do things on your own.

2. REVIEW OF LITERATURE

A literature review is a survey of scholarly sources (such as books, journals, articles, and thesis) related to a specific topic or research question, it is often written as part of a thesis, dissertation, or research paper. A good literature review doesn't just summarize sources. It analyses, synthesizes, and critically evaluates to give a clear picture of the state of knowledge on the subject. Information from the literature that provides a foundation for research and enhanced practice is analyzed in terms of the model used, the relevance of the particular opinion or data, and the logic of methods used to examine the conclusions. Poor body image and lower levels of self-esteem are documented in the literature as significant causes of concern among adolescent girls.

Research related studies reviews:

Atika Khalaf, Iman Al Hashmi, and Omar Al Omari (2021) compared the relationship between body appreciation and self-esteem and associated factors among Omani university students based on gender. Data was gathered from 237 male and female university students, aged between 18 and 35 years. A cross-sectional study design was utilized to explore the relationship between positive body image and self-esteem based on gender perspective. Data collection was accomplished by administering the body appreciation scale -2 (BAS-2) which is a 10- item scale measuring positive body image and the Rosenberg self-esteem scale (RSES: Rosenberg, 1965). The result shows that a total of 237 students responded to the online survey. The study investigated the relationship between PBI (positive body image) and self-esteem and associated factors among Omani university students based on gender. There is a significant positive association between PBI and self-esteem with no significant difference between female and male students.

Amrit Virak and Parmal Singh (2020) investigated the relationship between body image and self-esteem among medical undergraduate students located in rural Haryana. The study design is a cross-sectional study. The study was conducted among 150 first-year MBBS students, out of which 125 responded.

A semi-structured questionnaire with the following section was used. Section 1: socio-demographic and general characteristics (age, sex, residence, religion, type of family, and family monthly income) of study subjects. Section 2: body image self-assessment questionnaire (Such) and section 3: Rosenberg self-esteem scale (RSES). Descriptive statistics were calculated for predictors and determinants of body image and self-esteem. The result shows that body image dissatisfaction was present among 16.8% of the students. Low self-esteem was observed among 21.6% of the students. Low body mass index (<18.5) was found to be significantly associated with body image dissatisfaction. A moderately positive correlation ($r=0.384$, $p < 0.001$) was observed between self-esteem and body image satisfaction.

Rajika, Kurup, and Gayatri (2019) conducted a correlational study on body image and self-esteem among employees of Multinational corporations. The sample of body image and self-esteem was selected from people working at various multinational corporations in Trivandrum and taken from mostly middle and upper economic classes. The total sample size for this study is 120; 60 young adult males and 60 young females. The tools were used for the perceived body image scale part 2 and Rosenberg self-esteem scale. Descriptive statistics including means and SD were calculated for body image and self-esteem. Independent t-tests were used to compare groups. The result shows that there exists a correlation between body image and self-esteem, also there is a significant difference in the perception of body image among male and female employees the study notably showed the relation between body image and self-esteem.

Javaid, Q.A, & Ajmal (2019) conducted the impact of body image on self-esteem in adolescents male and female. Data were collected from a sample of 290 adolescents (144-male, 146-female) taken from different schools in Multan. The considered age group is between 10-and 19 years of age. Data collection was accomplished by administering a self-esteem scale (Rosenberg, 1965). And body shape questionnaire (cooper et al. 1986). To study the significance of the relationship between body image and self-esteem based on different types of responses for male and female recipients one way ANOVA was performed using SPSS (statistical package for social science). The result shows that confidence in body image is higher in adolescent males as compared to adolescent females. Older adolescent females have a higher level of self-esteem. Educated adolescent males have a high level of confidence in their body image on self-esteem in adolescents.

Jyoti Shetty (2018) investigated body image among school-going adolescents and assessed the strength of the relationship between body image, self-esteem, and psychological distress among adolescents. Data was gathered from 139 students of 9th and 10th standard of an English medium high school. The measuring instruments were Rosenberg's self-esteem scale and body image questionnaire. Data were analyzed with appropriate statistical tests using SPSS software ver.21. Various factors associated with negative body image were female gender, listening to others' opinions, and dieting. Poor self-esteem as measured by the Rosenberg scale and poor general health as measured by the GHQ-28 questionnaire was significantly associated with negative body image. Results show that adolescent girls have more body image dissatisfaction as compared to boys and a positive body image will lead to a higher level of self-esteem and self-worth.

Anshu Johry and Sangita Srivastava (2016) investigated the level of exposure to mass media is related to self-esteem, body image, and eating disorder tendencies in college girls. Data was gathered from 950 students of Allahabad University. Instruments used Garner's (1982) Eat-26 the original eating attitude test, Rosenberg's self-esteem scale, body shape questionnaire (BSQ). The BSQ is Self Report measure of the body shape preoccupations typical of bulimia nervosa and anorexia nervosa and media exposure (ME). This study supported that exposure to unsolicited slimming and fitness advertisements were associated, with eating disorder symptomatology and weight-loss behavior for girls.

Dr. Lana M. Qaisy (2016) compared body image and self-esteem among Isra university students. The study sample consisted of 300 students (148 males: 77 from the scientific field and 71 from the humanity field, 152 females: 80 from the scientific field and 72 from the humanity field). Data collection was accomplished by administering a body image scale (28 items) and Rosenberg's self-esteem scale (10 items). SPSS was used to analyze the data; means, standard deviation, and t-test were used. The result indicated a positive relationship between body image and self-esteem; the males were more satisfied with their body image, so their self-esteem was higher than females; meanwhile, females were more affected by others' views about their body, weight, height, and social standards about beauty and attraction.

Alona Tiunova (2015) evaluated the peculiarities of the relationship between body image and self-esteem of Ukrainian adolescents with different types of constitutional development. Data was gathered from 250 adolescents (135 girls and 115 boys).

Data collection was accomplished by administering the questionnaire of self-attitude by V. Stolin and S. pantileve (burl chuck 2007) and the body image questionnaire. Statistical analyses were conducted using Spearman correlations and descriptive statistics. The result shows that body image in the consciousness of a teenager defines his characteristics, level of self-esteem, the scope of internal conflicts, and specific features of emotional reactions to the environment, and self-esteem is more connected with factors associated with physical appearance compared with body dissatisfaction.

Shloim, N, Hetherington, and Roudolf, M et al (2015) investigated the relationship between body mass index and women's body image, self-esteem, and eating behaviors in pregnancy data gathered from 110 pregnant women from Israel and UK were recruited through the distribution of posters and flyers in community Centre and the University of Leeds and emails were sent through the university circulation lists. Data collection was accomplished by administering the Rosenberg self-esteem questionnaire, Dutch eating behavior questionnaire, body image scale (BIS), and body image disturbance questionnaire (BIDQ). Spearman correlation, Mann Whitney test, and linear regression modeling were applied to determine the relationship between variables and the difference between countries and BMI categories result in shows that self-esteem did not differ from the non-pregnant population-level frequency of high restraint (>3.5 DEBQ) was lower for UK healthy weight women for both countries a high correlation was found between image and BMI with significantly higher body dissatisfaction for Israel than UK women in pregnancy, UK and Israel women's levels of self-esteem did not differ from reported ranges for non-pregnant women, whilst poor body image and more restrained eating in healthy-weight women were found only in Israel.

Abamara Nnaemeka and Agusoloman (2014) investigated the relationship between body image and self-esteem among female undergraduate students of behavioral sciences using a correlational design. A random group of 400 female undergraduate students of Enugu state university of science and technology constituted the sample for the study data were gathered by administering Jester's (1999) questionnaire on body image, and Hudson's (1982) index of self-esteem correlational statistics was applied to analyze the formulated hypothesis result shows that low self-esteem correlated with distorted body image.

Charulata Gupta (2012) Investigated the relation between body image satisfaction and self-esteem to academic behavior in pre-adolescents and adolescent girls and boys with data gathered from 161 girls and boys from junior high school in Winnipeg, Manitoba, Canada. Data collection was accomplished by administering a body image satisfaction scale (RSE). Data were analyzed with both descriptive and multiple regression analyses as the statistical means to assess the relationship between the independent variables (body image satisfaction and self-esteem) and dependent variable (academic behavior). The result shows that self-esteem had a high positive correlation to academic behavior for both girls and boys across grades 7-9. Another highlight was that only for grade 9. Body image satisfaction had a low positive correlation to academic behavior.

3. CONCLUSION

The study indicates that there is a significant relationship between body image and self-esteem. The effect of body image on self-esteem can be especially high during the adolescent years. The teenage period is the developing period of the body during the teenage time lot of bodily changes will occur. So at times, the child is more conscious of their body image. Body image is based on an individual's thoughts and feelings. A healthy body image is made up of thoughts and feelings that are positive. From Researcher's viewpoint, an Individual's negative and positive body image affects self-esteem. So, there is a positive correlation between body image and self-esteem because high body image satisfaction can lead to high self-esteem.

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