

Body Image Perceptions and Its Correlation with Self Esteem of Adolescents Studying In Engineering Colleges of Hyderabad

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ABSTRACT

The present study of Body Image Perceptions and its Correlation with Self Esteem of adolescents studying in engineering colleges of Hyderabad was made to know the relationship between Body Image Perceptions (skin complexion, facial features, blemish free skin, height, weight, etc.) and Self Esteem of adolescents. About 200 adolescents (100 boys and 100 girls) ranging from age group of 18 to 20 years were selected from engineering colleges of Hyderabad and Secunderabad regions of Telangana state. Body Image Perception scale and Rosenberg's Self Esteem scale were used to collect data and simple Pearson correlation was applied for selected population. The present study contributes to an emerging understanding of underlying relation between body image and self esteem. The findings reveal how the Self esteem is positively correlated with self assessment and perpetually inclined towards the overall assessment of Body Image Perceptions at 1% level of significance. The results presented will reveal the facts of effective correlation between the two considered variables of study.

Keywords: *Body image perceptions, self esteem, Adolescents, Complexion, Blemish free skin, Self assessment and overall assessment.*

Adolescence is a critical period of growth and emotional turmoil. During adolescence self perception about their appearance is important to the development of self esteem. Physical changes during puberty may cause them to have both positive and negative feelings towards their body which in turn affects their self esteem. Though there are many factors that influence adolescents' self esteem, body image is one critical factor (Paxton *et al.* 2006). Body image, the picture of the body that is formed in one's mind, is significantly influenced by the ever-changing interaction with the social environment. Self-esteem is often seen as a personality trait, which means that it tends to be stable and enduring. Self-esteem arises automatically from within based upon a person's beliefs and consciousness. Self-esteem and body image perceptions are the terms that are often used interchangeably to refer to evaluative perceptions of the self and physical appearance is critical for adolescent boys and girls development of self-confidence (McCabe and Ricciardelli, 2005). The link between body satisfaction and depression or low self-esteem was

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found across all adolescent age groups and experienced more by adolescent girls than adolescent boys (Van den Berg *et al.*, 2010). The topic of body image has attracted a great deal of attention around the world especially in terms of art, psychological sciences and philosophy. While body image has been the focus of study in western countries, it is not extensively being studied in India especially on the dimensions like skin complexion, facial features, and blemish free skin and also about the relationship between body image and self esteem.

OBJECTIVE

To study the body image perceptions and its correlation with self esteem of adolescents studying in engineering colleges of Hyderabad

METHODOLOGY

Research design

Based on the nature of the problem and objectives, ex-post facto research design was adopted for conducting this study. Since it is an unexplored area of study, simple survey method was followed to elicit the information.

Locale of the study

The study was conducted in twin cities of Hyderabad and Secunderabad in Telangana region. Locale was selected based on easy access and availability of permission from the colleges to collect data for the study.

Sampling procedure

Simple random sampling procedure was adopted in selecting the institutions and adolescents. Sample comprised of 200 adolescents with equal number of boys (100) and girls (100).

The sampling procedure included:

Criteria for sample selection

1. Age range of adolescents should be 18 -20 years
2. Students from Co-educational engineering colleges

Selection of institution

The list of four Co-education engineering colleges was selected based on accessibility and availability of permission from the colleges to collect data for the study, in Hyderabad and Secunderabad regions.

Selection of adolescents according to age

A list of engineering students with in the age range of 18-20 years was taken from the institutions. Adolescents were selected among defined age groups as follows.

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Table 1. Selection of adolescents

S.no	Age	No of adolescents
1.	18	65
2.	19	65
3.	20	70
Total		200

Distribution of respondents

The total sample size of the study was 200, out of which 50 respondents were from each institution. The respondents were distributed in to boys and girls from 4 different fields of study.

Tools and Techniques

Self developed schedule on Body image perception and Rosenberg Self-Esteem scale were used to collect the data. The schedule was pre-tested and then applied in the present study with the control measures like handing over the scales one after the other in order to resist the anxiety of respondents in answering statements. This scale consists of seven domains, each domain measuring different aspects of body image perceptions of respondents. *Those are as follows*

1. General perception
2. Self assessment
3. My regrets about my body
4. My efforts to look the way I desire
5. Have you done any of the following things?
6. Ranking of appearance
7. Overall assessment

Statistical analysis

Simple Pearson correlation was used to study the correlation between self esteem and body image perceptions.

RESULTS AND DISCUSSION

Table 2. Self assessment of adolescents

S.No	Body part/Dimension	Total		
		Low S.A	Moderate S.A	High S.A
1	Height	12	35	153
2	Weight	22	50	128
3	Complexion	16	51	133
4	Skin texture	22	43	135
5	Hair length	21	46	133
6	Hair texture	17	42	141
7	Hair Colour	9	22	169
8	Chest measurement	18	46	136
9	Waist measurement	22	53	125
10	Hip measurement	19	51	130
11	Eye colour	13	20	167
12	Eye size	10	37	153
13	Nose shape	17	41	142
14	Ears Shape	9	23	168
15	Mouth shape	12	36	152
16	Neck shape	12	24	164
17	Shoulders	9	28	163

Self assessment in the study deals with adolescents ranking of them and associated level of satisfaction regarding different dimensions of their body. The results from Table 2, revealed that the three fourth of the respondents are satisfied and ranked themselves under high level of satisfaction on the dimensions like, hair colour, ears shape, eye colour, neck shape and shoulders, followed by height, eye size, mouth shape, nose shape, hair texture, skin texture and chest measurement. One fourth of respondents are moderately satisfied on the dimensions like weight, complexion, waist and hip measurements, only meagre number of respondents can be placed on low level of satisfaction under different parameters.

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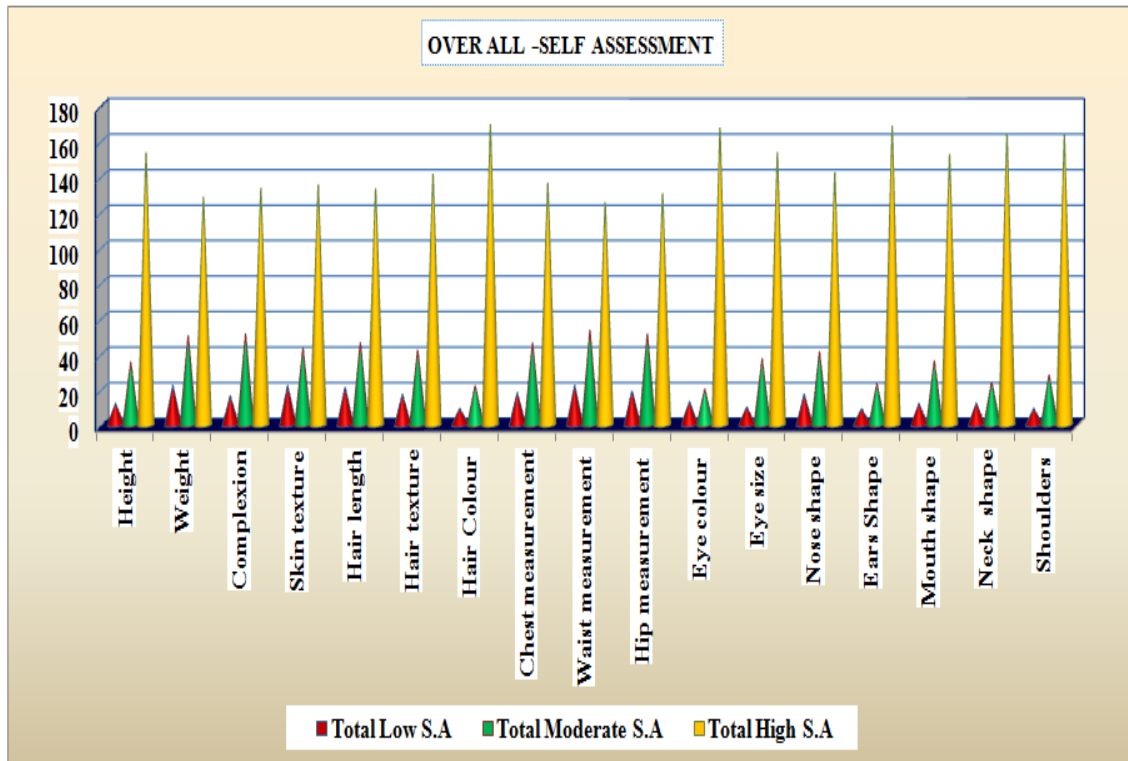


Fig -1. Self Assessment of adolescents

Adolescents are satisfied with many of the dimensions which are less observable, like eye colour, neck shape, ears shape, eye size, and nose shape; generally these dimensions go unnoticed by self and even by the members surrounding them. Though the aspects like height, skin texture and chest measurements are falling under satisfaction level for the respondents the other acceptable dimensions in the society like weight, complexion, waist and hip measurements for more than one fourth of the respondents are under the moderate level of satisfaction. This might be because majority of the adolescents are emphasizing beauty as an important aspect in their life.

Table 3.Over all assessment of adolescents

S.No	ITEM	Low	Average	High
1	I like the way I look	12	47	141
2	My family likes the way I look	12	28	160
3	My friends like the way I look	12	50	138

Overall assessment of adolescents is an indicator of adolescent’s acceptance by their family members and friends according to their physical appearance. The results from the table 3, revealed that three fourth of the respondents rated themselves high on all the three aspects and one fourth of the respondents rated themselves average on the aspects, like ‘I like the way I look’

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and 'my friends like the way I look'. Very less number of respondents came under low satisfaction level.

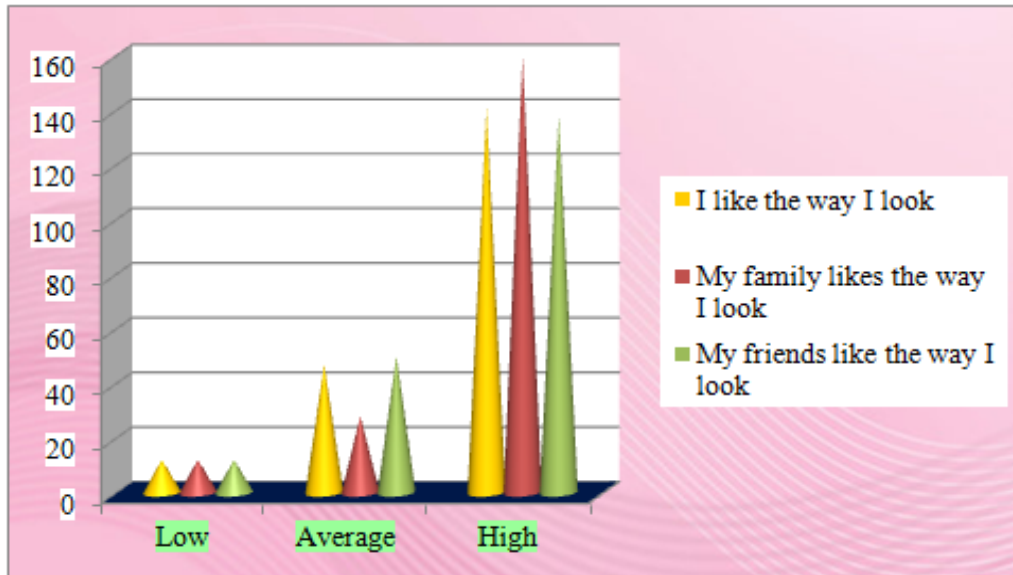


Fig -2. Overall assessment of respondents

This indicates that adolescents are accepted positively despite of their body image concerns by their family and peer group. Though they have concerns regarding their body image they appear to accept themselves in a positive way, without which social adjustments and getting along with others in this society is difficult.

Table 4. Correlation between body image perceptions and self esteem

VARIABLE	GP	SA	RB	IE	OA	SE
General perception(GP)	1					
Self assessment(SA)	.032	1				
Regrets about body(RB)	-.098	.370**	1			
Individual efforts(IE)	.358**	.122	.189**	1		
Overall assessment(OA)	-.129	.440**	.188**	-.062	1	
Self esteem(SE)	-.114	.264**	.067	-.031	.194**	1

** Correlation is significant at 1% level of significance.

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From the table 4 it is evident that the body image perception variables are positively correlated with self esteem at 1% level of significance. The observations are as follows.

Self esteem is positively correlated with self assessment and overall assessment of body image perceptions. As body image perceptions increased self esteem also increased, this indicates that perceptions about body dimensions like height, weight, complexion, skin tone, hair length, chest measurement, waist measurement and hip measurements under the self assessment domain are positively associated with self esteem.

It was also observed that adolescents with high self esteem have more positive perceptions about their body. Morin *et al.* (2011) in their four year longitudinal study revealed that the relationship between self-esteem and body appearance remained high and stable amongst the adolescent population. Another study conducted by Mellor *et al.* (2014) found that dissatisfaction with the face, height, and hair was positively correlated with overall body dissatisfaction and self esteem among Malaysian Malays, Australians and Chinese.

Adolescents who were perceived positively in terms of body image concerns by their parents and peer group also had high self esteem. The findings of the present study have some direct or indirect support from the observations made by Holsen *et al.* (2012).

It is interesting to note that general body perception is positively correlated with individual efforts indicating that adolescents who gave importance to beauty, spent more money on clothes, shoes/sandals, fairness creams and moisturizers of individual efforts in order to look beautiful. The same can be seen in terms of individual efforts which are positively correlated with general perception and regrets about body indicating that adolescents who have concerns and ideas about their body dimensions also have regrets regarding body about weight, height and complexion along with other dimensions which are vital in positive body image formation which indicates that adolescents are becoming more conscious about their body and are really worrying about the perfection.

CONCLUSION

Findings of this research show an effective relationship between body image perceptions and self esteem of adolescents, and clearly at the impressionable ages of late adolescence. Result also shows that self esteem of adolescent's increases with inclined and positive perceptions about their physical appearance. It is now clear with the results that, though self esteem is an outcome of many factors, body perceptions are clearly important aspects of self esteem.

The current findings may be informative for further research efforts seeking to understand the relationship between self-esteem and body image perceptions of adolescents. By extending previous research, this study should encourage a continued effort toward coupling the different

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dimensions of body image perceptions and understanding its relation with self-esteem when studying adolescents and other sections of the society.

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