

## Determining the correlation between self-esteem and body image disturbance

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### ABSTRACT

The purpose of the study was to determine the correlation between an individual's body image disturbance and self-esteem. Body image disturbance was measured through Body Image Disturbance Questionnaire (BIDQ). Self-esteem was measured through Rosenberg Self-esteem Index (SEI). The sample size was 250, with 125 females and 125 males. The study involved the subjects completing the BIDQ followed by SEI. The scores were tallied and the Pearson's correlation values between the two factors of body-image and self-esteem was calculated and interpreted. Results showed that the scores of body image disturbance were significantly negatively correlated with self-esteem.

**Keywords:** *Body Image Disturbance, Self-Esteem, BIDQ, SEI*

Body image is a person's grasp about the aesthetics or sexual attractiveness concerning their very own body. The phrase body photograph was advance coined through the Austrian neurologist and psychoanalyst Paul Schilder of his eBook, *The conceit and Appearance on the Human Body* (1935). Human society has at every time placed enormous price over beauty on the human body, however a person's understanding over their very own physique may additionally no longer correspond after society's standards.

The idea about physique photo is aged into a quantity about disciplines, consisting of psychology, medicine, psychiatry, psychoanalysis, vision yet cultural and feminist studies. The time period is also often back among the media. Across these disciplines then media so is no alliance definition, however physique image may also be expressed as like how one views themselves among the mirror, or of theirs minds.

The self-concept is where we assume about the self; self-esteem, is the high-quality yet bad reviews regarding the self, namely within or we experience regarding it." Self-esteem is alluring as much a neighborly psychological assemble due to the fact researchers have conceptualized such as like a capable predictor concerning certain outcomes, such namely tutorial achievement, happiness, pride in affection or relationships, then sinful behavior. Self-esteem perform appeal particularly after a unique dimension (for example, "I consider I am a good writer yet experience pleasant regarding that") then an international extent (for

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example, "I consider I am a deteriorative person, then sense incorrect about myself into general"). Psychologists typically look on self-esteem as like a patient character attribute ("trait" self-esteem), although normal, non-permanent editions ("state" self-esteem) also exist. Synonyms yet near-synonyms over vanity consist of dense things: self-worth, self-regard, self-respect, yet self-integrity.

### *Variables*

#### **Variable 1: Body Image Satisfaction**

Body image refers in imitation of a person's emotive attitudes, beliefs, or perceptions on their personal body. It has been defined as "the multifaceted psychological ride of embodiment. Society fast constructs our behaviors then beliefs, certain as personal developments, physiological yet psychological interactions, and the common "perception over our bodies namely a thought about self-worth".

The 1930s yet Nineteen Forties witnessed the devastating outcomes over the 2nd World War. While guys had been abroad regarding the battlefield, females started getting into the workforce. This evolved among more configuration then traditional military enrobe styles because of women, as brought about another changing in physique image.

#### **Variable 2: Self Esteem**

Self-esteem displays an individual's overall subjective impassioned comparison on his or her very own worth. It is the choice instituted by means of a single so a mindset towards the self. Self-esteem encompasses beliefs in relation to oneself, (for example, "I am competent", "I am worthy"), as much properly as impassioned states, certain so triumph, despair, pride, yet shame. Smith then Mackie (2007) defined such by using saying "The self-concept is what we suppose respecting the self; self-esteem, is the advantageous or bad reviews on the self, so between how much we sense respecting it."

Self-esteem is desirable namely a communal psychological assemble due to the fact investigator have conceptualized it as like an influential prognosticator on certain outcomes, certain namely academic achievement, happiness, satisfaction among love or relationships, or criminal behavior. Self-esteem be able sue specifically according to a degree (for example, "I consider I am a strong writer then sense happy respecting that") then a world quantity (for example, "I consider I am a bad person, and feel incorrect in regard to myself in general"). Psychologists commonly look on vanity as an enduring character attribute ("trait" self-esteem), although normal, momentary variations ("state" self-esteem) also exist. Synonyms or near-synonyms over self-esteem encompass much things: self-worth, self-regard, self-respect, or self-integrity.

### *History*

The identification on vanity as much a wonderful psychological construct is notion in conformity with have its origins between the employment over truth seeker and psychologist, geologist, anthropologist William James (1892). James recognized more than one dimension about the self, together with twain levels of hierarchy: processes concerning understanding (called the 'I-self') and the resulting potential touching the part (the 'Me-self'). Observation respecting the self-interest then tankage about these observations via the I-self create three types regarding knowledge, who mutually account for the Me-self, in accordance in imitation of James. These are the material self, social self, then religious self. The conventional self comes closest in accordance with self-esteem, component whole characteristics identified with the aid of others. The fabric self-interest consists about

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representations on the physique or possessions, yet the religious self-interest of graphic representations then evaluative tendencies regarding the self. This digest regarding shallowness as the collection over an individual's attitudes toward oneself stays today. In the mid-1960s, sociologist Morris Rosenberg defined self-esteem as a intuition over self-confidence then promoted the Rosenberg shallowness strip (RSES), which grew to be the most-widely aged reach according In the early 20th century, the behaviorist motion minimized inward instruction over intellectual processes, feelings and feelings, which was once replaced by way of objective learning via experiments about behaviors Behaviorism positioned the human weight as an brute challenge in conformity with reinforcements, yet counseled placing psychology as an pilot science, comparable after chemistry and biology.

### *Statement of Problem*

The problem discussed in this research is self-esteem in students and the factors that affect it. Self-esteem can be crucial for students of all ages, and the desire to foster positive self-esteem is an aspect of being in school and among peers. Students with a positive self-esteem have been shown to have higher body image satisfaction. These students also have a more positive outlook in their daily lives and vice versa. If students have a high level of self-esteem as they move through their school years, it ensures that they will be as successful as possible. When high self-esteem is in place, students do not spend as much time worrying about the way they are viewed by their peers. This also allows students to focus on their schoolwork and learning more than how they are seen by their peers. When a high level of self-esteem is in place, students are able to be more successful academically and socially.

## LITERATURE REVIEW

The literature review will begin by outlining the literature related to body image dysmorphia and self-esteem. It will then expand to find the relation between body image satisfaction and self-esteem in adolescents (10-19 defined by World Health Organization {WHO}) and post adolescents (19-24 defined by World Health Organization {WHO}) girls and boys.

### *Body Image in Adolescence*

Body photo may remain conceptualized so a multidimensional assemble so represents how many 4 senses of folk think, feel, and behave with think in conformity with their personal physical attributes (Muth & Cash, 1997). Muth and Cash (1997) conceptualized physique photograph of twin's self-evaluative methods which includes pleasure and dissatisfaction including one's physical attributes and experience over separate emotions. Body structure and ounce are crucial determinants of shallowness among formative years due to the fact interpersonal success is an increasing number of viewed so life carefully linked after Even although body image has been found in imitation of influence psychological welfare in exceptional phases on life, its kinship is strongest during formative years (Carroll, Tiggemann, & Wade, 1999).

Body photograph is mean to vernal girls" self-definition, because it bears been socialized to accept as true with so appearance is a vital basis because of self-evaluation and for comparison with the aid of others (Thompson, et al., 1999). Pubescent women are becoming intensely irritative and dissatisfied along theirs naturally developing, fuller bodies (Kater, Rohwer, & Londre, 2002). The implications over this in accordance with tutorial results have been mentioned by using Yanover then Thompson (2008). Yanover and Thompson mentioned so the physique image dissatisfaction might conduct in imitation of excessive stage about school absenteeism fit in imitation of communal nervousness involving one's appearance. While physique picture research has been normally centered on

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women between the past, recent research indicates up to expectation body image issues are rapidly growing among boys also (Kater, as soul yet lady body beliefs differ, body photograph dissatisfaction because of women yet boys differs as like well (Helfert & Warschburger, 2011). The outset about puberty entails bodily adjustments that, of average, career young lady in add-on abroad out of societal requirement concerning female beauty the outset about puberty entails bodily adjustments that, of average, career young lady in add-on abroad out of societal requirement concerning female beauty (Clay, Vignoles, & Dittmar, 2005). Young ladies desire after remaining perfect now it comes according to their bodily appearance, and paint their Felicitous best as like tall, extraordinarily thin, then slim (Parker, Nichter, Vuckovic, Unfortunately, that perfect is inconceivable after the enormous majority about women, contributing in accordance with depression, paltry self-esteem, or eating disorders. Worry about physique image has grown to be consequently standard among vernal girls so much it has grown to be an anticipated quantity over puberty (Kater, et al., 2002).

### ***Body Image and Media***

Dohnt & Tiggemann (2006) draw as the media plays an essential position within figuring out the ideal body picture amongst adolescents. The ideal body image portrayed because of females into the media has come to be unrealistically attenuate in contrast in accordance with the previous (Koyunchu, et al., 2010).

Magazines, toys, advertisements, clothes entire painting a photo because of ladies then boys. Girls are stimulated after remaining “thin then sexy” or boys are prompted after stand “big then muscular”. An Australian education examined media influences then determined that 6 after x 12 months old female who appeared at women's magazines (e.g., Woman's Day) had higher dissatisfaction with their appearance then those who watched song television indicates or read appearance-focused girls' magazines (e.g., Dolly, Total Girl) estimated dieting awareness (Dohnt & Tiggemann). Anderson or Di Domenico (1992) carried out a land survey of the articles then commercials featured of the nearly popularly read descent magazines and discovered that the generation magazines contained greater form exchange articles then advertisements, or as a result such would appear to that amount males do no longer break out the socio-cultural stress to attain the perfect physique shape. Another education confers as young boys than girls turn out to be disenchanted together with their bodies when such comes after media affect then conventional stereotypes (Dohnt & Tiggemann, 2008; Labre, 2002). Koyunchu, et al's (2010) study suggests up to expectation ladies might also experience physique picture dissatisfaction then that evaluate their bodies to these on expert models. Pressure to achieve the perfect body type has been chronic in imitation of explain the emergence and preservation of physique dissatisfaction amongst girls and boys (McCabe & Riccardelli, 2005). Clay et. al (2005) confirms so much the idealized portrayals over ladies of Western media hold negative influence upstairs how youngling female advise themselves. Harrison (2001) located up to expectation exposure after thin-ideal TV used to be related along a rise among ingesting issues of adolescent girls.

### ***Body Image and Self-esteem***

Harter (1999) compose the perceptions concerning bodily appearance yet self-confidence are inextricably linked, such to that amount perceived appearance persistently emerges namely the strongest odd predictor over self-esteem among each person yet woman adolescents or adolescents. This hyperlink is particularly strong, with an average outset concerning .65 within the United States yet .62 among sordid nations certain as much England, Canada, Italy, Japan, Holland, Ireland, Australia, yet Greece (Harter). Physical look used to be

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observed in conformity with keep concerning sizeable importance in imitation of the recognition or self-confidence about ladies then athletic skills was once about more respect because of the popularity and self-confidence regarding boys (Coyle, 2009). Body pleasure is positively correlated together with vanity amongst boys (Cohane & Pope, 2000). Thus, that comes namely no substantial colorful to that amount vernal girls, not like boys, any are not subjected according to certain unrealistic beliefs show a marked decline between perceptions over their physical elegance from in regard to 11 years advanced (Harter). The U.S. Department of Health or Human Services (2008), look at so weight obese negatively impacts children's psychological then convivial wellbeing. Body photo dissatisfaction is additionally related together with negative then mangy vanity (Clay et al., 2005; Fabian & Thompson, 1989; Folk, et al., 1993; Lawrence & Thelen, 1995; Wojtowicz & Ranson, 2012). A current Australian discipline conducted including young people beside thirteen according to 17 years of youth validated up to expectation girls were substantially extra likely than boys according to lie disappointed with theirs measure and bodily look (Delfabbro, Winefield, Anderson, Hammarstrom, & Winefield, 2011).

### *Studies related to self-esteem*

“A research committed by means of Mullis and Chapman (2000) concerning association amongst gender, age, shallowness and discovered as teenagers' base high self-esteem centered about problem solving and feeling focused approach used to be old by way of these adolescents forlorn ignoble self-esteem”. “Judge, Timothy and Joyce (2001) examined the alliance among self-esteem, generalized self-efficacy, footing concerning control, then pathological permanency with work pride yet job performance. With honor in accordance with action satisfaction, the estimated real score correlations were .26 for self-esteem, .45 because of generalized self-efficacy, .32 for inward locus on control, or .24 because impassioned stability. With observance in conformity with job performance, the correlations have been .26 because self-esteem, .23 because generalized self-efficacy, .22 because of inward locality about control, and .19 because of tumultuous stability. In total, the effects based totally regarding 274 correlations endorse so much these characteristics are amongst the excellent dispositional predictors on employment pleasure and labor performance”.

“Valentine (2001) well-read or acculturation affects self-esteem cultural identification or era statuses. one hundred ten teachers have been elected namely a sample. For analysis the hierarchical regression evaluation was once used. Results confirmed at that place was once positive effect about vanity or technology reputation concerning acculturation. But in that place was terrible affect over acculturation over Hispanic cultural identity”.

“Michelle (2005) examined the relations among executive self, shallowness or poor affectivity. A cross-sectional or longitudinal education established to that amount vanity mediated the relation in govt interest yet terrible affectivity. The education replicated it sample or examined genetic environmental influences underlying all 3 phenotypes. Co variation amongst the 3phenotypes reflected largely frequent genetic influences, though special genetic consequences explained variability within each executive self then bad affectivity. Executive interest was once influenced through shared environmental influences special beside those affecting vanity or poor affectivity. Non-shared environmental influences accounted because the championship regarding disunity into each construct and have been especially unique in imitation of each. The unique environmental influences assist the profession so much the govt self, self-esteem or bad affectivity capture distinct and vital difference of human beings.”

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“Kent (2005) strong over the association within common self-esteem then burnout used to be done via 533 college counselors have been committed namely pattern because of research. Geographic location of employment setting, measure of assignment and Sex had been studied. He additionally explored whether upon variables had been extensively associated according to burnout. Results show as forlorn high common shallowness did not back the scenario on burnout. Further findings regarding lookup confirmed as high level regarding burnout was once located among these counselors whosoever had been cause into urban settings of assessment in imitation of mean lector whichever have been work among college environment.”

### **METHODOLOGY**

#### *Objective*

1. To assess the level of self-esteem amongst a group of adolescence and post adolescence individual.
2. To assess the level of body image dysmorphia.
3. To analyze the association between the level of self-esteem and level of body image dysmorphia.

#### *Variables and Definition*

##### **Self Esteem**

In psychology, the term self-esteem is used to describe a person's overall sense of self-worth or personal value. Self-esteem is often seen as a personality trait, which means that it tends to be stable and enduring. Self-esteem can involve a variety of beliefs about the self, such as the appraisal of one's own appearance, beliefs, emotions, and behaviors.

##### **Body image dissatisfaction**

The concept of physical structure persona is used in an issue of subject field, including psychology, medicine, psychopathology, analysis, philosophy and cultural and feminist subject area. The terminal figure is also often used in the media. Across these disciplines and media there is no consensus definition, but consistence image may be expressed as how one views themselves in the mirror, or in their minds. It incorporates the memories, experiences, assumptions, and comparisons of one's own appearance, and overall posture towards their peak, shape, and system of weights. An individual's impression of their body is also assumed to be aware of paragon cultivated by various social and cultural ideals.

#### *Hypothesis*

There will be a negative relation between self-esteem and body image disturbance of an individual.

#### *Null Hypothesis*

There will be no correlation between self-esteem and body image disturbance of an individual.

#### *Sample*

The participants in this study were 250 Indian male and female university students (adolescent and post-adolescent). They were studying at different universities; Amity University, Mumbai (located in Navi Mumbai) and Smt. Devikaba college of Commerce and science (located in Vapi, Gujarat). The sample size belonged to upper middle-class family, the sample was selected using Purposeful Random Sampling, with the filtration criteria being the age range of 17-24 years.

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There were 250 participants (125 boys and 125 girls.).

### *Instruments*

Two tests were used for this research.

- 1. Body Image Disturbance Questionnaire:** It is common in the research literature to equate “negative body image” with body image dissatisfaction. Such a simplistic definition is problematic. As Cash and colleagues have argued, negative body image or “body image disturbance” entails body image dissatisfaction, distress (or dysphoria), and dysfunction (or impairment).
- 2. Rosenberg’s Self Esteem Index (SEI):** The RSES is designed like social-survey questionnaires. It is a ten-item Likert-type scale with items answered on a four-point scale—from strongly agree to strongly disagree. Five of the items have positively worded statements and five have negatively worded ones. The scale measures state self-esteem by asking the respondents to reflect on their current feelings. The original sample for which the scale was developed consisted of 5,024 high-school juniors and seniors from 10 randomly selected schools in New York State. The Rosenberg self-esteem scale is considered a reliable and valid quantitative tool for self-esteem assessment. The RSES has been translated and adapted to various languages, such as Persian, French, Chinese, Italian, German, Portuguese, and Spanish. The scale is extensively used in cross-cultural studies in up to 53 different nations.

### *Procedure*

The objective of the research was to administer relationship between body image disturbance and self-esteem of an individual. The sample size was 250 (125 males and 125 females) the sample was randomly selected with the age criteria of 17-24. The tests used for administration were BIDQ and SEI based on the answers of the subject the scoring was done and the data was analyzed.

Statistical analysis: The analyses comprised of both descriptive and quantitative statistics. The descriptive statistics included frequencies, ranges, means and standard deviations and were presented for the whole population. Normality of the data and conditions for analyses were checked statistically with Kolmogorov-Smirnov test. The Kolmogorov-Smirnov test was not meaningful for the Self-esteem Inventory and BIDQ scores which shows that the normality assumption was met. The statistical procedures included Pearson Product Moment Correlation Coefficient to examine the degree and the direction of the relationship between the study variables.

## **RESULTS**

*Table No. 1 Descriptive Statistics*

Variable	N	Mean	Std. Deviation	Minimum	Maximum
Self Esteem	250	18.19	4.40	9.00	30.00
Body Image	250	1.65	0.78	1.00	5.00

*Table No. 2 Correlations*

Variable	Correlation	Self Esteem	Body Image
Self Esteem	Pearson correlation	1.00	-0.63
	Sig. (1-tailed)		0.00
	N	250	250
Body Image	Pearson correlation	-0.63	1.00
	Sig. (1-tailed)	0.00	
	N	250	250

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Based on the analysis of data collected the std. deviation of self-esteem came 4.40 and .78 for BIDQ with the maximum responses of 30 and 5 respectively, when correlated with Pearson's correlation (1-tail) the significance came to be -.63 through which the experimenter can conclude that the hypothesis was accepted.

### DISCUSSION

The results showed that both the males and females who had high body disturbance had low self-esteem and the ones with less body disturbance had high self-esteem. There were no gender differences found throughout the analysis. The hypothesis was accepted which stated that "there will be a negative relation between body image disturbance and self-esteem of an individual.

#### *There are researches which prove that the following research is reliable,*

Harter (1999) write the perceptions of physical appearance and self-worth are inextricably linked, such that perceived appearance consistently emerges as the strongest single predictor of self-esteem among both male and female children and adolescents. This link is remarkably strong, with an average correlation of .65 in the US and .62 in other countries such as England, Canada, Italy, Japan, Holland, Ireland, Australia, and Greece (Harter). Physical appearance was found to be of great importance among the popularity and self-confidence of girls and athletic abilities was of more importance for the popularity and self-confidence of boys (Coyle, 2009). Body satisfaction is positively correlated with self-esteem among boys (Cohane & Pope, 2000). Thus, it comes as no great surprise that adolescent girls, unlike boys, who are not subjected to such unrealistic ideals show a marked decline in perceptions of their physical attractiveness from about 11 years onward (Harter). The U.S. Department of Health and Human Services (2008), write that being overweight negatively affects children's psychological and social wellbeing. Body image dissatisfaction is also associated with negative or low self-esteem (Fabian & Thompson, 1989; Lawrence & Thelen, 1995; Clay et al., 2005; and Folk, Pedersen, & Cullari, 1993). Mendelson and White (1982) found that in children, as young as 7, feelings about their body were associated with their self-esteem. McCabe and Ricciardelli (2005) write that physical appearance is critical for adolescent boy and girl's development of self-confidence. A study done in UK reported that in girls aged 11-16, experimental exposure to either ultra-thin or average size magazine models lowered body image satisfaction and consequently, self-esteem (Clay et al., 2005). Self-esteem is defined as a "positive or negative attitude toward a particular object, namely, the self" and makes the person feel that he is a person of worth (Rosenberg, 1965, p. 30-31). Rosenberg (1965) describes a person of high self-esteem as an individual, who respects himself, considers himself worthy and not better than others, recognizes his limitations, and expects to grow and improve. According to Glasser (1969) the most important aspects of self-esteem are a feeling of belonging or of being needed, a sense of being accepted, and a feeling of being a competent person. On the other hand, a person with a low self-esteem shows self-rejection, self-dissatisfaction, and self-contempt, lacks self-respect, and paints a disagreeable self-picture (Glasser). When youth reach adolescence with a negative self-image, they get a feeling of "being stuck" (Morganett, 1990, Pg. 85). Because self-esteem is especially vulnerable during the period from 12 to 14 years, early adolescence is the ideal time for intervention (Simmons, Rosenberg, & Rosenberg, 1973).

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### ***Conflict of Interest***

The author declared no conflict of interest.

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