

Self-Perception, Body-Image and Self-Esteem among Young Adults

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ABSTRACT

A study was conducted with 120 young adults, from Delhi NCR to determine relation between self-perception, body-image and self-esteem. Subjects were 50% male (N=60) and 50% female (N=60) with age range between 18-25 years. Questionnaire of all three variables were used such as Self-perception profile for emerging adults with 45 items, the Coopersmith self-esteem inventory (CSEI) with 58 items and the body-image questionnaire with 19 items. After analyzing the data, no significant difference on the level of self-perception, body-image and self-esteem in both male and female young adults was found. But the correlation between all three variables were found significant on both the levels in both male and female young adults.

Keywords: *Self-perception, Body-image, Self-esteem*

Perception of self means the way by which individuals come to comprehend their own frame of mind and convictions dependent on their conduct in any circumstances. It is successfully a model of oneself from the point of view of an outside spectator.

Perception of self is an individual's impression of their physical self and the musings and emotions, positive, negative or both, which result from that observation. It implies the conceptual picture or mental image of one's own body. By the day's end, self-observation is simply the methods by which we see. Helpful implications of self-discernment loosen up to join the individual's energetic feelings and attitudes about the image they see.

Body Acceptance is endorsing of and thinking about your body notwithstanding it's genuine or saw "blemishes". This is comprehensive of different terms like body positive, body lack of bias and size acknowledgment. Being body positive or progressing in the direction of body acknowledgment, doesn't mean you completely love the manner in which you look constantly. It just implies you acknowledge and respect all bodies – including your own – as great and deserving of consideration and regard. It likewise implies you are happy to go up against your own disguised weight inclination and challenge different generalizations or suspicions dependent on an individual's appearance.

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Self-esteem means self-worth and self-respect and is important part of personality. Self-esteem is frequently observed as a character characteristic, which implies that it will in general be steady and persevering. It can include an assortment of convictions about yourself, for example, the evaluation of your own appearance, convictions, feelings, and practices. It is utilized to depict an individual's general feeling of self-esteem or individual worth. As it were, the amount you acknowledge and such as yourself. Self-regard can assume a critical job in your inspiration and accomplishment for an incredible duration. A persons self-esteem and self-concept also depends on type of abuse one have had since their childhood. Physical, emotional and sexual abuse can have damaging and long-lasting impacts on one's self-esteem. Someone who has experienced more frequent abuse is likely to have negative or low self-concept or self-esteem and vice-versa. Individuals with low confidence – who feel inadequately about themselves and judge themselves to be mediocre compared to other people – are in danger, at that point, of not satisfying their actual potential throughout everyday life. They may not step up to the plate and set and seek after close to home objectives; they may not invest any energy into their instruction or vocations; they may acknowledge poor treatment from family, companions and sentimental accomplices. When a person lacks confidence and when their self-esteem is low, they tend to face problems in various areas of life and can result in low self-worth. Other than this what type of relationship someone develops with there family or colleagues at work have great impact on self-esteem of that person as it shows kind of attachment styles that person is having with others and the greater the feeling of security is towards those people the greater will be their self-worth and self-esteem.

Braun, T. D., Park, C. L., & Gorin, A. (2016). Studied on Self-sympathy, regarding oneself as an adored companion would, exhibits gainful relationship with self-perception and eating practices. Discoveries across different investigation structures reliably connected self-sympathy to bring down degrees of eating pathology, and self-empathy was embroiled as a defensive factor against poor self-perception and eating pathology, with a couple of special cases. These discoveries offer primer help that self-empathy may ensure against eating pathology by: (a) diminishing dietary issue related results straightforwardly; (b) forestalling starting event of a hazard factor of a maladaptive result; (c) communicating with chance components to interfere with their injurious impacts. *Szabó, M. K. (2015)* focussed on the relation between body perception and confidence of an individual and long-term goal of this study was to provide more appropriate guidance to the people whose self-concept is negative due to their poor perception of their body. And it was also found that when the difference between perceived and ideal body image is huge then the person has low self-confidence and self-concept. *Gitau, T. M., Micklesfield, L. K., Pettifor, J. M., & Norris, S. A. (2014).* Did a cross-sectional investigation of urban secondary schools tried to look at eating perspectives, self-perception and confidence among male young people. White young men had higher confidence, BMI and typical eating perspectives than the Black young men. Taking everything into account, the discoveries feature ethnic contrasts and a need to all the more likely comprehend social contrasts that impact youthful mentalities and conduct. *Orth (2014)* did research on development of self-esteem and how it influences our life outcomes. It was found that self-esteem increases from adolescence to middle adulthood and decreases in old age. Secondly, it is also proved that it is not necessary that individual born with some good traits and high or low self-esteem will carry it in same extent for rest of their lives even if they get old.

And thirdly, it was found that high self-esteem contributes to better life-satisfaction, health, relationships and works.

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Hypotheses

- H1: There will be significant relationship between self-perception and self-esteem among male young adults.
- H2: There will be significant relationship between self-perception and self-esteem among female young adults.
- H3: There will be significant relationship between self-perception and body-image among male young adults.
- H4: There will be significant relationship between self-perception and body-image among female young adults.
- H5: There will be significant relationship between body-image and self-esteem among male young adults.
- H6: There will be significant relationship between body-image and self-esteem among female young adults.
- H7: There will be significant difference on the level of self-perception among male and female young adults.
- H8: There will be significant difference on the level of body-image among male and female young adults.
- H9: There will be significant difference on the level of self-esteem among male and female young adults.

Sample

The data was collected from 120 male and females from age range 18-25 years from colleges of Delhi NCR. The minimum qualification was graduation.

Tools used

S. NO	Name of the tool	Author and the year	No. of items	Reliability/validity
1	Self-perception profile for emerging adults	Susan Harter, 2012	45	Reliability- test-retest reliability Validity- face, factorial validity
2	The Coopersmith self-esteem inventory (CSEI)	Stanley Coopersmith and Ryden 1978	58	Reliability- 0.80 Test-retest reliability used Validity- discriminant used
3	The Body-image questionnaire (BIQ)	Michele Koleck et.al, 2002	19	Construct, discriminant and predictive validity

RESULT

Table 1-Correlation values between self-perception and self-esteem among male young adults

Variables	N	R	P
Self-perception	60	0.510	Sig***
Self-esteem	60		

Table 2 Correlation values between self-perception and self-esteem among female young adults

Variables	N	r	P
Self-perception	60	0.704	Sig***
Self-esteem	60		

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Table 3 Correlation values between self-perception and body-image among male young adults

Variables	N	r	P
Self-perception	60	0.469	Sig***
Body-image	60		

Table 4-Correlation values between self-perception and body-image among female young adults

Variables	N	r	p
Self-perception	60	0.52	Sig***
Body-image	60		

Table 5 Correlation values between body-image and self-esteem among male young adults

variables	N	r	P
Body-image	60	0.621	Sig***
Self-esteem	60		

Table 6 Correlation values between body-image and self-esteem among female young adults

variables	N	r	P
Body-image	60	0.625	Sig***
Self-esteem	60		

Table 7 Mean, SD and t values for self-esteem among male and female young adults

	gender	N	Mean	SD	t value	P
Self-esteem	Male	60	35.88	7.764	2.231	Insig
	female	60	39.30	8.968		

Table 8 -Mean, SD and t value for body-image among male and female young adults

	gender	N	Mean	SD	t value	P
Body-image	Male	60	65.50	10.505	0.429	Insig
	female	60	66.28	9.478		

Table 9- Mean, SD and t value for self-perception among male and female young adults

	gender	N	Mean	SD	T value	P
Self-perception	Male	60	35.49	3.91	1.508	Insig
	female	60	36.78	5.34		

DISCUSSION

The present study is aimed to see the impact of self-perception and body-dissatisfaction on self-esteem in young adults. This study was conducted with 120 young adults, from Delhi, 50% male (N=60) and 50% female (N=60) with age range between 18-25 years. Tools used for data collection were Self-perception profile for emerging adults with 45 items by Susan Harter, the Coopersmith self-esteem inventory (CSEI) with 58 items by Stanley Coopersmith and Ryden and the body-image questionnaire with 19 items Michelle Koleck. After data collection for analysis of result, correlation, mean and t test were used as statistical analysis.

The findings of the present research are that there is positive relationship between self-perception, self-esteem and body-image among both male and female young adults. And

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also, no such difference is found in self-esteem between male and female young adults. Similarly, no difference is found on level of self-perception between male and female young adults. Also, there is no significant difference found on level of body-image between male and female young adults.

A positive relationship has been found among self-perception, body-image and self-esteem among both male and female young adults. But there was no significant difference found between them. Among nine hypotheses, six of them are proved and three were disapproved. This study could have been done on larger sample size for the better representative of population. And also, the demographic variables can be taken differently, instead of gender it can be done on rural and urban area population or on the population of government college and private college students. Other than this more variables could have been included except three of them. Due to the time constraint the sample could not be studied on larger population.

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Conflict of Interest

The author(s) declared no conflict of interest.

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