

Body Esteem and Life Satisfaction among Young Adults

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ABSTRACT

This is a correlational research of body esteem and life satisfaction. Raising question on how much does self-esteem actually correlate with an individual's life satisfaction. The sample size is 100 and is taken through online mode of random sampling technique. As the way men and women view their body is different, the research is done for three domains separately, with different body parts for each domain, in both men and women. There is no definite correlation in both men and women, but, it shows that there are correlation between weight concern, physical condition and life satisfaction.

Keywords: *Body Esteem, Life satisfaction, effect, relationship, body.*

Body Esteem is the perception that a person has of his or her own body. The way a particular part looks and feels to him or her, most times when we asked about what a person thinks of their own body, they answered that they would change one thing or the other. Formulated by the German writer, Schilder, in his monograph, '*The Image and Appearance of the Human Body*', the concept of this 'body image' was defined as, 'the picture of our own body which we form in our mind, that is to say the way in which the body appears to ourselves'. (Slade, 1993). In the latest definition given by the American Psychological Association, it defines body image as, "the mental picture one forms of one's body as a whole, including it's physical characteristics and one's attitudes toward these characteristics", (APA).

Body Esteem is the facet of self concept mostly associated with weight, which also includes the attitudes, the evaluation that a person has on themselves (Williams, et.al, 2012). There are studies that suggests that the recent pandemic, that happened in the year 2019 to 2022 did not help in improving people's body esteem overall, based on a UK survey that was published on April 2021 (Lawler, 2022). Such negative feelings are defined as Body Dissatisfaction. As there has been an increase in poor body esteem. Do these things lead to dissatisfaction with life in general? Or, Do these dissatisfactions stop there? Does it effect how people live their life? Life Satisfaction is how we look at life in general, are we satisfied with the things happening around us and what we have for ourselves. Looking back at our adolescent period, it is the time of the most rapid growth both physically and mentally, it is where we as people try to make sense of what is going on in our body and mind as a

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construct. We try to cope up with the ever rapid change and all the things that would have an effect in our cognition as well as in our behaviour. How much of it follows us throughout our life into the adulthood from then, and how much of it really affects the way in which we live. The concept of body esteem has its positives and negatives, having great influence by applying clinical concerns that involve three main areas. The first where patients exhibit a faulty perspective and perception of their body, the second being patients having body distortions which are observed in patients with eating disorders, and lastly, where patients have a problem concerning body esteem concerns that involve misconception of the body known as, 'body dysmorphia'. (Slade, 1993).

In this study we will be looking at whether the level of perceived body esteem really affects the quality of living in individuals

Need and the Significance of the Study

In the digitalized world where all different types of body are on the internet, where they are accessible to all people, old, young and even as young as a child. Humans tend to compare a lot, between what we have and what we don't that others have. First popularized by Leon Festinger in the year 1954, the 'Social Comparison Theory', where it explains the reason why humans have the tendency to compare, why people evaluate themselves, their own opinions, their values achievements as well as their individual abilities. Leon proposed that humans evaluate their own opinions and their abilities due to the primitive drive that exist in each individual. Thought to do so in order to strengthen the bond and ensure uniformity within a social group (Powdthavee, 2004). In a study done by Linda in 2003, she found that children especially average sized children, tend to shrink, lowering their heads and their voices and their eyes when asked about their body esteem issues. There are young children who have already been modifying and taking care of what they have been eating, especially those that were doing aerobics, which are found to be more prevalent in females. Such reasons are what makes researchers, parents and educators have concern in the topic, of body esteem issues in children. (Smolak, 2004). It has been assumed that such anecdotes have raised the possibility of having body issues, starting from childhood and following unto early adulthood. There had been longitudinal evidences that support that adolescent body dissatisfactions of becoming fat, are especially connected to the development of eating disorders and depression. (e.g., Leon, Fulkerson, Perry, & Early-Zald, 1995; McKnight Investigators, 2003, Stice, 2002; Stice and Bearman, 2001, Stice et al., 2000; Wichstrom, 1999).

METHODOLOGY

Objective

- To assess the body esteem and Life satisfaction among young adults.
- To examine the relationship between Body esteem and Life satisfaction.

Hypothesis

- There is a positive correlation between perceived body esteem and life satisfaction in all the three domains for women.
- There is a positive correlation in perceived body esteem and life satisfaction in all the three domains for men.

Variable

- Independent variable - Body Esteem

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- Dependent Variable – Life Satisfaction

Sample

The sample for the study are people who were in the age range of 18 - 25. The sample size for the study is 100 samples, and were collected using random sampling for the age range. The data was collected from the participants through an online survey questionnaire method.

Research Design and Sampling technique

The research design used in the study is Correlational design and the sampling technique used is Random sampling technique.

Tools used

1. The Body Esteem Scale – Revised

Authors:

Frost, Franzoi, Oswald & Shields, 2017

It is a 5 likert questionnaire that came up with three factors that emerged in females –

- Sexual Attractiveness (SA)
- Weight Concern (WC)
- Physical Conditions.
- As well as in males-
- Physical Attractiveness (PA)
- Upper Body Strength (UBS)
- Physical Conditions.

2. Satisfaction with Life Scale

Authors:

Darrow, S. M., Callaghan, G. M., Bonow, J. T., & Follette, W. C.

It is a 7 likert scale with five statements to answer to.

RESULT

Aim: To assess the body esteem and Life satisfaction among young adults

Hypothesis: There is a positive correlation between perceived body esteem and life satisfaction.

Table 1 Demographic details

Gender		Age		Place of residence	
Male	41 (41%)	18-22	73	Urban	73
Female	59 (59%)	23-26	27	Semi Urban	15
				Rural	12

Table one shows the demographic details of the samples that were collected

Objective; To assess the body esteem and Life satisfaction

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Table 2 The obtained data of the three domains in both men and women, and the norm given.

Men	Obtained	Norm	Women	Obtained	Norm
Sexual attractiveness	28.365	28.8	Sexual attractiveness	29.033	32.7
Upper Body Strength	17.658	16.6	Weight Concern	23.237	23.3
Physical Condition	28.634	35.5	Physical Condition	19	20.6

Objectives: To examine the relationship between body esteem and Life satisfaction

Hypothesis

There is a positive correlation between perceived body esteem and life satisfaction in all the three domains for women.

There is a positive correlation in perceived body esteem and life satisfaction an all the three domains for men.

The three domains of the 'Body Esteem Scale' was also calculated. As recent research still says that the factor used in analyzing the body esteem, but such is still only understood as multidimensional and is found out that males and females have a separate way of viewing and associating them as such. As to why in the three dimensions, the body parts associated for the genders are different.

Table 3 Correlation between Body esteem and Life satisfaction for Male

Variables/Domains	n	M	SD	1	2	3	4
Life Satisfaction	41	22.29	5.972	-	.301	.022	-0.34
Sexual Attractiveness	41	28.37	3.299	.301	-	.541**	.481**
Physical Condition	41	28.63	4.923	.022	.541**	-	.702**
Upper Body Strength	41	17.66	3.299	-.034	.481**	.702**	-

Table 4 Correlation between Body esteem and Life satisfaction for Female.

Variables/Domains	n	M	SD	1	2	3	4
Life Satisfaction	59	19.17	6.168	-	.214	.327*	.423**
Sexual Attractiveness	59	29.03	29.03	.214	-	.461**	.527**
Physical Condition	59	19.00	19.00	.327*	.461**	-	.469**
Weight Concern	59	23.24	23.24	.423**	.527**	.469**	-

*Correlation is significant in the 0.05 level.

**Correlation is significant in the 0.01 level

DISCUSSION

The aim of the present study is to find out the relationship between body esteem and life satisfaction with the objective of studying and examining the relationship of body esteem and life satisfaction among young adults.

In table 2 it shows the obtained mean value for each of the three dimensions as well as the norms value. In comparing the mean score obtained for women in the three domains, it does not necessarily show a big difference, but, in the 'Sexual Attractiveness' domain the

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obtained mean score is lower than the norm score, which could mean that the women on average don't really view themselves as sexually attractive in their perspective. In males, in the 3 domains, there were also not many difference, but, in the domain of 'Physical Condition', the obtained mean score was 28.365 which is slightly lower than the norm value which is 35.5. This could mean that the modern men do not have much confidence in their physical strength and their conditions, compared to the past.

In table 3 the calculation of correlation of each dimensions and life satisfaction for males are given. According to the data given, there is no significant correlation between the domains of, sexual attractiveness, physical conditions and upper body strength in relation with life satisfaction. But there is a correlation between sexual attractiveness, upper body strength and physical condition.

Table 4 shows the obtained score of females in the three dimensions. Here it shows that there is a significant correlation between physical condition, weight concern and life satisfaction. It also shows that there is correlation between the three domains as well.

As an assumption, this could mean that the way in which we see certain parts and functions of our body has changed along the past. Women are more of a victim to low body esteem.

CONCLUSION

The research that aims to find out the relationship between perceived body esteem and the satisfaction of life was examined on a sample strength of 100. It is concluded that perceived body esteem is connected to the life satisfaction in women. The connection between the two had been there and is connected very closely, it seems that the future will bring more issues with the modern body positivity trailing in the wrong way. Many health issues are also related. With the modern-day body issues stemming from young age. The question is, are the kids exposed too early to such issues which could lead to a life of mental and physical disarray.

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Conflict of Interest

The author(s) declared no conflict of interest.

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