

Research Paper

## The Effect of Fear of Negative Evaluation on Self-Esteem and Body Image Satisfaction in Middle Aged Women and Adolescent Girls

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### ABSTRACT

This study aims to identify the effect of fear of negative evaluation on self-esteem and body image satisfaction among middle aged women and adolescent girls. Even though the relation between Fear of Negative Evaluation, Self-esteem and Body Image Satisfaction has been established before, it is essential to recognise its effect on adolescents as well as in middle aged women. Therefore, the main intent of this study is to determine the effect of fear of negative evaluation on self-esteem and body image satisfaction in middle aged women and adolescent girls using the Brief Fear of Negative Evaluation Scale (BFNE), Rosenberg Self-Esteem Scale and Body Image Satisfaction Rating Scale. Fear of negative evaluation or Fear of Negative Evaluation is anxiety and expectation and fear to be viewed badly by others, including the fear of receiving a negative evaluation from others. Rosenberg (1965), described self-esteem as the general positive self-evaluation by a person. Body image satisfaction is a term used to describe the feelings a person has about their body, including what they think and feel. It is often described as the level to which an individual feels satisfied with their physical attributes, especially weight and shape. This study had a sample of one hundred and eight women of both middle age between 40 to 50 age group and adolescents between 15 to 18 age group. The statistical methods used were t-test and Pearson Correlation Coefficient. The notable findings showed a significant negative relationship between the Brief Fear of Negative Evaluation and self-esteem as well as Brief Fear of Negative Evaluation and body image satisfaction. The t-test revealed that there is a significant difference in both Brief Fear of Negative Evaluation and body image satisfaction among middle aged women and adolescent girls. And also revealed that is no significant difference between middle aged women and adolescent girls on self-esteem.

**Keywords:** *Fear of Negative Evaluation, Self-esteem, Body Image Satisfaction, Middle Aged Women, Adolescent girls*

The fear of negative evaluation, self-esteem and body image satisfaction are three interconnected terms that's been affecting both the adolescent girls and the middle-aged women in this day and age. Various factors like our family, friends, environment, social media, unrealistic beauty standards and stereotypes have made it

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difficult to maintain a positive body image and good self-esteem especially among women. So, this study specifically focuses on the aged groups between 16-18 and between 40-50, to see how their fear of negative evaluation has an impact on their self-esteem and body image satisfaction.

It has also been noticed that certain biological factors play a significant role in the self-esteem in adolescents and middle-aged women. The effects of biological factors among adolescent girls of 16-18 years of age are hormonal fluctuations which during puberty can lead to mood swing, acne, and body changes thus effecting self-esteem. The brain development of adolescents, especially the prefrontal cortex which regulates decision making and emotions in them are still in the processes of development so this causes immense self-doubt in them. Another key element is the quick physical changes leading to body dissatisfaction and unhealthy self-image during puberty. Adolescents go through shifts in their sleeping patterns, leading to fatigue and lowered self-esteem.

On the other hand, the effect of biological factors on middle aged women especially above 40 years of age is due to changes in hormones during the menopause increased mood swings, night sweats and hot flashes thus effecting their self-esteem. They also have to deal with fluctuating weight problems, some gaining weight while others losing it swiftly, wrinkles on their faces and aging related changes causing body dissatisfaction and steep fall in their own self-esteem. Many of the middle-aged women may experience health concerns, like osteoporosis, hypertension or diabetes. Some may encounter with sleeping issues like restless leg syndrome or insomnia which can make them tired and exhausted leading to decreased self-esteem. As we can see many of the issues that they face are the same but the impact that it has on each of their self-esteem is different. Like adolescents intensely experiences emotional fluctuations while middle aged women deal with physical symptoms during hormonal changes. Body changes are experienced by both but the impact differ. While middle aged women experience age related differences, adolescents deal with development and rapid growth.

They both have issues related to sleeping patterns that impact their self-esteem differently. Middle aged women experience it mainly due to their health-related concerns or hormonal imbalances while adolescents due to lifestyle factors. So, we can say that biological factors significantly affect the self-esteem in both adolescents and middle-aged women. However, the impact varies between the two.

Researchers have shown that the fear of negative evaluation, self-esteem and body image satisfaction varies among working women and homeworkers. Working women tend to show a higher level of self-esteem because of their financial independence and professional accomplishments. They also seem to have a better body image satisfaction because of their social interactions and heightened physical activity. Also, due to their increased confidence and self-worth, working women tend to have lower fear of negative evaluation. While the fear of negative evaluation is much higher among housewife women as they face societal expectations and they heavily depend on their families' opinions. Housewife women may experience very low self-esteem due to the feeling of lack of professional accomplishments and also because of their very little social interactions. Due to their limited psychical activities and increased focus on domestic duties, their body image satisfaction decreases drastically. We are able to see such a difference between working and non-working women is due to multiple reasons. The working women have an enhanced self-esteem and body

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image satisfaction because they have a large support system, financial independence and more autonomy than non-working women thus reducing their fear of negative evaluation. A strong role identity is also a major reason for increased self-esteem in working women. These findings can vary depending upon their socio-economic, cultural and other personal reasons.

### ***Fear of Negative Evaluation***

Fear of negative evaluation, or the fear of being judged or assessed negatively by others, can severely hamper the seeking of self-acceptance and self-esteem along with the image of positive body image. This is a life-long process, most significantly for women who are socialized to achieve unrealistic beauty standards. Such expectations developed under the influence of media and society often tend to trigger feelings of self-doubt, negative self-comparisons, and a fear of poor evaluation from others (Higgins, 1987; Fredrickson & Roberts, 1997). Middle-aged and adolescent females are more vulnerable to the adverse effects of fear of negative evaluation. Girls go through significant physiological, emotional, and social alterations in adolescence, which makes them more vulnerable to peer criticism and scrutiny (Erikson, 1968). As women begin to appraise their bodies based on sociocultural ideals of beauty, pubescence especially can trigger a rise in body consciousness and body image awareness (Tiggemann & Slater, 2013). Older women feel even more social force to look youthful, and hence, this social pressure further deteriorates their self-esteem and magnifies body dissatisfaction (Fredrickson & Roberts, 1997). This can even extend to middle-aged women's fear of being negatively evaluated in romantic relationships, the career, or social situations. Social demands about competence, appearance, and attractiveness might intensify this worry as women become older and affect their social confidence. When these women believe that their aging process has reduced their societal value, fear of negative evaluation can exacerbate anxiety and avoidance behaviors (Feingold, 1992).

Heinberg and Thompson (1995) investigated the connection between adult women's body image issues and fear of negative evaluation. Given that women frequently dreaded being judged for their appearance as they grew older, they discovered that fear of negative evaluation strongly predicted body dissatisfaction. Due to heightened sensitivity to peer judgment, fear of receiving a poor grade is particularly common during adolescence. Due to social demands about their looks, girls are more vulnerable to fear of negative evaluation, which is associated with body image dissatisfaction. According to Vandeycken (2011), girls who have high levels of fear of negative evaluation are more prone to suffer from disordered eating and form a negative body image.

The Fear of Negative Evaluation Scale, created by Watson & Friend in 1969, has been used extensively to evaluate the effects of fear of negative evaluation on teenagers. According to their research, FNE is strongly associated with eating disorders and body dissatisfaction, particularly in girls. Other studies have also consistently shown that fear of negative evaluation is a good predictor of body image satisfaction and self-esteem, with those scoring higher on fear of negative evaluation having greater levels of body dissatisfaction and lower levels of self-esteem (Watson & Friend, 1969; Derlega et al., 1993). Since poor self-esteem has been linked to several negative outcomes, including eating disorders, anxiety, and depression, the relationship between fear of negative evaluation and self-esteem is particularly concerning (Harter, 1999).

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### ***Self-Esteem***

And when it comes to self-esteem one of the first people in this field, (Rosenberg, 1965), described self-esteem as the general positive self-evaluation by a person. He explained that self-esteem was due to a person valuing and believing in themselves.

In the case of middle-aged women, they often experience changes in self-esteem as a result of societal expectations, family roles, and physical changes associated with aging. Studies show that women's self-esteem may decline during middle age due to negative societal perceptions of aging and beauty standards. However, research also highlights that women who engage in self-compassion (e.g., being kind to themselves during times of failure) experience more stable self-esteem as they age (Neff, 2003). Moreover, a study by Orth et al. (2010) explained that self-esteem tends to follow a U-shaped curve across the lifespan, with a decline in middle age followed by an increase in later life. Factors like emotional regulation, social relationships, and life satisfaction were key contributors to this pattern. These studies show how there is a high chance of decline in self-esteem among middle-aged women but if they have led a more self-sustained life they can achieve a more stable level of self-esteem.

On the other hand, in the case of adolescent girls, self-esteem is attached particularly towards your physical appearance due to which they seem to always seek external validation. Adolescence is the period when the formation of self-concept, concerns about body image can affect their self-esteem significantly. (Slater and Tiggemann, 2014) found that in adolescent girls the exposure to media videos and images of thin idealized women result in a steep decrease in their self-esteem, which further explains on how external medium determine the self-esteem of adolescent girls.

Adolescents is a phase for identity development and self-concept. According to Erik Erikson's phases of psychosocial development, for example, teenagers find out who they are, how they relate to other people, and ultimately how they fit in society during the phase of identity vs. role confusion. The urge to fit in and to gain approval from peers is an important element of this process. Adolescent girls' self-concept is more flexible and is more influenced by outside approval, especially in the aspect of beauty, which is highly supported by social media. Moreover, peer pressure dominates the regulation of behaviour and self-esteem during adolescence. The primary concern is peer acceptance, as adolescents are still building their sense of self. Peer pressure often encourages conformity to social norms, which, for girls, may revolve around appearance, relationships, and lifestyle choices. Social media amplifies this pressure, as girls feel compelled to present an idealized version of themselves.

### ***Body Image Satisfaction***

Due to cultural devaluation of aging female bodies and hormonal changes (such as menopause), middle-aged women frequently experience a shift in their happiness with their bodies. According to research, women who accept their bodies more and see aging as a normal part of life report feeling better about their bodies and having better mental health (Kling et al., 1999). Conversely, people who absorb ageist beliefs typically have a worse body image. According to research by Cash (2002), body dissatisfaction occurs throughout life as a result of internalizing society's ideals of beauty. For middle-aged women, maintaining physical functionality and health is more important than idealized youth when it comes to body image.

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Adolescent girls' eating disorders and body image dissatisfaction were studied by Bearman et al. (2006). They discovered a substantial correlation between adolescent females' poorer body satisfaction and early exposure to media that promotes thinness and beauty ideals. The pursuit of an idealized slender body type, which is greatly affected by the media and peer comparisons, is frequently associated with body image dissatisfaction in teens. These physical ideals are more likely to be internalized by teenage girls, which can result in low self-esteem and discontent. Adolescent body dissatisfaction has been linked to negative behaviours such as disordered eating, dieting, and exercise addiction (Grabe, Ward, & Hyde, 2008).

### ***Aim of the Study***

Although the connection between fear of negative evaluation, self-esteem, and body image satisfaction is established, fewer research has addressed the links of this association at the different phases of adulthood. Thus, the main purpose of the study is to investigate possible age-related variations in links between self-esteem and body image satisfaction in middle-aged and teenage females and examine the impact of fear of unfavourable assessment on those associations. The objective of this study is to further the development of treatments tailored towards enhancing positive body image and self-esteem in women by elucidating the role of fear of negative evaluation in relation to self-esteem and body image satisfaction across the lifespan.

### ***Objectives of the Study***

- To find out the relation between Fear of negative evaluation, Self-esteem and Body image satisfaction in middle aged women and adolescent girls.
- To find out is there any significant difference in Fear of negative evaluation among middle aged women and adolescent girls.
- To find out is there any significant difference in body image satisfaction among middle aged women and adolescent girls.
- To find out is there any significant difference in self-esteem among middle aged women and adolescent girls.

### ***Hypothesis of the Study***

- Ho1: There is no significant correlation between fear of negative evaluation, self-esteem and Body image satisfaction among middle-aged women and adolescent girls.
- Ho2: There is no significant difference in fear of negative evaluation among middle-aged women and adolescent girls.
- Ho3: There is no significant difference in self-esteem among middle-aged women and adolescent girls.
- Ho4: There is no significant difference in body image satisfaction among middle-aged women and adolescent girls.

## **METHOD**

### ***Participants***

The group was made up of 108 females which includes 56 Middle Aged Women and 52 Adolescent girls. This sample incorporates participants from two age groups: middle-aged women (ages 40-50) and adolescent girls (ages 15-18)

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### *Variables*

- **Independent variable:** Fear of negative evaluation
- **Dependent variable:** Self-esteem, Body image satisfaction

### **Criteria for inclusion and criteria for exclusion**

- All the adolescent girls must be of the age group [15-18 years]
- All the middle-aged women must be of the age group [40-50 years]
- All the participants must be of Indian citizenship
- Avoided people below age group 15 and above 18 in adolescents and 40 and above 50 in middle aged women.
- Individuals who are not Indian are not considered.
- The individuals with any long-term physical health condition and mental disorders
- sickness will be excluded.

### **Research Design:**

Both middle aged women and adolescent girls who met the selection criteria were chosen for the data collection, and they were expected to complete the Google forms that were given to them. It was determined that fifty-six middle aged women and fifty-two adolescent girls should be gathered. The manual's scoring criteria for each questionnaire were used to assign a score to the collected replies. Additionally, the independent sample t-test and Pearson correlation were used to analyse the data.

### **Measures**

- **Proforma For Informed Consent:** Participants were informed about the purpose of the study and assured of the confidentiality and anonymity of their data. Participation was voluntary, and they had the right to withdraw at any time. Additionally, they were provided with the researcher's name and contact information for any inquiries or concerns.
- **Brief Fear of Negative Evaluation (Leary in 1983):** The Brief Fear of Negative Evaluation Scale (BFNE) is a short version of the Fear of Negative Evaluation Scale (FNES) developed by Leary in 1983. It has 12 items and has been found to be highly valid with convergent validity and discriminant validity. The BFNE has high reliability, with Cronbach's alpha coefficients ranging between 0.85 and 0.95, and test-retest reliability from 0.75 to 0.85 over a two-week period. Its scoring system utilizes a 5-point Likert scale ranging from 12 to 60 with higher scores reflecting greater anxiety.
- **Rosenberg Self-Esteem Scale (Rosenberg in 1965):** The Rosenberg Self-Esteem Scale was developed by Rosenberg in 1965. It is a widely used, global measure of self-esteem. Reliability, discriminant validity, and convergent validity have all been established. The RSES possesses a relationship with other self-esteem scales of TSBI and CSEI. It can be useful in distinguishing between depression and high and low self-esteem. There exists good test-retest reliability with Cronbach's alpha coefficients of 0.85 to 0.92. The score of RSES is derived from adding up ratings on each of the ten items. The scale for a high score for self-esteem is a Likert scale that has four points: 1 "strongly disagree" and 4 "strongly agree".
- **Body Image Satisfaction Rating Scale:** This was an 18-item questionnaire, adopted from The Body Image Questionnaire (BIQ): An Extension. The scale possesses construct validity, with five axes explaining 51.3% of the variation. The internal

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consistency of the whole group for the scale was satisfactory. Women scored significantly lower on body satisfaction measures than men in groups A, B, and D, and total body satisfaction was greater for both male and female cancer patients. Age was unrelated to body satisfaction in the entire sample or in any of the subgroups except the sample of males with back pain. Scores on certain response attitude and personality variables were significantly related to body satisfaction, namely, trait-anxiety, state-anxiety, depression, alexithymia, and neuroticism. The scale was somewhat significantly related to Social Desirability as reported with BIQ and EPI in 1987. The scale had predictive validity since high score was related to body satisfaction. The average test-retest reliability was 0.67 of the 19 items for a 10-day interval.

### *Statistical Analysis*

The responses collected from the participants were assessed according to the scoring methods analysis was conducted using statistical analysis, namely the independent sample t-test and Pearson correlation coefficient.

### *Procedure:*

Middle Aged Women and Adolescent girls who fit the between the age groups of (40-50) and (15-18) respectively were gathered for the data collection. Then Google Forms were used to gather information from the sample group members. The method of purposeful sampling was employed. The Participants were asked to complete questionnaires which included scales on fear of negative evaluation, self-esteem and body image satisfaction, as well as demographic information. The manual's scoring criteria for each questionnaire were used to assign a score to the collected replies. Additionally, data analysis was conducted using statistical analysis, namely the independent sample t-test and Pearson correlation coefficient.

## RESULTS AND DISCUSSION

In this chapter we will be addressing the result and discussions.

***Table 1 Shows the Mean, SD, Significance and t value of Brief Fear of Negative Evaluation among middle aged women and adolescent girls.***

V1	N	Mean	t	Std. Deviation	Sig (2 tailed)
<b>BFNE</b>					
Middle Aged Women	56	28.30	-6.463	4.584	.000
Adolescent Girls	52	36.02	-6.353	7.563	.000

*Note.* \*\*\* $p < 0.001$  \*\* $p < 0.01$  \* $p < 0.05$

The mean and standard deviation of brief fear of negative evaluation for middle-aged women are 28.30 and 4.584, whereas for adolescent girls, they are 36.02 and 7.563 respectively. According to the data obtained the t value for both the middle-aged women and adolescent girls are .000 indicating that it is less than .05, which shows that there is a significant difference between the middle-aged women and adolescents' girls in terms of their brief fear of negative evaluation. Therefore, the null hypothesis is rejected.

Adolescent is said to be a period of development with high self-consciousness, identity formation and increased peer influence (Leary, 1983; Watson & Friend, 1969). The findings of our current study show that the adolescent girls experience the fear of negative remarks, social anxiety and are seen to be more sensitive to the perceived judgement of our society

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aligning well with the previous statement. Keery, van den Berg, and Thompson (2004) reported that the increased concern associated with body image and peer judgement are the two major triggers related to Fear of Negative Evaluation which are seen in adolescents.

While a woman who has attained middle aged have developed a sense of maturity, mental stability and stronger mental strength. Due to which the fear of negative evaluation is significantly low in middle aged women according to the results of the study. The middle-aged women are able to handle negative evaluation much effectively as emotional regulation heightens with age according to the study by Charles and Carstensen (2007). According to Orth, Trzesniewski, and Robins (2010) observations, self-esteem peaks during middle adulthood and stays stable thus helping them lower their vulnerability to FNE and protect themselves from the effects of external evaluation.

**Table 2 Shows the Mean, SD, Significance and t value of Self-esteem among middle aged women and adolescent girls**

V1		N	Mean	t	Std. Deviation	Sig (2 tailed)
Self-esteem	Middle Aged Women	56	15.64	1.884	1.495	.062
	Adolescent Girls	52	15.06	1.874	1.731	.064

Note. \*\*\* $p < 0.001$  \*\* $p < 0.01$  \* $p < 0.05$

The mean and standard deviation of self-esteem for middle aged women are 15.64 and 1.495, on the other hand the mean and standard deviation for adolescent girls is 15.06 and 1.731 respectively. From the data acquired the t-value for middle aged women are .062 and for adolescent girls are .064, which indicates that there is no much significant difference between middle aged women and adolescent girls in terms of their self-esteem, as the value obtained is greater than .05 in both the groups. As a result, the null hypothesis is accepted.

Self-esteem is a factor that stays relatively stable from the early adolescents till adulthood. The studies by Orth, U., & Robins, R. W. (2014) supports this by mentioning how the self-esteem increases from adolescents till adulthood and then it remains stable thereafter, indicating that age difference effects are relatively small. The increase in self-awareness and self-esteem programs given to young adolescent girls through body positivity contents, motivational speeches and even school programs show a huge difference in the self-esteem of the girls of our generation making them achieve a higher sense of self confidence like that of women in their adulthood. Even if it can vary based on our culture, family backgrounds and social environment but ultimately it doesn't show much significant difference between adolescent girls and middle-aged women.

**Table 3 Shows the Mean, SD, Significance and t value of Body Image Satisfaction among middle aged women and adolescent girls**

V1		N	Mean	t	Std Deviation	Sig (2 tailed)
Body Image Satisfaction	Middle Aged Women	56	12.98	4.031	7.852	.000
	Adolescent Girls	52	7.63	4.079	5.667	.000

Note. \*\*\* $p < 0.001$  \*\* $p < 0.01$  \* $p < 0.05$

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The mean and standard deviation of body image satisfaction in middle aged women are 12.98 and 7.852, while in the case of adolescent girls are 7.63 and 5.667 respectively. The t-value obtained from the findings are .000 for both middle-aged women and adolescent girls, which is less than .05, showing that there is significant difference between the middle-aged women and adolescent girls on the basis of body image satisfaction. Thus, the null hypothesis is rejected.

The findings show that the adolescent girls tend to have more body image dissatisfaction than middle aged women. Adolescents are influenced by media influence, sociocultural pressures, and peer comparisons contributing to lower body image satisfaction (McLean, Paxton, & Wertheim, 2013; Tiggemann, 2004). While the middle-aged women also experience body image dissatisfaction in their lifetime they tend to focus more on internal attributes and not the external appearances like the adolescent girls. Ricciardelli and McCabe (2001) in their work mentioned how adolescents tend to be more vulnerable idealizing unrealistic body standards internally, which during the developmental period effects their body image dissatisfaction.

**Table 4 Shows the correlation between the variables**

		<b>V1</b>	<b>bfne</b>	<b>Self-esteem</b>	<b>Body image</b>
<b>V1</b>	Pearson correlation	1	.532**	-.180	-.3665**
	Sig. (2 - tailed)		.000	.062	.000
	N	108	108	108	108
<b>Bfne</b>	Pearson correlation	.532**	1	-.218*	-.385**
	Sig. (2 - tailed)	.000		.024	.000
	N	108	108	108	108
<b>Self-esteem</b>	Pearson correlation	-.180	-.218*	1	.125
	Sig. (2 - tailed)	.062	.024		.196
	N	108	108	108	108
<b>Body image</b>	Pearson correlation	-.3665**	-.385**	.125	1
	Sig. (2 - tailed)	.000	.000	.196	
	N	108	108	108	108

*Note.* \*\*. Correlation is significant at the 0.01 level [2-tailed]

The results from the Pearson's correlation table indicated a negative and significant correlation between fear of negative evaluation with both self-esteem ( $r(106) = -.218, p = .024$ ) and body image satisfaction ( $r(108) = -.385, p < .001$ ). From this it becomes more evident that the individuals having higher levels of fear of negative evaluation are also seen to have significantly low levels of self-esteem and body image satisfaction. Self-esteem and body image satisfaction had a non-significant as well as positive correlation ( $r(106) = .125, p = .196$ ).

The current findings have provided some meaningful insights on the relationships among the fear of negative evaluation, self-esteem and body image satisfaction. Leary (1983) emphasized that people having immense concerns about others judgements usually have tarnished self-esteem. Similarly, the study by Carleton, Collimore and Asmundson (2007) also reported that heightened fear of negative evaluation is linked to diminished self-confidence and avoidance behaviour, thus giving us an explanation to the negative correlation between fear of negative evaluation and self-esteem seen in the current study.

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The correlation between fear of negative evaluation and self-esteem also has a negative association in the current which aligns with the findings by Thompson, Heinberg, Altabe, and Tantleff-Dunn (1999), which stated that there seems to be dissatisfaction with body image in individuals who are highly sensitive to external evaluation. The reason that contributes to disordered eating and body dissatisfaction are social evaluative fears, Levinson and Rodebaugh (2012). From both these statements it's clear that fear of negative evaluation is one major psychological factor that can affect a person's perception of body image and can lower their confidence in one's own skin.

However, the correlation between self-esteem and body image satisfaction have taken an interesting turn. Although they showed positively correlation, the relationship was not statistically correlated. And this finding has shown a major difference from the previous studies which indicates a much stronger significance. It was reported by Mäkinen, Puukko-Viertomies, Lindberg, Siimes, and Aalberg (2012) in their study that low self-esteem during adolescence was majorly linked to body dissatisfaction. Moreover, in Harter (1993) in his work suggested that body image can be a factor that contributes to an individual's overall self-esteem and its effect may differ depending on cultural norms, stages of development and even the process of social comparison.

The overall results have clearly proved how fear of negative evaluation as a component with plays a central role in undermining self-esteem as well as body image satisfaction. Moreover, the study has exceeded the precious works by drawing the attention towards the fact that social-evaluative concerns can impact strongly on these factors than their direct influence on one another.

### **SUMMARY, CONCLUSION, AND IMPLICATION OF THE STUDY**

There is a significant difference in both brief fear of negative evaluation and body image satisfaction among middle aged women and adolescent girls. And also revealed that is no significant difference between middle aged women and adolescent girls on self-esteem. The notable findings showed a negative correlation between the BFNE and self-esteem as well as BFNE and body image satisfaction.

These findings highlight the detrimental impact of evaluative concerns on women's psychological well-being, particularly during adolescence. The results underscore the need for age-sensitive interventions aimed at reducing fear of negative evaluation and enhancing body image satisfaction, ultimately supporting healthier self-esteem development across the lifespan.

#### ***Limitations of the study***

The current study was conducted on a very small sample size which can be extended to a larger number in the future studies. The study was limited to a specific age category in both adolescent girls and middle-aged women which can be expanded to a wider spectrum. The study would have been more effective if the data was collected in person and not through a google form.

#### ***Scope for Further Research***

Do the study more towards the effect of other demographic details of how menarche and menopause effect their self-esteem and body image satisfaction. The study can be further developed on the basis of the family background each group is associate, does marriage and

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children effect their body image satisfaction. This study can further look into the fact that does having a good educational background change the effect of brief fear of negative evaluation, self-esteem and body image satisfaction among middle aged women and adolescent girls. This study can be widened to other states of India, exploring how their cultural differences show a difference. It can use a much larger sample to make the study much more precise and effective. The role of social media exposure can be explored more among the middle-aged women and adolescent girls.

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***Conflict of Interest***

The author(s) declared no conflict of interest.

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