

# Assess the Impact of Body Appreciation on the Self-Esteem among Young Adults

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## Abstract

Body image is considered as a core issue for public health and associates with young adult's overall health. Psychological well-being, such as optimism, self-esteem, proactive coping, positive affect, life satisfaction, subjective happiness, and emotional intelligence. The present study is aimed at assessing the impact of body appreciation on the self-esteem among young adults. Total 60 students between age 20-23 years were enumerated from the selected educational institution of Bangalore (Karnataka) after obtaining informed consent. Data was collected by tool using: Structured rating scale for assessment of body appreciation (Body appreciation scale-2), modified self-esteem inventory for assessment of self-esteem (Rosenberg self-esteem scale). Mean percentage score analysis indicates that among the four domains under study, self-confidence possess highest mean percentage score that is 82.5% (14.86±13.12), and the rest domains like identity, feeling of belongingness and feeling of competence obtained 72.22% (43.3±15.53), 81.11% (48.6±16.91) and 88.38% (53.05±13.76) respectively. Analysis revealed a significant relationship between body appreciation and self-esteem as Karl Pearson coefficient of correlation was calculated and r was found to be +0.983. Body appreciation had significant association with selected socio demographic variables (i.e., religion). Body appearance pressure is an issue among young adults. Actions to promote body appreciation and prevent body appearance pressure may include an implementation of media literacy, body functionality, and exercise as topics within the education program to safeguard their health and well-being. In order to reduce the incidence of negative body image and poor self esteem, these variables need to be cared for.

**Keywords:** Body appreciation, self-esteem, young adults.

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## 1. INTRODUCTION

### BACKGROUND:

Body image is considered as a core issue for public health and associates with young adults overall health. Due to positive associations between exercise and body image, it has been suggested that students within an exercise science program might be more body appreciative compared to other students.

Body appreciation is positively associated with multiple indicators of psychological well-being, such as optimism, self-esteem, proactive coping, positive affect, life satisfaction, subjective happiness, and emotional intelligence.

Self-esteem can briefly be described as a personality trait that is related to emotional and mental well-being. Especially during young adulthood, appearance becomes of particular importance for self-esteem, as individuals are ranked more than in any other phase of life. Thus, the physical body plays a very important role in whether an individual is accepted by other individuals. Not being accepted in social contexts can cause doubts about one's appearance and oneself, which can have a devastating effect on both body perception and self-esteem.

**Need for the study:**

Body image is conceptualized as a multidimensional construct, which encompasses a behavioral component involving body-related behaviors (e.g. checking behaviors), a perceptual component involving the perception of body characteristics (e.g. estimation of one's body size or weight), and a cognitive-affective component involving cognitions, attitudes, and feelings toward one's body.

Body image is believed to be formed from the moment we become body aware as infants and is then based on the complex ongoing interactions between child, caregivers and the environment. Importance of appearance, also termed appearance orientation, reflects the cognitive-behavioral investment in one's appearance as an expression of the importance, people place on their appearance. This construct was shown to be distinguishable from the construct of appearance evaluation, which also represents a measure of body satisfaction/dissatisfaction. Body image is affected by self-esteem and self-evaluation more than by external evaluation by others.

The definition of self-esteem states that it is a positive or negative attitude toward the self and can be taken to be a key indicator of an individual's psychological well-being. During adolescence and youth, 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 an individuals' self-esteem, body image is one critical factor.

**Review of Literature:**

The relationship between body appreciation and self-esteem among young adults has been a topic of considerable interest in the fields of psychology and health sciences. Understanding this relationship is crucial, particularly in the context of college students who are in a critical phase of self-development and identity formation. This review of literature aims to provide a comprehensive overview of existing research on body appreciation and its impact on self-esteem, with a specific focus on young adults in college settings.

A literature review is designed to identify related research and to set the current research project within a conceptual and theoretical context. When looked at this way, almost no topic is so new or unique that one can't locate relevant and informative related research.

Sharma SK stated review of literature as one of the most important steps in the research process. It is an account of what is already known about a particular phenomenon.

According to Polit Hungler (1999), "review of literature refers searching for information on a given topic as well as to the actual written reports that summaries the state of existing knowledge of research."

One of the most satisfying aspects of literature reviews is the contribution it makes to the new knowledge, insight, and general scholarship of researchers. The transition from adolescence to adulthood is a significant developmental shift. Until the mid-20th century, this transition was well-structured, but it has recently become more unstructured (Schwartz *et al.*, 2015). Numerous studies have highlighted the strong connection between body image and self-esteem. According to Cash and Pruzinsky (2018), those with negative body images have lower self-esteem and higher levels of anxiety and depression compared to those with positive body images. Similarly, Tiggemann and Slater (2014) found that a negative body image is associated with lower self-esteem, while a positive body image is linked to higher self-esteem and overall well-being.

**Problem Statement**

An exploratory study to assess the impact of body appreciation on the self esteem among young adults.

**Objectives of the study**

- To identify the body appreciation among young adults.
- To assess self esteem among young adults.
- To evaluate the impact of body appreciation on the self esteem of young adults.
- To find out association between body appreciation and selected socio demographic variables among
- To find out association between self esteem and selected socio demographic variables

**Hypotheses**

H<sub>1</sub>: There is a significant association between body appreciation and selected socio demographic variables among young adults.

H<sub>2</sub>: There is significant association between self esteem and selected socio demographic variables among young adults.

H<sub>3</sub>: There is significant correlation between body appreciation and self esteem.

**2. METHODS AND MATERIALS****Design**

This study is designed to understand the concepts of self esteem and body image and their relation. Sample will be drawn with the help of purposive sampling method. Data will be collected from the sample of 60 undergraduate students (age group of 18 – 25years) studying in Smt. Nagarathamma college of nursing. The research design used was Non experimental exploratory research design.

**Setting and participants:**

It is a physical location & condition in which data collection takes place. (According to Polit & Hungler 1991) The selection of this school was done on the basis of geographical proximity, availability of subject's feasibility, economy, and time and money access. The present study will be conducted in Smt. Nagarathamma College of nursing, Bangalore. Accessible population is young adults of 20-24 years from selected educational institution of Bangalore.

**Sampling technique:** The sampling technique used was judgemental sampling.

**Sampling criteria:****Inclusion criteria**

The study includes adult students,

Adults who are:

- Willing to participate.
- Regular Students.

**Exclusion criteria:** The study excludes the adult students who,

Adult students who are:

- Not Regular student
- Not willing to participate.

**Data collection process/procedure**

Collected data were planned to be analyzed by using descriptive statistics. The data will be planned to be presented in the form of Graph and Tables.

**Instruments:**

Modified Self esteem Inventory (Rosenberg self esteem scale and Coopersmith self esteem inventory).

**Development of Tool:**

Tool was selected after extensive literature review from the various text book, internet search, guidance and discussion with experts in the field of nursing and psychiatry. A structured questionnaire was used to collect data from the adults in selected colleges of Bangalore, Karnataka." The tools used in the study are: -

**Section-A:** Socio-demographic variables includes participants age, marital status, self evaluated academic achievement, type of family relationship and financial status.

**Section-B:** To assess body appreciation of participants. It include Body appreciation scale-2 Score starts from 10 item and score of 1-10 shows very low, 11-20 denotes low self esteem, 21-30 denotes moderate self esteem, 31-40 shows high and 41-50 denotes very high self esteem.

**Section-C:** Modified Self esteem Inventory (Rosenberg self esteem scale and Coopersmith self esteem inventory) to assess individual's global self esteem, includes 24 items. Scoring of participants to examine their self esteem are as follows <24 - 24 indicates low self esteem, 25-48 indicates moderate self esteem and 49-72 indicates high self esteem.

**Table 1.1: Over-All Analysis on Body Shape Appreciation among Young Adults; N=60**

Body appreciation remark	Max score	Frequency(n)	Percentage (%)
Very low	1-10	0	0
Low	11-20	0	0
Moderate	21-30	1	1.66
High	31-40	14	23.33
Very high	41-50	39	65

**Table 1.2: Analysis of Self Esteem Among Young Adults; N=60**

Level of self esteem	Range	Frequency (n)	Percentages (%)
LOW SELF ESTEEM	<24-24	0	0
MODERATE SELF ESTEEM	25-48	6	10
HIGH SELF ESTEEM	49-72	54	90

**Table 1.3: Area wise analysis of self esteem inventory; N=60**

Max score	Mean	Mean score	SD	CV
18	14.86	82.5	1.95	13.12
18	43.3	72.22	2.02	15.53
18	48.6	81.11	2.47	16.91
18	53.05	88.38	2.19	13.76

**Table 1.4: Analysis to Find Out Association between Body Appreciation and Selected Socio Demographic Variables**

Socio demographic variables	Chi-square value	Df	Value at p=0.05	Inference
Age	0	4	9.49	Not significant
Religion	30.192	16	26.30	Significant
Marital status	0	4	9.49	Not significant

Socio demographic variables	Chi-square value	Df	Value at p=0.05	Inference
Self evaluated academic achievement	7.232	8	15.51	Not significant
Type of family relationship	2.911	12	21.03	Not significant
Financial status	4.29	8	15.51	Not significant

Table 1.4 shows the association between body shape appreciation and selected socio demographic area based on chi-square. The table shows that there is significant association between selected socio demographic variables such as age ( $\chi^2_{cal}0 < \chi^2_{tab}9.49$ ), religion ( $\chi^2_{cal}30.19 > \chi^2_{tab}26.30$ ), marital status ( $\chi^2_{cal}0 < \chi^2_{tab}9.49$ ), self evaluated academic achievement

( $\chi^2_{cal}7.232 < \chi^2_{tab}15.51$ ), type of family relationship ( $\chi^2_{cal}2.911 < \chi^2_{tab}21.03$ ), financial status ( $\chi^2_{cal}4.29 < \chi^2_{tab}15.51$ ) with body shape appreciation at  $p < 0.05$ . Hence  $H_1$  is accepted and inferred as there is a significant association between selected socio demographic variable (religion) with body shape appreciation.

**Table 1.5: Analysis to Find Out Association between Self Esteem and Selected Socio Demographic Variables**

Socio demographic variables	Chi-square value	Df	Value at p=0.05	Inference
Age	0	4	9.49	Not significant
Religion	0.350	16	26.30	Not significant
Marital status	0	4	9.49	Not significant
Self evaluated academic achievement	0.283	8	15.51	Not significant
Type of family relationship	9.152	12	21.03	Not significant
Financial status	0.740	8	15.51	Not significant

Table 1.5 shows the association between self esteem and selected socio demographic area based on chi-square. The table shows that there is no significant association between selected socio demographic variables such as age ( $\chi^2_{cal}0 < \chi^2_{tab}9.49$ ), religion ( $\chi^2_{cal}0.350 < \chi^2_{tab}26.30$ ), marital status ( $\chi^2_{cal}0 < \chi^2_{tab}9.49$ ), self evaluated academic achievement ( $\chi^2_{cal}0.283 < \chi^2_{tab}15.51$ ), type of family relationship

( $\chi^2_{cal}9.152 < \chi^2_{tab}21.03$ ), financial status ( $\chi^2_{cal}0.740 < \chi^2_{tab}15.51$ ) with body shape appreciation at  $p < 0.05$ . Hence  $H_2$  is rejected and inferred as there is no significant association between selected socio demographic variables with self esteem.

**Table 1.6: Analysis of Tools Based On Mean, Mean %, Standard Deviation and CV**

TOOLS	MEAN	MEAN SCORE	SD	CV
BODY SHAPE APPRECIATION	43.03	86.06	4.90	11.38
SELF ESTEEM INVENTORY	58.38	81.08	6.132	10.50

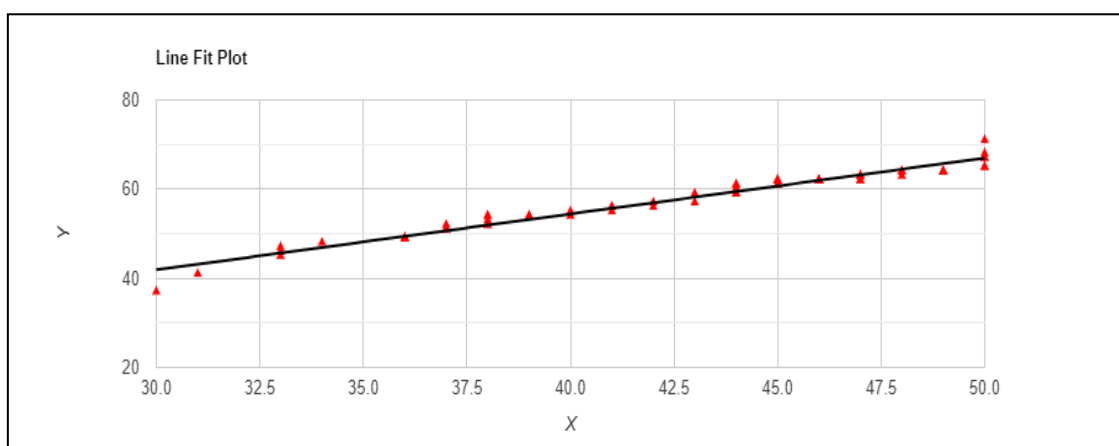


Table 1.6 signifies that mean score of body shape appreciation is **86% (43.03±4.90)** respectively and self esteem inventory with mean score of **81% (58.38±6.13)** respectively.

#### 4. RESULTS AND DISCUSSION

Distribution of subjects according to socio-demographic variables analysed using frequency and percentage.

- Among 60 students selected for study, all (n=60) belongs to 20-21 year of age.
- Percentage analysis indicate that 95% (n=7) participants are Hindus, Muslims 2% (n=1) and Sikhs are 3% (n=2).
- In the present study, all the participants are unmarried (n=60).
- Maximum participants that is, 70% (n=42) are satisfied with their academic achievement,

while 28.33% (n=17) are not satisfied and 1.66% (n=1) are frustrated with poor performance.

- Out of 60 subjects, 98% (n=59) are having healthy family relationship and 2% (n=1) subject had parents separated and no one had neither frequent quarrelsome nor divorced.
- Percentage distribution of participants based on financial status, 90% (n=54) has financial status sufficient to meet demands, 10% (n=6) are insufficient to meet even their basic demands, however nobody is in debt.

There is significant association between selected socio demographic variables such as age ( $\chi^2_{cal}0 < \chi^2_{tab}9.49$ ), religion ( $\chi^2_{cal}30.19 > \chi^2_{tab}26.30$ ), marital status ( $\chi^2_{cal}0 < \chi^2_{tab}9.49$ ), self evaluated academic achievement ( $\chi^2_{cal}7.232 < \chi^2_{tab}15.51$ ), type of family relationship ( $\chi^2_{cal}2.911 < \chi^2_{tab}21.03$ ), financial status ( $\chi^2_{cal}4.29 < \chi^2_{tab}15.51$ ) with body shape appreciation at  $p < 0.05$ . here is no significant association between selected socio demographic variables such as age ( $\chi^2_{cal}0 < \chi^2_{tab}9.49$ ), religion ( $\chi^2_{cal}0.350 < \chi^2_{tab}26.30$ ), marital status ( $\chi^2_{cal}0 < \chi^2_{tab}9.49$ ), self evaluated academic achievement ( $\chi^2_{cal}0.283 < \chi^2_{tab}15.51$ ), type of family relationship ( $\chi^2_{cal}9.152 < \chi^2_{tab}21.03$ ), financial status ( $\chi^2_{cal}0.740 < \chi^2_{tab}15.51$ ) with body shape appreciation at  $p < 0.05$ . Mean score of body shape appreciation is **86% (43.03±4.90)** respectively and self esteem inventory with mean score of **81% (58.38±6.13)** respectively.

## 5. CONCLUSION

This exploratory study highlights the significant relationship between body appreciation and self-esteem among young adults. The findings suggest that higher levels of body appreciation are associated with improved self-esteem, indicating that how individuals perceive and value their bodies can play a crucial role in their overall self-worth.

This study underscores the importance of fostering a positive body image, particularly in a society that often promotes unrealistic beauty standards. Interventions aimed at enhancing body appreciation could be beneficial in supporting young adults' mental health and self-esteem. Future research should explore the mechanisms underlying this relationship and consider longitudinal studies to assess changes over time. By prioritizing body appreciation, we can contribute to healthier self-perceptions and greater well-being among young adults.

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## Declaration:

### Author Contribution:

**Mr. Sunny Jerome<sup>1</sup>:** Conceptualization of the study, formulation of report, and information.

**Mr Akash Krishna, Mr Gokuldas P V, Mr Mohammed Asif A, Mr Viknesh M, Ms. Joicy P K, Mr Julin Ayob V, Mr Aswin S Kumar, Ms Thanuja Susan Jacob<sup>2</sup>:** Data collection, and administration of the knowledge regarding assessment & care.

**Ms. Dency Dennis<sup>3</sup>:** Writing of the manuscript draft, literature review, and manuscript editing.

**Mr. Sunny Jerome<sup>1</sup>:** Final review of the manuscript, approval of the final version for submission, and supervision of the overall project.

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**Competing Interest:** No evidence of any conflict towards to this project

**Ethical Clearance:** The study was approved by the Institutional Ethics Committee

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