



A DESCRIPTIVE STUDY TO ASSESS THE EFFECT OF BODY IMAGE ON SELF ESTEEM AMONG FEMALE TEACHERS IN SELECTED EDUCATIONAL INSTITUTES OF PUNJAB

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ABSTRACT

Background: Body image has been defined as person's emotional attitudes, beliefs and perception of their on body. Body image and self esteem sometimes go hand in hand. Individual's total sense of self esteem and personal appraisal can be described as self esteem. Self esteem is judgement about own worth and feelings associated with those judgement. These evaluations of own competencies may affect emotional experiences, future behaviour.

Aim: The aim of study is to assess the effect of body image on self esteem among female teachers.

Material and Methods: A quantitative research approach and descriptive research design were used. The sample size was 60 female teacher of selected institute using the non randomization convenient sampling technique. The Data were collected using a structured interview schedule with the help of a self -structured body image questionnaire and Rosenberg's rating scale. Descriptive and inferential statistics were used to analyze the data.

Result: Collected data was analyzed through descriptive and inferential statistics which revealed that out of 60 female teachers that 56.7% teachers are highly satisfied about their body image and 43.3% teachers are partially satisfied. And second variable self esteem that reveals about 91.7% teachers have high self esteem and 83% teachers have low self- esteem. And there is significant relation in body image and self esteem at 0.05 level.

Conclusion: The result concluded that effect of body image on self esteem among female teachers is significant.

Keywords: Body image, satisfaction, Self esteem

INTRODUCTION

Everyone has an 'image' of their body and appearance and how well it fits in what they consider normal, acceptable or attractive¹. All around the world, people suffer from trying to impress other people with their body image. The majority of people take efforts to improve their body image appearance and personal character. Body image is formed as a result of several factors such as social upbringing, community, culture, media, family and friends.

Most women have similar questions and concerns about their body. 'Body image' is a combination of thoughts and feelings that you have about your body.

Body image can be positive and negative. 'Positive body image' when a person is able to accept, appreciate and respect their body, they may be described as having a positive body image². 'Negative body image' refers to negative thoughts and negative perception about physical appearance that negatively impact on health. A person with negative body image may feel self-conscious or ashamed and may feel that others are more attractive. People of different ages and genders are affected emotionally and mentally. Person's having low self-esteem due to negative body image³.

Body image is one of the most important psychological factors that affect personality and behavior. Body image dissatisfaction may lead to mental illness, isolation, eating disorder etc.⁴ Since self-esteem is subjective feelings, it is challenging to quantify. Self-esteem is a measure of how highly someone thinks of themselves. According to Rosenberg, "The term self-esteem is person's positive and negative attitude towards himself and his evaluation of one's own thoughts and feelings overall in relation to him."⁵

Body image and self-esteem are proportionate to one another. Some studies have found a positive correlation between body image and self-esteem. The body image play a great role in shaping the self-esteem, if it was negative the satisfaction of the body image and self-esteem would be low and vice-versa.⁶

Mostly dissatisfaction with their bodies occur more in women's than men's. A negative body image lead low self-esteem this satisfaction can come from parents, schools, peers and events of media.⁷

RESEARCH PROBLEM

A descriptive study to assess the effect of body image on self-esteem among female teachers in selected educational institutes of Punjab.

OBJECTIVES OF THE STUDY

- To assess body image among female teachers.
- To assess self-esteem among female teachers.
- To determine association between body image and self-esteem.
- To find out relationship of body image and self-esteem among female teachers with selected demographic variables.

Assumptions:

- The women will have highly satisfied body image with high self-esteem.
- The women with low self-esteem will have dissatisfied body image.

Delimitations:

- Sample size will be 60.
- Only female teachers are selected for the study.
- Only educational institutions are selected.

METHODOLOGY (Material Management)

Research approach: Quantitative Research approach was used.

Research design: A descriptive research design was used.

Research setting: Selected educational institute of Punjab.

Target population: Females of Selected educational institute of Punjab

Sample size: 60 females

Sampling technique: Non-probability convenient sampling technique was used.

Selection and development tool: Self structured questionnaire for assessing body image and standardized tool (Rosenberg self-esteem. Scale) to assess self-esteem.

Criterion measures:

For body image:

LEVEL OF BODY IMAGE	RANGE
Highly satisfied	66-88
Partially satisfied	44-66
Satisfied	22-44
Dissatisfied	0-22

Maximum score=88

Minimum score=0

For self esteem:

LEVEL OF SELF ESTEEM	RANGE
High self esteem	20-30
Normal self esteem	10-20
Low self esteem	0-10

Maximum score=30

Minimum score=0

Reliability of tool: Reliability was determined by Karl Pearson coefficient of correlation. Reliability of body image tool was found to be 0.87. Reliability of self esteem tool was found to be 0.82. Thus, the tools were found to be reliable for the collection of data for the study.

Ethical consideration: Permission was obtained from the ethical committee.

Plan for data analysis: The data was analyzed and interpreted using descriptive and inferential statistics such as “frequency, percentage, mean, standard deviation, Pearson’s correlation, significance level of p 0.05. The data is represented as tables and bar diagrams.

Statistical software: SPSS Version 26 was used.

RESULT

Table 1: Frequency and percentage distribution of female teachers about their body image.
N=60

Level of body image	Range	Frequency	Percentage(%)	Mean	S.D.
Highly satisfied	66-88	34	56.7	70.76	3.229
Partially satisfied	44-66	26	43.3	61.77	2.612
Satisfied	22-44	00	00	00	00
Dissatisfied	0-22	00	00	00	00
Total				66.87	5.379

Table 2: Frequency and percentage distribution of teachers depending on their level of self-esteem.

N=60

Level of self esteem	Range	Frequency	Percentage(%)	Mean	S.D.
High self esteem	20-30	55	91.7	26.00	1.805
Normal self esteem	10-20	5	8.3	18.60	0.548
Low self esteem	0-10	00	00	00	00
Total				25.38	2.694

Table 3: Relationship between body image and self esteem among female teachers.

		SELF ESTEEM
BODY_IMAGE	Pearson Correlation	.323*
	Sig. (2-tailed)	.012
	N	60

*. Correlation is significant at the 0.05 level (2-tailed).

DISCUSSION

The present study revealed that out of 60 female teachers that 56.7% teachers are highly satisfied about their body image and 43.3% teachers are partially satisfied. These findings were supported by study of Thapa Surya et.al. This was conducted on Body Image Satisfaction, Weight perception and knowledge of obesity among adolescents in Kashki District, Nepal. Which revealed that majority of teenager (75.2%) were found satisfied with their body image and 23.8% were not. In comparison, teenagers with normal BMI for age (509, 79.3%) and underweight (86, 67.2%) had greater body image satisfaction rates. Of the overweight teenagers, 27 76 (55.1%) thought they were normal, 19 (38.8%) thought they were overweight, and 316.1% thought they were obese. .

And second variable self esteem that reveals about 91.7% teachers have high self esteem and 83% teachers have low self-esteem. These findings were found to be similar to the study conducted by Radhwan Hussein Ibrahim on nursing students which composed the study subject,(300) of them were selected randomly (75%) of them were female and (25%) were male. The subjects' were assessed using the Rosenberg's self-esteem scale. the study has revealed that that there were (87) students (29%) with high self-esteem level, while 164 students (54.7%) with moderate self-esteem level and only 49 students (16.3) with low self-esteem level.⁹

And there is significant relation in body image and self esteem at 0.05 level. The finding is supported by the study of Amrit Virk, Parmal Singh which was conducted on relationship between body-image and self-esteem among medical undergraduate students among first year medical students located in rural Haryana and data was collected from 125 students with semistructured questionnaire. This study states that body image dissatisfaction was present among 16.8% of the students. Low self-esteem was observed among 21.6% of the students. The result showed that moderately positive correlation ($r=0.384, p=0.001$) was observed between self-esteem and body image satisfaction.¹⁰

CONCLUSION

The present study reveals that out of 60 female teachers 56.7% teachers have highly satisfied level of body image and 43.3% teachers partially satisfied with their body image. Out of 60 female teachers 91.7% teachers have high self esteem and 83% teachers have normal self esteem.

Recommendations

1. Similar study can be implicated on large scale.
2. Comparative research study can also be conducted.

Limitations

1. Study was conducted only on 60 samples.
2. Study was conducted only on female teachers of selected institutes of Punjab.
3. Sample size was too small to find any significant difference.

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