An Exploratory Study to Assess the Impact of Body Appreciation on the Self-Esteem Among Young Adults in Selected Educational Institution of Bhilai, (C.G.)

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Abstract: **Self-esteem is comprised of "a set of attitudes and beliefs through which we positively or negatively evaluate ourselves". While research exists on the relationships between negative body image and poor self-esteem, little is known about the relationship between positive body image and self-esteem. The present study is aimed at assessing the impact of body appreciation on the self-esteem among young adults. A quantitative research approach with non-experimental research design was adopted. The study focused on young adults from selected educational institution of Bhilai (C.G.). Total 60 students between age 20-23 years were enumerated from the selected educational institution of Bhilai (C.G.) 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). However, there was no significant relationship between self-esteem and selected socio demographic variables.**

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

1. Introduction

Body image is considered as a core issue for public health and associates with young adults overall health. 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.

2. Objectives

1) To identify the body appreciation among young adults.
2) To assess self-esteem among young adults.
3) To evaluate the impact of body appreciation on the self-esteem of young adults.
4) To find out association between body appreciation and selected socio demographic variables among young adults.
5) To find out association between self-esteem and selected socio demographic variables.
6) To develop a Pamphlet on ways to improve self-esteem of young adults.

3. Hypothesis

H_1: There is a significant association between body appreciation and selected socio demographic variables among young adults.

H_2: There is significant association between self-esteem and selected socio demographic variables among young adults.

H_3: There is significant correlation between body appreciation and self-esteem.

4. Materials and Methods

A non-experimental exploratory study was adopted to conduct the study. Target population was young adults from Bhilai Mahila Mahavidyalaya, Bhilai (C.G). A convenient sampling was utilized for selecting 60 samples of young adults. The tool was developed which included self-structured socio-demographic data consist of 6 questions related to age, marital status, self-evaluated academic achievement, type of family relationship and financial status., Structured rating scale for assessment of body appreciation(Body appreciation scale-2) includes 10 item and score of 1-10 shows very low self-esteem,

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11-20 denotes low self-esteem, 21-30 denotes moderate self-esteem, 31-40 shows high and 41-50 denotes very high self-esteem, modified self-esteem inventory for assessment of self-esteem (Rosenberg self-esteem scale) 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, among young adults.

Frequency and percentage analysis to describe the demographic characteristics of students. The chi-square analysis, used to determine the association between socio demographic variable and body appreciation, and association between socio demographic variable and self-esteem. Karl Pearson's correlation analysis to find correlation between impact of body appreciation on self-esteem.

Inclusive criteria:

Young adults who are:
- Studying in selected educational institutions
- Young adults who are willing to participate

Exclusive criteria:

Young adults who are:
- Not willing to participate
- Have diagnosed physical illness with associated

5. Results and Discussion

A. 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. The religion of subjects indicate that 95% (n=7) participants are Hindus, Muslims 2% (n=1) and Sikhs are 3% (n=2). 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. 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. 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.

B. Analysis of body shape appreciation among young adults

Over all analysis of body shape appreciation among young adults

The categorization of subjects into very low, low, moderate high and very high based on the score obtained in Body appreciation remark. The percentage analysis indicates 65% (n=39) (45.79±6.20) belongs to very high level in terms of Body appreciation remark, however all the remaining that is 33.33% (n=14) (36.75±7.02) had high Body appreciation and 1.66% (n=1) moderately appreciated body shape.

C. Analysis of body shape appreciation among young adults

Over all analysis of self-esteem among young adults

Level of self-esteem among young adults which is categorized into 3 levels. A maximum proportion of participants i.e., 90% (n=54) (57.24±9.10) experience high self-esteem, 10% (n=6) (44±3.82) moderate self-esteem. However no participate is possessing low level of self-esteem.

Area wise analysis of self-esteem among young adults

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.

D. Analysis to find out association between body appreciation and selected socio demographic variables

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 there is a "significant association between selected socio demographic variable (i.e., religion) with body shape appreciation".

E. Analysis to find out association between self-esteem and selected socio demographic variables

There is no significant association between selected socio demographic variables such as age ($\chi2cal0<\chi2\,tab9.49$), religion ($\chi2cal0.350<\chi2\,tab\,26.30$), marital status ($\chi2cal0<\chi2\,tab9.49$), self-evaluated academic achievement ($\chi2cal0.283<\chi2\,tab\,15.51$), type of family relationship ($\chi2cal9.152<\chi2\,tab21.03$), financial status ($\chi2cal0.740<\chi2\,tab15.51$) with self-esteem at $p=<0.05$. Hence H2 is rejected and inferred as there is no significant association between selected socio demographic variables and self-esteem.

Karl Pearson coefficient of correlation was calculated and r was found to be +0.983 (r > 0.75 Strong relationship). Hence strongly positive correlation between body appreciation and self-esteem is identified that means as impact of body appreciation increases, self-esteem also increases among young adults. Therefore H3: There is significant correlation between body appreciation and self-esteem is accepted.

Above findings is supported by a research work of Rai A, Sharma R (2021) conducted study 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. And it was found there was significant correlation between body appreciation and self-esteem.

F. Analysis to find out the impact of body appreciation on self-esteem among young adults

Table 1

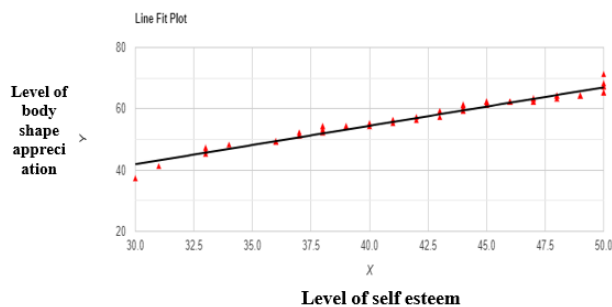| Study variables	Mean	Mean Percentage	SD	CV	Karl Pearson coefficient of correlation
Body shape appreciation	43.03	86.06	4.90	11.38	"r"= +0.983
Self-esteem inventory	58.38	81.08	6.132	10.50	

Fig. 1. Illustrate correlation between the study variables

6. Implications

A. Nursing Education

- Nurse educators can organize workshop for young adults to create awareness on body image and self esteem because in advancing scenario it's a needful concern.
- Assist nursing faculty to help students gain greater understanding of accepting themselves and have positive body image through effective teaching methods.
- Organizing psycho education and counseling sessions in the educational institutes as a means for reducing self-esteem issues and build confidence among them.

B. Nursing Practice

- Nurse practitioner should conduct teaching programs to enhance the knowledge regarding self-esteem.
- The nurse practitioner should be highly updated with advanced knowledge about improving self-esteem and at every health care setting this must be applicable.

C. Nursing administration

- Nurse administrator may plan and organize health education for young people and their parents about updating their knowledge on improving self-esteem and overcome body image issues.
- Conduct regular in-service education for nurses to update their skill in caring young adults and knowing the current trends and issues.

D. Nursing Research

- The nurse can use research findings in practice to guide nursing students and patients on overcoming body image issues.
- There is a need for further investigation and innovation to develop positive body image and high self-esteem.

7. Conclusion

In order to reduce the incidence of negative body image and poor self-esteem, it needs to be observed and measured. While research exists on the relationships between negative body image and poor self-esteem (Murphy, 2012; Paolini, 2016; Tallat et al., 2017), little is known about the relationship between positive body image and self-esteem. The current investigation addressed this gap and concludes that, there is a significant impact of body appreciation on self-esteem among young adults.

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