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Relationship between body image and self-esteem of an adolescent having disability

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Abstract

Body image is both the mental picture that you have of your body, and how you perceive yourself when you look in a mirror. Self-esteem is how you value and respect yourself as a person—it is the “real” opinion that you have of yourself. The purpose of the study was to investigate the relationship between body image and self-esteem of adolescent with disability. This study was conducted on 120 disabled adolescent. The respondent age group was 12-18 years. Data was collected using along with the interview schedule, standardized scales, from the locale area of Lucknow city. The study showed that there was the non-significant relationship between body image and self-esteem. Body image and self-esteem of respondent has no relationship. This study was to demonstrate the relationship between body image and self-esteem of adolescent with disability.

Keywords: Adolescent, disability, body image, self-esteem

1. Introduction

Puberty is a period of major transition in forming a positive attitude towards one's body image and self-esteem among adolescents. Adolescence is an important period for forming views about oneself and socio-cultural ideals. Some of the challenges associated with self-construction are accounted for by the many rapid physical and emotional changes that mark the transition from childhood to adulthood (Harter). With the beginning of puberty, physical appearance, body image, and self-esteem become vital to the overall self-image of an adolescent. These physical and emotional changes could impact critical outcomes on overall self-esteem. Adolescent boys are getting sidelined and we are failing to realize that programs are needed for adolescent boys as they also are facing body image disturbances and are concerned about their body shape and size. Most studies also show the relation of body image satisfaction to self-esteem, eating disorders or academic achievement among adolescents or adults. In our fast paced society, body image dissatisfaction is beginning to sprout among during elementary students as well. My purpose is to explore the relation between body image satisfaction and self-esteem in pre-adolescent and adolescent girls and boys. While connecting adolescents with the social development there are many aspects that are associated with it they are individuality progress, self-impression, surroundings and self, self-esteem, body image and general the relations like friends and family are also include civilization all these cooperate a central role in the stage of adolescents.

Body image is both the mental picture that you have of your body, and how you perceive yourself when you look in a mirror. Self-esteem is how you value and respect yourself as a person—it is the “real” opinion that you have of yourself. Self-esteem impacts how you take care of yourself, emotionally, physically and spiritually. Body image and self-esteem also directly influence one another—if you hate your body, it's not easy to feel good about yourself.

Research on the relationship between body satisfaction and self-esteem in both genders has produced conflicting results, although a relationship between body satisfaction and self-esteem has been documented for both (Lerner, Karabenick, & Stuart, 1973; Lerner, Orlos, & Knapp, 1976)^[1].

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2. Hypothesis

2.1 H₀1: There exist no relation between body image and self – esteem.

2.2 Tools and techniques used: To carry out the present study, the following tools were used.

- A self-constructed interview schedule measured to collect general information about the respondents. All the information is collected using following two scales:
- Self-esteem was measured using Rosenberg self-esteem scale (Rosenberg, 1965)².
- Body image was measured using Body image questionnaire. (Gelie and Bruno Quintard, 2002)³.

2.3 Objective: To identify the relationship between body image and self-esteem of an adolescent having disability.

3. Material and Method: The descriptive research design was used for the study. This study was carried out with the adolescent having disability of the Lucknow city. The sample was selected from four areas of Lucknow i.e. South city, Bangla bazaar, Ashiyana. Telibagh. 120 respondents were randomly selected from different selected areas using purposive random sampling technique, A self-made interview schedule and scales related to the self-esteem and body image were used to analyze the relationship between self-esteem and body image of an adolescent having disability. Statistical analysis was done by using SPSS version 20.

4. Result and Discussion

Table 1: Distribution of respondents on the basis of score obtained on body image questionnaire

Level of body image of the respondent	Types of disability of the respondent		
	Physical 60 No. %	Visual 60 No. %	Total 120 No. %
Bad (19-44)	12 (20)	15 (25)	27(22.5)
Average (45-69)	33 (55)	28(46.66)	61(50.83)
Good (70-95)	15 (25)	17(28.33)	32(26.66)

4.1 Figures in parentheses indicate percentages

The above table (1.) showed that 20 percent physical and 15 percent visual respondents were having bad body image, 55 percent physical and 46.66 percent visual respondents were having average body image and the other 25 percent physical and 28.33 percent visual respondents were having good body image. Fig shows the comparative distribution of respondents according to the body image questionnaire.

Table 2: distribution of respondents according to the Rosenberg self-esteem scale.

Level of self-esteem of the respondent	Types of disability of the respondent		
	Physical 60 No. %	Visual 60 No. %	Total 120 No. %
Low (0-15)	2 (5)	14(23.33)	16(13.33)
Normal (15-25)	49(81.86)	43(71.66)	92(76.66)
High (above 25)	9 (15)	3 (5)	12(10)

The above table (2.) showed that the 2 percent physical and 14 percent visual respondents were having low level of self-esteem, 81.86 percent physical and 71.66 percent visual respondents were having normal level of self-esteem, 15 percent physical and 5 percent visual respondents were having high level of self-esteem, Fig. shows the comparative distribution of respondents according to the Rosenberg self-esteem scale.

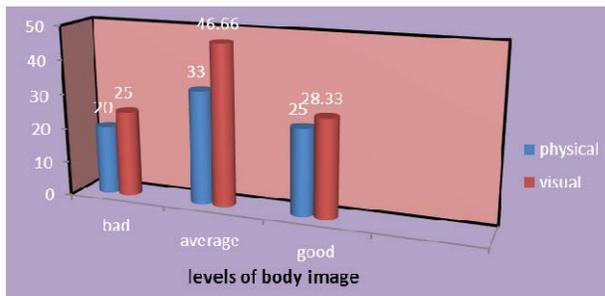


Fig 1: distribution of the respondents according to their level of body image.

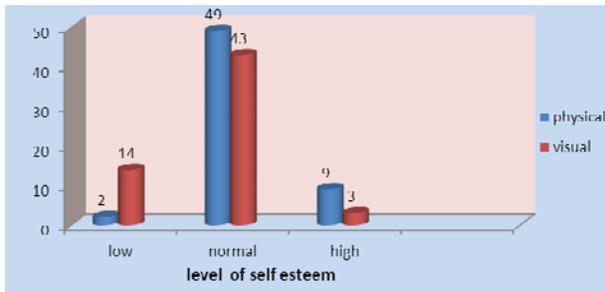


Fig 2: distribution of the respondents according to their level of self-esteem.

Table 3: There exist no significant relationship between body image of the respondent and self-esteem of respondent. -Correlation between body image and self esteem

Variable	Mean	S. D.	'r'	P	Conclusion
Body image	2.04	0.703			
Self-esteem	1.97	0.484	0.054	.0561	NS

Result in table (3.) showed that 'r' value (0.054) was found no significance at 0.05 level of significance, thus null hypothesis was accepted. That meant that there was no significant relation between body image and self-esteem of respondent. It means that self-esteem may not affected by the body image.

5. Conclusion: This study showed that the body image and self-esteem has no relationship, body image does not affect the self-esteem of a person who have disability, so we can say that the body image and self-esteem of a person with disability has no relationship.

6. References

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