

**Body image and its Effects on Self-esteem and Life Satisfaction among Young
Women**

Submitted By

Jayashree S (21PCP008)

Under the Guidance of

Dr. S. Srividya

A Thesis Submitted to



Avinashilingam Institute for Home Science and Higher Education for Women

In the Partial Fulfillment of the Requirements for the Award of the Degree of

Master of Science in Clinical Psychology

(2021-2023)

May 2023

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Signature of the Head

Signature of the Guide

CERTIFICATE

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This is to certify that the project work entitled “**Body image and its Effects on Self-esteem and Life Satisfaction among Young Women**”, submitted to Department of Clinical Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, in partial fulfilment of MASTER OF SCIENCE IN CLINICAL PSYCHOLOGY, is the record of the original project work done by **Jayashree S(21PCP008)** during the period of her study, under my supervision and guidance.

Signature of the Guide

Signature of the Head of the Department

Submitted for the viva voice examination held on _____

Internal Examiner

External Examiner

DECLARATION

DECLARATION

I hereby declare that this project work entitled “**Body image and its Effects on Self-esteem and Life Satisfaction among Young Women**” submitted to Department of Clinical psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, in partial fulfilment of the requirement for the award of the **Degree of Master of Science in Clinical Psychology** is the bonafide record of original project work done by **Jayashree S(21PCP008)** during the period of her study under the supervision and guidance of **Dr. S. Srividya.,** Assistant Professor and Head, Department of Clinical psychology.

Place: Coimbatore

Signature of the candidate

Date:

Jayashree S

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ABSTRACT

Abstract

Girls and women are usually media attention targets, making them worry about their appearance. Females attempt to achieve this idealized beauty every day by elevating their appearance in their own eyes. It is important to examine the role of Body image, Self-esteem, and Life satisfaction among young women. One hundred and fifty samples (N=150) participated in this study. The tools used for data collection were Body image perception, the State Self-esteem scale, and the Life satisfaction scale. The data was analyzed using Correlation, Independent Sample t-test, and Regression. The results indicated that. Performance self-esteem significantly predicted Life satisfaction than other dimensions of self-esteem. On the other hand, body image negatively influenced life satisfaction. Thus, body image did not matter to young women when compared to performance self-esteem.

Keyword: *Body image, Performance Self-esteem, Life satisfaction, Young women*

INTRODUCTION

Chapter 1

Introduction

Body Image

Obsessing our appearances and bodies has become commonplace in our generation today. The media landscape has changed significantly in the last ten years, having an impact on individuals all over the world. Society's bad self-perception is a result of the media. It has impacted how we see beauty. Girls and women are usually media attention targets, making them worry about their appearance. Females attempt to achieve this idealized beauty every day by elevating their appearance in their own eyes. Every woman, regardless of her size or form, deserves to be treated equally. Children are given these figurines as toys so they can prepare for the roles they will play as adults. Barbies encourage young girls to aspire to a figure like her and to have the desire to be skinny.

The National Eating Disorders Association (NEDA) estimates that around 20 million of the 30 million Americans who have eating disorders are female. Women are more likely than men to feel dissatisfied with their bodies, contrary to the widely held belief that women are more body image-conscious than men. The authors conclude that this vulnerability to body dissatisfaction "may be a key element underpinning the greater incidence of eating disorders in women." Social forces are considered a major factor in how people see physical beauty. This may help to explain why women are more likely than males to experience eating disorders because women are more likely to be exposed to these influences.

Body image can also influence body dysmorphic disorder. This can be better understood by the study (Elizabeth, Tracy, and Katharine, 2010) on body image in patients with Body dysmorphic disorder. One of the important components of body dysmorphic disorder is body image. They investigated this with the multidimensional body-self relation questionnaire in 92

BDD participants. Scores showed that BDD is remarkably less satisfied with their appearance in the Participants. More severe BDD and higher delusionality were linked to lower levels of satisfaction with their appearance. They concluded that males and females with BDD felt less healthy lifestyles and especially women with BDD were less aware of their illness.

The relationship between Body Image and Self-esteem by using Body Shape Questionnaire (BSQ) and Rosenberg Self-esteem Scale Among undergraduate dental students (Devi, Kumar, Praveen, Reddy, Seth, Lin, and Chidambaram 2022). The study showed that there are gender-uniform differences in teenagers' self-esteem and body image, there are no gender-uniform differences in their subjective well-being.

One study examined the effectiveness of counseling based on acceptance and commitment therapy on body image and self-esteem in polycystic ovary syndrome (Moradi, Ghadiri-Anari, Dehghani, Vaziri, and Enjezab 2020). PCOS has various symptoms which cause a detrimental impact on these patients' quality of life, self-esteem, and pleasure with their bodies. Several studies have emphasized the need of taking these women's psychological issues into account and the need for effective therapies. The study involved 52 females randomly split into two groups. The findings demonstrated that while there was no significant difference in the mean body image concern scores between the intervention and control groups prior to the intervention, this difference became apparent between the studied groups at two points: immediately following the intervention and at the follow-up. Participants in the intervention group showed a substantial decline ($p = 0.001$) in the body image concern scores across all three intervention stages, according to the results of an intra-group comparison. It also said that in the long-term ACT has led them to reduce their stress and anxiety related to weight loss and fertility.

Prevalence of body dissatisfaction is common among females, particularly in adolescence and early adulthood. This can lead to negative outcomes such as low self-esteem, depression, and disordered eating disorders. Body image concerns have been associated with a range of negative mental health outcomes, including anxiety, depression, and eating disorders. The media and society create pressure to conform to these standards. Overall, the study of body image in females is crucial to understanding the psychological and physical effects of negative body image, and to developing interventions and prevention strategies to address these concerns.

According to American Psychological Association, Body image is a person's mental picture of themselves; it may or may not be related to how they look. Parents' opinions, other early experiences, internal factors like emotions or moods, and other circumstances can all alter a person's perception of their body.

Positive and Negative Body Image

The majority of people have felt the want to change some part of their looks. They might not like their hair color, nose size, or scar if it is there. Nonetheless, these perceived flaws frequently don't cause a lot of anxiety and have minimal effect on a person's overall sense of self. A positive body image is one that people who embrace their bodies without focusing on perceived defects are said to have.

A negative or unhealthy body image, however, involves obsessing over one's perceived inadequacies. People may feel embarrassed or even disgusted by their appearance. Some people would go to great measures to conceal or alter their bodies even at the price of their health.

Theories on Body Image

Social Comparison Theory of Body Dissatisfaction (Festinger, 1954). According to the social comparison theory, people have a natural tendency to judge themselves against those around them (Festinger, 1954). These comparisons can be "upward" or "downward," meaning they might be made with someone who is thought to have a more or less acceptable figure. These parallels might be drawn to real people, including peers or family members, or to fictional bodies from the media. This theory asserts that an increased frequency of upward comparisons to bodies that are generally unrealistic and unattainable occurs from regular exposure to ideal male mesomorph bodies in traditional and social media.

Self-discrepancy theory and body image. (Vartanian, 2012). There are three domains of self, according to Self-Discrepancy Theory (SDT). The person's perceptions of her or his own qualities or traits are reflected in the "real" (or present) self. It is crucial to remember that, rather than the person's objective position on a particular quality, the true self is made up of the person's opinions of themselves. This emphasis on people's own perceptions is especially pertinent in the context of body image because it is generally known that many people have inaccurate perceptions of the size and shape of their own bodies. Outlining the exact emotional implications of sensing a difference between one's actual self and one's ideal/ought self is one of SDT's main goals. A disparity between one's actual self and one's ideal self should induce dejection-related emotions, such as discontent and depression, according to SDT, because one's aspirations and wishes have not been achieved. Based to a large part on cultural norms that promote specific ideals of attractiveness, SDT is relevant to body image. Women are expected to have slim bodies, and men are expected to have lean, muscular bodies. It's important to note that without taking drastic actions, the vast majority of people cannot meet these standards. Respondents are asked to select up to 10 characteristics that best characterize them from various angles, such as how they view themselves right now (actual self) or how they would

like to be in an ideal world (ideal self). A discrepancy score is calculated based on the number of matches and mismatches between the characteristics provided for each domain of self, indicating how far apart an individual's ideal or ought selves are from their actual selves. Another method of measuring self-discrepancies is to provide all respondents with a shared list of traits or qualities (a nomothetic approach) and ask them to rate how closely their real selves correlate with their ideal selves in terms of those traits. In another set of assessments, the participants were asked to choose a silhouette that shows their actual and ideal body image. Self-discrepancies are significant when it comes to body image. These may have consequences for actions related to looks and may have a serious effect on people's satisfaction with their bodies (e.g., restricted food intake and cosmetic surgery). The striking consistency of these self-discrepancies across groups is noteworthy (e.g., culture, age, and sexual orientation). The complexity of the linkages between self-discrepancies and the psychological and behavioral outcomes will be revealed by future methodological and analytical advancements, which will also serve to further evaluate the predictions of SDT with regard to body image. (Vartanian, 2012)

Importance of Body Image

Since negative body image is now so widespread, many professionals in this field refer to it as "normative discontent." Because our society places such a high value on appearances, we may not realize how problematic our attitudes toward our bodies are. The concept of thinness dominates our culture. Unrealistic ideas that being thin is healthy, simple to achieve, and within everyone's reach are constantly being thrust upon us.

1. Thomas Cash surveyed 33,000 Americans in 1972, 1985, then again in 1996. Throughout those 24 years, the percentage of women who generally disapprove of their appearance increased from 23% to 56%. Men's dissatisfaction with their appearance increased from 15%

to 43%. Even though many of these people have healthy weights Cash discovered that half of the women and one-fourth of the men thought they were overweight. Overall, people's perceptions of their weight have a stronger influence on their self-esteem and body image than their actual weight.

2. Nowadays, it has been discovered that children as young as 6 express body dissatisfaction and weight obsession, and by the end of elementary school, at least half of girls are unhappy with their weight and shape. Adolescent girls and adult women both fall within the scope of this statistic. Another survey of North American teenagers found a comparable or even higher incidence of body dissatisfaction and dieting. The study of 400 grade 7 and 8 girls in Ontario revealed that 60% were dieting to lose weight.

3. These numbers have significant implications because they show how strongly our personality affects a wide range of actions, including what we eat, how much exercise we get, whether we use drugs or alcohol, and even whether we take risks. For some people, having a poor body image causes serious eating issues. Eating disorders, and in particular the incidence of bulimia, are more common as the prevalence of body image dissatisfaction increases.

4. Individuals who have a negative body image are more likely to experience depression and low self-esteem. A rigorous diet and the usage of steroids, for instance, increase their risk of poor health. Because they dislike how they appear those who have a negative body image avoid social situations, which might cause them to become socially isolated. A lack of self-esteem, depression, and isolation are all strongly correlated with ill health.

Body Image and Gender

In America, almost 80% of women feel unhappy with their bodies. Women typically express more concern about their body shape, weight, breasts, thighs, and buttocks. Lesbians are less likely than their straight counterparts to struggle with their bodies. 34% of men, however, have negative body images. In general, they are more interested in things like height, muscle definition, and hair-thinning symptoms. Body image problems are three times as prevalent in gay and bisexual men than in heterosexual guys. Although the media frequently emphasizes the ideal female body, a growing number of advertisements and imagery also show what is thought to be the ideal male physique. It's interesting to note that this increased emphasis on male attractiveness standards is also accompanied by a rise in men's self-esteem issues. In higher numbers than in the past, men have also chosen to have cosmetic surgery to change their features.

Body Image and Age

Poor body image can begin to emerge in children as soon as age 6. Until the age of 12, when girls' self-evaluations begin to decline, girls and boys typically have similar conceptions of their bodies. Between the ages of 12 and 15, when puberty brings about both physical and emotional changes, body satisfaction is typically at its lowest.

Although men can also struggle with aging-related anxieties, the majority of studies on body image and aging concentrate on women. The physical image of a person seems to be rather consistent as they become older. The center of concern, though, can change over time.

In a 2013 study, the prevalence of "old talk" and "fat talk" was compared across the lifespan. Old talk attacks aging symptoms, while fat talk criticizes bodily shape. As people aged, fat talk reduced but old talk grew. Yet, a significant portion of the oldest participants

continued to worry about their weight and almost half of the youngest participants worried about aging symptoms.

Body Image and Self-esteem

Body image and self-esteem are linked but different beliefs. A person's attitude toward their physical body is referred to as their body image. Self-esteem is related to how a person sees themselves overall. Self-esteem entails assessing one's whole value and is typically not just about physical appearance. Nonetheless, people's attitudes toward their bodies and how they feel about themselves as a whole are frequently closely related.

Higher self-esteem is consistently connected to a more positive body image, according to several research across a wide age spectrum. However, a more unfavorable body image is linked to decreased self-esteem. The direction of the association hasn't yet been identified through studies, though. Low self-esteem can lead to excessive self-criticism, which can worsen body image. A negative body image can also cause people to lose sight of their other personal assets, which lowers their self-esteem. The majority of researchers concur that both scenarios are plausible.

Despite the fact that there is a substantial correlation between self-esteem and body image, a drop in body image does not always result in an equivalent change in self-esteem. An essential moderating aspect is how much one's self-esteem is based on a broad base as opposed to a restricted base.

Factors affecting the body image

Self-esteem. Positive body image is very much avoidable by maintaining healthy self-esteem. A stronger skin and defense against messages from outside sources are provided by healthy self-esteem. Less buy-in and greater objectivity toward harmful cultural choices will

result. Since your value is rooted inward rather than seeking validation and acceptance from others, one'll feel less pressure to live up to expectations in order to increase your self-esteem.

Family values and attitudes. Several messages were unintentionally transmitted to them if they had a parent who was always dieting or dissatisfied with their appearance. Also, if their parents had a fatphobia or frequently made comments about the size and shape of others, they likely internalized these messages as well. Negative body image can occasionally be fuelled by sibling rivalry. The other siblings' self-esteem may suffer if one sibling is genetically fortunate and is openly praised for it. An individual will be more likely to be harsh on themselves about their weight and shape if their self-esteem is low within their family group and they have experienced frequent criticism or judgment.

Abuse or trauma. Unsurprisingly, trauma, abuse, or assault can have a significant impact on a person's perception of their body. Early trauma can be stored in the body and cause emotions of inadequacy or rejection. Although this process may be completely unconscious, concentrating on modifying their body can be a technique to suppress or disassociate from the unpleasant underlying emotions.

Puberty. Puberty can be a catalyst for poor body image, especially in women. People may feel uneasy about their bodies if they mature faster than their classmates or if they frequently hear negative comments about their appearance. At puberty, if your height or weight varies noticeably, this may make you feel more uneasy or self-conscious.

Physical activity. Participation in sports and physical activity are generally good for body image. Yet, when there is pressure to fit into a specific body type, such as in ballet, horse racing, or fitness competitions, this can lead to increased body obsession and unhappiness.

Acceptance or rejection of one's body It's important to note that receiving constant comments about one's appearance can increase one's body dissatisfaction and pressure to keep

up appearances. That could make people feel objectified or envious of themselves. It also understandably has a significant effect if they have received criticism or rejection because of their appearance. Bullying of any form is extremely damaging and can result in deep emotional scars and self-consciousness that are frequently reflected in the body.

Self-Esteem

Self-esteem originates internally. It implies that a woman knows she is okay exactly the way she is and is not dependent on anyone else to make her feel good about herself. She is self-assured and conscious of her skills and abilities. She desires to impart them to others. This does not imply that she is arrogant. She is also conscious of her weaknesses and potential. She is aware of her shortcomings and accepts that she is not flawless. Nobody is. She is aware that everyone has talents and flaws.

Every woman will ultimately fail because of our culture's obsession with youth, beauty, and thinness. Women's publications begin by conditioning the young market to put all of their attention on their attractiveness. At the age of 12, many girls learn to give up formerly fun hobbies in favour of the beauty treadmill that leads nowhere. They develop a diet-related fanaticism. They exercise in ice storms and pretend to adore it while munching on leaves without salad dressing. Cosmetic surgery advertisements are everywhere, tempting us to "fix" our aging bodies as though aging naturally were an accident or an illness.

The self-esteem in male and female college students in relation to childhood/adolescence (Arsandaux, Boujut, Salamon, Tzourio, and Galera 2023). Investigating self-esteem-related characteristics from childhood, adolescence, or early adulthood in male and female college students was the goal of the current study. Self-esteem develops throughout childhood when self-perception is influenced by social interactions, according to Harter (Harter, 2006). The level of cognitive development and socialization are

the next two factors that influence the development of self-esteem. Rosenberg's self-esteem was employed to investigate. Interindividual variations exist in addition to natural evolution. Men often have more self-esteem than women, for instance. Parental depression, socioeconomic level, familial structure, connection, and mistreatment have all been linked to low self-esteem. Lower self-esteem was linked to social marginalization, insufficient exercise, and body image dissatisfaction throughout college years. However, additional research is necessary for other aspects (i.e., sexual intercourses, education level, and health domain courses). Furthermore, it has been shown that childhood illnesses may have a lasting impact because they were linked to decreased self-esteem in young adults. In the current study, we examined a wide range of factors (such as economic, social, and psychological) associated with various stages of life in a significant cohort of college students (from childhood to young adulthood). In fact, little is known about how the experiences of childhood and adolescence affect a person as an adult. It's interesting to note that there were disparities between the sexes, with males having a higher influence on sports practice and pleasure with social life throughout young adulthood and females having a larger effect on parental support and economic status during childhood.

One study examined global and appearance-contingent self-esteem (Earl, 2023). At a general level, self-esteem denotes the subjective value that a person places on oneself and is an evaluation aspect of their self-concept. Despite the fact that self-esteem has been shown to gradually rise during maturity, individual levels will differ. In particular, self-esteem that is dependent on how physically appealing one thinks is known as appearance-contingent self-esteem. This type of self-worth has been associated with wants for thinness and weight loss, which have been found to be more prevalent in females. However, it is also widespread in males due to aspirations for strong and toned bodies. High appearance-contingent self-esteem is associated with a number of problems, including body dissatisfaction, appearance anxiety,

and self-objectification. Higher levels of self-esteem have been associated with higher self-assurance and successful cognitive processes. Exercisers who have high levels of self-esteem might be better able to concentrate on the health advantages of exercise. On the other hand, exercise based on attractiveness was more closely related to appearance-dependent self-esteem. Similar relationships exist between contingent self-esteem and demands for physical appearance, the internalization of cultural standards of attractiveness, and the desire to show oneself in a favorable light to others. High self-esteem individuals may be motivated to exercise by a desire for appreciation for their beauty to bolster their self-worth.

Prevalence of low self-esteem is more commonly seen in that females that they are more likely to experience low self-esteem compared to males. This can have negative consequences on their mental health, relationships, and academic or professional performance. Low self-esteem has been associated with a range of negative mental health outcomes, including depression, anxiety, and eating disorders. It is important to understand the underlying factors that contribute to low self-esteem in females and how it can be addressed to prevent or mitigate these negative outcomes. Overall, the study of self-esteem in females is important to understand the psychological and social factors that contribute to low self-esteem and to develop effective prevention and intervention strategies to promote healthy self-esteem in females.

A person's total perception of his or her value or worth is referred to as self-esteem. It can be viewed as a measure of how much someone "values, approves of, appreciates, prizes, or like (themselves)- (Adler and Stewart,2004)

Self-esteem is quite simply one's attitude towards oneself. Added to that he described it as a "favorable or unfavorable attitude toward the self". – (Rosenberg, 1965)

Theories of Self-Esteem:

Self-Esteem Theory (Stanley Coopersmith, 1967). Contemporary perception is that vanity is routed in early life with a basis of trust, unconditional love, and security, impacted as lifestyles progress via way of means of a mixture of tremendous and poor evaluations. Stanley Coopersmith's (1967) self-assessment scale measured vanity in youngsters after which assessed the parent's baby rearing practices for youngsters with excessive vanity and concluded that the origins of better vanity lay in clean guidelines and bounds enforced via way of means of the parents.

Self-Determination Theory (Ryan and Deci,2004). Self-Determination Theory (SDT) states that man is born with an intrinsic motivation to explore, absorb and master his surroundings and that true high self-esteem (Deci & Ryan, 1995 as cited in Ryan and Deci, 2004) is reported when the basic psychological nutrients, or needs, of life (relatedness, competency, and autonomy) are in balance (Ryan & Deci, 2004; Reis, Sheldon, Gable, Roscoe, and Ryan, 2000 as cited in Ryan and Deci, 2004).

When social conditions provide support and opportunity to fulfill these basic needs, personal growth, vitality, and well-being are enhanced (Chirkou et al, 2003; La Guardia et al 2000 as cited in Ryan and Deci, 2004). Relatedness was an addition to the original theory to account for people's inherent ability to make meaning and connect with others through the internalization of cultural practices and values (Ryan and Deci, 2004).

Importance of self-esteem

1. A person's perceptions of their own value and worth are referred to as self-esteem. It also has to do with the emotions that people feel as a result of their perceptions of their worth or unworthiness.

2. Self-esteem is crucial since it has a big impact on people's decisions and choices. To put it another way, one way that self-esteem motivates people by influencing how likely it is for them to take care of themselves and reach their full potential.

3. Individuals who have a high sense of self-worth are also more driven to take care of themselves and work hard to achieve their personal objectives. Because they don't believe they are deserving of or capable of reaching good outcomes, people with low self-esteem frequently neglect critical tasks and make poor decisions.

Another way that self-esteem is believed to change is through proportionality or reasonableness. It appears that different people experience high self-esteem in different ways. Some individuals with high self-esteem have reached that position as a result of numerous genuine successes. They attribute their ability to overcome new obstacles to their success in overcoming earlier ones. Their sense of self-worth is inversely correlated with the actual obstacles they have faced in life.

Some, on the other hand, seem to have excessively high self-esteem that is out of proportion to their real actions and successes. These people have positive opinions of themselves but are unable to cite any significant past successes, deeds, or decisions that would support those opinions in the eyes of an objective observer. Their heightened sense of self-worth is more a result of an entitlement mentality than of actual achievements. Because of the tendency for entitlement to be accompanied by selfish and self-centered behavior, this entitled form of high self-esteem is seen to be less psychologically beneficial than the more proportionate kind. Sometimes the term "overly inflated" is used to characterize this type of high self-esteem, meaning it is excessive and out of proportion to actual accomplishments.

In relation to a person's achievements and behaviors, self-esteem can be excessively high or "over-inflated," as well as too low or "under-inflated." Many often, those who end up having low self-esteem have overcome hardships and trials, show kindness to others, and have other reasons to feel good about themselves. Yet, individuals might not see these achievements and activities as important for a variety of reasons, such as a propensity for depression, anxiety, compulsive perfectionism, a habit of indulging in cognitive distortions, or because they have been mistreated or exploited. They exhibit extremely poor self-esteem and corresponding emotional pain when they are unable to satisfy this internalized and unreasonably high standard of goodness because they believe that they fall short of it.

As a result, self-esteem is more complex than can be captured by a straightforward high vs. low dimension. It fluctuates in size and in the degree to which it seems acceptable in light of achievements and actions.

Factors Affecting Self-Esteem

Family Environment. Family is the primary faculty for an individual. A child's existence is in particular stimulated through the own circle of relative's environment; its miles are the number one supply of social development. Each own circle of relatives isn't like the other, as it's far composed of various members. Each varies in its social and monetary situations with a distinct background. Achievement Academic fulfilment and fulfilment of one's dreams associated with their pastimes play an essential position in forming a positive, healthful view of the self.

Appearance. Physical traits along with hair, figure, peak weight, pores, and skin color may have an effect on the shallowness of an individual

Self-Belief. An individual who has excessive self-belief ranges might also additionally research matters quickly, and agree that they could entire responsibilities to an amazing trendy, and this eventually might also additionally enhance their self-esteem.

Life Satisfaction

Life satisfaction can be affected by a variety of factors, such as personal relationships, work, health, and financial stability. Young women may face unique challenges and experiences that can impact their overall life satisfaction.

One important factor that can impact life satisfaction for young women is their level of education and career opportunities. Access to education and employment opportunities Access to education and employment opportunities can contribute to feelings of empowerment and financial stability, which can positively impact life satisfaction.

Social support and personal relationships are also important factors for young women's life satisfaction. Supportive relationships with friends, family, and romantic partners can provide emotional support and a sense of belonging, which can contribute to a higher level of life satisfaction.

Additionally, physical and mental health can impact life satisfaction. Young women may face specific health challenges, such as reproductive health issues, that can impact their overall well-being and quality of life.

Overall, life satisfaction is a complex and multifaceted construct that can be influenced by a variety of factors. Understanding the unique experiences and challenges faced by young women can help identify potential areas of support to improve their overall life satisfaction.

Quality of life and its relationship to body image among female students at the College of Nursing (Hasballah, 2023). The purpose of the study was to evaluate the association between body image, quality of life, and sociodemographic characteristics among female nursing students. It also sought to determine the relationship between these variables. The University

of Baghdad College of Nursing did a descriptive-correlational design study between the years (October 2021 to May 2022). The objectives of the study were to evaluate the quality of life and level of body image among nursing student women, Define the connection between the quality of life and body image among nursing student women, and establish a connection between socio-demographics, quality of life, and body image. The study revealed that the majority of female nursing college students are content with their physical appearance. The correlation between body image and quality of life is statistically significant and substantial.

The study on perceived poverty and life satisfaction in college students with impoverished backgrounds (Liu and Fu,2022). Students from low-income households who are in college sometimes experience perceived poverty. Poverty perception can have a negative impact on a college student's ability to engage with others, maintain good mental health, and enjoy life. This investigation looked at the impact of perceived poverty on college students' life happiness and the mediating role of self-esteem. Self-esteem scale, satisfaction with life and measure of poverty was employed to 1044 impoverished college students. First, the study discovered a strong direct connection between life satisfaction and perceived poverty. Second, self-esteem was significantly impacted negatively by perceived poverty. Third, the connection between perceived poverty and life happiness was moderated by self-esteem. Finally, one of several mediating elements is presumably self-esteem. Perceived poverty's effects on life satisfaction were considerably influenced by self-esteem.

Life satisfaction is an important aspect of well-being and can be influenced by a variety of factors such as relationships, work-life balance, and personal values. Understanding these factors can help promote healthy behaviors and attitudes that contribute to overall life satisfaction. Gender difference suggests that females may have lower life satisfaction levels than males. It is important to understand the reasons for these differences and develop strategies to promote life satisfaction among females. Overall, the study of life satisfaction among

females is important to understand the factors that contribute to well-being and quality of life and to develop effective strategies to promote life satisfaction among females.

Women, in general, have faced more gender-based disparities than men. Young women, in particular, face a variety of challenges related to gender inequality, including wage gaps, lack of representation in leadership positions, and social pressures related to appearance and relationships. A study on life satisfaction among young women can shed light on these disparities and inform policies and programs aimed at addressing them. Young women are at an increased risk for mental health issues such as anxiety and depression. Studies have shown that life satisfaction is strongly linked to mental health outcomes. Overall, a study on life satisfaction among young women can provide valuable insights into the experiences, challenges, and opportunities facing this important demographic group, and inform strategies for promoting their well-being and success.

The concept of life satisfaction is more complicated than it first appears to be; although it is occasionally used interchangeably with happiness, the two ideas are in reality distinct. The evaluation of one's life as a whole, rather than just their current state of enjoyment, is what is meant by life satisfaction.

Psychologists have variously labelled the happy personality in terms such as subjective well-being or life satisfaction and define it as encompassing a cognitive evaluation of the quality of life of one's life experience and the possession of positive affect.

Life satisfaction is over [A]ll evaluation of attitudes and feelings about one's life at a specific period, ranging from unfavorable to favorable. (Buetell, 2006).

The happy personality is defined by psychologists as such as a cognitive assessment of the quality of one's life experience and the possession of positive emotion. It has been variously referred to as subjective well-being or life satisfaction.

Life satisfaction theories identify happiness with having a favorable attitude toward one's life as a whole. This basic schema can be filled out in a variety of ways but typically involves some sort of global judgment: an endorsement or affirmation of one's life as a whole explicitly, and may involve or accompany some aggregate of judgment about particular items or domains within one's life.

Theory

Bottom-up and Top-down theories of life satisfaction: (Diener, 1984). Bottom-up theories of life satisfaction, also known as theories of subjective well-being, were proposed by Diener (1984). They are founded on the idea that life satisfaction is the sum of all of its individual components. Self-reports of life satisfaction serve as a weighted average of satisfaction with various life areas, in other words. Contrarily, top-down theories contend that overall life satisfaction, which in turn significantly depends on personality characteristics and other fixed genetic outcomes, is the primary driver of contentment with diverse facets of life.

Life satisfaction is influenced by a variety of aspects from many different areas, such as job, romantic connections, family and friend relationships, personal development, health and wellness, and others.

Importance of Life Satisfaction

1. High life satisfaction is associated with a 25% lower risk of physical functioning restrictions and a 12% lower risk of chronic pain, according to a study. In addition, those who are happier in life have a propensity for being physically active and sleeping better.

They will also have access to better health conditions, as exercise and sleep are essential for overall well-being.

2. Immunity is essential for a quicker recovery after surgery. According to research, feeling satisfied and happy might strengthen your immune system. So, those who report a high level of life happiness are probably going to recover after surgery better. This result is further supported by research on postoperative satisfaction with cosmetic surgery. These patients' postoperative satisfaction substantially correlated with their life happiness and sense of self-worth.

3. High levels of life satisfaction are correlated with enhanced psychological health, including a stable mood, optimistic thinking, optimism, and a strong belief in one's path in life. People will feel less lonely and despair when they are contented with their lives. According to studies, those with great life satisfaction had a 46% lower risk of developing depression.

4. A high level of life satisfaction is associated with a 26% lower death risk. Given the connections between general health and life satisfaction, this is not surprising.

Life satisfaction and its contributing factors

Although the primary determinants of life satisfaction are not fully understood and are given different weights by different people, research has indicated that they most likely fall into one of four consecutive groups.

1. Life chances: In the life chances category, one can find societal assets like economic well-being, social equality, political freedom, culture, and morality; individual assets like social position, material wealth, political clout, social prestige, and family ties; and individual skills like social aptitude, mental toughness, physical fitness, and intellectual skill.

2. course of events: In the course of events category, course of events category, the events can involve factors like need or affluence, attack or protection, solitude or company, humiliation or honor, routine or challenge, and ugliness or beauty. These are the things that can confront us as we go through our daily life, causing us to lean more in one direction or the other: towards greater satisfaction or greater dissatisfaction.

3. Flow of experience: This category includes experiences such as longing or satisfaction, fear or security, love or loneliness, disrespect or respect, tedium or thrill, and hatred or rapture. These are the emotions and reactions to what happens to us; they are influenced by our societal and personal resources, our skills, and the way things turn out.

4. Evaluation of life: The evaluation of life is an evaluation of the overall average impact of these encounters. It entails assessing how the good and the bad in our lives balance out by comparing them to our conception of the "good life."

Need for the study

Women's Body image notably changes over the course of their adult lives, reflecting various body concerns and evaluations at each stage of life. Body image is prevalent among young women and many researchers suggest that a significant proportion of young women experience negative body image, and this can have serious consequences for their mental and physical health. Body image is closely linked with self-esteem and is a critical component of mental health which is when young women are unhappy with their bodies, it can impact their overall life satisfaction. Based on the above understanding the following are the objectives of the present study.

Objectives of the study

Based on the above understanding the following are the objectives of the present study.

- (a) to examine the role of Body image among young women,
- (b) to examine the role of Self-esteem among young women,
- (c) to examine the role of Life satisfaction among young women,
- (d) to assess the influence of Body image on Self-esteem, and Life Satisfaction.
- (e) to examine Body image and various dimensions of Self-esteem that would predict Life Satisfaction.

The study would help to understand the role of Body Image, Self-esteem, and Life satisfaction this study would be beneficial for women. It would be especially beneficial for Clinical practitioners for understanding the cause behind symptoms and their clinical manifestation.

REVIEW OF LITERATURE

Chapter 2

Review of Literature

It has been observed that females attempt to achieve idealized beauty every day by elevating their appearance in their own eyes. The woman knows she is okay exactly the way she is and is not dependent on anyone else to make her feel good about herself. Young women may face unique challenges and experiences that can impact their overall life satisfaction. Body image is closely linked with self-esteem and is a critical component of mental health which is when young women are unhappy with their bodies, it can impact their overall life satisfaction.

Based on the above understanding, the present study has tried to examine

- (a) examining the role of Body image among young women,
- (b) examining the role of self-esteem among young Women,
- (c) examining the role of Life satisfaction among young women,
- (d) to assess the influence of Body image, Self-esteem, and Life satisfaction and
- (e) to examine Body image and various dimensions of self-esteem that would predict

Life satisfaction.

With the above objectives, a detailed review of literature has been done on

Body image

Self-esteem

Life satisfaction

Body Image

Kennedy, Preston, and Kenny (2023) conducted a study exploring the interplay between Fat talk, social media use, and Body image among young women. Focus group interviews explored how young women (aged 15-19) experience fat talk while using social media and the possible effects of body image constructs. They used the purposive convenience sampling method. 35 women were recruited, and 18 of them finally participated in focus interviews. The

results showed social media use was linked to increased self-evaluation of the body engagement in social comparative behavior and negative self-talk about the body.

Korner and Schutz (2023) conducted a study to investigate the power -the perceived capacity to influence others – to be an antecedent of positive Body image because power is closely linked to body image. A cross-sectional study (N=318) took part indicated that a sense of power was positively related to body appreciation and satisfaction with one's appearance. Self-esteem mediates all the effects. The results showed that power affected body image directly but also indirectly through elevated Self- esteem.

Price, McCann, Kunzler, Leavitt, and Holmes (2023) conducted a study to examine body image and sex- a dyadic examination of body esteem and sexual inhibition, and harmony. The study aimed at examining how each individual within a relationship views their body may play a role in how they experience their sexual interactions. A sample of 2,177 newlywed couples took part, this study used an Actor–Partner Interdependence Mediation Model (APIMeM) to estimate actor and partner associations between body esteem and relationship satisfaction, using sexual styles – inhibited, obsessed, or harmonious – as potential mediators. The results indicated that an individual's comfort with the body may be associated with sexual and relational well-being for both partners.

Musharaf, Rogoza, Mhanna, Soufia, Obied and Hallit (2022) conducted a study to investigate the factors of Body dissatisfaction among Lebanese adolescents. In this cross-sectional study, 555 Lebanese teenagers between the ages of 15 and 18 were participated. The correlations between stress and body dissatisfaction and anxiety and stress and body dissatisfaction were indirectly influenced by self-esteem.

Taffe (2022) conducted a study to examine if and how Instagram use affects the body image of female undergraduate college students. The research results highlighted a number of issues including negative feelings about themselves due to upward social comparison, feelings

of insecurity, envy, lowering self-esteem, and in extreme cases, depressive tendencies, all of which they associated with their use of Instagram.

Brown and Tiggemann (2016) conducted a study to investigate the effect of attractive celebrity and peer images on women's body image. Participants were 138 undergraduate students, who randomly viewed either a set of celebrity and peer and travel image photos sourced from Instagram, and the results showed that celebrity's and peer's image increased in positive mood and body dissatisfaction relative to other images. The study concluded that the effect of an attractive body has a harmful impact on women's body image.

Body Image and Self-esteem

Engelhardt (2023) conducted a study exploring the connection between social media and body image and the impact of art therapy intervention on a woman's self-esteem. Fourteen participants were recruited through social media after meeting the qualifications: being eighteen years old and/or older, identifying as a woman, and being active on social media. A mixed research design method was utilized using both qualitative and quantitative approaches. The results indicated that strong connection between social media and body image, as well as the impact that art therapy intervention has on self-esteem.

Gori and Topino (2023) conducted a study to investigate the factors that may contribute to the levels of social media addiction, by focusing on the role of alexithymia, body image concern, and self-esteem, controlled for age and gender. A sample of 437 social media users (32.5% men, 67.5% women) completed an online survey, including the Bergen Social Media Addiction Scale, Body Image Concern Inventory, Rosenberg Self-Esteem Scale, and Twenty-Item Toronto Alexithymia Scale, together with a demographic questionnaire. The results of the study concluded that a significant association between alexithymia and social media addiction, with the total mediation of body image concern (and more in detail, body dissatisfaction) and the significant moderation of self-esteem.

Jang, Seong, and Sok (2023) conducted a study to examine the body image and self-esteem of breast cancer patients who underwent breast reconstruction in order to determine whether these affect their quality of life. This study consisted of 140 patients who underwent breast reconstruction following breast cancer surgery at S University Hospital in Gyeonggi-do, South Korea. The results concluded that there is a direct effect of body image on the quality of life considering the effect of self-esteem, which is a parameter. This confirmed that self-esteem mediates body image and quality of life.

Devi, Kumar, Reddy, Lin, and Chidambaram (2022) conducted a study based on the investigation of the relationship between the body image and self-esteem of undergraduate dental students in Chennai. A total of 200 students was selected using convenience sampling from undergraduate dental students between the age group of 17 to 23 through Google form. They used Body Shape Questionnaire (BSQ-16 B) and Rosenberg's Self-esteem scale. The results indicated that there is a negative relationship between Body shape and Rosenberg's self-esteem score.

Kapoor, Upadhyay, and Saini (2022) conducted a study to examine the relationship of eating behavior and self-esteem with body image perception and other factors among female college students of university of Delhi. At the University of Delhi, 180 female undergraduate students participated in this cross-sectional survey. The study came to the conclusion that body image issues, high-risk eating behavior, and family influences all contribute to low self-esteem.

Pop, Lorga, and Lurcov (2022) conducted a study to investigate the body esteem, self-esteem and loneliness among social media young users. The study included 427 medical students who regularly utilize social media platforms. Rosenberg Self-esteem scale, Body esteem scale for adolescents and adults and UCLA loneliness scale was used and the data were analyzed using SPSS version 23. The results prove a relationship between the use of Social media and the presence of loneliness, self-esteem and body-esteem, with gender differences.

Selensky and Carles (2021) conducted a study to evaluate the influence of exposure to advertising Campaigns on weight bias, internalized weight bias, self-esteem, body image, and affect. The sample comprised 475 Female participants. It showed that the positive effects of advertising influence self-esteem and mood.

Veldhuis, Alleva, Bij de vaate, Keijer, and Konjin (2020) conducted a study to investigate the relationships between body image, self-objectification, self-esteem, and selfie behavior in young women. Hundred and seventy-nine young women took part in the study and results suggested that body image influences selfie behaviors.

Moradi, Ghadiri-Anari, Dehghani, vaziri, and Enjezab (2020) conducted a study to investigate the effectiveness of counseling based on acceptance and commitment therapy (ACT) on body image and self-esteem in polycystic ovary syndrome. Fifty-two women with PCOS were allocated to intervention and control groups ($n = 26$ /each) using the table of random numbers. The mean score of body image concern and self-esteem in the intervention group, after the intervention and follow-up were significantly different from the control group. The results of the study concluded that the ACT is effective in improving the body image and self-esteem of women with PCOS.

Salazar (2017) aimed to investigate cyberbullying victimization as a predictor of Cyberbullying Perpetration, Body image Dissatisfaction, healthy eating and dieting behavior, and life satisfaction among middle school students. The study consisted of a sample of 6944 middle school students. The study did not find a correlation between Cyberbullying victimization of students' healthy eating behavior.

Pisitsungkarn, Taephant, and Attasaranya (2013) conducted a study on body image satisfaction and self-esteem in Thai female adolescents. The aim of the study was to examine whether Body image satisfaction significantly influences self-esteem in female adolescents. A total of 302 Thai female undergraduates from 3 large public and private universities in the

Bangkok metropolitan area. The results concluded that although its effect was relatively small, self-compassion significantly moderated the positive relationship between body image satisfaction and self-esteem.

Nnaemka, and Solomon (2014) conducted a study on investigating the relationship between Body image and self-esteem among female undergraduate students of behavioral sciences. Four hundred female undergraduate students took part. The results of this study concluded that body image was confirmed to be significantly related to self-esteem which supported their hypothesis.

Self-esteem

Arsandaux, Boujut, Salamon, Tzourio and Galera (2023) conducted a study that aimed to examine the self-esteem of male and female college students. The study involved 6602 college students included, 78.8% were female with a mean age of 20.7 and a mean self-esteem score of 27.6 for females and 30.3 for males. The results indicated that low self-esteem was associated with factors related to childhood/adolescence (weak parental support, life events, parents with depression or anxiety problems) and young adulthood (freshmen year, high BMI, dissatisfaction with social life, not practicing sports or extra-university activities).

Earl (2023) conducted a study to investigate global and appearance-contingent self-esteem and appearance satisfaction may be differentially associated with health and attractiveness exercise reasons. The sample consists of adults from the east midlands of the United Kingdom (N= 209; 75% female, 25% male; mean age = 29.77 years). The results of this study highlighted that Global self-esteem was related to appearance satisfaction and health exercise reasons.

Naik (2022) conducted a study on eating disorders and their relationship with self-esteem among medical students. The aim of the study was to evaluate the self-esteem and eating disorders risk among medical students. They administered an eating disorder examination

questionnaire short (EDS-QS). The results of the study concluded that poor self-esteem was significantly more prevalent among males than among females, this shows that student's outward appearance or their body mass index directly affects their sense of self-worth, which in turn can lead to a wide range of psychological issues.

Body Image and life satisfaction

Hasballah, Hussein (2023) conducted a study on quality of life and its relationship to body image among female students at the college of Nursing. The aim of the study was to assess body image and quality of life and to find out the relationship between body image, quality of life, and socio-demographics among female students in the College of Nursing. 110 female students from the College of Nursing took part. The questionnaire consisted of socio-demographic characteristics and used a body image scale and a quality-of-life scale. The results concluded that the highest percentage of the sample was located within the age group of 18-20 years and they are satisfied with their body image as seen among 88.2%, which reflects their positive perception of their body image.

Life satisfaction

Patric, Eram, Khalique and Ahmad (2023) conducted a study about life satisfaction among female Employees. The aim of the study was to analyze the levels of life satisfaction among female employees. A cross-sectional study was conducted and stratified random sampling was done on female employees of universities in India. The results of the study concluded that satisfaction with life is significantly associated with the occupation of women.

Quick, Tung, Keenan, and Hipwell (2023) conducted a study to investigate the psychological well-being across the perinatal period – life satisfaction and flourishing in a longitudinal study of young black and white American women. This study collected data from an ongoing longitudinal study, on two dimensions of psychological well-being from preconception to postpartum among 173 Black and White American women. Results showed

that changes in life satisfaction and flourishing over the perinatal period were moderated by race. The results stated that white women reported having an increase in life satisfaction levels and black women reported to have no changes in life satisfaction across these time points.

Hatano, Hihara, Nakama, Tsuzuki, Mizokami, and Sugimura (2022) conducted a study to investigate the trajectories in the sense of identity and relationship with life satisfaction during Adolescence and young Adulthood. A three-wave longitudinal study included 5,047 Japanese youth from four age groups (early adolescence, middle adolescence, late adolescence, and young adulthood). The Latent Growth Modeling results also revealed that across all age groups, the change in synthesis was positively connected to the change in life satisfaction while the change in confusion was adversely related to it.

Liu and Fu (2022) conducted a study to investigate the perceived poverty and life satisfaction in college students with impoverished backgrounds - the mediating role of self-esteem. In this cross-sectional study, 1044 impoverished college students from 22 universities completed an online questionnaire that included a measure of perceived poverty, self-esteem scale (SES), and satisfaction with life scale (SWLS). The results concluded that Perceived poverty and life satisfaction were significantly negatively correlated, self-esteem was significantly positively correlated with life satisfaction, and perceived poverty was significantly negatively correlated with self-esteem.

Urizar, Atencio, Urzua and Flores (2022) conducted a study on Integration, social competence and life satisfaction. In this study, adolescents from northern Chile were asked to reflect on the mediating roles of resilience and self-esteem in the relationship between social competence and life satisfaction. The sample included 2277 students between the ages of 12 and 18. These results suggest that interventions on social competence contribute to enhancing self-esteem and life satisfaction, and that self-esteem and resilience levels are a source of information for the design of intervention programs with the aim of increasing child and youth

satisfaction.

Yuan, Liang, Ren, Hu, Qin, Fei, Cao, Li, and Mei (2022) conducted a study on age moderates the effect of family conflict on life satisfaction among Chinese female employees and found that life satisfaction was negatively impacted by work-family conflict, and this association grew stronger as workers' ages grew among middle-aged female employees.

Life satisfaction and Self-esteem

Supervia, Bordas, Robres, Blasco and Cosculluela (2023) conducted a study on Empathy, Self-esteem, and Satisfaction with life in adolescents. The study comprised a sample of 1117 adolescent students, both male (N= 603) and female (N= 514) with ages ranging from 12 to 18 years (M = 14.40). The results revealed significant correlations between empathy, self-esteem, and satisfaction with life variables, and significant differences between genders. In addition, self-esteem was found to play a mediating role between empathy and satisfaction with life.

Dam, Do, Vu, Long Vu, Minh Do, Thi Nguyen, Nguyen, Vu, Nguyen, Auquier, Boyer, Fond, Latkin, Ho, and Ho (2023) conducted a study on the association between Parent-child relationship, self-esteem, and resilience with life satisfaction and mental wellbeing of adolescents. A cross-sectional study was conducted with 1,023 adolescents in Vietnam. The results highlight that Higher academic performance, self-esteem, resilience, encounter loneliness and isolation within own family, and having support and sharing from family members had a positive effect on life satisfaction and mental well-being, also the importance of being aware of the influence that expectations (of higher grades) and bias (toward male children) imposed by parents, teachers, and society on the mental wellbeing of youths, especially in Asian cultures.

From the review of literatures above, it may be inferred that social media use was associated with higher body self-evaluation, social comparison behavior, and self-critical self-talk. Positive body image and satisfaction with one's appearance can influence power. Sexual and relationship well-being for both partners may be correlated with an individual's comfort with their own bodies. Instagram usage can also affect body image by making them negative about themselves. Images can also create a huge impact on body image, especially the celebrity's and peer's image. alexithymia and social media addiction, with complete mediation of body image concerns and strong moderation of self-esteem. In breast reconstruction, Given the impact of self-esteem, body image has a direct impact on life quality. A number of things, such as eating disorders, family pressures, and body image issues, can contribute to low self-esteem. A connection exists between social media use and feelings of loneliness, low self- and body-esteem, and gender differences. Publicity Campaigns have created a positive impact on Body image and self-esteem, also selfie behaviors have a huge impact on body image and self-esteem. Women with PCOS who took ACT report an improvement in their self-esteem and body image. Body image satisfaction and self-esteem in female undergraduates have shown a positive relationship between both. Sociodemographic also play a role in the body image and quality of life of female college students. Certainly, body dissatisfaction can also lead to anxiety and stress in adolescents.

Self-esteem plays a vital role in aspects of childhood/adolescence and young adulthood. The happiness with one's appearance and the benefits of exercise were related to overall self-esteem. Low self-esteem is more prevalent among males about the way they look also affects their self-worth. It was also understood from the studies that self-esteem is a function of body image and has a great influence on the development of self-identity especially among adolescents.

Life satisfaction among female employees has shown a highly correlated with life satisfaction. Life satisfaction and perceived poverty had a substantial inverse relationship, self-esteem, and life satisfaction had a significant positive relationship, and perceived poverty had a significant inverse relationship with self-esteem. Higher academic achievement, self-worth, resiliency, and experiencing isolation and loneliness with one's own family all have a good impact on life satisfaction and mental health. Additionally, the results of the Latent Growth Modeling showed that across all age groups, the change in synthesis was favorably correlated with the change in life satisfaction while the change in confusion was negatively correlated with it. Results indicate that social competency treatments improve self-esteem and life satisfaction and that self-esteem and resilience levels are a source of information for the development of intervention programs to improve child and youth contentment. The work-family conflict had a negative influence on life satisfaction, and this relationship grew stronger as workers' ages increased among middle-aged female employees.

Thus as a summary of literatures, the present study has tried to examine(a) the role of body image among young women, (b) the role of self-esteem among young women,(c) the role of life satisfaction among young women,(d) the influence of body image on self-esteem, and life satisfaction, and (e) Body image and various dimensions of self-esteem that would predict Life satisfaction.

METHOD

Chapter 3

Method

A brief understanding of the concepts of Body Image, Self Esteem, and Life Satisfaction showed that young women experience fat talk while using social media and the possible effects of body image constructs. It was also understood that low self-esteem was associated with factors related to childhood/adolescence and young adulthood. Young women may face specific health challenges, such as reproductive health issues, that can impact their overall well-being and quality of life. Hence the present study was undertaken with the objectives of

Objectives

- (a) to examine the role of Body image among young women,
- (b) to examine the role of Self-esteem among young women,
- (c) to examine the role of Life satisfaction among young women,
- (d) To assess the influence of Body image on Self-esteem, and Life satisfaction and
- (e) to examine Body image and various dimensions of Self-esteem that would predict Life satisfaction.

Hypotheses

From the inferences made by Kennedy, Preston, and Kenny (2023), Price, McCann, Kunzler, Leavitt, and Holmes (2023) and Musharaf, Rogoza, Mhanna, Soufia, Obied, and Hallit (2022), the following hypothesis has been made

H1a There will be an influence of Body image on Performance Self-esteem among young women.

H1b There will be an influence of Body image on Social Self-esteem among young women.

H1c There will be an influence of Body image on Appearance Self-esteem among young women.

From the observation of Hasballah, Hussein (2023) the following hypothesis is proposed

H2a There will be an influence of Performance Self-esteem on Life Satisfaction among young women.

H2b There will be an influence of Social Self-esteem on Life Satisfaction among young women.

H2c There will be an influence of Appearance Self-esteem on Life Satisfaction among young women.

From the studies observed and based on the theoretical propositions on body image, self-esteem, and life satisfaction the study hypothesized that

H3 There will be significant differences in terms of Body image among young women.

H4 There will be significant differences in terms of Self-esteem among young women.

H4a There will be significant differences in terms of Performance Self-esteem, Social Self-esteem, and Appearance Self-esteem among young women.

H5 There will be significant differences in terms of Life satisfaction among young women.

H6 There will be a significant relationship between Body image, Self-esteem, and Life Satisfaction among young women.

Based on the above objectives and hypotheses formulated the study was conducted on the chosen population of

- Young women from the Coimbatore district who are willing to participate were approached.
- The population for the present research comprised young women of the age range of 17 to 20 years.
- The samples were collected using a selected using convenient sampling method.

Sample

The sample for the present study included young women from the Coimbatore district. A total of hundred and eighty participants were approached out of which one hundred and fifty people agreed to participate in the study hence the response rate is 83.3% (n= 150). The final sample consisted of (n=150), the average age of the sample is 18.7 age. The sample consist of 44 Rural participants and 51 Semi urban and 55 Urban in the age range of 17 to 20 was selected by convenient sampling method.

The following are the set of inclusive and exclusive criteria for the present study

Inclusion Criteria

- Age ranges from 17-20 years.
- only female participants.
- Sample from both married and unmarried people.
- The participant consented and showed a willingness to participate in the study.

Exclusion criteria

- The Participants who are not willing to participate in the study.
- The participants were below or above the age of 17 and 20 years.
- Participants who are unable to understand English.

Tools

The following tools were used for data collection.

- Body image perception scale by Jeffrin and Dr. Gayatridevi (2021). The scale consists of 63 items. Each item is presented by five response alternatives namely “Strongly agree, Agree, Neither Agree nor Disagree, Disagree, and Strongly Disagree. The reliability of the scale is 0.79.
- State Self-esteem Scale by Heatherton and Polivy (1991). It consists of 20 items. The 20 items are subdivided into 3 components of Self-esteem- Performance Self-esteem, Social Self-esteem, and Appearance Self-esteem. All items are answered using a 5-point scale (Not at all=1, A little bit=2, Somewhat=3, very much=4, and extremely=5). Cronbach alphas for the State Self-esteem scale subscales ranged from 0.73-0.81.
- The Life Satisfaction Scale was developed by Dr. Singh (2003). It consists of 12 items. The reliability of this scale was found to be 0.95. The index of homogeneity and the internal validity of the items were tested by computing the point biserial correlation(r_{pb}). All items were found to be significant at 0.01 level.

Procedure

The participants chosen for the research were young women of the age range 17- 20 years and on the basis of inclusion and exclusion criteria. They were assessed using the Body image perception scale (2021), State Self-esteem Scale, and Life Satisfaction Scale. Participants were asked to fill in each statement that suits them the best. The scoring is done according to the scoring key and interpreted using the norms provided by the authors.

Analysis of data

The data was analyzed using Statistical Package for the Social Sciences (SPSS - 29). The data was analyzed and the following test was analyzed Correlation, Independent sample t-test, and Regression was used.

Institutional Human Ethics Committee

As the study involves human subjects, all procedures described in the study were reviewed and approved by the Institutional Human Ethics Committee, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. The approval number for the research purpose is **AUW/IHEC/CP-22-23/XMT-08**.

RESULTS AND DISCUSSION

Chapter 4

Results and Discussion

Women's Body image notably changes over the course of their adult lives, reflecting various body concerns and evaluations at each stage of life. Self-esteem develops throughout childhood when self-perception is influenced by social interactions. Life satisfaction is strongly linked to mental health outcomes. Hence the present study was undertaken with the objectives of (a) to examine the role of Body image among young women, (b) to examine the role of self-esteem among young Women, (c) to examine the role of Life satisfaction among young women, and (d) to assess the influence of Body image, Self-esteem, and Life satisfaction, (e) to examine Body image and various dimensions of self-esteem that would predict Life satisfaction.

The results of the study titled "Body image and its effects on Self-esteem and life satisfaction among young women" are given below. The sample consists of 150 young women between the age range of 17 to 20 years of age. The data was analyzed using Product moment correlation to find the influence of Body image on Performance Self-esteem, Body image on Social-self-esteem, Body image on Appearance Self-esteem, Performance Self-esteem on life satisfaction, Social Self-esteem on life satisfaction, and Appearance Self-esteem on Life satisfaction among young women. Independent sample t-test to find the difference in the degree pursuing among young women. Linear regression was done to examine Body image and various dimensions of self-esteem would predict Life satisfaction.

Table 1

Demographic data of the samples in terms of Age among young women.

Age	N	Percentage%
17- 18	52	35%
19-20	98	65.3%
Total	150	100

Table 1 shows the demographic data of the responses of young women. In this study, out of 150 samples, 35% of the women were from the age group 17-18, and 65.3% were from the age group 19-20.

Table 2

Demographic data of the samples in terms of Degrees pursuing among young women.

Degrees pursuing	N	Percentage%
Allied Professional	125	83%
Professional	25	17%
Total	150	100

Table 2 shows the demographic data of the responses of young women. In this study, out of 150 samples, 83% of the women were from the Allied Professional degree, and 17% were from the Professional degree.

From the above tables, it may be inferred that there is somewhat equal representation of young women in all age groups between 17 -20. Further, it may also be inferred that most of the young women of the study are pursuing Professional or Allied professional education. It may also be further understood that Body image is a vital part of the growing years of these young women. Hence the present sample is deemed to be fit for the present study.

In order to examine the influence of Body image on dimensions of self-esteem (Performance Self-esteem, Social Self-esteem, and Appearance Self-esteem), a Pearson product-moment correlation was done to the following table presents the results of the same.

Table 3

Correlation between Body image and Performance Self-esteem among young women.

Variables	N	Body image	Performance Self-esteem
Body image	150	-	-.450**
Performance Self-esteem	150	-.450**	-

** . Correlation is significant at the 0.01 level (0.01).

A Pearson product-moment correlation was run to determine the relationship between Body image and Performance Self-esteem among young women. There was a negative correlation between Body image and Performance Self-esteem among young women, which is statistically significant ($r = 0.450$, $n = 150$, $p = 0.01$).

The negative correlation between Body image and Performance Self-esteem may be due to the impact of poor body image on mental health, such as anxiety and depression, which can negatively affect cognitive and academic performance. Individuals who experience negative feelings about their bodies may be more likely to experience symptoms of anxiety and depression, which can interfere with their ability to concentrate and perform academically.

“H1a There will be an influence of Body image on Performance Self-esteem among young women” has been accepted.

Table 4

Correlation between Body image and Social Self-esteem among young women.

Variables	N	Body image	Social Self-esteem
Body image	150	-	-.431**
Social Self-esteem	150	-.431**	-

** . Correlation is significant at the 0.01 level (0.01).

A Pearson product-moment correlation was run to determine the relationship between Body image and Social Self-esteem among young women. There was a negative correlation between Body image and Social Self-esteem among young women, which is statistically significant ($r = 0.431$, $n = 150$, $p = 0.01$).

There are several possible explanations for the negative correlation between body image and social self-esteem. One possibility is that social interactions and relationships are often influenced by physical appearance, and individuals who have poor body image may feel insecure or inadequate in these situations, leading to lower social self-esteem. Another possibility is that individuals with poor body image may avoid social situations altogether, leading to fewer opportunities to develop social skills and relationships, which can also contribute to lower social self-esteem.

“H1b There will be an influence of Body image on Social Self-esteem among young women” has been accepted.

Table 5

Correlation between Body image and Appearance Self-esteem among young women.

Variables	N	Body image	Appearance Self-esteem
Body image	150	-	-.526**
Appearance Self-esteem	150	-.526**	-

** . Correlation is significant at the 0.01 level (0.01).

A Pearson product-moment correlation was run to determine the relationship between Body image and Appearance Self-esteem among young women. There was a negative correlation between Body image and Appearance Self-esteem among young women, which is statistically significant ($r= 0.526$, $n=150$, $p=0.01$).

The negative correlation between body image and appearance self-esteem in the correlation coefficient table indicates that individuals who experience poor body image are more likely to have negative self-perception related to their physical appearance. Appearance self-esteem refers to an individual's self-perception related to their physical appearance, which can be influenced by societal and cultural beauty standards. Societal pressure to conform to unrealistic beauty standards can contribute to negative body image, which, in turn, can impact appearance and self-esteem.

“H1c There will be an influence of Body image on Appearance Self-esteem among young women” has been accepted.

From the above tables, it may be inferred that Body image has effects on Performance Self-esteem, Social Self-esteem, and Appearance Self-esteem. It indicates that when Body image negatively increases Performance Self-esteem, Social Self-esteem, and Appearance Self-esteem decreases.

Table 6

Correlation between Performance Self-esteem and Life satisfaction among young women.

Variables	N	Performance Self-esteem	Life satisfaction
Performance self-esteem	150	-	.484**
Life satisfaction	150	.484**	-

** . Correlation is significant at the 0.01 level (0.01).

A Pearson product-moment correlation was run to determine the relationship between Performance Self-esteem and Life satisfaction among young women. There was a positive correlation between Performance Self-esteem and life satisfaction among young women, which is statistically significant ($r= 0.484$, $n=150$, $p=0.01$).

First, high levels of Performance Self-esteem whether in academics, work, or other areas of life, can contribute to feelings of accomplishment and competence, which in turn can boost self-esteem. This can lead to greater life satisfaction, as people feel more confident and capable in their abilities. On the other hand, low levels of Performance Self-esteem can lead to feelings of inadequacy, which can negatively impact self-esteem and lead to lower life satisfaction. This negative impact can be exacerbated if individuals tie their sense of self-worth to their performance.

“H2a There will be an influence of Performance Self-esteem on Life Satisfaction among young women” has been accepted.

Table 7

Correlation between Social Self-esteem and Life Satisfaction among young women.

Variables	N	Social Self-esteem	Life satisfaction
Social Self-esteem	150	-	.268**
	150	.268**	-

** . Correlation is significant at the 0.01 level (0.01).

A Pearson product-moment correlation was run to determine the relationship between Social Self-esteem and Life satisfaction among young women. There was a positive correlation between Social Self-esteem and life satisfaction among young women, which is statistically significant ($r= 0.268$, $n=150$, $p=0.01$).

There are several potential explanations for why these two variables may be positively correlated. For instance, individuals with higher levels of social self-esteem may have a greater sense of belonging and social support, which can contribute to feelings of happiness and life satisfaction. Additionally, individuals who are more confident in social situations may be more likely to engage in activities that promote personal growth and fulfillment, such as pursuing meaningful relationships and hobbies.

“H2b There will be an influence of Social Self-esteem on Life Satisfaction among young women” has been accepted.

Table 8

Correlation between Appearance Self-esteem and Life Satisfaction among young women.

Variables	N	Appearance Self-esteem	Life satisfaction
Appearance Self-esteem	150	-	.391**
Life satisfaction	150	.391**	-

** . Correlation is significant at the 0.01 level (0.01).

A Pearson product-moment correlation was run to determine the relationship between Appearance Self-esteem and Life satisfaction among young women. There was a positive correlation between Appearance Self-esteem and life satisfaction among young women, which is statistically significant ($r= 0.391$, $n=150$, $p=0.01$).

The correlation between Appearance Self-esteem, and Life Satisfaction suggests that there may be a relationship between how one feels about their appearance, their level of self-esteem, and their overall life satisfaction. People who feel better about their appearance may have higher self-esteem, which in turn can contribute to a greater sense of satisfaction with their life. Conversely, individuals who have lower self-esteem due to their appearance may be less satisfied with their life.

H2c There will be influence of Appearance Self-esteem on Life Satisfaction among young women **has been accepted.**

From the above tables, it may be inferred that Life satisfaction has effects on Performance Self-esteem, Social Self-esteem, and Appearance Self-esteem. It indicates that when Performance Self-esteem, Social Self-esteem, and Appearance Self-esteem increase, Life satisfaction also increases.

In order to fulfill the Hypothesis of comparing the differences in Body image, Self-esteem, Performance Self-esteem, Social Self-esteem, Appearance Self-esteem, and Life satisfaction among young adults. The state self-esteem scale has three dimensions Performance, Social, and Appearance Self-esteem. The following table shows the independent sample t-test on Body image, Self-esteem, Performance Self-esteem, Social Self-esteem, Appearance Self-esteem, and Life satisfaction.

Table 9

Independent sample t-test on Body image between the Degrees pursuing among young women.

	Degrees pursuing	N	Mean	Std. Deviation	Std. Error Mean	t	df	significance
Body image	Allied Professional	125	156.67	39.69	3.551	.484	148	.629NS
	Professional	25	152.20	53.141	10.628			

N.S- Not Significant.

The above table shows the descriptive statistics and independent sample t-test conducted on Body image between the Degrees pursuing among young women. It was found that there was no significant difference between the two groups in terms of class pursuit. $t(148) = .484, p=0.629$.

Based on these results, we can conclude that there is no evidence to suggest that pursuing an Allied Professionals or Professional degree has a significant impact on body image perception. However, the small sample size for the Professional Degrees pursuing group (N = 25) may limit the generalizability of the results, and further research with a larger sample size may be needed to confirm these findings. The body image perception scores for Allied Professional and Professional Degrees pursuing students suggest that there is no significant difference in body image perception between the two groups.

Similar academic demands and exposure for both Allied Professionals and Professionals Degree programs both require a rigorous academic schedule that involves long hours of studying, practicals, and clinical placements that require them to interact with patients and healthcare professionals. As a result, students pursuing both programs may have similar levels of stress and pressure, which may impact their body image perception similarly This

exposure may help them develop a better understanding of the human body and the diversity of body types, which could positively impact their body image perception.

“H3 There will be significant differences in terms of Body image among young women” **has been rejected.**

Table 10

Independent sample t-test on Self-esteem based on Degrees pursuing among young women.

Degrees pursuing		N	Mean	Std. Deviation	Std. Error Mean	t	df	significance
Self-esteem Allied Professional	Professional	125	70.22	9.277	.830	.867	148	.388NS
	Professional	25	68.16	16.688	3.338			

N.S- Not Significant.

The above table shows the descriptive statistics and independent sample t-test conducted on Self-esteem between the Degrees pursuing among young women. It was found that there was no significant difference between the two groups in terms of Degree pursuing. $t(148) = .867, p = 0.388$.

There is no significant difference in terms of Self-esteem scores between Allied Professionals and Professionals Degrees pursuing students. This result suggests that pursuing an Allied professional or a Professional Degree does not have a significant impact on self-esteem. There are many other factors that affect Self-esteem for instance, personal factors such as family background, upbringing, and cultural beliefs may influence self-esteem regardless of academic pursuit.

“H4 There will be significant differences in terms of Self-esteem among young women” has been rejected.

Table 11

Independent Sample t-Test on the dimensions of Self-esteem based on Degrees pursuing among young women.

	Degrees pursuing	N	Mean	Std. Deviation	Std. Error Mean	t	df	Significance
Performance Self-esteem	Allied	125	24.6	4.134	.370	.309	148	.758NS
	Professional	25	24.16	6.005	1.201			
Social Self-esteem	Allied	125	25.10	4.311	.368	1.646	148	.102NS
	Professional	25	23.36	6.843	1.369			
Appearance Self-esteem	Allied	125	20.66	4.896	.438	0.14	148	.989NS
	Professional	25	20.64	5.880	1.176			

N.S- Not Significant.

The above table shows the descriptive statistics and independent sample t-test conducted on Performance Self-esteem, Social Self-esteem, and Appearance Self-esteem between the Degree pursuing among young women.

The statistical value indicates that there is no significant difference among all the variables. This may be because Allied Professionals and Professional degree students have been exposed to similar types of problems. It was found that there was no significant difference between the two groups in terms of Degree pursuing.

“H4a There will be a significant difference in terms of Performance Self-esteem, Social Self-esteem, and Appearance Self-esteem among young women” has been rejected.

The statistical value indicates that there are no Significant differences in terms of Performance Self-esteem, Social Self-esteem and Appearance self-esteem among young women.

Table 12

Independent sample t-test on Life satisfaction between the Degree pursuing among young women.

	Degree pursuing	N	Mean	Std. Deviation	Std. Error Mean	t	df	significance
Life satisfaction	Allied	125	54.26	12.025	1.076	.867	148	.388NS
	Professional	25	57.28	14.794	2.959			

N.S- Not Significant.

The above table shows the descriptive statistics and independent sample t-test conducted on Life satisfaction between the Degree pursuing among young women. It was found that there was no significant difference between the two groups in terms of Degree pursuing. $t(148) = 1.100, p = 0.273$.

The results of this study should be interpreted with caution. The study only measured life satisfaction at a single point in time and may not reflect changes in life satisfaction over time. Furthermore, life satisfaction is a complex construct that can be influenced by various factors such as personal experiences, relationships, and individual expectations.

“H5 There will be significant differences in terms of Life Satisfaction among young women” has been rejected.

The statistical value indicates that there are no Significant differences in terms of Life satisfaction among young women.

As the various dimensions of self-esteem are found to be correlated with Body image and Life satisfaction the present study has tried to examine how Life satisfaction is predicted

by Body image and various dimensions of Self-esteem. Linear regression was done with Life satisfaction as the dependent variable and Body image and dimension of Self-esteem as the independent variable. The following table presents the results of the regression model.

Table 13

Regression model to examine the relationship between Body image, Performance Self-esteem, Social Self-esteem, and Appearance Self-esteem on Life satisfaction among young women.

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.588 ^a	.346	.327	10.27122

a. Predictors: (Constant), Appearance Self-esteem, Social Self-esteem, Performance Self-esteem, Body image

The above table provides the R and R^2 values which show that there is a simple correlation of the R -value representing the simple correlation and 0.588 (the "**R**" Column), which indicates a high degree of correlation. The R^2 value (the "**R Square**"= column) indicates the total variation of life satisfaction on Body image, Performance Self-esteem, Social Self-esteem, and Appearance Self-esteem which is explained by the independent Variables by 34.6% of the total variation in the dependent variable.

Table 14

Unstandardized and standardized coefficients of the regression model predicting Life satisfaction by the predictors of Body image and dimensions of Self-esteem.

Model		Unstandardized		Standardize d Coefficient s	t	Sig.
		β	Std. Error			
1	(Constant)	40.868	10.223		3.998	.000
	Body image	-.088	.026	-.295	-3.381	.001
	Performance Self- esteem	.845	.217	.301	3.902	.000
	Social Self-esteem	.011	.196	.004	.058	.954
	Appearance Self- esteem	.325	.211	.126	1.539	.126

a. Dependent Variable: Life Satisfaction

This table indicates that the regression model predicts the dependent variable significantly well. From the above table, it may be inferred that Body image and Performance Self-esteem are found to be highly significant predictors of Life satisfaction. It may also be further noted that body image has a negative prediction toward life satisfaction. Hence it may be inferred that when life satisfaction increases perception towards body image decreases. On the other hand, it may also be understood that Performance self-esteem is a significant predictor of life satisfaction ($\beta = 0.845$, $p = 0.00$). From this, it is understood that Performance Self-esteem plays an important role in the life satisfaction of young women. It may also be further noted that Social Self-esteem ($\beta = 0.011$, $p = 0.954$). and Appearance Self-esteem ($\beta = 0.325$, $p = 0.126$) did not have a significant prediction of life satisfaction among young women this may be

because that chosen sample is professionals and allied professionals for whom social contacts and appearance do not influence their life satisfaction.

“H6 There will be a significant relationship between Body image, Self-esteem, and Life Satisfaction among young women” **has been partially accepted.**

SUMMARY AND CONCLUSIONS

Chapter 5

Summary and conclusions

Young Women today face significant pressure when it comes to body image. Young women frequently face cultural expectations and pressures about their body image. Feelings of inadequacy, low self-esteem, and body dissatisfaction might result from these pressures. Body image is closely linked with self-esteem and is a critical component of mental health which is when young women are unhappy with their bodies, it can impact their overall life satisfaction. The present study was conducted to assess Body image and its effects on Self-esteem and life satisfaction among young women. The study was undertaken with the following objectives

- (a) to examine the role of body image among young women
- (b) to examine the role of self-esteem among young women
- (c) to examine the role of life satisfaction among young women
- (d) To assess the influence of body image on self-esteem, and life satisfaction
- (e) to examine Body image and various dimensions of self-esteem that would predict Life satisfaction.

The study included a total sample of 150 young Adults. The age range of the women was between 17 to 20 years. The data were collected from the young women according to the inclusion and exclusion criteria. A convenient sampling method was used to collect the data. Body image Perception scale by Jeffrin and Dr. Gayatridevi (2021), The State Self-esteem scale by Heatherton and Polivy (1991), The Life Satisfaction Scale developed by Dr.Singh (2003), and the Informed Consent.

The collected data from the subjects were analyzed using the correlation to find the relationship between Body image and the dimensions of Self-esteem, and dimensions of Self-

esteem and life satisfaction, independent sample t-Test was used to find the difference was computed, and Regression was done on Body image and various dimensions of self-esteem to predict life satisfaction.

It was found that body image did influence Performance, social and Appearance self-esteem among young women. Self-esteem did influence life satisfaction of young women in the study. Young women in the age group of 17 to 20 in the present study did not differ in terms of their perceptions of body image, self-esteem, and life satisfaction. Performance self-esteem significantly predicted Life satisfaction than other dimensions of self-esteem. On the other hand, body image negatively influenced life satisfaction. Thus body image did not matter to young women when compared to performance self-esteem.

Girls and women are usually media attention targets, making them worry about their appearance. Females attempt to achieve this idealized beauty every day by elevating their appearance in their own eyes. For women in particular, self-esteem is critical to general well-being. Numerous socioeconomic and cultural concerns, including stereotypes, societal expectations, and media depictions, can have an effect on women's self-esteem. Life satisfaction is a crucial indicator of general well-being, and it is especially pertinent for women. Relationships for women can significantly affect how satisfied they are with their lives, and careers can also significantly affect this. Women's happiness in life may depend heavily on their sense of meaning and purpose.

Limitations and Scope for further study

The present study has been only done on educated young women pursuing professional degrees. Hence, the result of the study cannot be generalized to other young women. The study is not devoid of limitations as the time frame of the study was limited, and the sample size of the study was restricted. Further, there were consent issues that limits the generalizability of the findings of the study. The study is limited in terms of the tools used which are not developed

for this particular investigation. Though the constructs of the study are interrelated in terms of theoretical propositions and related literature, the scale used limited the scope of the study. Hence future research studies to understand the theoretical constructs using a larger sample and tools devised accordingly. The study can also be validated through other research designs such as a Qualitative study to triangulate the findings. here are greater possibilities and necessities for further research on Body image and its effects on Self-esteem and life satisfaction among young women. The scope of these areas would be heightened in the upcoming years because of the excessive influence of body standards on social media. The study would serve as background for further research.

Implications

The study on body image and its effect on self-esteem and life satisfaction among young women has several implications for individuals and society as a whole. The study highlights the importance of addressing negative body image and promoting positive self-esteem among young women. This can be achieved through education and awareness campaigns that challenge unrealistic beauty standards and promote self-care and self-compassion. The study promotes positive body image and self-esteem messages in media and advertising, as well as creating safe spaces where young women can express themselves and feel accepted. The study highlights the importance of promoting positive relationships and social support networks. This can include providing resources and support for young women who may be experiencing bullying or negative comments about their appearance. The study emphasizes the need for addressing systemic issues such as gender discrimination, income inequality, and healthcare access, which can have a significant impact on women's overall well-being and life satisfaction. The study underscores the importance of further research in this area to better understand the complex factors that contribute to negative body image, low self-esteem, and reduced life

satisfaction among young women. By improving our understanding of these issues, we can work towards creating a more equitable and supportive society for all women.

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APPENDICES

Annexure I

Consent

Student Consent Form

I (Jayashree S) am pursuing my Master's degree in Clinical Psychology and I would like to have your participation in this academic research. I assure confidentiality with the details provided by you and it will be used only for the academic purpose. Thank you for the same.

Study Procedure

You will be given three tests in form type along with a socio-demographic profile. You need to

Respond to all items in the tests. There is no risk in undertaking the study. There will be no direct benefits to you for your participation in this study. Your response to the question will be anonymous and kept confidential. Your participation in this study is voluntary. It is up to you to decide whether or not to take part in this study. If you decide to take part in this study, you will be asked to sign this form. You are free to withdraw at any time and without giving any reason. There is no cost to you for your participation in this study.

Consent Form

“By signing this consent form, I confirm that I have read and understand the information and have the opportunity to ask questions. I understand that my participation is voluntary and I am free to withdraw at any time, without giving a reason and without cost. I voluntarily agree to take part in this study.”

Name of the participant:

Signature:

Place:

Date:

Annexure II

SOCIO-DEMOGRAPHIC STATUS PROFILE

NAME :

AGE :

CLASS PURSUING :

AREA : Rural/Semi-Urban/ Urban

I assure you that the data collected will be used only for the study and will not be used for any other purposes and confidentiality will be maintained throughout and even after the study

Annexure III

Avinashilingam Institute for Home Science and Higher Education for Women

Coimbatore-641043, India

CONFIDENTIALITY STATEMENT

I **Jayashree S**, pursuing my II M.Sc., Clinical Psychology from the department of Clinical Psychology in Avinashilingam Institute for Home science and Higher Education for Women, Coimbatore-43, is assigned to do a thesis as a part of the curriculum to complete my course. In this connection, I'm going to collect information from young women (17-20), as my topic is **Body Image and its Effect on Self-esteem and Life satisfaction among young women**. I assure that the data collected will be used only for the study and will not be used for any other purpose and confidentiality will be maintained throughout and even after the study.

Place:

Signature of the Researcher

Date:

Annexure IV

Body Image Perception Scale.

Jeffrin and Dr. Gayatri Devi

Below you will find a list of statements. Please rate the truth of each statement as it applies to you. Use the following rating scale to make your choices. For instance, if you believe a statement is 'Strongly Agree' you would circle next to that statement. There is no right or wrong answer and your response will be kept confidential. There is no time limit and try to do it as quickly as possible.

SA= Strongly Agree

A= Agree

**NAD =Neither Agree
nor Disagree**

D = Disagree

SD = Strongly Disagree

S.NO	QUESTIONS	SA	A	NAD	D	SD
1.	When I think of my shape/size of my body I feel more irritable	5	4	3	2	1
2.	The stressful events can cause problem in my relationship with other people.	5	4	3	2	1
3.	I experience mood swings, difficulty in making decisions and in concentration.	5	4	3	2	1
4.	When I think of my size /image of my body I find it hard to relax my mind.	5	4	3	2	1
5.	I feel unhappy about my body image.	5	4	3	2	1
6.	The shape and size of my body makes me feel low about myself.	5	4	3	2	1
7.	I have gained /lost some weight.	5	4	3	2	1
8.	Increase in muscular aches and pains, especially in the neck, head, lower back and shoulders.	5	4	3	2	1
9.	I am tired sleeping more or less than normal.	5	4	3	2	1
10.	I feel that I get upset easily.	5	4	3	2	1

11.	If I think about my size/image of my body, my mind goes blank	5	4	3	2	1
12.	I feel the periodic functions of my body like hunger, sleep, and menstruation are well.	5	4	3	2	1
13.	I am not able to feel worthy about myself.	5	4	3	2	1
14.	I need to be lonely.	5	4	3	2	1
15.	I feel ill.	5	4	3	2	1
16.	I am not able to control my feelings.	5	4	3	2	1
17.	I feel that my life is useless.	5	4	3	2	1
18.	I get into moods when I feel down and depressed.	5	4	3	2	1
19.	Due to my image/shape of my body, often I feel dissatisfied.	5	4	3	2	1
20.	I think that no one really cares or loves me.	5	4	3	2	1
21.	I worry a lot, when someone talks about my body image or shape.	5	4	3	2	1
22.	I worry a lot, when someone talks about my body image or shape.	5	4	3	2	1
23.	I easily get hurt.	5	4	3	2	1
24.	Due to my image/shape I lost interest in life.	5	4	3	2	1
25.	Eating makes me fearful.	5	4	3	2	1
26.	I often feel obsessed that my body is not being thin or looking good.	5	4	3	2	1
27.	I often dislike my body.	5	4	3	2	1
28.	I avoid certain clothes which makes me feel fat.	5	4	3	2	1
29.	I compare my body image with others.	5	4	3	2	1
30.	I compare my features with people in social media.	5	4	3	2	1
31.	I compare myself with old picture.	5	4	3	2	1
32.	I spend extra time to do makeup to avoid people talking about my features.	5	4	3	2	1
33.	I expend more money on cosmetic products.	5	4	3	2	1

34.	I use diet pills laxatives or diuretics.	5	4	3	2	1
35.	I follow diet to reduce my weight.	5	4	3	2	1
36.	I exercise to alter my shape or size.	5	4	3	2	1
37.	I feel that I am not able to do anything due to my weight gain.	5	4	3	2	1
38.	I am not comfortable with my looks and physique.	5	4	3	2	1
39.	I feel ashamed of my body.	5	4	3	2	1
40.	When I think about my body image, I feel more anxious than usual.	5	4	3	2	1
41.	I feel difficulty in breathing.	5	4	3	2	1
42.	I often get the feeling of fainting.	5	4	3	2	1
43.	I feel embarrassed to attend a party or any social gathering due to my body image.	5	4	3	2	1
44.	I feel self-conscious to do presentations in front of a small group.	5	4	3	2	1
45.	I have difficulty to talk about myself or my feelings.	5	4	3	2	1
46.	I feel separated all of my body.	5	4	3	2	1
47.	I feel anxious to which I look overweight.	5	4	3	2	1
48.	Unattractive features of my physique make me nervous.	5	4	3	2	1
49.	I feel nervous when others look at my physique.	5	4	3	2	1
50.	I discuss about my image or body shape/size with others.	5	4	3	2	1
51.	I avoid circumstances or people because of my appearance.	5	4	3	2	1
52.	I know others are thinking of my physique.	5	4	3	2	1
53.	Whoever sees me they first perceive what's wrong with my appearance.	5	4	3	2	1
54.	I feel everyone treats me differently because of my appearance.	5	4	3	2	1
55.	I am an unappealing person.	5	4	3	2	1

56.	No one can like me as long as I look the way I am.	5	4	3	2	1
57.	In my age group no one looks as bad as I am.	5	4	3	2	1
58.	Outward appearance of a person is a sign of the inner person.	5	4	3	2	1
59.	I compare myself with others and feel that I am fat.	5	4	3	2	1
60.	I want to restrict my eating after comparing my body image with others.	5	4	3	2	1
61.	I feel guilty or ashamed when I eat.	5	4	3	2	1
62.	I worry about certain body parts of mine are imperfect.	5	4	3	2	1
63.	I am often troubled by thoughts that other people are negatively perceiving my weight or muscular development.	5	4	3	2	1

Annexure V

State Self-Esteem Scale

Heatherton and Polivy (1991)

This is a questionnaire designed to measure what you are thinking at this moment. There is, of course, no right answer for any statement. The best answer is what you feel is true of yourself at the moment. Be sure to answer all of the items, even if you are not certain of the best answer.

1. I feel confident about my abilities

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

2. I am worried about whether I am regarded as a success or failure.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

3. I feel satisfied with the way my body looks right now.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

4. I feel frustrated or rattled about my performance.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

5. I feel that I am having trouble understanding things that I read.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

6. I feel that others respect and admire me.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

7. I am dissatisfied with my weights.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

8. I feel self-conscious.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

9. I feel as smart as others.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

10. I feel displeased with myself.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

11. I feel good about myself.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

12. I am pleased with my appearance right now.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

13. I am worried about what other people think of me.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

14. I feel confident that I understand things.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

15. I feel inferior to others at the moment.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

16. I feel unattractive.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

17. I feel concerned about the impression I am making.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

18. I feel that I have less scholastic ability right now than others.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

19. I feel like I'm not doing well.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

20. I am worried about looking foolish.

1	2	3	4	5
Not at all	A little bit	Somewhat	Very much	extremely

Annexure VI

Life Satisfaction Scale.

Dr. Singh, 2003

There are words describing the status of your life from which your life satisfaction can be understood. Put a tick mark on the number which best describes your view about your life presently. You have to answer all the questions. You are not required to write your name anywhere. Your responses will be kept confidential.

S. N O	ITEMS	RESPONS ES							ITEMS
		1	2	3	4	5	6	7	
1	Uninteresting	1	2	3	4	5	6	7	Interesting
2	Unhappy	1	2	3	4	5	6	7	Happy
3	Meaningless	1	2	3	4	5	6	7	Meaningful
4	Lonely	1	2	3	4	5	6	7	Friendly
5	Incomplete	1	2	3	4	5	6	7	Complete
6	Irresponsible	1	2	3	4	5	6	7	Responsible
7	Apathy	1	2	3	4	5	6	7	Excitement
8	Mean	1	2	3	4	5	6	7	Kind
9	Struggling	1	2	3	4	5	6	7	Easy
10	Did not get opportunity	1	2	3	4	5	6	7	Got everyt hing desired
11	Ideal	1	2	3	4	5	6	7	Real

INSTITUTIONAL HUMAN ETHICS COMMITTEE



Avinashilingam

Institute for Home Science and Higher Education for Women
(Deemed to be university under Category 'A' by MHRD, Estd. u/s 3
of UGC Act 1956) Re-accredited with 'A⁺⁺' Grade by NAAC.
Recognised by UGC Under Section 12 B
Coimbatore- 641043, Tamil Nadu, India

06.01.2023

Chairman

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Dr. Anitha Subash
Dr. K. Sampath Rani

To
Ms. Jayashree, S
Department of Clinical Psychology
Avinashilingam Institute for Home Science and
Higher Education for Women
Coimbatore- 641043

Dear Jayashree,

Ref: Your proposal No. IHEC/22-23/CP-08 entitled "Body Image and its Effects on Self Esteem and Life Satisfaction among Young Women" submitted for approval of IHEC on 19.11.2022

The Institutional Human Ethics Committee of our University hereby grants approval to your research proposal No. IHEC/22-23/CP-08 entitled "Body Image and its Effects on Self Esteem and Life Satisfaction among Young Women" submitted by you. The Approval number for the same is AUW/IHEC/CP-22-23/XMT-08

We wish you all the best in your research endeavours.

Regards

Dr. A. Thirumani Devi
Member Secretary

