



De La Salle University – Dasmariñas

**Body Types and Body Image of Selected Female Adolescent
Students of De La Salle University-Dasmariñas and Their Relation
to Self-Esteem**

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ABSTRACT

NAME OF INSTITUTION: De La Salle University – Dasmariñas

ADDRESS: Dasmariñas, Cavite

TITLE: Body Types and Body Image of Selected Female Adolescents Students of De La Salle University – Dasmariñas and its Relation to their Self-Esteem

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OBJECTIVES OF THE STUDY:

GENERAL

This study sought to determine the body types and body image of selected female-adolescent students of De La Salle University and their relationship to self-esteem.

SPECIFIC

1. To determine the body type profile of the respondents according to Sheldon's Classification of Body Types.
2. To find out the body image profile of the respondents according to Body Image Rating Scale (BIRS).
3. To determine the self-esteem profile of the respondents according to Culture Free Self-Esteem Inventory (CFSEI-2).



4. To find out if there is a significant relationship between body types and body image of the respondents.
5. To determine if there is a significant relationship between body types and self-esteem of the respondents.
6. To determine if there is a significant difference between body types and body image of the respondents.
7. To find out if there is a significant difference between body types and self-esteem of the respondents.
8. To determine if there is an interaction between body image and self-esteem with the three body types.

SCOPE AND COVERAGE:

This study focused on the ninety female students (16-18 years old) from the college of Liberal Arts, De La Salle University-Dasmariñas. The researchers used purposive sampling method for the selection of the respondents of the study. Out of ninety respondents in the study, thirty were assigned in each group according to their respective body types; endomorph, mesomorph and ectomorph.

METHODOLOGY:

The descriptive research design was employed in this study. The researchers wanted to know if body image of different body types could influence the level of self-esteem of female adolescent respondents.



MAJOR FINDINGS:

1. The body type profile of the respondents fell under the three major body type categories as proposed by William Sheldon. The 90 respondents were equally distributed into three groups of body types endomorph, mesomorph and ectomorph.
2. Out of the 90 respondents, 88.89% had positive body image and only 11.11% had negative body image. This showed that majority of the female adolescent respondents had positive body image, as measured by the BIRS.
3. The self-esteem profile of the respondents as measured by the CFSEI-2 fell under five categories. The percentage of the respondents under the category of very high self-esteem was 6.67% and 23.33% of the respondents were under the category of high self-esteem, 38.39% was classified under intermediate self esteem, which got the highest percentage of the respondents among the five categories. 27.78% of the respondents had low self-esteem and 3.33% of them were in a very low self-esteem bracket.
4. Using the Cramer's V, it was found out that there had been a significant relationship between the body types and body image of the respondents. The computed V value of 0.13 implied a weak relationship between the two variables.
5. The results showed that there had been a significant relationship between body types and self-esteem of the respondents. The Cramer's V was used



in computing for the relationship of the variables. It revealed that computed V value, which was 0.20, denoted a weak relationship between the body types and self-esteem.

6. In this study, it revealed that there had been no significant difference between body types and body image of the female adolescent respondents. By using the Chi square test of independence, it was found out that the obtained X^2 value of 1.575 was less than the critical value, which was 5.991 at .05 level of probability using two degrees of freedom. The null hypothesis that there had been no significant relationship between body types and body image of the respondents was then accepted.
7. Using the Chi square test of independence, it was found out that there had been no significant difference between body types and self-esteem. The computed X^2 value of 7.014 was less than the critical value of 9.488 at 0.05 level of probability using four degrees of freedom. Therefore, the null hypothesis, “there was no significant relationship between body types and self-esteem of the respondents” was accepted.
8. The results showed that there was a significant difference between the body image and self-esteem of the respondents. The three body types however had no significant effect on the body image or self-esteem of the female adolescents. In determining the self-esteem and body image of the respondents, the three body types were found out to be not significant.



The critical F ratio associated with the degree of freedom, 1/174 at the 0.05 level of probability is 3.90 was less than the computed F ratio of 1125.64 for A, which was the Self-esteem and Body Types. Due to this, the null hypothesis was rejected and the alternative hypothesis, “there is a significant relationship between body image and self-esteem” was accepted. The computed F ratio for Body Types (B), 0.06 was less than the critical value of 3.06 at the 0.05 level with df of 2/174, hence it was not significant. The F ratio for the interaction between the self-esteem, body image and body types was also not significant since the critical value of 3.06 at 0.05 levels with df of 2/174 exceeded the computed F ratio of 0.08.

CONCLUSIONS:

1. The result of this study showed that body types had a minimal relationship with body image.
2. Body types and self-esteem had a relationship with one another although, the relationship between these two variables was weak.
3. Since there was no significant difference between the body types and body image, it could be inferred that the different body types proposed by Sheldon were not significant in determining the body image of the respondents.
4. The different body morphologies proposed by Sheldon were not significant in determining the level of self-esteem.



5. When grouped among the three body types, it was found out that there had been no significant difference in the body image and self-esteem of the female adolescent respondents.

RECOMMENDATIONS:

Future Researchers. The researchers would like to recommend for the future researchers to apply the same study to a different respondents so as to have a comparison if the body types affect their body image and the self-esteem when a more restriction about the respondents would be applied. They would also like to recommend to research more on the local researchers and literature that would give a clearer definition about the concept of adolescents in Filipino context, for them to know the probable resources of body image and focus of self-esteem among Filipino adolescents.

Respondents. Since it was found out that the majority of the CLA students from 1st year and 2nd year level exhibited positive body image and high level self-esteem despite their body types, maintaining their good outlook in life is recommended. To those who were found out to be belonging to the OBESE type, further improvement of their weight for health reason must be done.

Health Team Members. They should provide campaigns and programs that would encourage people to be conscious in maintaining healthy weight, and persevere to develop a positive body image that could result to a high self-esteem.

De La Salle Administration. Since the institution contributes an important part in reaching out the needs of the students, the proponents of this study would like to



recommend that seminars, training, and symposium that would focus on further enhancement and development of body image and self-esteem among the students be conducted.





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