

## **ABSTRACT**

NAME OF INSTITUTION: De La Salle University – Dasmariñas

ADDRESS: Dasmariñas, Cavite

TITLE: The Relationship of Body Image on Self-Esteem of the Freshmen Psychology Students in De La Salle University – Dasmariñas SY: 2007 – 2008.

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COST: P10,000

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### **OBJECTIVES OF THE STUDY:**

#### **A. GENERAL:**

The purpose of the study is to find out the relationship of body image on self-esteem of the freshmen psychology students in De La Salle University - Dasmariñas.

#### **B. SPECIFIC:**

- 1.) What is the demographic profile of the respondents in terms of gender?
- 2.) What is the body image profile of the respondents according to gender?
- 3.) What is the self-esteem profile of the respondents according to gender?
- 4.) Is there a significant relationship between body image and self-esteem?

## **SCOPE AND DELIMITATION:**

This study is specifically designed to determine the relationship between body image and self-esteem of the freshmen AB Psychology students of De La Salle University – Dasmariñas, Dasmariñas Cavite.

The respondents were 115 freshmen students both male and female. The study discovered forms of self-esteem present among the freshmen and how they were manifested. The subjects were tested to find how body image affects self-esteem.

## **METHODOLOGY:**

The researcher used the descriptive correlational research design to describe the nature of the situation and the particular relationship of the variables in the study.

This study also used a survey method through the use of paper and pencil questionnaire. The respondents of this study were composed of 115 freshmen students from De La Salle University-Dasmariñas. All of the respondents were from the psychology program of the Behavioral Sciences Department under the College of Liberal Arts.

To measure the Body Image of the respondents, the researcher got a Body Image Test from the website [www.tickle.com](http://www.tickle.com). The revised Body Image Test is comprised of 20-items which can measure the person's reaction on usual situations happening day-to-day. To measure the self-esteem, The Culture Free Self-Esteem Inventory (2<sup>nd</sup> Edition) was used. This is a 40-item test developed by James Battle. The basic statistical measurements such as frequency count, percentage and the mean score were used in the study. T-Test was used to analyze the data gathered.

## **FINDINGS:**

The male and female respondents only had an Average Body Image score which means that they don't see themselves as possessing the ideal look that they find acceptable in the society. Most of them are not satisfied with their body image that is why they only have an average to low body image.

The male and female respondents only had a Low Self-Esteem. This may be attributed to the physical changes a young boy undergoes through his adolescence period. Changes in the body can affect how they see themselves and can be a factor that affects one's confidence.

There is no significant relationship between body image and self-esteem of the respondents.

## **CONCLUSION:**

The study illustrated that the respondents have an average body image. Body image is based on ones thoughts and feelings about the way their body looks. College life is a turbulent one. Many changes happen in ones body during these times and because of that, they become conscious about the way they look.

The study also found out that the respondents have low self-esteem. At these ages, the important people around them are very influential. They are often co-dependent on what they would say about them. And when they receive teasing and hurtful comments from them, their self-esteem can be easily damaged and affected.

Data revealed that self-esteem is not associated or correlated to body image scores. Self-esteem and body image are not related.

## **RECOMMENDATION:**

With the results of the study, the researcher recommends the following:

- 1.) **Guidance Counselors.** The findings of this study will aid them in identifying specific problems of students having low self-esteem and in creating appropriate programs and activities to improve their body image and self-esteem.
- 2.) **Parents.** They should realize that they are also involved in the development of their children's self-esteem. This will let them understand and avoid certain actions that may affect the self-esteem and body image of their children.
- 3.) **Psychologists.** This study can be used in analyzing and understanding their clients especially those whose problems are about body image and self-esteem.
- 4.) **Students.** They should be aware that self-esteem and body image are not interrelated; however, they need to develop high levels of the two for a healthy feeling of self-worth.
- 5.) **Future Researchers.** They need to further the study on body image and self-esteem for better understanding of human behavior and of self-perception of adolescents. They should also look into the different categories of Self-esteem: General, Social and Personal.