

**BODY IMAGE AND SELF-ESTEEM AMONG GUILD
OF LASALLIAN MODELS (GLAM)**

**An Undergraduate Thesis Presented to the
Faculty of Behavioral Science Department**

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**In Partial Fulfillment of the Requirements
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ABSTRACT

Name of Institution: De La Salle University – Dasmariñas

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Title: The relationship of Body Image and Self Esteem among Guild of Lasallian Models (GLaM)

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Objectives of the Study:

1. What is the body image index according to Multidimensional Body Self-Relations Questionnaire:
 - 1.1 Appearance Evaluation
 - 1.2 Appearance Orientation

1.3 Body Areas Satisfaction

1.2 Overweight Preoccupation

1.3 Self-classified Weight

2. What is the self-esteem profile of the respondents according to CFSEI General Self-esteem?
3. Is there a significant relationship between dimension of body image and self-esteem?

Scope and Limitation:

The focus of this study will be the relationship of body image and self-esteem of the participants of guild of Lasallian Models batch 2012-2013 in De La Salle University - Dasmariñas. This research will be covering the body image profile, self-esteem profile of the student models and will determine the significant difference in terms of the relationship between body image and self-esteem of the said participants.

Methodology:

A descriptive correlational design was used for the study. A descriptive correlational method is designed to determine the extent to

which different variables are related to each other in the population of interest.

Findings:

After the data were gathered and analyzed, the following are the findings of the study.

1. What is the body image index according to Multidimensional Body Self-Relations Questionnaire:

1.1 Appearance Evaluation

1.2 Appearance Orientation

1.3 Body Areas Satisfaction

1.4 Overweight Preoccupation

1.5 Self-classified Weight

Among the five dimensions of body image, body areas satisfaction had the highest average score with 3.72. Second in rank was appearance orientation (3.60). Next was appearance evaluation (3.35) which was followed by self-classified weight (2.97). Last in this order was overweight preoccupation with an average score of 2.78.

2. What is the self-esteem profile of the respondents according to CFSEI:

General Self-esteem. In terms of numerical scores, the average CFSEI score was 12.33 with a standard deviation of 3.44. Majority of the respondents had a 'high' level of self-esteem (33.33 percent). This was followed by respondents with 'very high' self-esteem level with 30.00 percent. However, subjects with 'intermediate' level of self-esteem were not far behind with 30 percent composition among the sample. Only 6.67 percent had a 'very low' level of self-esteem.

3. Is there a significant relationship between dimension of body image and self-esteem?

3.1 Appearance Evaluation- The result suggests a very strong positive correlation between general self-esteem and appearance evaluation ($r = 0.90$). Therefore a significant very strong positive relationship exists between general self-esteem and appearance evaluation.

3.2 Appearance Orientation- The result indicates a very strong positive correlation between general self-esteem and appearance orientation ($r = 0.87$). Therefore, a significant very strong positive relationship exists between general self-esteem and appearance orientation.

3.3 Body Areas Satisfaction-The result reveals a very strong positive correlation between the said variables ($r = 0.98$). Hence, a significant very strong positive relationship exists between general self-esteem and body areas satisfaction.

3.4 Overweight Preoccupation- Similar results were obtained with a very strong positive correlation between general self-esteem and overweight preoccupation ($r = 0.80$). Thus, a very strong positive relationship significantly exists between general self-esteem and overweight preoccupation.

3.5 Self-Classified Weight-The result also suggests a very strong positive correlation between general self-esteem and self-classified weight($r = 0.84$). Therefore, a significant very strong positive relationship exists between general self-esteem and self-classified weight.

Conclusion:

1. Among the five dimension of Multidimensional Body Self-Relation the body areas satisfaction had the highest average score with 3.72 and the overweight preoccupation got in the lowest rank with an average score of 2.78.

2. The five dimensions being enumerated in the Multidimensional Body Self-Relation all shows strong positive correlation to general self-esteem. The perception of appearance and self-worth are associated and perceived appearance is a strong single predictor of self-esteem to both male and female adolescents (Clay, et al, 2005). That makes the researchers conclude that the self-esteem of the Glam members was strongly influenced by their perceived appearance.
3. Data revealed that Body Image and self-esteem of Glam members is strongly and positively correlated to each other. After the investigation was made by the researcher, the null hypothesis that there is no significant relationship between body image and self-esteem was rejected.

Recommendations:

1. If models are the target participants of the study, it is recommended to use certified and credited modeling agencies as sources for the model participants.

2. Participants over 50 in number may yield different results. So as removing gender differentiation of the participant models may also give out different results.
3. Using models from specific modeling genres can prove to be an interesting study and may yield different results.
4. Experience and frequency of modeling should be given more attention, veteran models may have different experiences and outlook to modeling than models who are just starting out.
5. Future researchers who will be making a topic for their study should use experimental type of research.
6. Future researchers must also consider the factors that mostly affect models' self-esteem regarding their body image.
7. This study recommends future researchers to use a comparative study in comparing the body image and self-esteem of a person who is a model and a person who is not.
8. This study recommends to use eating disorders among female and male students as a variable of the research that they are to
9. Filipino Psychologists must conduct more studies about Filipino adolescents about their level of self-esteem, and what are the common causes of high and low self-esteem of the adolescents.

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