Abstract

Name of Institution: De La Salle University-Dasmariñas

Address: Dasmariñas Cavite

Title: Self-Esteem and Self-Control of Obese Adolescent: Their Implications to Peer Relation Through the Use of Index of Peer Relation

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STATEMENT OF THE PROBLEM

A. GENERAL

To know the levels of self-esteem and self-control of obese adolescents: and their implications to peer relation through the use of index of peer relation.

B. SPECIFIC

1. What is the demographic profile of obese adolescents?

2. What is the mean level of the self-esteem of the respondents?

3. What is the level of self-control of the obese adolescent respondents?
4. What is the index of peer relation of the respondents?

5. Is there a significant relationship between the self-esteem of
   the respondents to their index of peer relation?

6. Is there a significant relationship between the self-control of
   the respondents to their index of peer relation?

SCOPE AND COVERAGE

The study was conducted to know the levels of self-esteem and self-
control of obese college students and to determine their implications to peer
relation.

The study covered freshman to senior students, both male and female.

The researchers administered self-esteem, self-control and index of peer
relation tests.

The study focused only on the self-esteem and self-control of obese
college students and their implications to peer relation.

METHODOLOGY

The research participants, freshman to senior students, were purposely
selected from different colleges in Cavite: Columbia Polytechnic Institute -
Cavite, St. Joseph’s College, San Sebastian College – Recoletos and De La Salle
University – Dasmariñas, second semester, school year 2003-2004. The
researchers used non-random sampling specifically judgemental/purposive in the selection of obese individuals. The researchers used the Body Mass Index (BMI) to double check if the weight really correlates with the files that the researchers gathered from their school nurses and to make it factual and significant.

MAJOR FINDINGS

The major findings of this research are summarized as follows:

1. What is the level of self-esteem, self-control and index of peer relation of obese respondents?

The CFSEI-2 (Form AD) was used to measure the level of their self-esteem. Seven out of thirty respondents got a high self-esteem, fourteen of them got an intermediate score. However, nine of them attained a low score of self-esteem.

The Bender Gestalt Test was applied to determine the self-control of the 30 obese adolescent respondents. The results showed that majority were under the category of mild self-control.

The Index of Peer Relation was used to determine their relationship with others and their environment. All of them were under the very high level of Index of Peer Relation.

2. Is there a relationship between the self-esteem of the respondents to their index of peer relation?

Based on the following results, it showed that there was no significant relationship between the self-esteem of the respondents to their index of peer relation. Results showed that their index of peer relation was on mild level of
self-esteem, meaning, regardless of the self-esteem they had, whether it was high or low, it wouldn’t affect their peer relation.

3. Is there a relationship between the self-control of the respondents to their index of peer relation?

Based on the following results, it clearly showed that there was no significant relationship between the self-control of the respondents to their index of peer relation. It showed that they had a very high self-control, meaning, they knew how to balance their selves and dealt with others socially.

CONCLUSION

Taking the above findings, the researchers arrived at the following conclusions.

1. With regard to their index of peer relation, majority of the obese adolescent college respondents from different schools in Cavite, were all normal because they had a very high level of peer relation. In terms of their self-esteem, most of them had an intermediate level of self-esteem. Lastly, all of the respondents were under the mild level of self-control.

2. All of them were under the very high level of Index of Peer Relation. Meaning, all of them were normal and could socially get involved with others without hesitations.
RECOMMENDATIONS

After considering the findings of the study, the following recommendations serve guides for the persons concerned about the obese individuals.

They should take the initiative to do something more for them to uplift their physical condition. They should be more sociable for them to gain more friends and be an inspiration to others who cannot accept their bodies and not contented enough for what they have. If they can, they must try to lose some weight for them not to have problems with their health.

To the guidance counselors. They should give understanding of specific and distinctive developmental issues on personality of the obese individuals and the fundamental concerns such as self-esteem, self-control and index of peer relation and to enable them to effectively be of help to the person concern and if the need arises.

To Peers. They should give additional understanding and acceptance, love and care to lessen the discrimination among the obese. Help them to develop and boost their self-confidence more for them to be more aware with themselves.

To the parents. They must have enough time in guiding their children in giving some support and not to treat them as differently among the rest. They should also monitor and have knowledge on the activities their children are joining and make them busy for them to give extra advice and support.
Future researchers. They should conduct a more extensive related study for a more generalized result. They must derive a longer number of respondents so that the whole population will generally benefit from the study and to be able to achieve a more precise and concentrate outcome in terms of reliability and validity.