



ABSTRACT

NAME OF INSTITUTION: De La Salle University-Dasmariñas

ADDRESS: Dasmariñas, Cavite

TITLE: Motivations, Personality and Self-Esteem of Selected
Young Adults with Body Modifications in the Province of Cavite

AUTHORS: Rochelle Christine G. Alon

Mary Jane C. Malayaw

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OBJECTIVES OF THE STUDY:

GENERAL:

This study aimed to investigate the motivations, personality and level of self-esteem of selected young adults with body modification in the Province of Cavite.

SPECIFIC:

1. To determine the demographic profile of the respondents according to:
 - a. age,
 - b. sex,
 - c. civil status,
 - d. residence, and e. religion.



2. To find out the forms of body modification that are usually present among the respondents
3. To explain the respondents' motivating factors in terms of their needs and reasons for undergoing body modification
4. To determine the personality profile of the respondents as measured by the 16 Personality Factor Scale (16PF)
5. To identify the level of self-esteem of the respondents as measured by the Culture Free Self-Esteem Inventories (CFSEI-2)

SCOPE AND DELIMITATION

This study focused on the 30 selected young adults of Cavite (both males and females) whose ages ranged from 18-30 years old. Ten respondents represented those with tattoo (henna, make-up, and art tattoo), ten with body piercing (navel, tongue, lip, eyebrow, and nose), and ten with beauty enhancement (skin bleaching, hair coloring, and body building).

METHODOLOGY

The convenience and snow-ball sampling methods were employed in this study. Furthermore, three tests were used to determine the respondents' needs and reasons for undergoing body modification, personality, and level of self-esteem. They were the researcher-made test, the 16 Personality Factor Test (16-PF), and the Culture Free Self-



Esteem Inventory (CFSEI-2), respectively. Statistical tools used were frequency count, percentage, and mean.

FINDINGS:

The following major findings resulted from the study:

1. Twenty (20) out of 30 were in the age range of eighteen to twenty-two (18-22), 6 out of 30 were in the age range of twenty-three to twenty-seven (23-27) and 4 out of 30 were in the age range of twenty-eight to thirty-two.
2. Twenty six (26) out of 30 respondents were males and only 4 respondents were females.
3. Twenty six (26) of the respondents are single individuals and 4 of them are married individuals. This showed that most of the young adult respondents were single.
4. Thirteen (13) respondents came from General Trias, 7 respondents were from Maragondon, 7 respondents were from Dasmariñas, 2 respondents were from Amadeo and 1 was from Naic.
5. Out of 30 respondents, 27 or 90% were Roman Catholic, while the other three respondents were Iglesia ni Cristo, Seventh Day Adventist and Protestant.
6. Twenty (20) of the respondents had excessive ear piercing. It shows that young adults prefer to have an excessive ear piercing as a form of body modification. In addition, 11 of the respondents



had an art tattoo, 6 respondents attended gym sessions to build up their muscles, 5 respondents are dyed their hair, 4 respondents had a tongue piercing, 1 respondent had a navel piercing, 1 respondent had a lip piercing and 1 respondent had skin bleaching.

7. Out of 30, there were 9 respondents who wanted to have change of image and discover something different, 7 respondents needed of freedom and solidarity, 7
8. respondents needed more understanding and 6 respondents needed for achievement.
9. Twelve (12) of the respondents wanted to experience doing something different, 6 respondents were just following the trends of time, 5 respondents had the said modification for fun, 3 respondents wanted to become attractive and to get the attention of others, 3 respondents aspired to gain self-fulfillment and confidence, 2 respondents to become physically fit, 2 respondents to look different among the others, 1 respondent who is aimed to join a contest and 1 respondent said that it is a sign of a friendship bond. Findings show that most of the young adults' reason for undergoing body modification is to experience doing something different.



10. The study shows that there are no extreme personality factors that were revealed among the respondents. All of them got an average in all the personality factors.

11. The self-esteem profile of the respondents as measured by the CFSEI-2 fell under the five categories. The percentage of the respondents under the category of very high self-esteem was 23.33% (7) and 26.67% (8) of the respondents were under the category of high-self-esteem, 30% (9) was classified under intermediate self-esteem, which got the highest percentage of the respondents among the five categories, 13.33% (4) of the respondents had low self-esteem and 6.67% (2) of them were in a very low self-esteem bracket.

CONCLUSION

The following conclusions were drawn based on findings of this study:

1. Young adults whose age ranged from eighteen to twenty-two (18-22) were the ones who were active in modifying their bodies.
2. Most young adult respondents who were engaged in body modification were males.
3. Most young adults who were engaged in body modification were single individuals.



4. Most of the respondents came from General Trias; perhaps, this implies that more young adults in General Trias engage in body modification.
5. Roman Catholic is still the religion dominating the country for most of the respondents are Roman Catholic.
6. Excessive ear piercing was the most common type of body piercing among the young adult respondents; this is due to the ease with which it can be done. The ear is also the fastest part of the body to heal and problems regarding ear piercing are very rare. Along with excessive ear piercing, art tattoo and body building are the next most common forms of body modification.
7. The topmost needs of selected young adults in modifying their bodies were for change, travel and adventure, autonomy, understanding, and achievement.
8. Most of the respondents said that their reason for having body modifications was to experience doing something different. This could be associated with the respondent's risky behaviors and curiosity.
9. Selected young adults with body modification had almost the same personality based on the standardized test (16 Personality Factor Test). It revealed that the respondents accumulated average scores in all the personality factors.



10. It was revealed that majority of the respondents had intermediate or average level of self-esteem followed by the high level of self-esteem and very high level of self-esteem. This showed that body modifications cause persons to increase their self-esteem and feel better about who they are, where their place in this world is, and who they have become.

RECOMMENDATIONS

These are the recommendations based on the results gathered in this study:

1. Other factors can be taken into consideration in dealing with body modification such as risk-taking behavior and aggression. Being a descriptive study, it requires long term follow up by future psychologists, and the use of larger sample population than the number used in the study.
2. There are other variables that can be considered such as levels of discrimination and body image in studying individuals with body modification.
3. The time and place for administration of the test should be studied and observed to achieve better results.
4. Seminars on awareness for the people without body modification should be advertised. This is for giving clear information to the people regarding the psychological, physical and emotional effects



that body modification can give to a person. This can also serve as an eye-opener for them that body modification is not always associated with rebellious and negative actions.

5. Seminars and workshops for young adults who are considering modifying their bodies should be conducted. This is to give them insights and backgrounds regarding the effects and consequences of the different types of body modification before engaging into such. This can also help them decide whether to consider having body modification or not.
6. Guidance and support programs should be established in helping individuals with body modification regarding their problems in dealing and presenting themselves to other people.