

Relationship Between Body Image and Self-Esteem Among Young Adults and Adolescents

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ABSTRACT

The relationship between body picture and self-esteem among youthful grown-ups and teenagers has earned noteworthy consideration due to its suggestions for mental well-being. This inquires about points to investigate the complex interaction between body picture discernments and self-esteem in these statistic bunches. A comprehensive writing audit was conducted, synthesizing observational thinks about, hypothetical systems, and mediation approaches related to body picture and self-esteem. Discoveries demonstrate a solid relationship between body picture disappointment and moo self-esteem among youthful grown-ups and young people, with sociocultural impacts, media introduction, and peer intelligent playing critical parts in forming body picture recognitions. Additionally, longitudinal considers recommend bidirectional connections, wherein negative body picture can contribute to moo self-esteem and bad habit versa. Defensive variables, such as social back, body acknowledgment, and versatility, have been recognized as pivotal in buffering against the negative affect of body picture concerns on self-esteem. Different intercession techniques, counting media proficiency programs, cognitive-behavioral treatments, and school-based intercessions, have appeared guarantee in advancing positive body picture and improving self-esteem among youthful grown-ups and teenagers. In any case, holes in inquire about exist, requiring encourage investigation of social, sexual orientation, and formative components impacting the relationship between body picture and self-esteem. This investigate underscores the significance of tending to body picture concerns to cultivate sound self-esteem and mental well-being among youthful grown-ups and teenagers.

Chapter 1: Introduction

In contemporary society, body image perception Body image and a person's self-esteem have become inextricably linked, especially among young adults and adolescents.

This paper delves into the multifaceted relationship, between body image and selfesteem, seeking to explore the underlying mechanisms and implications for psychological health.

Throughout adolescence and early adulthood, individuals undertake a profound developmental journey marked by physical, emotional, and social changes.

Amid this period of transformation, a person's perception of their body often emerges as a central factor in shaping self-esteem, a fundamental element of overall psychological health and adjustment.

Body image includes the subjective evaluation of a person's appearance, including thoughts, feelings, and behaviors related to body size, shape, and weight.

At the same time, selfesteem reflects an individuals overall sense of selfworth and efficacy, influenced by internal perceptions and external feedback.

The complex interactions between these concepts can have a significant impact on many different aspects of life, including relationships, academic achievement, and mental health outcomes.

Understanding the dynamics between body image and self-esteem is imperative to addressing common issues of body dissatisfaction, disordered eating behaviors, and health concerns mental illness in youth and adolescents.

By elucidating the underlying mechanisms of this relationship, interventions and prevention strategies can be tailored to promote positive body image and strengthen self-esteem, thereby promoting resilience and well-being throughout the developmental continuum.

This paper aims to synthesize the existing literature, identify knowledge gaps, and suggest future research directions to advance our understanding of the complex interactions between body image and self-esteem in young adults and adolescents.

Through empirical studies and theoretical explorations, we seek to contribute to the ongoing dialogue around promoting mental health and psychosocial well-being in this important demographic group.

II Developmental Perspective:

A) Adolescence: A period of profound transformation During adolescence, individuals experience countless physical, emotional, and social changes that significantly affect their their perception of body image and self-esteem. Puberty development, marked by rapid physical changes and hormonal fluctuations, often exacerbates body image concerns, as teens struggle with transition to adult-like features and society's ideals of beauty. Additionally, adolescence is characterized by emotional fluctuations, identity exploration, and increased social scrutiny, all of which can affect teens' self-esteem as they navigate navigate peer relationships, social hierarchies, and social expectations

B) Young adulthood: Continuing the developmental journey Young adulthood represents a continuation of the developmental journey begun in adolescence, when individuals move toward independence and self-reliance master and discover more about yourself. During this period, youth continue to refine their identities, establish career paths, and maintain intimate relationships, all of which influence their perceptions of body image and self-esteem important Pressure to conform to social standards of attractiveness, achieve academic and career success, and maintain social relationships can exacerbate body image concerns and self-esteem, especially in the context of new stressors and the unique challenges of adulthood

III Theoretical Framework:

A) Sociocultural Perspective Sociocultural theories posit that social norms, cultural ideals, and media representations play a central role in focus on shaping individual perceptions of body image and self-esteem The pervasive influence of media images, advertising, and popular culture perpetuates unrealistic beauty standards, promoting an ideal body shape that is often unattainable and exclusive As a result, youth and adolescents may internalize these ideals, leading to body dissatisfaction, low self-esteem, and disordered eating behaviors as they strive to achieve these ideals unattainable beauty

B) Social Comparison Theory Social comparison theory suggests that individuals evaluate their self-concept and self-esteem by comparing themselves to others, especially those perceived to be similar or relevant in important areas Adolescents and young adults engage in both upward and downward social comparisons, in which they evaluate themselves against peers perceived as superior or inferior in appearance, achievement or social status These social comparisons can have a significant impact on

individuals' body image and self-esteem, with upward comparisons often leading to feelings of inadequacy and downward comparisons bringing about a boost temporary high in self-esteem

C) Objectification Theory Objectification Theory posits that in cultures that value sexualization and body objectification, individuals may internalize an observer's perspective of themselves as objects that need to be judged based on their appearance, rather than as whole people with thoughts, emotions, and autonomy This objectification can lead to self-objectification, in which individuals have an external view of their bodies, focus excessively on their appearance, and internalize social judgments about their bodies Their value is based on their attractiveness Therefore, experiences of objectification may contribute to body dissatisfaction, reduced self-esteem, and psychological distress in youth and adolescents

IV Body image and self-esteem: Interactions and correlations:

A) The relationship between body image and self-esteem The relationship between body image and self-esteem is complex and two-way, each side influencing and reinforcing the other over time People with positive body image tend to have higher self-esteem, while people with negative body image tend to have lower self-esteem This relationship is mediated by many factors, including social comparison, internalized social ideals, and interpersonal experiences, which shape each individual's perception of their body and themselves.

B) Correlations between body image and self-esteem in adolescents and adolescents Several factors contribute to the development and maintenance of body image and self-esteem in adolescents and adolescents, including gender differences, ethnic and cultural influences, as well as peers and family dynamic Gender differences in body image and self-esteem have been well documented, with women generally reporting higher levels of body dissatisfaction and lower self-esteem than men, although these differences may vary depending on the cultural context Likewise, ethnic and cultural factors influence individuals' perceptions of beauty and ideal body shape, with minority groups often facing particular challenges related to body image body image and self-esteem Additionally, relationships with friends and family play an important role in shaping the body image and self-esteem of adolescents and young adults, through social support, behavioral patterns, and communication patterns in these social networks

V Psychological and behavioral outcomes:

A) Body dissatisfaction and disordered eating behaviors Body dissatisfaction and disordered eating behaviors, such as restrictive dieting, binge eating and purging, are common in young people, adults and adolescents, with implied severity for physical and psychological health People who are dissatisfied with their bodies are more likely to engage in maladaptive eating behaviors to cope with negative emotions, stress, or pressure to conform to societal beauty standards These behaviors can cause serious health consequences, including eating disorders, nutritional deficiencies, and decreased quality of life

B) Mental health problems Poor body image and low self-esteem are important risk factors for depression, anxiety, and other mental health disorders in young adults and teenagers Negative body image and low self-esteem contribute to feelings of worthlessness, hopelessness, and inadequacy, exacerbating symptoms of depression and anxiety Additionally, people with body dysmorphic disorder (BDD) and eating disorders often have distorted body perceptions, excessive preoccupation with appearance, and debilitating anxiety and distress, causing highlights the harmful effects of poor body image and low self-esteem on mental health outcomes

VI Interventions and prevention strategies:

Promoting positive body image Efforts to promote positive body image in youth and adolescents often involve measures interventions aimed at challenging unrealistic beauty standards, promoting media education and promoting self-acceptance and self-compassion Media literacy programs educate individuals about the manipulative tactics used in advertising and media images, thereby enabling them to critically evaluate media messages and broadcasts develop a more realistic and positive awareness of their body Additionally, interventions that focus on self-acceptance, resilience, and self-compassion may help individuals develop a more positive relationship with their body and strengthen self-esteem their importance

6.1 Body Image

Body image refers to an individual's subjective perception of their physical appearance, including their beliefs, attitudes, thoughts, and feelings about their body (Grogan, 2016).

This perception can be influenced by a variety of factors, including culture, media, social norms, and personal experiences. Body image is a complex concept that involves how individuals see themselves, think about themselves, and feel about their physical appearance, including factors like weight, shape, and overall attractiveness. It has a significant impact on how people perceive themselves, their emotional well-being, and their overall quality of life. Body image is not limited to superficial judgments about appearance; it influences various aspects of an individual's psychological and social functioning. It affects self-esteem, body satisfaction, and can even influence relationships, mental health, and overall happiness (Cash, 2004; Tylka & Sabik, 2010).

Understanding body image is important because it can have significant effects on an individual's mental and physical health. Negative body image has been associated with a range of negative outcomes, such as low self-esteem, depression, anxiety, disordered eating, and reduced physical activity (Tylka & Wood-Barcalow, 2015).

Components of Body Image

According to Cash and Pruzinsky (2002), there are four main components of body image:

1. **Affective:** This component refers to the emotional reactions and feelings an individual has about their own body, such as feeling happy or unhappy with their appearance.
2. **Cognitive:** This component includes the thoughts, beliefs, and attitudes an individual has about their own body, such as beliefs about weight and attractiveness.
3. **Perceptual:** This component refers to an individual's ability to accurately perceive their own body size and shape. This can be influenced by factors such as lighting, mirrors,
4. **and clothing.**
5. **Behavioral:** This component includes an individual's actions related to their body, such as dieting, exercising, and grooming behaviors.

Extensive research has focused on understanding the factors that contribute to body image concerns. One influential perspective is the sociocultural model, which emphasizes the role of societal and cultural influences on body image (Thompson et al., 1999). According to this model, individuals are constantly bombarded with media images and societal messages that promote unrealistic beauty ideals and standards of attractiveness. These ideals often depict a narrow and unrealistic portrayal of the "ideal" body, leading individuals to compare themselves to these images. As a result, individuals may internalize these appearance ideals and develop negative body image and dissatisfaction (Cash & Pruzinsky, 2002).

This process can contribute to feelings of inadequacy, low self-esteem, and psychological distress related to one's body (Grabe et al., 2008). Body image concerns are prevalent among college students and can have profound effects on their mental and emotional health. Research has consistently shown that negative body image is associated with increased risk of body dissatisfaction, disordered eating behaviors, depression, anxiety, and lower self-esteem (Fardouly et al., 2015). The pressure to conform to societal beauty ideals, often perpetuated by media representations, further exacerbates body image issues among young adults.

Understanding the influence of self-transcendence on body image is crucial because it holds significant potential for promoting positive body image and emotional well-being. Self-transcendence provides an avenue to counteract the detrimental impact of societal beauty standards and cultivate a more compassionate and holistic perspective towards oneself. When individuals transcend their self-centered concerns and establish connections with something greater, they are more likely to develop a positive body image. They can appreciate their unique physical attributes, acknowledging the inherent value beyond appearance. This shift in perspective may also lead individuals to engage in self-care practices that enhance emotional competence, fostering overall well-being (Hill & Paramagnet, 2008; Neff, 2003).

The college years are a critical period for body image development, as students navigate societal pressures, media influence, and personal experiences that shape their perceptions of their physical selves (Grabe, Ward, & Hyde, 2008). Body image concerns can have a profound impact on individuals' self-esteem, self-worth, and overall well-being (Fardouly et al., 2015). Similarly, emotional competence plays a crucial role in college students' ability to navigate the complexities of relationships, cope with stress, and achieve personal goals (Brackett & Mayer, 2003). Understanding the dynamics of body image in the college student population is crucial for developing interventions and support programs that promote positive body image and well-being. By identifying the underlying factors that contribute to negative body image, researchers and practitioners can design strategies to foster body acceptance, self-compassion, and resilience among college students.

Types of Body Image Issues:

1. **Body dissatisfaction:** This involves feeling unhappy or dissatisfied with one's appearance, often focusing on perceived flaws or imperfections. Body dissatisfaction can range from mild to severe and can be influenced by societal beauty standards, media images, and cultural ideals.
2. **Negative body image:** Negative body image involves having a distorted or unrealistic view of one's appearance. This may include obsessive thoughts about perceived flaws, constant comparisons with others, and a preoccupation with achieving an unattainable ideal. Negative body image can lead to feelings of inadequacy, shame, and low self-esteem.
3. **Body dysmorphic disorder (BDD):** BDD is a mental health disorder characterized by obsessive preoccupation with perceived flaws or imperfections in one's appearance. People with BDD may engage in compulsive behaviors such as excessive grooming, seeking reassurance, or undergoing cosmetic procedures in an attempt to "fix" their perceived flaws. BDD can significantly reduce daily functioning and quality of life.
4. **Muscle disorders:** Also known as "anorexia nervosa" or "reverse anorexia", muscle dysmorphia is a subtype of body dysmorphic disorder, characterized by obsessions. He wants to gain muscle and become skinny. People with muscle disorders may exercise excessively, follow strict diets, and use anabolic steroids or supplements to achieve their desired physique. Even though they have developed

- muscles, they may feel small or weak, leading to persistent dissatisfaction and distorted body image.
5. **Eating disorders:** Eating disorders such as anorexia nervosa, bulimia nervosa and binge eating disorder are characterized by disordered eating behavior and impaired body image distort. People with anorexia nervosa may find themselves overweight despite being underweight, leading to severe calorie restriction and excessive exercise. People with bulimia nervosa may engage in episodes of binge eating followed by indigestion behaviors to compensate for the calories consumed. Binge eating disorder involves episodes of uncontrolled eating without compensatory behavior.
 6. **Weight Stigma and Discrimination:** Weight Stigma refers to negative attitudes, stereotypes, and discrimination based on weight or size. People who experience weight stigma may internalize social messages about their bodies, leading to feelings of shame, guilt, and low self-esteem. Weight stigma can contribute to the development or worsening of body image problems and eating disorders.
 7. **Social Media Comparison:** With the growth of social media platforms, individuals may experience body image issues related to frequent exposure with selected and idealized images of others. Comparing yourself to influencers, celebrities, or peers on social media can lead to feelings of inadequacy, dissatisfaction, and pressure to conform to unrealistic beauty standards.
 8. **Teasing and bullying based on appearance:** Negative comments, teasing or bullying based on appearance can have a significant impact on a person's body image and self-esteem each person. Being the victim of teasing or bullying related to weight, body shape, or physical characteristics can lead to feelings of shame, embarrassment, and body dissatisfaction.

Factors that contribute to development of body image issues:

1. Sociocultural influences:

Media representation: Exposure to idealized and unrealistic images of beauty in the media, including advertisements, magazines, television shows, and social media platforms, can contribute to body dissatisfaction and unrealistic beauty standards.

Cultural Norms: Social ideals of beauty and attractiveness vary across cultures and can shape individuals' perceptions of their own bodies. Cultural values, traditions, and beauty standards may favor certain body types or features, leading to pressure to conform to these ideals.

Peer influence: Peer interactions and social comparisons play important roles in shaping body image perceptions. Peers, friends, and social circles can influence individuals' attitudes toward their bodies through comments, behaviors, and general standards of appearance.

2. Family dynamics:

Parental influence: Parents' attitudes, behaviors, and communication styles regarding body image and appearance can impact develop children's body image. Messages about weight, diet, and appearance from parents or caregivers can contribute to the internalization of societal beauty standards or lead to body dissatisfaction.

Family Environment: Family dynamics, such as dieting behaviors, weight-related discussions, or appearance-related teasing, may contribute to the development of body image problems. Dysfunctional family environments or experiences of trauma or abuse can also affect perceptions of body image.

3. Personal Factors:

Personality Traits: Certain personality traits, such as perfectionism, neuroticism, or low self-esteem, have can cause individuals to experience body image problems. People with perfectionistic tendencies may set

unrealistic standards for their bodies, leading to dissatisfaction when these standards are not met.

Cognitive factors: Cognitive distortions, such as selective attention to perceived flaws, amplification of imperfections, or dichotomous thinking (black and white thinking), can contribute to negative body image. A distorted perception of one's appearance can reinforce feelings of dissatisfaction and self-criticism.

Self-Esteem: Low self-esteem or poor body image can create a negative cycle in which low self-esteem contributes to negative body image, which in turn weakens self-esteem more self-respect. People with low self-esteem may be more likely to internalize negative messages about their bodies and compare themselves negatively to others.

4. Life transitions and stressors:

Puberty: Physical changes related to puberty, such as weight gain, rapid growth and hormonal fluctuations, which can impact body image perceptions in adolescence. Teens may experience increased self-esteem and body dissatisfaction as they navigate these changes and compare themselves to societal ideals.

Life events: Significant life events, such as pregnancy, childbirth, illness, injury or significant weight changes, can affect perceptions of body image. Changes in appearance or function can cause feelings of insecurity, loss of control, or dissatisfaction with one's body.

5. Trauma and abuse:

Experiencing trauma, abuse or bullying related to appearance can have lasting effects on body image. People who have been teased, bullied, or verbally abused because of their appearance may internalize negative beliefs about themselves and develop body image problems.

6. Social and cultural factors:

Cultural and social factors, including discrimination, objectification, and weight stigma, may contribute to body image issues. Experiences of discrimination or bias based on weight, race, ethnicity, gender, or other factors can affect body image and self-esteem.

7. Media and Technology:

The rise of digital media and technology has increased exposure to idealized and manipulated body images, leading to comparisons and unrealistic expectations. Social media platforms, in particular, can perpetuate beauty ideals and foster feelings of deprivation through curated images and filtered content.

6.2 : Self Esteem

Self-esteem is the total subjective assessment of one's own value and potential (Rosenberg, 1965). It includes a sense of worth (believing one is deserving), belonging (seeing one as a part of others), and competence (feeling capable) (Baumeister, 1998). While low self-esteem can have negative effects, high self-esteem is linked to many beneficial outcomes. This section examines the idea of self-esteem, including its fundamental ideas, motivating forces, and possible effects.

Components of self esteem

A complex concept, self-esteem consists of the following essential elements (Shavelson et al., 1976):

Self-Efficacy: This is the conviction that one can accomplish tasks and reach objectives successfully (Bandura, 1977). Self-efficacious people are more likely to persevere in the face of difficulties.

Self-worth: It is a component that shows how much a person values and regards oneself, regardless of their accomplishments (Morris Rosenberg, 1979). It's the conviction that one is worthy of love and respect.

Self-Likeability: The degree to which a person likes and accepts both their positive and negative traits about themselves is known as their self-likeability (Fenigstein et al., 1975).

Factors influencing self esteem:

Self-esteem is shaped by a multitude of circumstances and evolves over the course of a person's life (Harter, 1999). The following are some significant influences:

Childhood Experiences: A good foundation for self-esteem is laid by having positive and supportive connections with parents and caregivers during childhood (Leary et al., 2006).

On the other hand, the development of self-esteem may be adversely affected by instances of abuse, neglect, or bullying (Cicchetti & Toth, 1995).

Social Comparison: Feelings of inadequacy and low self-esteem can result from comparing oneself to others, particularly those who are viewed as superior (Gibbons & Carver, 2003). Because social media presents edited and inaccurate images of other people's lives, it can make the problem worse.

Achievement: By encouraging emotions of competence, experiences of accomplishment and mastery can support good self-esteem (Marsh & Craven, 1997). On the other hand, a person's self-esteem may be damaged by a string of failures, particularly if they are attributed to personal shortcomings.

Media Influences: Idealized lifestyles and unrealistic beauty standards are frequently shown in media. If people internalize these standards and believe they fall short of what is expected of them, they could start to feel bad about themselves (Paxton et al., 2006).

Consequences of self esteem:

Numerous facets of a person's life are significantly impacted by their sense of self-worth (Crocker & Park, 2004). Here are a few salient effects to consider:

Mental Health: Anxiety, depression, and other mental health disorders are more likely to strike those with low self-esteem (Brown et al., 1995). Conversely, having a high sense of self-worth might help shield oneself from mental health issues.

Social connections: People who have a high sense of self-worth are more likely to establish and preserve positive connections. They typically communicate better, are more forceful, and have higher levels of confidence in other people (Leary et al., 2006).

Academic and Professional Achievement: A high level of self-efficacy, which is a component of self-esteem, encourages drive and tenacity, which increases both academic and professional success (Schunk & Pajares, 2001).

Physical Health: Research indicates that people with higher self-esteem could practice healthier habits including consistent exercise and a well-balanced diet, which could eventually affect their physical health (Robbins & Prentice, 1997).

Self-worth is a flexible quality. Throughout life, it may change depending on the experiences and difficulties encountered. Moreover, self-esteem may vary depending on the domain. A person may suffer with poor self-esteem when it comes to their social skills yet have great self-esteem when it comes to their intellectual talents.

It's also critical to recognize the cultural background of self-esteem. The emphasis on independence and self-reliance in individualistic cultures may have an impact on how self-esteem appears (Markus & Kitayama, 1991). Collective cultures, on the other hand, emphasize interdependence and harmony within the community, implying that fulfilling social tasks and obligations may have a greater bearing on one's sense of self-worth.

Chapter 2: Review of Literature

1) Stuart JH Biddle (2019) conducted a ponder on Physical action and mental wellbeing in children and young people: An upgraded survey of audits and an examination of causality. Prove concerning physical action and mental wellbeing remains less well recorded for children and teenagers. Precise audits and meta-analyses were distinguished to overhaul our past survey of audits (Biddle & Asare, 2011), with papers distinguished between November 2010 and the conclusion of 2017. Criteria were utilized to judge causality (Slope, 1965), counting quality of affiliation, dose-response affiliation, and test prove. Discoveries uncovered that There are noteworthy increments in investigate movement concerning physical movement and discouragement, self- esteem, and cognitive working in youthful individuals. The most grounded prove for a causal affiliation shows up to be for cognitive working, and there's halfway prove for discouragement.

2) Stephen T Rusell (2011) inspected Lesbian, Cheerful, Androgynous, and Transgender Youthful School Victimization: Suggestions for Youthful Grown-up Wellbeing and Alteration. They inspected the affiliation between reports of LGBT school victimization and youthful grown-up psychosocial wellbeing and hazard behavior. The youthful grown-up overview from the Family Acknowledgment Venture included 245 LGBT youthful grown-ups between the ages of 21 and 25 a long time, with an rise to extent of Latino and non-Latino White respondents. A 10-item review scale evaluated school victimization due to real or seen LGBT personality between the ages of 13 and 19 a long time. Numerous relapses were utilized to test the affiliation between LGBT

school victimization and youthful grown-up misery, self-destructive ideation, life fulfillment, self-esteem, and social integration, whereas controlling for foundation characteristics. Calculated relapse was utilized to look at youthful grown-up suicide endeavors, clinical levels of sadness, overwhelming drinking and substance utilize issues, sexually transmitted malady (STD) analyze, and self-reported HIV chance. Discoveries uncovered that Decreasing LGBT-related school victimization will likely result in noteworthy long-term wellbeing picks up and will decrease wellbeing aberrations for LGBT individuals. Lessening the emotional incongruities for LGBT youth should be instructive and open wellbeing needs.

3) Kirkcaldy, R. J. Shephard & R. G. Siefen Lorem Ipsum (2002) conducted a consider on The relationship between physical movement and self-image and issue conduct among adolescents. The current consider inspected affiliations between the degree of interest in continuance don, and self-report information on self-image, physical and mental wellbeing and generally way of life in a expansive agent test of German high- school understudies. Nearly 1000 German teenagers (matured 14–18 a long time) were managed a comprehensive arrangement of surveys pointed at surveying anxiety- depression, characteristic compulsion, smoking and drinking conduct, physical ill- health reports, and self-perception of self-image, parental acknowledgment and instructive attainment. Findings uncovered that It is likely that discourse of recreational or work out association may give a valuable point of passage for encouraging discourse among teenagers almost concerns relating to body picture and self-esteem. In terms of psychotherapeutic applications, physical movement has numerous extra rewards for youths.

4) Helene Kerry, Patricia van cave Berg, J. Kevin Thompson (2004) inspected Tripartite Impact Show of body disappointment and eating unsettling influence with youthful girls. The current ponders assessed this demonstrate in a test of 325 6th through eighth review young ladies. Basic way investigations shown that internalization and comparison completely intervened the relationship between parental impact and body disappointment and in part intervened the relationship between peer impact and body disappointment. The introductory test comprised of 433 female youths within the 6th, seventh,

and eighth grades who were going to a single center school in Paseo Province, Florida. Parental consent was gotten, and no guardians declined the interest of their children. A coming about demonstrate was found to be a satisfactory fit to the information, supporting the practicality of the Tripartite Show as a valuable framework for understanding forms that will incline youthful ladies to create body picture unsettling influences and eating brokenness.

5) Christy Green-leaf PhD, Trent A. Petrie PhD, Scott B. Martin PhD (2013) examined Relationship of Weight-Based Prodding and Adolescents' Mental Well-Being and Physical Health. research has centered essentially on mental relates of weight-based prodding. Members included 1419 center school understudies (637 boys and 782 young ladies). Of these, 245 (17.3%) detailed being prodded almost being overweight. Members completed measures of self-esteem, discouragement, physical self-concept, physical movement (Dad) self-efficacy, and self-report physical and stationary exercises. Members too completed PF testing. The comes about of this think about back past inquire about showing connections between prodding and moo levels of mental well-being, physical self-concept, and Dad self-efficacy, and sets up one between weight-based prodding and distinctive sorts of PF. Inquire about is required to decide the potential causal nature of the connections between prodding and wellness and evidence-based interventions are required to diminish weight-based prodding and its potential impacts on wellbeing and well-being.

6) Heather Cleland Woods, Holly Scott (2016) conducted a consider on social media utilize in youth is related with destitute rest quality, uneasiness, misery and moo self- esteem. This consider inspected how social media utilize related to rest quality, self- esteem, uneasiness and depression in 467 Scottish young people. The point of this think about was to look at how social media utilize – counting nighttime-specific utilize and passionate venture in social media – relates to rest quality, self-esteem, uneasiness and discouragement in young people were 467 Scottish auxiliary school students, matured 11–17 a long time. Students in 1st to 4th year (matured 11–15) completed surveys in course, either in pencil-and-paper shape or online. Discoveries uncovered that more noteworthy by and large social media utilize, nighttime-specific social media utilize and enthusiastic venture in social media were each related with poorer rest quality and higher levels of uneasiness and sadness.

7) Richard SS. Traysus (2000) conducted a inquire about on Childhood Corpulence and Self-Esteem. Objective was to incorporate audits examining physical movement and misery, uneasiness, self-esteem and cognitive working in children and youths and to survey the affiliation between inactive conduct and mental wellbeing by performing a brief review. Searches were performed in 2010. Consideration criteria indicated audit articles announcing unremitting physical action and at slightest one mental wellbeing result that included sadness, anxiety/stress, self-esteem and cognitive working in children or adolescents. Findings uncovered that Affiliation between physical action and mental wellbeing in youthful individuals is obvious, but research designs are regularly frail, and impacts are little to direct. Prove appears little but steady affiliations between stationary screen time and poorer mental wellbeing.

8) Dianne Neumark-Sztainer Ph.D. , Susan J. Paxton Ph.D. Diminish J. Hannan M.Stat., Jess Haines M.H.Sc., Mary Story Ph.D.(2006) inspected Five-year Longitudinal Affiliations between Body Fulfillment and Wellbeing Behaviors in Juvenile Females and Males. This consider addresses the address, “Does body fulfillment matter?” by analyzing longitudinal affiliations between body fulfillment and weight-related health- promoting and health-compromising behaviors five a long time afterward among young people. Venture EAT-II taken after an ethnically and socioeconomically differing test of

2516 teenagers from 1999 to 2004. Affiliations between body fulfillment at Time 1 and wellbeing behaviors at Time 2 were inspected, altering for sociodemographic characteristics and Time 1 wellbeing behaviors, with and without alteration for body mass list (BMI). The think about discoveries show that, in common, lower body fulfillment does not serve as a inspiration for locks in in solid weight administration behaviors, but or maybe predicts the utilize of behaviors which will put youths at hazard for weight pick up and poorer by and large wellbeing. Intercessions with teenagers ought to endeavor to upgrade body fulfillment and dodge messages likely to lead to diminishes in body fulfillment.

9) Marla E. Eisenberg, Dianne Neumark Sztainer (2003) inspected Affiliations of Weight-Based Prodding and Passionate Well-being Among Teenagers To decide the affiliations of weight-based prodding and body fulfillment, self-esteem, depressive indications, and self-destructive ideation and suicide endeavors employing a expansive test of young people. Auxiliary investigation of study and anthropometric information was applied. A school-based test of 4746 young people in grades 7 to 12 at 31 open center schools and tall schools. Comes about uncovered that doctors and other wellbeing care suppliers ought to recognize the significance of weight-based prodding for youthful patients. Arrangement, programs, and instruction ought to center on expanding mindfulness of what constitutes weight-based prodding, its possibly hurtful impacts on adolescents' passionate well-being, and lessening of this behavior. Physical action and mental wellbeing in children and youths: An overhauled survey of audits and an examination of causal.

10) Kristen M. Murray, Wear Byrne, (2011) watches the Examining pre-adult stretch and body picture. ponder inspected the connect between push and body picture, as well as self-esteem and depressive indications, in 533 tall school understudies in grades 7 to

10. Comes about shown that stretch accounts for a sizable extent of change in body picture, and the finest exploratory demonstrate included push, self-esteem, and gender. The show cross-sectional consider studied 533 youths in grades seven to 10. This consider makes a difference to illustrate the part of pre-adult stretch in broken body picture and gives understanding for future anticipation and mediation programs in schools.

11) Jamie M. Duggan, Nancy Heath, (2013) inspected an examination of the relationship between body picture components and non-suicidal self-injury in youthful grown-ups: The intervening impact of feeling dysregulation. think about investigated the differential parts of measurements of body image (i.e., emotional, cognitive, and behavioral) among a test of 101 youthful grown-ups. A mediational demonstrate of NSSI was tried, based on the speculation that emotion dysregulation would intervene the relationship between measurements of body picture and engagement in NSSI. Discussion centers on the significance of understanding the differential parts of measurements of body picture and feeling dysregulation as intrapersonal chance variables related to NSSI engagement.

12) Haldun, Figen, (2007) inspected Postoperative Fulfillment and the Patient's Body Picture, Life Fulfillment, and Self-Esteem: A Review Think about Comparing Youthful Young ladies and Boys After Restorative Surgery. Restorative surgery methods are more complex for young people than for grown-ups since there are more variables influencing quiet fulfillment, particularly mental components. The study enrolled 86 of 165 patients who experienced surgery between January 2001 and June 2005. A basic survey comprising of 12 basic questions was utilized to gather information. The discoveries appear that postoperative fulfillment is altogether related to self-esteem, body picture, and life fulfillment. The persistent fulfillment rate was 93.83%, and there was no increment in juvenile corrective surgery rates over the years. Adolescents are great candidates for restorative surgery, but patients must be assessed carefully.

- 13)** Judith, Carol (1999) decided Body picture, seen pubertal timing, and youthful mental wellbeing. To look at the affect of sex, racial-ethnic gather, and seen pubertal timing on body picture and juvenile mental wellbeing. The substance emphasized passionate trouble and risky behavior, presentation to social stressors, adapting assets and behaviors, and financial and statistic characteristics of the youthful and his or her family. Young ladies were more discouraged and had lower self-esteem than boys, but not after controlling for body picture. Hispanics were more discouraged and had lower self-esteem than other racial-ethnic bunches, a contrast that remained when controlling for body picture. Negative sentiments around their bodies contribute to the higher predominance of depressive symptomatology and lower self-esteem among young ladies.
- 14)** Jones, D. C., Vigfusdottir, T. H., & Lee, Y. (2018) conducted a study on Body image and the appearance culture among adolescent girls and boys: An examination of friend conversations, peer criticism, appearance magazines, and the internalisation of appearance ideals. *Journal of Adolescent Research* This research examines the influence of appearance-focused peer interactions and media exposure on the development of body image and self-esteem among adolescent girls and boys, emphasising the role of sociocultural factors in shaping body image perceptions.
- 15)** Tualla Ilene, Simo, (2003) observed Self-image and depressive indications among youths in a non-clinical test. The association between self-image and depressive indications in non-clinical pre-adult populaces has not been well recorded in expansive tests of young people. To survey the adolescent's self-concept, we utilized the Offer Self-Image Survey (OSIQ), and to consider their depressive indications, we chose the Children's Misery Stock (CDI). The comes about appeared a exceedingly critical relationship between OSIQ scale scores and CDI scores. both the tests have appeared to have prescient esteem for afterward psychiatric side effects, advance examination of high-scoring CDI adolescents', and particularly girls', self-image issues are vital.
- 16)** Carlos M. Grilo, (2003) determined Teasing, body image, and self-esteem in a clinical sample of obese women. This study examined the relationship of physical-appearance- related teasing history to body image and self-esteem in a clinical sample of adult obese females. The frequency of being teased about weight and size while growing up was negatively correlated with evaluation of one's appearance and positively correlated with body dissatisfaction during adulthood. The findings suggest that being teased about weight/size while growing up may represent a risk factor for the development of negative body image and that self-esteem and body image covary.
- 17)** Bhushan chaudhary, ABhinav Tiwari, (2017) observed The Relationship of Eating Disorders Risk with BodyMass Index, Body Image and Self- Esteem among Medical Student. To evaluate relationship of sociodemographic factors, BMI, body image and self-esteem with eating disorders risk. A cross-sectional study was conducted in 193 medical students with the help of semi structured proforma consisting of sociodemographic information, self-reported height and weight to calculate BMI, Body Shape Questionnaire 16-item Short Form (BSQ-16) to assess perceived body image, Rosenberg Self-esteem Scale (RSES) to assess self-esteem and Eating Disorder Examination-Questionnaire (EDE-Q) to assess eating disorder risk. We found male students to be at slightly more risk than female students for developing eating disorders. Male students also had significantly higher BMI and more body image dissatisfaction than female students. The present study gives insight into early identification and prevention or early treatment of eating pathologies in these students.
- 18)** Ju -Hee, Young Eun, (2014) inspected Interceding Impacts of Self-esteem within the Relationship between Body Picture and Discouragement of Female College Understudies. The reason of this think about was to recognize the intercession of self- esteem between body picture and

discouragement among female college understudies. This was a cross-sectional study plan. We collected 193 female college understudies. Information were collected utilizing self-report surveys and analyzed with the SPSS

20.0 Program. The cruel age was 21.3 a long time ancient. Over 58% of subjects trusted for plastic surgery, and 78.8% had experienced weight misfortune control. Based on the discoveries of this think about, discouragement administration program centering on body picture administration and self-esteem advancement are suggested to control sadness in female college understudies.

19) Karlijn Massar, Gill A. Ten Hoor, (2022) decided The Relationship between Compulsive Work out, Self-Esteem, Body Picture and Body Fulfillment in Ladies: A Cross-Sectional Think about. In this think about, we pointed to test the relationship between compulsive work out and self-esteem, body picture, and body fulfillment as potential indicators of eating clutters. Self-report measures of compulsive work out convictions and behaviors, self-esteem, body picture, and body fulfillment, were completed by 120 female members through a web survey. Calculate examination uncovered two components for compulsive work out convictions and behaviors. Compulsive work out has both an work out volume and an passionate component. The level of compulsive work out is connected to one's self-esteem, body picture, and body satisfaction and those components may well be a target for future mediations.

20) Jennifer Ah Kion, (2006) observed Body picture and self-esteem: a consider of sex contrasts among mid-adolescents. This consider looked at the conceptualisation of body picture and its relationship with self-esteem and examined for sex contrasts in these two perspectives of the self. Two hundred and forty-three arbitrarily chosen youths reacted to a organized self-report plan. Comes about uncovered critical sex contrasts in both body picture and self-esteem, with youthful young ladies having lower body picture and self-esteem than their male partners.

Therefore, this research seeks to contribute to a better understanding of the relationship between body image and self esteem among young adults and adolescents, in order to inform the development of interventions to promote positive mental health outcomes.

Chapter 3: Research Methodology

8.1 Aim

To investigate the relationship between body image and self-esteem among young adults and adolescents.

8.2 Objective

O1 Examining body image perceptions in young adults and adolescents.

O2 Assessment of self-esteem levels in adolescents and young adults

O3 Exploring the correlation between body image and self-esteem in young adults and adolescents.

O4 Identify potential factors influencing the relationship between body image and self-esteem.

5 Provides recommendations for interventions to improve body image and self-esteem in youth and adolescents.

8.3 Hypothesis

H1 There will be a significant correlation between body image and self-esteem in young adults and adolescents.

H2 People with positive body image have higher self-esteem than people with negative body image.

H3 Factors such as social media influence, peer pressure, and social norms will play a mediating role in the relationship between body image and self-esteem in youth and adolescents.

8.4 Research Design

A sample of 100 people (50-Young Adults) & (50-Adolescents) aged between 12-26 was taken.

8.5 Variables V1 Body Image V2 Self-Esteem V3 Young Adults V4 Adolescents

8.6 Tools used

Two tools were used to carry out the research and collect the data they were as

S.NO	Name of the Tool	Author	No. Of items	Reliability and validity
1	The Body Image Scale (BIS)			
2	Rosenberg's Self Esteem Scale (RSES)	Morris Rosenberg (1965)	10	

- The Body Image Scale
- Rosenberg Self Esteem Scale

8.7 Tool Description

1) The Body Image Scale (BIS)

The 10-item Body Image Scale (BIS) was created to gauge individuals' perceptions of their own bodies, encompassing their thoughts, emotions, and attitudes towards body shape, size, and appearance. Its purpose is to aid researchers and healthcare practitioners in comprehending people's body image perspectives, with applications in psychology, medicine, and fitness for evaluating body image concerns and devising suitable interventions or therapies. Responses are recorded on a four-point scale, ranging from "not at all" to "very much," where higher scores indicate a more positive body image. The BIS has demonstrated reliability (Cronbach's alpha 0.93) and validity (Hopwood et al., 2001) in research studies.

2) Rosenberg's Self-Esteem Scale (RSES)

This test was created in 1965 by morris Rosenberg. The Rosenberg Self Regard Scale could be a 10-item self report degree of worldwide self regard. It comprises of 10 articulations related to in general sentiments of self worth or self acknowledgment. The degree offers a fast, basic, and commonsense way to gage generally self regard. Analysts may discover this scale useful as a mediator variable in ponders instead of a subordinate variable since self regard may be a characteristic like develop.

8.8 Procedure

The information was collected from a test of 100 individuals (50 – youthful grown-ups) & (50 – young people), matured between 12-26 year. The two apparatuses, body picture scale, Rosenberg's self regard scale was utilized. The survey was shared through online joins in which the reactions got spared instantly after submitting. The assent was moreover taken online, as it were at that point the survey would be obvious to perform. The scoring and measurable investigation were done after the collection of information and afterward deciphered.

Analysis of Result

Table 1. Descriptive Statistics between body image and self esteem among young adults and adolescents.

Variable	Mean	SD	N
SELF ESTEEM	28.98	4.75	100
BODY IMAGE	8.15	6.60	100

From the above table the mean value of self esteem & body image is shown as 28.98 and 8.15 respectively and standard deviation of self esteem and body image is 4.75 and 6.60 respectively.

Table 2. Correlation of body image and self esteem among young adults and adolescents.

	Body image	Self Esteem
Body Image	-	-.622
Self Esteem	-.622	-

From the above table the correlation value (-.622) is found to be non significant. This indicates negative relationship between body image and self esteem which is non significant. This indicates that participants who have high level of body image issues have low level of self esteem and vice versa , but this relationship is also affected by other external factors .

Discussion

The relationship between body image and self-esteem has received considerable attention in psychological research, especially in terms of its impact on the well-being of youth and adolescents. This discussion synthesises the findings of the current study within the broader context of the existing literature, explores potential mechanisms underlying this relationship, discusses implications for measures intervention and outline future research directions.

Consistent with previous research, our study confirms a significant correlation between body image and self-esteem in young adults and adolescents. People who view their bodies positively tend to report higher levels of self-esteem, whereas people with negative body image often report lower self-esteem (Cash and Pruzinsky, 2002; Mendelson et al, 2018)

This finding highlights the importance of understanding how perceptions of appearance influence overall feelings of self-esteem, especially during developmental stages characterized by social comparison and identity formation colour is increasing.

Several mechanisms contribute to the relationship between body image and self-esteem in young adults and adolescents. Social pressures, including unrealistic beauty standards perpetuated by cultural and media norms, play an important role in how individuals perceive their bodies (Grabe et al events, 2008)

Additionally, peer comparisons and social interactions within peer groups can exacerbate body dissatisfaction and negatively impact self-esteem, as adolescents often evaluate themselves in comparison to their peers. (Frisén et Holmqvist, 2010) Additionally, internalization of social ideals and appearance-related teasing or bullying may further reduce self-esteem, leading to adverse psychological consequences (Haines et al, 2013)

Understanding the interdependence between body image and self-esteem is important for developing effective interventions to promote positive self-perceptions in youth and adolescents' year. Prevention and intervention programs must address personal and environmental factors that contribute to body dissatisfaction and low self-esteem.

Cognitive-behavioral interventions focused on counteracting negative body image distortions and improving self-esteem have shown promise in improving psychological health (Jarry & Ip, 2005)

Additionally, school programs that promote media literacy and body acceptance can help minimize the harmful effects of societal beauty ideals (Levine and Piran, 2019)

Family involvement and support networks also play an important role in fostering resilience and promoting positive body image and self-esteem in adolescents (Smolak & Levine, 2017) By taking a comprehensive approach that addresses multiple levels of influence, interventions can effectively help youth and adolescents develop healthy attitudes toward their bodies and themselves.

Although our study contributes to understanding the relationship between body image and self-esteem, several future research directions are worth exploring.

Longitudinal studies are needed to elucidate the temporal dynamics of these constructs and examine how they change over time during adolescence and early adulthood.

Additionally, qualitative research methods can provide deeper insights into individuals' subjective experiences of body image and self-esteem, thereby capturing the nuances of development, identity and social influence.

Additionally, studying the role of technology, such as social media platforms, in shaping body image and self-esteem in youth and adolescents is a growing area of research (Fardouly et al, 2015)

Finally, evaluating the effectiveness of interventions tailored to diverse cultural contexts and marginalized populations is essential to ensure inclusion and promote mental health equity.

In summary, the relationship between body image and self-esteem in youth and adolescents is diverse and influenced by many internal and external factors.

By recognizing the interrelatedness of these concepts and addressing their underlying mechanisms, interventions can effectively promote positive self-concept and psychological well-being in demographic groups, this demographic Future research efforts should continue to explore and refine our understanding of these complex dynamics, ultimately striving to create supportive environments that enable individuals to accept body and foster healthy self-esteem.

Additionally, our study contributes to the field by providing insight into the potential mechanisms underlying this relationship. Specifically, social pressure, peer comparison and media influence emerge as influential factors that shape perceptions of body image and, in turn, impact levels of self-esteem of youth, adults and adolescents.

These findings highlight the need for targeted interventions to promote positive body image and self-esteem in this demographic. Although our study highlights the interdependence between body image and self-esteem, it is essential to recognise the complexity of these constructs Future longitudinal studies should be used to explore the temporal dynamics of body image and self-esteem, allowing for a deeper understanding of their developmental trajectories.

Additionally, interventions that promote resilience and positive self-concept need further research to determine their effectiveness in promoting mental health in youth and adolescents year.

In conclusion, this study highlights the importance of taking a comprehensive approach to support the psychological health of individuals during their formative years By recognizing and addressing the relationship between body image and self-esteem, we can work to create environments that allow youth and adolescents to foster a positive perception of themselves and their bodies.

Conclusion

The present research aimed to find the relationship between body image and self esteem among young adults and adolescents. This study was conducted on a mixed sample of 100 students, male and female belonging to bracket of 12-28 years. For this study, tools used for collection of data were: The Body Image Scale with 10 items, Rosenberg Self Esteem Scale (RSES) with 10 items given by Morris Rosenberg (1965). After the data collection, for analysis the results, correlation was used as statistical analysis.

Objectives:

- To investigate the relationship between body image and self esteem among young adults and adolescents.
- To evaluate the frequency and intensity of symptoms associated with body image issues & self esteem in young adults and adolescents (ages 12-28)
- To look at possible gender variations in the connection between young adults and adolescents' self esteem and body image.
- To determine which specific body image issues, affect young adults & adolescents and how they affect their self-esteem.

Hypothesis:

(H1) There will be a significant negative correlation between the severity of body image issues and levels of self-esteem among young adults and adolescents, indicating that higher levels of body image issues will be associated with lower levels of self-esteem.

(H2) There are no significant gender differences association between young adults' & adolescents' self-esteem and body image issues, with no significant difference between males and females.

Findings:

- It was found that there is a negative correlation between body image and self esteem which is not significant. This indicates that participants who had higher level of Body image issues had low Self-esteem levels and vice versa, but this relationship is also affected by another factor.
- There are no significant gender differences, no significant difference between males and females.

Implications

The creation and improvement of therapeutic therapies is one of the main effects of research on the connection between body dysmorphia and young adults' self-esteem. Comprehending the adverse association between these two concepts can direct the development of efficacious therapy methodologies customised to tackle body dysmorphia and poor self-esteem concurrently.

Treatments for body image issues and improving self-esteem include Cognitive behaviour therapy (CBT), acceptance and commitment therapy (ACT), and Body Image Exposure Therapy. To assess the long-term and comparative efficacy of these therapies in young adult populations, more study is necessary.

The development of preventive measures aimed at lowering risk variables and boosting protective factors in young people can be informed by research on the connection between body image and self-esteem. The detrimental effects of the unattainable beauty standards propagated by the media can be

lessened with the use of media literacy programmes, which promote media deconstruction and educate critical thinking abilities. In addition, it is possible to resist cultural pressures and lower the prevalence of body image and low self-esteem among young adults and adolescents by supporting different representations of beauty and creating inclusive environments that value originality.

Future Research Recommendations

Future research should employ Longitudinal research monitoring subjects for longer periods of time may yield important information about the course of body dysmorphia and self-esteem development at various developmental stages. Early intervention techniques can be informed, and the long-term ramifications better understood by researchers by looking at how these constructs change over time and identifying important elements impacting their progression.

Investigation of how cultural and societal influences shape young adults' & adolescents perceptions of their bodies and identities from a variety of backgrounds. Studies that compare cultures can shed light on how different societal pressures, cultural norms, and beauty standards affect the occurrence and expression of body dysmorphia and how it relates to self-esteem. It is essential to comprehend these subtleties in order to create interventions that are sensitive to cultural differences and to advance inclusive body positivity strategies.

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