

RESEARCH ARTICLE

The Relationship Between Self-esteem and Body Image Among Female Nursing College Students

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ABSTRACT

Background: University students have been proven to be susceptible to various body image changes. According to studies, university students have a significant level of body dissatisfaction and engage in unhealthy body weight maintenance behaviours. Furthermore, university students are thought to be at risk for melancholy, low self-esteem, poor health, interpersonal problems, and suicide ideation, and eating and body dysmorphic disorders.

Objectives: the study aims at assessing the level of body image and self-esteem among nursing female collegians. In addition, identify the relationship between the body image and self-esteem among nursing female collegians. In addition, find-out the relationship between the body Image, Self-Esteem and their socio-demographic.

Methods: A descriptive correlational design used in the present study was established for the period from (12 January to 23 February, 2022). The study was conducted on a non- probability (convenient) sample of 110 female students in the College of Nursing. Using body image scale, and Rosenberg scale for self-esteem were used.

Results: The student experiencing are satisfied with their body image and high level of self-esteem. There are high significant relationship between body image and self-esteem.

Conclusion: Body image are related with self-esteem as concluded by high significant relationship (positive strong) between self-esteem and perceived body image among female nursing collegian.

Recommendations: Paying attention to the positive aspects, and strengthening them in the community to raise awareness of a positive body image, especially for students who are coming to university life and new arrival. This study recommends carrying out other studies to body image and healthy lifestyles for non-university societies. Conducting more studies on self-esteem and its relationship to body image and its relationship to other variables

Keywords: Self-esteem, Body Image, Female, Nursing, Students.



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INTRODUCTION

Body image (BI) is a psychological experience in which a person compares her physical appearance to a mental representation of herself and makes judgments. (W. R. da Silva et al., 2020). The person's perception of his or her physical self is referred to as body image (Taha et al., 2011) Body image satisfaction is the individuals' perceptions of their physical appearance and the feelings or thoughts resulting from these perceptions. (Vannucci.A & Ohannessian.CH, 2017 ,Dotse & Asumeng, 2014)

University students have been proven to be susceptible to various body image changes. According to studies, university students have a significant level of body dissatisfaction and engage in unhealthy body weight maintenance behaviors. Furthermore, university students are thought to be at risk for melancholy, low self-esteem, poor health, interpersonal problems, and suicide ideation, and eating and body dysmorphic disorders. . (R. C. P. C. da Silva et al., 2021).

Individuals' overall subjective emotional evaluation of their own value is referred to as self-esteem. Individuals with low self-esteem are more susceptible to body pressures and are more prone to become dissatisfied with their bodies over time(Ahadzadeh et al., 2018). Body image satisfaction can be negatively affected by low self-esteem, while improving self-esteem can improve people's self-esteem. Anxiety and sadness are both exacerbated when a person has low self-esteem (Nweke & Jarrar, 2019).

Both good and negative views toward one's own personality are classified as Self-esteem and it is subjective because it is based on one's own psychology and emotional state on one's own value. (Ahmat et al., 2018) As a social perception of self, People's total body image has an impact on their emotions, feelings, self-worth, and recognition. Even as they get older, women are more concerned with their body shape and prefer slimmer figures than men. This is a clear sign that females have a sense of body image that influences their self-worth and esteem, as well as causing them to be identified at a young age. (El-ernary & Zaki, 2018).

Adolescents are preoccupied with their bodies, and they regard their bodies as fundamental to their self-concept. The findings revealed a positive relationship between body image and self-esteem; males were more satisfied with their body image, resulting in higher Self-esteem than females; females, on the other hand, were more affected by others' opinions about their body, weight, height, and society's standards of beauty and attraction (Qaisy, 2016).

Objectives of the Study: the study aims to (1) assessing the level of body image and self-esteem among nursing female collegians. (2) identify the relationship between the body image and self-esteem among nursing female collegians. (3) find-out the relationship between the body Image, Self-Esteem and their socio-demographic.

METHOD

A descriptive correlational design was conducted On A non-probability (Convenient) sample of 110 female students their age ranges between 18 and 30 years which were selected from University of Baghdad collage of Nursing to assess body image and self-esteem among the target sample, and to find the relationship between the variables among them and the relationship between body image and self-esteem with a number of demographic variables such as age, social status, level of study, place of residence, environment in which the student lives, living income and number of family members And the sequence of the student between the brothers and the educational level of the father and the mother.

The research tool used in this study consists of the personal data part of the participating students and the body image scale contains (27) items that is developed by Dr.Samia Mohamad (2014) It is located in two dimensions and Self-esteem Scale this part contain (10) items. This scale adopted from (Rosenberg,1965).

The reliability of the instrument was determined through the computation of Alpha Cronbach's test (Alpha Correlation Coefficient); internal consistency method was used for determining the reliability. The Alpha Correlation Coefficient was applied to determine the reliability of the present study instrument by application of Statistical Package for Social Science Program (IBM SPSS) version 24.0.

Data analysis was employed through the application of descriptive and inferential statistical approaches, which were performed through the computation of the following: frequencies, percentage, means of scores, standard deviation, and Pearson correlation coefficient.

RESULTS

Table (1) Distribution of Sample According to their Socio-demographic Characteristics

List	Characteristics		f	%
1	Age M±SD= 20.38±2.258	18 - 20 year	66	60
		21 - 23 year	34	30.9
		24 - 26 year	7	6.4
		27 ≤ year	3	2.7
		Total	110	100
2	Marital status	Unmarried	104	94.6
		Married	5	4.5
		Divorced	0	0
		Widowed/er	0	0
		Separated	1	.9
		Total	110	100
3	Scholastic stage	First	41	37.2
		Second	31	28.2
		Third	19	17.3
		Fourth	19	17.3
		Total	110	100
4	Living with:	Family	79	71.8
		Interior section	24	21.8
		Relatives	7	6.4
		Total	110	100
5	Income	Insufficient	4	3.6
		Barely sufficient	35	31.9
		Sufficient	71	64.5
		Total	110	100
6	Number of family member	< 4	6	5.4
		4 - 5	18	16.4
		6 ≤	86	78.2
		Total	110	100
7	Birth order	First	28	25.5
		Second	28	25.5
		Third	17	15.5
		Fourth +	37	33.5
		Total	110	100
8	Residency	Urban	89	80.9
		Rural	21	19.1
		Total	110	100

f: Frequency, %: Percentage, M: Mean, SD: Standard deviation

This table shows that average of nursing collegians is 20.38 ± 2.258 years in which 60% of them are seen with age group of 18-20 years.

Regarding marital status, the majority of female nursing collegians are still unmarried the highest percentage to first stage 37.25 followed by second stage 28.2%. More of female nursing collegians report that they are living with their families (71.8%), Concerning monthly income, 64.5% of them perceive sufficient.

The number of family member for nursing collegians refers to six and more among 78.2% of them. The highest percentage among female nursing collegians report they are fourth born or more among their families (33.5%). and that more of the sample living in urban areas as revealed by 80.9%.

Table (2): Distribution of Sample According to their Parents' Level of Education

Level of education	Father		Mother	
	f	%	f	%
Doesn't read & write	1	.9	1	.9
Read & write	4	3.6	4	3.6
Primary school	29	26.4	53	48.2
Intermediate school	18	16.4	22	20
Secondary school	20	18.2	14	12.7
Institute/College	36	32.7	16	14.5
Postgraduate	2	1.8	0	0
Total	110	100	110	100

f: Frequency, %: Percentage

This table displays the parents' level of education among females nursing collegians; the table shows that 32.7% of fathers are graduated from institute or college and 26.4% are graduated from primary school. Among mothers, 48.2% of them are graduated from primary school and only 14.5% are graduated from institute or college.

Table (3): Overall Assessment of Body Image among Female Nursing Collegians

Body image scale	f	%	M	SD
Dissatisfied	13	11.8	66.19	9.225
Satisfied	97	88.2		
Total	110	100		

f: Frequency, %: Percentage

M: Mean for total score, SD: Standard Deviation for total score

Dissatisfied = 27 - 54, Satisfied = 55 - 81

This table reveals that female nursing collegians are satisfied with their body image as seen among 88.2% which reflect their positive perception about their body image.

Table (4): Overall Assessment of Self-esteem among Female Nursing Collegians

Self-esteem	f	%	M	SD
Low	27	24.5	15.77	2.179
Normal	0	0		
High	83	75.5		
Total	110	100		

f: Frequency, %: Percentage

M: Mean for total score, SD: Standard Deviation for total score

Low= ≤ 14, Normal= 15 - 25, High= 26 ≤

This table exhibits that female nursing collegians showing high level of self-esteem as revealed among 75.5% of them while 24.5% are showing low self-esteem.

Table (5): Correlation among Body Image, Quality of life, and Self-esteem among Female Nursing Collegians (N=110)

Correlation		Body image	Quality of life	Self-esteem
Body image	Pearson Correlation	1		
	Sig. (2-tailed)			
Quality of life	Pearson Correlation	.525**	1	
	Sig. (2-tailed)	.001		
Self-esteem	Pearson Correlation	.270**	.179	1
	Sig. (2-tailed)	.004	.061	

This table indicates that there is high significant relationship (positive strong) between self-esteem and perceived body image among female nursing collegian at p-value= .004 that indicates the high self-esteem associated with high positive perception of body image.

DISCUSSION

The analysis of findings revealed that the highest percentage of sample more than half (60%) is age group from (18-21 years). Regarding social status showed that Vast majority (94.6%) was unmarried this and highest percentage of (37.2%) is in first stage education level followed by second stage 28.2%. As for the place of residence, it was found that More than two thirds (71.8 %) of the sample lived with the family and sample members were asked about family income and standard of living, and it was found that (64.5%) of the sample live with sufficient income, while (31.6%) of the sample live with barely sufficient income.

The number of family member for nursing collegians refers to six and more among in more than three quarters (78.2%) of them .As for the student's hierarchy in the family (33.6%) their hierarchy was the fourth or more. The result in table (2) show the parents' level of education among females nursing collegians that 32.7% of fathers are graduated from institute or college and 26.4% are graduated from primary school.

Results in the table (3) showed that majority of female nursing collegians and by (88.2%) are satisfied with their body image. These results are consistent with the results (Walaa Ahmed Abdel Fattah, 2021), (Priya et al., 2010) they found it has been clarified that the sample was satisfied with their body image in general.

The result in (table 4) showed that female nursing collegians showing high level of self-esteem as revealed among 75.5% of them while 24.5% are showing low self-esteem. this result are

agree with study of Taha et.al (2011) Which he studied in three Arab countries: Saudi Arabia, Egypt, and Yemen they found The majority of the students in the three countries had high self esteem (78% in KSA, 96% in Egypt and 84% in Yemen) while the rest of subjects had low self-esteem (22% of KSA students, 4% of Egypt students and 16% of Yemen students. and Cristiana POP (2016) which showed a normal and high level of self-esteem for a group of healthy female students.

In the table (5) showed that was high significant relationship (positive strong) between self-esteem and perceived body image among female nursing collegian that indicates the high self-esteem associated with high positive perception of body image. this result are agree with El-emary et.al (2018) they found statistical relationship between self-esteem and body image .also agree with study of Taha et.al (2011) they found that positive perception of body image is associated with high self-esteem as well as (Qaisy, 2016). These results confirm the strong influence of body image on students' self-esteem and the attendant negative and positive feelings towards themselves, which in turn are reflected on their social interaction with others and on their ability and competence to give and take with people and influence them because they feel that they are socially acceptable.

CONCLUSION

Body image is an important part of personality, which can be viewed from the way the individual's body, the influence of society, culture, and personal experience. Body image is also affected by biological and emotional factors which will affect the psychological health of the human being. Adolescents and youth consider their body

and appearance as an integral part of their self-concept. Body image dissatisfaction is seen to undermine self-confidence and self-esteem of an individual and may lead to physical, emotional and societal problems. The studied showed that majority of female nursing collegians are satisfied with their body image. Female nursing collegians showing high level of self-esteem as revealed among 75.5%. Body image are related with self-esteem as concluded by high significant relationship (positive strong) between self-esteem and perceived body image among female nursing collegian.

RECOMMENDATIONS

It is recommended on different media such as radio or television that take its role focusing on the importance of body image and its relationship to the mental health of the community. Future research may wish to use a larger sample to have a larger effect size. Conducting more studies on self-esteem and its relationship to body image and its relationship to other variables.

ETHICAL CONSIDERATIONS COMPLIANCE WITH ETHICAL GUIDELINES

This study was completed following obtaining consent from the University of Baghdad.

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AUTHOR'S CONTRIBUTIONS

Study concept, Writing, Reviewing the final edition by all authors.

DISCLOSURE STATEMENT:

The authors report no conflict of interest.

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