

The relationship between Self-Esteem, Body Image and Eating disorder among Secondary Schools Students

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Abstract: The body weight represents a role in body image dissatisfaction and eating disorder among secondary school's students. **Purpose:** This study aimed to assess the effect of eating disorders on body image satisfaction and self-esteem among secondary school's students. **Design:** non-experimental correlation design was used. **Setting:** The study was conducted in EL-Shohda City, which is among the highest population cities in Menoufia Government and serving multiple rural areas. Two (male and female) secondary schools were included. **Sample:** purposive sample composed of 160 adolescents students in the previously mentioned settings engaged from both sexes. **Tools;** four tools were used;(1)- Structured interview questionnaire concerned with socio-demographic data. (2)- physiological measurement (anthropometric features). (3)- body image satisfaction scale. (4)- self-esteem scale. **Results:** revealed that 48.8% of the studied students were dissatisfied toward their body; while 23.1% of them satisfied with their body. Also 47.5% of the studied students had low self-esteem, while 21.3% of them had high self-esteem. The majority of the studied adolescent students was dissatisfied toward their body image and had low self-esteem. **Conclusion:** There was a positive correlation between the body weight of the studied students adolescent and their body image and self-esteem. **Recommendation:** Advance health-promoting measures that consider aspects inherent to adolescence and to involve the school and home environment in the development of non-distorted body image among secondary school students.

Key Words: Body Image, Self-Esteem, Adolescents and Eating Disordered

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I. Introduction

Eating disorders (ED) considered as one of the greatest common psychiatric problems challenged via females, characterized by chronicity and deterioration laterally with disordered eating behavior where the patient's attitude towards weight and shape, as well as their sensitivity of body shape, are troubled¹. Eating disorders ordered amongst the ten important causes of incapacity amongst adolescent students have the highest points of treatment seeking, in patient hospitalization, suicide tries, and mortality of the greatest common psychiatric syndromes. Besides, eating pathology raises the danger for the beginning of obesity, depression, and substance abuse².

Eating disorders refer to numerous disturbed eating forms which impact on the nutritional status of an adolescent. Numeral factors like a family setting, peer burden, media habits, and worry over body image, sociocultural and financial background, gender, and age make them touch dissatisfied with their body image³. Adolescence is a period of excessive changes, of together physiological and psychological character. In this time, the individual attempts to regulate the careful nature of his or her self⁴. Adolescents frequently develop conscious that they are not able to meet the outlooks of what they should be, both since themselves, family, school, peers, and media. This often has inferences for their perception of their own value⁵.

Eating disorders are complex diseases which affect adolescents with increasing frequency⁶. They rank as the third most common chronic illness in adolescent females, with an incidence of up to 5%. Three major subgroups are recognized: a restrictive form in which food intake is severely limited (anorexia nervosa); a bulimic form in which binge eating episodes are followed by attempts to minimize the effects of overeating via vomiting, catharsis, exercise, or fasting (bulimia nervosa); and a third group in which not all the criteria for anorexia nervosa or bulimia nervosa are met⁷.

Adolescent eating behavior is part of individual and environmental impacts⁸. Individual impacts are psychological as well as biological, while, environmental impacts embrace direct social environments such as family, peer, and additional influences such as school lunchtimes and fast diet outlets⁹. The behavior nutrition preferences appear to change as the children become adolescents. As now stated, few adolescents assemble the official instructions for nutrition¹⁰. Eating fruits and vegetables usually deteriorates when beginning

adolescence, while the eating unhealthy food dominates the feeding habits ¹¹. The main components of body image changing the personal functioning include a wish to lose weight; see beautiful, healthy and active body with productive and great performance ¹². The body dissatisfaction or negative body image has become a major part in the advancement of obesity, depression and psychological disorders of dissimilar changes ¹³.

The significance of the study:

The recent years have witnessed an upsurge in the scientific study of body image due to growing conviction about its implications in different aspects of human functioning and performance including mental and physical health. In the new past, it has been announced that positive and negative body images of the individuals are strongly correlated with various health, social and psychological consequences such as eating disorder, unhealthy weight handle behaviors, health habits, social relations and self-esteem ¹⁴. Adolescence is a period at the appearance and the body goes from the outside of children's care to its core. Body image for modern adolescents is frequently becoming a problem of anxiety, depression and eating disturbances ¹⁵. So, the rise of scientific interest in the problem of body perception in adolescents is not surprising. so, there is a need to assess the effect of eating disorders on body image satisfaction and self-esteem among secondary schools students.

Purpose of the study

This study aims to assess the effect of eating disorders on body image satisfaction and self-esteem among secondary schools students

Research question

1. Is there a relation between eating disorders and body image satisfaction among secondary schools students?
2. Is a relationship between eating disorders and self-esteem among secondary schools students?

II. Subjects And Method

Research Design

A non-experimental correlation design was used in this study to assess the effect of eating disorders on body image satisfaction and self-esteem among secondary schools students.

Study Setting

The study was conducted in EL-Shohda City, which is among the highest population cities in Menoufia Government and serving multiple rural areas. Two (male and female) secondary schools were included.

Sample

Purposive sample composed of 160 adolescent students in the previously mentioned settings.

Inclusion criteria:

- Age 14-19 years

Exclusive criteria:

- Chronic illness
- Previous accident.

Tools of Data Collection

Four instruments were utilized to collect data pertinent to the study.

1- Structured interview questionnaire: was used to collect data, which include socio-demographic characteristics of adolescent students as (age, gender, family income, ranking and housing condition, etc.....)

2- physiological measurement ¹⁶: Anthropometric features (BMI), the classification was defined utilizing the body mass index (BMI), which was calculated by dividing adolescents self-reported weight in kilograms with the square of their height in meters (kg/m²). BMI was categorized as underweight (<18.50), normal weight (18.50 – 24.99), overweight (25.00 – 29.99)

3- Body Image Satisfaction Scale ¹⁷: It used to measure the level of satisfaction regarding one's own body image among secondary school's students.

Scoring system

According to the responses obtained from the students were as: (5) strongly agree, (4) agree, (3) sometimes, (2) disagree, and (1) strongly disagree. Student's body image satisfaction scores were categorized into:

- 60 >Low concerns of body image
- 60-75 Moderate concerns of body image
- >75 High concerns of body image

4- Self- esteem Scale ¹⁸: It used to measure self –esteem of adolescent students.

Scoring system

According to the responses obtained from the students were as: (5) strongly agree, (4) agree, (3) sometimes, (2) disagree, and (1) strongly disagree. Student's self- esteem scores were categorized into:

- 60 >Low concerns
- 60-75 Moderate
- >75 High concerns

5- Procedure for Data Collection:

- Permission to conduct the study was obtained from the administrative authorities after the aim of the study was explained.

- **Study period:** The study was conducted from September 2017 till December 2017.

- **Reliability of the developed instruments** was done by alpha cronbach test. Reliability was applied by the researcher for testing the internal consistency of the tool, by administration of the same tools to the same subjects under similar conditions on one or more occasions, Answers from repeated testing were compared (reliability for tool 1. was reliable at 0.76, reliability for tool 2= 0.77% and reliability for tool 3 & tool 4 Cronbach's Alpha reliability= 0.85).

- **Validity of the tools:** the tools tested by five professors in community health nursing and some modification were done according to professor's opinion. The content and face validity of the study tools were measured to evaluate the individual items as well as the entire tools used for the study as being relevant and appropriate to test what they wanted to measure.

- **Pilot study** was carried out on 10 secondary school students in September 2017. They were excluded from the study sample, to test the clarity of data collection tools. Also, to detect any obstacle or problem that might arise in data collection, and estimate the time needed to fill the tools.

Ethical considerations:

- A written approval was obtained from the adolescent students before inclusion in the study; a clear and simple explanation was given according to their level of understanding, physical and mental readiness. They were assured that all the collected data will be treated confidentially and used for research purpose only. The adolescent students were informed that participation in the study is voluntary and they have the right to withdraw from the study at any stage without giving any reason.

- To carry out the study, an approval was obtained from the Dean of the Faculty of Nursing Fayoum University. An official letter was sent to the Dean including the aim of the study. Data were collected within one semester of the academic year 2017, two days per week from 10-12 am for interviewing the schools teachers. A written approval was obtained from the directors of the schools, and after explaining the purpose of the study. The study was conducted by the researchers by distributing the tool for the students under study.

Statistical Analysis:

Data collected from the studied samples were revised, coded and entered and statistical analysis was fulfilled using the Statistical Package for Social Sciences (SPSS), version 20. Data were presented in accordance with their distribution: as ranges or mean and SDs. Categorical data were tested with the Chi-square test (X²) for qualitative variables and independent sample t-test for quantitative variables. Statistical significance was considered at p-value <0.05.

III. Results

Table (1) shows the distribution of the studied students according to their personal characteristics. As indicated in the table, about more than half of them (51.9%) was male, also more than half of them (51.9%) was between 16-17 years old, also the highest percentage of them (43.8%) was in 3rd class education level. Moreover, 48.8% of the studied students were a normal body, while 23.1% of them were an obese body.

Table (1): Number and percentage distribution of the studied students according to their characteristic (no=160)

Items	No	%
Gender		
Male	83	51.9
Female	77	48.1
Age		
14 - 15 years	20	12.5
16 - 17 years	83	51.9
18 - 19 years	57	35.6
Education class		
1 st class	42	26.2
2 nd class	48	30.0
3 rd class	70	43.8
Body weight		
Underweight	45	28.1
Normal weight	78	48.8
Overweight	37	23.1

Table (2) revealed that 30.0 %, 38.2% &47.5% of the studied students had sometimes accepted their physical appearance, attractive & appearance respectively, while 35.0 %, 30.0% & 46.9 of them never accept their size and shape, weight & person look respectively.

Table (2): Number and percentage distribution of the studied students according to their satisfaction body image status (no =160)

Items	Never		Seldom		Sometimes		Often		Always	
	No	%	No	%	No	%	No	%	No	%
physical appearance	20	12.5	22	13.8	48	30.0	36	22.5	34	21.2
Size and shape	56	35.0	33	20.6	44	27.5	18	11.3	9	5.6
Weight	48	30.0	47	29.3	27	16.9	19	11.9	19	11.9
Attractive	29	18.1	36	22.5	61	38.2	15	9.4	19	11.8
Appearance	4	2.5	10	6.2	76	47.5	45	28.2	25	15.6
Average person looks	75	46.9	35	21.9	15	9.4	25	15.6	10	6.2

Figure (1) revealed that 48.8% of the studied students were dissatisfied toward their body image; while 23.1% of them satisfied with their body image.

Figure 1. The number and percentage distribution of the studied students according to their total body image satisfaction (no =160)

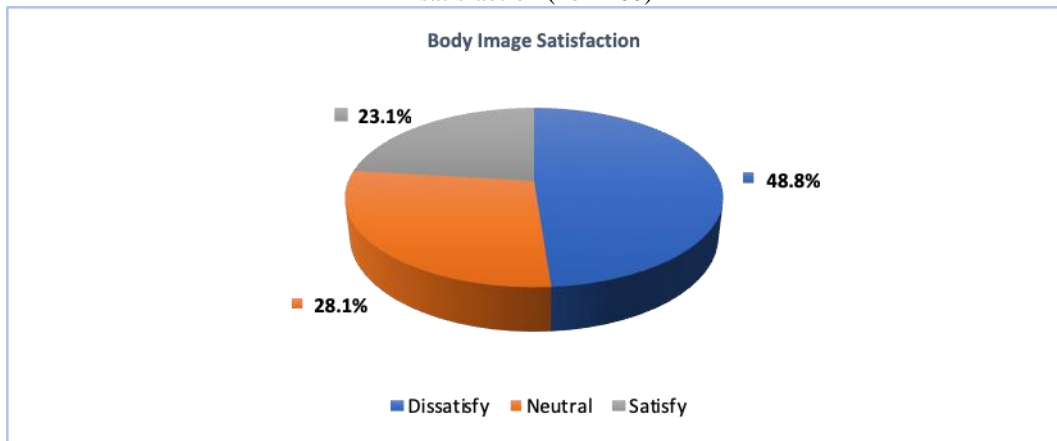


Figure (2) revealed that 47.5% of the studied students had low self-esteem, while 21.3% of them had high self-esteem.

Figure 2. The number and percentage distribution of the studied students according to their total Self-Esteem (no =160)

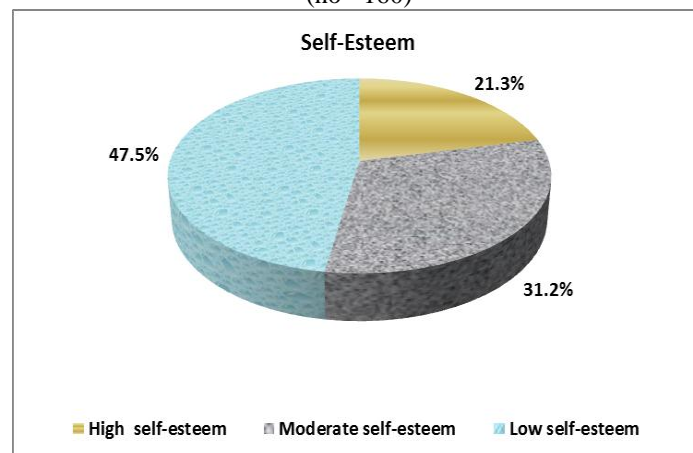


Table (3) illustrates that there are highly statistically significant differences between characteristics in relation to gender, age, education class respectively and their body image satisfaction $p < 0.05$.

Table (3): Relation between the characteristics of the studied students and their body image satisfaction

Items	Body Image Satisfaction						X ²	P Value
	Satisfy (No=37)		Neutral (No=45)		Dissatisfy (No=78)			
	No	%	No	%	No	%		
Gender								
Male	21	56.8	30	66.7	32	41.0	7.97	0.02
Female	16	43.2	15	33.3	46	52.8		
Age								
14 - 15 years	5	13.5	13	28.9	2	2.6	39.13	0.0001
16 - 17 years	23	62.2	28	62.2	32	41.0		
18 - 19 years	9	14.3	4	8.9	44	56.4		
Education class								
1 st class	12	32.4	19	42.2	11	14.1	20.67	0.0004
2 nd class	15	40.6	13	28.9	20	25.6		
3 rd class	10	27.0	13	28.9	47	60.2		

Table (4) illustrates that there are highly statistically significant differences between characteristics in relation to gender, age, education class respectively and their body image satisfaction at $p < 0.05$.

Table (4): Relation between gender of the studied students and their self-esteem

Items	Self-Esteem						X ²	P Value
	Low (No=76)		Moderate (No=50)		High (No=34)			
	No	%	No	%	No	%		
Gender								
Male	22	29.0	40	80.0	21	61.8	33.18	0.0001
Female	54	71.0	10	20.0	13	38.2		
Age								
14 - 15 years	13	17.1	5	10.0	2	5.9	28.01	0.0001
16 - 17 years	51	67.1	22	44.0	10	29.4		
18 - 19 years	12	15.8	23	46.0	22	64.7		
Education class								
1 st class	10	13.2	21	42.0	11	32.3	13.82	0.01
2 nd class	27	35.5	12	24.0	9	26.5		
3 rd class	39	51.3	17	34.0	14	41.3		

Table (5) illustrates that; there is a positive correlation between the body weight of the studied students adolescent and their body image. Moreover, there is a positive correlation between the body weight of the studied students adolescent and their self-esteem.

Table (5): Correlation between body image satisfaction of the studied students and their body weight and self-esteem

Item	Body weight	
	r	P Value
Self-Esteem	0.82	0.03
Body image satisfaction	0.70	0.04

IV. Discussion

Body weight represents a role in body image dissatisfaction and disordered eating with adolescent's students. As regards the distribution of the studied students according to their personal characteristics the current study showed that more than half of them were male, more than half of them were between 16-17 years old and the highest percentage of them was in the 3rd class of education level.

The purpose of the study was to assess the effect of eating disorders on body image satisfaction and self-esteem among secondary school's students

1- Regarding to student's body image satisfaction:

The present study revealed that students with normal body weight accepted their physical appearance, attractive & appearance by a 30.0 %, 38.2% & 47.5% respectively. This is agreement with (Pankaj and Gyanesh.; 2016)¹⁹ who study the positive body image and overall health. They found that the below achievers on positive body measure had revealed some lesser concerns regarding the properties of their body and revealed notable dissatisfaction and more longed for any adjustment in their body. In the same line for (Nadira, 2014)²⁰ who mentioned that the adolescents set effect on body structure and positive social consequences whereas males recognized the importance to muscular force, strength, and endurance in contrast to females. This finding is congruent with the similar study of (Wade, 2013)²¹ who study the role of perfectionism in body dissatisfaction stated that the adolescents also worried regarding their bodies and they usually felt tired and ashamed of their bodies. This could be due to cultural and social differences, in which the society may accepts young people with average weight rather than those with overweight.

The present study clarified that slightly less than half (48.8%) of the studied students were a normal body, while about one-quarter (23.1%) of them were an obese body. These findings were in accordance with the study of (Martina et al.; 2017)²² who studied the body image dissatisfaction and weight control behavior in Slovak adolescents, they found that the predominance of obesity was observed in boys and aged 13 years. This study finding was supported by (Henningesen, 2011)²³ who mentioned that a large balance of young females including average body mass index, begin to follow some sort of decline diet regimen at a remarkable time in their life. This study finding is incongruent with a study by (Ata et al.; 2011)²⁴ who stated that the body growing in adolescence influenced the performance of images of one's own body; particularly in girls saw themselves as disappointed with their weights and susceptible to their pubertal growth states by moving on or off time. These results were supported by (Flament et al.; 2012)²⁵ who reported that the currency of disordered eating habits increases gradually through the adolescence times. This study result was similar to (Gatti et al.; 2014)²⁶ who mentioned that the obesity and overeating disorder among adolescents are of dangerous common health interest owing to their great currency and unfavorable impact on psychological and physical well-being.

Current study found that 35.0 %, 30.0% & 46.9 of the studied students were never accept their size and shape, weight & person look respectively. This study finding was similar to (Wasylikiw et al.; 2012)²⁷ who examined "the connection between self-compassion and body image in school women" found that, despite body mass, fitness, or difference from societal goals, those that are self-compassionate are further allowing of their physical selves. This study finding is incongruent with a study by (Stephen & Perera, 2014)²⁸ conducted in Chinese females and stated that, fancying below weight for attractiveness, after being displayed to pattern images, advising that short-term expression to pattern images seat in particular influence a female's body image. These results were supported by (Bento et al.; 2014)²⁹ who found that overweight/obese adolescents, those including dainty and moderate BID were few possible to develop a Western-like dietary model when corresponded with those who were satisfied with their body image. Our results were similar to (Rome, 2010)³⁰, who reported that eating disturbances in adolescents dissatisfied with their bodies were usually motivated by their need to change their body and looks. This could be related to the growing needs of adolescents to have better body and enhanced look.

Regarding the total perception of body image satisfaction, the present study revealed that slightly less than half (48.8%) of the studied students were dissatisfied toward their body image. This result essentially agrees with (McFarland & Petrie, 2012)³¹ who mentioned that the body appearance variations and gains in body fat can point to numerous interests of image, body dissatisfaction, body shame, and eating disordered. This is agreement with (Dunn et al.; 2011)³² who examined men's body image and eating disorders associated to women's and concluded that participants supposed that males can have fair as little body image as women. This could be related to the need adolescents at this age to compare themselves to their idols in media.

The current study illustrated there are highly statistically significant differences between characteristics in relation to gender, age, education class and their body image satisfaction ($p < 0.05$). The current result was in accordance with (Shah, Shaikh & Singh, 2012)³³ who mentioned that there was a statistically significant gender variance in positive body image of the male and female. Due to raised recognition and globalization, Indians too have displayed remarkable about their body image which has appeared in great socialization in the Indian population supporting adolescents for the perfect appearance of their body. This study result is similar to (Darcy Lin, 2012)³⁴ who reported that the socioeconomic state, health experience, simple availability of core media, cultural events and change of sound health practices and attention from the parents might be any of the ideas following the powerful positive body image of the female classmates. This is agreement with (Tiwari, 2014)¹⁴ who suggested that the gender discrepancies can be described by various flavor likings over genders, in words of girls preferring the flavor of a healthy diet properly than an unhealthy diet. This was in accordance

with (Parent, 2013)³⁵ who stated that body image is affected by his/her opinion and perspective as well as societal patterns of image and attractiveness. Females point a noted difference within their recognized body measurement and their perfect body measurement corresponded to males. This result disagreed with (Jain & Tiwari, 2016)³⁶ who reported that the females attach health further to nutrition than to games and utilize to diet in sequence to decrease caloric consumption because they are limited physically active and molecular satisfied with their body image than males. This may be due to the fact that appearance is a more motivating value for women while muscular force, strength, and endurance health is more motivating for men.

The current study illustrated that there is a positive correlation between the body weight of the studied students adolescent and their body image satisfaction. This is agreement with (Korn et al.; 2013)³⁷ and (Forrester & Zemp, 2012)³⁸, mentioned that the disability to cope with stress and weight increase is associated. This could be explained by the fact that the satisfaction with body weigh may increase the level of body image satisfaction.

2- Regarding to student's self-esteem

The present study revealed that near to half (47.5%) of the studied students had low self-steam. This result agrees with (Teixeira et al., 2016)³⁹ with mentioned that eating habits, body image, perfectionism, and self-esteem Portuguese girls' adolescents with body dissatisfaction were also inclined to rank themselves following others on bodily parameters; attractiveness parameters correlation parameters; and overall satisfaction self-satisfaction, essential self-esteem.

The present study clarified that there are highly statistically significant differences between characteristics in relation to gender, age, education class and their self-esteem ($p < 0.05$). This study supported with (Gorman, 2015)⁴⁰ who concluded that, the impacts of media on body image and self-esteem positive friendship, appreciation, and reverence towards the body, positive cognitions, gender variations in positive body image, significant correlates of positive body image, spiritual, religious element, and health consequences were the important themes appeared following the thematic reviews of the qualitative evidence. This was the same viewpoint of (Henningesen, 2011)²³ who mentioned that the dietary practices in adolescence linked to socio-demographic circumstances determined that self-esteem was negatively correlated with eating of fat between school students.

The present study revealed that there is a positive correlation between the body weight of the studied students adolescent and their self-esteem. This finding is agreement with the result of (Zinovieva, 2013)⁴¹ who reported that the self-esteem has determined to be nearly linked to bodily image between adolescents and it is probable that self-esteem improvements as a consequence of adopting healthy eating as a weight restriction approach. This is agreement with (Wertheim and Paxton 2012)⁴² who demonstrated that positive body image has significant associations in overall health and different appearances of individual functioning and achievement. This could be similar to body image satisfaction; the level of self-confidence could be influenced by the satisfaction with body weight.

V. Conclusion

The majority of the included adolescent students were dissatisfied with their body image and have low self-esteem. Furthermore, there is significant difference between the characteristics of adolescent students and their body image satisfaction as well as their self-esteem. There is a positive correlation between the body weight of the adolescent students and their body image as well as their self-esteem.

VI. Recommendation

- Exhibit health-promoting standards that consider viewpoints essential to adolescence and to affect the school and house environment in the construction of non-distorted body image among secondary school students
- The advancement and pledge of secondary school student's self-esteem seem to be a likely appearance for the prevention of eating disturbances.
- Explain the effect and impact of teachers and school staff as role models for their students getting's of a healthy lifestyle and body agreement messaging and the influence such an activity could have on any of the students.
- Emphasize the value of encouraging secondary school students in healthy options and healthy practices , such as engaging in the regular physical activity and eating healthfully.

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