

Investigation of the relationship between body image with self-concept in adolescent

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Abstract: *The aim of the present study was to investigate the relationship between self-concept and body image in adolescents. The research method is descriptive correlation. The study population consisted of male and female high school students in academic years 2012-2013 in Darab city. The sampling method was multi-staged cluster sampling that firstly selected 4 high schools randomly between 16 high-schools in Darab and in next step, two classes were chosen randomly from each high school and the questionnaires were distributed among the students who were a total of 181 male and female students. Tools used in this study, are Body Image Questionnaire (Littleton et al) and self-concept questionnaire of Mandaglio and Pyryt. To analyze the data, Pearson correlation coefficient, and stepwise regression analysis were used and to perform the statistic process, the SPSS statistical software was used. Data analysis showed there is a significant correlation between body image and self-concept.*

Keywords: *self-concept, body image*

INTRODUCTION

Family is the most important social institution in human societies and has great impact in terms of personality development and education in children's literature and adapts individual or society. An important factor that has a dramatic effect on adolescent's self-concept, is body image variable.

Body image is defined as the degree of satisfaction on physical appearance (size, shape and general appearance) (1). Among the most important questions and concerns of parents about the teenagers are the effects of family relations on the transformation process of the teenagers (2).

Body image and self-satisfaction due to their complex psychological effects on the "self-concept" during the adolescent age are important (3). Body image is one of the important aspects of self-appearance and self-evaluation during adolescence. And those with negative body image have a weaker self-concept (4, 5). Therefore, investigating the relationship between body image and self-concept can express the formation of self-concept and the factors affecting it. Each type of thinking and acting that leads to the process of buying and wearing and body modification such as diet and exercise are part of appearance management. (6)

Mandaglio & Pyryt (7) believed the self-concept is a four-dimensional phenomenon: academic self-concept, social self-concept, sport self-concept and self-worth concept. Self-concept means a type of attitude and thoughts about one's characteristics (8). Research showed that there was no significant difference between girls and boys in self-concept (9). While Milgram and Milgram (10) in their study show that girls have a higher overall score in self-concept than boys.

Gender and race also have a significant role in body image among young people, but parent's evaluation has a more important role in body image among children and especially among daughters (11). Atti and Brooks Gun (12) insisted in their research on the role and influence of parents and especially mothers on the girls' body

image. In general, social status and others in the life of teenagers have a significant effect on the perceptive of the adolescence about themselves. Poor body image and high body mass index reduce self-esteem and weakens self-concept.

These disorders particularly increase when there are strong cultural norms about fitness and weight loss in society (13). Also Bahram (14) in his research showed significant interaction between gender and body image and also between body image and body fat and body mass index, body fat and body muscle and lean body. In general, men have a more positive body image than women.

Since self-concept has important personal and social consequences in people's lives, investigating the characteristics of students' self-concept and factors affecting it, can provide important information to those involved in education and be efficient in reforming the training programs. The information obtained from such research can help them assess their students and better understand their individual and social position and provide the conditions for the implementation of self-regulatory measures in individual and social and educational behavior. Therefore, the present study aims to answer the question of whether there is a significant relationship between body image and self-concept in teenagers.

Method

Research Design: This study is an applied research and the approach is descriptive and correlation method is used.

Subjects: The study population is high school students in Darab city who are studying in 2012-2013. Multi-stage cluster sampling was done. 4 high schools were selected randomly among 16 high-schools in Darab and in next step, two female schools and two male schools were selected and two classes were chosen randomly from each high school and in total 8 classes were selected from four high schools. the questionnaires were distributed among the students who were a total of 181 male and female students. Among the selected students the parenting styles, body image and self-concept questionnaires were distributed. And people in the class responded to the questionnaire. Sample size includes 181 people, consisting of 95 female students and 86 male students. After determining the sample and coordinate with the authorities, as scheduled, researcher admitted to high schools with the population, and after communicating and reducing the sensitivity of subjects relating to the questionnaires and explanations by researchers about the reasons for choosing subjects and how to complete the questionnaire, they were given to them. And subjects referred the questionnaire to the researcher after completing it.

Self-concept: self-concept is a dynamic system of beliefs, values, interests, talents and abilities; self-concept is a general assessment of ones own self. The assessment is the individual's subjective assessment of his features, which may be positive or negative (15). Self-concept in this study is the score that a person obtains from the self-concept questionnaire of Mandaglio and Pyryt, this questionnaire has four dimensions. academic, athletic, values, and social, and self-concept are obtained from the overall score obtained in four dimensions. The subject has five choices and according to his description, has to select the maximum to minimum acceptable choice. The total score is obtained from all 19 answers.

Instruments

Body Image Concern Inventory (BICI): In this study, a questionnaire of body image concern by Littleton and colleagues (16) is used. The questionnaire included 19 items that investigates complaints and concerns about a person's appearance. Based on a 5-point Likert scale questionnaire (from strongly agree to strongly disagree) and the respond range set between one (strongly disagree) to five (strongly agree). Littleton et al. reported the Cronbach's alpha of this questionnaire as 93%. In Iran the Cronbach's alpha of this questionnaire for male and female students and all students is reported as 93%, 95%, and 95% respectively.

Self-concept questionnaire: the questionnaire is composed of three parts: the first part is the sample's demographic information, such as age, gender. The second part is for the people who have an influence in the

individual's life, (father, mother, best friend, teacher) and the importance of four categories of educational, social, sporting and value is questioned and the students will be show their opinion by selecting (very important, important, unimportant).

The third part of questionnaire consisted of 24 questions and the students' opinions will be asked on the Likert scale (from strongly agree to strongly disagree) there are questions such as, I feel like my best friend thinks I'm smart expression.

Iran retested Cronbach's alpha coefficient of the questionnaire by 87 percent. This means lower score reflects self-concept. This study uses 24 question types (educational, social, sporting, value). They expressed reflective evaluation. Questions such as children my age I'm clever term expression of the views of social comparison. And questions such as I have to prove myself that I am a good person they expressed Attributive comparison. In Iran the Cronbach's alpha coefficient of the questionnaire by doing retest is 87 percent. Higher score reflects lower self-concept. These 24 questions measure four types of self-concept (educational, social, sporting, and value).

Findings

Table 1 summarize of the descriptive statistics of variables such as body image and self-concept

Standard deviation	Mean	Frequency	statistic Index Variables
2/41181	14/8343	181	Value self-concept
3/37288	11/7293	181	Academic self-concept
2/91028	13/0497	181	Sports Self Concept
2/07320	12/1547	181	Social self-concept
9/58637	48/2265	181	Body Image

Pearson correlation coefficient was used to analyze the data. In Table 2, correlation matrix between body image and self-concept of the subjects is presented.

Table 2 correlation matrix between body image and self-concept dimensions.

Body Image	Value self-concept	Social self-concept	Sports Self Concept	Academic self-concept	
					Academic self-concept

				**0/751	Sports Self Concept
			**0/536	**0/450	Social self-concept
		**0/756	**0/468	**0/446	Value self-concept
	**0/653	**0/584	**0/221	*0/174	Body Image

P<0/01 **

p<0/05 *

As shown in Table 2, there is a significant relationship between body image with dimensions of physical, social and value self-concept, with 99% confidence ($P < 0/01$). This means that when subjects have a more positive attitude of their body image, they will have a better condition of sport, social and value self-concept. With 95% confidence when subjects have a more positive attitude of their body image, they will have a better condition of educational self-concept.

Discussion and conclusion

The results of this study are consistent with the results of previous research in this area (13, 15, 18-21). Studies in line with the results of this study showed that there is a significant relationship between body image and positive self-concept and people who are satisfied with their body image have a more positive self-concept. Based on the results obtained, it must be noted that the body image is majorly caused by social messages and social influences.

Social messages that are given by the parents, siblings, friends, peers and teachers, have a positive or negative impact on the person. Specifically, parents have a significant impact on body image of oneself. People with a desirable body image have more positive beliefs, values, interests, talents and abilities than others. These people accept and love their body as it is, and it enables them to focus the mind and its ability to grow and expand other aspects of their lives. People with this condition have a more positive self-concept.

A person with self-concept is a person with adequacy, value, competence, trust and confidence. So an ideal body image, leads to positive self-concept and a positive attitude.

Body image is an aspect of self-esteem. It means the evaluation of oneself as a capable, competent, and invaluable person. So when a person is satisfied with his body and accepts the limitations, he does not compare himself to others. The image he has about himself is stable and positive and he also has positive thoughts about himself. Because when he accepts his body, he is satisfied with the covers that he uses and he is not shy in public and even can find ways to cover up his weaknesses and limitations, and in fact, finds a positive self-concept.

The limitations of the research are that it is conducted on teenager age population as a teenager age is the transition age, and self-concept and body image is taking shape. And maybe some teenagers still have not drawn their mental body image. Thus, generalizing the results to the non-teenager should be done with caution. Also this study is based on correlation assessment and a causal concluding also should be conducted.

Also according to the results of this research, some applied suggestions as suggestions for parents, teachers, coaches, managers, officials, education planners and other interested people can be proposed. Suggestions such as holding training classes for families in schools by counselors, workshops and the introduction of proper upbringing styles of parents, training courses in cultural centers such as education and training centers mosques and so on.

It is also recommended that similar studies in examples other than the student sample be conducted so that results are highly generalizable. Studies with a broader age range can be done to study the other variables on self-concept and also research on ethnic differences in body image due to the existence of different ethnic groups in our country can be useful.

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