



# **A COMPARATIVE STUDY OF RELATIONSHIP BETWEEN DEPRESSION, SELF-ESTEEM AND BODY IMAGE SATISFACTION AMONG BOARDERS AND DAY-SCHOLARS**

Simran\*

## **ABSTRACT**

The aim of the present investigation was to explore strength of relationship between depression, self-esteem and body image satisfaction among hostellers and day boarders.

Low body image satisfaction in late adolescents leads to low self esteem and high depression. Late adolescent time is a transition phase from school to college and adolescents are conscious about body image satisfaction particularly at this age.

The sample comprised of 100 females (50 hostellers, 50 day-boarders) in the age range from 18-22 years (The mean age of boarders were 20 and the mean age of the day scholars were 21). The sample was randomly selected from various colleges of Chandigarh and hostels of various colleges of Chandigarh.

The following test and tools were administered Self Rating Depression Scale (Zung, 1965), Self-Esteem Inventory (Rosenberg, 1965) and Body Image Satisfaction (Cooper et al., 1987).

The statistical tests employed were correlation and t-test. The results revealed that there are no significant group differences on depression, self-esteem and body image satisfaction among boarders and day scholars. Results also indicated that there is a positive and significant relationship

between body image satisfaction and self-esteem among hostellers only. A negative and significant relationship emerged between body image satisfaction and depression among hostellers only. The relationship among self-esteem and depression was found to be negative and significant for both boarders and day scholars. Limitations and further direction have been discussed.

**KEYWORDS-** Depression, Self-Esteem, Body Image Satisfaction.

*\*MA Psychology student, Panjab University, Chandigarh*

## INTRODUCTION

Body image is a person's perception of the aesthetics or sexual attractiveness of their own body. The phrase body image was first coined by the Austrian neurologist and psychoanalyst Paul Scindler in his book 'The image and appearance of the human body' (1935). A person's body image is thought to be in part, the product of their personal experiences, personality and various social and cultural forces. The body is the first thing perceived in social interaction. The body is always in the limelight and opens to other people's evaluations. Thus, the body image is crucial for the development of the body self-respect and general self-respect (Pokrajac-Bulian & Zivcic-Becirevic, 2005). The body image represents a psychological construct with cognitive, behavioural and perceptual dimensions, including attitudes regarding people's own bodies.

The body image in adolescence is an inter penetrated multidimensional structure which is integrated with identity formation. For females and males; all of the issues such as rapid growing and development, sexual maturation, identity formation and strengthening the sexual role in puberty affect the development of the body image.

The adolescence is the period in which the anxieties on the body images are more distinct (Stice & Shaw, 2002).

Self-esteem is the critical psychological factor that is closely related to mental and/or physical health and social behaviours (Mann, Hosman, Schaalma & de

Vries, 2004). Rosenberg(1965) defined self-esteem as “A favourable or unfavourable attitude towards the self”. High self-esteem is related to better health, positive social behaviour, success and satisfaction, whereas low self-esteem is associated with risky health behaviours and social problems such as depression, anxiety, eating disorders and suicidal tendencies (Mann et al., 2004).

One of a broad range of critical factors that determine self-esteem is physical attractiveness, an attribute considered particularly important by adolescence. High self-esteem is shown in numerous research studies to protect against body dissatisfaction (Tiggemann & Williamson, 2000). Rosenberg(1965) describes a person of high self-esteem as an individual, who respects himself, considers himself worthy and not better than others, recognizes his limitations and expects to grow and improve.

The term ‘depression’ is used in everyday language to describe a range of experiences from a slightly noticeable and temporary mood decrease to a profoundly impaired and even life-threatening disorder. Basically depression refers to a constellation of experiences including not only mood but also physical, mental and behavioural experiences that define more prolonged impairing and severe conditions that may be clinically diagnosable as the syndrome of depression (Cassano & Fava, 2002). According to the International Foundation for Research and Education on Depression(2005), the 3 main types of depression are- Major Depression, Dysthymia and Bipolar Disorder.

Kernis et al. (1991) studied whether the stability of self-esteem would moderate the predictive relationship between level of self-esteem and depression. Results showed that level of self-esteem was more strongly related to subsequent depression for individuals with stable self-esteem than for individuals with unstable self-esteem.

Pamel et al. (2009) studied relationships among self-esteem, stress, social support, and coping; and tested a model of their effects on eating behaviour and depressive mood in a high school students. Results indicated that (a) stress and low self-esteem were related to avoidant coping and depressive mood, and that (b) low self-esteem and avoidant coping were related to unhealthy eating disorder.

## Objectives of the research-

- To examine relationship between Depression and Self esteem, Depression & Body image satisfaction and Self-Esteem & Body image satisfaction.
- To examine group difference among hostellers and day boarders on the Depression, Self-esteem and Body image satisfaction.

## Hypothesis-

- It is expected that there will be positive relationship between Self-esteem and Body image satisfaction for both hostellers and day boarders.
- It is expected that there will be negative relationship between Body image satisfaction and Depression for both hostellers and day boarders.
- It is expected that there will be negative relationship between Self-esteem and Depression for both the groups.
- It is expected that there will be group difference among hostellers and day boarders on the depression, self-esteem and body image satisfaction.

## METHODOLOGY

**Method used-** Descriptive survey method was used for collection of data.

**Sample-** The sample of 100 college girls of the age group 18-22yrs from various colleges of Chandigarh were selected by random sampling. The mean age of the sample was 20 and half of the subjects were hostellers.

## Tools used

The following standardised scales were administered-

- Body Shape Questionnaire by Cooper et al.(1987)
- Rosenberg's Self-Esteem Scale(1965)
- Zung's Self Rating Depression Scale(1965)



### ***Body Shape Questionnaire by Cooper et al.(1987)***

The Body Shape Questionnaire (BSQ) scale measure the concerns related to one's body shape and is based upon the notion that disturbed body image is a central feature of eating disorder. This scale consists of 34 items and is widely used to assess body dissatisfaction and treatment of eating disorders (Cooper et al) 1987. All items were answered using a 6-point Likert Scale, responses ranging from Never(1-point) to Always(6-points). Higher scores will indicate higher levels of body image satisfaction and lower scores will indicate higher levels of body image satisfaction.

**Reliability and Validity-** The internal consistency of this scale ranges from 0.82 – 0.88 and test retest reliability is 0.97.

### ***Rosenberg's Self-Esteem scale (1965)***

This scale is a self-report measure of self-esteem. This 10-item scale assesses an individual's feelings of self-worth when the individual compares himself or herself to other people by measuring both positive and negative feelings about self. All items were answered using a 4-point Likert scale format ranging from strongly agree (4-point) to strongly disagree (1-point). Higher score indicates higher self-esteem.

**Reliability and Validity-**The test-retest reliability of the scale ranges from 0.82 to 0.85 and internal consistency ranges from 0.77 to 0.88. The criterion validity of the scale is 0.55.

### ***Zung's Self-Rating Depression Scale (1965)***

This scale measures psychological and somatic symptoms linked to depression. In addition, the scale can be used as a screening tool, monitor for changes, and clinical research purposes. The questionnaire includes 20-items with a Likert type scale after each item. The scale consists of 20-items and the scores for each item range from 1 to 4 and the SDS ranges from a raw score of 20 to a raw score of 80. Higher score indicates higher depression.

**Reliability and Validity-**The split- half reliability is 0.79 and internal consistency is 0.82.

**Ethical Consideration-** The participants were not under any pressure during research. Full consent of the participants was taken and their anonymity has been preserved during the study. The research data was kept confidential throughout and after the research.

## Statistical Analysis

Keeping in view the nature of the study and objectives, Pearson's Product-Moment Correlation Coefficient was used to study the relation between body image satisfaction and self-esteem.

### Result-

#### Intercorrelation Matrix (Hostellers)

variables	Body image satisfaction	Self-esteem	Depression
Body image satisfaction	-	0.28*	-0.42**
Self esteem	-	-	-0.67**
Depression	-	-	-

\*significant at 0.05 level

\*\*significant at 0.01 level

## Intercorrelation Matrix (Day-Boarders)

variables	Body image satisfaction	Self-esteem	Depression
Body image satisfaction	-	0.16	0.22
Self-esteem	-	-	0.69**
Depression	-	-	-

\*\*significant at 0.01 level

Variables	Day Boarders	Hostellers	t - ratio
Body Image Satisfaction	50	50	0.42
Self - Esteem	50	50	0.13
Depression	50	50	0.16

## Discussion

The research aimed at exploring relationship between depression, self esteem and body image satisfaction among hostellers and day boarders. A total of 100 sample was collected and quantitative analysis was carried out.

**H1 : There will be a positive and significant relationship between self esteem and body image satisfaction for hostellers.**

Table 1 reveals the correlations for the hostellers. A significant and positive relationship of 0.28 was found between the self esteem and body image satisfaction.

Furnham et al. (2002) explained that an adolescent girl's self-esteem is linked to a lean body image. They surveyed 235 adolescents and found that very few girls desired to be heavier and a much greater percentage of adolescent girls than adolescent boys associated body dissatisfaction with the concept of self-esteem.

Hence, **H1** stating that there will be a positive relationship between self esteem and body image satisfaction for hostellers is **accepted**.

**H2 : There will be a negative and significant relationship between body image satisfaction and depression for hostellers.**

A highly significant negative relationship was found between body image satisfaction and depression for hostellers.

Stice & Bearman (2001) studied whether body image and eating disturbances partially explain the increase in depression observed in adolescent girls. Results provided support for the assertion that body image and eating disturbances contribute to the elevated depression in adolescent girls.

Rierdan & Koff (1997) hypothesised that early adolescent girls with more negative weight related body images would report higher levels of depressive symptoms. The results showed that more subjective and personal measures of weight concerns were associated with increased depressive symptoms, even controlling for weight concerns.

Stice, Hayward, Cameron, Killen & Taylor(2000) studied whether the increase in major depression that occurs among girls during adolescence may be partially explained by the body image and eating disturbances that emerge after puberty. Results were consistent with the assertion that the body image and eating related risk factors that emerge after puberty might contribute to the elevated rates of depression for adolescent girls.

Hence, **H2** stating that there will be a negative relationship between body image satisfaction and depression for hostellers is **accepted**.

**H3 : There will be significant and negative relationship between self esteem and depression for both hostellers and day scholars.**

A highly significant and negative relation was found between self- esteem and depression among hostellers. But relation between self-esteem and depression among day scholars was found to be positive and highly significant .

Hence, **H3** stating that there will be negative relationship between self-esteem and depression for both hostellers and day scholars is **partially accepted**.



Abela et al. (2006), using community sample of adults with a history of major depression, found that self-esteem in interaction with the occurrence of daily hassles, predicted depression at several time points during the following year.

## Limitation and Future Research-

Limitations of the current study is that a convenience sample was used. Size of sample is not too large which may affect the validity of the study, and may not accurately represent the population of college women as a whole. It is recommended to use a more randomized, sample in future research. It is also recommended to extend the research and include college age men in comparison to women.

Even though this study has limitations, it is important to further research in this area. Many young girls and women are affected due to body image dissatisfaction and is related to depression and low self-esteem.

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