



Body Shaping: Relationship between Life Satisfaction with Self-Esteem

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Abstract

In our present time body shaping, and body satisfaction biggest challenges of every individual's life everyone should be possessive and conscious about body satisfaction diet, and fitness in today's youth are the most common. That is true body satisfaction impacts individual life and their self-esteem. The present is investigates the body-shaping relationship between life satisfaction and self-esteem among individuals whose age criteria are (18 to 35). The sampling technique is random sampling using Google Forum. The individual body image-conscious users participated in the study were 100 individuals (50 male & 50 female). The study tool is a structured questionnaire. Body shaping Questionnaire (BSQ), Rosenberg self-esteem measure, and the life satisfaction scale. The collected data was analyzed through IBM SPSS Statistics Version 22 in terms of descriptive statistics and correlation coefficients regression, and a simple t-test was also used. Self-esteem and body sculpting are positively correlated. $p = .293$. There is no comprising between both genders boys and girls are equally possessive of their body image. The relationship between self-esteem and life satisfaction found insignificant in this present study.

Keywords: *Body shape, life satisfaction, body satisfaction, self-esteem, self-image esteem*

Introduction

Decades ago, there has been a significant extensiveness of overweight and body-conscious people in the world. Excess weight and low weight individuals have been associated with health issues life quality and lack of satisfaction with life. There are so many aspects that can define our physical shape: heredity, lifestyle, sex, and age.



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Consuming junk food and fried meals daily doesn't make some people gain weight. Each person has a different perspective on their body, and that perspective might not align with society's norms and expectations. The term "self-esteem" is often used in psychology and everyday speech. It describes a person's perception of their own value or worth, or how much they value, approve of, enjoy, treasure, or like themselves (Blascovich & Tomaka, 1991). This may convince you to change course if you've been trying to ignore your negative body image. Happiness is greatly impacted by body image, and this impact permeates almost every aspect of your life (Lu, et al., 2015). The fact that our happiness is greatly influenced by our body image presents a challenge; only half of people are completely content with their appearance. Our physical appearance reduces our contentment in various spheres of our lives. (Hedén et al., 2020). Previous research shows that Self-esteem and life satisfaction are closely associated with anticipated physical appearance, it is an extremely important source of self-esteem. The kind and degree of an individual's body image has a remarkable impact on how they operate in practically every area of life, particularly during transitional times. A variety of consequences have been an addition to being less outgoing and receptive to new experiences, those with negative body image are also more worried about their partners abandoning them. In general, women feel unhappy with the way they look. The primary motivation of dissatisfaction can come from family, schools, peers, and even the media as also male if their appearance is poor that are easily dissatisfied their lives. (Yanover & Thompson, 2008), Body shaping also affects individual self-esteem there should be low self-esteem if they are unsatisfied with their body shape. Maslow's theory states that in order to get pleasure and a good quality of life, one must gradually meet all of one's wants, including having a high level of self-esteem means high satisfaction with the whole life area. Body shaping along with self-esteem and other unhealthy weight control behavior can lead to low self-esteem behavior (Akin, & Geheber, 2020). Body shaping belongs to life satisfaction and self-esteem. Adolescents and adults have faced many problems in their lives related to satisfaction on the basics of excess body weight and poor body weight also decreasing their self-esteem. I investigate the connection between body sculpting and life satisfaction and self-esteem. Body shaping can lead the low self-satisfaction in adult life. Body shaping is factors that influence individuals there is low self-confidence which leads the less happiness and enjoyment of life. (Tod & Edwards, 2015).

Research Question

Q.1 what are the effects of body dissatisfaction on an individual's life satisfaction?

Q.2 how life is dissatisfaction based on body shaping?

Q.3 what are the effects of body shaping on adolescents' and adults' levels of self-esteem?



Q.4 How much effect of body shaping more on girls if possibilities decrease self-esteem

Research Objectives

- To find out the effect of body shape on their life satisfaction
- To find out body shape effects on adolescent self-esteem
- To investigate the relationship between self-esteem & life satisfaction.
- To explore the relationship between self-esteem in body shaping.

Literature Review

Toros, Kesilmiş, Ibariam 2018) this study looked at the association between obese university students' life happiness and self-efficacy about their level of exercise. Between the two groups, there was insignificant difference found in self-efficacy. Nevertheless, obese students of university who do exercise have a higher average score than the other group when the average self-efficacy score is taken into account. Their increased confidence in their capacity to succeed could be the cause of this. (Bastianello, et al., 2012) In this study, there was a noteworthy significantly positive correlation found between the overall self-efficacy ratings and satisfaction of life in obese female students. This was a mediocre relationship. Self-efficacy rises with increased life satisfaction. This may be because obese female students who have higher levels of life satisfaction and self-efficacy may believe that they have a positive enough self-image to engage in a wider range of physical activities. Furthermore, obese female students who perceive themselves as having high levels of self-efficacy may rely on their abilities because they are aware of them. In this instance, it may be claimed that they are content and typically love life. (Toros, Kesilmiş, Ibariam 2018). Relationship between the health-related quality of life (HRQoL) and life satisfaction (LS) variables in Spanish teenagers and their weight status, as measured by the body mass index (BMI), as well as whether gender influences this association. The participants were then split into four groups: normal weight, overweight, obese, and underweight. The findings indicate that both LS and HRQoL are considerably greater in boys. However, compared to the normal-weight group, only the group with obese participants exhibits lesser scores in both HRQoL and LS. The variables that have been evaluated (LS or HRQoL) are not significantly affected by the interaction between weight category and gender. This study highlights the significance of stepping up efforts to prevent childhood and adolescent obesity, putting in place social and educational initiatives to prevent prejudice against obese individuals, and promoting aesthetically pleasing but healthful role models who reflect the actual weight and body types of the populace. (Baile, Jose, María, & Guevara 2020) The belief held by many economists is that people making logical decisions based on weighing advantages and risks is primarily to blame for the rise in obesity. Economists generally agree that until there is a market failure, government intervention is not economically



justified. Recent advances in behavioral economics, however, indicate that people frequently do not make the best judgments and that government actions may enhance public organization even in the absence of externalities. Even after making boundaries for socioeconomic determinants and health variables related to obesity, the negative impact of obesity on life satisfaction is still statistically significant today. The results imply that a large number of overly weighted and obese individuals might not be cooking the best food choices. Although the results are not causal and do not necessarily imply that government intervention will be welfare-enhancing even in the absence of negative externalities, effective anti-obesity policies may increase life satisfaction among many overweight people who struggle with self-control issues. (Habibov, Auchynnika 2018) The success of comparable interventions among bigger and more diverse populations of overweight and obese kids could be further investigated, according to researchers. This could result in a better comprehension of the essential elements that weight-management programs should have. Adolescent obesity may be prevented if healthy lifestyle choices are encouraged by this information and experience.

Hypothesis

H1: There would be an association between life satisfaction & self-esteem

H2: There would be an association relationship between body shaping and life satisfaction.

H3: There would be an association between body shaping and self-esteem

Methodology

Research design

The present study is quantitative and correlates Person's regression research design has been to collect information from males/females. (Excess weight and low weight) The purpose of this chapter is to explain the methods and all the methodologies implemented for this study there is followed by a discussion on their ability to produce valid results that meet the purpose and objectives.

Target Population

The sample of the present study consists of 100 individuals that are 50 males and 50 females and there is recruited through the snowball sampling technique data is collected from Google forums from different resources of social media like Facebook, WhatsApp, and Instagram. The sample across groups is matched on age, gender, weight, and height. The target population of this research is males and females who are excess-weight and low-weight Karachi citizens.

Measurement Scale (5 Likert Scale)



This study used 5 likert scale based on (Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree). In this study we use three scales for data collection purposes: the *Body Shape Questionnaire (BSQ)* and the modified Version *Satisfaction with Life scale (SWLS)* Rosenberg self-esteem scale used in this study. The body forms obsessions common to anorexia nervosa and bulimia nervosa are measured by the self-report BSQ. Cooper, Taylor, Cooper, & Fairburn (1986) published the first report on it. The creation and approval of the International Journal of *Eating Disorders' Body Shape Questionnaire*. BSQ to receive 6 points and the cutting points for the 14 items. Contentment Diener, Emmons, Larsen, & Griffin, S. (1985) developed a 5-item scale to assess life satisfaction globally through cognitive judgments rather than as a gauge of happy or negative emotion. This research data was collected through the Google forum due to COVID-19 research taking a part of 20 days to complete the process of data collection. The researcher is using a snowball sampling technique their counterparts are taken from the same vicinity. They were briefed about the research objectives, and after their willingness, they requested to fill it due to the pendulum COVID-19 researcher mentioned their cell number and emails if any difficulties understanding statements and curios about the research forum they easily contacted me I easily guided them. The sampling size is 100 there are 50 males, and 50 females their age range is 18 to 26, 26 to 35. After that all, the data fed in SPSS (statistical packages of social science) 100 case data was put carefully in computer softer SPSS show result.

Analysis and Interpretation of data:

After the completion of data collection, the next stage of existing research is the analysis and clarification. A few additional steps for the outcome of the research are involved such as formatting of the data, scoring of the data, feeding of the data, and application of the suitable SPSS technique correlation. To facilitate assessment, the gathered data is examined. Before evaluation, the researcher controls and arranges the data. Sequence and an assessment of whether the data is item-wise or case-wise are applied to raw data. Data input, which labels the variables, is the last step. Assign numerical values to the variables so that they can be identified throughout the SPSS analysis. The researcher uses regression and descriptive statistics to explain the study phenomena and refutes the current study hypothesis based on the data entered.

Analysis of Result

H1: There would be an association between life satisfaction & self-esteem

Table 1: Descriptive Statistics

	Mean	Std. Deviation	N
LS scoring	17.52	5.188	100



Self-esteem Scoring	19.18	2.746	100
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Table 2: Correlations

		LS scoring	Self-esteem Scoring
LS scoring	Pearson Correlation	1	.349**
	Sig. (2-tailed)		0
	N	100	100
Self-esteem Scoring	Pearson Correlation	.349**	1
	Sig. (2-tailed)	0	
	N	100	100

Table 01: there is no significant association between self-esteem and life satisfaction there is no relation between life satisfactions with self-esteem. The null hypothesis is accepted and the alternative hypothesis is rejected. There is (mean=17.52, 19.18 SD=5.188, 2.746) p=0.01

H2: There would be an association relationship between body shaping and life satisfaction.

Table 3: Correlations

		BS scoring	LSs coring
BS scoring	Pearson Correlation	1	.508**
	Sig. (2-tailed)		0
	N	100	100
LS scoring	Pearson Correlation	.508**	1
	Sig. (2-tailed)	0	
	N	100	100

Table 02: there is no significant association between body shaping and life satisfaction there is no relation between body shaping and life satisfaction. The null hypothesis is accepted and the alternative hypothesis is rejected. There is (mean=41.32 body shaping, 17.52 life satisfaction, SD= 16.478, 5.188) p=0.01

H3: There would be an association between body shaping and self-esteem.

Table 4: orrelations



		BS scoring	Self-esteem Scoring
BS scoring	Pearson Correlation	1	0.106
	Sig. (2-tailed)		0.293
	N	100	100
Self-esteem Scoring	Pearson Correlation	0.106	1
	Sig. (2-tailed)	0.293	
	N	100	100

Table 03: There is a significant association between body shaping and self-esteem there is a positive relationship. (Mean= 41.32 body shaping, 19.18 self-esteem, SD= 16.478 body shaping, 2.746 self-esteem) $p = .293$.

H4: Girls have more body shape consciousness than boys.

T-independent test

	Levene's Test for Equality of Variances		T-test for Equality of Means				
	F	Sig	Sig (2tailed)	t	df	Mean Difference	Std. Error Difference
BS scoring	9.368	0.003	3.744	98	0	11.6	3.098
Equal variances assumed			3.744	87.992	0	11.6	3.098
Equal variances not assumed							

Table04: there is no comprising between girls who had more body shape conscious as compared to boys. Girls and boys are equally possessive of body shaping in their lives. The fourth hypothesis is rejected and the Null hypothesis is accepted. There is a significant comparison between variable ratios is $p = .003$

Discussion

In this chapter, we discuss the results of the present study. Now firstly discuss the new finding of the search that is there is comprising between girls had more possessive towards body shape as compared to boys but in this study results show that there is no



comprising between both genders boys and girls are equally possessive to related their body image. Most girls are more conscious about their weight and their diet also focuses on their figure of the body but at this time boys are also focused on their body image and work out on their physical fitness. Most of the time we see that excess weight creates problems in students' lives, few or more cases low weight causes students problems in their ongoing lives. In this study results should show both genders are equally conscious about their body shape but previous research shows different from the present study. In our study, obese female students who exercised also had greater life satisfaction scores than the other group. Additionally, it can be said that exercise improves life satisfaction (Genç et al. 2011).

The first hypothesis there is in significant relationship between self-esteem and satisfaction of life in this present study life satisfaction no relationship between self-esteem but previous research shows that there is a relationship between both variables. Previous studies examined the relationship between self-esteem and life satisfaction in Norwegian teenagers aged 13 to 18, as well as gender differences in these variables. Investigations were also conducted into the possible moderating effects of age and gender on the association between life satisfaction and self-esteem. Compared to girls, boys express greater levels of life happiness and self-worth. Teenagers' life satisfaction and self-esteem are positively correlated, and this relationship holds true for both sexes and all age groups (Park, Meter, & Roggman, 2024).

The second hypothesis discusses there is no significant relation between body shaping with life satisfaction both variables are not associated with each other present study investigation is different from previous research results Being overweight is one of the biggest health issues facing people today and has been linked to several psychological issues. Boys also have much higher levels of LS and HRQoL. However, the only group that shows noticeably lower HRQoL and LS ratings than the normal-weight group is the obese group (Raq Bailey, Guevara 2020).

The third hypothesis proved it there is a positive relationship between body shaping and self-esteem they both highly correlated with each other. Individual boys and girls if they are possessive about their body image their self-esteem must increase or decrease according to their consciousness about their body shape. Previous research is also evidence of these results. Body image satisfaction accounted for a 74.50% variation in the individuals' self-esteem scores. The findings have important ramifications for our comprehension of how individuals' self-esteem and body image satisfaction shape their self-concept. The media's and society's emphasis on women's superiority in appearance may be the second factor contributing to the female participants' worse body image dissatisfaction as compared to the male participants. According to earlier research, women's physical attractiveness has a greater influence on popularity with the other sex than it does on men's (Merino 2024).



Conclusion

The present study concludes that there is a positive relationship between body shaping and self-esteem they are both variables highly correlated to each other. Individual boys and girls if they are possessive about their body image their self-esteem must increase or decrease according to their consciousness about their body shape. there is comprising between girls are more possessive towards body shape as compared to boys but in this study, results show that there is no comprising between both genders boys and girls are equally possessive to related their body image. Most girls are more conscious about their weight and their diet also focuses on their figure of body but at this time boys are also focused on their body image and working out on their physical fitness. Most of the time we saw that excess weight creates a problem in students' lives, there is no significant relationship between self-esteem and life satisfaction in this present study life satisfaction no relationship between self-esteem but previous research shows that there is a relationship between both variables.

Suggestion

- Promoting healthy body image awareness is crucial because both boys and girls exhibit the same level of possessiveness toward body image. Workshops on body positivity and self-esteem that emphasize that one's value is not exclusively based on one's weight or body shape can be a part of programs. Stressing the value of inherent traits, accomplishments, and strengths can aid in lessening the excessive emphasis on looks alone.
- Encourage physical activity and dietary habits that prioritize health over purely aesthetic results, as both boys and girls are growing more aware of their fitness and body image. This method can boost self-esteem and lessen the negative effects of an overemphasis on body shape without causing anxiety related to appearance. Promote mental and physical healthful behaviors that can boost self-esteem and general life satisfaction.
- Conduct a follow-up study to determine if there are moderating variables, such as social support, cultural influences, or age differences that may alter the self-esteem and life satisfaction connection.

Limitation

This research only focuses on body shaping association with life satisfaction and self-esteem among individuals. This is be narrowed down to a specific area, due to the situation of COVID-19. The result is also effective because there are three scales total number of items is 31. Future research could include a larger, more diverse sample to



strengthen the validity of the results. A longitudinal design could better explore changes in these variables over time and establish causation.

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