



SELF ESTEEM, BODY IMAGE AND ANXIETY AMONG ADOLESCENTS

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Abstract

Aim of the study: This study aims to find out the correlation between Self-Esteem, Body Image and Anxiety among Adolescents and to assess the gender difference and its effect on the Self-Esteem, Body Image and Anxiety in Adolescents.

Method: For the study a sample of 192 was collected from college students around the country of which about 53% were females and 47% males. Rosenberg Self-Esteem Scale, Beck Anxiety Inventory and 19 Item Body Image Questionnaire was used to collect the data.

Result: The result clearly shows a negative correlation between Self – Esteem and Anxiety and also between Body Image and Anxiety. The study also shows a positive correlation between Body Image and Self Esteem. Moreover the study also shows an insignificant gender difference on Anxiety but a significant gender difference in Self-esteem and Body Image with females being more concerned about the two.

Conclusion: The study clearly indicates that a negative body image reduces the self-esteem and increases anxiety in adolescents and that a positive body image increases the self-esteem and lowers the anxiety. Also that body image and self-esteem is affected by gender and more so in the females as compared to males and gender has almost no significance for anxiety and can affect adolescent of any gender. The empirical study found a significant relationship between self-esteem, body image, and anxiety among adolescents. Specifically, the results indicated that low self-esteem and negative body image were significantly associated with higher levels of anxiety. The findings support the notion that self-esteem and body image are important factors in the development of anxiety in adolescents. Therefore, interventions aimed at promoting positive self-esteem and body image may have a positive impact on reducing anxiety levels in adolescents.

Key Words: Self – Esteem, Body Image, Anxiety, Adolescent.

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DOI: - 10.48047/ecb/2023.12.si5a.0172

Introduction

Adolescence is a stage of human development that marks the transition from childhood to adulthood. It is a complex and dynamic period of human development characterized by significant physical, cognitive, emotional, and social changes. Adolescence is generally considered to span from ages 10 to 19, although the exact age range may vary across cultures and contexts. This period is characterized by increased independence, exploration, and risk-taking behavior. Adolescents experience rapid growth and development, including the onset of puberty, the development of advanced reasoning abilities, heightened emotional intensity, and the formation of relationships with peers and adults. During this time, adolescents experience significant changes in their bodies as they undergo puberty, and these changes can be particularly challenging for those who are dissatisfied with their body image. In fact, body dissatisfaction is one of the most common concerns among adolescents, with as many as 80% of teenage girls and 70% of teenage boys reporting dissatisfaction with their bodies (Cash & Pruzinsky, 2002). While adolescence can be a challenging time, it is also a time of great potential, as individuals develop their identities, plan for their future, and gain independence. Adolescence is a time of significant hormonal changes and brain development. During this time, the amygdala, which is responsible for processing emotions, develops faster than the prefrontal cortex, which is responsible for rational thinking and decision-making. As a result, adolescents may experience intense emotions, including anxiety. Research has shown that adolescence is a critical period for the development of self-esteem. During this time, adolescents are faced with many challenges, including peer pressure, academic stress, and changes in their bodies and social roles. These challenges can impact their self-esteem, both positively and negatively. Studies have shown that self-esteem tends to increase during early adolescence, but may decrease during later adolescence. For example, a study by Orth and Robins (2014) found that self-esteem tends to increase from ages 11 to 15, but then begins to decline from ages 16 to 20. Other research has shown that gender and cultural factors may also influence the development of self-esteem during adolescence.

Self-esteem, on the other hand, refers to a person's overall evaluation of themselves. It includes their sense of self-worth, self-respect, and self-confidence. Self-esteem is how we value and perceive ourselves. It is based on our opinions and

beliefs about ourselves, which can feel difficult to change. We might also think of this as self-confidence. It is the cure of modern life. It is seen as the key to financial success, health, and personal fulfillment, and it is regarded as the antidote to underachievement, crime, and drug abuse (Branden, 1994; Mecca, Smelser, & Vasconcellos, 1989). Self-esteem refers to a person's evaluation of his/her worth. Self-esteem is made up from four attitudes you have about yourself Firstly, your confidence, Secondly, your sense of identity, Thirdly, feeling a sense of belonging and Lastly being self-assured in your abilities. A person with high self-esteem generally has a positive self-image and believes in their abilities, whereas someone with low self-esteem may doubt themselves and their capabilities. Self-esteem can be influenced by a variety of factors, including upbringing, life experiences, relationships, social comparison, and cultural norms. Having healthy self-esteem is important because it can impact many areas of life, including mental health, relationships, and career success. Individuals with high self-esteem are more likely to take on challenges, feel confident in their decisions, and have better coping skills when faced with setbacks. In contrast, individuals with low self-esteem may struggle with anxiety, depression, and feelings of worthlessness. Self-esteem can be improved through a variety of methods, including therapy, self-reflection, practicing self-compassion, setting and achieving goals, and surrounding oneself with positive and supportive people. Low self-esteem is not a mental health problem by itself but mental health and self-esteem are closely linked. Some signs of low self-esteem can be signs of a mental health problem. This is especially if they last for a long time or affect your daily personal and professional life. Having a mental health problem may also result one to have a low self-esteem and it might feel harder to take steps to improve your self-esteem if you struggle with your mental health. Self-esteem is closely linked to body image, as negative body image can have a significant impact on an individual's sense of self-worth. With a healthy self-esteem an individual can navigate life knowing that he/she can do what he/she set their mind to and can inspire him/her to achieve your goals. Individuals with a healthy self-esteem can establish appropriate boundaries in partnerships and sustain a good relationship with both oneself and other people. On the contrary, a low self-esteem causes number of mental health conditions, such as anxiety and depressive disorders including having a hard time pursuing your objectives and upholding good relationships. Low self-esteem can have a significant negative influence on your quality of

life and raises your chance of having suicidal thoughts.

Body image refers to a person's perception of their own physical appearance, including their shape, size, and weight. It is influenced by a range of factors, including genetics, culture, and social media. Adolescents are particularly vulnerable to the influence of social media, which can create unrealistic expectations about what a "perfect" body should look like. Your ideas and feelings about your body are combined to form your body image. Positive and bad experiences with one's body image are possible, and a person may experience positive, negative, or mixed feelings depending on the moment. Body image refers to a person's perspective of their own body and the emotions that go along with it. Concerns regarding one's body image are common. These worries frequently center on one's weight, skin, hair, or the size or shape of a certain bodily part. Having a healthy body image is important because it can affect your self-esteem, self-acceptance and your attitude towards food and exercise. Body image is not a simple perceptual phenomenon and that, even when an individual's perception of their own body is measured, the judgments the individual makes are highly influenced by cognitive, affective, attitudinal, and other variables. The way you feel about your body is your affective body image. Feelings may include happiness or disgust, but are often summarised as the amount of satisfaction or dissatisfaction you feel about your shape, weight and individual body parts. The way you think about your body is your cognitive body image. Body image has been a subject of study for many years, and it continues to be an area of concern for individuals of all ages, genders, and cultures. Adolescents are particularly susceptible to body image issues, which can have significant impacts on their self-esteem and anxiety levels. The aim of this paper is to explore the effect of body image on self-esteem and anxiety in adolescents, examining the various factors that contribute to these effects. The impact of body image on mental health and well-being is significant, and research has shown that negative body image can lead to a range of mental health issues such as depression, anxiety, and eating disorders. The pressure to conform to societal standards of beauty and the ideal body shape has led to body dissatisfaction among both men and women. Body image issues are prevalent in today's society and affect individuals of all ages, genders, and cultural backgrounds. It is important to promote positive body image and self-acceptance, especially among children and adolescents, to prevent the development of

negative body image and associated mental health problems. Although having body image issues is a very normal experience and is not in itself a mental health issue, but it can be a risk factor for mental health issues. Higher levels of body dissatisfaction have been linked in studies to lower life satisfaction, psychological distress, and an increased risk of eating disorders and bad eating habits. On the other hand, positive body image and appreciation have been connected to greater overall health and a decline in bad dieting habits. Although young women are more likely than men to be dissatisfied with their bodies and appearance, body image issues impact both men and women from childhood through adult life.

Anxiety is a common mental health disorder that affects millions of people worldwide. It is characterized by feelings of worry, fear, nervousness, fear, dread, and uneasiness that can be overwhelming and interfere with daily life. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. For example, you might feel anxious when faced with a difficult problem at work, before taking a test, or before making an important decision. Anxiety can range from mild to severe and can manifest in different forms, such as generalized anxiety disorder, panic disorder, social anxiety disorder, and specific phobias. While anxiety can be a normal response to stress, it becomes a disorder when it interferes with a person's ability to function in daily life. Treatment options for anxiety include therapy, medication, and lifestyle changes. Research into the causes and treatment of anxiety is ongoing. Recent studies have explored the effectiveness of various therapies, including cognitive-behavioral therapy (CBT) and mindfulness-based interventions. Other research has examined the role of genetics and brain chemistry in the development of anxiety disorders. Anxiety also can be called as the body's natural response to stress. It is the fear of the unknown that lies in the future. For example, going to a job interview or giving a speech on the first day of school may cause some people to feel fearful and nervous. It's normal to feel anxious about moving to a new place, starting a new job, or taking a test. This type of anxiety is unpleasant, but it may motivate you to work harder and do a better job. Ordinary anxiety is a feeling that comes and goes but doesn't interfere with your everyday life. Occasional anxiety is a normal part of life. Many people worry about things such as health, money, or family problems. Anxiety is a complex response to real or perceived threats. It can involve cognitive, physical, and behavioral changes. But if

your feelings of anxiety are extreme, last for at least 6 months, and are interfering with your life, you may have an anxiety disorder. In the case of an anxiety disorder, the feeling of fear may be with you all the time. It's intense and sometimes debilitating. This type of anxiety may cause you to stop doing things you enjoy. For example, it may prevent you from entering an elevator, crossing the street, or even leaving your home in extreme cases. If left untreated, the anxiety will keep getting worse. Anxiety disorders are the most common form of emotional disorder and can affect anyone. But, according to the American Psychiatric Association, women are more likely than men to receive a diagnosis of an anxiety disorder. Anxiety disorders involve more than temporary worry or fear. For people with an anxiety disorder, the anxiety does not go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, schoolwork, and relationships. There are several types of anxiety disorders, including generalized anxiety disorder, panic disorder, social anxiety disorder, and various phobia-related disorders. Symptoms may start during childhood or the teen years and continue into adulthood. Whatever form of anxiety you have, treatment can help. Anxiety is also closely linked to body image and self-esteem. Adolescents who are dissatisfied with their bodies are more likely to experience anxiety and depression than those who are happy with their appearance (Sowislo & Orth, 2013). In fact, research has shown that body dissatisfaction is a significant predictor of anxiety and depression in adolescents (Neumark-Sztainer et al., 2006).

The impact of body image on self-esteem and anxiety can be particularly pronounced in adolescents who are already vulnerable due to other factors, such as a history of bullying or trauma. These individuals may be more likely to develop negative body image and experience the negative consequences of poor body image, including low self-esteem and anxiety. Given the significant impact of body image on self-esteem and anxiety in adolescents, it is important to understand the factors that contribute to body image dissatisfaction and explore interventions that can help adolescents develop a more positive body image.

In conclusion, body image is a critical issue for adolescents, with significant impacts on their self-esteem and anxiety levels. By understanding the factors that contribute to body image dissatisfaction and exploring interventions that can help promote positive body image, we can help adolescents

develop a healthier relationship with their bodies and improve their overall well-being.

Methodology

Objectives

1. To assess correlation among self-esteem, body image and anxiety among adolescents.
2. To assess gender difference on self-esteem, body image and anxiety among adolescents

Hypothesis

1. There will be a significant negative correlation between self-esteem and anxiety among adolescents.
2. There will be a significant negative correlation between body image and anxiety among adolescents.
3. There will be a significant positive correlation between self-esteem and body image among adolescents.
4. There will be significant gender differences in self-esteem among adolescents.
5. There will be significant gender differences in body image among adolescents.
6. There will be significant gender differences in anxiety among adolescents.

Sample

Adolescents between the age group of 13 to 20 from different parts of the country. The final data set contains 192 adolescents of which 52.6% are female and 47.4% male samples aging from 13 to 20 yrs.

Procedure

Cross-sectional study using simple random sampling and purposive sampling was adopted using selection of suitable techniques, such as scales, to evaluate the variables to be measured. Following the evaluation of the variables, the appropriate statistical method was used to validate the findings for their significance. Finally, the suggested hypotheses as well as the previous literature were cross-checked with the initial findings to determine the intended outcome. The required sample was collected through online survey administration. Prior consent was obtained before filing the actual questionnaire. The participants were informed about the purpose and necessity of the study. All the tools were administered individually. The participants were assured of the confidentiality of the obtained data, and they were further assured that their information would be used only for research purposes. The respondents took about 8-10 minutes to complete the questionnaire. They were allowed to ask any queries about any of the test items through e-mails.

Documentation of data and, accordingly, data entry was done for further statistical analysis. Under data entry, mainly Excel worksheets were generated. Raw scores, percentiles, and, accordingly, the category of each sample were noted for all three variables. Appropriate statistical techniques were applied for the interpretation of collected data.

Scales

Rosenberg Self-Esteem Scale

The Self-Esteem scale was created by Rosenberg, M (1965). It is a 10 item scale that measures global self-worth by measuring both positive and negative feelings. All items are answered using a 4 point Likert scale format ranging from Strongly Agree to Strongly Disagree. The scale ranges from 0-30. Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem.

Reliability: The RSE demonstrates a Guttman scale coefficient of reproducibility of .92, indicating excellent internal consistency. Test-retest reliability over a period of 2 weeks reveals correlations of .85 and .88, indicating excellent stability.

Validity: Demonstrates concurrent, predictive and construct validity using known groups. The RSE correlates significantly with other measures of self-esteem, including the Coopersmith Self-Esteem Inventory. In addition, the RSE correlates in the predicted direction with measures of depression and anxiety.

Beck Anxiety Inventory (BAI)

The BAI is a rating scale to measure the severity of anxiety. The scale was developed by Aaron T Beck (1988) and revised in 1993 with some changes in the scoring. It consists of 21 items scored with a 4 point Likert scale ranging from Not at all to Severely – it bothered me a lot. The score ranges from 0-63 with 0-7 indicating minimal anxiety, 8-15 indicating mild anxiety, 16-25 indicating moderate anxiety and 30-63 indicating severe anxiety. Each item allows the patient four choices from no symptom to severe symptom. For each item, the patient is asked to report how he or she has felt during the past week.

Reliability: The reliability coefficient is 0.92. The test-retest reliability is 0.75.

Validity: Correlations of the BAI with a set of self-report and clinician-rated scales were all significant. The BAI was moderately correlated with the revised Hamilton Anxiety Rating Scale

(.51), and mildly correlated with the Hamilton Depression Rating Scale (.25).

Body Image Questionnaire

The 19-item Body-Image Questionnaire, developed Marilou Bruchon-Schweitzer (1987). It explores the dimensionality of perceptions, feelings, and attitudes expressed towards one's body. Body image questionnaire is a measure of general body satisfaction. It consists of 19 bipolar items of opposite meaning where participants need to rate the frequency of their body feelings on all of the dimensions listed. There is no time restriction, but the questionnaire takes approximately 5 minutes to complete. It is scored on a 5 point bipolar scale. The instrument is originally in French, but it was translated into English by the original authors and adapted into Serbian from English. Items are scored from 1-5 and items numbering 2,3,5,8,11,13,15,17 and 19 are reversed scored from 5-1. The scores are added up to get the total score. The score range is from 19-95 with higher score relating to higher body satisfaction.

Ethical Considerations

Before participating in the study, the participants were asked to for their consent to fill the questionnaire and only volunteer consenting subjects were included. The participants were explained about the form and its objective. Rapport was established with the participants. Confidentiality of the participants and privacy of their responses were assured and ensured. Once the participants consented the forms were given to them and each participant completed the same in an average time of 15 minutes.

Data Analysis

Software program Statistical Package for Social Science Version 16 (SPSS 16) is utilised for statistical analysis. Data were collected, coded, and descriptive analysis was completed. The Pearson correlation coefficient was used to establish the substantial association between Self-Esteem, Body-Image and Anxiety among adolescents. This test is parameterized because we already know the population distribution is normal, or if not, we can quickly estimate it to a normal distribution.

Result and Discussion

Table Number 1: Correlation Table

Variables	Self Esteem	Anxiety	Body Image
Self Esteem	1	-.092	.409
Sig. (2-tailed)		.000	.000
Anxiety	.092	1	-.499
Sig. (2-tailed)	.000		.000
Body Image	.409	-.499	1
Sig. (2-tailed)	.000	.000	

The table number 1 shows that there is a significant negative correlation between Self Esteem and Anxiety ($r = -.092$, $p = .000$). Therefore, the hypothesis “There will be a significant negative correlation between self-esteem and anxiety among adolescents” stands supported. In the same table it is shown that there is a significant negative correlation between body image and anxiety ($r = -.499$, $p = .000$). Therefore, the hypothesis “There will be a significant negative correlation between body image and anxiety among adolescents” stands supported. Eventually the table number 1 shows positive correlation between self-esteem and body image ($r = .409$, $p = .000$). Therefore, the hypothesis “There will be a significant positive correlation between self-esteem and body image among adolescents” stands supported.

Many researches have been conducted to study this link between Self-Esteem and Body Image. **JA O’Dea (2012)** studied the relationship between body image and self-esteem during adolescence and puberty and found out that body image and self-esteem have long been known to be linked and are salient issues for young people, particularly during adolescence and puberty. Past research has focused predominantly on body image and self-esteem in children and adolescents. Body image concerns are associated with overall poor self-concept in early adolescents, including poor physical, social, and academic self-concepts as well as low overall self-esteem. People with poor body image are known to be more likely to diet and to be susceptible to eating disorders. Body image during adolescence is influenced by factors including self-esteem, gender, media messages, and pressure or support from peers and family. Similarly, self-esteem is influenced by factors such as body image, body weight, academic performance, and sporting ability and participation. Self-esteem plays a central role in the mental health of young people. Positive self-image and a strong sense of self-worth are likely to help young people become more content with their bodies. Body image, dissatisfaction, and self-esteem are not only issues for young people during puberty and adolescence, but are also significant issues for people throughout the life span, although the nature of the concerns may change over time. People with lower self-esteem are increasingly likely to report discontent with their body size or shape, regardless of age or gender. Since body image represents a large part of a person's self-concept, it is unsurprising that self-esteem and body dissatisfaction are related. **M. Kékes Szabó (2015)** studied the impact of Body image as one of the significant components of the individual's self-concept. The aim of his study was

to understand better the relationship between body image and self-esteem and his long-term objective is to provide a more effective assistance for individuals with negative self-concept that is based on poor body image. The results confirmed close correlation between the examined factors. Major differences between the perceived and ideal body images predicted lower level of self-esteem. Furthermore, in many cases, distortions of visual perception were also explored by individuals with negative body image. Additional researches are needed to understand better the development of self-concept and its connection with self-esteem. **Xinqiao Liu, et al, (2022)** aimed to study and investigate the longitudinal relationship between anxiety and self-esteem among college students. The results showed anxiety levels were negatively associated with self-esteem over campus life. Results revealed that low self-esteem maintained having subsequent negative impacts on students' anxiety levels, while the effects became progressively stronger over the four academic years. Meanwhile, no significant prospective effects were identified of anxiety levels on self-esteem. The Study concluded that self-esteem is one of the leading contributors to anxiety for college students and emphasized the importance of nourishing the self-esteem of students to alleviate their anxiety issues and improve their mental health at college. **Diengdoh, et al, (2022)** conducted a study with the objectives to assess body image and to see the association with depression, anxiety, and self-esteem among students. Regression analysis showed self-esteem and anxiety contribute significantly to the prediction of body image satisfaction among students. Significant proportion of students were dissatisfied with their body image. Furthermore, a study reported that body image influences psychological well-being. **Amrit Virk and Parmal Singh, (2020)** conducted a study to find out the proportion of students dissatisfied with their body image, and the association of various determinants with body image dissatisfaction and self-esteem. During adolescence self-perception about their appearance is important to the development of self-esteem and is also understood to be an important predictor of self-worth. A cross-sectional study was done among 125 first year medical students located in rural Haryana. A semi-structured questionnaire was used to collect data on various determinants associated with body image dissatisfaction and self-esteem. As a result a moderately positive correlation was observed between self-esteem and body image satisfaction and study findings support the fact that body image dissatisfaction has its impact on self-esteem among college-going youth.

Table Number 2: Independent T-Test

Variables	Gender	N	Mean	S D	t-value	p-value
Self Esteem	Male	90	20.28	5.123	4.185	.000
	Female	100	23.56	5.634		
Anxiety	Male	90	14.9556	13.86444	.951	.343
	Female	100	16.9100	14.40195		
Body Image	Male	90	65.0778	9.90996	1.837	.068
	Female	100	62.3600	10.42096		

The table number 2 shows that there is a significant gender difference (t 4.185, p .000) on self-esteem among adolescents. Therefore the hypothesis “There will be significant gender differences in self-esteem among adolescents” stands supported. In the same table it is demonstrated that there is insignificant gender difference (t .951, p .343) on Anxiety among adolescents. Therefore, the hypothesis “There will be significant gender differences on among adolescents” is not supported. Finally, the table 2 shows insignificant gender difference (t 1.837, p .068) on Body Image among adolescents. Therefore, the hypothesis “There will be significant gender differences in Body Image among adolescents” stands not supported.

Many researches have been conducted in this direction. Daniel Clay, et al (2005) studied that in Western cultures, girls' self-esteem declines substantially during middle adolescence, with changes in body image proposed as a possible explanation. In a study of 136 U.K. girls aged 11–16, experimental exposure to either ultra-thin or average-size magazine models lowered body satisfaction and, consequently, self-esteem. Self-esteem was also lower among older than among younger girls. Structural equation modeling showed that this age trend was partially accounted for by a corresponding downward trend in body satisfaction; this, in turn, was fully accounted for by upward age trends in awareness and internalization of sociocultural attitudes toward appearance, and in social comparison with media models. Results support calls for early educational interventions to help girls to deconstruct advertising and media images. Joel R. Grossbard et al (2009) studied that body dissatisfaction in females, and to a lesser extent in males, is associated with low self-esteem, depression, and eating disorders. They concluded that females reported higher levels of contingent self-esteem and greater concerns about their weight, although

males reported a greater drive for muscularity. The relationship between contingent self-esteem and weight concerns was stronger among females, and for males, greater contingent self-esteem was associated with a greater drive for muscularity. Lizmarie Maldonado, et al, (2013) studied the association between early adolescent anxiety disorders and self-esteem development from early adolescence through young adulthood. The results showed self-esteem increased during adolescence and continued to increase in young adulthood. Girls had lower average self-esteem than boys, but this difference disappeared when examining the effect of anxiety. Adolescents with anxiety disorder had lower self-esteem, on average, compared with healthy adolescents. The study concluded that all but one of the assessed adolescent anxiety disorders were related to lower self-esteem, with social phobia having the greatest impact. Seema. G. B. and Venkatesh Kumar. G. (2017) aimed investigate the relationship and gender differences between self-esteem and social anxiety in adolescent students. Results indicates that self-esteem is negatively correlated with social anxiety in adolescent students. The findings of result also showed the self-esteem scores of the male adolescents is not higher or lower than that of the female adolescents. Tanya E. Davison & Marita P. McCabe, (2010), examined the relationships between different aspects of body image and psychosocial functioning. The study revealed that girls tended to report a more negative body image than boys though the relevance of body image to self-esteem was similar for boys and girls. Concern about others' evaluation of their bodies was especially important in understanding low female self-esteem, whereas for boys, ratings of general attractiveness most strongly predicted self-esteem. Sarah E. Lowery et al (2005) examined the relationships among self-esteem, body image, and health-related behaviors. The result showed that self-esteem was consistently related to body image dissatisfaction for women, and women consistently

exhibited a more negative body image than did men. Even when both men and women were consistent exercisers, the women had poorer body image. Finally, for both men and women, more positive physical fitness/health-related behaviors were positively related to self-esteem and body image. Ajmal, Amna and Qurat-Ul-Ain (2019) conducted a study to explore the impact of body image on self-esteem in adolescents in males and females. The Sample consisted of 290 students (144 males and 146 females) taken from schools, colleges and university of Multan. Their age range was between 11-19 years old. Result indicates that a lot of people in our society have body image problems and this phenomenon mostly found in females and also in youngsters. However, results indicated that males have high level of body image and self-esteem. Late adolescent female have high level of self-esteem as compare to early adolescent female. Findings also explore that females report more conscious feelings about their weight as compared to males. Findings also showed that females give less information as compared to men and they are more images conscious. Bruce Byrne, (2000), studied to investigate the relationships between anxiety, fear, self-esteem, and coping strategies. The results indicated that the girls had consistently low levels of self-esteem. The boys showed a significant decrease in both anxiety and fear. The findings suggested that boys and girls were using different coping strategies, with boys more successfully reducing both fear and anxiety

Conclusion

In conclusion, this research paper aimed to explore the relationship between self-esteem, body image, and anxiety among adolescents. The findings of this study highlighted the importance of understanding the complexities of self-esteem and body image issues in adolescents, as they are closely linked with the development of anxiety. Adolescence is a critical period of growth and development, and it is important to provide adequate support to young people during this time to promote positive mental health and well-being. The empirical study found a significant relationship between self-esteem, body image, and anxiety among adolescents. Specifically, the results indicated that low self-esteem and negative body image were significantly associated with higher levels of anxiety. The findings support the notion that self-esteem and body image are important factors in the development of anxiety in adolescents. Therefore, interventions aimed at promoting positive self-esteem and body image may have a positive impact on reducing anxiety levels in adolescents.

In conclusion, this research paper has highlighted the importance of understanding the relationship between self-esteem, body image, and anxiety among adolescents. The findings of this study suggest that promoting positive self-esteem and body image may have a positive impact on reducing anxiety levels in adolescents. Therefore, it is recommended that schools and parents provide support to adolescents

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