

## Relationship between Body Image and Self-Esteem among Athletes

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### ABSTRACT

The person's idea of who they are and how they look like is known as body image. We all have our own sense of body image which may be congruent with our mind set or may not be. The picture may be different from how we perceive ourselves and how others perceive us. Body image also determine our Self-esteem. It furnishes positive and negative self esteem.

Self-esteem refers to an individuals view about his/ her self worth. It can be positive or negative. If an individual has a positive Self-esteem, the individual will feel happy about themselves.

Hence, this present research examines to findout the image of the body and Self worth among amateur and professional athletes. It figures out how body image and Self-esteem affects an athletes metal well being. The correlation between both is foundout, and its relationship with eating disorders. There have been agreements over the past years that both body image and Self-esteem plays an important role in an athletes Self-esteem and body perception, the present study attempts to find the same.

### Keywords

Coping Strategy, Religiosity, Psychological Wellbeing

### Introduction

Paul Schielder was ascribed to put forth bio-psycho-social approach to understand the dynamics of body image with reference to neurological, psychological and socio-cultural elements (Fisher, 1990). The psychodynamic perspective (Fisher & Cleveland, 1958, 1968), psychometric and therapeutic developments (Cash & Pruzinsky, 1990) and eating disorder/obesity (Thompson, 1996) were the earliest areas of contribution in body image. On a large scale, body image has affected males and females (Runfola, 2013). Body image is the mental representation of body attributes of the individuals which links the emotional and behavioral aspects of both the gender. It has been observed that poor body image acts as driving force which affects one's lifestyle, as a result people undergo to the body alteration activities. Actions can be performed without much conscious consideration of its implications for oneself (Langer, 1978), astonishingly, behaviour are characterized by the objects of our thoughts, indeed.

According to WHO, in 2008, around 32% of older adults aged around 50 and above were inactive, which lead to shattered Self-esteem.

immense inactivity. Also, as per the statistics, every year 3.2 billion deaths occur because of inactivity. Physical activity declines by the age of 12 only during adolescence due to which childhood obesity becomes more popular.

Turbulent changes happen in our body during adolescence. If an child is indulged in sports, it can help overcome him/her depression and other pathologies.

### Theory

**Kristjansdottir et. al. (2019)** analysed a study on athletes and the relationship with body image satisfaction. It was discovered women athletes scored higher on body dissatisfaction as compared to male athletes. A test was done on 755 athletes. Those were the Icelandic athletes and it was clear that female athletes were severely dissatisfied with their body as compared to male athletes. **Soulliard et. al. (2019)**, examined playing sports at a competitive level made body image and self esteem positive for the athletes as compared to those who did not played at all.

**Betz, Sabik, Ramsey (2019)**, where it was found, how women if viewed other athletic bodies, curvy bodies, reported lowered Self-esteem. Hypothesis were proven consistent with the findings that if women compared themselves with the thin figures or models, or either curvy or athletic figures, were found to be on lower Self-esteem.

**Steele, Kanayama (2019)**, discovered that how athletes especially body builders who are competitive tend to be more driven towards eating disorder which inturn affect their body and their perceptions of body image.

**Delvic et. al. (2018)** conducted a study on male athletes who sport was body building and the

relationship between disordered eating and body satisfaction. It was found that there was a positive relationship between eating disorder and body dissatisfaction. Male body builders have been recommended by their coaches to gain more muscle. With their strict rules and guidelines with regard to eating patterns, body dysmorphic disorder is higher in male body builders who report body dissatisfaction.

Likewise, the male participants showed higher mean scores on self-esteem as compared to females and the mean self-esteem score was higher for rural in comparison to urban participants. There were significant gender and domicile differences among the mean scores of body image satisfaction and self-esteem of the participants.

### Self-Esteem And Body Image Satisfaction

**Tiwari (2014)** examines the influence of body image satisfaction on the self esteem. The results indicated that females had relatively higher body image dissatisfaction as compared to males whereas it was found urban people had higher issues with their body in contrast to rural people. Likewise, the male participants showed higher mean scores on self-esteem as compared to females and the mean self-esteem score was higher for rural in comparison to urban participants. There were significant gender and domicile differences among the mean scores of body image satisfaction and self-esteem of the participants. The body image satisfaction accounted for 74.50% variance in the scores of self-esteem of the participants..

**Kong et. al. (2013)** Study the relationship between body dissatisfaction and restrained eating, and self-esteem and showed that body dissatisfaction, as measured with the NPSS-F, was positively related to restrained eating, and self-esteem mediated in the relationship between body dissatisfaction and restrained eating. Therefore, restrained eating was affected not only directly by body dissatisfaction, but also indirectly by body dissatisfaction through the mediation of self-esteem.

**Koyuncu, Mehmet (2010)** examined the relationship between body image ratio , body image ,self esteem social physique anxiety among athletes and non athletes. The age group was 18 to

35, including sport persons and non sport persons.(M = 24.0, SD = 10.0). One-way ANOVA and the Pearson product moment correlation coefficient were used to analyze data. Significant relationships were found between SPA, body image satisfaction (BIS), and SE. Differences between each group's SPA, BID, and SE scores were notable. It was found working out had an influence on SPA, BES and SE.

**Patricia et.al. (2010)**, found that how cross sectional differences affect body image and self esteem with caste, creed, age and SES (socio economic status). It was examined longitudinally. The relationship between body dissatisfaction and self-esteem was strong and significant in both boys and girls (all p values < .0001), and did not differ significantly between genders (p = .16), or between the middle school and high school cohorts in either boys (p = .79) or girls (p = .80).

**Izgiç (2004)** examined the social phobia on body image and self esteem . Participants were 1003 students recruited from a University as a randomized sample. Subjects were administered the Diagnostic Interview Schedule-III-Revised (DIS-III-R) Social Phobia Scale, the Rosenberg Self-Esteem Scale, and the Multidimensional Body–Self Relations Questionnaire (MBSRQ). Lifetime prevalence of social phobia among university students was 9.6% and past-year prevalence was 7.9%. Self-esteem was lower (P < 0.05) among those with social phobia than among those without social phobia.

**Dorak & Ferudun (2011)** examine the relationship between self-esteem and body image in female adolescents who are athletes or nonathletes. Adolescent girls (N = 477) between the ages of 12 and 14 participated in the research in İzmir, Turkey. The self-esteem survey developed by Coopersmith (1967) and the Body Cathexis Scale developed by Secord and Jourard (1953) were used in the study. Findings suggested positive relationship between adolescent girls and body image and self esteem and negative for sedentary girls.(p < 0.05).

**Mirza et. al. (2005)** examined the associations among self-reported body image, self-esteem, and measured body mass index (BMI) in El-Salvadoran American youth. More the BMI, higher the body size dissatisfaction and reduced self esteem and attempts to lose weight. Body

size dissatisfaction was also significantly related to self-esteem in these El-Salvadoran American youth.

**Marika Tiggemann (2005)** investigate prospectively the direction of the relationship between adolescent girls' body dissatisfaction and self-esteem. There were 242 female participants who took part at two points in time, separated by 2 years. The

questionnaire contained measures of weight (BMI), body dissatisfaction (perceived overweight, figure dissatisfaction, weight satisfaction) and self-esteem. Initial body dissatisfaction predicted self-esteem at Time 1 and Time 2, and initial self-esteem surprisingly predicted body dissatisfaction. Questionnaire contained measures of weight (BMI), body dissatisfaction (perceived overweight, figure dissatisfaction, weight satisfaction) and self-esteem. Initial body dissatisfaction predicted self-esteem at Time 1 and Time 2, and initial self-esteem predicted body dissatisfaction at Time 1 and Time 2. However, linear panel analysis (regression analyses controlling for Time 1 variables) found that aspects of Time 1 weight and body dissatisfaction predicted change in self-esteem, but not vice versa. Findings concluded girls with heavy weight were positively related to negative body image and dissatisfaction with their self esteem.

### Methodology of the Study

The present study was designed to study impact of body image satisfaction on Self-esteem in people belonging to age –group of 15-23 years living in Delhi. The methodology of the study comprises research method, population, sample, tool used for data collection, and methods of data analysis.

## DESCRIPTIVE ANALYSIS (DEMOGRAPHIC PROFILE)

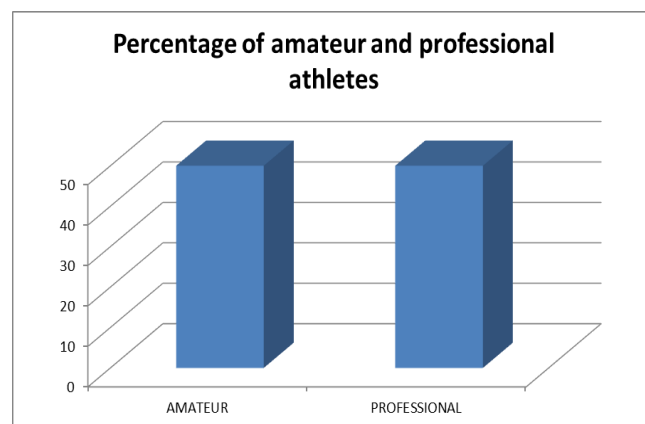
### 5.1 FREQUENCY DISTRIBUTION AND PERCENTAGE OF SOCIO-DEMOGRAPHIC VARIABLES

**Table 5.1.1: Showing the Frequency distribution and Percentage of male and female athletes**

GENDER			
Gender	Frequency	Percent	Cumulative Percent
FEMALE	60	50.0	50.0
MALE	60	50.0	100.0
Total	100	100.0	

**Table 5.1.2: Showing the Frequency distribution and Percentage of amateur and professional athletes**

ATHLETES TYPE			
Athletes Type	Frequency	Percent	Cumulative Percent
AMATEUR	60	50.0	50.0
PROFESSIONAL	60	50.0	100.0
Total	100	100.0	



**Graph 5.2: Percentage of amateur and professional athletes**

### Interpretation:

The above table 5.1.2 showing that there were 50% of amateur athletes and 50% of professional athletes.

## PART II CORRELATIONAL ANALYSIS

### RELATIONSHIP BETWEEN BODY IMAGE AND SELF-ESTEEM AMONG ATHLETES

**Table 5.2.1: Showing relationship (Correlation Coefficient Values) between Body Image and self-esteem among athletes (N=120)**

Correlations			
		Self-Esteem	Body Image
Self-Esteem	Pearson Correlation	1	-0.122**
	Sig. (2-tailed)		.184
	N	120	120
Body Image	Pearson Correlation	-0.122**	1
	Sig. (2-tailed)	.184	
	N	120	120

\*\* . Correlation is significant at the 0.01 level (2-tailed)

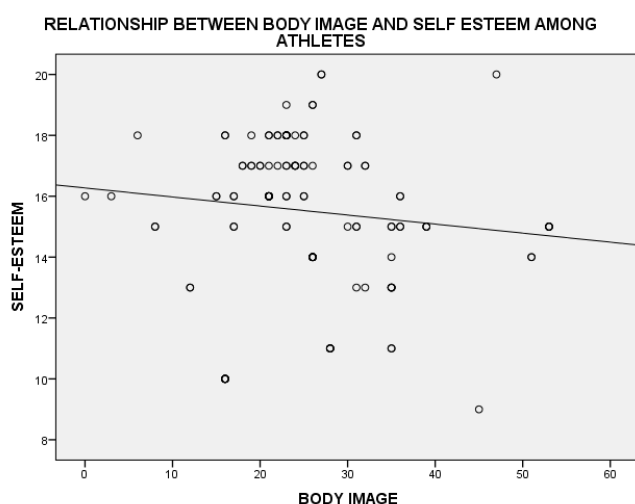
### Graph 5.3 Relationship between body image and self-esteem among athletes

The table 5.2.1 reveals that the co-efficient of correlation between body image and self-esteem among athletes is -.122, which is significant at 0.01 level of significance and the calculated p-value (0.184) is greater than significant level ( $\alpha = 0.01$ ). Thus, hypothesis which was formulated earlier i.e. —There is a significant relationship between body image and self-esteem among athletes is accepted. Therefore, the variables i.e. body image and self-esteem are significant and negatively correlated with each other. This result encounters with the study **Ouyang et. al. (2020)** explored the relationship between body image, self-efficacy, self-esteem, and sports participation. It was found body image was negatively related to sports and positively related to self efficacy.

## PART III DIFFERENTIAL ANALYSIS

### 5.2 COMPARISON OF BODY IMAGE AND SELF-ESTEEM BETWEEN AMATEUR ATHLETES AND PROFESSIONAL ATHLETES

Table 5.3.1: Mean, S.D. and „t“ ratio between amateur athletes and professional athletes, computed on the basis of their self-esteem (N =120)



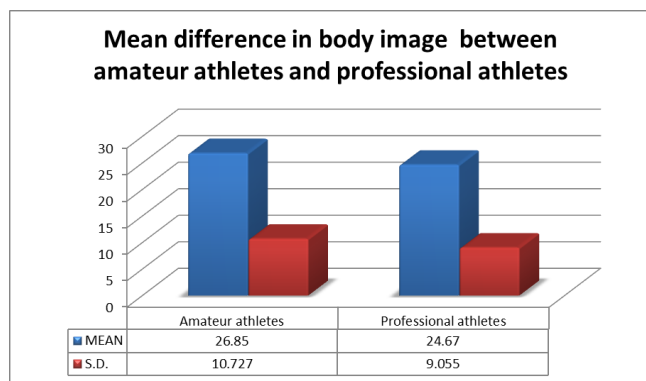
Group Statistics							
	Athlete Type	N	Mean	Std. Deviation	Std. Error Mean	t-value	p-value
Self-Esteem	Amateur athletes	60	16	1.974	.255	2.26@	0.025
	Professional athletes	60	15.02	2.715	.351		

@Insignificant@0.05 level with  $df=98$

The table above shows that the calculated p-value (0.025) is greater than significant level ( $\alpha = 0.05$ ) and „t“ value 2.26 with  $df$  (118) is significant at 0.05 level. The mean value of amateur athletes (16) higher than professional athletes (15.02) but not differ significantly. Thus, hypothesis which is state that —There is significant difference in self-esteem between amateur athletes and professional athletes is rejected. This result encounter with study of **Forghani et. al. (2019)** did a survey on successful and unsuccessful athletes to study the

relationship of Achievement Motivation. The results of t-test revealed there is no significant difference in self-esteem among successful and unsuccessful athletes but there is significant difference in achievement motivation among successful and unsuccessful athletes.





The table above shows that the calculated p-value (0.231) is greater than significant level ( $\alpha = 0.05$ ) and  $t$  value 1.20 with df (118) is significant at 0.05 level. The mean value of professional athletes (24.67) lowers than amateur athletes (26.85) but not differs significantly. Thus, hypothesis which is state that —There is a significant difference in body image between amateur and professional athletes.

### Conclusion:

Based on analysis and interpretation of data it may be concluded from the results that:

- There is a significant negative relationship between body image and self-esteem among athletes
- There is no significant difference in self-esteem between amateur athletes and professional athletes.
- There is no significant difference in body image between amateur athletes and professional athletes.

### Delimitations:

- The study was delimited to the athletes in Delhi only.
- The study was further delimited to athletes only.
- The study was further delimited to athletes who are in sports since past 10 years. (Actively participating at competitive levels such as state, nationals, asian games, paraolympics).
- The study was further delimited to the 120 athletes (60 males and 60 females) only.
- The study was delimited to age range of the group were 15 to 23 years.
- The study was delimited to the two variables body image and self-esteem only.

- Due to the constraints of time and resources, the present study was restricted to one district of Delhi only.

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