

WOLKITE UNIVERSITY



COLLEGE OF EDUCATION AND BEHAVIORAL STUDIES

DEPARTMENT OF PSYCHOLOGY

THE RELATIONSHIP BETWEEN BODY IMAGE PERCEPTION AND SELF ESTEEM AMONG WOLKITE UNIVERSITY FEMALE STUDENS IN CASE OF COLLEGE OF EDUCATION AND BEHAVIORAL STUDIES

A SENIOR ESSAY SUBMITTED TO THE DEPARTMENT OF PSYCHOLOGY IN THE PARTIAL FULLFILMENTS FOR THE REQUIREMENTS OF BACHELOR OF ARTS DEGREE IN PSYCHOLOGY

BY BIRHANU SISAYE

ADVISOR NAME: Mr. CHERAMLAK F.

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Board of examiner

	Signature	date
Department Head	_____	_____.....
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Advisor.....	_____.....	_____.....
.....		
Examiner.....	_____	_____.....
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Abstract

This study was conducted on the relationship between body image perception and self-esteem among the female in Wolkite University In the cause of college of education and behavioral Studies. The main objective of this study was to assess the body image perception of the females related to self-esteem and significant socio demographic difference in body image perception and self-esteem on the female students. Regarding the methodology, the researcher was used correlational research design. The main subject of this study was female students of Wolkite University. The researchers used both primary and secondary sources of data and the data collection tools used in this study questionnaire was involved. Once the required data was collected from primary sources, it is analyzed through quantitative methods. The population was taken by using simple random method. The necessary data for the study was collected from 57 female students by using questionnaire.

CHAPTER ONE

1. INTRODUCTION

1.1. BACKGROUND OF THE STUDY

Body image is based on your thoughts and feelings about the way your body looks (Callin, 2006). Sometimes the way you think other people are judging your appearance can affect your body image. Poor body image comes from negative thoughts and feelings about your appearance and a healthy body image is made up of the thoughts and feelings that are positive. Body image is a major factor in self-esteem. This is the way you think and feel about yourself as a person self-esteem related to how much you like yourself and how you recognize or appreciate your individual character, quality, skills, and accomplishments (Steinberg, 2007) like body image, self-esteem can also be based on how you think other people look at as a person.

In Africa studies have shown that the body image is mainly influenced by social norms and culture. Studies in South Africa have shown that leanness among black South Africa is not necessarily perceived as beautiful, but rather being plump [over weight] signifies beauty, health and social status.

In Ethiopian culture female are important means for families to strengthen relationship with other families through marriage. This culture process requires females to have good physical appearance that is accepted in the culture. This is because the female physical appearance is essential and critical in the marriage. According to Haile Gabriel (1994) one of the essential criteria for desirable marriage in northern Ethiopia society is beauty of the female. This practice puts a high expectation that a female should be beautiful enough to attract with whom society demanded. As a result it is a common practice in Ethiopia that females who failed to attain standard physical appearance are criticized and given unfavorable comments while those who fulfilled the standard physical appearance are appreciated and given good comments from family members, peers and others.

The comments and criticism the females have been expressing starting from early may cause her to feel inferior. Develop low self-esteem and other psychological problems. This feeling of inferiority and the wrong perception about one's physical appearance may affect the female not

well come the changes that occur during puberty positively. Those one's body image, the picture and evaluation of one's appearance is basic part of one's self esteem, while culture standard of beauty are critically informing this self-evaluation. One's attitude are even more influential in determining one's self esteem, body image is socially constructed, so it must be investigated and analyzed within its cultural context (Bredin, 1999). This study will be conducted in Wolkite University. Wolkite town is located in southern nation and nationalities region. It is essential for study to make honest assessment of how an individual is see their appearance and how feel about them. Therefore; this study attempts asses such issues as the relation among body images perception and self-esteem. The main goal of this study will give information and education how we can develop the female high self-esteem and positive body image perception. In other it will be give information how we can minimize the female low self-esteem and negative body image perception

1.2 Statement of the problem

Female are prone to more uncomfortable feeling about appearance than male. In general, female more economically and psychologically invested in their physical appearance and attractiveness. Individuals body image central to their physical individual body image central to how shelter feel about the researchers revels that much as forth of an individual self-evaluation her/himself (Bredin.M.1999). Body image is one of the powerful social variable that influence interpersonal attributions is physical attractive even in normal relationship of the same sex relationships. .

Today, female view the shape and appearance of their bodies to be the primary expression of their individual' s identity. And they spend an enormous amount of time away from productive activity because they are worrying about what their bodies look like to themselves and others. Therefore, this research paper is filling the gap to minimize problems related to body image perception and self-esteem of the females, and then a female has mental health and academic success. This issue initiated the researchers to conduct detail assessment up on it in Wolkite University female' students. This research paper tried to answer the following basic research questions.

1. What is the relationship between body image perception and self-esteem among the female students?
2. Is there significance socio- demographic differences in self-esteem among the female students?

3. Is there significant socio- demographic differences in body image perception among the females students?

1.3 Objective of the study

1.3.1. General objective

The main objective this study was conducting to examine the relationship between body image perception and self-esteem among female students in case of Wolkite University.

1.3.2. Specific objective

The specific objective of the study is following

- To examine the relationship between body image perception and self-esteem among the female students.
- To assess if there is significant socio- demographic differences in self-esteem among the female students.
- To assess if there is significant socio- demographic difference in body image perception among the female students.

1.4. Significance of the study

This study was significant in the development of body image perception and self-esteem in relationship to physical activity patterns among female in university who are physically active. To show the female adolescent period has require very quiet awareness to find new knowledge adolescent female body image perception, self-esteem for our and other societies. By reading this research paper society can transfer awareness from generation to generation. To provide some important hints for those individuals who want to further their study on this area the issue to provide better awareness for university female students. This research paper aimed to upgrade the low self-esteem female to high self-esteem and change the attitude of female students' negative body image perception to positive body image perception. This study was delimited on the relationship between body image perception and self-esteem among Wolkite university female students

1.5 Delimitation of the study

This study was delimited on the relationship between body image perception and self-esteem among Wolkite university female students in the case of college of education and behavioral studies.

1.6 organization of the paper

The study was have five chapters; the first chapter was deals with; introduction part of the study include background of the study, statement of the problem, objectives, scope, significance and limitation of the study. Second chapter was presented the review of the various published and UN published books and other related literature review of the study. The third chapter was deals with the research methodology of the study. The fourth chapter was focused on analyzing of the study and interpretation of data collected through participants analyzing. Finally in the fifth chapter are summaries of finds, conclusion and recommendation of the study were presented.

1.7 Limitation of the study

The researcher was faced the following limitation. Lack of finance, shortage of time, shortage of book in library and connection problem. But for those problems; the student researcher can addressed these possible solution ways for this problem:

1 the researcher was used time wisely and properly

1.8. Operational definition of terms

Body image perception: is the perception that a person has of their physical self and the thoughts and feelings that resulted from that perception. Those feeling can be positive, negative and both and influenced by individual and environmental factors.

Self-esteem: is a confidence and satisfaction in one self. It is the way people thinking about themselves and how worthwhile whether someone likes themselves or not.

CHAPTER TWO

2 .REVIEW OF THE RELATED LITERATURE

2.1. The theoretical concept of body image perception and self esteem

The way a person view his or her attractiveness directly affects self-esteem. Self-esteem is defined as an individual perceived feeling value. Female with high self-esteem in more self-accepting, possesses high- worth, and has positive body image, while a female with low self-esteem is often critical, will be low self-worth, and has a negative body image (Glory, 1992).

The way we feel about ourselves affects the way we view our selves. Because body image is important in to our self-concept, when distortion occur, they can have pronounced effects these effects from our sense of wellbeing (like positive affirmations) to developing predisposition to and emotional disorder (Triggerman, 2005). People are affected in a very fundamental way by how they perceive their appearance and low they think other them. This perception is related to social standard and physical activity

Self-esteem is so intrinsically linked to thoughts about one's body that physically appearance has consistently been found to be the number one predicator of self-esteem at many ages (Ate, Iudden, and Ially;P.1024).According to Rosenberg (1965) (cited in Clay,Vignoles and Dittman, 2005," self-esteem is defined as a positive or negative attitude toward. The self (Rosenberg, 1965, P 30) esteem another definition of body image in evaluating one's own body subjectively through linked feeling and attitudes (Duncan, wood filed, O'Neill, and Al-Nakecb 2002).Forest and M.C. Kelvin (2005 Body image is defined as an evaluate element of how a person values, supporters, approves or disapproves him or herself (Frost and MC Kelvins, 2005). Also body image refers to the picture those individual forms of their bodies in their minds. A person's body image is influenced by their beliefs and attitudes. One's body image does not remain the same, but changes in response to life style events (Women's Healthy, 2007). According to David son and MC Cabe (2006), a poor body image may hamper adolescent female developments of interpersonal skills and positive relations with other body and girls /P.17.

2.3 Body image and self-esteem among the female.

Test the influence of socio-cultural factor, Denial clay, Viviane. Vignles, and Helga Dittmer policy research bureau, London university of Sussex in western culture, female' self-esteem declines substantially during middle adolescent, with changes in body image proposed as a possible explanation. Self-esteem was lowered among older than among younger female structural equation modeling should that this age was partially accounted for by upward age trends in aware net and internalization of socio cultural attitudes toward. Appearance and in social compression with media models, Results support case for early educational interventions to help girls to deconstruct advertising media image

Self-esteem is defined as a "positive or negative attitude towards the self" (Rosenberg, 1965,P30/and can be viewed as a key indicator of psychological wellbeing ,and at least among people in western cultures/Vallmeister cap bell, Kruse ,and Vons,2003 Oishi, diner, Iueas and such,1999/, In western cultured self-esteem typically differs by gender. A recent analysis of self-esteem studies most conducted in western industrialized nations, has confirmed that women self-esteem is moderately but significantly, lower than men /D 5.21/ more over the average feeling happy and satisfied about your body as well as being comparable with and accepting the way you look. A negative or unhealthy body image is not being in happy with the way you look. It is often associated with wanting to change your body size or shape. Body image can changes through your life time and strongly connected to your self-esteem and healthy life choices.

When you feel good about your body, you are more likely to have good self-esteem and mental health as well as a balanced attitude to eating girls engaging in more positive social interaction than less attractive girls. Ricciardelli and MC Cube/2001/, cited in Davidson and MC Cabe, 2006/ addressed that there is a relationship between image and psychological functioning during adolescent girls /P.17/. Lastly, they found a strong association between body image concerns and low self-esteem adolescent girls which has led to constructions of body image as an important aspect of female self-esteem (Davidson and McCabe, 2006

2.4. Relationship between body image and self-esteem on the female Socio demographic variables

2.4.1 Age and body image

Age is not as important as gender when it comes to existing differences in body image in adolescence. Low body satisfaction is linked to low mood testing. In older adulthood, females with low body satisfaction are linked to a reduction in day-to-day activities. A significant amount of research has explored the relationship between age and body image, finding that age is not as important at predicting body image as gender (Cafri, Yammamiya, Brannick, and Thompson, 2005; Esnoal, Rodriguet, and Goni, 2010), with females having a lower level of body satisfaction than males across different ages.

The vast majority of age-related research in body image has been conducted on adolescent females. A recent study exploring the prevalence of low body satisfaction among the female. Some studies have explored changes in body image satisfaction through the course of adolescent females. The research indicates that body satisfaction gradually increases through the course of adolescence. The adulthood girls (Holsen et al, 2012) body image developments enjoy expelling of this change. For females, faster physical development is associated with feeling a weight lower body satisfaction and an increase in testing (Borlent rowels, and Savier 2008, Dishing Ammon, Bell more and Graham 2006). For males, faster physical development is disassociated with less testing (Nishina et al, 2006).

General low body satisfaction is associated with increased experience of weight-related bluing (Brixra et al, 2012) for both boys and girls. The link between body image satisfaction and low self-esteem is found across all adolescent girls age group Vandenberg et al 2010 and may be why these studies highlight a link between body satisfaction and low self-esteem appears to be relatively low. Body Marin et al (2001) found that both self-esteem and body image satisfaction high and stable modest the girls longitudinal study.

2.4.2. Body image and socio-economic status of the family

Depend on family socio-economic status there are many various body image and self-esteem. Female with high socio-economic status are more likely to be overweight than female from middle to higher socio-economic status groups but, are also more likely to perceive themselves as weighting less than they actually do (O'Dea et al., 2001). This suggests that female of lower socio-economic status groups may be more likely to misperceive their body image in a way that encourages them to remain overweight. (O'Dea et al., 2001) found that the group with lowest

body image satisfaction overall were female from middle to upper socio-economic status grounds.

2.4.3. Self-esteem and Age difference

Past research suggests that self-esteem is high during childhood, a time characterized by unrealistically positive views of the self and predominately positive social feedback (Robins and Trzesniewski, 2005), self-esteem then decline during the transition from elementary to junior High school (Robins and Trzesniewski, 2005; Robins et al., 2002) as female feelings of self-worth respond to increasingly realistic and sometimes negative feedback from peers and figures of authority (Fenzel, 2000). This results in more genuine self-evaluation and, coupled with normative events such as adolescent, leads to a bottoming out near the middle of adult hood (ages 25 to 40).

2.4.4. Self-esteem and academic achievement

According to Nina (1996), student's statistics function with the self-followed on the heels of academic success. The influence may come through socio-cognitive progress such as internalization of social opinions and social comparisons as students advance in years and grade levels, their perceptions of the various aspects of self-concept went up. A possible explanation was that students improve in verbal and problem solving skills as they take more academic subjects in school (Nelson et al., 2006).

2.4.5 urban and rural female body image perception

2.4.5. Body image and education

(Fonseca, Matos, Guerra, and Gomes Pedro (2010) confirmed that 5.4% of overweight female performed below average at school and reported a poor perception of academic achievement as compared to 4.4% of normal weight girls

2.5. The goodness of fit model"

how do we develop an image our physical serves researchers Richard learner has proposed a parading could "goodness of fit" he states that each person and his how contact are unique as a result of specific combination of the features of that person and the condition of his/her environments individual elicit vacations from other as a result of their physical) i.e. body build

and psychological (i.e. behavior or team permanent) characteristics these reaction of ten provide feedback to the individual offering the basic for further through and action (cited in et al.,2005) exception are placed an a person as result of the physical and /or social (i.e. parents, peers and media) components of particular setting the individual's success in differently meeting these demands provides a basic for feedback he/she gets from the environment.

2.6. Theoretical implications

Body image may be conceptualized as a multidimensional construct that represents how individual" think, "feel and beaver with regard to their on physical attributions" researchers have identified two conceptually distinct components of body image the first body image evaluation denotes individuals evocations through and belies about their physical appearance the second body image investment refers to the behaviors individuals perform to manages or enhance the way the look (Kostanski, Electoral and Gallon, 1998).

CHAPTER THREE

3. RESEARCH METHODOLOGY

3.1. Design of the study

The purpose of this study was to assess the relationship between body image perception and self-esteem among the female students in Wolkite University. For the purpose of this study correlation research design and quantitative approach was employed that fits to address the problem under investigated.

3.2. Study area

The site is located in Guraghe Zone SNNPE regional state, Wolkite University is one of the Ethiopian public university established in 2004, with the action of producing highly qualified graduates who was able to serve with highest possible dedication for the success of the country is growth and transformation plan, its located approximately 165 far from Addis Ababa reported from SNNPE

3.3 Target population

The target population of this study was Wolkite University, College of education and behavioral studies. The College has three departments, 98 regular female students found in this college

3.4 Sampling technique and sample size

The sample technique was selected randomly from college of education and behavioral study female students in Wolkite university and researcher selected them randomly .Thus randomly sampling techniques was employed and 57 female students was selected in order to collect the required data. The researcher used 98 females population. So that the researcher was used for sample size take 58% from the total population by used percentage formula that is total population is "N" with proportion "n" sample size (Daniel, W .1995)

$$n=p(N)/100\%$$

$$n=58\%(98)/100\%$$

$$n=58(98)/100$$

$$n=5684/100$$

$$n=\underline{57}$$

3.5 Sources of data

The source of data used in this study was primary and secondary sources of data. Regarding the primary sources of data, questionnaire given due attention.

3.6 Data gathering instrument

In this study the tools was gathered and collect different information about the female body image perception and self-esteem factor from selected sampling subjects by used questioner method

3.7 Data gathering procedure

The researchers first was taken permission from the psychology department and asked the willingness of the participants in order to obtain accurate data about the study then the researchers was given brief information about the objectives of the study and lastly the researchers was gathered information by using questionnaires from all sample. This study was employed descriptive statistics. The characteristics of students body image perception and self-esteem are quantitative statistical analysis such as tables, percentage, and frequency, would be employed on significant socio demographic difference on body image perception and self-esteem on female students. The researchers was used to Pearson product moment correlation coefficient was calculated to examine the relationship between body image perception and self-esteem.

3.8 Methods of data analysis and interpretation

This study was employed descriptive statistics. The characteristics of students body image perception and self-esteem are quantitative statistical analysis such as tables, percentage, and frequency, would be employed on significant socio demographic difference on body image perception and self-esteem on adolescent female. The researchers was used to Pearson product moment correlation coefficient was calculated to examine the relationship between body image perception and self-esteem.

3.9 Ethical consideration

The study has the following Ethical consideration .Before all the researcher was asked permission from department of psychology. The researcher was asked the willingness of respondent and any respondents was not being enforced to give any information. Privacy of the respondent was kept in consideration during data collection, the purpose and objective of the study was given to the respondent. Data protection requirements was respect and kept confidentiality.

CHAPTER FOUR:

Data analysis and interpretation

4. 1. Sociodemographic characteristic of respondents

Table 1: sociodemographic characteristic of respondents

NO.	Personal background	Response	Frequency	Percentage
1	Age	Below 18	-	-
		18-20	5	8.8%
		19-22	37	65.0%
		Above 23	15	26.2%
		Total	57	100%
2	Grade level	2 nd year	30	52.6%
		3 rd year	20	35.1%
		4 th year	7	12.3%
		Total	57	100%
3	Religion	Orthodox	14	24.56%
		Muslim	8	14.04%
		Catholic	2	3.51%
		Protestant	30	52.6%
		Others	3	5.3%
		Total	57	100%
4	Residence area	Rural	40	70.2%
		Urban	17	29.8%
		Total	57	100%
5	Socio economic status of family	High	5	8.8%
		Medium	40	70.2%
		Low	12	21.0%
		Total	57	100%

In the above table, among the participants the dominate age group belonging 18-20 5(8.8%) , below the age 18 are not belonging and also 19-22 age group 37 (65.0%). The remaining age group are above 23 are 15(26.2%) . From the sample of population 30(52.6%) of the participants are 2nd year and 20(35.1%) of the respondent are 3rd year and also the 7(12.3) are the respondents of the the 4th year female students. Furthermore 30 (53.63%) of the participants religion are protestants, 8(14.04%) of the participants are Muslim. The other3 (5.3%) catholic and 2(3.51%) are belongs other religion.

4.2. Relationship between body image and self esteem

Table 2: Pearson's correlation result for body image and self esteem

Variables	Mean	Standard deviation	Correlation coefficient
Body image	32.4211	4.2	12
Self esteem	37.667	4.29	0.72

The result in the above table 2 shows body image and self-esteem had a significant positive strong relationship ($r=0.72$, $p<0.05$). therefore, from the above table 2, one can infer that as the score of body image increases, self-esteem score also increases with a significant amount.

4.3 Significant socio demographic different in body image

Table 3: attitude on physical appearance

no.	Item	Response	Frequency	Percentage
1	I am happy with my physical appearance	Strongly agree	13	22.81%
		Agree	25	43.86%
		Undecided	-	-
		Disagree	19	33.33%
		Strongly disagree	-	-
		Total	57	100%
2	My friend rate me as physically attractive	Strongly agree	15	26.32%
		Agree	17	29.82%
		Undecided	-	-
		Disagree	19	33.33%
		Strongly disagree	6	10.53%
		Total	57	100%
3	I feel they being good looking is very important	Strongly agree	37	64.91%
		Agree	15	26.32%
		Undecided	-	-
		Disagree	-	-
		Strongly disagree	5	8.77%
		Total	57	100%
4	My friend accept me regard less of my physical appearance	Strongly agree	11	19.29%
		Agree	24	42.11%
		Undecided	7	12.28%
		Disagree	6	10.53%
		Strongly disagree	9	15.78%
		Total	57	100%

As the above table undedicated majority 25(43.86%) of the respondents replied that agree about how they were happy with physical appearance and minority 19(33.33%), 13(22.81%) responded that disagree and strongly agree and the remaining responded that difficult to undecided. Regarding the rate as physically attraction majority 19(33.33%) disagree and 15(26.32%), 17(29.82%), and 6(10.53%) of the respondents were replied that strongly agree, agree, and strongly disagree respectively. Next about the feeling being good looking is very important majority 37(64.97%) of the respondents were responded that strongly agree and the minority 15(26.32%) Of the respondents replied that agree and the least 5(8.77%) of them were said strongly disagree about being good looking is very important. In addition regarding the accepting regardless of their physical appearance majority 24(42.11%) replied that strongly disagree, and minority 11(19.29%), 9(15.78%),7(12.28%) and 6(10.53%) of the respondents replied that strongly agree, agree, un decided and disagree respectively about their physical appearance acceptance.

Table 4: How life of females are better

No	Item	Responses	Frequency	Percentage
5	I would be much happier and my life would better if thinner	Strongly agree	17	29.82%
		Agree	10	17.54%
		Undecided	8	14.04%
		Disagree	13	22.81%
		Strongly disagree	9	15.78%
		Total	57	100%
6	I wish if I were taller	Strongly agree	17	29.82%
		Agree	15	26.32%
		Undecided	8	14.04%
		Disagree	10	17.54%
		Strongly disagree	7	12.28%
		Total	57	100%
7	I would much happier and my life would better if I increase weight	Strongly agree	10	17.54%
		Agree	11	19.31%
		Undecided	7	12.28%
		Disagree	12	21.05%
		Strongly disagree	17	29.82%
		Total	57	100%

As the above table indicated that majority 17(29.82%) of the respondents replied that strongly agree about much happier and the life would better if thinner and the minority of the respondent 10(17.57%) replied that agree and 8(14.04%), 13(22.81%), and 9(15.79%) of the respondents responded that un decided, disagree and strongly disagree about much happier and the life would better if thinner. In addition, majority 17(29.82%) of the respondents replied that strongly agree about their height and the minority 15(26.32%), 8(14.04%), 10(17.54%), and 7(12.28%) of the participants replied that agree, un decided, disagree, and strongly disagree about the height respectively. and the other respondents majority 17(29.82%) of the participants replied that strongly disagree about weight and the minority 10(17.54%) 11(19.3%), 7(12.28%), and 12(21.05%) of the participants responded that strongly agree, agree, un decided, and disagree about weight respectively.

Table 5: the contribution of physical appearance

no.	Item	Response	Frequency	Percentage
8	My face is pretty	Strongly agree	-	-
		Agree	25	43.86%
		Undecided	19	33.33%
		Disagree	13	22.81%
		Strongly disagree	-	-
	Total	57	100%	
9	My physical attractiveness contribute to make friend easily	Strongly agree	11	19.3%
		Agree	10	17.54%
		Undecided	11	19.29%
		Disagree	7	12.28%
		Strongly disagree	18	31.58
	Total	57	100%	
10	By using my physical attractiveness I persuade easily boy friend	Strongly agree	9	15.79%
		Agree	15	26.32%
		Undecided	4	7.02%
		Disagree	10	17.54%
		Strongly disagree	19	33.33%
	Total	57	100%	

As the above table indicated that majority 25(43.86%) of the respondents replied that agree about face of the participants and the minority 19(33.33%), and 13(22.81%) of the participants responded that un decided and disagree about face respectively. Next about the contribution of physical attractiveness the majority of the respondents 18(31.58%) responded that strongly disagree and the minority 11(19.3%), 10(17.54%), 11(19.3%)and 7(12.38%) 0e the respondent

replied that strongly agree, agree, un decided, and disagree about the contribution of physical attraction respectively. In addition, majority 19(33.33%) of the participants replied that strongly disagree about physical attractiveness to persuade easily boyfriend. And the minority 9(15.79%), 15(26.32%), 4(7.02%) and 10(17.54%) of the respondents responded that strongly agree, agree, undecided and disagree about physical attractiveness to persuade easily boyfriend respectively.

4.4. Significant socio demographic different in self esteem

Table 6: Self-esteem related response

no.	Item	Responses	Frequency	percentage
11	I feel that I am a person of worth, lest on an equal plan with others	Strongly agree	26	45.61%
		Agree	19	33.33%
		Undecided	5	8.77%
		Disagree	7	12.28%
		Strongly disagree	-	-
		Total	57	100%
12	I feel that I have a number of good qualities	Strongly agree	17	29.82%
		Agree	24	42.11%
		Undecided	7	12.28%
		Dis agree	9	15.79%
		Strongly disagree	-	-
		Total	57	100%
13	All in all, I am inclined to feel most other people	Strongly agree	14	24.56%
		Agree	15	26.32%
		Undecided	8	14.04%
		Disagree	17	29.82%
		Strongly disagree	3	5.26%
		Total	57	100%
14	I am able to do things as well as most other people	Strongly agree	29	50.88%
		Agree	23	40.35
		Undecided	-	-
		Disagree	5	8,77%
		Strongly disagree	-	-
		Total	57	100%
15	I feel do not have much to be ground off	Strongly agree	17	29.82%
		Agree	27	47.37%
		Undecided	4	7.02%
		Disagree	6	10.53%
		Strongly disagree	3	5.26%
		Total	57	100%

As the above table indicated that majority 26(45.61%) of the respondents replied that strongly agree about their worth on the persons and an equal plan with others and minority 19(33.33%) of the participants responded that agree and the least, 5(8.77%), and 7(12.28%) of the participants replied that un decided and disagree about the worth of the person and an equal plan with others respectively. Next majority 24(42.11%) of the respondents replied that agree about qualities of the participants and other participants replied 17(29.82%) strongly agree and the minority 7(12.28%), and 9(15.79%) of the respondents responded that un decided and disagree about qualities of the participants respectively.

In addition, majority 17(29.82%) of the participants replied that disagree about inclined to feel most other people. and the minority 14(24.56%) are replied that strongly agree and the least 15(26.32%), 8(14.04%), and 3(5.26%) of the participants responded that agree, un decided, and strongly disagree about inclined to feel most other people respectively. Next majority of the participants 29(50.88%) responded that strongly agree about ability to do things and the minority 23(40.38%), and 5(8.77%) of the participants replied that agree and disagree about ability to do things respectively.

More over majority of respondents 27(47.37%) of the participants replied that agree about feeling ground off. and the minority 17(29.82%) of the respondents responded that strongly agree and the least 4(7.02%), 6(10.53%), and 3(5.26%) of the participants replied that un decided, disagree, and strongly disagree about feeling ground off respectively.

Table 7: Concerned about other of recognition to feel good and confident

no.	Item	Responses	Frequency	Percentage
16	I take a positive attitude towards myself	Strongly agree	24	42.11%
		Agree	20	35.08%
		Undecided	5	8.77%
		Dis agree	8	14.04%
		Strongly disagree	-	-
		Total	57	100%
17	On the whole, I am satisfied with myself	Strongly agree	22	38.6%
		Agree	23	40,35%
		Undecided	3	5.26%
		Disagree	10	15.79%
		Strongly disagree	-	-

		Total	57	100%
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As the above table indicated that majority 24(42.11%) of the participants responded that strongly agree about positive attitude of the participants and minority 20(35.08%), 5(8.77%) and 8(14.04%) of respondents replied that agree, undecided and disagree respectively about positive attitude of the participants. And regarding the satisfaction of the participants majority 23(40.38%) of the participants replied that agree and minority 22(38.6%), 3(5.26%), and 9(15.79%) of the respondents responded that strongly agree, undecided and disagree respectively about satisfaction of the participants.

Table 8: Worthiness and achievement of goals

no.	Item	Responses	Frequency	Percentage
18	I wish I could have more respect for myself	Strongly agree	30	52.63%
		Agree	20	35.08%
		Undecided	-	-
		Disagree	7	12.28%
		Strongly disagree	-	-
		Total	57	100%
19	At times, I think I am no good at all	Strongly agree	13	21.81%
		Agree	20	35.08%
		Undecided	9	15.79%
		Disagree	7	12.285
		Strongly disagree	8	14.04%
		Total	57	100%
20	I can solve most problems if I invest the necessary effort	Strongly agree	13	22.81%
		Agree	26	45.61%
		Undecided	9	15.79%
		Disagree	5	8.77%
		Strongly disagree	4	7.02%
		Total	57	100%

As the above table indicated that majority 30(52.63%) of the participants replied that strongly agree about respect for myself. And the minority 20(35.08%) of the respondents responded that agree and 7(12.28%) of the participants responded that disagree about respect for myself. Next majority 20(35.08%) of participants replied that agree about I am no good at all. and the minority 13(22.81%) of the respondents responded that strongly agree and also 9(15.79%), 7(12.28%), and 8(14.04%) of the participants replied that un decided, disagree, and strongly disagree about I

am no good at all respectively. In addition, majority 26(45.61%) of the respondent replied that agree about solving problems by investing the necessary effort. And the minority 13(22.81%) of respondents responded that strongly agree and the least 9(15.79%), 5(8.77%), and 4(7.02%) of the participants replied that undecided, disagree and strongly disagree respectively about solving most problems by investing the necessary effort.

CHAPTER FIVE

5. Discussion

This study was conducted on the relationship between body image perception and self-esteem among female students in Wolkite University .Therefore, the main objective of this study was to assess the body image perception and self-esteem of female students of Wolkite University. However, different researchers conducted on this study from global to local, but as the researchers I tried to fill the gap between the other researchers that has been conducting study on this particular title.

5.1 The relationship between body image perception and self-esteem on

Female students

In this research the relationship between body image perception and self-esteem had a significant positive strong relationship ($r=0.72$, $p<0.05$).therefore, one can infer that as the score of body image increases, self-esteem score also increases with a significant amount. This means when you feel good about your body, you are more likely to have good self-esteem

Beside this, our research finding is similar to (Glory, 1992). Person with high self-esteem in more self- accepting, possesses high- worth, and has positive body image, while a person with low self-esteem is often critical, would be low self-worth, and has a negative body image.

5.2 significant socio demographic different in body image

In this research paper female of lower socio-economic status groups may be more likely to misperceive their body image in a way that encourages them to remain over – weight and the group with lowest body image satisfaction overall were female from middle to upper socio - economic status grounds.

Beside this, our research result is similar to (O'Dea et. al.2001) female with socio-economic status are more likely to be over weight than female from middle to higher socio-economic status group.

5.3. Significant socio demographic different in self esteem

Overweight female student in this research paper performed low self-esteem at school and reported a normal weight female student preformed high self-esteem at school on female student.

Examining students self-concept by grade level, the research finding showed that students in advanced grades had higher self-concept. As students advance in years and grade levels, their perceptions of the various aspects of self-concept went up (Nelson et.al. 2006).

5.4 SUMMERY

The result provided some new and potential valuable information about the relationship between body image perception and self-esteem. Relationship of the former variable has significant relationship with the later one, $r= (0.72)$. This finding was consisted with finding from other studies that have shown that Pearson views. Her or physical appearance directly affect his self-esteem. A person with high self-esteem is more self-accepting posse worth and has positive body image, while a person with low self-esteem is often self-critical has low self-esteem worth and has negative body image.

As the information obtained indicated that individual whose self-ideal has little relationship to her present body image is likely to encounter continue failure and frustration. So, low self-esteem is one of the greatest handicaps of to personal effectiveness. Therefore from feeling if inadequacy and on worthless individuals acquire defensive orientation that discourage growth, and positive accomplishment such as unfavorable falling usually develop from unrealistic picture of themselves in relation to other people. The result provide some new potential valuable information about relationship of the former variable has significant positive correlation with later one ($r= 0.72$), $p< 0.05$. This finding is consisted with from other studies that show, that body images, but there is not statistically significant either positive or negative correlation this two variables. Therefore, the researchers draw the following finding.

- ✓ As the majority 25(43.81%) of the respondents were replied that agree about physical appearance
- ✓ As majority 19(33.33%) of the respondents replied that they were disagree about friends rate as physically attraction
- ✓ Majority 37(64.91%) of the participants responded that strongly agree about feel being good looking is important.
- ✓ Regardless of their physical appearance majority 24(42.11%) of the respondents replied that strongly disagree.
- ✓ As majority 17(29.82%) of the respondents replied that strongly agree about happier life if thinner.

- ✓ As majority 19(33.33%) of the participants responded that undecided about my face is pretty
- ✓ As majority 19(33.33%) of the participants replied that agree about self esteem
- ✓ As majority 23(40.35%) of the respondents responded that agree about satisfaction of the self

5.5. Conclusions

The researchers draw the following conclusion. As the finding indicated that most female students were not like their physical appearance.

- ❖ Significant positive relationship between Body image and self esteem
- ❖ Most female students did not accept about friend rate as physically attraction.
- ❖ Most female students were accepted their good looking is important.
- ❖ Most female students did not have self-esteem.
- ❖ Most female students worry about their being lovely and
- ❖ Most female students were accepted their physical appearance is thinner.
- ❖ They want being looking different and unique from other females.

5.6. Recommendation

The researchers attempted to give the following recommendation. The result of this study show that it was important to combat negative body image can lade to depression, anxiety, social anxiety, shines, stress, and self-consciousness in intimate relationship. It' s time that female stop judging appearance harshly and learn to appreciate their inner being, soul and sprit start to recognize you do not have to compare yourself to other men or women media. Female Students found that Wolkite university peer and other friends tend to encourage and support about body image perception on females to achieve higher academic goals compared to males. Generally the following point are suggested to female students themselves to resolve problems related to body image issue: encouraging discussion with society on body image satisfaction, counseling may be able to help find comfort with their appearance mitigate the effect of negative body image and enhance may also benefits from the guidance in helping to promote positive body image in their friends.

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APPENDEX 1

Wolkite University

College of education and Behavioral Studies

Department of Psychology

Questionnaire to be filled by Students

Dear Respondents!

The purpose of this questionnaire was to gather relevant information for study of the relationship between Self-esteem and body image perception. The information you provide was very crucial for the success of this study. No need to write your name and address.

Part one: - personal information of the respondent

1. Age☐..

2. Study year..... 2nd year... 3rd year... 4th year...

3. Religious protestant... Orthodox... Muslim... Catholic... Others...

4. Residence area Urban ... Rural...

5. socio economic status of family High ... Medium ... low ...

Part Two: - The Questionnaire Related to body image perception

The questionnaire was used to determine your body image perception., genuine answers are basic inputs for success this study each statement has four alternatives(body image perception)read each of them carefully and put mark ()in the box given in alternatives you think is true for you Then strongly agree =5, agree =4, undecided=3 disagree =2,strongly disagree =1

No	Item	5	4	3	2	1
1	I am happy with my physical appearance					
2	My friend rate me as physically attraction					
3	I feel they being good looking is very important					
4	My friend accept me regardless of my physical appearance					
5	I would be much happier and my life would better if thinner					
6	I wish I were taller					
7	I would much happier and my life would better if I increase weight					
8	May face is pretty					
9	My physical attractiveness contribute to make friend easily					
10	By using my physical attractiveness I persuade easily boy friend					

Part Three: - The Questionnaire Related to Self-esteem Scale Measures.

The questionnaire was used to determine your self-esteem; genuine answers are basic inputs for success this study each statement has four alternatives(self-esteem scale measures)read each of them carefully and put mark ()in the box given in alternatives you think is true for you Then strongly agree =5, agree =4, undecided=3 disagree =2,strongly disagree =1

No	Item	5	4	3	2	1
1	I feel that I am a person of worth, lest on an equal plan with others					
2	I feel that I have a number of good qualities					
3	All in all, I am inclined to feel most other people.					
4	I am able to do things as well as most other people.					
5	I feel do not have much to be ground off					
6	I take a positive attitude towards myself					
7	On the whole, I am satisfied with myself					
8	I wish I could have more respect for myself					
9	At times, I think I am no good at all					
10	I can solve most problems if I invest the necessary effort					