Relationship between Body Image, Self-Esteem, and Self-Acceptance among University Students – A Qualitative Study

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ABSTRACT
The aim of this study was to examine the relationship between body image, self- esteem, and self-acceptance among university students. Moreover, different demographics like age, gender, birth order, number of siblings, time spent with friends were also included in this study. This study involved 60 participants in which 40 were females and 20 were males. The interviews were taken from university students to check the impact of body image on self-esteem and self- acceptance in university students. The purpose was also to check people's acceptance about themselves when they think that their body image is not good enough like others. Qualitative research method was used in this study. A questionnaire was developed comprising 30 open ended questions in total and those questions were asked from the interviewees during interview. Corresponding to the result of the outcomes self-perception was affirmed to connect with confidence and self-acknowledgment altogether. The outcomes show that there is a decent relationship between the body image, self-esteem, and self-acceptance. So, the outcomes are examined and suggestions for additional investigations are made.

Keywords: Body Image, Self-Esteem, Self-Acceptance

Introduction
Image includes both the visual representation of your body in your head and how you perceive yourself when you look in the mirror. Self-esteem is the respect and value you accord to oneself on a personal level. Self-esteem has an impact on how you care for your physical, mental, and spiritual well-being (Frost and McKelvie, 2005). Self-acceptance is individual's acceptance of all of their attributes, positive or negative and the way you embrace every part of ourselves (Davidson and McCabe, 2006). Our society is often obsessed with that people are very conscious about their weight and body shape. Especially in university individuals are more focused on their body image, they are more focused on judgments about them by their personality and the way individual accept himself or herself. Nowadays people are so concerned and inspired by media that they are just focused on their body image like if people are over weighted or they are black so they take medicines to become like those from the inspired. People are now more obsesses about their selves that if an individual doesn't like their body or a part of their body then it is hard for them to feel good about their whole self, means self-esteem is dependent on body image. Self- esteem and self- acceptance are both dependent on body image that if we

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are not satisfied with our body parts then we are unable to accept ourselves in society and then we don't value ourselves (Croll, 2005).

People who have a more positive body image may have happier lives and have healthier bodies, whereas those who have a negative body image may be more complex and believe that others do not accept them Self-perception alludes to individuals' thought process, feel, and act about their bodies and appearance. Self-perception around one's appearance during puberty is significant for the advancement of confidence and is likewise remembered to be a significant indicator of self-esteem (McCabe, M, Ricciardelli, and L.2010). As per research, unseemly self-perception discernment and disappointment in youth can prompt physical and mental issues. The review will decide the extent of understudies who are disappointed with their self- perception, as well as the connection between different determinants and self-perception disappointment and confidence. It is basic to research body disappointment and self- acknowledgment since what we think about ourselves means how we think and feel about ourselves and our bodies. It is basic to examine body disappointment and self- acknowledgment since what we think about ourselves means for how we think and feel about ourselves, as well as how we collaborate with others and our general surroundings. A good mental self-view can assist us with feeling improved genuinely, intellectually, socially, inwardly, and profoundly. A negative mental self-portrait, then again, can diminish our fulfillment and capacity to work there (Ludden and Lally, 2006).

A review is being led in this review to explore the connection between confidence, self-acknowledgment, and self-perception. This study exhibits the effect of self-perception on confidence significantly further. Actual appearance impacts initial feelings, companionships, and various parts of life (Money, 2004), inferring that self-perception might affect abstract prosperity. Actual activity, then again, emphatically affects self-perception (Wu and Zhang, 2003). As per studies, individuals who work-out routinely can further develop their self-perception (Hausenblas and Fallon, 2006). Confidence is an individual assessment of the positive or negative certainty of an individual and is a critical variable predicting the execution of strong approaches to acting (Hu, 2017). Youngsters' body expects a huge part in framing their Self-perception and contemplations of his/her genuine appearance as per others. Self-perception is molded due to a couple of elements, for instance, social youth, neighborhood, media, friends, and family, (Gattario 2013, and Faied 2004).

Self-perception is of the main mental variable that influences young people's character and conduct, on the grounds that the teenager's impression of their body organs as discrete parts that each have an impact in their characters makes self-perception quite possibly of the main mental element that impacts their character and conduct. If a juvenile feels unsatisfied with a specific body organ, it might cause tension; females specifically experience nervousness because of weight or fat development in different body parts (Kafafi and Neyal, 1996).

Objectives:
To study the role of self-acceptance among university students/ adolescents
To study the role of self-esteem among university students
To study the predicting role of body image on self-esteem among university students
To study the predicting role of body image on self-acceptance among university students

Literature Review

This section is a review of the relationship between self-esteem and body image with special focus on the aspects of pre-adolescence that affect their development. Studies have shown that views of physical changes are in the forefront in developing self-esteem and body image. The discussion also reflects the role of family, then that of media and peers in inducing self-perceptions and social comparison in the adolescents.

Self-esteem and Body Image

Self-esteem is so characteristically connected to contemplations around one's body that actual appearance has reliably been viewed as the main indicator of Self-esteem at many ages. As per Rosenberg (1965), "Self-esteem is characterized as a "positive or negative demeanor toward oneself". Also, as indicated by him Body Image is "assessing one's own body emotionally through connected sentiments and mentalities". As we imagine that Body Image influences one's mentalities and sentiments. What's more, similarly, as indicated by Ice and McKelvie (2005), Self- esteem is the degree of worldwide respect one has for oneself. Body Image is firmly connected with Self-esteem. Body Image is characterized: An evaluative component of how an individual quality, upholds, endorses or dislikes oneself.

As mentioned, (Green and Pritchard, 2003), self-esteem adds to the negative body image and the effects of eating disorders. Also, studies are still trying to find ways to prevent girls from believing that they need to be beautiful. Adolescent girls may also have low self-esteem due to family and media influences. As we see that most of the girls like to be thin so that they can be beautiful and attractive, and the media plays a special role in portraying a thin girl as a good role model. And that is how media affects self-esteem. Davidson and McCabe (2006) say that the image that is not happy can prevent the development of relationships of young people and good relationships between young men and other girls. For example, "attractiveness really affects relationships with peers as much as possible after primary school. And beautiful girls participate in other social interactions that are good when used compared to attractive girls. Ricciardelli and McCabe often say that there is a connection between the image and the mind. Work before they grow up."
Family influence

According to (Green and Pritchard, 2003), the family plays an important role in influencing the eating habits of young people, especially girls. Children learn their values and principles from their parents or guardians and generally they imitate their behavior and follow their parents. When it comes to good food, each family builds what they think is important and right when it comes to food. People who sit or sit still play an important role in a child's life in terms of how to eat, what to eat, and the size of the pieces, which can eventually destroy the entrenched food. of people and their understanding of food. The review shows that loved ones checking their child's unsatisfied contributes to physical disappointment. As young adult young ladies go through the progressions that pubescence brings, relatives now and again express pessimistic things that can add to their juvenile little girl feeling miserable, discouraged or persuaded them should get more fit to make their family love them. This is to some extent upheld in the exploration as (Paxton, 2000) found "that 19% of secondary school young ladies announced getting immediate support from guardians to count calories".

Research shows on the off chance that an individual from a family focuses on a person inside the family to direct an eating regimen, the person might foster low Self- esteem or Body Image (Green and Pritchard, 2003). Inside the family domain, kids might feel the immediate strain to satisfy the requesting guidelines in their schooling, sports, and friend

connections, which might bring about unfortunate Body Image and Self-esteem (Green and Pritchard, 2003) As we discuss family climate we see that family climate additionally could impact a young adult young lady's Self-esteem because of weight or shape-related analysis by relatives or others. Furthermore, in such manner (Green and Pritchard, 2003)

Media

(Green and Pritchard, 2003) found that the media impacts how a young adult young lady's body ought to look. Media incorporates radio, TV, films, papers, magazines, Sites and announcements. That's what the facts confirm "the broad communications are accepted to urge young ladies to shape ridiculously slender body goals, which is out of reach "For instance, a significant number of the 15 models who show up in the media are no place near the best body, and the majority of the models and superstars in magazines are digitally embellished or generally improved by PC created implies. Too, "it has been seen that there is an unmistakable relationship between openness to excellence and style magazines and more significant levels of weight concerns or dietary problem side effects in juvenile young ladies". Likewise, not many of the young ladies in a single report said that magazine models impact their concept of the sculpted physique shape, and the consistent acknowledgment of this hopeful body type makes an unfeasible norm for most of ladies. How much media openness a young adult young lady gets additionally can influence the manner in which she sees her body and can lead her to become disappointed and accept she really wants to eat less. The media depicts a picture that in the event that you fit the slight ideal, you are really friendly, effective, and famous and fulfilled, which are not achievable for the people who don't satisfy the ideal of being dainty. Tension from the media to have the ideal flimsy body type can set off pessimistic sentiments towards a young adult young lady's appearance, and Self-esteem could be impacted (Green and Pritchard, 2003). Consumes less calories and other weight reduction apparatuses are spread all through the media for youngsters and teenagers in quest for the best model figure. Society by and by partners engaging quality for ladies with a slight constitution. The dainty ideal is imparted through society's generalization of weight, implying that being "fat" is awful and "slim" is great (Griffiths and McCabe, 2000).

Peer Influence

As per (Davidson and McCabe, 2006) during the formative phase of puberty, peer connections assume a critical part. Young people's healthy identity regard might be emphatically or adversely impacted through the impact of their friends. As we see that more often than not our contemplations and sentiments are impacted by the impact of our companion. We depict our Body Image as indicated by the considerations of others about us. (Simmons and Rosenberg (2006)) states that during the beginning phases of youth, teenagers might have an increased mindfulness and dread of how their companions assess them. As juvenile young ladies go through pre- adulthood, the connections they have with peers assume a significant part of looking at bodies and fostering a negative perspective on their body. From that, they foster a low Self-esteem and potentially a dietary problem. "To acquire acknowledgment by their friends, young people might depend on embracing the apparent convictions and ways of behaving rehearsed by individuals from their companion bunch"

As per Davison and McCabe (2006), social worries connecting with the body can be predominant during Adolescence. Moreover, there is contention that during the juvenile stage, people can be distracted with their own appearance and expect that others are

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extremely mindful of it also, which can make them feed into it, or make them self-conscious. (Simmons 2006) expressed that "formative brain science has demonstrated the likelihood that early young adult young ladies are described by increased reluctance and denounces about how companions assess them". It has been said that "teenagers' identity worth and view of social relations may hence be firmly connected to their Body Image "An unfortunate Body Image can hamper youths' improvement of interactive abilities and positive associations with other young men and young ladies. As indicated by Levine (2001), juvenile young ladies acknowledge the ways of behaving and convictions that are developed inside their companion bunch. Thusly, young ladies who noticed body weight the board rehearses from their companions, frequently participated in similar ways of behaving to get more fit.

Methodology

The research adopted an exploratory qualitative research design to investigate the effects of body image on self-esteem and acceptance of self among the participants who are university students. A random sampling technique was used to gather data on 60 participants (20 males and 40 females, age: 19 to 25). Semi-structured interviews of 30 open ended questions were carried out in English and Urdu via in-person meetings, video calls and audio calls. The tools were informed consent, a demographic sheet, and interview guide. The duration of interviews was about 10-15 minutes, recorded with their consent, and aided with taking notes, and the participants were guaranteed the confidentiality and the right to withdraw at any point. Transcription of audio recordings was verbatim and thematic analysis was used to analyze data according to the framework of Braun and Clarke (2006) with a deductive (top-down) approach. This analysis consisted of repetitive reading of transcripts, highlighting meaningful statements, creating first codes, classifying the codes into categories, and creating major themes and subthemes associated with body image, self-esteem, and self-acceptance.

Results and Discussion

This section of the study displays the detailed analysis and outcomes of the research. Male and female undergraduate students shared their thoughts about their body image satisfaction. There are many themes that come out of the analysis and exploring process. The data was collected using interview guides that coerced the participants to talk about the topic of the study. The questions were asked in Urdu and English depending on the comfort of the participants. Most of the participants consented to video calls, in person meetings and some preferred audio calls.

Transcriptions

The video/audio calls were recorded, after taking the consent of the participants. All these recordings were transcribed after replaying them multiple times to make sure nothing was missed out. During the interview, many patterns and themes emerged, which were noted down for making recall easier. After writing down each recording into verbatim, it was reread and identifiable themes were highlighted and underlined. Similar themes that came to light after reading different manuscripts were noted and focused on. Moreover, for an outsider perspective, the manuscripts were shared with a fellow researcher and asked to list any emerging themes in case there was any biases and neglects in the initial process of forming themes.

Analysis

To carry out the analysis, identified themes in the participants responses were noted down in all manuscripts and then different colors were used to mark the themes.

Table 1
Body Image

Qs	Themes	Verbatim
How do you feel about your weight problem when you go for shopping?	Individual's self-image in public	"Sometimes i feel very conscious when i go for shopping to buy clothes because i feel like i am not smart like others so i consider that this dress is not for me. i do not buy that dress even it attracts me"
How do you feel about yourself when you are in public?		
What are the problems you face when you engage yourself in sports or public exercise?		"I feel that i should hide myself in public and if i am not well dress up, then my confidence going to lose so i try to hide myself and when i try to engage myself in sports or public exercise, i face problems like if i see that other have great physical stamina and i don't have then i lose my confidence"
How you see yourself in mirror?	Feeling of unattractiveness in front of opposite sex	"When i look myself in mirror, i feel like although i am not fully perfect so i need to improve many things in my personality, especially if i talk about my face while looking in
How do you feel in presence of others?		
What do you feel people think about your body?		the mirror, I practice that how to boost up my confidence"
		"When i am in public or with relatives i feel so down that i am unattractive and i feel that people are talking behind my back and talking about my appearance"

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Qs	Themes	Verbatim
How do you think about your body?	Self-conscious about physical appearance	"i didn't say that there are flaws in my body and not even say that i am perfect but i am normal. Once a time in mylife I feel that my body is weird. I thought i am not pretty as others, most of the time I have been going through different complexities"
What kind of thoughts you have about your body and physical appearance?		
What happens when you self- conscious about your physical appearance?		"On several occasions I became self-conscious about my personality and I think it depends upon your company and when i become self- conscious then i have many thoughts that I should groom myself like this"
What do you feel about your-self when you compare your body with others?	Comparison with others	"Yes, i compare myself with others like when i with my friends i feel like i should adopt their personality but sometimes due to comparison i feel myself very down that i am not good at all as others"

Table 2 Self-Esteem

Qs	Themes	Verbatim
How much satisfied you are with yourself?	Self-satisfaction	"I never satisfied with myself as i think that I should improve myself in every aspect whether it's about my career or about my physical appearance"
What do you think about your good qualities?		
What do you think about the things for what you should be proud of?		"yes, I feel like I have good qualities but there is need for improvement and the things i should be proud of that I am hard worker"
How certain you feel useless about yourself?	Feeling of being useless	"Occasionally i feel myself very useless when i see that others are perfect more than me in every aspect. And it depends on situation like if I feel that my friends or relatives comment on my body image in a negative way theni do not give respect to myself as I think that I have bad personality and then sometimes i feel like i am failure"
How much respect you give to yourself?		
How often you think that you are a failure?		
What is your attitude towards yourself?		

"I try to remain soft with myself if someone degrades

me but if specific person who's impact on my life and that person says then i take his/her words very seriously"

Describe your control, over your own life?

Control over your own life

"I do not bother if random people comment on my

How much you believe that when you are successful, there is usually luck involved?

physical appearance in a negative way but if someone say like this to whom with i am

How do you feel, when you let people know opinion?

very close then i become so down for some days"

"Yes... I believe there is luck

involved but sometime I

believe there is only hard

work of a person behind

success. My feelings are

depend on people responses if

I let them know my opinions

like if people give positive

response on my opinion then I

will be happy but if they laugh

or try to degrade then I always

try to not involve in the

discussion because then i feel

whatever i say, i always

wrong.

Table 3
Self-Acceptance

Qs	Themes	Verbatim
What do you think about your worth as a person? How do you feel when people say nice things about you? How you feel yourself different from other people?	No self-confidence	"I feel that I have no worth. I can't accept myself as I am because I feel that I am not confident about myself and I have no value to people because I have not achieved anything in my life. When someone tells me something good about me, I think he is lying and he is just praising me to my face because I know how admirable I am. I'm not at all confident that I'm good or look good so how can I make people feel good so I think people lie. I have no confidence about my body image"
How much you are bothered by feelings of inferiority? How often you don't try to be friendly with other people? What is your tendency to think that people are criticizing you or insulting you in some way?	Inferiority complex	"I have been going through inferiority complex about my personality. I feel like I am short heighted and that's why I do not look good. Just because of my height I am not satisfied with my body image. But I also understand that I can't do anything about my height and my body. But this dissatisfaction leads to lower my self-acceptance"
What are the thoughts you have about your abilities? What do you think about your confidence to resolve your problems that may arise in the future?	Fear of disappointing others	"My greatest fear is disappointing other and It happens sometimes that I get afraid of disappointing others. I don't trust my abilities. I feel

What are the difficulties that you have in saying things well?

like if I will try to do something good to improve myself, I will not achieve what I desire and

in return I will

disappoint others."

Discussion

The aim of this research was to examine if the university students suffered with issues of self-esteem and self-acceptance due to body image dissatisfaction. The current study examined the effects of body image on self-esteem and self-acceptance of University students, highlighted the analogy between hateful comments and one's own self-worth and self-esteem. With reference to the findings of this study, it was observed that satisfaction and dissatisfaction on body image do have an everlasting effect on one's self esteem and self-acceptance. And a criticism on body image of any person do have a great effect on his/her self-esteem and self-acceptance, especially when the scrutiny is done on a public platform.

It has been inferred from the results that the prevalence of body dissatisfaction is of a higher frequency among those universities students who do not look much attractive in front of others. The study examined that there is a strong association between body image concerns and low self- esteem and low self-acceptance among University students. In university individuals are more focused on their body image, they are more focused on the judgments about them by their personality and the way individual accept himself or herself. If individuals do not like their body image then it is hard for them to feel good about their whole self and that means self-esteem is dependent on body image and the study shows that people who are not satisfied with their body, they are unable to accept themselves in society and they don't value themselves.

A semi structured open ended questionnaire was developed to understand how individuals cope with their body dissatisfaction and how their self-esteem and self-acceptance depends on body image. During adolescence the image of their body image is important for the development of self-esteem and is considered as an important predictor of self-esteem. (McCabe, M. Ricciardelli and I. 2010). The results of the current study suggest that body dissatisfaction and body image criticism can significantly affect self-confidence and self-acceptance and can lead to life threatening. The participants were asked about what they feel about their body image in public to which the usual reply was:

"Initially I was not concerned about my body looks but with time I found a change in myself and I started bothering about am I looking attractive or not. Am I looking good in front of others or not. But I feel that I do not have an attractive personality like other people and this really affects my confidence in front of others."

The usual response was that yes, their self-acceptance is dependent on their body image. The usual responses recorded were like this:

"I feel like I have no worth as a person because I do not have the good physical appearance to stand confidently in the society with other people. That is why I am unable to accept myself as the way I am. I know that I am not very much pretty but when people comments on my body image even my own friends, that you are not looking good, you are looking so skinny, this dress does not looks good on you, try to work on your body image, people in university needs to be look so attractive so you also need to work on

yourself, so this kind of comments affects my self-esteem and I lose my confidence."

When asked about understanding body image and comparison with others no response was pretty much the same that body image has a great impact on their self- confidence and self- acceptance.

"We live in a world where facing comments on body image and body dissatisfaction is very common. Looking at other people being so perfect you were think that they are very lucky to have a perfect body image and they don't get hate on, so you would also want to change yourself a lot and I have done that and people point out you know stuff that I am already insecure about, I would want to change it but we can't do that you know it's our body we can't do anything about it.it is what it is."

Upon inquiring about self-satisfaction and self-worth of the individuals who were being interviewed most of them just felt bad about themselves and had to convince themselves that they are good enough. Most of them considered themselves as a useless person because they were not satisfied with their appearance and body image and they feel like they have no self-worth. The usual responses were like this,

"My sense of self-worth depends a lot on how I compare myself with other people. When I see other people looking perfect than me then I feel no worth of mine."

Upon asking about what the body this satisfaction do to the individuals that were being interviewed. Most of the individuals came to be dissatisfied with their body image only a few of them were found to be not concern about their body image or satisfied with their body image. But majority of them were those who were not satisfied about their body image. It was found that not only female but also males were very much concerned about their body image and how they look in front of public. In most cases body satisfaction let the people towards over eating or dieting and doing harm to themselves and this is very harmful because if it keeps continuing it can have a very long-term effect on general health of an individual.

When asked about how much they are bothered by the feelings of inferiority, the answer was also similar of most of the individuals,

I think I do feel inferior in front of others and when you do not consider yourself as a perfect and good-looking person then it affects yourself acceptance and I think it plays a major role in developing an inferiority complex in you. I know a lot of people including me as well who want to do what they wish but they just can't do because they are afraid of getting comments because people will make one of them and it's not an easy thing to overcome. Like I have a feeling of being an unattractive person but I really want to dress up by wearing skirts in university but then I feel that I am fat and this kind of dressing will not look nice on me and people will make fun of me so just because of this I am unable to full fill my wish.

So yeah it affects a lot of people and it lowers the level of self-esteem and self-acceptance.

The interviewees were asked what self-esteem means to them and what body image means to them and what they understand about body image dissatisfaction and but they understand about self-acceptance. Everybody had unique and different answers most of them had similar answers and that further explained what they think of themselves. Whatever the interviewees said that they thought meant by the terms shows how they feel about themselves and how it affects their self- acceptance when they face body image dissatisfaction.

 So, the current study examined that there is a positive correlation between body image, self-esteem and self-acceptance. When an individual is dissatisfied with her body image and is having poorer body image it will affect his self-esteem and self- acceptance due to

the body image dissatisfaction self-esteem and self-acceptance of an individual will get lowered.

Taking into the consideration how young universities students started to compare themselves with others in terms of their body image most of them agreed that their self-esteem and self-acceptance has no become even lower when they see other students as very perfect in their ways and find themselves not good enough in front of others. Even though body dissatisfaction is one's own feeling about themselves but at the end of the day it turns into lower self-esteem and lower self-acceptance. And in this way self-esteem and self-acceptance issues are something they have to deal with all their lives.

Conclusion

Body image this fulfillment is seen inside society today as the world glorifiers the sculpted physique. There are logical examinations that connection body disappointment and low self- acknowledgment with actual appearance. (Daniali, Azadbakht and Mostafa I, 2013). Body image acknowledgment is an emotional issue contingent upon social and social variables. Self-perception is a fundamental piece of character which can be seen from the manner in which the singular perspectives his/her body the impact of society culture and individual experience. College understudies focus on their bodies they considered their body as an indispensable piece of their self-idea the review results demonstrated a positive connection between self-perception confidence and self-acknowledgment. The people who are not happy with their self-perception their confidence and self-acknowledgment was lower. Individuals were more impacted by others sees about their self-perception and society norms about magnificence and fascination. This examination has demonstrated its speculation it has shown that self-perception truly does affect confidence and self- acknowledgment of College understudies. This theory has shown how there is areas of strength for a between self-perception and self-acknowledgment My exploration assists in furnishing the comprehension that the body with imaging of an individual extraordinarily affects his/her confidence and self-acknowledgment. Furthermore, when individuals get to realize others sees about their body they truly do get injured and impacted by it which hurts their fearlessness as well as lastingly affects their confidence and self- acknowledgment and their thought process of themselves are their bodies.

Recommendations

Future researchers ought to use respondents across different cities and cultural affiliations to enhance generalizability as well as reflect varying social settings in Pakistan.

Researchers must employ both online and face to face means of data collection to decrease the connectivity problem and enhance the flow of interviews to be conducted naturally.

Future research needs to involve teenagers, obese people, and various age groups to get a more holistic picture of the body image issues.

There should be comparative studies conducted between physically active and inactive people to have a better understanding of the role of the lifestyle in the body image perception.

The psychological and social factors behind body image dissatisfaction should be the focus of future research to enable the deeper analysis and improvement of intervention.

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