

The Relationship Between Body Image and Self-esteem

M. Kékes Szabó¹

¹Institute of Applied Health Sciences and Health Promotion, University of Szeged, Szeged, Hungary

Body image is one of the significant components of the individual's self-concept that provides the opportunity to reach a more healthy physical and mental state. In this way, the perception of our body and those feelings, which are associated with this image greatly influence not only our self-concept, but our self-esteem, too. The aim of my study was to understand better the relationship between body image and self-esteem, as well as my long-term objective is to provide a more effective assistance for individuals with negative self-concept that is based on poor body image. I used Figure Rating Scale (Stunkard et al., 1983; Thompson & Altable, 1991) and Rosenberg Self-Esteem Scale (Rosenberg, 1965) by young adults in my study. The results confirmed closed correlation between the examined factors. Major differences between the perceived and ideal body images predicted lower level of self-esteem. Furthermore, in many cases, distortions of visual perception were also explored by individuals with negative body image. Additional researches are needed to understand better the development of self-concept and its connection with self-esteem.