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The Relationship Between Self-Esteem and Body Image Concerns in Youth with Excessive Social Media Use

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Abstract: ***This study examined the relationship between self-esteem and body image concerns among youth with excessive social media use. A sample of 100 participants aged 18-25 completed a survey questionnaire measuring self-esteem and body image concerns. The results indicated a significant negative correlation between self-esteem and body image concerns, suggesting that lower self-esteem was associated with higher levels of body image concerns among youth with excessive social media use. These findings suggest that improving self-esteem may be an effective strategy for reducing body image concerns among youths, and highlight the need for further research in this area.***
Keywords: Social Media, Self-Esteem, Body Image, Youths, Excessive.

I. INTRODUCTION

"In a society that profits from your self-doubt, liking yourself is a rebellious act."

Social media refers to online platforms and tools that allow users to create, share, and exchange information, opinions, and content in various forms such as text, images, videos, and audio. Social media platforms have revolutionized communication, making it easier for people to connect and interact with others regardless of geographical distance. Some popular social media platforms include Facebook, Twitter, Instagram, LinkedIn, Snapchat, TikTok, and YouTube, among others. These platforms have different features and are used for different purposes. For example, Facebook is often used for connecting with friends and family, while LinkedIn is more commonly used for professional networking.

Social media has become an integral part of young people's lives, offering a platform for communication, information sharing, and entertainment. While social media has many benefits, it has also raised concerns about the potential impact of social media usage on young people's mental health and well-being. One area of growing concern is the impact of social media on young people's self-esteem and body image.

The relationship between body image concerns and self-esteem has become a topic of increasing interest in recent years. Studies suggest that social media use may contribute to negative body image and low self-esteem in young people in several ways. For example, social media platforms often showcase idealized and unrealistic images of beauty and perfection that can make young people feel inadequate and insecure about their own bodies. Social media can also lead to social comparison, where young people compare their bodies and lives to those of others on social media, leading to feelings of dissatisfaction and low self-esteem.

Overall, social media has become a major part of modern society, and its impact on our personal and professional lives is undeniable. It is important for individuals and businesses to use social media responsibly and to be aware of its potential risks and benefits.

Despite these potential negative effects, some research suggests that social media usage can also have positive effects on self-esteem and body image. For example, social media can provide a platform for individuals to connect with others who share similar experiences and interests, which can lead to feelings of social support and validation.

Social media can be a valuable tool for young people, it is important for parents, educators, and young people themselves to be aware of the potential risks and to use these platforms responsibly. This can include setting limits on social media use, monitoring online activity, and encouraging young people to seek help if they are experiencing cyberbullying or other negative effects of social media use

Social media has a significant impact on young people's self-esteem and body image. Social media platforms are designed to showcase idealized versions of people's lives, which can create adistorted view of reality. As a result, young people may compare themselves unfavorably to others, leading to a negative impact on their self-esteem and body image.

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Social media is filled with images of idealized bodies that are often edited and filtered to present an unrealistic standard of beauty. Young people may feel pressure to conform to these beauty standards, leading to feelings of inadequacy and low self-esteem.

Additionally, social media platforms encourage the comparison of one to others. This comparison can be particularly damaging to young people's self-esteem, as they may feel that they do not measure up to their peers. This can lead to feelings of inferiority, social anxiety, and low self-worth.

Body image can have a significant impact on our overall self-image or self-esteem. When a person has a negative body image, they tend to feel dissatisfied or unhappy with their physical appearance, which can lead to feelings of low self-esteem. For example, if someone feels self- conscious about their weight or shape, they may avoid social situations, feel embarrassed or ashamed, or struggle with feelings of inadequacy. Negative body image can also lead to harmful behaviors, such as disordered eating or excessive exercise, which can further erode self-esteem.

Moreover, social media usage can lead to increased body dissatisfaction. Young people are exposed to images of idealized bodies, which can create unrealistic expectations about their own bodies. This can lead to a negative impact on body image, with young people feeling that their bodies do not measure up to these standards.

On the other hand, positive body image can contribute to a positive self-image and self-esteem. When a person feels good about their physical appearance, they tend to feel more confident and comfortable in their own skin. Positive body image can lead to healthier behaviors, such as engaging in regular physical activity and eating a balanced diet, which can contribute to overall well-being.

It is important to note that body image is complex and can be influenced by a variety of factors, including social and cultural norms, media messages, and personal experiences. For some people, body image may be closely tied to their sense of self-worth, while for others, it may play a less significant role. Regardless, body image and self-image are often intertwined, and understanding the relationship between the two can help individuals to cultivate a positive self- image and improve their overall well-being.

Given the potential impact of social media on young people's mental health and well-being, thereis a growing need for research to explore the relationship between social media and body image and self-esteem. The purpose of this dissertation is to examine the impact of social media on body image and self-esteem in today's youth. Specifically, this study will investigate how excessive social media use may contribute to negative body image and low self-esteem in young people, and what factors contribute to these effects. Through a comprehensive review of the existing literature and the collection and analysis of original data, this study will provide valuable insights into the complex and multifaceted relationship between social media and youngpeople's well-being.

Overall, social media influences young people's self-esteem and body image in a variety of ways.It is essential to be aware of these impacts and to take steps to mitigate them, such as promoting positive body image, limiting social media usage, and encouraging a healthy relationship with technology.

II. METHODOLOGY

The purpose of this study is to investigate that there will be a negative relationship between self- esteem and body image concerns among youth with excessive social media use through quantitative research design. This section presents an overview of the methodology used in the study, including description of sample, data collection procedure and description of tool.

A. Aim of the study

The research aims to investigate the relationship between self-esteem and body image concerns among youth who engage in excessive social media use.

B. Objective of the study

To understand how excessive social media use impacts self-esteem and body image concernsamong youth.

C. Hypothesis of the study

There will be a negative significant relationship between self-esteem and body image concerns among youth who engage in excessive social media use.

D. Sample size

The following research was conducted on aged 18-25 years. A total of 100 samples werecollected.

E. Research design

This study used a quantitative research design to investigate the correlation of self-esteem and body image concerns among youth. Data were collected through a questionnaire which consistedof three standardized scales: Rosenberg Self-Esteem Scale, Body Shape Questionnaire and Social Media Use Integration Scale, which was used to measure the variable of interest. The collected data was analyzed using correlation analysis to examine the relationship between self- esteem and body image concerns among youths with excessive social media use.

F. Description of the sample

The sample for this study consisted of 100 participants. Participants were selected using a simplerandom sampling technique.
To be included in the study, participants had to be between the ages of 18-25 years and able to understand English. Exclusion criteria included any history of neurological or psychiatric disorders, any current or previous use of medication for mental health problems, and any known physical disabilities that could have impacted their participation.

G. Procedure of the data collection

The data for this study was collected using a questionnaire, which was distributed among youths.The questionnaire consists of three scales: Rosenberg Self-Esteem Scale Body Shape Questionnaire and Social Media Use Integration Scale.
A total of 100 participants were selected using a simple random sampling technique. Informed consent was obtained from all participants before the data collection process began.
The data collected through the questionnaire were entered into SPSS software for statistical analysis. Correlation analysis was used to determine the relationship between self-esteem andbody image concerns among youths with excessive social media use.
The data collection process was conducted in a quiet and private setting to ensure the confidentiality and privacy of the participants. Participants were given the option to withdrawfrom the study at any point in time without any consequences.

H. Description of the tool

The data for this study was collected using the Rosenberg Self-Esteem Scale (RSES), Body Shape Questionnaire (BSQ) and Social Media Use Integration Scale (SMUIS). The RSES was used to evaluate individual self-esteem, while BSQ was used to measure body image concerns related to preoccupation with weight, body shape, and appearance and SMUIS was used to assessthe engaged use of social media. Participants were first asked to complete the BSQ, which consisted of 16 items that measure body image concerns. The BSQ used a 6-point Likert scale, with options ranging from “never to always”.
Following the completion of the BSQ, participants were asked to complete the RSES. The RSES consisted of 10 items that measure individual self- esteem. The data collected through BSQ and RSES were entered into SPSS software for statistical analysis. Correlation analysis was used to determine the relationship between self-esteem and body image concerns among youth with excessive social media use.
Participants were given the option to withdraw from the study at any point in time without any consequences. To ensure the accuracy of the data, participants were asked to answer all questionstruthfully and to best of their ability.

III. RESULTS

The present study was used to examine the relationship between self-esteem and body image concerns among youth with excessive social media use. A total of 100 participants were recruited for the study. A Pearson correlation analysis was conducted to examine the relationshipbetween self-esteem and body image concerns among youth with excessive social media use.
In the following table the mean and SD of these variables is reported.

Table – Descriptive Statistics of the data collected for Self-Esteem and Body Image Concerns.

Variable	Mean	SD
Self-Esteem	27.10	4.29
Body Image Concerns	47.82	17.06

A high score on these scales represents a higher degree of presence of the construct in the individual. In the above table the mean and SD of the respondent can be found. Self-esteem was measured through the Rosenberg self-esteem questionnaire which consists of 10 items, and the possible score range is 10 to 40. The obtained mean was 27.10 and the standard deviation was 4.29 Which signify that the participants have high sense of self-esteem. Body image concerns were measured by the Body Shape Questionnaire (BSQ-16B) which consists of 16 items and the possible score range is between 16 to 96. The obtained mean was 47.82 and the standard deviation was 17.06, which signifies that the sample has mild body image issues.

Table – Correlation between Self-Esteem and Body Image concerns

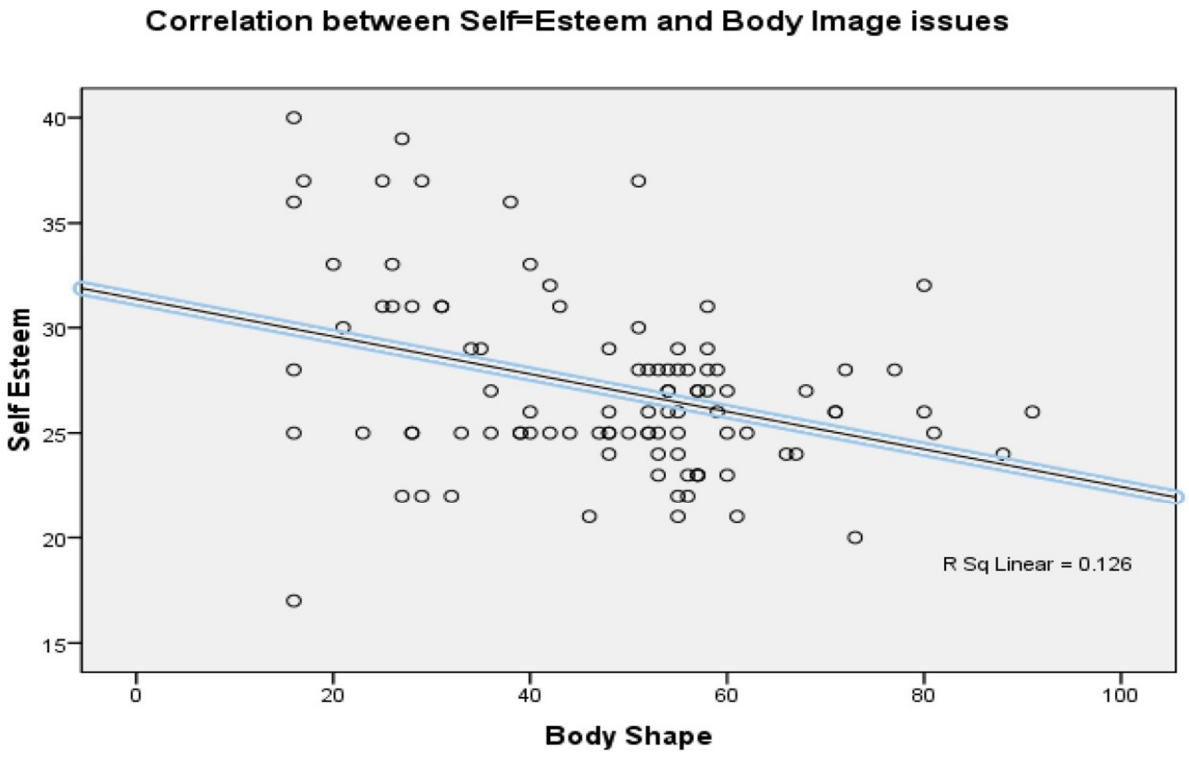
Variables	Self-Esteem	Body Image concerns
Self-Esteem	1	-.354**
Body Image Concerns	-.354**	1

** < 0.01

* < 0.05

There was a significant negative correlation between Self-Esteem and Body Image concerns amongst youth who use social media excessively (r = -.354, N = 100, p < .01, two-tailed). 12% of the variation is explained.

The scatter graph (X axis = Body Shape, Y axis = Self-esteem) shows that the data points are reasonably well distributed along the regression line in a negative slope.



IV. DISCUSSION AND CONCLUSION

The present study aimed to investigate the relationship between self-esteem and body image concerns among youth with excessive social media use. The results indicated a significant negative correlation between self-esteem and body image concerns, indicating that as self-esteemdecreased, body image concerns increased among youth with excessive social media use. Findings support our hypothesis that there is a negative significant relationship between self- esteem and body image concerns among youth with excessive social media use.

This suggests that excessive social media use may be particularly harmful for youth who struggle with negative self-perceptions related to their bodies, leading to a further decrease in self-esteem.

These findings are consistent with previous research suggesting that social media use may have negative effects on body image and self-esteem (Fardouly et al., 2018; Perloff et al., 2014).

There are several potential explanations for the negative correlation between self-esteem and body image concerns. One possible explanation for this negative correlation is that social media platforms promote a narrow and often unrealistic ideal of beauty and appearance, which can contribute to negative comparisons and feelings of inadequacy among users. Constant exposure to idealized and often manipulated images can lead to an internalization of unrealistic beauty standards, which can then exacerbate negative self-talk and internalized criticism related to body image, leading to a further decrease in self-esteem.

Another possible explanation for the negative correlation between self-esteem and body image concerns is that youth who have pre-existing negative self-perceptions related to their bodies may be more susceptible to the negative effects of social media use. For example, youth who have low self-esteem may be more likely to compare themselves to others on social media and internalize negative comments and feedback, leading to a further decrease in self-esteem.

These findings have important implications for interventions aimed at improving body image among youth with excessive social media use. Given the negative relationship between self- esteem and body image concerns, interventions that focus on improving self-esteem may be particularly effective in reducing body image concerns. For example, interventions that promote self-compassion and self-acceptance may help to counteract the negative effects of social media on body image (Tiggemann & Slater, 2014). It is also possible that interventions targeting social media use it, such as limiting time spent on social media or encouraging more positive social media use, may be effective in reducing body image concerns among youth.

The findings of our study also have implications for mental health practitioners who work with youth. Clinicians should be aware of the potential negative effects of social media use on body image and self-esteem, and should incorporate interventions aimed at addressing these issues into their treatment plans. For example, cognitive-behavioral therapy (CBT) may be an effective approach for addressing negative body image and self-esteem among youth. CBT can help individuals identify and challenge negative thought patterns and develop more positive and realistic self-perceptions (Cash, 2012).

In conclusion, the study demonstrated a negative correlation between self-esteem and body image concerns among youth with excessive social media use. These findings underscore the importance of addressing self-esteem as part of interventions aimed at improving body image among Youth. Further research is needed to better understand the causal relationships between these constructs and to identify effective intervention strategies.

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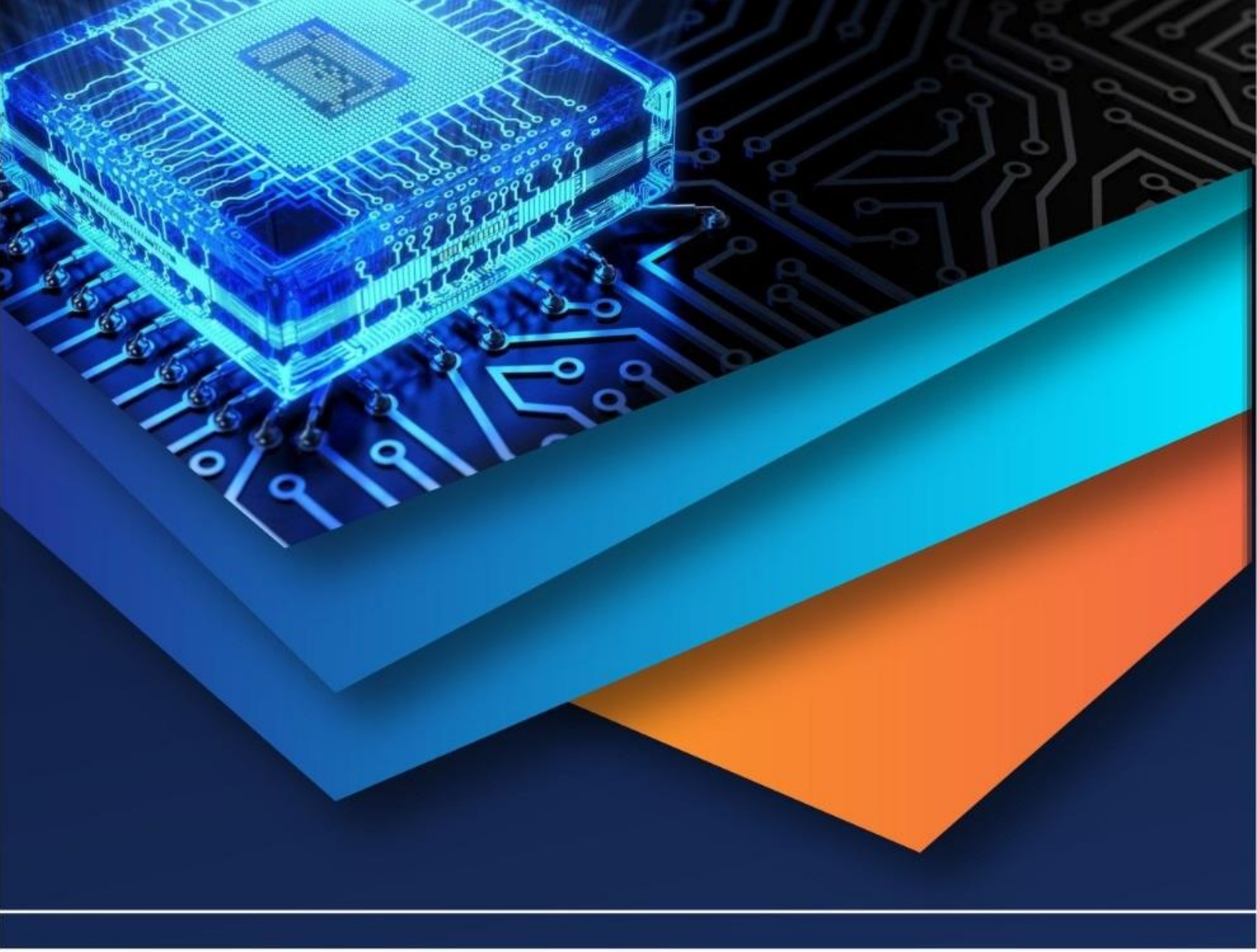

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