The Effect of Negative Body Image on Self Confidence and Self Esteem among Youth

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Abstract

The modern period that has taken over the planet has drastically altered every aspect of cultural life. The new styles are so alluring that viewers are constantly drawn to them and end up progressively feeling discontent with their physical appearance in an attempt to improve and mould their ideal body image. The phrase "body image" refers to our thoughts and feelings around our bodies. We can be impacted by our thoughts and sentiments about our bodies for the rest of our life, which can have a wider impact on our mental and physical health and as how we feel about ourselves. Although it's actually not a mental health issue in and of itself, having body image issues is a somewhat regular occurrence and may increase the chance of developing mental health issues. The issue of body image and appearance can be seen in both children and adults, but it is more prevalent among youths, as they tend to be very conscious about their looks. So this current paper will do a systematic review that how young boys and girls think and feel about their bodies, the more negatively they perceive their appearance and physical form, the more their self-confidence and self-esteem diminish. This significantly affects on their mental health, which gradually hampers their personality development, affecting their future lives and causing their self-confidence to waver, leading their thoughts to shift from positive to negative. This paper will therefore highlight on psychological effect of negative body image and   consequences and also how they can be protected from it, so that their self-confidence increases, their feelings of inferiority diminish, their psychological distress is alleviated, and their standard of living rises.

INTORDUCTION

An essential possible gauge of dietary habits is perceived body image. The topic of young adult's body image misunderstanding in Indian females remains unexplored. A person's subjective assessment of their physical appearance, derived from both self-reflection and comments from others around them, is known as their body image. The word "wonderful, best or ideal" which has been introduced to the definition of body image is frequently used to denote the ideal physical form as a measure of attractiveness (Martin, 2010) It has been discovered that the concept of an ideal image conflicts with the knowledge of a positive body perception, impacting an individual's level of contentment or dis-

content with their physical appearance. Studies have indicated that elevated levels of body dissatisfaction are linked to reduced life satisfaction, psychological distress, and the likelihood of unhealthy eating habits and eating disorders. An individual's feelings, attitudes, and perceptions about their own body are referred to as their body image. Self-esteem and body image can occasionally coexist. Self-esteem is the entirety of a person's sense of regard for and evaluation of themselves. Research continues to be done on body perception paradigms examined how poor body image beliefs, particularly among women, made it difficult for them to define their own bodies. Body image issues affect people of every generation, age groups, and different cultures. Dieting and disordered eating behaviours can result from having a negative body image, which also increases the risk of developing an eating disorder. However, this feeling and issue are more commonly observed in females compared to males, which has negative psychological effects.

If we look at what the body image meaning or how we can interpret it, it can be said that people feel and think about their own bodies is related to body image. The perception of one's body refers to an individual's views, emotions, and ideas about their physical appearance. It is commonly understood to include body measurement computation, bodily looks assessment, and sentiments related to body form and structure. There won't be anyone in the world who doesn't wish to look good. To look beautiful and to see beautiful things is a very natural process and surely an immense sense of tranquilly and well-being is experienced by a person. This emotion exists at every age, but it is quite intense during adulthood and youth because there is a strong desire to achieve something in one's field and a longing to prove oneself. If you look good, things tend to become easier in some way. But the question arises, Is physical beauty and looking attractive necessary for this? Because if this doesn't happen, many psychological issues arise in youth, and the most significant thing is that boys and girls lose their self-confidence, their self-esteem diminishes, and somehow it affects the quality of their lives. Does the beauty of the body really hold that much significance, or is it all that matters? In order to find

answers to such questions and to explore what can be done to strengthen young boys and girls in a psychological context this article sheds light on these key points, which are very significant issues today. According to Striegel-Moore and Franko (1994) "Disturbances concerning the various aspects of an individual's body perception or image" is frequently used to characterize problems, It is sometimes referred to as an unfavourable and deceptive perception of a person's appearance, dissatisfaction with their bodies, or incorrect assessment of their physique. Somewhere or the other, it is established that doubts ,worries about one's own body image have been shown to have a detrimental impact on psychological as well as physical well-being. Previous research has shown that negative body image is associated with feelings of depression, a lack of confidence, inappropriate control of weight practices, and continuous starvation and dieting (Croll, 2006; Prevos, 2005).

Adolescents' self-perceptions of their appearance are thought to have a significant role in their growth of confidence and are a reliable indicator of their worth. According to research, young people may experience both mental and physical disorders as a result of an incorrect assessment of their bodies and a lack of contentment with them. In contemporary society, teens and young adults strive to have a perfect body by either gaining or losing weight due to the developing perception of ideal body image. Despite above mentioned problem the impact of a negative body image on women's quality of life was the main focus of earlier research in this field. However, new studies show that problems with eating and discontent with their bodies are more common in males also (Carlat & Camargo, 1991; Furnham *et al.*, 2002; Ricciardelli & McCabe, 2004). In a nutshell, feeling of self-worth or self esteem is a trait of personality associated with mental as well as emotional wellness. An ecosystem multidimensional model of self-esteem has also been proposed, which includes various elements of one's physiological feelings of worth, state of health, sporting skill, physical stamina, and appealing physique in addition to aspects related to worldwide confidence (Fortes , Delignières and Ninot, 2004). Thus, whether or not a person is accepted by others

depends greatly on their physical appearance. Being rejected in social situations can lead to self-doubt about one's appearance and personality, which can seriously harm one's sense of one's body and self-worth. In light of this, teenage body image and self-esteem are psychological notions that emerge in social settings.

However, it is important to consider that the beauty of the body or body image does hold some significance, as a positive body image has an important relationship with body satisfaction as people have valued physical attractiveness across the course of time. But concerns over their body image are common. These worries frequently centre on things like size or shape of a certain body part, weight, size, the complexion, and hair. A person's perception of their own body can be influenced by the ways in which society as a whole, television, the internet, and contemporary culture form these ideas. Nevertheless, it is important to emphasize in this paper that there are certain factors responsible for the feelings of body image that arise in adolescents. These individuals place such importance on this issue that sometimes their true qualities or abilities get overshadowed, and in some way, their self-confidence and morale diminish. One does not acquire a body image on its own. Both good and adverse perceptions regarding one's body are communicated by relatives, close companions, and culture. They have the power to persuade people even at an early age that there is a perfect physique. It's frequently an artificial image. An individual's impression of their body image is one of the important aspects that is thought to be the cause of stress (Cash, Phillips, Santos, Hrabosky, 2004). Teen stress was found to be primarily caused by beauty standards and body image in the culture (Nye and Cash, 2006). The perception-based aspects of body image comprise multiple components. The way we perceive our dimensions, structure, dimensions, facial features, posture, and activities is known as the perceptual component. Our feelings about these characteristics and how those feelings influence our behaviours are known as the attitudinal component.

The person;s level or the quality of life is one of the mental and psychological factors that is influenced by one's body image (Group, 1998). A person's expe-riences, beliefs, and perception of their body image all affect their quality of life (Testa and Simonson, 1996). According to the WHO, a person's view of their place throughout their lives in relation to their objectives, standards, expectations, and worries, as well as the culture and value systems in which they live, constitutes their quality of life. This diverse notion is intricately influenced by an individual's physical and mental well-being, beliefs, social connections, and interactions with prominent elements of their surroundings (Fortier-Brochu, Beaulieu-Bonneau, Ivers, Mori, 2010). According to research, when someone is fixated on imaginary imperfections in their physical appearance, they have a negative perception of their body (Johnson and Wardle, 2005). Nevertheless, a student's learning, academic success, and performance are greatly impacted by quality of life as well as their well-being.

The body types of young adults differ significantly from the socially acceptable body types. Social media conceptions of beauty which frequently glorify unattainable body types and shapes are relentlessly inundating young people. The ability to accept and value one's physique is a component of having an optimistic view of one's body (Tylka Wood-Barcalow, 2015). On the other hand, a pessimistic self-evaluation of one's body represents an adverse view of one's body (Stice and Shaw, 2002) Discontent with one's appearance may result from an imbalance between the envisioned and realistic and perceived pictures of the body (Hosseini, Padhy). Body image distortion, 2021). Dissatisfaction of one's body image can be painful and have dire consequences. Self-worth, mental state, interpersonal and professional functioning as a whole as well as psychological and physical well-being can all be negatively impacted by a negative body image. Prior studies have demonstrated a connection between an individual's quetelet index , feelings of a sense of worth and confidence and their assessment of the way they look . This emphasizes how girls have a propensity to strive for an attractive body image perfect and, should they fail to meet it, to lose confidence and lead less fulfilling lives Soohinda, Mishra, Sampath and Dutta, 2019. Now, when it comes to discussing girls, it becomes evident that they tend to be more conscious about their body image or

body structure, and perhaps to some extent, that is somewhat natural. And if she feels that there is some bodily deficiency in her, a sense of shame arises within her, which negatively impacts her lifestyle and its quality. We can discuss some studies to prove this. According to research, preached societal standards regarding the feminal body are difficult to totally realise, and women who fully internalise them relate the fulfilment to those standards with who they are (Sandhu and Sandhu, 2021). As such, when they fall short, there's a sense of humiliation. Lowered self-esteem is the outcome of this Singh (MM, 2016). Additionally, it has been noted that low-self-esteem females who fail to attain a society-accepted ideal body shape or who mistakenly perceive their own body type are more vulnerable to environmental cues that eventually cause them to adopt the traditional physical appearance and body ideal (Moradi, 2010). Some Past research on the subject of self-esteem revealed similar findings, suggesting that boys are more self-assured than girls (Pazzaglia *et al*., 2020; Petrovics *et al*., 2021). It's known that during puberty, boys' bodies change to more closely resemble the ideal of masculinity, which boosts their self-esteem and body satisfaction, while girls' bodies change to greater strongly resemble the ideal of femininity, which lowers their confidence and body-image contentment.

Some more research also suggests that while both genders, male and female, are concerned about their body image, this tendency is more commonly observed in girls or females compared to boys, as they often think more about their appearance and weight (Delfabbro, Winefield, Anderson and Hammarstrom,2011). However, the issue of our paper is also that if such feelings arise in the youth, the psychological damage can be quite significant. To prove this, a study found body dissatisfaction in six-year-old children; however, the degree of dissatisfaction may vary or how it is measured (Kenny, Sullivan, Callaghan and Molcho M, Kelly, 2018). When interviews were conducted with children aged 16 to 25, they accepted this as the third biggest challenge that is currently harming youth both physically and psychologically, such as the lack of job opportunities and failure in the field of education. This reveals that body image or its beauty is an extremely con-

cerning subject among the youth because it is not only giving rise to mental health issues but also encouraging risk-taking behavior among them (YMCA, 2016). An important study conducted with some young women found that they have more thoughts of suicide, which is related to their body image, or if they feel that their poor body image is somehow leading them towards failure in their lives (Crow, Eisenberg, Story, Neumark-Sztainer, 2008) It was also found in an additional study that excessive concern about one's body significantly increases the tendency for self-harm and emotional weakness (Muehlenkamp and Brausch, 2012).

Our assumptions about ourselves are reflected in our self-concept, whereas our experiences or internalized negative feedback about ourselves make up our self-esteem. Because studies have conceptualized self-esteem as a powerful predictor of specific outcomes, such as academic success, contentment, pride in relationships or affection, then sinful behaviour, self-worth is attractive in the same way as a neighbourly psychological assembly. Self-confidence is especially appealing when it has a distinct aspect (e.g., "I believe that i am so good in writing so I am like that I am really a good writer, and I actually embrace that") and then a global reach. Self-esteem is the result of a person's entire, passionate, subjective assessment of one's own value. It is the decision made by one person based on their attitude towards themselves. It is appropriate to say that feelings of victory, desperation, glee, and humiliation are all included in the concept of self-esteem, as are self-beliefs such as "I am honorable as well as capable"." Self-esteem is the positive or negative feedback we receive about ourselves, based on how much we feel we should respect ourselves."

After writing a lot about body image, while we can't draw a conclusion but one thing can be said about youth and body image that resonates within our understanding, this issue can arise at any age, but it tends to persist from adolescence into young adulthood. And throughout life, there are always ups and downs. A study reveals that the possibilities of negative body dissatisfaction or body image are highest during adolescence, additionally this can continue to develop into young adulthood, or it can be said that it can also occur or happen in later

ages (Reel, Voelker, & Greenleaf, 2015). Although more research has been conducted on the issue of negative body image, it has been found in both males and females, regardless of their socioeconomic status, race, or ethnicity considered in those studies (Findlay, 2004). However, it is possible that this problem is somewhat more prevalent among females. The entire article written above and the mentioned studies reveal one thing: that body image dissatisfaction among youth leads to numerous psychological problems, feelings of inadequacy, inferiority, and a lack of self-confidence. It is said that if something has happened, there must be a reason for it, or efforts are made to find the cause. It is evident that certain factors could also be responsible for it and because there is currently a lot of discussion about this, it seems that yes, this is a major issue for the youth. For example, it can be said that social media, which is an important part of today's life, plays a significant role in our lives and perhaps cannot be denied, as countless research studies have been conducted on this topic and many are ongoing (Hummel, and Smith, 2015). All emphasize that social media has a negative effect on youth body dissatisfaction, as receiving negative comments is difficult for everyone. This leads to comparisons between young boys and girls regarding their positive and negative body image and definitely it has a very negative effect in their lives (Holland and Tiggemann ,2016). Now it is high time that today's youth be protected from all those things that negatively affect their personality, making them feel inadequate or unattractive, as this also adversely impacts other fields in which they could excel. One point that deserves attention here is that the purpose of this paper was not to focus on too many factors, but rather to emphasize how their own thought develops during adolescence or young age that their body does not look good, leading to feelings of disappointment. Although external influences like societal messages and societal expectations of beauty also have an impact on body image, internal variables still have a significant influence (Reel, Voelker and Greenleaf, 2015). This topic can be studied or researched separately because there are many factors responsible for body dissatisfaction among youngsters. Nowadays, lifestyles have

completely changed, and many things affect this, which we cannot overlook.

It is imperative that practical methods be developed to address the prevalent psychiatric disorders in young adults related to body image issues. Finding creative, long-lasting, and culturally appropriate ways to support favourable body images and physical appearance practices is also crucial for fostering healthy attitudes, behaviours, and beliefs. Some individuals believe that improving their physical appearance is necessary for having a positive body image. They believe that they will like their bodies if they are in better shape. However, it's preferable to begin in the opposite direction.

A bad body image stems from comparing oneself to others, which is the source of all misery. We all envy others for something that they have that we either don't have or believe we don't, despite the fact that each and every one of us is attractive in our own unique manner. We feel that we are inadequate based on who we are when we look in the mirror. What makes accepting oneself so difficult? Self-esteem and body image are unfixed. Our thoughts about our bodies influence our emotions and actions. Enhancing our self-worth requires us to examine our existing practices and evaluate what keeps us stuck in a poor body image. It's not necessary to spend five minutes after your shower adoring every inch of your nude body in the mirror to have a positive body image, but if you do well for you! It's better to embrace your physical appearance just the way it is at this point rather than being completely fixated on every aspect of yourself. Perfection is not the goal. It takes effort to increase your self-esteem. Rebuilding a severely negative body image can take years. You have a lifetime of poor self-esteem to overcome, but there are a number of small things you can try to improve yourself.

It is true that young adults with positive body images are more self-assured and enjoy better mental and physical health, and that teens' body image has a significant influence on their mental and physical health. However, many young girls and boys have issues with body image or self-worth. Additionally trauma, hopelessness, medical conditions, or a multitude of health difficulties may have an effect on how you see or think about your-

self. Now it is very important to teach teenagers to prioritize usefulness over looks and dispelling weight-focused health information can promote positive body image and also advice them for using social media responsibly to prevent the harm of comparisons among others. Children at a young age need to understand that a positive body image is related to body satisfaction and life satisfaction. The more positive thoughts they have, the better they will feel about themselves. Success is not unattainable; rather, it can be achieved by overcoming challenges and finding happiness. Life can be lived in its true sense because once the feeling of a negative body image takes hold of the mind, it weakens one psychologically and emotionally for a lifetime. Additionally more positive body image strategies are needed, especially for young females. These strategies should value cohabitation as well as happiness and well being in the face of physical diversity, offer information on appropriate food consumption, and shield victims of peer bullying. Last but not least life is very precious and should be lived positively; only then can one avoid mental problems and lived happily.

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