

Assessment of Body Image Satisfaction and Self-Esteem among University Students in Ilorin Kwara State, Nigeria

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Abstract

The physical body plays an important role in conveying identity, experiencing pleasure, emotions, and self-expression of individuals. Misconceptions about the body image are common among adolescents and are a major factor in several serious illnesses. Therefore, this study assessed body image satisfaction and self-esteem among university students. A descriptive cross-sectional survey was conducted among 419 respondents using the purposive sampling technique. A self-structured questionnaire was used for data collection. Data were analyzed using descriptive and inferential at 0.05 level of significance. The study revealed that 89.3% of respondents were between the age of 16-25 years, with a mean age of 22 years. 42.0% of the respondents stated that they were satisfied with their overall body, 33.7% said they were very satisfied and only 3.1% were very dissatisfied. Findings on the level of self-esteem revealed that 49.8% had a moderate level of self-esteem, 26.3% had a high level and 23.9% had a low level of self-esteem. The factors influencing body image satisfaction as identified by respondents were social media (60.4%), comments from family and peers (76.6%), past experiences (58.2%), perceived flaws or defects in appearance (65.2%), societal expectations of gender (61.8%), physical and hormonal changes associated with age (71.4%). A significant association was found between self-esteem and body image satisfaction among the respondents with $p\text{-value} = 0.002 < 0.05$. The results of this study showed that the majority of the respondents were satisfied with their body image and had good self-esteem. However, some of the respondents were dissatisfied with their body image and had poor self-esteem.

Keywords: Assessment, Body Image, Satisfaction, Self Esteem, Undergraduate Student.

Introduction

The physical body plays an important role in conveying identity, experiencing pleasure, emotions, and self-expression of individuals right from childhood till death [1]. The idea and feelings that people have about their physical appearance can invariably affect their self-esteem [2]. This can be attributed to the fact that societally, adolescents are increasingly subjected to criticism of the shape, size, and colour of their bodies either intentionally or unintentionally.

As a transitional stage from childhood, adolescence is marked by significant physical, psychological and cognitive growth, development and maturation. Adolescence is seen as a crucial period during which the body of teenagers might evolve in significant ways, leading to a body image that they may or may not be satisfied with. According to studies [2], adolescents are too concerned with their physical appearance and how others perceive them. A startling 94% of females and 84% of males struggle with their body image [3].

Body image (BI) is a person's perceptions, thoughts, and feelings about his or her own body. It is a multifaceted idea comprising elements of behaviour, psychology, and culture [4]. Similar to this, body image demonstrates how individuals evaluate their physical characteristics and body types based on how they see themselves and how others see them [2]. Body image is conceptualized by including body size evaluation, the estimation of body attractiveness, and feelings related to body shape and size, and it is impacted by emotions associated with physical changes that occur throughout a lifetime. As a result, a person's body image is not a fixed component of who they are; rather, it is a dynamic quality that is influenced by how they feel about themselves as they go through physical changes in their lifetime [5]. Gender also strongly influences how boys and girls perceive their bodies, with girls and boys exhibiting various body image judgements, such as the idea that girls should be slender, and guys should be muscular [6].

The body image can either be positive or negative. Positive body image is described as "a person's acceptance of his or her own body, and appreciation of its uniqueness and the functions it performs [4]. Positive opinions of one's physical appearance, notwithstanding any perceived flaws, are what constitute a positive body image [7]. People who have a positive body image are more inclined to take care of their bodies' requirements by engaging in healthy behaviours and recognising that their worth is not only based on how they look [8]. On the other side, distorted body image is the negative form and is described as a condition in which a person is unable to see himself or herself accurately in the mirror; but perceives his features and body size as distorted [4]. Many young people experience negative body image, also known as body dissatisfaction or body shame. This has been linked to disordered eating, depression, low

self-esteem, and other mental health issues as well as low overall well-being [8].

Studies have indicated that a negative body image in young adults can be caused by a variety of factors, including bullying or teasing about appearances or weight; peer pressure for girls to be thin and boys to be masculine, disabilities; cultural backgrounds; media and advertising images that promote specific appearance ideals [9].

Undergraduate students can be almost any age, but the majority of undergraduate students are adolescents. Adolescence is a time of noticeable psychological, sociological, and emotional changes hence, many health-related habits, such as eating habits and physical activity, are formed and persist into adulthood, having a significant impact on future health [6]. Furthermore, beliefs about one's body that are developed in early life influence dietary status, body size and shape in later life, all of which have an impact on the physiological and psychological well-being of the undergraduate [6].

Body image is crucial to adolescents and can have major effects on a person's emotional and physical health [10]. Body image distortion negatively affects peer relationships and is strongly related to bullying behaviour. It is therefore necessary to provide interventions to help undergraduates perceive their body image correctly, and for this, the factors associated with the body image perception of undergraduates should be identified [5].

There have been several studies on body image, self-esteem, and the relationship between the variables among young adolescents undertaken at various times around the world [2, 9]. However, to the best of the researcher's knowledge, there is scarce literature and published studies on self-esteem and body image, especially among university students in Nigeria. This study aimed to assess body image satisfaction and self-esteem among undergraduate students, as well as, identify factors influencing body image

satisfaction of undergraduate students in Ilorin, Kwara State.

Methods

Research Design and Setting

A descriptive cross-sectional research design was used in this study. It was conducted in the only federal institution in Kwara State, Nigeria. Kwara State is one of the six states that make up the North Central geopolitical zone in Nigeria. This Institution is well known for training students both in learning and character. The University has 15 faculties with over 60 academic departments in the existing faculties with about 50,000 students. Undergraduate degree programs run for 3, 4, 5, or 6 years, depending on entry qualifications and chosen discipline. Similarly, the postgraduate programs run on different dimensions depending on the nature of the program.

The sample size for this study was calculated using Andrew Fisher's sampling technique $n = z^2pq/d^2$ where 'n' is the required sample size; 'Z' is the standard normal deviation corresponding to the 95% coefficient interval (equivalent to 1.96); 'P' is the prevalence of the attribute being studied and was estimated at 0.5; 'q' is 1- p and 'd' is the margin of error or the desired level of precision which was set at 5% (0.05). Therefore, a total population of 384 students was calculated as the minimum required sample size and to account for potential loss of questionnaires, and non-responses of filled questionnaires, an additional 10% of the sample size was added as a precaution. Thus, the final sample size of 419 respondents was used for the study. The purposive sampling technique was used in selecting the respondents. The inclusion criteria were all undergraduate students of the University of Ilorin who were willing to participate in the research study. Undergraduate students of the University of Ilorin who did not register for the academic session and postgraduate

students were excluded from the study. The instrument for this study was a questionnaire comprising closed and open-ended questions. The content of the research instrument was adopted from the body image assessment questionnaire, and section D was developed by the researcher after an extensive literature review. The questionnaire comprised four sections: A, B, C and D of 64 question items: section A contains eight (8) questions on the socio-demographic data of the respondents; Section B contains thirty-six (36) questions on body image satisfaction with options of 'Very Dissatisfied' 'Dissatisfied' 'Neutral' 'Satisfied' and Very Satisfied; Section C contains ten (10) questions on self-esteem. With options of 'Strongly Agree' 'Agree' 'Disagree' and 'Strongly Disagree'. Section D contains ten (10) questions on factors influencing body image satisfaction with options of 'yes' and 'no'. The face and content validity of the study was carried out by experts in nursing research and statistics who helped in vetting the questionnaire and the instrument was modified according to their recommendations. The reliability of the instrument was determined using a test-retest method which involved the administration of 10% of the sample size (42 copies of the questionnaire) to undergraduate students from a different university with similar characteristics at two-week intervals. The reliability of the instrument was analyzed using Cronbach's alpha and a Cronbach alpha coefficient of 0.856 was obtained, which confirmed the reliability of the instrument. The questionnaires were designed in English and were administered to the respondents by the researchers and two trained research assistants at the selected faculties and departments. The research assistants were trained on issues of privacy, confidentiality and consent seeking. The purpose of the study was explained to the respondents and consent from each participant was obtained before questionnaires were administered. The researcher guaranteed the

confidentiality and anonymity of their responses, as names were not required on questionnaires and could not be traced to the respondents. The completed questionnaires were collected immediately after the process of filling by the respondents to avoid loss or damage. A total of 419 questionnaires were administered and all were retrieved. Thus, the response rate for the study was 100%. The duration of data collection was from August to October 2023. The questionnaires were analyzed using IBM SPSS version 26 (Armonk, NY), and the results were presented using descriptive statistics such as frequencies and percentages to summarize categorical variables. Inferential statistics in the form of chi-square was used to test the association between the independent variables and dependent variables at a 0.05 level of significance. All related ethical issues were addressed during the conduct of this study. Approval to conduct the study was obtained from the University of Ilorin, Faculty of

Clinical Sciences Ethical Review Committee with reference number UIL/CHS/FERC/032. Informed consent was obtained from the participants before administering the questionnaires. The study was explained to each participant and they were informed that participation was voluntary and were freedom to withdraw at any point in the study. They were informed to avoid writing their names or any form of identification on the questionnaire to ensure anonymity.

Results

Sociodemographic Characteristics

The study elicited responses from a total of 419 students, and the findings, as presented in Table 1, show that the majority of the respondents 374(89.3%) were between the age of 16-25 years, 303(72.3%) were single, and 359(85.7%) were Yoruba by the tribe. More than half of the respondents 227(54.2%) were Christian.

Table 1. Socio-demographic Profile of Respondents (n= 419)

Characteristics	Response	Frequency	Percentage
Age	16-25	374	89.3
	26-35	45	10.7
Sex	Male	116	27.7
	Female	303	72.3
Marital Status	Single	393	93.8
	Married	26	6.2
Ethnicity	Yoruba	359	85.7
	Hausa	14	3.3
	Igbo	20	4.8
	Others	26	6.2
Religion	Islam	192	45.8
	Christianity	227	54.2
Department	Anatomy	26	6.2
	Agric	37	8.8
	Biology Education	16	3.8
	Chemistry education	18	4.2
	Electrical engineering	22	5.2
	Food engineering	19	4.5

	Physiology	32	7.6
	MBBS	66	15.8
	Nursing	144	34.4
	MLS	16	3.8
	Physiotherapy	23	5.5

Body Image Assessment among Undergraduate Students

Table 2 shows that more than half of the respondents 242(57.8%) stated that they have never thought that their body is too fat, 254(60.6%) stated that they have never thought that their body is too thin, 334(79.7%) stated that they have never thought that their body is too muscular, 292(69.9%) stated that they have never thought that their body is too flabby, 315(75.2%) stated that they have never thought that their body is out of proportion and 326(77.8%) also stated that they have never thought that they were ugly. The table also shows that the majority of the respondents 307(73.3%) stated that they have never felt

ashamed of their body, 344(82.1%) stated that they have never felt disgusted about their body, and 344(82.1%) stated that they have never felt angry about their body. Regarding body image-related behaviours, the majority of the respondents 291(69.5%) stated that they have never checked their weight multiple times a day, more than half of them 240(57.3%) stated that they have never spent a lot of time looking in the mirror and criticizing their appearance, 304(72.6%) stated that they have never overeat to cope with negative emotions and 263(62.8%) stated that they have never exercise excessively to control their weight.

Table 2. Body Image Assessment among Respondents (n=419)

VARIABLES	N (%)	R (%)	S (%)	O (%)	AL (%)
Body-Image related cognitions					
I think my body is too fat	242(57.8)	50(11.9)	96(22.9)	16(3.8)	15(3.6)
I think my body is too thin	254(60.6)	65(15.5)	83(19.8)	10(2.4)	7(1.7)
I think my body is too muscular	334(79.7)	57(13.6)	24(5.7)	2(0.5)	2(0.5)
I think my body is too flabby	293(69.9)	65(15.5)	47(11.2)	6(1.4)	8(1.9)
I think my body is too short	270(64.4)	60(14.3)	70(16.7)	11(2.6)	8(1.9)
I think my body is too tall	344(82.1)	42(10.0)	21(5.0)	6(1.4)	6(1.4)
I think my body is out of proportion	315(75.2)	51(12.2)	40(9.5)	8(1.9)	5(1.2)
I think my body is ugly	326(77.8)	47(11.2)	38(9.1)	4(1.0)	4(1.0)
Body image-related emotions					
I feel ashamed of my body	307(73.3)	53(12.6)	47(11.2)	8(1.9)	4(1.0)
I feel embarrassed about my body	288(68.7)	64(15.3)	51(12.2)	12(2.9)	4(1.0)
I feel anxious about my body	218(52.0)	62(14.8)	118(28.2)	17(4.1)	4(1.0)
I feel disgusted by my body	344(82.1)	42(10.0)	24(5.7)	6(1.4)	3(0.7)
I feel depressed about my body	334(79.7)	39(9.3)	28(6.7)	13(3.1)	5(1.2)
I feel angry about my body	344(82.1)	34(8.1)	29(6.9)	9(2.1)	3(0.7)
Body image-related behaviours					
I avoid social situations because I am afraid of being judged on my appearance.	237(56.6)	71(16.9)	93(22.2)	10(2.4)	8(1.9)
I have to check my weight multiple times a day	291(69.5)	68(16.2)	47(11.2)	5(1.2)	8(1.9)

I spend a lot of time looking in the mirror and criticizing my appearance	240(57.3)	99(23.6)	55(13.1)	10(2.4)	15(3.6)
I compare my appearance to others' appearances	145(34.6)	101(24.1)	145(34.6)	15(3.6)	13(3.1)
I avoid certain clothes because I don't like the way they look on me	99(23.6)	68(16.2)	172(41.1)	53(12.6)	27(6.4)
I restrict my food intake to control my weight.	242(57.8)	80(19.1)	68(16.2)	15(3.6)	14(3.3)
I overeat to cope with negative emotions	304(72.6)	57(13.6)	37(8.8)	8(1.9)	13(3.1)
I exercise excessively to control my weight	263(62.8)	89(2.2)	49(11.7)	8(1.9)	10(2.4)

Key: N=Never R=Rarely, S=Sometimes, O=Often AL=Always

Body Image Satisfaction among Undergraduate Students

Table 3 shows that a higher proportion of the respondents 176(42.0%) stated that they were satisfied with their overall body, 203(48.4%) stated that they were very satisfied with their face, more than half 223(53.2%) stated that they were very satisfied with their neck, 144(34.4%) stated that they were

satisfied with their hips, 162(38.7%) stated that they were satisfied with their buttocks, 165(39.4%) stated that they were very satisfied with their legs while 187(44.6%) stated that they were very satisfied with their feet. Overall, 168(40.1%) had high level of body image satisfaction, 131(31.3%) had moderate level of body satisfaction while 120(28.6%) had low level of body satisfaction.

Table 3. Body Image Satisfaction among Respondents (n=419)

VARIABLES	VD (%)	D (%)	N (%)	S (%)	VS (%)
Overall body satisfaction					
How satisfied are you with your body overall?	13(3.1)	20(4.8)	69(16.5)	176(42.0)	141(33.7)
How much do you like your body?	10(2.4)	13(3.1)	46(11.0)	187(44.6)	163(38.9)
How much do you dislike your body?	80(19.1)	50(11.9)	137(32.7)	63(15.0)	89(21.2)
Satisfaction with specific body parts					
How satisfied are you with your head?	13(3.1)	18(4.3)	51(12.2)	148(35.3)	189(45.1)
How satisfied are you with your face?	10(2.4)	9(2.1)	57(13.6)	140(33.4)	203(48.4)
How satisfied are you with your neck?	5(1.2)	13(3.1)	44(10.5)	134(32.0)	223(53.2)
How satisfied are you with your shoulders?	18(4.3)	32(7.6)	75(17.9)	133(31.7)	161(38.4)
How satisfied are you with your breasts?	18(4.3)	32(7.6)	75(17.9)	133(31.7)	161(38.4)
How satisfied are you with your stomach?	30(7.2)	53(12.6)	91(21.7)	110(26.3)	135(35.2)
How satisfied are you with your waist?	15(3.6)	29(6.9)	84(20.0)	144(34.4)	147(35.1)
How satisfied are you with your hips?	15(3.6)	20(4.8)	88(21.0)	163(38.9)	133(31.7)
How satisfied are you with your buttocks?	15(3.6)	35(8.4)	81(19.3)	162(38.7)	126(30.1)
How satisfied are you with your legs?	17(4.1)	24(5.7)	62(14.8)	151(36.0)	165(39.4)
How satisfied are you with your feet?	15(3.6)	12(2.9)	62(14.8)	143(34.1)	187(44.6)

Key: VD=Very Dissatisfied D=Dissatisfied, N=Neutral, S=Satisfied VS= Very Satisfied

Self-esteem among Undergraduate Students

Table 4 shows that a higher proportion of the respondents 180(43.0%) strongly agreed that they are satisfied with themselves, few of the respondents 47(11.2%) agreed that at times, they do think that they are no good at all while a higher proportion of them 186(44.4%) strongly disagreed. More than half of the respondents, 226(53.9%), strongly agreed that they feel that they have several good qualities, while 152(36.3%) of them agreed that they have several good qualities. A high proportion of the respondents, 188(43.0%), strongly disagreed that they do not have much to be proud of, and a higher proportion of them,

203(48.4%), also strongly disagreed that they feel useless at times. The majority of the respondents, 274(65.4%), strongly disagreed that they are inclined to feel that they are a failure, while a few of them, 28(6.7%), strongly agreed. Half of the respondents, 210(20.1%), strongly agreed that they take a positive attitude towards themselves, 135(32.2%) agreed, and 12(2.9%) of the respondents strongly disagreed. Overall, almost half of the respondents 209(49.9%) had high level of self-esteem a lesser proportion of them 110(26.3%) had moderate level of self-esteem while 100(23.9%) had low level of self esteem.

Table 4. Self-esteem Assessment among Respondents (n=419)

VARIABLES	SA (%)	A (%)	N (%)	D (%)	SD (%)
On the whole, I am satisfied with myself	180(43.0)	159(37.9)	53(12.6)	17(4.1)	10(2.4)
At times I think I am no good at all.	27(6.4)	47(11.2)	56(13.4)	103(24.6)	186(44.4)
I feel that I have several good qualities.	226(53.9)	152(36.3)	23(5.5)	9(2.1)	9(2.1)
I can do things as well as most other people.	201(48.0)	173(41.3)	31(7.4)	9(2.1)	5(1.2)
I feel I do not have much to be proud of.	24(5.7)	68(16.2)	48(11.5)	99(23.6)	180(43.0)
I certainly feel useless at times.	29(6.9)	54(12.9)	59(14.1)	74(17.7)	203(48.4)
I feel that I'm a person of worth, at least on an equal plane with others.	164(39.1)	162(38.7)	45(10.7)	21(5.0)	27(6.4)
I wish I could have more respect for myself.	72(17.2)	111(26.5)	101(24.1)	48(11.5)	87(20.8)
All in all, I am inclined to feel that I am a failure.	28(6.7)	19(4.5)	34(8.1)	64(15.3)	274(65.4)
I take a positive attitude toward myself.	210(50.1)	135(32.2)	51(12.2)	11(2.6)	12(2.9)

Key: SA=Strongly Agree A=Agree, N=Neutral, D=Disagree SD=Strongly Disagree

Factors Influencing Body Image Satisfaction of Undergraduate Students

Table 5 shows that the majority of the respondents 253(60.4%) opined that social media is a factor that influences body image perception. The majority of the respondents 321, 76.6% stated that comments from family and peers are factors that influence body image perception. More than half of the

respondents, 244(58.2%), opined that experience is a factor that influences body image perception. The majority of the respondents, 273(65.2%), stated that perceived flaws or defects in appearance are factors that influence body image perception. Further inferences from the table show that the majority of the respondents 259 (61.8%) opined that societal expectations of gender are

a factor that influences body image perception and the majority of the respondents 299 (71.4%) stated that physical and homotropical

changes associated with age are a factor that influences body image perception.

Table 5. Factors That Influence Body Image Perception (n=419)

VARIABLES	Yes Freq. (%)	No Freq. (%)
Social Media	253(60.4)	166(39.6)
Comments from family and peers	321(76.6)	98(23.4)
Cultural Norms and Values	194(46.3)	225(53.7)
Experience e.g., traumatic event or bullying	244(58.2)	175(41.8)
Psychological Well-being and Self-esteem	311(74.2)	108(25.8)
Perceived flaws or defects in appearance	273(65.2)	146(34.8)
Socioeconomic status	208(49.6)	211(50.4)
Comparing physical appearance to that of peers	271(64.7)	148(35.3)
Societal expectations of gender	259(61.8)	160(38.2)
Physical and hormonal changes associated with age	299(71.4)	120(28.6)

Table 6. Statistical Associations between Gender and Body Image Satisfaction (n=419)

Variable	Body Satisfaction			Total	Chi-square. χ^2	p-value
	Low	Moderate	High			
Gender						
Female	93	9	117	303	2.325 ^a	0.313
Male	27	38	51	116		
Self-esteem						
Low	59	20	21	100	96.715 ^a	0.002
Moderate	8	62	40	110		
High	53	49	107	209		

Table 6 shows that there is no significant association between gender and body image satisfaction among undergraduate students with p-value = 0.313>0.05. However, there is a significant association between self-esteem and body image satisfaction among undergraduate students with p-value = 0.002<0.05.

Discussion of Findings

The socio-demographic profile of the respondents revealed that the majority of the respondents were between the age of 16-25 years which means that the majority of the respondents were young and vibrant. The majority of them were single, more than half

of them practised Christianity religion, a higher proportion of them were Yoruba and a higher proportion of them were also from the Nursing Science department. This implies that the study setting is dominated by Christian students who were single, Yoruba and were also more equipped with health/medical knowledge. This aligns with the results of a previous study where the mean age of the students was 20.6 and the majority of them were single [8].

Body Image Assessment

Findings from the study revealed that the majority of the respondents have a good level of satisfaction with their body which is in

contrast with the findings of a study among medical students [8]. A higher proportion of satisfaction was expressed in areas such as their face, neck, hips, buttocks, legs and feet, with only a few of them expressing dissatisfaction in any of those areas. This corroborates the findings of a previous study where a higher proportion of the respondents were satisfied with areas of their body [11]. The study also revealed that the majority of the students have never felt their body is too fat, thin, flabby or muscular. A good proportion of them also had never felt their body as being out of proportion or seen themselves as being ugly. This is in contrast to the findings of a study that revealed strong dissatisfaction with body image among the respondents [12]. In the aspect of feelings of shame, disgust or anger about their body, the majority of the respondents expressed that they had never felt any of such feelings as regards their body. This was further emphasized by the fact that this same majority have never had to spend a lot of time looking in the mirror to criticize their appearance, overeat to cope with negative emotions or exercise excessively to control their weight. This is in congruence with findings from another study where overeating and excessive exercise were not common among the respondents [13].

Self-esteem Assessment

Findings from this study revealed that the majority of the respondents were satisfied with themselves and experienced no ill feelings about themselves, which is similar to findings from a study that revealed the same results [14]. Almost all the respondents expressed that they had a significant number of good qualities and strongly disagreed with not having much to be proud of or feeling useless to themselves or others which is in contrast to findings from a previous study which revealed that the majority of the respondents felt they lacked several good qualities [15]. A larger

proportion of the respondents also strongly disagreed with feeling like failures but rather emphasized that they took a more positive attitude towards themselves instead. This is in line with the results of a study that revealed a more positive attitude towards their self-image among the majority of the respondents [16].

Factors that Influence Body Image

Findings from the study revealed that the majority of the respondents believed social media is a factor that can influence body image perception. Studies have shown that increased social media use has been linked to social comparison of one's body image with others, which in turn raises concerns about appearance [17, 18, 19,]. The majority of them also said that body image perception can be influenced by the kind of comments that come from family or peers. This is in congruence with findings from a study that revealed similar factors [20]. Furthermore, past experiences and perceived flaws/defects in appearance were identified by respondents as factors that play a role in influencing body image perception which corroborates results from another study where these factors were listed as part of the factors that influence body image [5]. The majority of the respondents also shared their opinion that gender-associated societal expectations and physical and hormonal changes associated with age were other factors that could influence the perception of body image. This corroborates [21] who reported similar findings among their respondents. The study also revealed that there was no significant association between gender and body image satisfaction among the respondents with a $p\text{-value} > 0.05$. This implies that gender does not affect body image satisfaction. Hence, gender plays no role in influencing the level of body image satisfaction of the respondents. The study also revealed that there was a significant association between self-esteem and body image satisfaction among the respondents with

a p-value<0.05. this implies that self-esteem affects body image satisfaction. Hence, the higher the level of self-esteem of the respondents, the higher their body image satisfaction will be.

Implication of the Study

Self-esteem and body image satisfaction play a crucial role in influencing the lifestyle choices of individuals, which consequently affects their general physical and mental health and well-being. Building and ensuring positive self-esteem both internally and externally is important to experience a good level of satisfaction in one's self/body. Nurses play a crucial role in educating students about positive self-esteem and body image satisfaction. Nurses can provide accurate information about the right approach to taking care of one's self. They can also offer counselling to address concerns related to individual body image perception and self-evaluation, thereby contributing positively to the well-being of the general society.

Conclusion

The findings from the study showed that the majority of the respondents have positive self-esteem and body image satisfaction. However, gender expectations, societal pressures,

comments from family/peers and social media, have an impact on body image satisfaction among the respondents, thus, it should be addressed appropriately. It was recommended that nurses should sensitize students and young adults more about positive self-image and body image satisfaction, and also how to promote it.

Recommendation

1. Workshops and outreach activities targeted at the university population to actively promote awareness of positive self-esteem, self-image and body image among undergraduate students.
2. The management of tertiary institutions should work with their student body in other to actively increase awareness of positive body image among the students, and curb the occurrence of any activity or factor that will not foster positivity among the students.

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Competing Interests

The authors have declared that no competing interest exists.

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