

**Effect of Body Image Satisfaction and Self-
Esteem on Academic Behavior of
Adolescent Nursing Schools**

Thesis

Submitted for Partial Fulfillment of The Requirements of
The Master Degree in **Pediatric Nursing**

By

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List of Abbreviations

Full term	
ABISS	Adolescent Body Image Satisfaction Scale
BIS	Body Image Satisfaction
BMI	Body Mass Index
CMHA	Canadian Mental Health Association
HIO	Health Insurance Organization
KSA	<i>Kingdom of Saudi Arabia</i>
MOH	Ministry of Health
MRI	Magnetic Resonance Imaging
P.C	Personal Computer
SE	Self Esteem
SPSS	Statistical Package for Social Science
TV	Television
WHO	World Health Organization
X²	Chi- square test

Abstract

Background: Adolescent gives concern to body image because changes that occur during this stage, the adolescence age has great impact on self-esteem, when they satisfy with their body image, they have self-confidence and high self-esteem and then they achieve school success. **Aim of the study:** This study aimed to assess effect of body image satisfaction and self-esteem on academic behavior of adolescent nursing students. **Research design:** A descriptive design was used to conduct this study. **Settings:** This study was conducted at Shobra El-gededa Secondary Technical Nursing School for males affiliated to Health Insurance Organization and Shobra-elaam (kutchner) Secondary Technical School for females affiliated to Ministry of Health and Population. **Subject:** A purposive sample composed of 160 from both sex at the previously mentioned settings under the following exclusion criteria (chronic illness, previous accident). **Results:** There was a positive correlation between body image satisfaction of the studied sample and their self-esteem on academic behavior. **Conclusion:** Factors that affect academic behavior are age, sex, classroom and residence. Also, the study concluded that, body image satisfaction and self-esteem of adolescent can affect academic behavior of adolescent. **Recommendation:** Emphasis on positive body image and high self-esteem and provide courses about self-learning method and establish human development courses for adolescent students.

Keyword: Body image, Satisfaction, Self-esteem, Academic behavior



Introduction

&

Aim of the Study



Introduction

The beliefs and evaluations of adolescent hold about themselves determine who they are, what they can do and what they can become. Some adolescents struggle with their self-esteem and body image when they begin puberty because it is a time when the body goes through many changes. Since puberty, by its very nature, is associated with weight gain, adolescents frequently experience dissatisfaction with their changing bodies (*Tiunova, 2015*).

Beauty and physical attractiveness have always been highly valued human attributes, assumed to be connected with happiness, intelligence, and success. Adolescent experience body image concerns. Adolescent's body image may be positive or negative. Body image may change over the course of life, though it seems to be fairly stable during adolescent (*Rennels, 2012*).

The period of adolescence is important for the process of self-esteem formation. The formation of self-esteem can be stimulated, encouraged by parents, teachers or others. The level of self-esteem is mirrored in the adolescent's attitude and behavior, both at home and at school. So, adolescents with a high level of self-esteem have the following characteristics: They will be capable

of influencing positively the opinion and behavior of others; they tackle new situations positively and confidently; they accept easily responsibilities; they assess correctly situations; they communicate positive feelings about themselves (*Mogoneaa & Mogoneaa, 2014*)

Self-esteem of an average person start to rise in adolescent, continue to increase in young and middle adulthood, then decrease in old age. It influences whether adolescent success or failure in many life domain including domain of academic behavior and achievement. This implies that might influence the occurrence of events that are linked to success or failure (*Trzesniewski et al., 2013 ; Johnson & Galambos, 2014 and Maes et al., 2015*).

Low self-esteem and negative body image have been reported as the most important factors for risk-taking behavior of adolescent then behavior that adolescent take in school (*Kristin, 2011 and Rawana & Morgan, 2014*).

Adolescent's relationship with their peers seemed to positively impact their academic performance and self-esteem; school engagement seemed to be a factor in positive peer relationships. Interactions formed in an academic setting are factors that may influence academic success (*Liem & Martin, 2011*).

Students behavioral issues have main problem in educational institutes. Their psychological and physical health considered the main issues in studies. There are also other important aspects for the success at school such as meaningful activities that promote problem solving, decision making and planning skills as well as goals and futures aspirations. These last competencies, as well as communication and cooperation skills, self-awareness, empathy and self-efficacy are also important for success in several life settings and success in school (*Simoaes et al., 2010*).

The school of nursing is committed to developing person-centered, clinically competent, critical thinking, research informed graduates who provide safe, quality, compassionate care in an ever-changing healthcare environment . Students are challenged to use inductive and deductive inquiry to understand the clinical/nursing situations under study (*Buck, 2017*).

Significance of the study

Body image satisfaction and self-esteem play an important roles in the development of adolescents. As the students move into late adolescence, body image and self-esteem become crucial factors for the student 's academic

behaviors that are necessary for success in school. When student achieve success and high grades in school, this reflect later on the quality of care that is provided by this student to the patients when they graduated.

Data from this study will have implications for parents, educators, counselors and for the development of programs that support healthy and successful adolescents. Information from this study will highlight the significance of timely identification of body image dissatisfaction

Aim of the Study

This study aimed to assess effect of body image satisfaction and self-esteem on academic behavior of adolescent nursing school.

Research Questions

- 1- What are the factors affecting academic behavior of adolescent nursing school?
 - 2- Is there a relation between body image and academic behavior of adolescent nursing school?
 - 3- Is there a relation between self-esteem and academic behavior of adolescent nursing school.
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