

UNIVERSITI TEKNOLOGI MARA

**BODY IMAGE, FEAR OF
APPEARANCE AND SELF-ESTEEM
AMONG OVERWEIGHT AND
OBESE ADOLESCENT IN KLANG
VALLEY**

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ABSTRACT

Being overweight and obese, there is an intense feeling of body dissatisfaction, low self-esteem, negative body image, and stigma. In fact, negative body image and disruption of healthy self-image among adolescent may lead to eating disorders, depression, isolation, and aggression, thus resulting in low self-esteem. Hence, this study was carried out to investigate the perception of body image, fear of appearance and self-esteem among the obese and overweight adolescents and examined whether there was a gender difference and the association between the variables. Using a purposive sampling method to address the overweight and obese adolescents in Klang Valley. There are 11 schools with students aged 16 to 17 years old were selected to participate in this study. 436 data were collected (with ethical approval and consent) among the respondents who met the criteria of having BMI for age at or above the 85th percentile using a questionnaire that contained 4 part of questions which are Socio-demographic data, Body Image States Scales (BISS), Fear of Appearance Evaluation Scale (FAES) and Rosenberg Self-Esteem Scale (RSES). The respondents were gather at hall and their weight and height were measured to confirmed the BMI level. Self-administered questionnaires were conducted to the confirmed respondents and it takes about 40 minutes to completed. Collected data were then analyzed using the Statistical Package Social Science version 21.0 (SPSS 21.0). Descriptive statistics such as frequency, percentage, mean and standard deviation were used to describe the sociodemographic data as well as the variables of the study using T-test and Chi-Square test. The level of the significance was set at a p-value of 0.05. The findings of this study demonstrated that female adolescents were significantly more likely to be dissatisfied with their body image compare to the male who was more neutral and confident in their body image ($p < 0.05$). Additionally, it was found that male respondents were more likely to have a lower level of fear of appearance as compared to female respondents ($p < 0.05$). The results suggest that female group were more worried about their appearance and have lower self-esteem. On the other hand, there is a significant relationship between the level of body image dissatisfaction and the level of fear of appearance ($p < 0.05$). It is also highly likely that a higher level of body dissatisfaction will lead to a lower level of self-esteem among overweight and obese adolescents. The finding of this study also revealed that overweight and obese adolescents with a high level of fear of appearance will have a low level of self-esteem. In sum, it could be suggested that being overweight and obese can be subjected to negative body image perception, high level of fear of appearance and lower self-esteem.

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CHAPTER ONE

INTRODUCTION

1.1 Introduction

This chapter contains the details about the research background, problem statements, research questions, research objectives, research hypothesis, conceptual framework, significant of study, scope and limitations of study. This chapter also briefly focuses on the real purpose of this research through the subtopic provided.

1.2 Research Background

According to WHO (2013), overweight and obesity can be defined as uncommon or excessive fat accumulation that may harm the health. According to Fara Wahida et al. (2012), obesity is a complex, multifactorial and chronic state following from the interplay between the environment and genetics. The main causes of overweight and obesity are the increase in the intake of energy dense foods that are high in fat and also in physical inactivity due to increasingly sedentary nature (WHO, 2013). Pulh and Brownell (2011) said in their research paper, obesity is usually related to the stigmatized condition such as social exclusion, occupational and educational discrimination as well as prejudice attributed to the negative attitude. The assumption that can be made is obese people may suffer psychologically as their emotionally wellbeing has been impaired (Friedman & Brownell, 2002). The emotional impairment due to body image dissatisfaction may develop mental problems such as depression.

Body image is defined as the individual, subjective feeling of satisfaction or dissatisfaction with one's body or physical looks. Body image also means that a person's awareness about own body (Danis, Bahar, Isa, & Majid, 2014). It plays a vital role in the management of body weight primarily among the adolescence since they will undergo changes in psychological and social during adolescence period, and it may contribute towards the development of the overweight or obesity (Pon, Minalini & Mohd Nasir, 2004). Body image is also defined as a person's mental