

BODY ESTEEM AND NARCISSISM AS PREDICTOR OF SOCIAL PHYSIQUE ANXIETY AMONG ADOLESCENTS

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ABSTRACT

Objective: To discover the predicting role of body esteem and narcissism for social physique anxiety among adolescents.

Study Design: Correlational study.

Place and Duration of Study: 06 Different educational institutes of Bhalwal and Sargodha city, from Jul 2018 to Nov 2018.

Methodology: Body Esteem Scale (BES), Social Physique Anxiety Scale (SPAS) and Hyper Sensitive Narcissism Scale were used to measure constructs of present study. Pearson coefficient analysis, linear regression and t-test were run to analyze data.

Results: Result of Pearson correlation revealed that adolescents' body esteem had significant negative relationship with social physique anxiety and non-significant positive relationship with narcissism; however, narcissism had strong positive relationship with social physique anxiety. Linear regression showed that body esteem was significant negative whereas narcissism was significant positive predictor of social physique anxiety among adolescent boys and girls. Furthermore, t-test analyses revealed that adolescent girls had significantly low body esteem, high social physique anxiety and narcissism as compared to adolescent boys. However, differences regarding age and education levels were found to be non-significant. The implications, suggestions and limitations of study have also been discussed.

Conclusion: Current study concluded that body esteem and narcissism are significant predictors of social physique anxiety among adolescents and this varies across gender.

Keywords: Adolescents, Body esteem, Narcissism, Social physique anxiety.

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INTRODUCTION

Body esteem is one of imperative build in puberty that integrates body appearance, considerations and convictions with respect to body shape and appearance, mentalities reflecting how people feel about their body size and shape and practices identified with their appearance¹. Worries about physical appearance and other body qualities are key to adolescents' sense of self-esteem and can possibly influence young people general prosperity. Adolescence has been found as a helpless period for predominant unsettling influences in self-perception due to physique changes. Numerous studies have been stee-

red on the body esteem throughout the decade and these studies illustrated that body esteem alludes to how an individual see, ponder his or her own particular body². Narcissism is a self's nature that has significant suggestions for considering, feeling, and carrying on. People with narcissistic identity have exceedingly inflated, unreasonably constructive perspectives of the self which incorporates solid self-center, sentiments of privileges and absence of respect for others³.

Body Esteem is a vital part of one's life and body disappointment is being noted among immature young men especially the individuals who are overweight. For both adolescents' boys and girls poor body esteem relates to poor self-regard. Empirical studies (2019)⁴ found strong connection between self-evaluations of physical appearance and self-regard among young people.

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They found that teenagers positively willing toward their appearance tend to report large amounts of world wide self-regard in comparison to individuals who are generously disappointed with their appearance and tend to be less energetic in their general feeling of self-respect especially females were found to be high on dissatisfaction towards their body type during adolescence times. Dissatisfaction with body appearance leads to many emotional and psychological problems among adolescence and they tend to adapt/show certain maladaptive behaviors among which one is anxiety/anxious behavior⁵. One of this behavior is also their personality attributes highly exhibit in response to low body esteem i.e, narcissism.

Narcissists concentrate on what benefits them with less respect for how their activities might benefit (or hurt) others. Normally narcissism has not been considered as a positive connotation and according to empirical research (2016)⁶ it is neither a diagnosis nor a concept rather it is an approach which helps the individual to identify his/her personality dimensions. On the other hand it is natural characteristic among all as everyone tends to show some extent of narcissism, self-regarding and selfishness so that he/she can do anything, feel better and get acceptance. Nevertheless, some show extreme dominance in these characteristics which is indicative of problematic behavior. The most significant feature of narcissism is that self (which includes the individual wholly as a perceived psychological and physical entity existing outside world: personality) is exceptionally protruded and interest in others reduces⁷.

As narcissistic had a certain self therefore they are inflated, exceptional, selfish, and arranged toward achievement by believing that they are superior to anything others. They used procedures for controlling the self and spend a decent arrangement of push to make them look and feel positive, unique, effective, and critical. Now and again these self-regulation endeavors are intra psychic, for example, fantasizing about force that ultimately had impact on their body

esteem⁸. On one hand narcissism can be maladaptive when it takes a more incognito shape and highlighted by an extreme touchiness to others and expanded nervousness in social circumstances. Then again narcissism can be versatile when it takes a more clear shape and boosting one's self-regard and prompting a more prominent penchant to tune in social exercises. So body esteem/regard, social constitution uneasiness and narcissism are the imperative develops of adolescents which assume a noteworthy part in a pre-adult's life⁹. Empirical evidences also confirm the significant relation of all i.e., social physical make-up nervousness and narcissism and it was evident that with reference to age it much stronger in earlier years of life as compare to later age period i.e., adulthood and late adulthood¹⁰. Therefore, it can be presumed that a positive relation can exists between one's positive self-evaluation related to his/her body image and the level of narcissistic trait. However, both these features had significant connection with the social physique anxiety. As with the age of teenage or age of puberty self-presentation is basically identified with one's body esteem and frustration in self-presentation triggers body uneasiness and low self-respect at last youngsters with disappointed self-perception are more inclined to create social body pressure.

In previewer of above literature, it became evident that as onset of puberty is a formative period of multifaceted nature and organic improvements, incorporating promptly perceptible changes in physicality are went with that requires considerable adjustment to meet an unlimited cluster of social formative difficulties for adolescents. So, it is of prime importance to shed light on the life of adolescents with reference to the body regard, social physique anxiety and narcissism provided the fact that studies on body regard, social physique anxiety and narcissism of youths have been all around researched independently. Previous studies has seen the construct of body esteem and physique anxiety with reference to sexual orientation even in Pakistani youth but present study was unique in terms that

it initiates to explore these construct together in psychological context with respect to age, sex and education level.

METHODOLOGY

A sample of 201 adolescents both boys (n=107) and girls (n=94) was drawn through purposive sampling from six educational institutes i.e, Private Girls College, Government High School of Bhalwal city and University of Sargodha, from July 2018 to November 2018. The age range of the sample was 13 to 19 years and education level was matriculation to under graduate. Scholars were also excluded. Correlational survey research design was used for present study.

Body Esteem Scale (BES)¹. A self-report scale consisted of 35-items was used to measure how someone perceives his/her body parts. In the current study items no. 26 (sex drive), 28 (sex organ) and 31 (sex activities) were excluded from the original questionnaire due to departmental research and ethics committee decision as these three items were found to be not relevant for adolescent’s age group as well as noncompliance with cultural setup of Pakistani community. Final questionnaire used in present study contained only 32 items arranged on 5-point likert scale where response format ranges from 1=strongly disagree to 5=strongly agree. Total scale score ranges from 32 to 160 where higher score predicts high level of body-esteem/image and vise versa. Literature reports reliability of BES as 0.91 for women and 0.95 for men.

Social Physique Anxiety Scale (SPAS)². SPAS is a one-dimensional measure to evaluate the tendency of the person that how much someone experiences the level of anxiety when his/her physique is perceived by the group of people. Present study used the 7 items version of SPAS designed in 5-point likert scale having the response format of 1=never to 5=always. Item no. 5 is reversely scored item and total scale score ranged from 7 to 49. The higher score indicates higher social physique anxiety. Alpha reliability of the scale has been reported as 0.97. Hypersen-

sitive Narcissism Scale (HSNS)³. A 10-item self-report measure was used to evaluate the manifest features (e.g, self-importance) and also hidden features (e.g, anxiety) of narcissism. Items of this scale clearly show the themes of hypersensitivity and vulnerability of the person. HSNS is a 5-point Likert type scale having the response format of 1=Not at all true to 5=Very true and total scale score ranges from 0 to 50. High scores represent high level of narcissism.

As per objectives of study and APA ethical consideration the sample was approached directly by the researcher after having consent for participation and acquiring permission from administration of three schools, two colleges and four departments of Sargodha University). Parti-

Table-I: Mean, standard deviations, alpha reliabilities and correlation matrix for all the variables used in study (n=201).

Scales	Mean ± SD	A	1	2	3
BE	131.25 ± 18.2	0.87	-	-0.62**	0.19
SPA	41.09 ± 6.50	0.78	-	-	0.39**
HSN	23.70 ± 5.45	0.74	-	-	-

BES=body esteem; SPA=social physique anxiety; HSN=hyper sensitive narcissism **p<0.01.

Table-II: Simple linear regression analysis of body esteem for social physique anxiety (SPA) among adolescents (n=201).

Variable	R2	β	F
SPA	0.67	-0.62**	7.28**

SPA=social physique anxiety **p<0.01.

Table-III: Simple linear regression analysis of hyper sensitive narcissism (HSN) for social physique anxiety (SPA) and among adolescents (n=201).

Variable	R2	B	F
SPA	0.35	0.39**	4.89**

icipants were elucidated about goals and procedure of the study and were assured about the confidentiality of data. It was emphasized that questions should be answered with honesty and that participation in present research is purely upon volunteer basis. After attaining their consent, they were asked to fill out their particulars (such as age, department and gender) on the demographic information sheet and proceed to completion of questionnaires i.e, BES, SPA and HSNS. Total 230 participants were being approach-

hed while 29 of them refused to participate. In the end participants were thanked for giving their valuable time and cooperation.

RESULTS

Pearson coefficient analysis, linear regression and t-test were run to analyze data. Table-I illustrates that body esteem has significant negative relationship with social physique anxiety but has non-significant positive relationship with hyper sensitive narcissism. However, social physique anxiety has strong positive relationship with hyper sensitive narcissism among adolescents. Using the enter method a significant model emerged { $F(5, 46)=7.28, p<0.01$ } which explains 67% of

their age, gender and educational level. Results of Pearson correlation showed significant negative relationship between body esteem and social physique anxiety. Empirical evidences also support that individuals who exhibit more body esteem level are less likely to engage in the anxiety level regarding their body appearance¹¹⁻¹⁴. Empirically it has been proven that experiences related to social physique anxiety reflects a transition between one's own self and evaluation of physical appearance within social context. Similarly, it was also proved that because of experiences of negative emotions, the level of anxiety and body dissatisfaction would be high in

Table-IV: Mean, standard deviation and t-values for both boys and girls adolescent on body esteem, hyper sensitive narcissism and social physique anxiety (n=201).

Variables	Boys (n=107)	Girls (n=94)	t(201)	p	95% CI		Cohen's d
	Mean ± SD	Mean ± SD			LL	UL	
Body Esteem	139.40 ± 16.37	120.1 ± 20.88	2.19	0.02	-2.43	9.20	0.99
SPA	18.61 ± 3.91	23.70 ± 6.99	3.89	0.00	-2.54	0.36	0.89
HSN	31.77 ± 6.85	37.98 ± 7.30	4.06	0.00	0.58	-3.66	0.87

Note. BE=body esteem, SPA=social physique anxiety, HSN=hyper sensitive narcissism.

the variance ($R^2=0.67$) as hyper sensitive narcissism has been found to be significant positive predictor social physique anxiety among adolescents ($\beta=0.23, t=3.21, p<0.01$).

Using the enter method a significant model emerged { $F(5, 46)=4.89, p<0.01$ } which explains 35% of the variance ($R^2=0.35$) as hyper sensitive narcissism has been found to be significant positive predictor social physique anxiety among adolescents ($\beta=0.19, t=2.36, p<0.01$).

Results in table IV showed that adolescent girls have significantly lower level of body esteem, yet are significantly higher in terms of hyper sensitive narcissism and social physique anxiety. Present study has also explored the demographic differences of the in terms of age, and educational level however results of t-test and ANOVA were found to be non-significant.

DISCUSSION

The current study explored the relationship between body esteem, social physique anxiety and narcissism among adolescents regarding

certain social situations wherever the physique is on exhibition¹⁵. Present study results revealed a non-significant positive correlation between body esteem and narcissism. Literature illustrates that it is difficult to investigate the narcissism among adolescents with reference to the multiple factors as in this period of age dramatic changes occur with reference to the self-worth and identity formation¹⁶. However, empirical research such as one of the empirical study (2017)¹⁷ found that overt narcissist's proved greater happiness level as compare to the covert narcissists. Likewise many other studies elaborated that overt narcissist's report high level of self-esteem while covert narcissists report low level of self-esteem. Self-esteem is the component of subjective wellbeing so impact of overt and covert narcissism is different on wellbeing because both constructs have different relationship with self-esteem¹⁸. Previous findings also showed that the adolescents with the high level of self-worth would experience more adaptive psychological profile as compare to those people who identify a sense of subjective

individuality¹⁹. These two opinions tentatively and empirically linked with overt and covert narcissism among adolescents. Results of present study also found a significant positive relationship of social physique anxiety with hyper sensitive narcissism and hyper sensitive narcissism was the significant positive predictor of social physique anxiety. Narcissists are more conscious about their selves and tend to adopt entitlement to keep deprivation under control and believe that they deserve a special treatment and exaggerate their measures in order to keep inadequacy and insecurity feelings under control especially related to their body appearance²⁰. Similarly, it may be assumed that adolescents stressed power as a response to prospect of negative evaluation and observes entitlement is a quality that prevents forgiving and with the argument of the scientists who propose that entitlement is primarily associated with unsteady self-esteem, giving aggressive responses against threats and externalization of emotional reactions; it may be concluded that adolescents perceive negative evaluation as a threat/ aggression and thus develop a reactionary response²¹. In this sense, it may be thought that the meaning placed by the individuals on their physical image and their beliefs about what others think of their physical image play a key role in their narcissistic structure. Another empirical study (2015)²² also perceives that narcissism is a protective shell developed by individuals to protect and it has been a defense mechanism among adolescent.

Present study also explored the gender differences in terms of constructs under study and found significant gender differences. Adolescent girls showed low body esteem along with more concerns regarding their social physique anxiety and feelings of narcissism as compared to adolescent boys. These findings were also supported by previous researches which exhibits that the increase in body figures of girls; especially around the hips and thighs which is different from the ideal thin body made them more prone to anxiousness about their physique²³. Empirically it was also proven that boys are not as much

sensitive towards dissatisfaction of body parts as compare to the girls and had high level of satisfaction body esteem rather than girls²³. Previous findings reported that at the age of adolescence girls showed certain level of dissatisfaction from their bodily changes because girls showed significantly higher level of social physique anxiety due to their lower body esteem and higher narcissistic personality attributes. According to Dinç and Alisinanoglu (2010)²⁴ adolescent females are highly inspired of media commercials with respect to their physique and body so they suffer from high level of body physique anxiety. Another empirical study (2014)²⁵ also reported that females experienced significantly higher social physique anxiety as they dislike their physique, which lead them to feelings of a need for physique improvement, lower self-confidence, low body esteem and high narcissism.

Current study also explored the impact of age and educational level on body esteem; social physique anxiety and narcissism among adolescents which was interestingly found to be non-significant. The reason of present study result may be viewed as relatively small age gap in the sample of study and as the participants were not as much practical part of professional world or have high education; which could be the vital factor be for changing their views about self-presentation was the core of these findings.

LIMITATION OF STUDY

In present study, self-reported measures were used in which participant were supposed to provide responses regarding level of body esteem, social physique anxiety and narcissism that they have been experiencing due to adolescence life contains and demands. Although such measures are good for time and monetary management yet, become source of biasness and victim of social desirability issues which in turns undermine the credibility of true findings.

Secondly, present study was purely quantitative in nature, whereas study variables especially social physique anxiety cannot be under-

stood properly by just adapting the scale and eliminating culturally different items.

RECOMMENDATION

some suggestions have been proposed for futuristic perspective of present research model. Future researches should collect data by use of multiple sources instead of one. Cross cultural and inter geographical (urban/rural) comparisons would be more comprehensive for the in depth understating of the constructs and study constructs should be measured on vast variety of age groups.

CONCLUSION

From the results of the present study it was found that body esteem had significant negative relationship with social physique anxiety but had non-significant positive relationship with narcissism. Moreover, social physique anxiety and narcissism had not only strong positive relationship also narcissism was found to be the significant positive predictor of social physique anxiety among adolescents. Study also found that female adolescents had low body esteem, high social physique anxiety and narcissism as compared to male adolescents. However differences regarding age and education levels were found to be non-significant.

CONFLICT OF INTEREST

This study has no conflict of interest to be declared by any author.

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