

## EFFECTIVENESS OF MIRROR EXPOSURE ON LEVEL OF SELF-ESTEEM AND PERCEIVED BODY IMAGE AMONG TEENAGERS RESIDING IN SELECTED AREAS

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### ABSTRACT

Self-esteem is an overall assessment of the or negative orientation towards them. It is a component of the Self-concept that Rosenberg defines as a totality of individual thoughts and feelings, having reference to him as an object. Besides self-esteem, self-efficacy and self-identification are an important part of the Self-concept. Self-esteem as a whole is an unchanging feature of adults and it is difficult to be influenced by the experimental design of a study. Self-esteem is a part of our personality and in order or raise it we need to have a sense of personal worth coming from those life challenges that demonstrate our success. **Methodology:** This research employed a systemic and instructional method, as well as an Quasi experimental non randomized control group design. The research was carried out among 60 clients using a Convenience sampling selection approach. The information was gathered using a program that included demographic characteristics and 4 point likert scale. Data were acquired using a reliable technique that included demographic information and knowledge surveys. SPSS 20 was used to do data analysis. **Result:** The post-test self-esteem scores of teenagers from experimental group depicts that highest percentage in post-test all (30), (100%) of the respondents had low self-esteem. Hence it can be interpreted that Mirror exposure was effective in reducing level of self-esteem in Experimental group. Percentage wise distribution of pre-test and post-test self-esteem scores of respondents from control group depicts that highest percentage in pre-test (25), (83%) of them had low self-esteem score. In post-test (27), (90%) of the respondents had normal self-esteem score. The paired 't' test value was 15.4, which would be significant at the  $p=0.001$  level, and the chi test demonstrates a in pre test significant association was found between the level of self-esteem and Age status of the teenagers regarding level of self-esteem. in post test significant association was found between the level of perceived body image and Age status of the teenagers regarding level of perceived body image **Conclusion:** The research found that school-aged teenagers lacked adequate awareness about child sexual abuse, and the in the future to improve the health status of teenagers and prevent the incidence of health risk among them.

**Key words:** self-esteem, teenagers, body image.

## INTRODUCTION

**Coppersmith, S. (1967).** Self-esteem is an overall assessment of the or negative orientation towards them. It is a component of the Self-concept that Rosenberg defines as a totality of individual thoughts and feelings, having reference to him as an object. Besides self-esteem, self-efficacy and self-identification are an important part of the Self-concept. Self-esteem as a whole is an unchanging feature of adults and it is difficult to be influenced by the experimental design of a study. Self-esteem is a part of our personality and in order or raise it we need to have a sense of personal worth coming from those life challenges that demonstrate our success. Self-esteem has two elements – self- knowledge and self-awareness. It included the individual’s perceptions about their own strengths and weaknesses, abilities, attitudes and values. Its development starts at birth and is constantly developing under the influence of experience. During different periods of human age the child realizes one or other side of their own self. The child becomes aware of their skills and practical abilities first – motor skills, artistic abilities, performing skills. 2

**Emler, Nicholas. (2001).** Teenagers start becoming aware of their personal traits at a significantly later stage in life. The process starts when all moral and social benchmarks for assessment have been acquired. That can be explained with the complexity and ambiguity of results from the manifestation of personal qualities. Children become aware of their personal peculiarities and traits in the communication process with adults and peers. This process of self-awareness is the most active in adolescence . Physical appearance has been shown studies to be one of the biggest predictors of an adolescent’s self-esteem. There is a strong correlation between teenagers who express dis-satisfaction with their appearance and those who have low levels of self-esteem.3

## NEED OF THE STUDY

Ajmal, Amna & Qurat-U.(2019).The purpose of the present study was to explore the impact of body image on self-esteem in adolescents in males and females. The Sample consisted of 290 students (144 males and 146 females) taken from schools, colleges and university of Multan. Their age range was between 11-19 years old. The scales used in this research are Rosenberg Self-Esteem Scale by (Dr. Florence Rosenberg by Self-Esteem scale, and Body Image Scale developed by Chari’s Evans in (1986).Result indicates that a lot of people in our society have body image problems and this phenomenon mostly found in females and also in youngsters. However, results indicated that males have high level of body image and self-esteem. Late adolescent female has high level of self-esteem as compare to early adolescent female. Findings also explore that females report more conscious feelings about their weight as compared to males. Findings also showed that females give less information as compare to men and they are more images conscious. Key Words: Body image, Self-esteem, Adolescents, Gender. 13

Jati Permata, Muhamad J (2020). Conducted study on Mirror exposure Improved Muscle Strength of the Elderly. This study aimed to identify the influence of mirror therapy on muscle strength in elderly in Boyolali regency. A quasi-experimental design with a pre post-test nonequivalent

control group was used in this study. The sample were elderly who decrease in physiological muscle strength of 56 people .The sample were divided into intervention and control groups using purposive sampling technique. The instrument used is the Manual Muscle Testing (MMT) scale. Interventions are given twice a day for 10-15 minutes in 3 weeks. Data analysis performed by using the Wilcoxon test and Mann Whitney test. The results showed that there was a significant effect of mirror therapy in improving muscle strength of the elderly with a mean difference of 1.32 and p value = 0.001 (<0.05). Mirror exposure as an innovative nursing intervention can significantly improve muscle strength, so that it can be integrated into the elderly health service program at the primary health care services.1

## **METHODOLOGY**

The current research was designed to assess the effectiveness of mirror exposure on level of self-esteem and perceived body image among teenagers residing in selected areas. This research employed an systemic and instructional method, as well as an Quasi experimental non randomized control group design. The research was carried out among 60 clients using a Convenience sampling selection approach. The information was gathered using a program that included demographic characteristics and 4 point likert scale. Data were acquired using a reliable technique that included demographic information and knowledge surveys. SPSS 20 was used to do data analysis. The scores were classified as strongly agree, Agree, Disagree, Strongly disagree. Data collection is the process of recruiting participants and gathering information for a research. Administrative approval was acquired in writing. To ensure a truthful answer, the chosen participants were informed about the objective and use of the research and ensured of the anonymity of their replies. Each participant in the research provided written informed permission. SPSS Version 20 was used to analyze the data.

## **RESULTS**

Distribution of Demographic Variables between the adolescents of the experimental and control group.

Regards to age majority in study Age depicts that equal number of the respondents (22), (36.67 %) of respondents were in the age group of 16 to 17 years and 17 to 18 years and (16), (26.66 %) of the respondents were in the age group of 18-19 years. It can be interpreted that most of the respondents under the study were in the age group of 16 to 17 years and 17 to 18 years. gender depicts that highest percentage 76.67% of respondents were female and 23.33% of the respondents were male. Type of Education depicts that highest percentage all (100%) of respondents had Higher secondary education. Type of Family depicts that highest percentage (35%) of respondents were from joint family, 26.67% of the respondents were from nuclear family, 25% of the respondents had single parent and 13.33 % of the respondents were from extended family. Monthly family income depicts that highest percentage (31.67%) of respondents had monthly family income Rs. 20,001 to Rs. 25,000, 28.33% of the respondents had monthly family income Rs. 25,001 to 30,000, 23.33% of the respondents had monthly family income Rs. 30,001 and above.

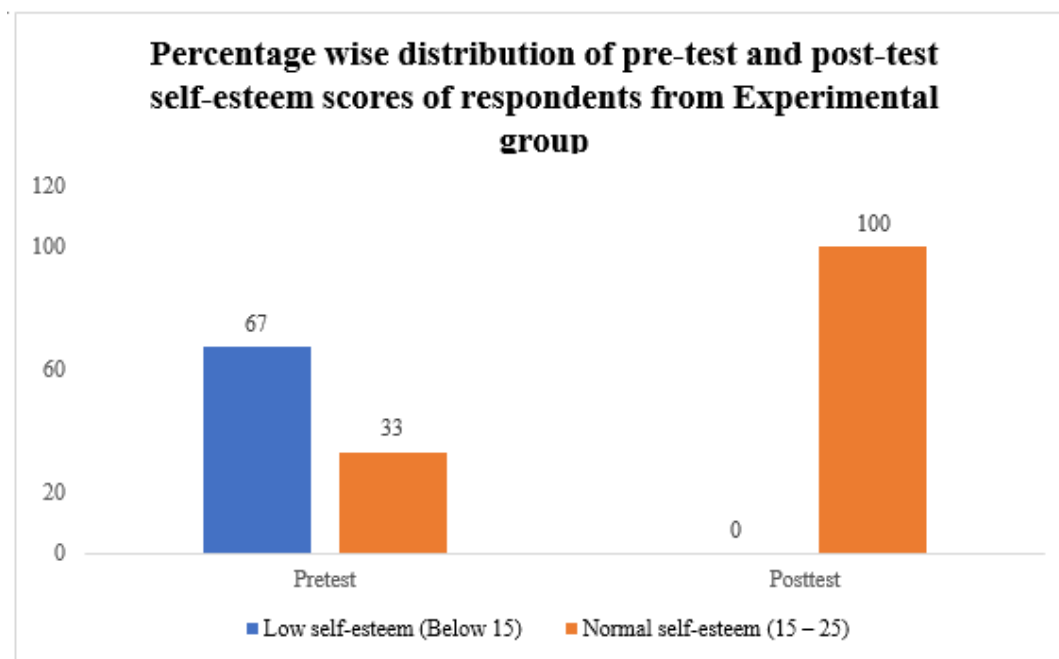
## Section II

**Effectiveness of mirror exposure on level of self-esteem from Experimental and control group (n=60)**

**Table No: I**

SN	Score	Pretest		Posttest	
		Freq	%	Freq	%
1	Low self-esteem (Below 15)	25	83	27	90
2	Normal self-esteem (15 – 25)	05	17	03	10

**Frequency and percentage wise distribution of pre-test and post-test self- esteem scores of respondents from Experimental group. (n = 30)**



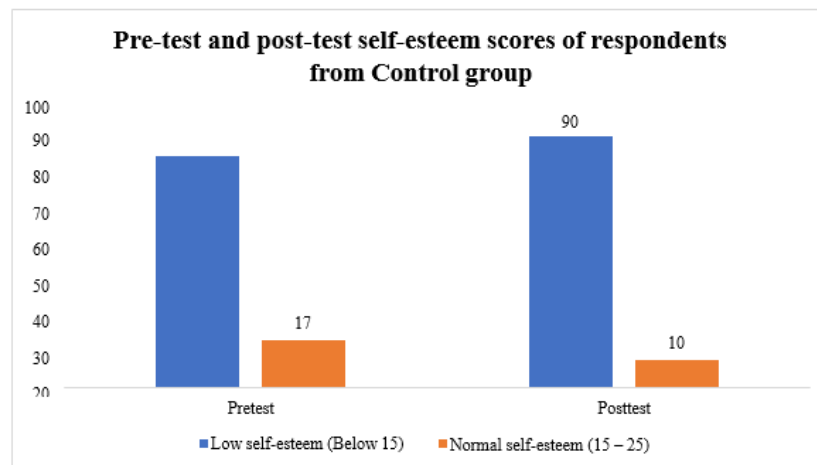
**Bar diagram showing percentage wise distribution of pre-test and post-test self-esteem scores of from Experimental group**

Percentage wise distribution of pre-test and post-test self-esteem scores of respondents from experimental group depicts that highest percentage in pretest (20), (67%) of them had low self-esteem score and (10), (33%) of the respondents had normal self-esteem score. In post-test (30), (100%) of the respondents had normal. self-esteem score. Hence it can be interpreted that mirror exposure was effective in improving level of self-esteem in Experimental group.

Table No: II

Frequency and percentage wise distribution of pre-test and post-test self- esteem scores of respondents from Control group. (n = 30)

SN	Score	Pretest		Posttest	
		Freq	%	Freq	%
1	Low self-esteem (Below 15)	25	83	27	90
2	Normal self-esteem (15 – 25)	05	17	03	10



**Bar diagram showing percentage wise distribution of pre-test and post-test self-esteem scores from Control group**

Percentage wise distribution of pre-test and post-test self-esteem scores of respondents from control group depicts that highest percentage in pretest (25), (83%) of them had low self-esteem score. In post-test (27), (90%) of the respondents had normal self-esteem score. Hence it can be interpreted that mirror exposure was not effective in improving level of self-esteem in Control group

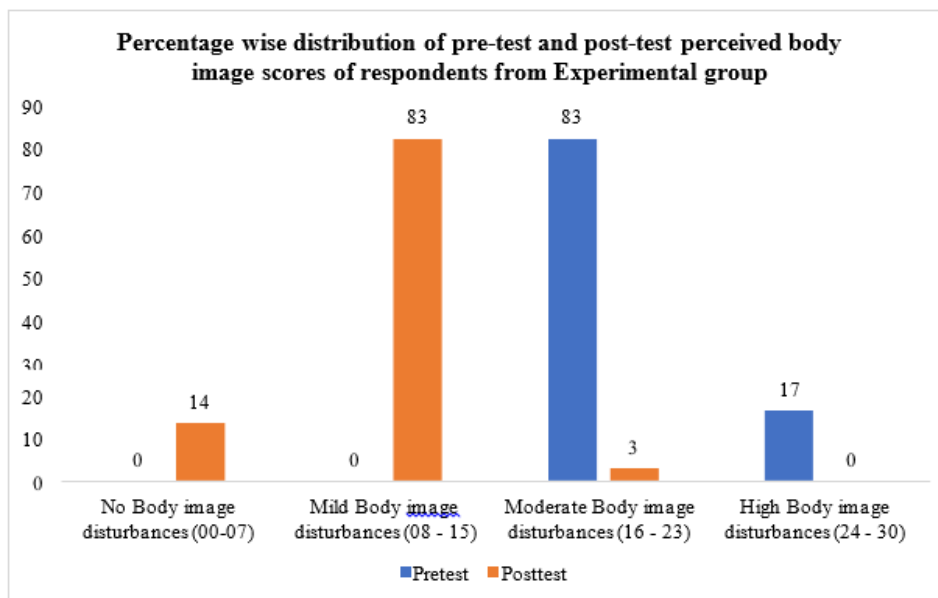
**Section III**

Effectiveness of mirror exposure on perceived body image from Experimental and control group (n=60)

Table No: III

SN	Score	Pretest		Posttest	
		Freq	%	Freq	%
1	No Body image disturbances (00-07)	00	00	04	14
2	Mild Body image disturbances (08 - 15)	00	00	25	83
3	Moderate Body image disturbances (16 - 23)	25	83	01	03
4	High Body image disturbances (24 - 30)	05	17	00	00

Frequency and percentage wise distribution of pre-test and post-test perceived body image scores of respondents from Experimental group. (n = 30)



Percentage wise distribution of pre-test and post-test perceived body image scores of respondents from experimental group depicts that highest percentage in pretest all (25) Respondents (83%) of them had mild body image disturbances and in posttest highest percentage (25), (83%) of the respondents had mild body image disturbances.

### Section: IV

To find association between pre-testlevel of self-esteem score with demographic variables i.e., age, type of family and monthly family income



## **PRE-TEST STUDY LEVELS OF SELF-ESTEEM WITH SELECTED BACKGROUND VARIABLES.**

Significant association was found between the level of self-esteem and Age status of the teenagers regarding level of self-esteem.

## **PRE-TEST STUDY LEVELS OF PERCEIVED BODY IMAGE WITH SELECTED BACKGROUND VARIABLES**

In post-test significant association was found between the level of perceived body image and Age status of the teenagers regarding level of perceived body image

## **DISCUSSION**

The discussion brings the research report to a closure. A well-developed discussion section “makes sense” of the research results. This is the most important section of any research report. The findings of the present study have been discussed with reference to the objectives, assumptions pertaining to the research problem. The findings of the study are discussed with reference to the results obtained by another investigator. The present study is to see the ‘Effectiveness of mirror exposure on level of self- esteem and perceived body image among teenagers residing in selected areas.’ The study was **Quantitative approach** in nature. It was conducted among teenagers residing in selected areas. The primary purpose of the study was to find out the Effectiveness of mirror exposure on level of self-esteem and perceived body image. It also aimed at Find association between pre-test study level of self-esteem with selected background variables. Find association between pre-test study level of perceived body image with selected background variables. **Shanmugam, Valliammal. (2017)** Assertiveness and self-esteem in adolescents are the instruments for expressing themselves without any psychological disturbances in different situations. It is essential for a better emotional wellbeing and to maintain socially supportive relationships. A descriptive correlation survey research design was adopted for the collecting data from sixty adolescents from a selected children hospital, OPD, Bangalore using simple random sampling technique. Rathus Assertiveness Schedule and Rosenberg Self-Esteem Scale were used to assess the assertiveness and self-esteem in adolescents. The data were analyzed using descriptive and inferential statistics. Majority of the adolescents were moderately assertive, 75% and 53.33% had high self-esteem. A significant positive correlation was ( $r_s=0.64$ ) was found between the assertive behaviour and self-esteem of the adolescents. Significant association were found between the assertive scores with the age & education level of the adolescents ( $x^2=7.16$  & 6.13). Education level of the adolescents was the only variable significantly associated between the assertive and self-esteem scores ( $x^2=14.08$ ). Key words: Adolescents, assertiveness and self-esteem07

## **CONCLUSION**

According to the findings of the study, majority of the samples experienced self- esteem and perceived body image. The findings of the study had implications in different dimensions of

nursing profession, (i.e.) Nursing Practice, Nursing Education, Nursing Administration and Nursing Research. Many steps could be taken to strengthen the findings of the study which was bounded by the dimensions of nursing professions.

The nurse has a key role in health care delivery system mainly emphasis on primary prevention of diseases. Because the saying prevention is better than cure is perfect. Only nurse's work will help in prevention of disease. As nurse is having the responsibility to assess the level of self-esteem and perceived body image among teenagers and to identify the various Self-esteem and perceived body image provoking stimulus. With emerging trends setting, nurse should have knowledge about various methods or therapies to prevent and reduce the level of self-esteem and perceived body image among teenagers. Nurses should enhance their professional knowledge. The finding of the study can be used to bring about awareness among the student nurses regarding management of self-esteem and perceived body image.

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