



PROJECT OBJECTIVE

In Albania there is a lack of the researches and studies about this phenomenon and the main data about are those of abroad researches. The need in the field exposed the necessity of the study. One of the aims of the study is to observe how the body dissatisfaction influences someone's self-esteem. The study highlight the importance of being or feeling dissatisfied with the body and its influence in the adolescents girls self-esteem. Another aim of the study is to overlook the correlation of body dissatisfaction and the tendency to go on a diet. Objectives were: to study the body dissatisfaction of the girls 15-18 years old, to study the level of self-esteem of the girls 15-18 years old, to study the tendency to go on a diet of the girls 15-18 years old, to study if the girls on the artistic high school have a higher body dissatisfaction than the girls of a common/general high school, to study if the girls in the artistic high school have a lower self-esteem level than the girls of a common high school, and to study if the girls in the artistic high school have a bigger tendency to go on a diet than the girls of a common high school. Based on the literature the main hypothesis of the study are: first it is expected that higher body dissatisfaction will correlate with a lower level of self-esteem and second it is expected that a higher body dissatisfaction will correlate with a higher tendency to go on a diet.

INTRODUCTION

The concept 'body dissatisfaction' is related to the image of someone's body. The image of the body is related to the perception, feeling and thoughts of one individual to his own body and the psychological importance that it has in its appearance (Cash, Morrow, Hrabosky, & Perry, 2004; Grogan, 2008). Body dissatisfaction is defined as a negative evaluation of the body form and shape, muscles tonus, body weight and body size (Grogan, 2008). Usually this includes an inconsistency between the real body evaluation and the ideal body of the individual (Cash & Szymanski, 1995). The phenomenon of the body dissatisfaction and the desire to be elegant it is reported in the female gender in the adolescence period (Dohnt & Tiggemann, 2006). Self-esteem can be defined as the judgement of an individual for his own values (Rosenberg, 1965). Self-esteem is an important inside factor, which must be considered related to the body dissatisfaction. Body elegance is seen as a positive factor or achievement of someone, otherwise being obese, overweight or not elegant is seen as a negative factor (Triplett, 2007). So, if the adolescent girls consider their selves 'overweight', they risk to be perceived in a negative light, which tends to lower down their self-esteem. The diet is a special course of manipulating the food, through which a person limits himself to lose some weight, even for medical reasons (Heatheron, Mahamed, Striepe, Field, Keel, 1997). Many studies have shown that those who have a tendency to go on a diet have higher body dissatisfaction, than those who do not go on a diet. Adolescents and especially adolescent girls are willing to lose weight, even when they are in a normal body weight conform their size or age (Coyle, 2009). Going on a diet may be seen as a normal habit or form of behaving, but can have serious physical consequences, such as a delayed growth or a delayed puberty (Keating, 1990). Many adolescents' girls try to lose weight or try to keep much lower body weight, without taking in consideration if they are or not overweight (Halliwell, Dittmar, 2004). Even self-esteem influence in this connection a lot (Davis and Oswalt, 1992). Different studies conclude upon the relationship between these variables pretending that low self-esteem correlates positively with going on a diet and with body dissatisfaction on adolescent girls (Bearman, Presnell, Martinez, & Stice, 2006; Gardner, Freidman, Stark, & Jackson, 1999).

Title: The relationship between self-esteem, body dissatisfaction and adolescent girls' tendency to go on a diet

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ABSTRACT

Introduction: The concepts of body image, self-esteem and tendency to go on a diet have been observed, studied and hypothesised to correlate with one another in the course of human development (Coyle, 2009; Halliwell, Dittmar, 2004), especially in the period of adolescence (Dohnt & Tiggemann, 2006). Different studies have evaluated the body dissatisfaction as an influencing variable impacting someone's self-esteem and the tendency to go on a diet (Cash, Morrow, Hrabosky, & Perry, 2004; Grogan, 2008). **Purpose:** The main purpose in this quantitative study is to observe the impact of body dissatisfaction in the level of self-esteem and the tendency to go on a diet in 15-17-year-old adolescent girls attending the high school. The study tries to answer two main hypotheses: first it is expected that higher body dissatisfaction will correlate with a lower level of self-esteem and second it is expected that a higher body dissatisfaction will correlate with a higher tendency to go on a diet. **Methods:** The content of the study is of a quantitative character and SPSS program is used to analyse the data. The used instruments are: BSQ (Body Shape Questionnaire) (Cooper, Taylor, Cooper and Fairburn, 1986), ($\alpha = 0.89$), Rosenberg's Self-Esteem Scale, (Rosenberg, 1965) ($\alpha = 0.87$) and Adolescent Tendency to keep Diet Scale (Patton et al., 1997), ($\alpha = 0.78$). **Results:** The sample N=196 adolescent girls, age 15-18. The correlation coefficient and T-test were used to analyze the results that supported both hypotheses: a higher body dissatisfaction will correlate with a lower self-esteem level, ($r = -0.491$, $p = 0.000$); a higher body dissatisfaction will correlate with a higher tendency to go on a diet ($r = 0.678$, $p = 0.000$). The T-test analyses also supported the hypothesis that there were differences between body dissatisfaction, self-esteem level and tendency to go on a diet in the two groups ($t = -6.557$, $p = 0.000$); ($t = -3.469$, $p = 0.012$) and ($t = -2.31$, $p = 0.035$). Further studies are recommended to evaluate other different factors that might influence the correlation between the above-mentioned variables.

Key words: adolescence, self-esteem, tendency, diet, body dissatisfaction.

METHODS

The sample chosen for the study is composed of 196 adolescent girls of 15-18 years old. It is randomly chosen. The chosen age is based in literature and other studies (Taylor, Sharpe, Shisslak, Bryson, Estes, Gray, McKnight, Crag, Kraemer, 1998). The sample is chosen from different grades of high school. The used instruments have been: **BSQ (Body Shape Questionnaire)** (P.J. Cooper, M.J. Taylor, Z. Cooper and C.G. Fairburn). The questionnaire purpose is to measure the concerns about body shape in the young girls ($\alpha = 0.89$). This questionnaire has an acceptable value of reliability in this study, that is more than $\alpha = 0.7$. **Rosenberg's Self-Esteem Questionnaire**- which is used to measure the self-esteem level in the young girls with a value of $\alpha = 0.87$ in the study. **Adolescent Tendency to keep Diet Scale** (Patton et al., 1997), ($\alpha = 0.78$)- this scale measures typical strategies of going on a diet of the individual (calories counting, reduction of food quantity, and meals overcoming) with an value of $\alpha = 0.78$.

ANALYSIS

The gathered data form the used instruments for the study have been analysed with SPSS 22-nd version. Pearson correlation has been used to study and verify the correlation between body dissatisfaction, self-esteem and tendency to go on a diet variables and t-test method to compare both groups of adolescents girls (those that attend the artistic high school with those who attend a normal/general high school). For each variables there is evaluated and analysed the correlation and comparison in groups.

RESULTS AND DISCUSSION

The Pearson coefficient of correlation has been used to evaluate the correlation between body dissatisfaction and self-esteem. It resulted that there exists a moderate negative correlation ($r = -0.491$) with a statistical significance ($p = 0.000$). The Pearson coefficient of correlation has been used to evaluate the correlation between body dissatisfaction and tendency to go on a diet. It resulted that there exists a moderate positive correlation ($r = 0.678$) with a statistical significance ($P = 0.000$). The first hypothesis expected that higher body dissatisfaction will correlate with a lower level of self-esteem and according to the data it appears that the Pearson correlation coefficient is ($r = -0.491$), with a statistical significance ($p = 0.000$), which means that there is a moderate negative correlation between body dissatisfaction variable and self-esteem variable. This is a confirmation for the first hypothesis that higher body dissatisfaction will correlate with a lower level of self-esteem. Second hypothesis expected that a higher body dissatisfaction will correlate with a higher tendency to go on a diet. The Pearson coefficient of correlation has been used to evaluate the correlation between body dissatisfaction and tendency to go on a diet. From the analysed data it resulted that there is a moderate positive correlation ($r = 0.678$) with a statistical significance ($p = 0.000$). We conclude that even the second hypothesis is confirmed that a higher body dissatisfaction will be accompanied by a higher tendency to go on a diet at the adolescents girls of 15-18 years old. The comparative analyses of the T-test compare the reported average points between two groups. The first group is compound of girls that attend the artistic high school. We expect that this group has a higher level of body dissatisfaction, a lower level of self-esteem and a higher level of tendency to go on a diet in comparison with the other group, the group of girls that attend a normal/general high school. T values of -5.557 , degrees of freedom ($df = 169$) and $p = 0.000$ show that there exists a statistically significant differences between the reported average about body dissatisfaction in both schools. But the second group of girls, those who attend the normal/general high school have reported a lower level of body dissatisfaction than the other group of girls, the artistic one. The comparative analyses of the T-test compare the reported average points between two groups. T values of -2.319 , degrees of freedom ($df = 169$) and ($p = 0.022 < 0.05$) show that there exists a statistically significant differences. The second group of girls, who attend the general high school, has reported a higher level of self-esteem than the group of artistic high school. The comparative analyses of the T-test compare the reported average points between two groups. T value of -2.142 , degrees of freedom ($df = 169$) and ($p = 0.034 < 0.05$) show that there exists a statistically significant differences. The second group of girls, who attend the general high school, has reported a lower level of the tendency to go on a diet in comparison with the other group of girls. We can assume over viewing all the gathered data that a higher body dissatisfaction level will lead to a higher tendency to go on a diet. The higher level of body dissatisfaction is also connected to a lower level of self-esteem in the teenage girls of 15-18 years old. Also, there has been viewed that there are differences between the three variables studied in both groups. The group of teenage girls that attended the artistic high school had a higher body dissatisfaction, a lower self-esteem level and a higher tendency to go on a diet than the group of girls that attended the normal/general high school. Eventhough that both hypothesis of the study were confirmed, this study raises the necessity to undertake further studies with a wider sample and with the inclusion of more influencing variables.

CONCLUSIONS

There can be concluded these points from the study:
Higher body dissatisfaction in the 15-18 years teenage girls will be accompanied with a lower level of self-esteem.
Higher body dissatisfaction in the 15-18 years teenage girls will be accompanied with a higher tendency to go on a diet.
In the group of girls that attended an artistic high school the body dissatisfaction level resulted to be higher than the level of the other group (general high school).
In the group of girls that attended an artistic high school the self-esteem level resulted to be lower than the level of the other group (general high school).
In the group of girls that attended an artistic high school the tendency to go on a diet resulted to be higher than the level of the other group (general high school).
Further studies are suggested with a wider sample and to study a variety of variables that might influence either.
Further studies need to be done even in mixed gender groups.
Extension of the study in other areas, urban and rural ones.