# Relationships between Body Image, Self- Esteem and Quality of Life among Female Nursing Students

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**Abstract**

**Introduction:** The effects of body image on self-esteem and in turn quality of life can be especially powerful during the teenage years. **Aim:** This study aims to assess the relationships between body image, self- esteem and quality of life among female nursing students **Design:** A descriptive correlation study was utilized.  **Setting**: The study was conducted in faculty of nursing**,** Ain Shams University. **Subject**: A convenience sample of a total of 120 female nursing students. **Tools:** The following instruments were utilized: 1) Brief Demographic Questionnaire and Familial Profiles; 2) Body Image Questionnaire; 3) Rosenberg Self-esteem Scale; 4) World Health Organization Quality of Life (WHOQOL-BREF) **Findings**: Showed that there was a statistical significant relation between the studied participants' self -esteem and their age, marital status. But there was no statistical significant relation between their self -esteem and their university level, birth order, residence, parent education, family size and family income. There was a statistical significant relation between the studied participants' quality of life domains and their age, marital status university level, birth order, parent education, family size and family income. Meanwhile there was no statistical significant relation between their quality of life domains and their residence. **Conclusion**:  more than two fifth of female nursing student under study were have low self esteem  and quarter of them were have poor body image perception .also,  there was a statistically significant relations between body image, self- esteem and quality of life among female nursing students under study **Recommendation:** nursing students need more counseling program to attain a realistic, positive perception of their body image and to overcome the negative views about their body image in order to enhance their self-esteem and different dimensions of their quality of life.

**Introduction:**

Body image is a multidimensional term that has been associated with biological, psychological, social and cultural factors . In this sense body image refers to the mental and cognitive image that the individuals form of their body, including external appearance, internal components, organs and their ability to use these organs efficiently. Unlike the term seems to suggest, not only the way of evaluate appearance which is a part of body image, but also it includes attitude towards bodily experiences in interaction with others, sense of body owner ship and evaluation of body in terms of functionality and vitality [1]. Body image is defined as the attitude of the individual towards himself and it was the individual's judgment about him/herself and the ability to feel his/her influence on life and reflects how a person perceives his own body in relation to an ideal body image [2].In addition to others' views and judgments about body play a great role in shaping the self-esteem; body image is formed as a result of several factors such as social upbringing, community, culture, media, family and friends [3].

Self-esteem defined as a "positive or negative attitude toward a particular object, namely, the self" and makes the person feel that he is a person of worth [4]. The capacity to develop healthy confidence and respect for oneself and for others is inherent to human nature. Thus, the natural state of human being should correspond to a high self-esteem. Nonetheless, the fact is that there is a lot of people who, whether they acknowledge it or not, whether they admit it or not, have a level of self-esteem below the theoretically natural self -worth .This is due to the fact that, during development, and through life itself, people tend to move away from positive self-conceptualization or even decline approach to it. The reasons why this happens are diverse, and they can be found in negative influence from other people, self-punishment for breaking one's values or one's social group's values, or shortage of understanding or compassion for one's actions or others actions [5].

Quality of life is an amorphous concept, an umbrella term that means different things to different people. This indicates that a multidimensional approach of quality of life is required[6]. The definition of quality of life refers to the way that individuals subjectively view the positive and negative aspects of their lives and include both physical and psychological factors that collectively influence an individual's perception of the overall life satisfaction [7,8].

 It is increasingly recognized that an individual's health and well-being cannot

be defined by the absence of physical morbidity . In this regard one's perception of well-being and quality of life is influenced, not only by one's physical state but also by the psychological domain [9]. Thus, other aspects besides physical health play an important role in the determination of one's perception of well-being and quality of life. In particular, there is evidence showing that female college students present considerable levels of body image dissatisfaction and are at greater risk for developing body image - related problems[10].

Adolescent period in College is a key developmental time that can have important implications for psychological well-being [11]. Furthermore, this period involves challenges regarding the maintenance of healthy behaviors in this new environment with an increased vulnerability for a range of psychological difficulties [12]. It was reported that disturbances in body image have a significant negative impact on an individual's physical and psychological health and well-being .In this regard, explaining the body image and its predictors help to overcome these problems [13].

**Significance of the study:**

Over the years, there has been a great interest on body and physical appearance. The increasing concern about body affect people in the way of expressing themselves and also the degree of believing in themselves. In this regard body image shapes the individual's thoughts, emotions and behaviors. Defining the factors that affect body image will help to find the motivator of the behaviors and also its effects on both mental and psychological well-being [14].

Body image has an implications for psychosocial functioning and quality of life and its disturbance among adolescents is high. Our society today portrays a very twisted image of beauty for men and women of all ages, When adolescents view these images they get torn between their own actual body image and their perceived body image and the result is often devastating.

The effects of body image on self-esteem and in turn quality of life can be especially powerful during the teenage years. Student's low self-esteem leads to educational decline, loneliness, substance abuse, reality avoidance, self-destructive behavior Therefore the main focus of this study centered on assessing the relationships between body image , self-esteem and quality of life among female

students of faculty of nursing.

**Aim of the study:**

This study aims to assess the relationships between body image, self- esteem and quality of life among female students of faculty of nursing, Ain Shams University.

**Research Questions:**

- Is there a relationship between the female nursing students' body image and their quality of life?

-Is there a relationship between the female nursing students' body image and their self -esteem?

-Is there a relationship between the female nursing students' self -esteem and their quality of life?

**Research hypothesis**

-There are relationships between body image and quality of life and also between self-esteem and quality of life ., as well as between body image and self- esteem of the female nursing students.

**II. Subjects and Methods**

**Study design:** A descriptive correlation design was utilized to conduct this study.

**Subjects of the Study:** A convenience sample of available (120) female nursing students who agree to participate in the study with the following inclusive criteria:

- Age from 18 to +22
- Not complain from any psychiatric or neurological illness.

**Setting:** This study was conducted in faculty of nursing**,** Ain Shams University.

**Tools of data collection:**

Data collected for the current study were include:

**Tool (I) An interview questionnaire:**

This questionnaire was designed by the researchers for the purpose of collecting socio-demographic characteristics of the female nursing students as: age, university level, birth order, residence, marital status, parents' education, family size and family income.

**Tool (II) Body Image Questionnaire:**

This tool adopted by **(EL-Desouki, 2002)** [15]**.** To measure body image among healthy individuals. It consisted of 20 statements about sensation of body image. For example "I accept my shape as it is". Items were rated on a five-point Likert scale, from strongly negative feelings to strongly positive feelings. Each scoring response is classified to 1-5 degrees: 1 for never, 2 for rare, 3 for some-times, 4 for mostly, 5 for always.

**Scoring system**: The total score of body image tool were (100) degree which divided as the following: score from (1-32) were considered poor body image, score (33- 65) were considered moderate body image and score from (66-100) were considered good body image.

**Tool (III) Rosenberg Self-esteem Scale:**

This scale adopted from **(Rosenberg,1965)** [4]. It was a self -reporting instrument that evaluate self- esteem by measuring both positive and negative feeling about the self through a list of statements dealing with your general feelings about yourself .It is a 10-item answered on a four point scale- from strongly agree to strongly disagree.

**Scoring system:** Regarding questions 1, 3, 4, 7, and 10 (score was SA=3, A=2, D=1, and SD=0), while for questions 2, 5, 6, 8, and 9 (score was SA=0, A=1, D=2, and SD=3). Score below 15 are considered low self –esteem; score between 15 to25 are considered average self- esteem and score over 25 are considered high self- esteem.

**Tool (IV) World Health Organization Quality of Life (WHOQOL-BREF) :**

It was an abbreviated 26-item from the original WHOQOL-100 which developed by **(WHO, 1995)** [16] to provide an evaluation of QOL and perceptions of health. It consists of four domains, the first was physical Health (7 items), the second was psychological (6 items), the third was social relationships (6 items), and the fourth was environment (3 items). In addition to the 4 domains, the WHOQOL-BREF includes two stand-alone questions to assess rated QOL and Satisfaction with Health. The physical health domain includes items on mobility, daily activities, functional capacity, energy, pain, and sleep. The psychological domain measures include self-image, negative thoughts, positive attitudes, self-esteem, mentality, learning ability, memory concentration, religion, and the mental status. The social relationships domain contains questions on personal relationships, social support, and sex life. The environmental health domain covers issues related to financial resources, safety, health and social services, living physical environment, opportunities to acquire new skills and knowledge, recreation, general environment (noise, air pollution, etc.), and transportation. Each individual item of the WHOQOL-BREF was scored from 1 to 5 on a response scale. with scores ranging from 26 to 130 points. Higher scores mean higher quality of life The Cronbach's alpha values for physical health, psychological health, social relationships and environmental health were 0.65, 0.77, 0.52 and 0.79, respectively.

**Pilot study and Field work:**

A pilot study was undertaken with the objectives of evaluating the clarity of the included questions or statements and applicability of the tools of data collection as well s to estimate the average time needed to fill the sheets.

Once an official permission was granted from the Dean of the Faculty of Nursing, Ain Shams University to proceed in the study, the researchers contacted the eligible students participated in the study to explain the purpose of the study & to obtain their cooperation and assistance in the process of data collection. Then the researchers assessed and observed the participants through only one session, in which the researcher filled the subsequent items of the established tools that lasted from 20-30 minutes for each participant in the study. The data of this study were collected during the period from the beginning of March 2018 to the end of May 2018.

**Ethical Considerations:**

The nature and purpose of the study was explained to the female nursing students to obtain their permission to participate in the study. Confidentiality and anonymity of participants and their responses were ensured that it would be used only for the purpose of the study. As well as their right to withdraw from the research at any time were assured.

**Limitation of the study:**

The study was limited to the number of shared students in addition to their provided amount of information due to their preoccupation with their academic and practical issues .

**Statistical Design:**

Analysis of data was done by an IBM computer using Statistical Program for Social Science (SPSS) version 22 as follows:

- Description of quantitative variables as Mean, SD
- Description of qualitative variables as Number and Percentage
- Chi-square was used to compare quantitative variables in parametric data
- Correlation co-efficient (R-test )was used to rank different variables against each other's positively or inversely
- Level of significance was:

P >0.05 insignificant

P<0.05 significant

P<0.01 highly significant

**Results:**

**Table (1): Socio-demographic characteristics of female nursing students under study.**

| Items | No. (120) | % |
|---|---|---|
| **Age** | | |
| • 18-≤20 | 36 | 30 |
| • 20- ≤22 | 58 | 48.3 |
| • +22 | 26 | 21.7 |
| **Mean ± SD**      20.09±1.41 | | |
| **University level** | | |
| • First | 79 | 65.8 |
| • Second | 4 | 3.3 |
| • Third | 12 | 10 |
| • Fourth | 25 | 20.8 |
| **Birth Order** | | |
| • First | 83 | 69.2 |
| • Second | 13 | 10.8 |
| • Third | 13 | 10.8 |
| • Fourth and more | 11 | 9.2 |
| **Residence** | | |
| • With her family | 105 | 87.5 |
| • University  hostel | 15 | 12.5 |
| **Marital Status** | | |
| • Single | 96 | 80 |
| • Married | 24 | 20 |
| • Divorced | 0 | 0 |
| • Widow | 0 | 0 |
| **Parents' Education** | | |
| • Illiterate | 24 | 20 |
| • Read and write | 24 | 20 |
| • Secondary school | 35 | 29.2 |
| • University level | 37 | 30.8 |
| **Family Size** | | |
| • 3-4 person | 30 | 25 |
| • 5-6 person | 64 | 53.3 |
| • More than 6 | 26 | 21.7 |
| **Family  Income** | | |
| • Barrenly adequate | 56 | 46.7 |
| • Adequate | 25 | 20.8 |
| • Inadequate | 39 | 32.5 |

Table (1) clarifies that, (48.3%)of female nursing students were in age of 20 to ≤22 and more than three quarter of them were live with their families and single which constitute (87.5%) and (80%) respectively. In relation to their birth order, it was found that (69.2%) of them were the first one in their family and more than half of them (53.3%) were have in family size constitute of 5 to 6 persons and (46.7%) of them were have barrenly adequate family income.

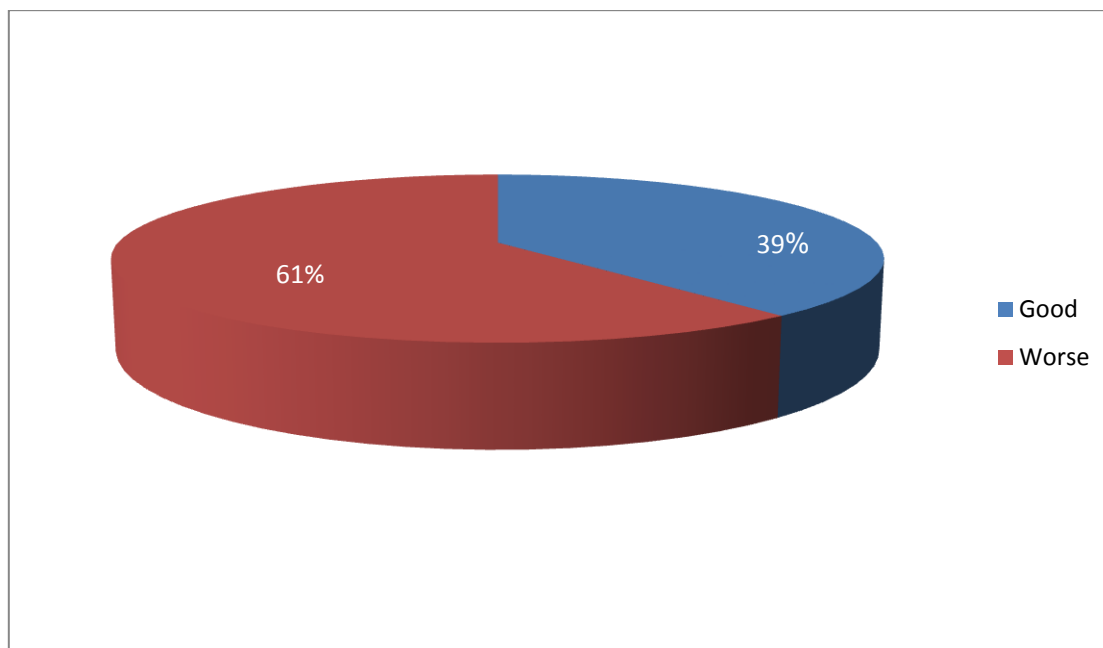**Figure (1): Level of quality of life among female nursing students under study.**



Figure (1) summarized that, more than three fifth (61%)of female nursing students were have a worse quality of life. Meanwhile 39% of them were have a good quality of life

**Table (2): Distribution of self –esteem among female nursing students under study.**

| Items | Strongly agree | agree | Strongly disagree | disagree |
|---|---|---|---|---|
| | **%** | **%** | **%** | **%** |
| 1.  On the whole ,I am satisfied with my life | 7 | 38 | 51 | 4 |
| 2.  At times, I think I am no good at all | 15 | 23 | 23 | 39 |
| 3.  I feel that I have a number of good qualities | 8 | 13 | 11 | 68 |
| 4.  I am able to do things as well as most other people | 44 | 38 | 6 | 12 |
| 5.  I feel I don't have much to be proud of | 12 | 19 | 24 | 45 |
| 6.  I certainly feel useless at times | 17 | 11 | 33 | 39 |
| 7.  I feel that I am person of worth, at least equal to others | 42.5 | 28 | 14.5 | 15 |
| 8.  I wish I could have more respect for myself | 19 | 17 | 25 | 39 |
| 9.  All in all ,I am inclined to feel that I am failure | 22 | 6 | 44 | 28 |
| 10. I take a positive attitude toward myself | 7 | 18 | 7 | 68 |

**Table (2)** illustrates that, more than two fifth  of female nursing students under the study were strongly agree that they able to do things as well as most other people and feel that they are a person of worth, at least equal to others which constitute (44%) and (42.5%) respectively. Meanwhile more than two third (68%) of them were disagree that they feel have a number of good qualities and disagree to take a positive attitude toward themselves .In addition to more than half (51%) of them were strongly disagree that on the whole ,they satisfied with their life.

**Figure (2): level of Self –esteem among female nursing students under study.**
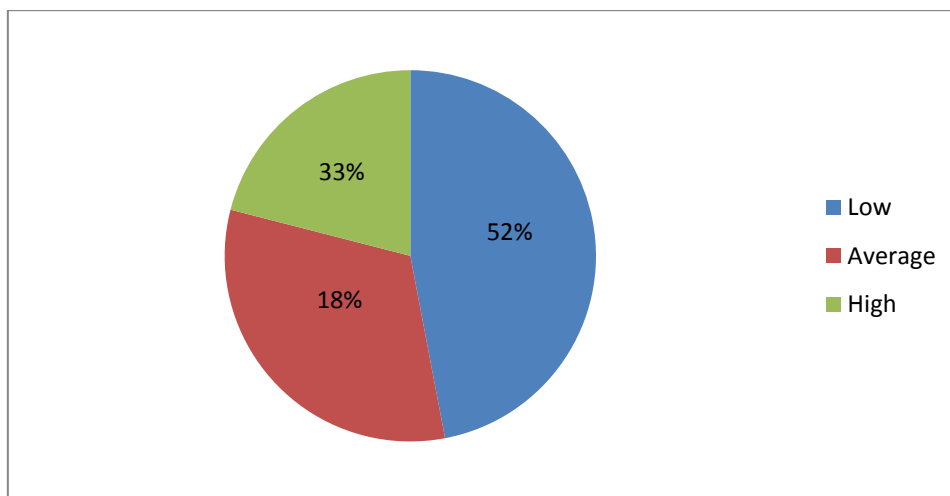


Figure (2) displays that, more than half (52%) of female nursing student under study were have low self esteem. Meanwhile only (18%) of them were have high self esteem.

**Figure (3): Percentage distribution of female nursing students according to their body image perception.**
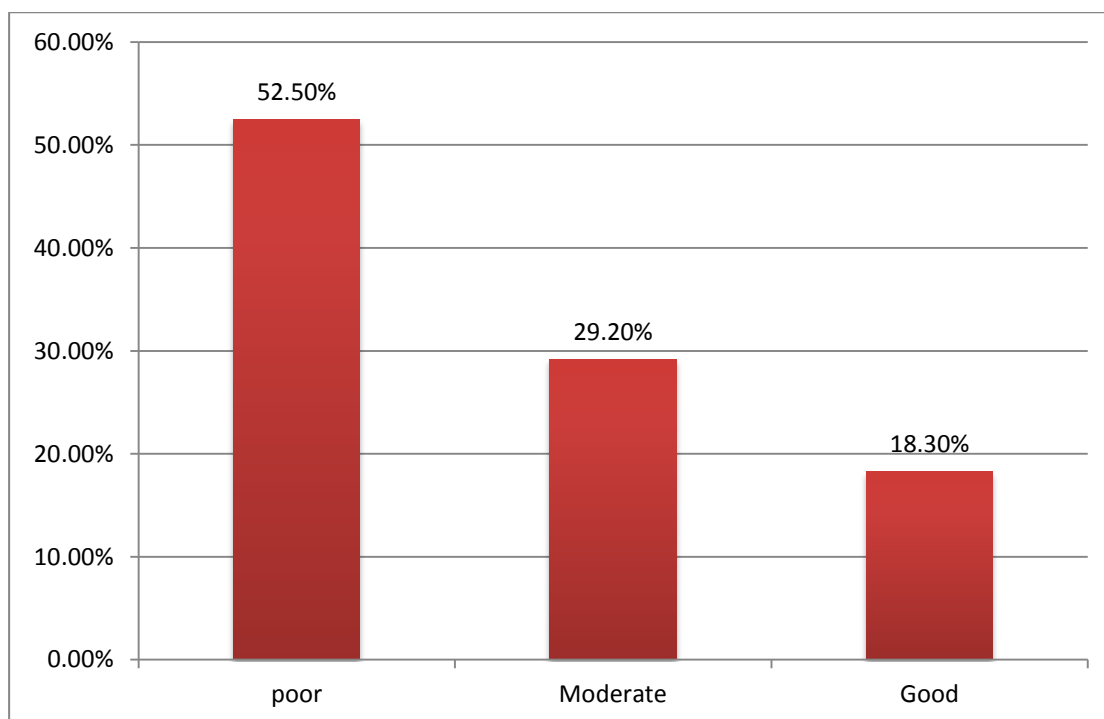


Figure (3) indicates that, more than half (52.5%) of female nursing student under study were have poor body image perception. Meanwhile, only (18.3%) of them were have poor body image perception.

**Table (3): Relationship between Body Image and socio-demographic characteristics of female nursing students under study.**

| Items | Body image | | | | | | X² | P-value |
|---|---|---|---|---|---|---|---|---|
| **Age** | Poor | | Moderate | | Good | | | |
| | N0. | % | N0. | % | N0. | % | | |
| • 18-≤20 | 33 | 27.5 | 2 | 1.6 | 1 | 0.83 | **9.799** | **<0.01** **H.S** |
| • 20- ≤22 | 12 | 10 | 37 | 30.8 | 9 | 7.5 | | |
| • +22 | 8 | 6.6 | 12 | 10 | 6 | 5 | | |
| **University level** | | | | | | | | |
| • First | 33 | 27.5 | 29 | 24.1 | 17 | 14.1 | **19.575** | **<0.01** **H.S** |
| • Second | 0 | 0 | 3 | 2.5 | 1 | 0.83 | | |
| • Third | 1 | 0.83 | 10 | 8.3 | 1 | 0.83 | | |
| • Fourth | 1 | 0.83 | 21 | 17.5 | 3 | 2.5 | | |
| **Birth Order** | | | | | | | | |
| • First | 22 | 18.3 | 43 | 35.8 | 18 | 15 | **.054** | **>0.05** **NS** |
| • Second | 4 | 3.3 | 7 | 5.8 | 2 | 1.6 | | |
| • Third | 5 | 4.2 | 7 | 5.8 | 1 | 0.83 | | |
| • Fourth and more | 4 | 3.3 | 6 | 5 | 1 | 0.83 | | |
| **Residence** | | | | | | | | |
| • With her family | 29 | 24.1 | 59 | 49.1 | 18 | 15 | **1.444** | **>0.05** **NS** |
| • University hostel | 6 | 5 | 5 | 4.2 | 4 | 3.3 | | |
| **Marital Status** | | | | | | | | |
| • Single | 26 | 21.6 | 50 | 41.6 | 20 | 16.6 | **15.541** | **<0.01** **H.S** |
| • Married | 9 | 7.5 | 13 | 10.8 | 2 | 1.6 | | |
| • Divorced | 0 | 0 | 0 | 0 | 0 | 0 | | |
| • Widow | 0 | 0 | 0 | 0 | 0 | 0 | | |
| **Parents' Education** | | | | | | | | |
| • Illiterate | 6 | 5 | 14 | 11.6 | 4 | 3.3 | **3.538** | **>0.05** **NS** |
| • Read and write | 7 | 5.8 | 10 | 8.3 | 7 | 5.8 | | |
| • Secondary school | 13 | 10.8 | 17 | 14.1 | 5 | 4.2 | | |
| • University level | 9 | 7.5 | 22 | 18.3 | 6 | 5 | | |
| **Family Income** | | | | | | | | |
| • Barrenly adequate | 16 | 13.3 | 29 | 24.1 | 11 | 9.1 | **1.107** | **>0.05** **NS** |
| • Adequate | 9 | 7.5 | 13 | 10.8 | 3 | 2.5 | | |
| • Inadequate | 10 | 8.3 | 21 | 17.5 | 8 | 6.6 | | |
| **Family Size** | | | | | | | | |
| • 3-4 person | 12 | 10 | 14 | 11.6 | 4 | 3.3 | **1.009** | **>0.05** **NS** |
| • 5-6 person | 16 | 13.3 | 35 | 29.1 | 13 | 10.8 | | |
| • More than 6 | 7 | 5.8 | 14 | 11.6 | 5 | 4.2 | | |

**Table (3)** indicates that, more than one quarter (27.5%) of the studied sample were have poor body image in relation to their age from 18- ≤20 years at the first university level and more than two fifth (41.6%) of them were single have moderate body image. there was a highly statistical significance relation detected between body image and (age, university level and marital status). Mean while, there was no statistically significant relation between body image and (birth order, residence, parent education, family income and family size).

**Table (4): Relationship between Self -esteem and socio-demographic characteristics of female nursing students under study.**

| Items | Self esteem | | | | | | $X^2$ | P-value |
|---|---|---|---|---|---|---|---|---|
| **Age** | **Low** | | **Average** | | **High** | | | |
| | No. | % | No. | % | No. | % | | |
| • 18-≤20 | 33 | 27.5 | 1 | 0.83 | 2 | 1.6 | **15.328** | **<0.01** **H.S** |
| • 20- ≤22 | 24 | 20 | 26 | 21.6 | 8 | 6.6 | | |
| • +22 | 7 | 5.8 | 8 | 6.6 | 11 | 9.1 | | |
| **University level** | | | | | | | **1.191** | **>0.05** **NS** |
| • First | 31 | 25.8 | 33 | 27.5 | 15 | 15.8 | | |
| • Second | 2 | 1.6 | 2 | 1.6 | 0 | 0 | | |
| • Third | 5 | 4.2 | 5 | 4.2 | 2 | 1.6 | | |
| • Fourth | 8 | 6.6 | 13 | 10.8 | 4 | 3.3 | | |
| **Birth Order** | | | | | | | **.921** | **>0.05** **NS** |
| • First | 31 | 25.8 | 37 | 30.8 | 15 | 12.5 | | |
| • Second | 5 | 4.2 | 4 | 3.3 | 4 | 3.3 | | |
| • Third | 5 | 4.2 | 7 | 5.8 | 1 | 0.83 | | |
| • Fourth and more | 5 | 4.2 | 5 | 4.2 | 1 | 0.83 | | |
| **Residence** | | | | | | | **.306** | **>0.05** **NS** |
| • With her family | 41 | 34.1 | 46 | 38.1 | 18 | 15 | | |
| • University hostel | 5 | 4.2 | 7 | 5.8 | 3 | 2.5 | | |
| **Marital Status** | | | | | | | **4.579** | **>0.05** **NS** |
| • Single | 37 | 30.8 | 40 | 33.3 | 19 | 15.8 | | |
| • Married | 9 | 7.5 | 13 | 10.8 | 2 | 1.6 | | |
| • Divorced | 0 | 0 | 0 | 0 | 0 | 0 | | |
| • Widow | 0 | 0 | 0 | 0 | 0 | 0 | | |
| **Parents' Education** | | | | | | | **1.846** | **>0.05** **NS** |
| • Illiterate | 9 | 7.5 | 8 | 6.6 | 7 | 5.8 | | |
| • Read and write | 9 | 7.5 | 11 | 9.1 | 4 | 3.3 | | |
| • Secondary school | 12 | 10 | 18 | 15 | 5 | 4.2 | | |
| • University level | 16 | 13.3 | 16 | 13.3 | 5 | 4.2 | | |
| **Family Income** | | | | | | | **2.263** | **>0.05** **NS** |
| • Barrenly adequate | 23 | 19.1 | 21 | 17.5 | 12 | 10 | | |
| • Adequate | 10 | 8.3 | 11 | 9.1 | 4 | 3.3 | | |
| • Inadequate | 13 | 10.8 | 21 | 17.5 | 5 | 4.2 | | |
| **Family Size** | | | | | | | **2.260** | **>0.05** **NS** |
| • 3-4 person | 10 | 8.3 | 17 | 14.1 | 3 | 2.5 | | |
| • 5-6 person | 29 | 24.1 | 24 | 20 | 11 | 9.1 | | |
| • More than 6 | 7 | 5.8 | 12 | 10 | 7 | 5.8 | | |

**Table (4)** illustrates that, more than one quarter (27.5%) of the studied sample were have low self esteem in relation to their age from 18- ≤20 years and it was found that, there was a statistical significant relation between the female nursing students' self -esteem and their age. Meanwhile there was no statistical significant relation were found between the studied sample self -esteem and their university level, marital status, birth order, residence, parent education, family size and family income.

**Table (5): Relationship between the Quality of Life and socio-demographic characteristics of female nursing students under study.**

| Items | Quality of life | | | | X$^2$ | P-value |
|---|---|---|---|---|---|---|
| | Good | | Worse | | | |
| Age | No. | % | No. | % | | |
| • 18-≤20y | 9 | 7.5 | 27 | 22.5 | **12.500** | <0.01 H.S |
| • 20- ≤22y | 24 | 20 | 34 | 28.3 | | |
| • +22y | 14 | 11.6 | 12 | 10 | | |
| **University level** | | | | | **15.435** | <0.01 H.S |
| • First | 26 | 21.6 | 53 | 44.1 | | |
| • Second | 3 | 2.5 | 1 | 0.83 | | |
| • Third | 10 | 8.3 | 2 | 1.6 | | |
| • Fourth | 19 | 15.8 | 6 | 5 | | |
| **Birth Order** | | | | | **11.707** | <0.01 H.S |
| • First | 30 | 25 | 53 | 44.1 | | |
| • Second | 7 | 5.8 | 6 | 5 | | |
| • Third | 10 | 8.3 | 3 | 2.5 | | |
| • Fourth and more | 9 | 7.5 | 2 | 1.6 | | |
| **Residence** | | | | | **19.575** | <0.01 H.S |
| • With her family | 90 | 75 | 15 | 12.5 | | |
| • University hostel | 3 | 2.5 | 12 | 10 | | |
| **Marital Status** | | | | | **14.978** | <0.01 H.S |
| • Single | 62 | 51.6 | 24 | 20 | | |
| • Married | 13 | 10.8 | 11 | 9.1 | | |
| • Divorced | 0 | 0 | 0 | 0 | | |
| • Widow | 0 | 0 | 0 | 0 | | |
| **Parents' Education** | | | | | **16.200** | <0.01 H.S |
| • Illiterate | 4 | 3.3 | 20 | 16.6 | | |
| • Read and write | 14 | 11.6 | 10 | 8.3 | | |
| • Secondary school | 17 | 14.1 | 18 | 15 | | |
| • University level | 20 | 16.6 | 17 | 14.1 | | |
| **Family Income** | | | | | **8.321** | <0.01 H.S |
| • Barrenly adequate | 19 | 15.8 | 37 | 30.8 | | |
| • Adequate | 22 | 18.3 | 3 | 2.5 | | |
| • Inadequate | 2 | 1.6 | 36 | 30 | | |
| **Family  Size** | | | | | | |
| • 3-4 person | 26 | 21.6 | 4 | 3.3 | **10.645** | <0.01 H.S |
| • 5-6 person | 11 | 9.2 | 53 | 44.1 | | |
| • More than 6 | 15 | 12.5 | 11 | 9.2 | | |

**Table (5)** shows that, more than three quarter (75%) of female nursing students under study who lived with their families were have a good  quality of life and more than half of them (51.6%) were single .Meanwhile, as regards to worse quality of life ,it was found that,  more than one quarter (28.3%) of the studied sample who in age group between20- ≤22y  were have a worse quality of life, (44.1%) of them were at the first level in university and also first at their order of birth and lived in families consisted of 5-6 person.

 **Table (6): Relationship between Body Image, Quality of Life and Self- esteem of female nursing students understudy.**

| Variable | R | Meaningfulness level |
|---|---|---|
| Relationship between body image and quality of life | 0.127 | 0.008* |
| Relation between body image and self- esteem | 0.103 | 0.005* |
| Relation between self- esteem and  quality of life | 0.050 | 0.002* |

**\***Statistical significant relation

**Table (6)** reveals that, there was a statistically significant relations were found between body image and quality of life and between body image  and self- esteem also, between self- esteem and quality of life among the studied female nursing students.

## Discussion:

Body image contributes to research as perception of self in the society. People have overall sense of body image which affects their emotions, feelings and self-worth and recognition[17] **.** Females tend to think more about their body shape and endorse thinner figures than men even into old**.** This is a clear indication of the fact that females have a sense of body image which also influence their self-worth and esteem and also has make them to become recognized age **(Ferraro, 2017)** [17].

Disturbance in body image and its adverse consequences are serious issues that have been studied mostly with western female subjects **(You,2016)** [18] . So, the aim of this study is to assess the relationships between body image, self- esteem and quality of life among female students of the faculty of nursing ,Ain Shams University.

Finding of the present study revealed that, near half of female nursing students under study were in age group of 20 to ≤22 and more than three quarter of them were live with their families and single. In relation to their birth order, it was found that more than half of them were the first one in their family and were have in family size constitute of 5 to 6 persons**.**

Finding of the current study indicated that, more than three fifth of female nursing students were have a worse quality of life. This could be due to the academic period involves the employment of time and financial resources by the students, without guarantees of a satisfactory return. This pressure can lead to a worse QoL perception in its various aspects (health, physical, psychological, environmental and social).

The present study illustrated that, more than two third of female nursing students were disagree that they feel have a number of good qualities and disagree to take a positive attitude toward themselves In addition to more than half of them were strongly disagree that on the whole ,they satisfied with their life and in general have low self esteem. This results may be due to the fact that when one doesn't feel good about himself, thinks he /she is not worthy of even trying to move forward. The person is focusing on his weaknesses instead of paying attention to his strengths and feel low self esteem.

Finding of the current study indicated that, more than one quarter of the studied sample are have poor body image in relation to their age from 18- ≤20 years and at the first level in university. This

could be due to the fact that, this period in life can be demanding and stressful and a key developmental time that can have important implications for psychological well-being Furthermore, this period involves challenges regarding the maintenance of healthy behaviors in this new environment**.** This finding was supported with **(Latha, 2016)** [20] who conducted that, the study of Body Image, Self-Esteem and Depression in Female Adolescent College Students and reported that there was a significant positive correlation between body shape questionnaire scores and body mass index, age, and weight.

The present study shows that, there was a highly statistical significance relation detected between body image and marital status. This finding is agree with the **(Dimitra ,2005)** [21] who studied Body image in relation to self-esteem and stated that marital status was related significantly with body image, married women having a more positive body image than women that were single, divorced or widowed.

The results of the present study shows that, there was a highly statistical significance relation detected between body image and first year level in university. This may be due to that the first year students recently enter their college with some fear of body

image change and concerns about their physical appearance that is associated with the new stage in their life, and also is returned to that the students have just emerged from the protected environment of their family where they are exposed to more competitive situation.

The current study finding displays that, more than one quarter of the studied sample are have low self esteem in relation to their age from 18- ≤20 years and there was a statistical significant relation between the female nursing students' self - esteem and their age. This result is supported with( **Belsiyal,2015)** [22] who studied level of self-esteem among B.Sc. N students in a selected college of nursing at Bangalore, Karnataka and found that 11(31.4%) of nursing students at age of 18 years were have low self-esteem.

The finding of the present study emphasized that, more than half of female nursing student under study were have low self esteem. This result is contradicted with **(Ahmat,2017)** [23] who studied self-Esteem level and its relationship to academic performance among undergraduate pharmacy students in a Malaysian public university and found that, undergraduate pharmacy students reported an average self-esteem level.

The present study results shows that, more

than three quarter of female nursing students under study who lived with their families are have a good quality of life and more than half of them were single .Meanwhile, as regards to worse quality of life ,it was found that, more than one quarter of the studied sample who in age group between20- ≤22y were have a worse quality of life, and at the first level in university and also first at their order of birth and lived in families consisted of 5-6 person.

The current study finding clarified that there was a statistically significant correlation was found between body image and self- esteem. This could be due to the fact explained by (**Ballard, 2011**) [24] , that body image develops and grows through human growth stages, and it is an essential component of the personality; accordingly, the physical self and the self as part of a person's identity are influenced by opinions, feelings and judgments reported consciously by the subject. So a person, who has a certain type of self-judgments and self opinions, has the same kind of feelings and opinions about their body.

also ,this result is agree with the study done by (**Lobera,2011**) [25] that concluded there was a positive correlation between body image and emotional

disorders; whereas adolescents with high satisfaction of their body image, are less stressed , have high self-esteem and high level of adaptation, while adolescents, with low satisfaction of their body image, have emotional and social problems, such as shyness, insecurity, low self-esteem, depression, aggressive behavior and food disorders (**Newman, 2016**) [26] Within the same context the findings of (**Farghale, 2013, ,Abdulnabi, 2014, Clay,2015 & Qaisy, 2016**) [27-30] are also had similar finding that they found a positive correlation existed between body image and self-esteem.

Results of the present study revealed that, statistically significant correlations were found between body image and quality of life and also between self- esteem and quality of life among the studied female nursing students. These results support without any doubt the potential effect of body image on quality of life and also effect of self –esteem on quality of life. Due the body image is an important issue in attracting and maintaining young people's involvement involved in different activities. And also this is due in large part to the belief that body weight and appearance are things that are socially important and positive or negative self-assessment about one's body weight and

appearance affect their self-assessment of certain domains of quality of life.

Concerning the present study results of the relation between body image and quality of life it was found that it was in accordance with the study of **(Nayir ,2016)** [31] that aimed to assess the Body Image and Quality of Life of individuals and demonstrated that body image was found closely related with quality of life and came out as a predictor enhancing the quality of life in all sub-domains. Also, it is in accordance with the study of **(Mond, 2013)** [32] who reported a higher levels of body dissatisfaction were associated with poorer quality of life. This result is also supported by findings of **(Cash, 2012)** [33] and **(Stewart-Brown, 2014)** [34] who indicated that better body image was also related to higher self-esteem, optimism and social support among women .In a sense quality of life seems to have a positive effect on how students perceive their body image.

The current study indicated that, there was a significant correlation was found between body image and self- esteem ; this finding expresses a strong relationship between body image and self esteem this results supported with **(Taha etal,2011)** [35] who studied the comparison between body image and self-esteem among female

nursing students in Three Different Arab Countries and found that female with positive body image had high self esteem..

The current study indicated that, there was a significant correlation was found between self- esteem and quality of life among the studied female nursing students. This result is in agreement with the result of study conducted by **(Habib etal., 2015)** [36] who studied the relationship between body mass index, self-esteem and quality of life among a Adolescent Saudi Female nursing student, and found that there was a significant positive correlation between self esteem and quality of life.

The current findings are also supported by **(Aldaqal,2013)** [37] , who studied self-esteem and quality of life in adolescents with extreme obesity in Saudi Arabia through examine the effect of weight loss after laparoscopic sleeve gastroctomy and found that significant poor self-esteem and impairment in all domains of quality of life in Obese adolescent compared with normal weight adolescent.

**Conclusion:**

The study results concluded that, more than two fifth of female nursing student under study were have low self esteem and quarter of them were have poor body image perception .also, there was a statistically significant correlations were

found between body image and quality of life and between body image and self-esteem also, between self- esteem and quality of life among the studied female nursing students.

**Recommendations:**

In the light of the results of current study, it was recommended that;

- Nursing students need more counseling program to attain a realistic, positive perception of their body image and to overcome the negative views about their body image in order to enhance their self-esteem and different dimensions of their quality of life.

- Further study to investigate other dimensions of body image and studying the healthy lifestyle choices which are also a key to improve body image.

- Psychoeducational nursing interventions to improve self-esteem in adolescents nursing students.

- Further study on large number of nursing students to show the connection between body image, self-esteem and different dimensions of their quality of life.

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