



Journal Homepage: -www.journalijar.com

INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI:10.21474/IJAR01/19119
DOI URL: <http://dx.doi.org/10.21474/IJAR01/19119>



RESEARCH ARTICLE

A COMPARATIVE STUDY TO ASSESS THE BODY IMAGE AND SELF-ESTEEM AMONG MALE AND FEMALE ADOLESCENTS AT SELECTED SCHOOL, PUDUCHERRY

Ms. Sujitha G.¹, Mrs. Nathiya P.², Mrs. Manohari K.³ and Dr. Muthamilselvi G.⁴

1. M.Sc. Nursing -II Year, Sri Manakula Vinayagar Nursing College.
2. Reader in Nursing, Sri Manakula Vinayagar Nursing College.
3. Reader in Nursing, Sri Manakula Vinayagar Nursing College.
4. Principal, Sri Manakula Vinayagar Nursing College.

Manuscript Info

Manuscript History

Received: 25 May 2024
Final Accepted: 28 June 2024
Published: July 2024

Key words:-

Adolescents, Body Image, Self-Esteem

Abstract

Body image is the mental picture a person has of his or her own body. Self-esteem refers to the degree of regard or respect that individuals have for themselves and is a measure of worth that they place on their abilities and judgments. To compare the body image and self-esteem among male and female adolescents at selected school, Puducherry. A descriptive cross-sectional research design was adopted for this study. The sample size was 170, males (85) and females (85) in the age group between 14 and 17 years. Data were collected using the **Body Shape Questionnaire (BSQ) for men and women and the Rosenberg Self-Esteem Scale (RSES)**. The findings of the study revealed that the t value showed there was a statistically significant difference in the body image of male and female adolescents. The p value showed that body image and self-esteem are positively correlated. The study findings conclude that there was a marked concern with body image among female adolescents than male adolescents, and there was a lower level of self-esteem among female adolescents than male adolescents. This study may be suggested for ongoing clinical usage for additional assessment.

Copy Right, IJAR, 2024,. All rights reserved.

Introduction:-

Body image is a subjective picture of an individual's physical appearance and emotions. It can be broadly defined as a multidimensional construct that describes internal, subjective representations of physical appearance and bodily experience, attitude towards the body, particularly, size, shape and aesthetics. An individual can either be satisfied or dissatisfied with his or her body. When someone is dissatisfied with his/her body or specific parts of it, it is termed as having a negative body image. People may perform actions to hide or change the body without regard to health implications and this can result in body image disturbance. (Clay et al., 2005) ⁽¹⁾

Self-esteem is a measure of the value people place on their skills and judgements, and it is the amount of regard or respect that people have for themselves. Warren (1991) stated, Self-esteem breaks down into two components, the ability to say that I am important, "I matter," and the ability to say "I am competent." Self-esteem is very closely related to the other components of the self-concept. The growth of one's self-esteem is significantly impacted by the

Corresponding Author:- Ms.Sujitha G.

Address:- M.ScNursing -II Year, Sri Manakula Vinayagar Nursing College.

way other people see them, much like it is with body image and personal identity. It begins in early childhood and oscillate throughout the life span ⁽²⁾

Body image and self-esteem have long been known to be linked and are salient issues for young people, particularly during adolescence and puberty. These issues affect people throughout the life span, from childhood to old age. Body image concerns are associated with overall poor self-concept in early adolescents, including poor physical, social, and academic self-concepts as well as low overall self-esteem. People with poor body image are known to be more likely to diet and to be susceptible to eating disorders. Poor body image has detrimental effects on children and adolescents, indicating the urgent need for health and educational settings to address these concerns. ⁽¹⁵⁾

Statement Of the Problem:

“A comparative study to assess the body image and self-esteem among male and female adolescents at selected school, Puducherry.”

Objectives:-

- 1) To assess the body image and self-esteem among male and female adolescents at selected school, Puducherry.
- 2) To compare the body image and self-esteem among male and female adolescents at selected school, Puducherry.
- 3) To find out the correlation between the body image and self-esteem among male and female adolescents at selected school, Puducherry.
- 4) To identify the association between the body image and self-esteem among male and female adolescents with their selected demographic variables at selected school, Puducherry.

Assumptions–

The investigator assumed that,

- female adolescents will have high concern about their body image than male adolescents.
- female adolescents will have less self-esteem than male adolescents.

Research Approach

A Quantitative research approach was adopted for the present study.

Research Design

In this study, a descriptive cross-sectional research design was adopted.

List of variables used in this Study

Independent Variable–

It consists of age of the adolescents in years, gender of the adolescents, religion, residence, educational status of parents, working status of the parents, monthly income of family, living status of the parents, type of family, time spent for physical exercise, time spent for social media, and sleeping hours, height, weight, BMI, dietary pattern.

Predictor Variable–

Body shape questionnaire (BSQ) for men and women contains Has feeling bored made you brood about your shape? Have you been so worried about your shape that you have been feeling you ought to diet? Have you thought that your thighs, hips or bottom are too large for the rest of you? Have you been afraid that you might become fat (or fatter)? Have you worried about your flesh being not firm enough?

Outcome Variable–

Rosenberg Self-Esteem Scale includes on the whole, I am satisfied with myself. At times I think I am no good at all. I feel that I have a number of good qualities. I am able to do things as well as most other people I feel I do not have much to be proud of.

Setting The Study:

The study was conducted in KalaingarKarunanithi Govt. Higher Secondary School at Madagadipet, Puducherry.

Population

All adolescent's children in the age group between 14 to 17 years in school of Puducherry.

Sample

Adolescents studying in the age group between 14 to 17 years in KalaignarKarunanithi Govt. Higher Secondary School at Madagadipet, Puducherry.

Sample Size Calculation

The sample size was determined according to this study article, Ayushi Rai., et.al conducted a study on Self-Perception, Body-Image and Self-Esteem among Young Adults. The International Journal of Indian Psychology. 9(3). 2021 July- September. The sample size was estimated using a comparing two means formula based on the prevalence of body image and self-esteem of 50% among adolescent groups with 95% confidence level, power 80% and 5% margin of error which was further inflated by a ratio of sample size 1. The final sample size was calculated to be 166. (Sample size of group 1 – 83 and sample size of group 2 – 83).⁽³¹⁾

In this study, the sample size was 170, male (85) and female (85) in the age group between 14 to 17 years.

Sampling Technique

In this study, a stratified random sampling technique was used. Informed consent was obtained from the participants. Subjects was selected by the stratified random sampling technique (proportionate) based on the inclusion criteria. Then, Divided the entire population into different homogenous strata (strata was divided according to traits of population such as gender and age).

Criteria for sample Selection**Inclusion criteria**

1. Adolescents who aged between 14 to 17 years.
2. For male and female adolescent students.
3. Adolescents who were willing to participate.
4. Adolescents who know Tamil and English.

Exclusion criteria

1. Adolescents who are absent at the day of data collection.
2. Adolescents who have any physical or mental problem.

Tools And Instruments Development & Description of Data Collection Instruments

Since the objective of the study was to assess the body image and self- esteem among adolescents with demographic data. It would have three sections namely.

Section-A: Demographic data. It consists of demographic data for adolescents, such as age of the adolescents in years, gender of the adolescents, religion, residence, educational status of parents, working status of the parents, monthly income of family, living status of the parents, type of family, time spent for physical exercise, time spent for social media, and sleeping hours, height, weight, BMI, dietary pattern.

Section B: Body shape questionnaire for Men and Women: A 34-item questionnaire designed to measure body image. Participants answer on a 6-point scale ranging from Never (1) to Very Always (6), the overall score is the total across the 34 items, i.e. a theoretical score of 34 to 204.

Section-C: Rosenberg Self-Esteem Scale. The Rosenberg Self-Esteem Scale measures an individual's Self-Esteem. There are 10 items. For each item, participants indicate on a four-point Likert scale whether the statement was strongly disagree (coded as 1), disagree (coded as 2), agree (coded as 3), strongly agree (coded as 4). scores will range from 10-40

Scoring Interpretation of The Instruments**Body shape questionnaire**

Full BSQ score	Classification
less than 80	No concern with shape
80 to 110	Mild concern with shape

111 to 140	Moderate concern with shape
over 140	Marked concern with shape

Rosenberg Self-Esteem Scale

Score	Classification
10 to 25	Low
26 to 29	Medium
30 to 40	High

Organisation Of the Data

Section A: Distribution of study subjects of demographic variables among male and female adolescents in selected school, Puducherry.

Section B: Assessment of body image and self-esteem among male and female adolescents in selected school, Puducherry.

Section C: Comparison between body image and self-esteem among male and female adolescents in selected school, Puducherry.

Section D: Correlation of body image with self-esteem among male and female adolescents in selected school, Puducherry.

Section E: Association with the body image and self-esteem with their selected demographic variables among male and female adolescents.

Section B: Assessment of body image and self-esteem among male and female adolescents in selected school, Puducherry.

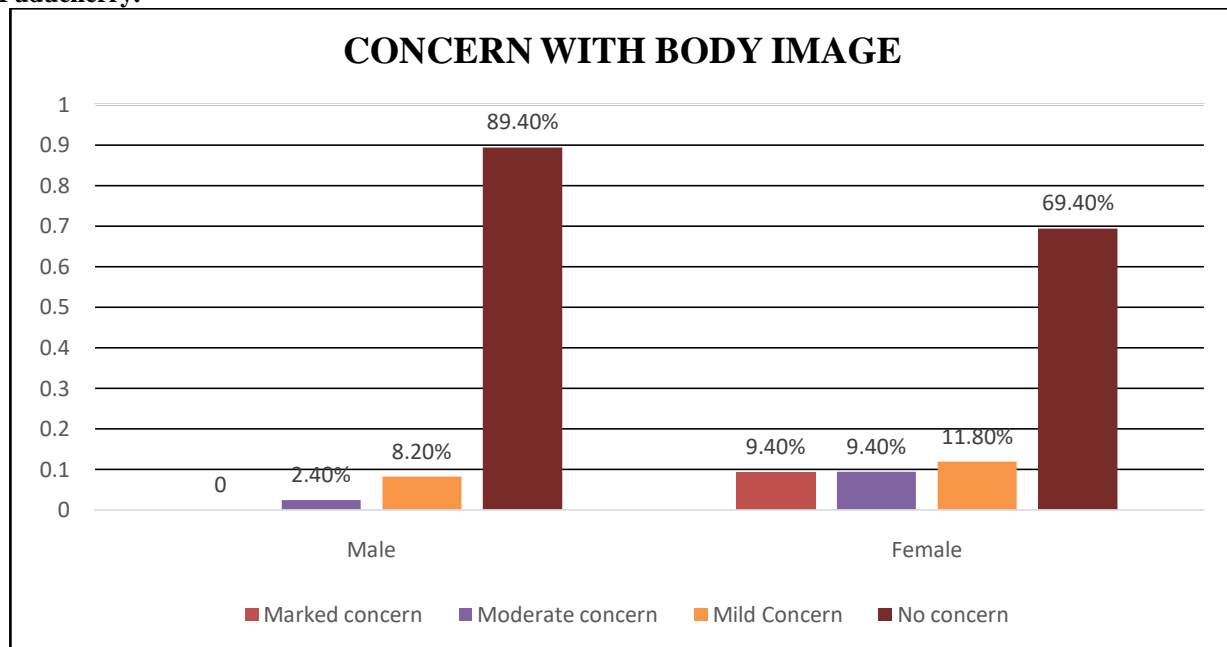


Figure 4.1: -Shows that the distribution of study subjects their concern with body image.

Figure 4.1 reveals that the distribution of study subjects their concern with body image among the **female** population, 69.4% of the adolescents had no concern with image, whereas in the **male** population, 89.4% of the adolescents had no concern with image.

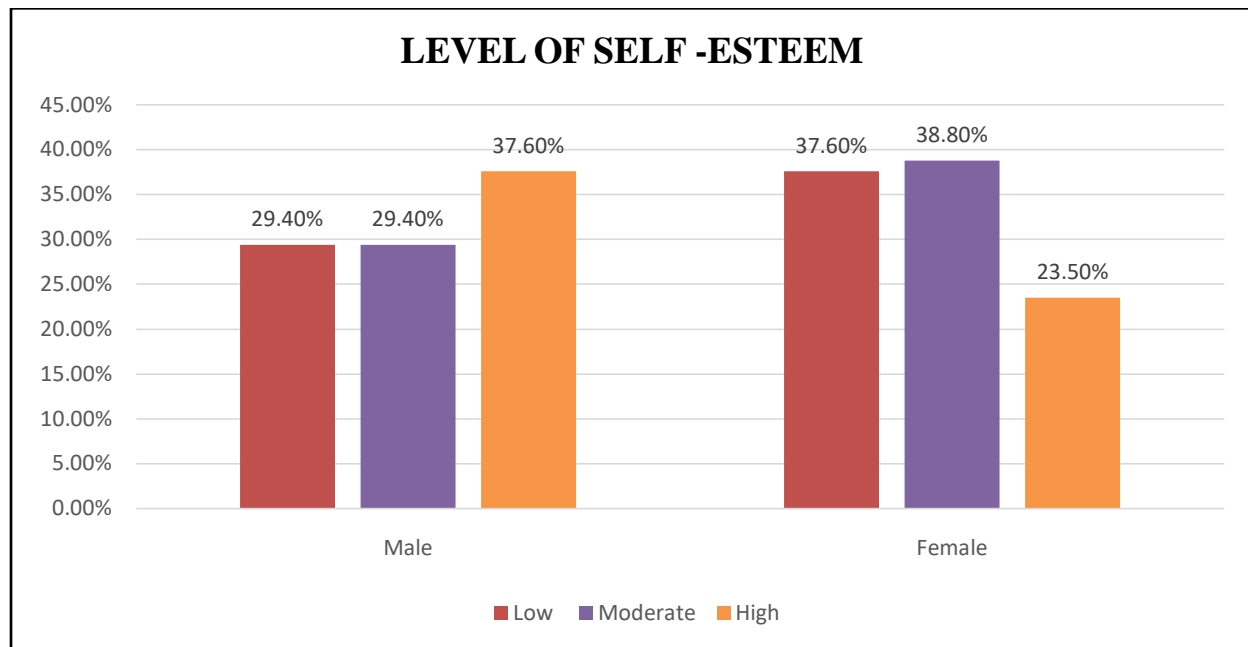


Figure 4.2: -Shows that the distribution of level of self-esteem among study subjects

Figure 4. 2 reveals that the distribution of study subjects of self-esteem, 23.5% had high self-esteem among the female population. Whereas in the male population, 37.6% of the adolescents had high self-esteem.

Section C: Comparison between body image and self-esteem among male and female adolescents in selected school, Puducherry.

Table 4.1: - Comparison between body image and self-esteem among male and female adolescents in selected school, Puducherry. N=170 (85 + 85)

Variables	Adolescents	Mean	S. D	Mean Difference	T value	P value
Body image	Male	49.79	18.93	15.38	3.22	0.02*
	Female	65.18	39.71			
Self-esteem	Male	25.62	3.4	0.74	1.44	1.44
	Female	26.88	3.2			

*p>0.05, S- Significant, NS- Not Significant

Table 4. 1 shows that from the above findings, it is inferred that the unpaired 't' test values of $t = 3.22$ and 0.02 indicate a significant difference in the body image mean score of two groups of male and female adolescents, and this clearly indicates that there was a statistically significant difference in the body image mean score of male and female adolescents.

Section D: Correlation of body image with self-esteem among male and female adolescents in selected school, Puducherry.

Table 4.2:- Correlation of body image with self-esteem among male and female adolescents in selected school, Puducherry. N=170 (85 + 85)

Adolescents	Variables	Mean	S. D	r value	P value
Male	Body Image	49.7	39.7	1	0.20
	Self-esteem	27.6	3.4		
Female	Body Image	65.18	39.7	1	0.01*
	Self-esteem	26.8	3.2		

*p > 0.05, S- Significant, NS- Not Significant

Table 4. 2 depicts that the p value of **male** is 0.20, which is less than the significance level at $p > 0.05$, and the r value of 1 shows a perfect positive relationship between two variables. This clearly indicates that body image and self-esteem are not statistically significant positive correlation.

And the p value of **female** is 0.01, which is more than the significance level at $p > 0.05$, and the r value of 1 shows a perfect positive relationship between two variables. This clearly indicates that body image and self-esteem are statistically significant positive correlation.

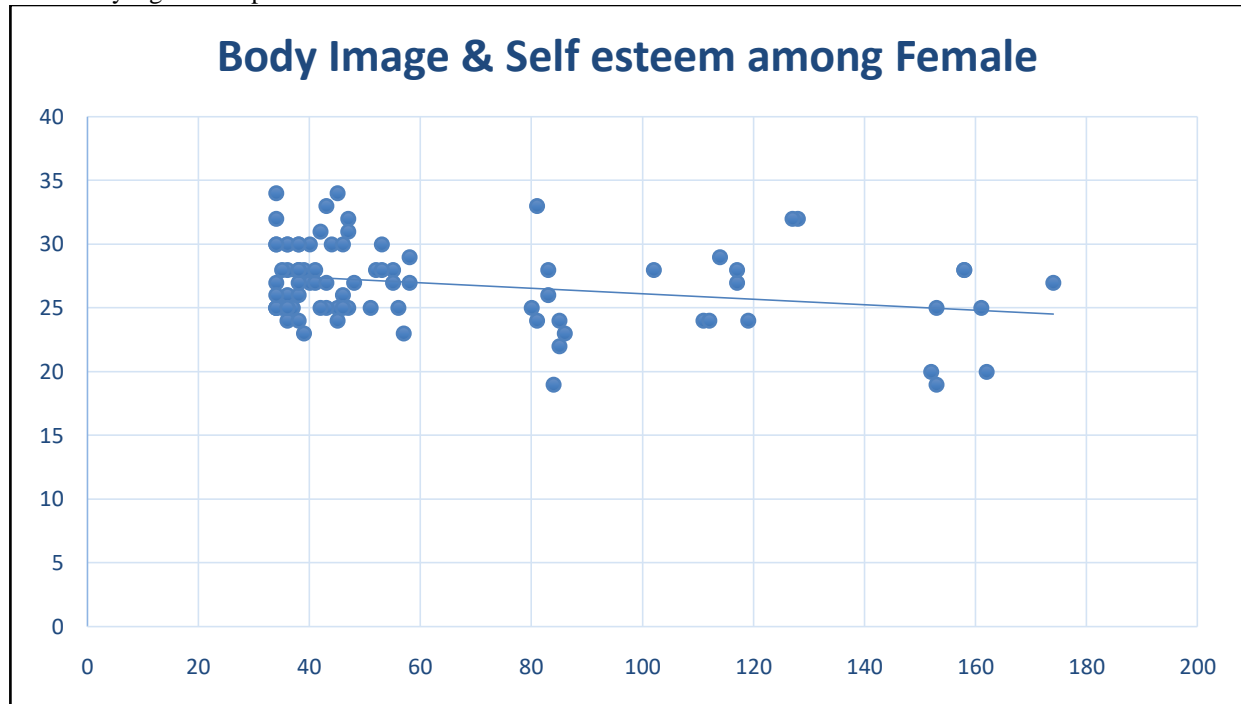


Figure 4.3:-Shows that the Correlation of body image with self-esteem among female adolescents.

Figure 4.3 reveals that the Correlation of body image with self-esteem among female adolescents and this clearly indicates that body image and self-esteem are statistically significant positive correlation.

Section E: Association between the body image and self-esteem with their selected demographic variables among male and female adolescents.

Table 4.3:- Association between the body image and the selected demographic variables among male adolescents. [N= 85]

S.N	Demographic variables	Mild concern		Moderate Concern		No concern		P value
		No.	%	No.	%	No.	%	
01	Age							10.86 0.05*
	a) 14 years	6	5.9	0	0	17	20	
	b) 15 years	2	2.4	0	0	29	34.1	
	c) 16 years	0	0	1	1.2	17	20	
	d) 17 years	0	0	0	0	13	15.3	

* $p > 0.05$, S- Significant, NS- Not Significant

Table 4.3 shows that the demographic variable **age** had shown a statistically significant association with body image among male adolescents at the $p < 0.05$ level, and the other demographic variables had not shown a statistically significant association with body image among male adolescents.

Table 4.4:- Association between the self-esteem and the selected demographic variables among male adolescents. [N= 85]

S.N	Demographic variables	High self esteem	Medium self esteem	Low self esteem	P value
-----	-----------------------	------------------	--------------------	-----------------	---------

		No.	%	No.	%	No.	%	
01	Mother's Education							
	a) Graduation	4	4.7	0	0	0	0	11.3 0.05*
	b) HSC	8	9.4	8	9.4	4	4.7	
	c) Primary education	20	23.5	18	21.2	18	21.2	
	d) Illiterate	0	0	2	2.4	3	3.5	
02	Mother's Occupation							
	a) Govt Employee	1	1.2	0	0	0	0	17.9 0.02*
	b) Private - Employee	6	7.1	12	14.1	9	10.6	
	c) Self - Employee	5	5.9	3	3.5	3	3.5	
	d) Daily wages	3	3.5	10	11.8	5	5.9	
	e) Unemployed	17	20	3	3.5	8	9.4	

*p > 0.05, S- Significant, NS- Not Significant

Table 4.4 shows that the demographic variable **mother's education and mother's occupation** had shown a statistically significant association with self-esteem among male adolescents at the p<0.05 level, and the other demographic variables had not shown a statistically significant association with self-esteem among male adolescents.

Table 4.5:- Association between the body image and theselected demographic variables among female adolescents. [N= 85]

S.N	Demographic variables	Marked concern		Mild concern		Moderate Concern		No concern		P value
		No.	%	No.	%	No.	%	No.	%	
01	Age									35.45 0.001*
	a) 14 years	0	0	4	4.7	3	3.5	31	36.5	
	b) 15 years	0	0	0	0	1	1.2	17	20	
	c) 16 years	2	2.4	1	1.2	1	1.2	8	9.4	
	d) 17 years	6	7.1	5	5.9	3	3.5	3	3.5	
02	Religion									34.14 0.001*
	a) Hindu	4	4.7	8	9.4	8	9.4	58	68.2	
	b) Muslim	1	1.2	2	2.4	0	0	0	0	
	c) Christian	3	3.5	0	0	0	0	1	1.2	
	d) others	0	0	0	0	0	0	0	0	
03	Family monthly income									19.3 0.02*
	a) Rs 1,000/- to Rs 10,000/-	2	2.4	3	3.5	4	4.7	23	27.1	
	b) Rs 11,000/- to Rs 20,000/-	6	7.1	2	2.4	4	4.7	30	35.3	
	c) Rs21,000/- to Rs 30,000/-	0	0	1	1.2	0	0	3	3.5	
	d) More than Rs 30,000 /-	0	0	4	4.7	0	0	3	3.5	
04	Type of Family									13.8 0.03*
	a) Joint	2	2.4	1	1.2	3	3.5	11	12.9	
	b) Nuclear	6	7.1	6	7.1	5	5.9	46	54.1	
	c) Extended	0	0	3	3.5	0	0	2	2.4	
05	Height									27.42 0.02*
	a) Below 140 cm	0	0	1	1.2	1	1.2	11	12.9	
	b) 141-150 cm	0	0	4	4.7	3	3.5	20	23.5	
	c) 151-160 cm	2	2.4	3	3.5	3	3.5	20	23.5	
	d) 161-170 cm	5	5.9	2	2.4	1	1.2	6	7.1	
	e) 171- 180 cm	0	0	0	0	0	0	2	2.4	

	f) Above 180 cm	1	1.2	0	0	0	0	0	0	
06	Weight									
	a) Below 40 kgs	1	1.2	2	2.4	1	1.2	29	34.1	28.32 0.005*
	b) 41-50 kgs	1	1.2	3	3.5	3	3.5	22	25.9	
	c) 51-60 kgs	3	3.5	1	1.2	3	3.5	5	5.9	
	d) 61-70 kgs	2	2.4	3	3.5	1	1.2	1	1.2	
	e) Above 70 kgs	1	1.2	1	1.2	0	0	2	2.4	
07	BMI									
	a) Less than 18.5	0	0	3	3.5	1	1.2	26	30.6	35.7 0.001*
	b) 18.5 to 24.9	2	2.4	4	4.7	6	7.1	31	36.5	
	c) 25.0 to 29.9	4	4.7	2	2.4	1	1.2	1	1.2	
	d) More than 30.0	2	2.4	1	1.2	0	0	1	1.2	

*p > 0.05, S- Significant, NS- Not Significant

Table 4. 5 shows that the demographic variables **age, religion and family monthly income, type of family, Height, weight, BMI** had shown a statistically significant association with body image among female adolescents at the $p < 0.05$ level, and the other demographic variables had not shown a statistically significant association with body image among female adolescents

Table 4. 6:- Association between the self-esteem and theselected demographic variables among female adolescents.
[N= 85]

S.N	Demographic variables	High self esteem		Medium self esteem		Low self esteem		P value
		No.	%	No.	%	No.	%	
01	Father's Occupation							
	a) Govt Employee	0	0	3	3.5	1	1.2	19.3 0.01*
	b) Private - Employee	0	0	3	3.5	12	14.1	
	c) Self - Employee	4	4.7	8	9.4	2	2.4	
	d) Daily wages	14	16.5	15	17.6	15	17.6	
	e) Unemployed	2	2.4	3	3.5	3	3.5	
02	Mother's Occupation							
	a) Govt Employee	0	0	1	1.2	0	0	15.6 0.04*
	b) Private - Employee	3	3.5	8	9.4	14	16.5	
	c) Self - Employee	0	0	7	8.2	3	3.5	
	d) Daily wages	10	11.8	8	9.4	6	7.1	
	e) Unemployed	7	8.2	8	9.4	10	11.8	

*p > 0.05, S- Significant, NS- Not Significant

Table 4. 6 shows that the demographic variable **father's and mother's occupation** has shown a statistically significant association with self-esteem among female adolescents at the $p < 0.05$ level, and the other demographic variables have not shown a statistically significant association with self-esteem among female adolescents

Discussion: -

This study was conducted to assess the body image and self-esteem among male and female adolescents at selected school, Puducherry. The total number of 170 adolescents were selected for this study. The body image and self-esteem were assessed using Body shape questionnaire for Men and Women and Rosenberg Self-Esteem Scale. The collected data was analysed and interpreted in relation to the objectives.

The first objectives of the study were to assess the body image and self-esteem among male and female adolescents at selected school, Puducherry.

The data shows that out of 170 samples, regarding **body image** the majority of the **female** population, 69.4% of the adolescents had no concern for body image, 11.8% had mild concern for body image, and 9.4% had moderate and marked concern for body image. Whereas in the **male** population, 89.4% of the adolescents had no concern about body image, 8.2% had mild concern about body image, and 2.4% had moderate concern about body image.

Regarding **self-esteem**, the **female** population, 38.8% of the adolescents had moderate self-esteem, 37.6% had low self-esteem, and 23.5% had high self-esteem. Whereas in the **male** population, 37.6% of the adolescents had high self-esteem and 29.4% had low and moderate self-esteem.

The second objective of the study was to compare the body image and self-esteem among male and female adolescents at selected school, Puducherry.

The findings of the present study revealed that there was a statistically significant difference in the body image mean score of male and female adolescents.

And it also shows that there was no statistically significant difference in the self-esteem mean score of male and female adolescents.

The third objective of the study was to find out the correlation between the body image and self-esteem among male and female adolescents at selected school, Puducherry.

The data shows that out of 170 samples, the p value of **male** is 0.20, and the r value of 1 clearly indicates that body image and self-esteem are not statistically significant positive correlation.

And the p value of **female** is 0.01, which is more than the significance level at $p > 0.05$, and the r value of 1 clearly indicates that body image and self-esteem are statistically significant positive correlation.

The fourth objective of the study was to identify the association between the body image and self-esteem among male and female adolescents with their selected demographic variables at selected school, Puducherry. Association between the body image and the selected demographic variables among male adolescents.

The present study showed that out of 170 samples, demographic variable **age** had shown a statistically significant association with body image among male adolescents at the $p < 0.05$ level, In terms of body image, **29.1% of 15-year-old adolescents have significant concerns about their shape because they are 15 years old, so they have no awareness about their body shape concerns.**

Association between the self-esteem and the selected demographic variables among male adolescents.

The demographic variable **mother's education and mother's occupation** had shown a statistically significant association with self-esteem among male adolescents at the $p < 0.05$ level, and the other demographic variables had not shown a statistically significant association with self-esteem among male adolescents. In terms of self-esteem, **(20) 23.5% of mothers' education and (17) 20% of mothers' occupation in adolescents have significant high self-esteem due to their mother being unemployed; they have a mother at home to take care of their children, so they have high self-esteem.**

Association between the body image and the selected demographic variables among female adolescents.

The demographic variables **age, religion and family monthly income, type of family, Height, weight, BMI** had shown a statistically significant association with body image among female adolescents at the $p < 0.05$ level, and the other demographic variables had not shown a statistically significant association with body image among female adolescents. In terms of body image, **(31) 36.5% of 14-year-old adolescents, (58) 68.2% of religion, (30) 35.3% of family monthly income, (46) 54.1% of type of family, (20) 23.5% of height, (29) 34.1% of weight, and (31) 36.5% of BMI have highly significant values with no concern for shape because they are in 14 years, so they have no awareness about their body shape concerns.**

Association between the self-esteem and the selected demographic variables among female adolescents.

The demographic variable **father's and mother's occupation** has shown a statistically significant association with self-esteem among female adolescents at the $p < 0.05$ level, and the other demographic variables have not shown a statistically significant association with self-esteem among female adolescents. In terms of self-esteem, **(15) 17.6% of father's occupation and (14) 16.5% of mother's occupation are highly significant with low self-esteem because poor parents take care of their children at home due to their occupation.**

Conclusion:-

Comparative study to assess the body image and self-esteem among male and female adolescents at selected school, Puducherry. It was carried out to find out the body image concern and self-esteem. The study finding concludes that

there was a marked concern with shape among female adolescents than male adolescents and there was a marked concern with shape among female adolescents than male adolescents. It is also found that BSQ for men and women and Rosenberg self-esteem scale are valid tool in findings the body image concern and self-esteem among female and male adolescents and it may be suggested for ongoing clinical usage for additional assessment.

References:-

1. Ramos, P, Moreno-Maldonado, C, Moreno, C, & Rivera, F. The Role of Body Image in Internalizing Mental Health Problems in Spanish Adolescents: An Analysis According to Sex, Age, and Socioeconomic Status. *Front. Psychol.* (Serial online) 2019 [cited 2019 Aug 22];10. Available from: <https://doi.org/10.3389/fpsyg.2019.01952>
2. Townsend M.C, and Morgan.K.I. Essentials of Psychiatric Mental Health Nursing Concepts of Care in Evidence-Based Practice. 9th ed. F.A. Davis Company publishers; 2020.p.267-269.
3. Khosla, M., Jhingran, A., & Agrawal, S. (2021). 2020). Is Self -Esteem of a person affected by the Body Image one holds of themselves? March 2020Asian. ResearchGate. https://www.researchgate.net/publication/351838155_2020Is_Self-Esteem_of_a_person_affected_by_the_Body_Image_one_holds_of_themselves_March_2020Asian_Journal_of_Social_Psychology_Asian_Journal_of_Psychology_and_Education_531-22-20_ISSN_0971-29091-22-2
4. Ruth.A.A., Iyunoluwa.O, Tominiy.O. (2021). Toxic masculinity, Body Image and Self-Esteem of Adolescent Boys in Senior Secondary Schools [Supplemental material]. *Journal of Positive Psychology and Counselling*, 08(10).https://www.researchgate.net/publication/357933729_Toxic_masculinity_Body_Image_and_SelfEsteem_of_Adolescent_Boys_in_Senior_Secondary_Schools
5. Townsend M.C, and Morgan. K. I. (2020). Essentials of Psychiatric Mental Health Nursing Concepts of Care in Evidence-Based Practice. F.A. Davis Company publishers.
6. Stuart. G. W, Laraia. M. T. (2005). Principles and practice of psychiatry nursing. New Delhi: Elsevier publisher(p) Ltd.
7. Marlow. D.R, Redding.B.A. (2013). Textbook of pediatric nursing. New Delhi: Elsevier publisher(p) Ltd.
8. Keltner. N. L, Schweche. L. H, Bostrom. C.E. (2007). Textbook of Psychiatry nursing. Elsevier publisher(p) Ltd.
9. Kaplan and Sadock. B. J, Sadock. V. A. (2013). Synopsis of Psychiatry behavioral sciences/ clinical Psychiatry. New Delhi: Wolters Kluwer publisher(p) Ltd.
10. Joseph, R. V., & Abraham, M. (2017). Coping Skills and Self-Esteem among School-going Adolescents in Assam. *International Journal of Indian Psychology*, 4(4). <https://doi.org/10.25215/0404.072>
11. Oktan, V. (2017). Self-Harm behaviour in Adolescents: Body image and Self-Esteem. *Journal of Psychologists and Counsellors in Schools*, 27(2), 177–189. <https://doi.org/10.1017/jgc.2017.6>
12. Sumathy, S., & Bhuvanewari, G. (2017). SELF-ESTEEM OF ADOLESCENTS IN SCHOOL. *International Journal of Advanced Research*, 5(4), 1296–1300. <https://doi.org/10.21474/ijar01/3947>.