

How to Cite:

Reddy, S. M., Ali, Z., George, S. S., Cardoza, J. V., Jayavel, K., & Rashid, H. K. (2022). Relationship between obesity, self esteem and emotional maturity among young men and women in Bengaluru. *International Journal of Health Sciences*, 6(S1), 5115–5120.
<https://doi.org/10.53730/ijhs.v6nS1.5988>

Relationship between obesity, self esteem and emotional maturity among young men and women in Bengaluru

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Abstract--The study finds the relationship between obesity, self-esteem and Emotional maturity among young men and women between the age group 23-35 years in Bengaluru City and with the help of Rosenberg Self-Esteem Scale, Emotional Maturity Scale and demographic information sheet, the level of self-esteem, level of emotional maturity and BMI data have been captured for 50 Men and 50 women. The primary goal was examining the level of self-esteem and emotional maturity between obese young men and women. And it is observed that the level of self-esteem between obese men and women are not differing very significantly. However, Males have less self-esteem than females. The secondary goal was to identify

relationship between Emotional Maturity and self-esteem, and it is found that they are negatively correlated.

Keywords---Obesity, Self Esteem, Emotional Maturity, young adults.

Introduction

Self-esteem plays a major role in the motivation and success through out a person's life. Low esteem can affect one's day-to-day routine at work or school or personal life because of disbelief on the capability of success. Hence, having a high self-esteem becomes essential for a person to live through a positive and assertive attitude and create a belief that one can succeed in his life or goals. Signs of a healthy self-esteem are being confident, ability to say no, positive attitude, capability to see the reality and accept the weakness, ability to express one's need and finally negative experiences not affecting their overall Thought process.

Emotional stability can be defined as a capability of an individual to control his emotions and be stable and well balanced. The other extreme is Neuroticism who express negative emotions and has tendency to get inclined towards Negative emotions. In addition, Emotional stability leads to a happiness and living a good life. Obesity can adversely affect the Emotional stability of an individual which in turn can drag his Self-esteem also in directly.

Obesity is the state of being grossly fat or overweight. Obesity is a medical condition that occurs when a person carries excess weight or body fat that might affect their health. Being obese can increase the risk of developing various ill effects on one's health like Diabetes, Metabolic syndrome, and some types of cancer. Obesity is officially considered as a disease by the American Medical Association, an action that could put more emphasis on the health condition by doctors and insurance companies to minimize its effects.

Review of Literature

A research conducted by Dr. Simone A. French, et. al. in 2004, about the Self-esteem and Body mass index reveals that there is an inverse relationship between the physical appearance self-esteem and body mass index in Male and females. In Females, BMI Is inversely associated with both global and conduct self-esteem and on the close friendship. In Male, it was associated with the athletic and romantic appeal self-esteem.

Paul Kaczynski, Kristen W. Goold, Jeffrey J. Mudry, in their research on "Culture, Obesity Stereotypes, Self-Esteem, and the "Thin Ideal": A Social Identity Perspective, 2004", illustrate the increasing the prevalence of overweight and their need to understand their psychosocial correlations. A negative correlation between beliefs in control over one's weight and self-esteem partially mediate by both negative attitudes toward obesity and thin idealization.

As per the article published in Harvard Health publishing in Sep 2004, “Effects of obesity and exercise: Is obesity a mental health issue?” they have concluded that Obesity is no more a personal Emotional problem and look at the relationship between Obesity and mental health. It also refers that overweight people lose the psychological benefit of exercise also due to low self-esteem and Depression.

Based on the study on preventing obesity in India, Weighing the options, both sedentary behavior and mild activity showed a significantly increasing trend in women after the age of 35–44 years. In men, such a trend is observed above the age of 45 years. Sedentary behavior was significantly associated with obesity in both sexes, compared to non-obese men and women.

Objectives of the research

- 1) To assess the level of self-esteem among the young men and young women in Bengaluru
- 2) To assess the level of emotional maturity among the young men and young women in Bengaluru city.
- 3) To assess the relationship between the obesity and self-esteem among the young men in Bengaluru city.

Research Methodology

Correlational research design is used for the current study. It establishes a relationship between two variables in a statistical way. Using this type of research design, we can ascertain the relationship between Obesity and Self-esteem & Emotional maturity. Standardized tools which are readily available like Rosenberg Self-esteem Scale and Emotional Maturity scale (By Singh and Bhargava) are adopted to ascertain the Self-esteem and Emotional maturity levels. Non-probability random sampling method is used for the study. In that, Purposing sampling is chosen. Those individuals who are overweight and obese (BMI > 25) residing in Bengaluru city will be considered. 100 overweight and obese people will be chosen for the present study in which 50 men and 50 women of 25 to 35 years old.

Description and inferential Statistics is used in which the data was represented through description of the population through charts and tables. The data will be analyzed with the help of the Pearson’s correlation method and ‘t’ test.

Analysis

Hypothesis 1

Null Hypothesis: There will be no significant difference in the level of self-esteem between obese men and women between the age group of 25-35 years.

t-Test: Two-Sample Assuming Unequal Variances		
	Female	Male
Mean	20	19
Variance	12	12
Observations	50	50

Hypothesized Mean Difference	0	
Df	48	
t Stat	1.059	
P(T<=t) one-tail	0.147	
t Critical one-tail	1.677	
P(T<=t) two-tail	0.295	
t Critical two-tail	2.011	

Since t statistic = 1.06 (p- value =0.295) <1.96 (greater than 0.05) hence we do not reject the null hypothesis at 95% Confidence Interval and conclude that there is no significant difference between in the level of self-esteem between obese men and women between the age group of 25-35 years.

Hypothesis 2

Null Hypothesis: There is no significant difference in the level of emotional maturity between obese men and women between the age group of 25-35 years.

	<i>Female</i>	<i>Male</i>
Mean	98	108
Variance	437	492
Observations	50	50
Hypothesized Mean Difference	0	
df	47	
t Stat	-1.720	
P(T<=t) one-tail	0.046	
t Critical one-tail	1.678	
P(T<=t) two-tail	0.092	
t Critical two-tail	2.012	

Since t statistic = -1.72 (p- value =0.092) <-1.96 (less than 0.10) hence we reject the null hypothesis at 90% Confidence Interval and conclude that there is significant difference between in the level of emotional maturity between obese men and women between the age group of 25-35 years.

Hypothesis 3

Null Hypothesis: There is a significant relationship between self-esteem and emotional maturity

		Emotional Maturity	Self-Esteem
Emotional Maturity	Pearson Correlation	1	-.356*
	Sig. (2-tailed)		0.011
	N	100	100
Self-Esteem	Pearson Correlation	-.356*	1
	Sig. (2-tailed)	0.011	

	N	100	100
*. Correlation is significant at the 0.05 level (2-tailed).			

Emotional Maturity and Self-esteem are negatively correlated. Since p-value (0.01) is less than 0.05 hence we reject the null hypothesis and conclude that there is significant difference between self-esteem and emotional Maturity

Findings and Conclusion

The study is aimed at understanding the relationship between Obesity, Self-esteem, and Emotional maturity. The objective of the research is to assess the relationship between Obesity & Self-esteem, Obesity & Emotional Maturity and Self-esteem & Emotional maturity. In this study, a sample size of 100 respondents (50 Men and 50 Women) in the age group of 25-35 years in Bengaluru city. Data collected is edited, coded, and analyzed using SPSS 22. This chapter presents the results of the questionnaire, the patterns of the results and analysis of their relevance to this research questions.

This research study found that there is no significant difference between the obesity and Self-esteem of the respondents. However, there is a significant difference between the obesity and Emotional maturity of the respondents. When analyzed further, Self-esteem and emotional maturity are negatively correlated and there exists a significant difference.

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