

Effect of Body Image on Self- Confidence and Adjustment: A Study Amongst Adolescents

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Abstract

The present study was designed to study the Effect of body image on self - confidence and adjustment. The sample consists of 400 adolescents (200 boys and 200 girls) selected from secondary schools of Udaipur city based on the C.B.S.E pattern. Body image questionnaire, self- confidence assessment (1985), adjustment inventory were used to collect the data for the present investigation. The obtained data were statistically analyzed by using ANOVA. The finding revealed the significance of body image on adolescents' self -confidence and adjustment. Adolescents with positive body image were found to be highly self-confident and exhibited better adjustment in social, emotional and educational areas than adolescents with negative body image.

Keywords-Body Image, self -confidence, adjustment.

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