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# **BODY IMAGE AND ITS RELATIONSHIP TO SELF-ESTEEM AND FEELING DEPRESSED FOR FIRS-T GRADE SECONDARY STUDENTS**



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## **Abstract:**

The current study aimed to investigate the relationship between the body image and its relation to self-esteem and feeling depressed for the secondary school first grade students. For that, the researcher used three tools: body image scale (prepared by the researcher), self-esteem scale prepared by (Magdy El -Desouki), and depression scale prepared by (Gharib Abd El Fattah). The sample consists of (200) male and female secondary school first grade students. As for the statistical methods, The researcher used Pearson correlation coefficient, T.test, alpha- Cronbach equation and the half-fragmentation method. The results showed that there is a statistically

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significant relationship between the body image and feeling depressed, and there is a positive correlation between the body image and self-esteem, the association of negative body image and low self-esteem, there is a positive correlation between positive body image and low rates of depression and between negative body image and high depression rates, there are statistically significant differences between male and female secondary school first grade students in the body image in favor of male students, and there are statistically significant differences between male and female secondary school first grade students in self-esteem in favor of male students.

**Application:**

- The results of the current study can be used in the educational and human development fields.
- Counselors, teachers, psychologists, and researchers can benefit from the body image scale in developing the necessary treatment and counseling programs.

**Keywords:**

Body image – self-esteem - depression.