Relationship of Self-confidence with self body image of visually impaired children

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Abstract

The purpose of the research work was to know about the relationship between body image satisfaction and self-confidence of visually impaired students. A significant relationship between body image satisfaction and self-confidence was hypothesized. The sample of the study consisted of 100 students with visual impairment, 50 males and 50 females. The study was descriptive in nature with a cross sectional design. The questionnaire consisted of 14 items related to body image satisfaction and 20 items related to self-confidence. Data was collected through face to face interaction. The results were drawn on the basis of responses given by the respondents. The results of correlation and chi-square revealed that there was a positive relationship between body image satisfaction and self-confidence. Male and female visually impaired students have same level of body image satisfaction. Visually impaired students from all these Socioeconomic Status have also the same level of body image.

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INTRODUCTION

Many difficulties are faced by Children with visual impairments in socialization than their sighted peers as well as capturing and understanding the things which happened in their own surrounding as their peers group sighted children can do. An optimistic correlation lies among the body image agreement and self-confidence in boys. Visual impairment interferes the child's possible learning and accomplishment where variations are made in the methods of acquiring skills or knowledge or learning experiences, the nature of the material used and/or in the learning atmosphere (Barraga, 1983). Thus, it is not very strange that those boys are not liked by young girls (Cohane & Pope, 2001). It's not a great disclosure that those boys are not liked by teenager girls that are not themed to such impractical morals to explain a distinct refuse about their corporeal appearance and its perception from about 11 years onward (Harter, 1999).

Containing a hated scrutiny of one's union has been associated to the little self-respect between teenage girls, that in turn had been associated to progress of consumption chaotic actions (Croll, 2005; Field et al., 2001). Research showed that between "50- 88% of teenage girl's experience depressingly about their body figure or size". Only 29% of the teenage girl's analysis articulated self-assurance, although other than half of the boys experience superior about themselves (Gilligan, Goldberger, & Ward, 1991). From these figures it is not astonishing that researches have associated young people body reflection, particularly body frustration, through the pervasiveness's ingestion dieting and disorders (Ata, Ludden, & Lally, 2007).

The growth of body-image may be to some extent accredited to persuade of that community aspects e.g. media, peers and family unit (Croll, 2005). Special effects of family unit, gender, peers

acquaintances, and persuade and whether it predisposed a teenager's corpse reflection (Ata et al., 2007). They originate to 61.7% teenager females were annoying from drop weight. They talk about that self-worth, demands from media, persuade of acquaintances and kin unit, community prop up and girls of teenage consider their parents remained uncooperative, repartee, strain are the major aspects on teenager girls turn into uncertain and reduce of self-worth towards body (Ata et al., 2007).

Consultants who decide to do efforts with teenagers may be completely ready to compact the body-image matters with eagerly conscious of how ingestion disorder become obvious that is sustained inside youth civilization. Self-assurance and Body Image are so essentially connected to feelings about one's body that bodily manifestation has constantly been establish to be the quantity one interpreter of self-esteem at many ages (Ata et al., 2007). It is defined as an encouraging and pessimistic thoughts in the directions of the self (Clay, Vignoles, & Dittmar, 2005). Another description of body reflection is; assessing one's own body personally through associated thoughts and feelings (Duncan, Woodfield, O'NEILL, & Al-Nakeeb, 2002). Self-esteem "as the level of worldwide consider one has for the character" (Frost & McKelvie, 2005). Self-worth does put in to inferior body image and ingestion disorder indications (Green & Pritchard, 2003). It is still demanding to form out how to obstruct youth girls' values that they require to be tremendously thin to appear good-looking. Teenage girls may also have low self-worth with media persuade and family unit (Green & Pritchard, 2003). Inside family territory, children might experience direct stress to congregate challenging principles in learning, peer, sports, and peer that might outcome in deprived body image and self-worth (Green & Pritchard, 2003). Predominantly mothers and parents that provide parental reaction in conditions of dieting, may have a marvelous effect on their

Table 1: Frequencies and Percentages of Self Body Image Scale

S. No	Statements	Frequencies and Percentages				
		SDA	DA	UC	A	SA
1	I am satisfied with my body shape	1 (2)	12 (24)	1 (2)	28 (56)	8 (16)
2	I am satisfied with appearance of my face	0 (0)	10 (20)	4 (8)	28 (56)	8 (16)
3	I am satisfied with myself	1 (2)	6 (12)	4 (8)	32 (64)	7 (14)
4	My body image interfered with ability to concentrate	6 (12)	22 (44)	4 (8)	14 (28)	4 (8)
5	My body image made you feel ought to exercise	6 (12)	20 (40)	4 (8)	19 (38)	1 (2)
6	My blindness hurdles in my appearance	2 (4)	9 (18)	14 (28)	21 (42)	4 (8)
7	I feel always physically active	19 (2)	10 (20)	2 (4)	31 (62)	6 (12)
8	I always happy with the way that you look	2 (4)	13 (26)	0 (0)	25 (50)	10 (20)
9	Trying to look good is a wastage of time	8 (16)	22 (44)	2 (4)	12 (24)	6 (12)
10	I look good in my photographs.	6 (12)	11 (22)	4 (8)	25 (50)	4 (8)
11	I feel comfortable being the center of attention	5 (10)	11 (22)	7 (14)	27 (54)	0 (0)
12	I could change a lot about the way, I would do it	5 (10)	18 (36)	12 (24)	15 (30)	0 (0)
13	I feel uncomfortable in the presence of my family	8 (16)	18 (36)	12 (24)	11 (22)	1 (2)
14	Changes in my appearance have interfered with my relationship	5 (10)	23 (46)	9 (18)	9 (18)	4 (8)

Note: SDA, Strongly Disagree, DA = Disagree, UC = Uncertain, A = Agree, SA = Strongly Agree

teenager daughter's on the whole growth of body happiness (Green & Pritchard, 2003). Consequently, a teenager female's mother was very serious on weight control and anxiety that appearing skinny is the only way of appearing excellent. It is low that the teenager sculpted her behavior on weight management in order to drop weight. Teenager female may appear to believe same way as her mother and similarly consider only means a good-looking person (Field et al., 2001).

In view of these conflicts, researchers re-assessed the relationship between body image satisfaction and self-confidence. Though, they incorporated male and female students with visual impairment from different schools of these children of impaired students. Researchers choose special population of students, studied in the city of Lahore for this study. Other demographic variables also included in this study. Young students have special concern with their body image. It is an emerging trend. This trend has also impact on special population. So it was aimed to study the relationship between body image satisfaction and self confidence among children with visual impairment.

The study may help to find whether the visually impaired students have strong relationship in body image satisfaction and self-confidence. This study implicated for parents, educators, and counsellors for the development of healthy and successful students. Preventative strategies need to be developed that might be used to promote positive body image satisfaction and self confidence among visually impaired students.

Objectives of the Study

The study was formulated to achieve the following objectives:

1. To determine the relationship between body image satisfaction and self-confidence of visually impaired students.
2. To find out the impact of gender on body image satisfaction and self-confidence of visually impaired students.
3. To examine the age differences in body image satisfaction and perception of physical appearance among visually impaired students.

METHODOLOGY

A cross sectional descriptive design was used to know the relationship between these two variables. Population of the study is students with visual impairment who study in the special educational institutions in Lahore. The sample of the study was consisted of 100 students. Data was collected by third author. Both male and female students were included in the study. Age range of the students was from 12-20 years old, from class 5th to 10th. For the selection of sample, purposive sampling techniques were used.

Instrument of the Study

As an instrument, two questionnaires were used to collect data. The first part of each questionnaire consists of demographical information e.g. Names, Age, Class, Socio economic status, Gender and School. Two questionnaires were developed to measure the study variables, Body Image Satisfaction and Self-Confidence. The scale of body image satisfaction is consisted on 14 items. These items were selected from the large pool of items which were generated by the researchers. The pool was generated from the literature of body image satisfaction. The scale of Self-confidence was developed by study the literature of self-confidence. A pool of 50 items was generated later it was short listed with opinion of expert. Then it was used for pilot testing. After drawing results of pilot testing it was formed in final form. The final form of Self-confidence scale was consisted of 20 items. This scale was 5-point rating scale, range from strongly agree (5) to strongly disagree (1).

DATA ANALYSIS

The study was aimed to know about the relationship between body image satisfaction and self- confidence among students with visual impairment. The hypothesis to be tested in the study is relationship between body image satisfaction and self-confidence among students with visual impairment. To test the hypothesis, two questionnaires were developed. One of them was body image satisfaction and second was for self-confidence. 5-point rating scale was used for scoring on these questionnaires. The sample was consisted in 100 (50 males and 50 female) children with visually impairment. Purposive sampling technique was used to collect sample. The data was collected from different institutions of blind students. The data was analyzed using correlation, independent t-test, ANOVA and other descriptive analysis by using Statistical Package of Social Sciences (SPSS) 16.

RESULTS AND DISCUSSIONS

The data collected on 5-Point Likert Scale ranging from the values of 1 to 5. The frequencies and percentages of Self Body Image all the fourteen variables were computed and are represented in table 1

According to male students with visual impairment, they feel always physically active. According to male students (54) that they have number of good qualities and they are able to do things as well as most other people. Majority male students with visual impairment think they are not good all. According to female students, they are satisfied with their body shapes. Female students (72) always happy with the way that they look. Majority female students with visual impairment did not feel that their blindness is hurdles in their appearance. According to them, they might rely on their coping abilities when they face difficulties. Female students with impairment (68) concerned that they might solved most problems if they invest the necessary effort

S. No	Statements	Frequencies and Percentages				
		SDA	DA	UC	A	SA
1	I feel that I have a number of good qualities	1 (2)	16 (32)	0 (0)	27(54)	6(12)
2	I am able to do things as well as most other people	3 (6)	7 (14)	2 (4)	31 (62)	7(14)
3	I can always manage to solve difficult problems if try hard enough	2 (4)	5 (10)	6 (12)	29 (58)	8 (16)
4	It is easy for me to stick to my aims and accomplish my goals	3 (6)	10 (20)	4 (8)	24 (48)	9 (18)
5	I am confident that I could deal efficiently with unexpected events	4 (8)	15 (30)	5 (10)	25 (50)	1 (2)
6	When I am confronted with a problem, I usually find several solutions	2 (4)	15 (30)	10 (20)	21 (42)	2 (4)
7	I believe that I am more intelligent than most individual	0 (0)	16 (32)	4 (8)	21 (42)	9 (18)
8	Given time, I can figure out any complicated intellectual task	3 (6)	11 (22)	6 (12)	25 (50)	5 (10)
9	I put myself in situation that challenges me to learn new things	1 (2)	12 (24)	7 (14)	27 (54)	3 (6)
10	I can remain calm when facing difficulties because of my coping abilities	2 (4)	12 (24)	5 (10)	28 (56)	3 (6)
11	It would be exciting to meet a group of people who I don't know	5 (10)	10 (20)	2 (4)	25 (50)	8 (16)
12	I enjoy playing games that involve thinking and solving puzzles	8 (16)	11 (22)	9 (18)	19 (38)	3 (6)
13	I take a positive attitude towards myself	3 (6)	2 (4)	2 (4)	39 (78)	4 (8)
14	It is easy for me to see how all things are related to one another	8 (16)	20 (40)	4 (8)	17 (34)	1 (2)
15	Sometimes I think I am not good all	13(26)	20 (40)	5 (10)	10 (20)	2 (4)
16	I feel I do not have much to be proud of	14 (28)	19 (38)	4 (8)	11 (22)	2 (4)
17	I certainly feel useless at time	17 (34)	23 (46)	2 (4)	5 (10)	3 (6)
18	I wish I could have more respect for myself	23 (46)	18 (36)	3 (6)	5 (10)	1 (2)
19	I know how to handle unforeseen situation	1 (2)	5 (10)	6 (12)	36 (72)	2 (4)
20	I can solve most problems if I invest the necessary effort	2 (4)	4 (8)	10 (20)	31 (62)	3 (6)

Note: SDA, Strongly Disagree, DA = Disagree, UC = Uncertain, A = Agree, SA = Strongly Agree

CONCLUSION

Majority of the male and female students with visual impairment were satisfied with their body shapes, appearance of their face, self, physical activeness, looks, good qualities, ability to do things and ability to solve difficulties. Majority of the male students with visual impairment feel that blindness is hurdle for them, their body image interferes their concentration, and changes in their appearance make them uncomfortable in their family and interfere their relations.

Majority of the male and female students with visual impairment feel that they do not good as all, they do not feel proud, feel useless at some time and they want to gain more respect. Majority of the male and female students with visual impairment showed good confidence level. They are satisfied with their aims, ability to handle different events, intelligence, ability to make new relations, calmness, and ability to play games, positive attitude and ability to solve problems. The relationship between Body Image Satisfaction and self-confidence is significant. It means if the body image satisfaction of visually impaired students is high than their confidence gets high also. The body image satisfaction helps the visually impaired students in making them confident. It is because the fashion, body figure, beauty, smartness is very much highlighted by electronic and print media. The young students are inspired from models, actors and try to copy them. The students belong to age range 18-20 have high level of body image satisfaction and self-confidence is also high. It helped in understanding the self-confidence level in visually impaired students and also about their Body Image satisfaction level. The study provided information and base for further studies.

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