

BODY IMAGE AND SUBJECTIVE WELLBEING OF EMERGING YOUNG ADULTS IN ABEOKUTA, OGUN STATE NIGERIA

Ariyo Adijat Motunrayo
Abubakar Boluwatife
Adubi Kikelomo Oluwakemi
Olurin Temitayo Kofoworola
Labode Oladoyin O

ABSTRACT

There are different perspectives to body image among emerging adults due to the nature of one's feeling and physical look. The differing perception among emerging adults could also impact their subjective well-being. The present study investigated the relationship between body image and subjective well-being of 345 undergraduate students in Federal University of Abeokuta, Ogun State, Nigeria. Data were collected using the Body Shape Image Questionnaire and the Multidimensional Students Life Satisfaction Scale. The result also showed that 57.1% of the participants reported negative body image profile and 42.9% had positive body image profile, 95.7% of the participants had a high subjective wellbeing profile. There was significant relationship between body image and subjective well-being ($r = -0.12$, $p = 0.02$). Emerging adults are influenced by their body image through which has an overall effect the quality of life (subjective wellbeing) as it affects the overall wellbeing of an individual. Body image of great concern to emerging adults and there is need to promote positive body image in order to improve the overall wellbeing of youth.

Keywords: Body image, emerging adults, subjective well-being.

INTRODUCTION

A person's physical appearance is one of the first few things other people notice about them, it is extremely important in social interactions. In today's western civilizations, physical appearance in general, and body image, have become extremely important constructs. (Hargreaves & Tiggemann, 2006; Pop & Ciomag, 2014; Tiggemann, 2011). Body image refers to a person's impression of their physical self, as well as the thoughts and feelings that come with that perception (Cash and Pruzinsky, 2000). It is critical to recognize that these emotions can be positive, negative, or a mix of the two, and that they are influenced by both personal and external circumstances such as environmental factors. According to National Eating Disorders Collaboration (NEDA, 2011), there are four aspects to body image: feeling about oneself, (perceptual), feelings about one's look (affective), thinking and believe about one's body (cognitive), and what one does in relation to one's look (behavioural). Diener et al, (2017) refers to subjective well-being as how people assess or evaluate their own life. These evaluations might take the shape of cognitive reflections, which are reflective appraisals of one's life and domains such as job, or emotive evaluations.

Adolescence is the period of life between childhood and adulthood. It is a critical period in human development, as well as a period of physical, psychological, and social insecurity. Young individuals form their personal and social identities during this stage of life and a variety of changes occur concurrently with biological maturation, leading to increased concerns about their body and looks. In general, the evaluative component of subjective well-being entails eliciting a respondent's global subjective evaluation of his or her life, which can be limited to specific domains of life, such as self-satisfaction, employment, family life, or health (Dolan and Metcalf, 2011; Tinkler et al, 2011).

Subjective Well-being (SWB) is both a psychological construct associated to quality of life and a separate study topic (Fang & Feng, 2009, as cited in Maddux, 2018). The entire quality of life scale (Cummins, 1997) and SWB, as well as happiness, contentment, and self-actualization, all fall under the umbrella of quality of life (Maslow, 1954). Diener (1985) created the Satisfaction With Life Scale (SWLS), a short instrument questionnaire that is used all over the world to assess life satisfaction. It just considers the life satisfaction construct and ignores affective factors. It just considers the life satisfaction construct and ignores affective factors. It comprises of five statements with high internal consistency and temporal reliability, and participants can rate their agreement on a six-point scale. Social well-being (SWB) and psychological well-being (PWB) are the two categories of well-being (Qiu and Li, 2012). The former is concerned with individuals and their quality of life, as well as its emotional and cognitive evaluation, whereas the latter is concerned with people's ability to produce happiness (Ryff, 1989 as cited in Tinkler et al, 2011). SWB is a branch of positive psychology that defines a person's positive attitude and feelings because of contrasting real and ideal living situations (Diener et al., 1997; Diener, 2000 according to Liang, Luo and Liu, 2020). It encompasses periods of people's lives shaped by an event occurring at a specific point in time (e.g. a year), resulting in feelings of life satisfaction, fulfilment, and achievement of desired levels of work, family, marriage, and other related areas of emotional lives, reactions, and evaluations (Diener et al., 2003 according to Liang et al. 2020).

Body image concerns in teenagers are linked to low self-esteem, which can lead to bad moods and mood swings. Although, research has shown that female gender invest more in their looks than the male gender (Cash et al., 2004; Thomas et al., 2000). Pop and Ciomag (2014) investigated the relationship between subjective parameters of wellbeing in a sample of young Romanian women, with the goal of determining to what extent the young women's levels of self-esteem are determined by body image and health perceptions, as well as the implications of the findings for the domains of physical and mental health. This study used

questionnaires to conduct its research, and it was determined that self-esteem is positively connected with body image and health perceptions because of the findings. Many people were unsatisfied with their body size and weight, according to the survey, because slender has been viewed as the accepted standard and the natural pattern of beauty, particularly among young women. Furthermore, the findings of this study revealed that society promotes a harmful norm, particularly for girls and that places them in a position of inferiority, affecting their self-esteem and self-confidence. The study also discovered a link between self-esteem and body image on the one hand and body image and health perception on the other. Another study on the measurement of subjective wellbeing, conducted by Tinkler and Hicks (2011) found that there were three (3) techniques to evaluating subjective wellbeing: evaluative, experiential, and eudemonic. Individuals rate their general life satisfaction as well as many parts of their lives such as school, living environment, family, employment, health, relationships, and so on. Another technique is the cantril life ladder, in which participants estimate the quality of their current life on a scale of 0 to 10, with 0 representing "the worst possible life for you" and 10 representing "the finest possible life for you." Another is the happiness scale, which asks people to rate their level of happiness. The objectives of Lemes, et al, (2016) study on body image satisfaction and subjective wellbeing among ninth-grade students attending state schools in Canoas, Brazil, were to identify variables related to overall well-being (life satisfaction, health perception, happiness, and optimism) that discriminate between teenagers who are satisfied with their body image and those who are dissatisfied with their body image. A socio-demographic questionnaire, the Economic Classification Criteria Brazil, the Body Shape Questionnaire, the Brief Multidimensional Students' Life Satisfaction Scale, the Happiness Measures, and health perception and perceived optimism were all used in the study. According to the data, 74.7% of people were satisfied with their body image. Sex, self-satisfaction, health perception, and level of enjoyment with health were the most important factors in group discrimination. In another study, Nayir, et al (2016) conducted a study with the goal of assessing the relationship between quality of life and body image using a well-drafted questionnaire to measure. The outcomes of this study suggest that body image has an impact on one's quality of life, and it is critical to cultivate a positive body image in order to improve one's quality of life. Hunter et al, (2017) investigated whether, when, and how subjective well-being affects health, as well as future research needs. This study looked at the evidence to see if subjective well-being has an impact on health and if so, what the circumstances are for it to happen. The study's goal is to look at new evidence on the consequences of subjective well-being on health. The findings of this study demonstrate that SWB has a positive impact on health and longevity, yet it is still unclear whether subjective well-being would promote health and longevity. Mackey and Gillen 2017 conducted a study with the goal of addressing teenagers' body image, demonstrating the repercussions of body image and the importance of body image to other areas of development such as puberty, identity, media consumption, family, peer, and romantic relationships. Concerns about body image are common among people in industrialized countries, according to this study, and are linked to major health issues such as eating disorders, depression, and obesity. This study found that adolescents are at a high risk of body dissatisfaction, which can have a negative impact on their social relationships, health, and well-being.

From theoretical perspectives, sociological theory of subjective well-being assumed that subjective well-being is socially constructed. Social construction theory is the study of how we make sense of things. It is likely that we construct mental representations of reality using group beliefs as building blocks (Berger & Luckman, 1966 as cited in Eid and Larsen, 2008). Social constructionism emphasizes human logic while ignoring emotional experience and natural drives. Theories of body image include perceptual theory, developmental theory, and sociocultural theory. Perceptual theory has to do with how people perceive the size and shape of their body and body parts. According to the developmental theory, an adolescent's late maturation puts them at a higher chance of being teased about their physical form, leading to body image dissatisfaction. Developmental theorists emphasize the role of childhood and adolescent growth in later body image disorders. According to the sociocultural view, concern about personal body image arises when people compare their look to that of another imagined or idealized person. Concern about personal body image originates, according to sociocultural theorists, when people compare their perceived appearance to that of another imagined or idealized person.

METHODS

PARTICIPANTS

The data used in the present study were collected from 340 Nigerians aged attending Federal University of Agriculture, Abeokuta, Ogun State Nigeria. Two departments were selected through balloting out of the ten colleges in the University and eight departments from each of the two colleges. Students were selected through purposive sampling. The participants age varied from 20 – 30 years, with an average of 23 years ($SD = .52$). Among the 340 emerging adults who provided information on their gender, 173 were female (50.1%). Majority of the participants were single and 85.5% were Christian.

MATERIALS

Body image profile: The Body Shape Image Questionnaire (Rowe 1996) was used to measure the body image profile of participants. Participants evaluated the 39 items on their overall appearance, fatness, health/fitness, negative affect, health/fitness influence, social dependence, investment in ideals, attention to grooming, and height dissatisfaction. Sample items were rated on a Likert-type five scale.

Subjective well-being profile: this is a 40 item Multidimensional Students' Life Satisfaction Scale (Huebner, 2001) which was designed to provide a holistic assessment of the wellbeing of young people. It has five subscales: family, friends, school, living environment and self. Each segment was considered separately.

The well-structured questionnaires were self-administered by the researcher to the final year students at the Federal University of Agriculture after which the collected data was collated by the researcher. Data was analysed through the use of descriptive analysis for the socio-demographic characteristics and inferential analysis for the subjective wellbeing and body image profile.

RESULTS

Table 1: Body image profile of respondents

Variables	Not at all True of Myself Freq (%)	Slightly True of Myself Freq (%)	About Halfway True of Myself Freq (%)	Mostly True of Myself Freq (%)	Completely True of Myself Freq (%)	Mean	Std	Rank
Overall Appearance Evaluation. (OAE)								
My naked body looks okay	38 (11.0)	39 (11.3)	50 (14.5)	68(19.7)	150(43.5)	3.73	1.40	8 th
My body looks good	9 (2.6)	40 (11.6)	48 (13.9)	77 (22.3)	171(49.69)	4.05	1.55	3 rd
I look good in clothes	6 (1.7)	32 (9.3)	57 (16.5)	69(20.0)	181 (52.5)	4.12	1.10	1 st
My body is sexually appealing	39 (11.3)	40(11.6)	79 (22.9)	71(20.6)	116 (33.6)	3.53	1.35	11 th
Fatness Evaluation (FE)								
I think my body looks fat in clothes.	197 (57.1)	48 (13.9)	42 (12.2)	26 (7.5)	32 (9.3)	1.98	1.35	30 th
Parts of my body are fat	132 (38.3)	75 (21.7)	53 (15.4)	46 (13.3)	39 (11.3)	2.38	1.40	27 th
My body is fat overall	220 (63.8)	36 (10.4)	47 (13.6)	25 (7.2)	17 (4.9)	1.79	1.21	35 th
I have large buttocks	135 (39.1)	54 (15.7)	66 (19.1)	62 (18.0)	28 (8.1)	2.40	1.37	26 th
My body is overweight	221 (64.1)	36 (10.49)	44 (12.8)	21 (6.1)	23 (6.7)	1.81	1.26	33 rd
My stomach is flabby	150 (43.5)	67 (19.4)	64 (18.6)	27 (7.8)	37 (10.7)	2.23	1.36	29 th
I wish I were thinner	223 (64.6)	29 (8.4)	59 (17.1)	10 (2.9)	24 (7.0)	1.79	1.23	35 th
Attention to Grooming								
I'm usually well-dressed	13 (3.8)	37 (10.7)	72 (20.9)	97 (28.1)	126 (36.5)	3.83	1.15	6 th
I pay careful attention to my face and hair, so that I will look good	23 (6.7)	58 (16.8)	49 (14.2)	83 (24.1)	132 (38.3)	3.70	1.31	9 th
I spend time making my appearance more attractive	35 (10.1)	57 (16.5)	95 (27.5)	85 (24.6)	73 (21.2)	3.30	1.26	14 th
Health/Fitness Evaluation								
My overall fitness level is high	52 (15.1)	71 (20.6)	106 (30.7)	73(21.2)	43 (12.5)	2.9536	1.23333	21 st
My body is healthy	7 (2.0)	29 (8.4)	58 (16.8)	95(27.5)	156 (45.2)	4.05	1.07	2 nd
My overall muscle tone is good	48 (13.9)	52 (15.1)	95 (27.5)	78 (22.6)	72 (20.9)	3.21	1.31	17 th
My body is strong	20 (5.8)	33 (9.6)	71 (20.6)	88 (25.5)	133 (38.6)	3.81	1.21	7 th
I have an athletic build	95 (27.5)	62 (18.0)	79 (22.9)	62 (18.0)	47 (13.6)	2.72	1.39	24 th
My body is in shape.	20 (5.8)	38 (11.0)	53 (15.4)	94 (27.2)	140 (40.6)	3.86	1.23	5 th
Health/Fitness Influence								
How well my body is functioning influences the way I feel about my body	46 (13.3)	53 (15.4)	86 (24.9)	77 (22.3)	83 (24.1)	3.28	1.34	15 th
The way I feel about my body improves when I exercise regularly	54 (15.7)	46 (13.3)	73(21.2)	83 (24.1)	89 (25.8)	3.31	1.3	13 th
My body image is influenced by the state of my health	66 (19.1)	50 (14.5)	93 (27.0)	77 (27.2)	59 (17.1)	3.04	1.35	19 th
Social Dependence								
My thoughts about my body depend on the clothes I'm wearing	99 (28.7)	51 (14.8)	81 (23.5)	55 (15.9)	59 (17.1)	2.77	1.45	23 rd
I compare my body to people I'm close to (friends, relatives, etc.).	148 (42.9)	72 (20.9)	53 (15.4)	35 (10.1)	37 (10.7)	2.25	1.38	28 th
I'm more aware of my body when I'm in social situations	66 (19.1)	47 (13.6)	80 (23.2)	73 (21.2)	79 (22.9)	3.15	1.42	18 th
Height Dissatisfaction								
I've often wanted to be taller	102 (29.6)	59 (17.1)	58 (16.8)	54 (15.7)	72 (20.9)	2.81	1.52	22 nd

I wish I were a different height	138 (40.0)	63 (18.3)	51 (14.8)	40 (11.6)	50 (15.4)	2.44	1.49	25 th
If I were a different height, I'd like my body better	141 (40.9)	55 (15.9)	67 (19.4)	33 (9.6)	49 (14.2)	2.40	1.45	26 th
Negative Affect								
My naked body makes me feel sad	231(67.0)	33 (9.6)	39 (11.3)	22 (6.4)	20 (5.8)	1.74	1.22	34 th
Being around good-looking people makes me feel sad about my body	221 (64.1)	38 (11.0)	32 (9.3)	28 (8.1)	26 (7.5)	1.84	1.31	32 nd
My naked body makes me angry	236 (68.4)	37 (10.7)	34 (9.9)	26 (7.5)	12 (3.5)	1.67	1.14	37 th
I feel depressed about my body	240 (69.6)	24 (7.0)	40 (11.6)	27 (7.8)	14 (4.1)	1.70	1.18	36 th
Most days I feel bad about my body.	209 (60.6)	44 (12.8)	45 (13.0)	29 (8.4)	18 (5.2)	1.85	1.23	31 st
Investment in Ideals								
Controlling my level of body fat is important to me.	64 (18.6)	49 (14.2)	53 (15.4)	69 (20.0)	110 (31.9)	3.32	1.50	12 th
Having a well-proportioned body is important to me.	25 (7.2)	36 (10.4)	46 (13.3)	89 (25.8)	149 (43.2)	3.87	1.27	4 th
Muscle definition is important to me	96 (27.8)	26 (7.5)	82 (23.8)	58 16.8)	83(24.1)	3.01	1.52	20 th
I care about how well-shaped my legs are.	62 (18.0)	61 (17.7)	53 (15.4)	69 (20.0)	100 (29.0)	3.2435	1.48397	16 th
Body size matters to me.	40 (11.6)	35 (10.1)	76 (22.0)	84 (24.3)	110 (31.9)	3.55	1.34	10 th

Table 1 above shows the body image profile of 345 respondents. From the above table, item 3 has the highest mean of 4.12 that “I look good in clothes”, item 16, “my body is healthy” had a mean of 4.06, item 2, “my body looks good” had a mean of 4.05, item 36, “having a well-proportioned body is important to me had a mean of 3.87 and item 20 “my body is in shape” had a mean of 3.86. Also, item 12; “I’m usually well-dressed had a mean of 3.83, item18; “my body is strong” had a mean of 3.81, item 1; “my naked body is OK” had a mean of 3.73, item 13; “I pay careful attention to my face and hair so that I will look good had a mean of 3.70, item 39; “body size matters to me” had a mean of 3.55, item 4; “my body is sexually appealing had a mean of 3.54, item 35; “controlling my level of body fat is important to me” had a mean of 3.32, item 22; “the way I feel about my body improves when I exercise regularly” had a mean of 3.31, item 14, “I spend time making my appearance more attractive” had a mean of 3.30, item 21; “how well my body is functioning influences the way I feel about my body” had a mean of 3.28, item 38; “I care about how well-shaped my legs are” had a mean of 3.24, item 39; “my overall muscle tone is good” had a mean of 3.21, item 26; “I’m more aware of my body when I’m in social situations” had a mean of 3.15. item 23; “my body image is influenced by the state of my health” had a mean of 3.04, item 37; “muscle definition is important to me” had a mean of 3.02, item 15; “my overall fitness level is high” had a mean of 2.95. item 27; “I’ve often wanted to be taller” had a mean of 2.81, item 24; “my thoughts about my body depends on the clothes I’m wearing” had a mean of 2.78, item 19; “I have an athletic build” had a mean of 2.72, item 28; I wish I were a different height” had a mean of 2.44, item 8; “I have large buttocks” and item 29 “if I were a different height I’d like my body better” had a mean of 2.40, item 6; “parts of my body are fat” had a mean of 2.38, item 25; “I compare my body to people I am close to” had a mean of 2.25, item 10; “my stomach is flabby” had a mean of 2.23, item 5; “I think my body looks fat in clothes” had a mean of 1.98, item 34; “most days I feel bad about my body” had a mean of 1.85, item 31; “being around good looking people makes me feel sad about my body” had a mean of 1.84, item 9; “my body is overweight” had a mean of 1.81, item 11; “I wish I were thinner” had a mean of 1.79, item 30; “my naked body makes me feel sad” had a mean of 1.74, item 33; “I feel depressed about my body” had a mean of 1.70 and item 32; “my naked body makes me angry” had a mean of 1.67.

Table 2: subjective wellbeing profile

Statement	STD	MD	SLD	SLA	MD	STA	Mean	Std	Rank
Family									
I enjoy being at home with my family.	14 (4.1)	9 (2.6)	21 (6.1)	37 (10.7)	99 (28.7)	165 (47.8)	5.01	1.31	12 th
My family gets along well together	9 (2.6)	7 (2.0)	9(2.6)	37(10.7)	82(23.8)	201 (58.3)	5.26	1.15	7 th
I like spending time with my parents	13 (3.8)	11 (3.2)	32 (9.3)	50 (14.5)	108 (31.3)	131 (38.0)	4.80	1.32	15 th
My parents and I do fun things together	20 (5.8)	11 (3.2)	36 (10.4)	71 (20.6)	109 (31.6)	98 (28.4)	4.54	1.38	21 st
My family is better than most	7 (2.0)	5 (1.4)	17 (4.9)	37 (10.7)	92 (26.7)	187(54.2)	5.2116	1.12264	9 th
Members of my family talk nicely to one another	6 (1.7)	7 (2.0)	9 (2.6)	41(11.9)	108(31.3)	174(50.4)	5.21	1.07	10 th

My parents treat me fairly	16 (4.6)	7 (2.0)	5 (1.4)	30 (8.7)	88 (25.5)	199 (57.7)	5.21	1.27	8 th
Friends									
My friends treat me well	28 (8.1)	14 (4.1)	16 (4.6)	53(15.4)	115(33.3)	119(34.5)	4.65	1.49	19 th
My friends are nice to me	25 (7.2)	9 (2.6)	16 (4.6)	52 (15.1)	121(35.1)	122 (35.4)	4.74	1.42	16 th
I wish I had different friends	52(15.1)	27 (7.8)	58(16.8)	50 (14.5)	43 (12.5)	115(33.3)	4.0145	1.81797	32 nd
My friends are mean to me	26 (7.5)	42(12.2)	35(10.1)	42 (12.2)	34 (9.9)	166(48.1)	4.50	1.75	23 rd
My friends are great	23(6.7)	20 (5.8)	21 (6.1)	57(16.5)	90 (26.1)	134(38.8)	4.66	1.51	18 th
I have a bad time with my friends	26 (7.5)	38(11.0)	34(9.9)	44(12.8)	50(14.5)	153(44.3)	4.49	1.71	24 th
I have a lot of fun with my friends	11 (3.2)	17 (4.9)	2 (7.5)	59(17.1)	87(25.2)	145(42.0)	4.82	1.35	13 th
I have enough friends	41(11.9)	32(9.3)	31(9.0)	53(15.4)	68(19.7)	120(34.8)	4.26	1.75	26 th
My friends will help me if I need it	15(4.3)	4(1.2)	37(10.7)	60(17.4)	88(25.5)	141(40.9)	4.82	1.33	14 th
School									
I look forward to going to school	70(20.3)	16(4.6)	34(9.9)	59(17.1)	79(22.9)	87(25.2)	3.93	1.83	33 rd
I like being in school	54(15.7)	32(9.3)	30 (8.7)	69(20.0)	86 (24.9)	74 (21.4)	3.9362	1.73	32 nd
School is interesting	45(13.0)	19(5.5)	27(7.8)	85(24.6)	98(28.4)	71(20.6)	4.12	1.60	29 th
I wish I didn't have to go to school	49(14.2)	38(11.0)	45(13.0)	38(11.0)	54(15.7)	121(35.1)	4.08	1.85	31 st
There are many things about school I don't like	59(17.1)	52(15.1)	80(23.2)	36(10.4)	42(12.2)	76(22.0)	3.52	1.78	34 th
I enjoy school activities	26(7.5)	21(6.1)	31(9.0)	102(29.6)	95(27.5)	70(20.3)	4.24	1.43	27 th
I learn a lot at school	17(4.9)	16(4.6)	16(4.6)	58(16.8)	121(35.1)	117(33.9)	4.7420	1.35548	16 th
I feel bad at school	22(6.4)	30(8.7)	41(11.9)	51(14.8)	50(14.5)	151(43.8)	4.5362	1.62984	22 nd
Living Environment									
I like where I live	31(9.0)	16(4.6)	16(4.6)	66(19.1)	95(27.5)	121(31.5)	4.57	1.55	20 th
I wish there were different people in my neighbourhood	54(15.7)	78(22.6)	77(22.3)	37(10.7)	34(9.9)	65(18.8)	3.33	1.72	35 th
I wish I lived in a different house	55(15.9)	58(16.8)	56(16.2)	36(10.4)	52(15.1)	88(25.5)	3.68	1.83	32 nd
I wish I lived somewhere else	59(17.1)	59(17.1)	67(19.4)	35(10.1)	48(13.9)	77(22.3)	3.54	1.80	33 rd
I like my neighbourhood	31(9.0)	21(6.1)	41(11.9)	106(30.7)	86(24.9)	60 (17.4)	4.09	1.45	30 th
I like my neighbors	19(5.5)	20(5.8)	52(15.1)	95(27.5)	90(26.1)	69(20.0)	4.23	1.38	28 th
This town is filled with mean people	23(6.7)	23(6.7)	67(19.4)	58(16.8)	66(19.1)	108(31.3)	4.290	1.56	25 th
My family's house is nice	12(3.5)	15(4.3)	27(7.8)	73(21.2)	102(29.6)	116(33.6)	4.70	1.31	17 th
There are lots of fun things to do where I live	35(10.1)	29(8.4)	51(14.8)	68(19.7)	80(23.2)	82(23.8)	4.0870	1.60612	30 th
Self									
I think I am good looking	7(2.0)	10(2.9)	6(1.7)	25(7.2)	85(24.6)	212(61.4)	5.34	1.11	4 th
I am fun to be around	7 (2.0)	9(2.6)	2(0.6)	36(10.4)	86(24.9)	205(59.4)	5.32	1.09	5 th
I am a nice person	4(1.2)	5(1.4)	6(1.7)	24(7.0)	84(24.3)	222(64.3)	5.4493	0.95	3 rd
Most people like me	5(1.4)	17(4.9)	20(5.8)	41(11.9)	89(25.8)	173(50.1)	5.06	1.23	11 th
There are lots of things I can do well	3(0.9)	4(1.2)	10(2.9)	37(10.7)	103(29.9)	188(54.5)	5.31	0.96	6 th
I like to try new things	4(1.2)	5(1.4)	12(3.5)	20(5.8)	67(19.4)	237(68.7)	5.47	0.99	2 nd
I like myself	1(0.3)	11(3.2)	8(2.3)	18(5.2)	43(12.5)	264(76.5)	5.56	0.97	1 st

The table above shows the subjective wellbeing profile of students. From the table above, item 40 has the highest mean of 5.60 that “I like myself” followed by item 39 with (mean=5.47) and item 36 “I am a nice person with (mean= 5.45). Also, item 34 “I think I am good looking” ranks next with a mean of 5.34, followed by item 35 “I am fun to be around” with a mean of 5.32 and item 38 with a mean of 5.31 shows “there are lots of things I can do well”. Item 2 had a mean of 5.26 that “my family gets along well together” and item 7 comes next with a mean of 5.21 indicating that “my parents treat me fairly”. “My family is better than most” which is item 5 with a mean of 5.21 and item 6 “members of my family talk nicely to one another” with a mean of 5.20. Item 37, “most people like me” had a mean of 5.06 and item 1, “I enjoy being at home with my family” with a mean of 5.01. Also, item 14, I have a lot of fun with my friends had a mean of 4.82, item 16, “my friends will help me if I need it had a mean of 4.81 and item 3, “I like spending time with my parents” had a mean of 4.80. “My friends are nice to me” and “I learn a lot at school” had a mean of 4.74, “my family’s house is nice”, had a mean of 4.70 and “my friends are great had a mean of 4.66. Item 8, “my friends treat me well” had a mean of 4.65, item 25 had a mean of 4.57 with “I like where I live” and item 4 “my parents and I do fun things together” and “I feel bad at school” item 24 with a mean of 4.54. Also, item 11, “my friends are mean to me” with a mean of 4.49 and “I have a bad time with my friends” item 13 had the same mean. “This town is filled with mean people” item 31 had a mean of 4.29, item 15; “I have enough friends” had a mean of 4.26, item 22; “I enjoy school activities” had a mean of 4.24, item 30; “I like my neighbours” had a mean of 4.23, item 19; “school is interesting” had a mean of 4.12 and item 29; “I like my neighbourhood” had a mean of 4.09. “I wish I didn’t have to go to school”, item 20 had a mean of 4.08, “I like being in school”, item 18 had a mean of 3.94; “I look forward to going to school” item 17 had a mean of 3.93. Item 21; “there are many things about school I don’t like” item 21 had a mean of 3.52, item 26; “I wish there were different people in my neighbourhood” had a mean of 3.33.

Table 3: Categorization of Body Image Profile

	Frequency	Percentage
Positive (0-117)	148	42.9
Negative (117-234)	197	57.1

The table above shows that 42.9% of participants had a positive body image and 57.1% of the participants had a negative body image.

Table 4: Categorization of Subjective Wellbeing Profile

	Frequency	Percentage
High (141-240)	330	95.7
Low (0-140)	15	4.3

The table above shows that 95.5% of the participants had high subjective wellbeing while 4.3% of the participants had a low subjective wellbeing.

HYPOTHESIS TESTING

Table 5: Test of relationship between body image and subjective wellbeing

	Mean	Std	r-value	Significance
Body Image Profile	113.68	18.56	0.123	0.022
Subjective wellbeing Profile	187.79	24.54		

Sig at 0.05

The table above shows that there is a significant relationship between body image and subjective wellbeing. The hypothesis was validated using Pearson Correlation Coefficient (r).

The null hypothesis was rejected which means that there is a significant relationship between body Image and Subjective wellbeing.

Discussion

This study was carried out to show the relationship between body image and subjective wellbeing using the students of Federal University of Agriculture, Abeokuta, Ogun State. Majority of the participants for this study were between the ages of 21-25 years. This implies that more participants were emerging young adults. The majority of participants willing to participate in the study were predominantly females, which indicates that females speak about body image and quality of life than their male counterparts. This conclusion converges with that of Markey and Gillen (2017) where over half of the teenagers that participated in the study were females. The findings from this study shows that majority of the participants viewed their body as okay and views their body as good enough. The majority also see themselves as good looking in clothes and they see themselves as sexually appealing. This agrees with the study that shows that females concern about body and weight issues do not subside from childhood to early adulthood, but instead appear to intensify with age and boys’ body dissatisfaction increases across adolescence and into the transition to adulthood (Bucchianeri et al., 2016; Cash & Henry 1995). Concerns about the subscale of overall fitness appearance

increases as adolescents grow. The findings from the study in the subscale of fatness evaluation subscale revealed that majority of participants do not think they look fat in clothes, and they do not view parts of their body as fat neither do they view their overall body as fat. A larger percentage believes they do not have large buttocks and they do not see their body as overweight and their stomach as flabby. The participants do not wish they were slimmer or thinner. This negates a study conducted in Australia which pointed to a large increase in body image dissatisfaction among teenage girls, showing that the majority would like to be thinner (Kostanki et al., 2004). Furthermore, majority of the participants are usually well-dressed and even pay careful attention to face and hair so that they will look good. The majority of the participants spend enough time enhancing their appearance to look more attractive. This study correlates with a study by Kwon (1991 as cited in Merrit, 2010), that the way a person feels about oneself seems to affect clothing choices and in return the clothing one wears affects ones feelings about oneself. Also, clothing may be used to improve one's body satisfaction or to hide one's body dissatisfaction relative to a cultural ideal (Kraiser, 1997 as cited in Merrit, 2010). Furthermore, this study reveals that for the health and fitness evaluation, majority of the participants only slightly agreed to having high overall body fitness, majority agreed that their body is healthy and only halfway agreed to having a good overall muscle tone. The participants also predominantly viewed their body as strong and majority disagreed to having an athletic build while a large number agreed that their body was in shape. This study disagrees with the study that shows that 1/3 of children and adolescents are overweight and 1/6 are considered obese which made the American Medical Association go as far as to classify obesity as a disease in 2013.

The findings based on the subscale of health / fitness influence shows that majority of the participants are only halfway in agreement to the fact that how well their body is functioning influences how they feel about themselves and they agreed to exercise being a major determinant factor of how they feel about their body when they exercise regularly and there are majorly participants who are halfway in support of their body image influencing their state of health. It shows that based on this finding, feelings influence health and fitness.

Based on these findings the subsection of social dependence: majority claimed that their thoughts about their body depends on the clothes they were wearing was not at all true about themselves and the majority also claimed that it was untrue that they compare themselves to people they were close to. A larger percentage claimed that it was halfway true of them, and more participants were more aware of their body when they were in social situations. Although thoughts about the body of the majority of the participants did not depend on their clothes, comparison with others was low and surprisingly more participants were still aware of their body in social situations.

In the subscale of height dissatisfaction, based on this study the findings shows that: majority of the participants were not interested in getting any taller and they were comfortable with their current height and they were liked their body the way it was as majority claimed that it wasn't true that they would like their body better even if they were a different height. This finding shows that the majority of the participants were satisfied with their height.

Based on this study the findings show that in the subsection of Negative Affect: majority of the participants were not sad about their naked body so being around good looking people did not make them sad about their body either. The naked body of most participants did not make them angry and they do not feel depressed about their body. In all, the participants were not depressed about their body.

Based on this study, in the subsection dealing with investment in ideals findings also reveals that: majority of the participants were less concerned about controlling their level of body fat but they majority placed importance on having a well-proportioned body. Muscle definition to majority of the participants was halfway true and majority of the participants cared about how well-shaped their legs were. This study reveals that the majority of the participants were invested in ideals. This negates a study conducted by Pop et al. (2014) which showed that many were dissatisfied with their body size and weight because slim has been regarded as the acceptable standard and the normal pattern of beauty especially for young women.

Findings from this study reveal that majority of participants enjoy being at home with their parents, get along well with their parents, like the spending time with their parents, claim their family is better than most and that their family speak nicely to one another and are treated fairly by their parents. This shows that concerning familial subscale, this study has proven that most people enjoy familial relationship which is in line with a study by Markey et al. (2017) where majority of the participants also enjoy spending time with their parents and derive satisfaction from it. This study also reveals that, majority of the participants were treated well by friends, their friends were nice to them, had a lot of fun with their friends, had enough friends and agreed that predominantly their friends would help them if they need it but majority still had a bad time with friends and their friends are mean to them This shows that concerning the friends subscale, as much as a higher percentage had great friends who would help them if the need arises, a higher percentage also want a change of friends.

This study further reveals that, the majorly, participants look forward to school, like being in school, find school interesting, enjoy school activities, learn a lot at school but the majority still wish they didn't have to go to school, feel bad at school although they disagreed to not liking many things about school. This shows that although a large percentage look forward to going to school, they also feel bad at school which negates the study by Markey et al. (2017) as a higher percentage of students were overall satisfied with schooling.

It was equally found that the majority of participants like where they live, disagreed to having different people in their neighbourhood but they wished they lived in a different house and somewhere else. The majority liked their neighbours and neighbourhood and agreed to a large population of mean people around but they claimed that their house is nice and that there were lots of fun things to do where they live. This subsection agrees with the findings that satisfaction of living environment

usually occurs during the early adolescent and youth age (Markey et al., 2017). Furthermore, this study revealed that, majority of the participants agreed that they were good-looking, fun to be around, nice people, had a lot of things they can do well, like to try new things and like themselves and that most people liked them. This subsection on self-evaluation is in line with some authors (Renick and Harter, 1989) who have found that self-concept varies according to age, suggesting that it is stable during childhood, declines during adolescence and increases in early adulthood due to greater self-acceptance.

Based on this study, it was revealed that majority of the participants had negative body image with a percentage of 57.1% while 42.9% had positive body image. High body image profile means they had excellent mental representation of themselves, and low body image means they have poor mental representation of themselves. This negates the study by Markey and Gillen (2017) demonstrates that over half of the teenagers (74.7%) were satisfied with their body image.

Also, this study shows that the majority had high subjective wellbeing. High subjective wellbeing means they are satisfied with the quality of life they were living while low means they are dissatisfied with the quality of life they were living. The significant relationship between body image and subjective wellbeing corroborates the finding of Nayir et al. (2016) body image affects the quality of life, and it is vital to create a Body Image perception to improve the quality of life of individuals.

Some limitations were noted. The sample participants are university students. So, it could be of interest to assess body image and well-being among secondary school students. Also, the need to probe further this topic among males cannot be overemphasised in a qualitative study.

CONCLUSION

Based on the findings of this study, it can be concluded that a greater proportion of the students had negative body image profile while lesser percentage had positive body image profile. A large number of the students had high subjective wellbeing while a lesser percentage had low subjective wellbeing. There is a significant relationship between body image and subjective wellbeing. Thus, there is need to further assess the and promote body image among females.

REFERENCES

- Alleva, J. M., Sheeran, P., Webb, T. L., Martijn, C., & Miles, E., (2015). A Meta-Analytic Review of Stand-Alone Interventions to Improve Body Image. *PLoS One*, 10(9).
- Cash, T. F., Melnyk, S. E., & Hrabosky, J. I. (2004). The assessment of body-image investment: An extensive revision of the Appearance Schemas Inventory. *International Journal of Eating Disorders*, 35, 305–316
- Cash, T. F., & Pruzinsky, T. (Eds.). (2002). *Body image: A handbook of theory, research, and clinical practice*. New York: Guilford Press.
- De Bruin, A. P., Oudejans, R.R.D. & Bakker, F. C. (2007). Dieting and body image in aesthetic sports: A comparison of Dutch female gymnasts and nonaesthetic sport participants. *Psychology Sport Exercise*, 8(4):50-72.
- Dolan, P., Layard, R., & Metcalfe, R. (2011). *Measuring subjective wellbeing for public policy: Recommendations on Measures*. London. *Centre for Economic Performance*, LSE. 23
- Eid, M., & Larsen, R. (2008). The Science of Subjective Well-being: A tribute to Ed Diener", *Guilford Publications, New York*, 2008, ISBN 978-1-59385-581-9, pp. 44-61.
- Hargreaves, D.A., & Tiggemann, M. (2006). Body image is for girls. A qualitative study of boys' body image. *Journal of Health Psychology*, 11 (4), 567 -576.
- Helliwell, F. J., & Wang, S. 2011. Weekends And Subjective Well-Being. *nber working paper series*. <http://www.nber.org/papers/w17180>.
- Hunter, J., Pressman, D. S. & Delgado-Chase, D. (2017). If, Why, and When Subjective Well-Being Health, and Future Needed Research. *Applied psychology: Health and well-being* 9 (2), 133–16-7.doi:10.1111/aphw.12090
- Kapteyn, A., Lee, J., Tassot, C., Vonkova, V. & Zamarro, G. 2014. Dimensions of Subjective Well-Being. *Social Indicator Research* 123:625–660.
- Lemes, D. C., Camara, S. G., Alves, G. G. & Aerts, D. (2016). Body image satisfaction and subjective wellbeing among ninth-grade students attending state schools in Canoas, Brazil. DOI:10.1590/1413-812320182312.14742016
- Liang, Z., Luo, H., & Liu, C. (2020). The concept of subjective wellbeing: its origins an application in tourism research: a critical review with reference to China. *School of Tourism Management, Sun Yat-sen University, Zhuhai, China*. <https://www.emerald.com/insight/2633-1225.htm>
- Maddux, J.E. (2018). Subjective well-being and life satisfaction: an introduction to conceptions, theories and measures. In Maddux, J.E. (Ed.), *Subjective Well-Being and Life Satisfaction*. Routledge, New York.
- Mark, F. (2018). A theory of subjective wellbeing. <https://ssrn.com/abstract=3319510>
- Markey, C.H. & Gillen, M.M. (2017). Body Image. *Encyclopaedia of adolescence*. 101007/978-14419-1695-2_25.
- Nayir, T., Uskun, E., Volkan-Yürekli, M., Devran, H., Çelik, A. & Azim, R. (2016). Does Body Image Affect Quality of Life?: A Population Based Study. <https://doi.org/10.1371/journal.pone.0163290>
- Pop, C. & Ciomag, V. (2014). The relationship between the subjective parameters of wellbeing in a sample of young Romanian women. *Procedia- social and behavioural sciences*.149:737-740.
- Schwartz, S. H., & Sortheix, F. (2018). Values and Subjective Well-Being. *Handbook of Well Being Salt Lake City, UT: NobaScholar*.1-25. <http://www.nobascholar.com/chapters/51>
- Thomas, K., Ricciardelli, L. A., & Williams, R. J. (2000). Gender traits and self-concept as indicators of problem eating and body dissatisfaction among children. *Sex Roles*, 43, 441–458.

- Stephoe, A., Deaton, A., Stone, AA. Psychological wellbeing, health and ageing. *NIH public author access manuscript*.
- Tinkler, L. & Hicks, S. (2011). Supplementary paper: Measuring subjective wellbeing. *Office of National statistics*, 4-9.
- Tort-Nasarre, G., Pollina-Pocallet, M. & Artigues-Barberà, E. (2021). The Meaning and Factors Influencing the Concept of Body Image: Systematic Review and Meta-Ethnography from the Perspectives of Adolescents. *Int. J. Environ. Res. Public Health*, 18, 1140.

Ariyo Adijat Motunrayo,
Department of Home Science and Management
College of Food Science and Human Ecology
Federal University of Agriculture, Abeokuta, PMB 2240, Sapon Abeokuta
Email: ariyoam@funaab.edu.ng

Abubakar Boluwatife,
Department of Home Science and Management
College of Food Science and Human Ecology
Federal University of Agriculture, Abeokuta, PMB 2240, Sapon Abeokuta

Adubi Kikelomo Oluwakemi
Olurin Temitayo Kofoworola
Department of Home Science and Management
College of Food Science and Human Ecology
Federal University of Agriculture, Abeokuta, PMB 2240, Sapon Abeokuta
Email: adubiko@funaab.edu.ng

Olurin Temitayo Kofoworola
Department of Home Science and Management
College of Food Science and Human Ecology
Federal University of Agriculture, Abeokuta, PMB 2240, Sapon Abeokuta
Email: olurintk@funaab.edu.ng (Corresponding author)

Labode Oladoyin O.,
Department of Home Science and Management
College of Food Science and Human Ecology
Federal University of Agriculture, Abeokuta, PMB 2240, Sapon Abeokuta
Email: labodeoj@funaab.edu.ng