

Association Between BMI and Self-esteem Among Adolescent in Nablus City

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Abstract:

Introduction: Body mass index (BMI) is a measurement of percentage of body weight to its height ,when its increased we said that that person have obesity, obesity has a negative effect on physical health like cardiac diseases ,diabetes, kidney problems and others, and also psychological effect, the most important is the self esteem ,in these age group teens become look at their body shape and affected by the look of society and peers so they feel stigma ,which lead to low academic achievement, low participation in social event, low productivity and low interaction with others, it can also lead to psychological problems such as depression , anorexia nervosa and bulimia nervosa.

Aim: the study aims to describe the relationship between obesity and self-esteem and how it affect it among the adolescent in schools aged between 13-17 years old who live in Nablus city
Methodology: a quantitative descriptive design was conducted in this study, a 370 adolescent (165 male & 205 female) sample was collected from different schools and locations in Nablus city, randomly chosen, a valid questionnaire used ,and a demographic data part were added to it, totally it has a 5 parts, adolescent demographic data, sport habits information, eating habits information, self-esteem questions to measure it and a body measurement part.

Result & Conclusion: in this study we found that The relationship between BMI and Self-esteem is considered to be weak positive ,which mean that there is a relationship between BMI & self esteem but it don't have that major affection.

keywords: obesity, overweight, self-esteem, adolescent, relationship ,effect, Nablus city, Palestine