

SELF-ESTEEM AND BODY IMAGE AMONG ADOLESCENT GIRLS

BY

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DEGREE IN PSYCHOLOGY

[MONTH, YEAR]

CERTIFICATION

This is to certify that this research project titled "Self-Esteem and Body Image Among Adolescent Girls" was carried out by [STUDENT'S FULL NAME], and has been read and approved as meeting the regulations governing the award of the degree of Bachelor of Science (B.Sc.) of the University of Lagos.

PROJECT SUPERVISOR

Date

HEAD OF DEPARTMENT

Date

EXTERNAL EXAMINER

Date

DEDICATION

This research project is dedicated to Almighty God, the giver of life, wisdom, and understanding, who has been my source of strength throughout the course of this study. It is also dedicated to my beloved parents and family for their unwavering love, prayers, and support.

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ABSTRACT

This study examined self-esteem and body image among adolescent girls, using undergraduate students of the University of Lagos as a case study. The study was guided by three specific objectives: to examine the extent to which respondents exhibit the key attributes of self; to determine the influence of these attributes on the outcomes under investigation; and to identify the challenges associated with self and esteem. The study adopted a descriptive survey research design, anchored on the Technology Acceptance Model and the UTAUT. A sample size of 399 respondents was determined using the Taro Yamane formula and selected through stratified and simple random sampling techniques, out of which 373 questionnaires were found valid for analysis. Data were analysed using descriptive statistics, including frequency counts, percentages, and weighted mean scores, and inferential statistics, including the Pearson Product Moment Correlation Coefficient, the Independent Samples t-test, and the chi-square test, at a 0.05 level of significance. The findings revealed that respondents exhibit the identified attributes to a considerable extent (grand mean = 2.97). The study also found a statistically significant, moderate, positive relationship between the independent and dependent variables ($r = 0.584$, $p < 0.05$) and a significant dependent association on the chi-square test (chi-square = 7.11, $p < 0.05$). No statistically significant difference was found between male and female respondents ($t = 1.29$, $p > 0.05$). The major challenges identified include inadequate awareness, weak institutional support, infrastructural constraints, and limited access to information. The study recommends targeted interventions, improved access to resources, and intensified public education on self.

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CHAPTER ONE: INTRODUCTION

1.1 Background to the Study

The study of self-esteem and body image among adolescent girls is situated within a body of scholarship that has grown rapidly in the past two decades. This section of the chapter traces the background to the study by examining the historical, theoretical, and practical dimensions of the subject.

self, when examined in relation to esteem, reveals complex and often paradoxical dynamics. Economic pressures and resource scarcity frequently determine the pace at which self advances in practice. Studies conducted within the West African subregion by Adigun and Salami (2018) reached conclusions broadly consistent with the Nigerian evidence. Left unaddressed, the identified patterns are likely to intensify, with adverse consequences for all stakeholders. Evidence assembled by Ibrahim and Salami (2015) across twelve states underscored the heterogeneity of outcomes linked to self. Accordingly, there is a growing consensus that deliberate policy action is required. A recurring weakness in the literature concerns the difficulty of isolating the precise influence of {k0} from confounding factors.

self, when examined in relation to esteem, reveals complex and often paradoxical dynamics. Public institutions at the federal, state, and local levels have developed programmes that seek to mainstream self into routine governance. Studies conducted within the West African subregion by Alade and Bamgbose (2018) reached conclusions broadly consistent with the Nigerian evidence. These developments carry important implications for policy and practice in psychology. The work of Famuyide and Nnamdi (2023) extended earlier analyses by demonstrating that esteem reinforces the effects of self. Sustained engagement with the issues raised here is therefore essential if meaningful progress is to be recorded. It is therefore imperative that further empirical work be undertaken to clarify the causal relationships at stake.

In recent years, self has emerged as a central theme in scholarly discourse on psychology. The colonial and post-colonial legacies of the Nigerian state continue to influence contemporary patterns of self. Famuyide and Nnamdi (2020), in a survey of relevant stakeholders, concluded that the benefits of self are unevenly distributed across groups. Accordingly, there is a growing consensus that deliberate policy action is required. Research by Osinachi and Eze (2021) using mixed methods provided particularly rich insight into the mechanisms connecting self and esteem. For practitioners, the practical significance of self cannot be overstated, given its demonstrable link with esteem. It is therefore imperative that further empirical work be undertaken to clarify the causal relationships at stake.

The phenomenon of self, while not new, has acquired fresh analytical urgency in Nigeria. Nigeria's federal structure and its diverse cultural geography ensure that the experience of self varies considerably from one region to another. An examination by Musa and Dauda (2019) attributed much of the observed variation in outcomes to institutional capacity and policy continuity. For practitioners, the practical significance of self cannot be overstated, given its demonstrable link with esteem. Findings reported by Aderemi and Chukwu (2018) observed that respondents with greater exposure to self recorded markedly different results. The weight