

Perfectionism and Its Relation to Self-Esteem and Body Image Among a Sample of Adolescent Users of Smartphones to Edit Their Selfies in Jeddah (A Comparative Study)

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Abstract

The study aimed to identify the relationship between perfectionism, self-esteem and body image among a sample of adolescents, the differences between the averages (means) of perfectionism, self-esteem and body image in the study sample according to (the photo editing and the sex) , and the differences between the averages of self-esteem and body image in the study sample according to (the type of perfectionistic tendencies). The sample consists of (316) adolescents from Jeddah with equal distribution between the sexes (158 females and 158 males), and (175 who edit their Selfies and 141 who do not). The ages of the study sample ranged from (13 to 21) years. The researcher applied the following tools: Baiza's perfectionism tendency questionnaire (2002), The Arabic Version of Rosenberg's self-esteem scale Translated by Mansour Boukassara (2008), Shuqair's body image measurement (1998), and the preliminary data form prepared by the researcher. The study concluded that there is a statistically significant negative correlation between perfectionism and self-esteem, and a statistically significant positive correlation between perfectionism and body image, and a statistically significant negative correlation between self-esteem and body image. The results also showed that there were statistically significant differences in the perfectionism according to the editing of the selfies favored the photo-editing group. Additionally, there were statistically significant differences in self-esteem was according to editing of the selfies favored the non-photo-editing group. And there were statistically significant differences in the body image according to the editing of the selfies favored the photo-editing group. There were also statistically significant differences in self-esteem according to the type of perfectionistic tendencies in favor of those with low perfectionistic tendencies. And there were statistically significant differences in the body image were according to the type of perfectionistic tendencies in favor of those with neurotic perfectionism, and there are no statistically significant differences among male and female members of the study sample in perfectionism, self-esteem and body image. Based on the results of the study, the researcher recommends imposing strict laws on advertising agencies when publishing edited photos of celebrities and models, these laws include attaching a warning to the edited photos, following the example of the countries that have implemented such laws. The relevant authorities, such as Communications and Information Technology Commission, should take steps to block some of the applications used to edit selfies in order to reduce their use. The researcher further recommends that consumers, and those interested in marketing and advertising, as well as the ministry of commerce and investment, businessmen and businesswomen, to support goods and products produced by companies and sites that provide and publish unedited and unretouched images of models. Also recommends working towards raising the level of awareness among members of society with regard to accepting their bodies and the changes that happen to it through the different stages of life. Finally, to design counseling programs by psychologists to develop self-esteem and treat neurotic perfectionism and body image disorder and help prevent them.

Keywords: Perfectionism - Self-Esteem - Body Image - Adolescents - Photo Editing, Selfies - Smartphones.