

Relationship between body image and self-esteem among college going girls

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■ **ABSTRACT :** The purpose of this study was to investigate the relationship between body image and self-esteem among college going girls using correlation design. A random sample of 250 students all of them belonging to Allahabad University completed a set of questionnaire of Rosenberg self-esteem questionnaire and body shape questionnaire result indicates that fashion or beauty magazines, social comparisons, overall appearance are important predictors of body image and self-esteem in adolescent college going girls and body image was confirmed to significantly related to self esteem which supported the hypothesis.

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