



A Study on Body Image, Self Consciousness and Self Compassion among Young Adults

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Abstract: Preoccupation with one's body image is one of the main reasons that leads to increased self-awareness among young adults and the way they treat themselves. The current study investigated the relationship between Body Image, Self Consciousness and Self Compassion among young adults. The sample consisted of 64 young adults, aged 18 to 27 years. Standardized scales were used to measure Body image, Self Consciousness and Self Compassion. Pearson r Correlation was used to measure the relationship between them. The results found significant relationship between Body Image and Self Consciousness, significant relationship between Body Image and Self Compassion. Additionally, significant relationship was found between Self Consciousness and Self Compassion among young adults. The findings of the study suggest that researchers should continue exploring this field to develop specialized interventions to deal with such sensitive issues such as body image among young adults in varied social and economic contexts. In the long run, such initiatives will help youth sensitize with their body image concerns, reduce excessive Self Consciousness and enhance their Self Compassion, resilience and overall mental well-being.

Keywords: *Body Image, Self Consciousness, Self Compassion, Young Adults*

1. Introduction

"I can't think of any better representation of body than someone who is unafraid to be herself."

Emma Stone

According to Rush (2024) Body image can be conceptualized "as a person's emotional attitudes, beliefs, and perceptions of their own body are referred to as their body image." In his 1935 book *"The Image and Appearance of the Human Body,"* Austrian neurologist and psychoanalyst, Paul Schilder first used the term "body image," which was defined as "the way we perceive our own bodies and the way we assume other people perceive us." It has to do with identity, family ties, sexuality, and self-worth.

As stated in Ogden (2003) Schilder (1935) defines body image as "The mental representation of our body that encompasses our sense of physical boundaries, physical attractiveness, and physical sensations." (Parveen, 2020). According to Jarry et al. (2019), body image is frequently thought of "as encompassing both an assessment of its importance to an

individual's identity and an assessment of its evaluative component (satisfaction or concern with looks).”

The literature commonly defines body image satisfaction as the extent to which people are content with their physical attributes, particularly their weight and shape. Male and female conceptions and assessments of body image are present throughout life and are fundamental to how children, adolescents, and adults represent themselves (Harter, 1990; Tiggemann, 2004)

Social media is one of the main causes of young adults' problems with body image. On social media sites like Instagram, Tik Tok, and Snapchat, users are frequently exposed to idealized pictures of flawless bodies, which can lead to inflated expectations and an unreachable ideal of beauty. This can cause low self-esteem and feelings of inadequacy, which can result in problems with body image (Creative, 2024). At a subclinical level, body dissatisfaction is also linked to behaviors that alter appearance, such excessive exercise, laxative or steroid usage, and potentially dangerous cosmetic surgery (Brennan et al., 2010).

Self-Consciousness refers to the condition of heightened awareness of oneself. Being self-conscious in a self especially how one will be perceived by others in terms of their actions or appearance. Moderate self-consciousness may also be beneficial. Overwhelming self-consciousness can have negative effects on mental health such as insufficient self-assurance, agitation, anger, nervousness, sense of jealousy, depression, anxiety, borderline personality disorder, obsessive-compulsive disorder (Surgeon, 2024). When individuals internalize the body image concerns, they become critical of themselves and become highly self-conscious of themselves.

A tendency for body surveillance, characterized by the compulsive observation of one's physical appearance and allure, is posited to result in various adverse psychological outcomes, such as depression, disordered eating, and sexual dysfunction, through the amplification of body-related shame and potentially body-related guilt (Calogero & Pina, 2011).

Long-term exposure to carefully chosen and frequently digitally improved depictions of the human form creates a cycle of constant comparison, which causes psychological anguish and body dissatisfaction in large segments of the world's population (Burnette et al., 2017). On the other hand, it has been discovered that a negative body image, which is frequently characterized by internalized objectification and body surveillance, lowers self-esteem, especially when people engage in ongoing social comparisons that encourage self-devaluation (Fredrickson & Roberts, 1997; McKinley & Hyde, 1996). A recent study concentrated specifically on bodily fatness and its related stigma, revealing a connection to diminished job performance mediated by self-devaluation (Johnson et al., 2023). It is important to understand the influence of body image on young adults as their self-consciousness is shaped by their body image concerns and negatively impacts their self-esteem and psychological well-being.

Self-compassion is the ability to comprehend oneself in the face of various difficulties or setbacks without passing judgement or condemnation on oneself. When someone has self-compassion, they view every experience as a necessary part of existence (Neff & McGehee, 2010).

Studies reveal a high correlation between psychological well-being and self-compassion (Neff, 2009). Increased enjoyment, optimism, curiosity, and a sense of togetherness, as well as

decrease in anxiety, sadness, rumination, and failure-related fear, are all associated with higher levels of self-compassion. Self-compassion levels are linked to the level of mental health, experienced in clinical populations, and those who fit the criteria for mental health conditions like bipolar disorder, generalized anxiety disorder, substance use disorder, persecutory delusions, or schizophrenia typically have lower levels of self-compassion than people in the general population (Athanasakou et al., 2020). According to a meta-analysis by Luo et al. (2021), self-compassion interventions had medium effect sizes in reducing PTSD, and a meta-analysis by Turk and Waller (2020) found that self-compassion was linked to medium to strong effect sizes in reducing eating pathology and body image concerns. Cleare et al., (2019) systematic review reveals compelling evidence linking self-compassion to suicidal thoughts and self-harm.

Wollast et al. (2020) demonstrated that increased Self Compassion was associated with decreased body surveillance and body shame. Zhu et al. (2023) concluded in their study that while there was a positive association between body image disturbance, body surveillance, and body shame, there was a substantial negative correlation between self-compassion and body image disturbance. Through the chain mediation of body surveillance and body shame, self-compassion indirectly predicted a disturbance in body image.

Sharma et al. (2024) conducted a descriptive correlational study to assess the body image, appearance contingent self-worth and self-compassion among youth of Karnataka. The sample consisted of 478 youth aged 18-24 years studying in selected Colleges of Udupi, Karnataka. The data was collected using Socio-demographic Performa, Perception of Body Image, Neff's Self-Compassion Scale and Contingencies of Self Worth Scale. The linear correlations were evaluated using Spearman Rank Correlation. The results indicated a significant correlation between body-image, appearance contingent self-worth, and self-compassion.

Mosanya et al. (2024) conducted a study on self-compassion and narcissism as mediators of social media's prediction effect on self-esteem, body image and gender effect among Polish community sample. The sample size was 527 individuals. Body Esteem Scale for Adolescents and Adults (BESAA), Narcissistic Personality Inventory (NPI-13), Bergen Social Media Addiction Scale (BSMAS), The Self Esteem Scale (SES) and The Self Compassion Scale (SCS) were used. The results revealed that only visual media (Facebook, Instagram, TikTok) had a negative effect on self-evaluations. Additionally, the researchers found that women were higher on social media addiction and decreased self-esteem, self-compassion and body image. Social media addiction was negatively predicting body image for both genders and self-esteem for women but not for men, with self-compassion and narcissism mediating such relationships

Soohinda (2020) conducted a study on Body Image Dissatisfaction in India Young Men, Prevalence, Psychosocial Correlates and the impact of Socio-cultural Pressure. The sample consisted of 511 male college students aged 18-25 years. The scales used were Body Shape Questionnaire (BSQ-8c), Socio-cultural Attitudes Towards Appearance Questionnaire-4, Rosenberg Self Esteem Scale and the mini-International Personality Item pool (MINI-IPIP) personality scale. Of the 511 males, 34.44% had moderate to marked Body Image Dissatisfaction. Underweight men had greater Body Image Dissatisfaction than those who were obese. Body Image Dissatisfaction significantly correlated with levels of Neuroticism.

As per the Telangana Today published on August 25 (2025), research was conducted by Anglia Ruskin University involving 250 scientists across the world, 56968 participants in 65 nations. The research was published in the Journal Body Image 56,968 participants in 65 nations. It was found that Indians were less likely to embrace body image and have poor life satisfaction.

A Hindustan Times article (12 April 2019) reported that, according to Fortis Healthcare, 90% of women recognize body shaming as common, partly due to social media. A survey of 1244 women (aged 15 to 65) across 20 Indian cities, including Delhi NCR, Mumbai, Bengaluru, Hyderabad, and Chennai, found that 76% of women think that media representations of beauty lead to body shaming. Ninety percent of women think that films and TV shows often ridicule those who don't fit the conventional standards of beauty and body image. Eighty-nine percent of women said that reading remarks about other people's appearances on social media made them feel self-conscious.

Body Image

Cash (2004) defined Body Image as “a multifaceted psychological experience of embodying a body that involves self-perception, attitudes, thoughts, beliefs, feelings, and behaviours.” Mason et al. (2020) defined body image as “a multidimensional construct that refer to a person’s subjective appraisal of his or her own physical characteristics and qualities.” The term body image is used to refer to “the picture we have in our minds of the size, shape and form of our bodies: and to our feelings concerning the size, shape and form of our bodies, ad its constituent parts” (Slade, 1988).

Pop (2016) conducted a cross-sectional study to determine relationship between self-esteem and body image dissatisfaction. 60 young, female Romanian University Students between the age group of 19-21 years who were assumed to be healthy and educated, with constant physical activity and had an urban lifestyle were sampled for the study. The statistics used were Pearson Correlation Coefficient (r) and t-test for determining statistical significance. The results indicated that self-esteem and body dissatisfaction were in a significant negative correlation. It was found that self-esteem is better correlated with subjective parameters (body image) than with objective and stable measurements (BMI). Therefore, physical activity and healthy lifestyle must be incorporated as it shows increase in physical and psychological improvements.

Orr, Reznikoff, Smith (1989) conducted a study to determine the effects of burn-related variables, demographics, and perceived social support variables of psychological adjustment after injury within a well-defined sample. The sample consisted of 127 participants who were currently 14 to 27 years old who experienced burns within the past ten years. The scales were: Semantic Differential Measure of Body Image, Rosenberg Self -Esteem Scale, Beck Depression Inventory, Perceived Social Inventory-Friends and Perceived Social Inventory-Family. Correlational and multiple regression analyses showed that subjects perceiving more social support (friends more than family) had more positive body image ($p>0.01$), greater self-esteem, and less depression ($p<0.01$), than others with a significant impact from difference in subject’s gender

Luqman and Dixit (2017) conducted research to investigate the relationship between body image, social anxiety and psychological distress among young adults. The sample

comprised of 156 participants aged between 21 and 25 living in India. Standardized Questionnaires were used which included Body Image Concern Inventory (BICI), Social Interaction Anxiety Scale (SIAS) and Kessler Psychological Distress Scale (K10). The results indicated that there was positive correlation between Body Image and Social Anxiety as well as in Body Image and Psychological Distress. It is necessary to provide psychological to people with high levels of social anxiety and Psychological Distress which occurs due to their perceived body image.

Self-Consciousness

Mead (1934) defined Self Consciousness as “the act of adopting the perspective of someone else (You) towards one’s own self”. Self-Consciousness can be defined for an individual “as the awareness of his/her own body in a time-space continuum and its interactions with the environment, including others. It also encompasses the awareness that the individual has of his/her own identity, built over time in interaction with others. It is at the root of higher-level processes, such as the theory of mind or empathy, processes that allow us not only to be aware of others but also to differentiate ourselves from them, from their image and from their perceptive and emotional experiences” (Decety and Sommerville, 2003; Rochat, 2003).

Schloenleber et al. (2014) conducted a study to examine the role of proneness and aversion to self-conscious emotions in worry and GAD (Generalized Anxiety Disorder). The data was cross sectional collected from two samples: (a) a sample of 726 undergraduates; (b) a sample of 51 community members, 37.3% of whom met criteria for DSM IV TR Criteria for GAD. Zero order correlation and higher order multiple regression analyses were used. Results indicated positive associations between self-conscious emotion constructs and worry/GAD. However, in the selected community sample, results indicated only shame was positively associated with worry/GAD. The researchers suggested that there is a need of future research to understand its clinical implications.

Yuan et al. (2024) conducted a study to determine the relationship between self-consciousness and depression in college students and study the mediating effect of meaning life and self-efficacy, with the moderating effect of social support. The sample consisted of 583 college students from China's Harbin and Wenzhou cities. Self-assessment measures, such as the self-efficacy, social support, self-rating sadness, self-consciousness, and life meaningful scales, were used to evaluate each student. The results showed that self-consciousness was negatively connected to depression, meaningful life and efficacy. The results somewhat buffered the relation between self-consciousness and depression. Additionally, a moderated mediation study showed that social support mediated the relationship between depression and self-efficacy. Additionally, the study found depression in college students with poor social support was more vulnerable to the impact of self-efficacy than in those with high social support.

Stone (2019) conducted a study on social media, Interpersonal Relationships and Self-Conscious Emotions. The sample size consisted of by 46 students of various nationalities enrolled in UK universities. The Bergen Social Media Addiction Scale (BSMAS), Rosenberg Self-Esteem Scale (RSES), and Self-consciousness Scale-Revised (SCSR) were performed online SPSS was used to analyze the data. The results were displayed using the multiple regression model, mean, standard deviation, frequencies, and percentages. The study discovered

a substantial correlation between social media use and factors including self-esteem ($p < .02$) and self-consciousness ($p < .01$). The researchers highlighted the amount of time university students spend on social media can affect their self-esteem and self-consciousness

Self-Compassion

Self-Compassion, a concept derived from the Buddhist Psychology, involves “an openness to perceiving one’s suffering as part of the human experience, without avoiding it or distancing oneself from it, and the desire to alleviate it with kindness and without judgement” (Neff, 2003). Additionally, Neff (2003) stated the three components of self-compassion. Each component has two parts, the presence of construct and the negation of another. These three concepts are: (a) being kind and understanding towards oneself rather than being self-critical, (b) seeing one’s fallibility as a part of larger human condition and experience rather than as isolating, and (c) holding one’s painful thoughts and feelings in mindful awareness rather than avoiding them or overidentifying with them” (Barnard & Curry, 2011).

Shapira and Mongrain (2010) defined Self -Compassion “as persons accepting both suffering and loss allow themselves to non-judgmentally engage in self- appraisals rooted in both warmth and kindness.”

Birkett (2014) conducted quantitative research to determine differences between self-compassion and empathy among Chinese and American undergraduates. The sample consisted of 40 Chinese and 41 American undergraduates. The standardized scales used were Self Compassion Scale (SCS) and Interpersonal Reactivity Index (IRI). The results indicated that the groups did not significantly differ in overall Self-Compassion or Empathy. However, significant differences were found in Self Kindness, Common Humanity, Over-Identification SCS subscales and the Personal Distress IRI subscale. American students reported significantly higher scores on the Fantasy and Empathetic Concern IRI subscales. Also, it was found that gender differences were stable across groups. There is need to understand more self and other – directed prosocial beliefs and attitudes across the Cultures.

Thomas and Thenmozhi (2019) studied 60 young adults. The standardized scales used were, Depression Anxiety Stress Scale (DASS-21) and Self-Compassion Scale. The results indicated that the Psychological Distress was high among 36 young adults. Correlation analysis indicate that Depression, Anxiety and Stress was negatively correlated with Self-Compassion. The results indicate need for early interventions and development of psychological support for young adults.

Lyvers et al. (2020) conducted a study on Self Compassion in relation to alexithymia, empathy and negative mood in young adults. The sample consisted of 253 young individuals (18–30 years old) recruited from two Australian universities. The scales used were: Self-Compassion Scale, Toronto Alexithymia Scale Toronto Empathy Questionnaire Depression Anxiety Stress Scales- 21. The statistical analysis used was: Hierarchical Regression Model. The findings showed that alexithymia was the strongest (negative) predictor of self-compassion in a hierarchical regression model and that it had a negative correlation with both empathy and self-compassion. In a second regression, self-compassion and alexithymia both contributed to the explanation of variance in negative mood (stress, anxiety, and depression). Only self-judgment, out of the six subcomponents of self-compassion, was important.

2. Purpose

The purpose is to study the impact of Body Image on Self Consciousness and Self Compassion among Young Adults (18-27)

3. Hypotheses

The following hypotheses were framed:

H₁: There will be a significant negative relationship between Body Image and Self – Consciousness.

H₂: There will be a significant negative relationship between Body Image and Self – Compassion.

H₃: There will be significant negative relationship between Self Consciousness and Self Compassion.

4. Method

4.1 Sample

A total Sample of young adults in the age 18-27 was collected from the Chandigarh, India.

4.2 Measures

The Body Self Image Questionnaire-Short Form (BSIQ-SE): The Body Self Image Questionnaire- Short Form scale is used to measure the thoughts and feelings about one's body image. The scale was developed by Rowe (2015). The scale consisted of 27 items. The subscales are: OAE= Overall Appearance Evaluation; HFI= Health Fitness Influence; II = Investment in Ideals; HFE= Health Fitness Evaluation; AG = Attention to Grooming; HD= Height Dissatisfaction; FE= Fatness Evaluation; NA = Negative Affect; SD = Social Dependence. The rating scale included: (a) Not at all true of myself (1), (b) Slightly true of myself (2), (c) About halfway true of myself (3), (d) Mostly true of myself (4) and (e) Completely true of myself (5).

The Self- Consciousness Scale (SCSR): The Self- Consciousness Scale was used to measure self- consciousness. The scale was developed by Scheier and Carver (1985). The scale consisted of 22 items. The subscales are: Private Self-Consciousness Scale, The Public Self Consciousness Scale and the Social Anxiety Subscale. The rating scale included: a lot like me (3), somewhat like me (2), a little like me (1) and not like me at all (0).

The Self -Compassion Scale Short Form (SCS-SF): The Self -Compassion Scale was used to measure self-compassion. It was developed by Raes et al. (2011). It is a 12-item questionnaire, it is a shortened version of the original 26-item Self Compassion Scale developed by Neff in 2003. The sub dimensions of this scale are; Self Kindness Items, Self Judgement Items, Common Humanity Items, Isolation Items, Mindfulness items and Over- identification Items. The rating scale included: 1 which indicates Almost never, 2, 3, 4 and 5 which indicates Almost always.

4.3 Procedures

Participants were thanked for cooperation. The participants were informed about the purpose of the research, and the questionnaire was filled online through google forms. Each

participant was thanked for cooperation and kind help. Standardized tests were administered to the participants. The informed consent was taken before hand.

5. Analysis of Data
Results

Table 1: N, Mean and Standard Deviation among variables

	Overall Appearance Evaluation	Health Fitness Influence	Investment in Ideals	Attention to Grooming	Height Dissatisfaction	Fatness Evaluation	Negative Affect	Social Dependence	Private Self Consciousness	Public Self Consciousness	Social Anxiety	Self- Kindness	Self Judgement	Common Humanity	Isolation Items	Mindfulness Items	Over Identification Items
N	64	64	64	64	64	64	64	64	999	999	999	64	64	64	64	64	64
Mean	11.4	10.3	8.92	8.91	7.72	6.00	5.27	7.16	1.06	0.835	0.684	3.18	2.85	3.22	2.50	3.24	2.68
Median	11.0	10.0	9.00	9.00	7.00	5.00	4.00	7.00	0.00	0.00	0.00	3.00	2.50	3.25	2.50	3.00	2.50
Standard deviation	2.45	3.05	3.08	2.93	4.21	3.14	2.61	2.92	4.21	3.36	2.81	1.04	1.10	1.04	0.917	1.07	0.856

Table 2: Correlation between variables

	Overall Appearance Evaluation	Health Fitness Influence	Investment in Ideals	Attention to Grooming	Height Dissatisfaction	Fatness Evaluation	Negative Affect	Social Dependence	Private Self Consciousness	Public Self Consciousness	Social Anxiety	Self- Kindness	Self Judgement	Common Humanity	Isolation Items	Mindfulness Items	Over Identification Items
Overall Appearance Evaluation	—																
Health Fitness Influence	0.437***	—															
Investment in Ideals	0.116	0.504***	—														
Attention to Grooming	0.513***	0.412***	0.470***	—													
Height Dissatisfaction	0.007	0.373**	0.339**	0.229	—												
Fatness Evaluation	-0.363**	0.060	0.190	-0.033	0.370**	—											
Negative Affect	-0.527***	0.009	0.243	-0.009	0.285*	0.634***	—										
Social Dependence	-0.195	0.326**	0.434***	0.393**	0.502***	0.323**	0.497***	—									
Private Self Consciousness	0.085	-0.023	-0.077	0.205	-0.074	-0.093	-0.081	0.067	—								
Public Self Consciousness	0.038	-0.140	-0.039	0.192	-0.022	-0.165	-0.072	0.132	0.979***	—							
Social Anxiety	-0.150	-0.189	-0.124	0.016	0.136	0.073	0.064	0.124	0.929***	0.946***	—						
Self-Kindness	0.432***	0.187	-0.013	0.371**	-0.097	0.007	-0.161	-0.205	-0.230	-0.247*	-0.203	—					
Self Judgement	0.303*	-0.073	-0.302*	-0.009	-0.112	-0.153	-0.253*	-0.342**	0.040	-0.114	-0.134	0.217	—				
Common Humanity	0.255*	0.307*	-0.119	0.077	0.016	-0.044	-0.153	-0.087	-0.225	-0.240	-0.204	0.474***	0.053	—			
Isolation Items	-0.205	-0.244	-0.141	-0.316*	-0.226	-0.047	-0.083	-0.337**	0.033	0.040	-0.004	-0.233	0.368**	-0.308*	—		
Mindfulness Items	0.388**	0.227	0.116	0.291*	0.007	-0.052	-0.145	-0.124	-0.251*	-0.310*	-0.464***	0.732***	0.145	0.543***	-0.222	—	
Over Identification Items	-0.127	-0.249*	0.020	-0.193	-0.222	-0.198	-0.224	-0.062	0.140	0.053	-0.120	-0.313*	-0.038	-0.192	0.101	-0.057	—

Note. * p < .05, ** p < .01, *** p < .001

6. Discussion of Results

The results found significant relationship between body image and its subdimensions. The results showed there is a significant positive relationship between Health Fitness Evaluation and Overall Appearance Evaluation (r=0.43, p<.001), significant positive relationship between Investment in Ideals and health Fitness Influence (r=0.50, p<.001), significant positive relationship between Health Fitness Evaluation and Overall Appearance Evaluation (r=0.56,p<.001), significant positive relationship between Health Fitness Evaluation and Health Fitness Influence(r=0.57, p<001), significant positive relationship between Health Fitness Evaluation and Investment in Ideals (r=0.25, p<.05).

The results found that there is no significant relationship between Private Self Consciousness and sub dimensions of Body Image. The results found no significant difference between Public Self Consciousness and sub dimensions of Body Image. The results indicate significant positive relationship between Private Self Consciousness and Public Self Consciousness (r=0.97, p<.001). However, the results indicate significant negative relationship between Social Anxiety and Health Fitness Evaluation (r=-0.35, p<.01). The results also indicate significant positive relationship between Social Anxiety and Private Self Consciousness (r=0.92, p<.001) and Social Anxiety and Public Self Consciousness (r = 0.94, p<.001).

The results indicate significant positive relationship between self-kindness and overall appearance evaluation ($r=0.43$, $p<0.001$), with attention to grooming ($r=0.37$, $p<.01$). The results indicate significant negative relationship between self-kindness and public self-consciousness ($r= -0.24$, $p<.05$). The results however showed no significant relationship between self-kindness and sub dimensions of self-compassion.

The results indicate significant positive relationship between self-judgement and overall appearance evaluation ($r=0.30$, $p<.05$) but significant negative relationship with investment in ideals ($r=-0.34$, $p<.01$). The results indicate no significant relationship between self-judgement and with sub-dimensions of self-compassion.

The results indicated significant positive relationship between common humanity and overall appearance evaluation ($r=0.25$, $p<.05$), with health fitness influence ($r=0.30$, $p<.05$). The results indicated no significant relationship between common humanity and with sub dimensions of self-consciousness. The results indicated significant positive relationship between common humanity and self-kindness ($r=0.47$, $p<.001$).

The results indicate significant negative relationship between isolation and attention to grooming ($r=-0.31$, $p<.05$) and with social dependence ($r=-0.33$, $p<.01$). The results also indicate significant positive relationship with self-judgement ($r=0.36$, $p<.01$) but negative relationship with common humanity ($r=-0.30$, $p<.05$).

The results indicate significant positive relationship between mindfulness and overall appearance evaluation ($r=0.38$, $p<.01$), with attention to grooming ($r=0.29$, $p<.01$). However, the results indicate significant negative relationship between mindfulness and private self-consciousness ($r=-0.25$, $p<.05$) and with public self-consciousness ($r= -0.31$, $p<.05$) and with social anxiety ($r= -0.46$, $p<.001$). The results also indicate significant positive relationship with self-kindness ($r= 0.73$, $p<.001$) and common humanity ($r=0.54$, $p<.001$).

The results indicate significant negative relationship between over identification and health fitness influence ($r=-0.24$, $p<.05$). The results also indicate no significant relationship between over identification and sub dimensions of self-consciousness. The results also indicate significant negative relationship between over identification and self-kindness ($r = -0.31$, $p<.05$).

Theron et al. (1991) conducted a study to investigate the relationship between body image and self-consciousness and determine the sex differences. The sample consisted of 267 undergraduates which included 56 men and 211 women whose ages ranged from 19 to 25 years. The Statistical Analysis a significant negative correlation between body-image and self-consciousness and between body image and social anxiety. Private and Public self-consciousness correlated positively with each other as well as with social anxiety. The results also indicated that males and females differed on social anxiety only.

Wasylikiw (2012) conducted research on Exploring the link between self-compassion and body image among university women. In Study 1, 142 female undergraduate students filled out three body image questionnaires as well as self-esteem and self-compassion questionnaires. The participants' ages ranged from 17 to 22 years old. The scales used were Rosenberg Self Esteem Scale, Neff's Self Compassion Scale and three scales on Body Image which were: Body Shape Questionnaire, Body Appreciation Scale and Body Esteem Scale. The findings demonstrated

that, independent of self-esteem, a high level of self-compassion predicted reduced body concerns. Furthermore, when self-esteem and self-compassion were taken into consideration as predictors, self-esteem did not explain the distinctive variance in body preoccupation and weight concerns, whereas self-compassion did. This result was partially confirmed in Study 2, where the sample consisted of 187 female undergraduates, where one aspect of self-compassion (self-judgment) was found to be a distinct predictor of body concern.

Ferreira (2013) conducted a study on Self Compassion in the face of shame and body image Dissatisfaction: Implications for Eating Disorders. The sample consisted of 102 female eating disorder patients and 123 women from the general community. The scales used were Self Compassion Scale, Other as Shamer Scale, Depression, Anxiety and Stress Scales, Eating Disorder Inventory and Eating Disorder Examination Scale. Analysis was done using the Product-Moment Pearson Correlation and the t-test for two independent samples. In comparison to the nonclinical sample, eating disorder patients had significantly lower scores on self-compassion and higher scores on external shame, drive for thinness, bulimia, body dissatisfaction, depression, anxiety, and stress symptoms. Self-compassion had a negative correlation with bulimia, drive for thinness, psychopathological symptoms, external shame, and body dissatisfaction in the nonclinical group.

Pila et al. (2022) conducted a longitudinal cohort study on that lasted three years. There were 518 teenage girls who participated in organized sports in the sample. Every year, they filled out self-reports on feelings of self-compassion, shame, guilt, humiliation, and envy connected to their bodies and attractiveness. The statistical studies that were employed were intra-class correlation, McDonald's coefficient omega (McDonald, 1999), and SPSS Version 23.0. The findings suggest that lower feelings of body-related shame, guilt, humiliation, and envy were linked to higher levels of average and time-varying self-compassion. When self-compassion was stronger than usual, females reported fewer negatively valenced self-conscious emotions.

Bourk and Pila (2023) conducted a study on Body-related self-conscious emotions, self-compassion, and dietary restraint in Canadian undergraduate university students: A multilevel mediation and moderation analysis. 224 university students in Canada provided fortnightly reports. The scales used were: Short-Form Self-Compassion Scale, Experiences of body-related self-conscious emotions in the previous fortnight were measured with items adapted or developed based on existing research including from the Body and Appearance Self-Conscious Emotions Scale, the Body-Related Envy Scale and the Eating Disorder Examination Questionnaire. According to the findings of a 2-1-1 multilevel mediation model, body-related shame, guilt, envy, and humiliation were the indirect concurrent relationships between trait self-compassion and food constraint. The moderation model's findings demonstrated a strong positive concurrent within-person relationship between food constraint and body-related shame, envy, and embarrassment—but not guilt. Trait self-compassion did not moderate these correlations.

7. Conclusion

Body image concerns is one of the main reasons that leads to increased awareness young adults and the way they treated themselves. This study investigated the impact of Body Image on Self Consciousness and Self Compassion among young adults. The sample consisted of 64

young adults aged 18 to 27 years old. Standardized scales were used to measure body image, Self Consciousness and Self Compassion. Pearson r Correlation was used to measure the relationship between them. The results found significant relationship between Body Image and Self Consciousness, significant relationship between Body Image and Self Compassion and significant relationship between Self Consciousness and Self Compassion among Young Adults.

The findings of the study suggested that the research should continue exploring this field to develop specialized interventions to deal with such sensitive issues body image concerns among young adults in varied social and economic contexts. In the long run, such initiatives will help youth sensitize with their body image concerns, reduce excessive Self Consciousness and enhance Self Compassion, resilience and overall mental well-being.

Suggestions

Structured interventions are needed to address body image issues in young adults. Universities and colleges should hold workshops and psychoeducational sessions on body positivity, coping strategies like mindfulness, and self-compassion. Public policies should promote only positive body image content, and social media platforms should normalize diverse body types to foster acceptance among youth.

Limitations

There were certain limitations in this study. The sample size was limited as it included only 64 young adults. This will make it difficult to generalize to wider population. Additionally, the inclusion criteria, young adults between the age group of 18- 27 years, was limited. This means that those who were below 18 years and those who were above 27 years could not participate in this study. Thus, it could not include diversified opinions. Another limitation was that it was cross- sectional research. Human opinions sometimes change with respect to maturity and exposure to diversified content which might lead to changes in their opinions. Thus, even those who participated might not hold the same opinion after few years or after some time. The gender differences were not studied, which otherwise would have made the study more precise. The study involved the use of self-report questionnaires. The responses given by participants might have been subjected to social desirability or answered in a hurry.

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