

SELF-EFFICACY, SELF-ESTEEM AND BODY IMAGE OF CLINICAL UNDERGRADUATES IN A NIGERIAN UNIVERSITY

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Objective: Self-efficacy, self-esteem, body image are all psychological determinants that influence lifestyle and habit of students. The aim of this study was to assess the self-esteem, self-efficacy and body image of clinical undergraduates in a Nigerian university (Bowen University, Iwo).

Methods: Two hundred and forty (240) undergraduates aged 20-35 years, were recruited using stratified sampling technique. Self-efficacy was assessed using the New General Self-efficacy scale, self-esteem was assessed using the Rosenberg self-esteem scale and body image was assessed using the Body appreciation scale. Data obtained were analyzed using descriptive statistics of mean and inferential statistics of Spearman rank correlation was used to determine the relationship among self-efficacy, self-esteem, body image.

Results: The age of the participants ranged between 18-23years. The mean values of self-esteem, self-efficacy, body image was 17.58 ± 4.93 , 4.25 ± 0.56 , 4.05 ± 0.61 . Majority of the participants had a high self-efficacy (59%) and high body image (57%) while more than half of the participants had low self-esteem (55%). A negative but significant relationship was found between self-esteem and each of self-efficacy ($r=-0.414$; $p=0.000$) and body image ($r=-0.309$; $p=0.000$) while a positive significant relationship was found between self-efficacy and body image ($r=0.204$; $p=0.000$)

Conclusion: The findings of this study concluded that majority of the participants had high self-efficacy and high body image despite most of them having a low self-esteem. High self-efficacy and high body image were found to have a negative significant relationship with low self-esteem indicating that one's subjective prediction of their ability to perform a task or assessment of one's own body image does not necessary translate to a high self-esteem.

Keywords: Self-esteem, self-efficacy, body image, physical activity participation, clinical undergraduates

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