The Nature and Function of Self-esteem and Body esteem on the Evaluation of Others Physical Attractiveness

Judith M. Bernardo*

University of the Philippines Los Baños, 300 Aratiles St. San Isidro, Cainta, Rizal, 1900, Philippines
Email: jmbernardo1@up.edu.ph

Abstract

Physical attractiveness is how an individual's physical appearance is assessed in terms of beauty or aesthetic qualities. In socio-psychological literature, it is known that people with low self-esteem tend to evaluate themselves poorly in comparison with others. The goal of the current study is to examine how a person's self-esteem and body-esteem influences one's perception of the physical attractiveness of himself/herself and of other people, especially when one's physical appearance is made salient. A questionnaire was administered to 123 high school students. This was comprised of socio-demographic profile, Rosenberg's (1965) self-esteem scale, Franzoi and Shield's (1984) Body-esteem scale, and Measures of Physical Attractiveness. The subjects were then divided into a control and treatment group following a matched-pairs design. They were further divided into The second part is comprised of nine photographs of other people of similar age which the subjects were asked to rate based on perceived attractiveness – with those in the treatment group being asked to rate the photographs while facing a mirror to draw their attention to their own physical features while they evaluate the photographs. The results and their implications are then discussed, as well as recommendations for further study.

Keywords: Self-Esteem; Body Esteem; Physical Attractiveness.

1. Introduction

The evaluation of the self-worth of an individual is defined as self-esteem, in which, the extent would be to view oneself as good, competent and decent.

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* Corresponding author.

Self-esteem is conceptualized to be one of the important components of one's self concept. People with high self-esteem would tend to feel worthwhile as human beings and has a high tendency to give respect to their selves while being aware of their faults. In contrast, individuals with low self-esteem usually would feel deficient, unworthy, and inadequate as human beings. They would also allow their perceived weaknesses to dominate on how they feel about themselves [16]. The sense of self-worth is certain in the quality of their relationships wherein the signs of rejection could cause to threaten the self-esteem. Also, it can influence the individual's perception of his or her partner. Low self-esteem individuals have an overall history of feeling rejected in their relationships with others, whereas high self-esteem individuals have a history of feeling accepted. People with high self-esteem report feeling that they are more likable and attractive, make better impressions on people, and generally have better relationships than do those with low self-esteem. High self-esteem individuals also report higher degrees of happiness, despite the presence of stress or other circumstances. Thus, high self-esteem individuals generally fare better than do their low self-esteem counterparts [11]. Physical attractiveness is how an individual's physical appearance is assessed in terms of beauty or aesthetic qualities. This evaluation can be based on self-perception, others' perceptions or a combination of both. Self-perceived attractiveness and others' perceptions of an individual's physical attractiveness are important in a number of aspects of an individual's life. It has been linked to an individual's happiness, life satisfaction, success, and overall subjective well-being. Physical attractiveness has become so sought after in America in recent years, which Americans are now spending more on beauty products a year than on education. Research has shown that attractive individuals are happier and more successful than unattractive people. Individuals whom others perceive as having attractive faces are better liked and thought to possess more positive personality traits than unattractive individuals. Attractive individuals have also been found to engage in more social interaction, receive more help from others, and have higher levels of occupational success than unattractive individuals [1]. Studies on attractiveness have showed that overall facial attractiveness, overall body shape and size, and height and weight greatly influence the judgments individuals make about others' attractiveness. It always includes the rating of the level of others' attractiveness which is at some point related to a specific personality trait or psychological construct. Perceivers rate other individuals based upon their impressions of the targets' attributes and overall physical attractiveness. When evaluating others' attractiveness, judgments are made most often by reviewing photographs of individuals and rating these individuals on some scale related to attractiveness [9].

1.1. Research Questions

The research [1] on attractiveness based on others' perceptions has also lead to what is known as physical attractiveness stereotyping (PAS) effect. It is the tendency to evaluate physically attractive people more positively than unattractive people, especially for traits associated with social skills. Theories and stereotypes identified in past research continue to influence current and future research on physical attractiveness and its impact on individual's everyday life. A number of current studies on physical attractiveness using others' ratings are replications of previous studies; these current studies aim to either prove or dispel previous beliefs about the role physical attractiveness plays in people's lives [20]. The goal of the current study is to examine the role that self-esteem connected with body-esteem and self-rated physical attractiveness plays in others' attractiveness. This research seeks to understand if there is a relationship between people's self-esteem and their body esteem? Is there a relationship between people's self-esteem and their perceived physical attractiveness?

What is the relationship between people's self-esteem and their perception of physical attractiveness of people of the same sex? What is the relationship between people's perceived self-attractiveness and their perception of physical attractiveness of people of the same sex? What is the relationship between people's body esteem and their perception of physical attractiveness of people of the same sex? The following hypotheses will be tested:

Hypothesis1 – There is a positive correlation between self-esteem and self-perceived physical attractiveness for both males and females

Hypothesis 2 – There is a positive correlation between self-esteem and other's perceived physical attractiveness for both males and females

1.2. Limitations of the study

The assessment of photographs used in the study is for the purpose of determining the others physical attractiveness but is not reflective of the nature of one's judgment of other people as a whole. Another limitation of the study highlighted in the comments made by study participants. Many of our participants listed in the comment box that they are afraid to rate others physical appearance, thus the results were based on their answers in the questionnaires.

2. Review of Literature

Different studies have shown different results in terms of the relation of appearance to self-esteem. Some suggested there was a correlation between these two parameters while others have shown contrary results. Positive evaluation by social surroundings can partly contribute to high levels of self-esteem. These evaluations may be based on the way people look, especially based on their perceived facial attractiveness. It is expected that there is a positive link between attractiveness and self-esteem because first impressions are based largely on a person's appearance [24]. The study [23] which investigated potential relationship between women's sexual self-schema and physical attractiveness, body size and shape and body image. Results showed of the 199 young adult women who completed questionnaires and weighed, measured and rated for facial attractiveness, sexual self-schema has nothing to do with the body size or shape, general body dissatisfaction, history of teasing about weight and even degree of investment in personal appearance. Sexual self-schema showed relationship with experimenter'-rated facial attractiveness, self-rated facial and bodily attractiveness and degree of social avoidance due to concerns over personal appearance. Only self-rated facial attractiveness and social avoidance however were found to be the only predictors when using the multiple regression analysis. Examining the role of contingent self-esteem (CSE) in the associations between social comparison and body esteem [8]. They suggested that women may be more adversely affected by social comparisons, particularly when they have lower self-perceptions of attractiveness (SPA) when they base their self-worth on contingencies such as matching cultural standards of physical beauty. They conducted two studies wherein they examined CSE and responses to appearance-related social comparisons. Study 1 involved women who rated a series of advertisements from popular women's magazines. Study 2 utilizes an event-contingent diary recording procedure. The results for study 1 showed that "women who were higher in CSE and lower in self-perceptions

of attractiveness (SPA) experienced greater decreases in positive affect and greater increases in negative affect following the ad-rating task". While in Study 2, "women who were higher in CSE felt worse after social comparisons because they made primarily upward comparisons". In general, "results suggest that appearance-related comparisons are more distressing for those who base their self-worth on contingencies and have lower self-perceived attractiveness [8]." A study tested the hypothesis that high levels of attractiveness would be related to increased levels of Self Esteem. They surveyed 230 adolescents from two age groups (13 and 15 years) annually for 5 years. The influence of facial attractiveness on the development of self-esteem over time was modelled using the latent growth curve model. Lower levels of self-esteem at baseline were found among younger adolescents with higher levels of attractiveness. This suggests that attractiveness was not found to be a noteworthy predictor in explaining the growth of self-esteem over time. The findings imply that attractive children are more likely to have lower levels of self-esteem when they enter early adolescence compared to their less attractive counterparts [13]. There is a hardly any relationship between physical attractiveness and self-esteem. A possible explanation for this scenario was tested by the study that let males and females write an essay on which they received praise from a fictitious other-sex evaluator whom they presumed seeing or not seeing them before giving the admiration. The results showed that highly attractive individuals discounted the praise when seen by the evaluator and attributed it to their work when not been seen by the evaluator. However less attractive individuals attributes praise to work related factors when they had been seen than when they have not been seen by the evaluator [12]. Researchers studied the relative contributions of physical attractiveness and physical effectiveness to the self-esteem. They utilized four different grade-levels of adolescents with mean ages of 12·5, 14·6, 16·3, and 18·3 years old. Overall, both attractiveness and effectiveness were significantly related to the self-esteem of males and females. This is contrary to the previous research in which attractiveness and effectiveness did not appear to be differentially important to the self-esteem of males and females and consistent patterns were evident across the different grade-levels. Changes occurring in sex-role expectations and socialization are reflected in these results [21]. On a study where self-perceived attractiveness was controlled, African Americans have lesser self-esteem than whites, suggesting that African American perceptions of physical attractiveness, reflected in the slogan "Black is Beautiful," may have added to the vanishing over the past forty years of the gap between African American and white self-esteem. African American self-perceptions of physical attractiveness are established to be higher than white self-perceptions, while there is no difference by race in the correlation between self-perceived attractiveness and self-esteem. Self-esteem is more strongly related to self-perceived physical attractiveness for females than males, particularly among whites [2]. Using the sociometer theory, self-assessments related to relational desirability might be crucial. Functioning of a mating sociometer, designed to monitor individuals' desirability as romantic or sexual partners might reflect positive relationships between self-perceived physical attractiveness and self-esteem found. In the study on the relationships mediated by self-perceptions of romantic desirability was predicted. In a more specific note, individuals' confidence in their abilities to successfully establish and maintain romantic relationships was determined. Two hundred and eighty seven young adults with whom 98 were males completed an online measure of self-perceived attractiveness, together with measures of self-confidence in appearance and romantic relationships, body-esteem and global self-esteem. Self-perceived attractiveness, self-confidence in appearance and body-esteem all significantly predicted self-esteem (in each case the relationship was mediated by romantic self-confidence) was shown using linear regression analyses. The females group showed more significant self-

perceived attractiveness predicting self-esteem as compared to males [3]. Some studies [3] tried to test the hypothesis in the sociometer theory. Here he did 5 studies. Study 1 employed a new measure of self-perceived attractiveness and showing that this significantly and positively correlated with both global and multidimensional measures of self-esteem in both women and men. Studies 2 and 3 tested if using a social comparison manipulation of self-perceived physical attractiveness causally affect self-esteem in women. The results of these studies did not support this concept and challenged previous findings in the literature that "Women exposed to images of highly attractive others did not report significantly lower subsequent levels of self-esteem than those exposed to unattractive others". Study 4 examined the effects of exposing women to an implicit manipulation of self-esteem, which could affect their subsequent self-perceptions of attractiveness. Results reported significantly lower levels of self-esteem and self-perceived physical attractiveness of women exposed to a negative priming condition than those in the positive condition. "These results constitute the first empirical demonstration that implicit manipulations of self-esteem can exert causal effects on specific self-perceptions". Study 5 examined the previously untested prediction of the correlation of self-perceptions of desirability and self-esteem with self-reports of romantic relational behavior in women. "The results indicated that although self-perceptions of desirability significantly correlated with relational behavior, self-esteem did not". Thus these results only show that some modification of the precious theory must be made. In a study that examined shapewear and body types in relation to body image, self-esteem, attractiveness and fit. Three female volunteered for the study with an hourglass, spoon, and rectangle body type. They were scanned using 3D body scanning software and were photographed wearing no shapewear, as well as three different types of shapewear under a form fitting dress. A survey for 100 participants containing measures of self-esteem and body image was distributed and rated each photograph on fit and attractiveness. Data analysis was done using ANOVA and results showed that there are no significant relationships between body image, self-esteem, and ratings of attractiveness and fit. However, certain body types were rated higher by participants when wearing specific types of shapewear [6]. The study by [10] determined the relationship between physical attractiveness and self-actualization. Higher levels of physical attractiveness lead to higher levels of self-actualization, as physically attractive and self-actualized people share certain characteristics, such as inner-directiveness, sociability and self-acceptance. It was hypothesized. 119 participants completed the Personal Orientation Inventory (POI) questionnaire as a measure of self-actualization and six professional judges rated the participants' level of physical attractiveness. The results showed that "participants in the high attractiveness group scored significantly higher on 7 of the 12 POI scales in comparison to the participants in the low attractiveness group: Inner-Directed, Self-Actualizing Value, Feeling Reactivity, Spontaneity, Self-Regard, Self-Acceptance, and Capacity for Intimate Contact." The possible explanation of the results was attributed to the role of self-esteem and the self-fulfilling prophecy effect. The results strongly support the hypothesis that physical attractiveness leads to higher Self-Regard and Self-Acceptance. According to the research [5], because beauty is linked with femininity, the influence of body image on self-concept and self-esteem is greater for females than for males. It was asserted that one reason so many women experience their bodies as a problem is that American culture teaches women that they must be pretty to be worthy, and sets up beauty standards that are unhealthy and unattainable. Research has shown that the affect self-perceived physical attractiveness has on an individual's self-perception is different depending upon the sex of the individual. Men and women have been shown to hold different ideal about what is physically attractive. These differing views are due in part to societal stereotypes

defining what is attractive for men and women. These stereotypes suggest that large muscular masculine males are physically attractive and that thin "waif" like women is physically attractive. These stereotypes are reinforced on a regular basis through various means such as television, magazines, and celebrities [15]. In one of the study conducted, it was found that self-esteem was significantly, if only weakly, correlated with judges' ratings of the overall physical attractiveness of women which was rated on a single seven point scale. Further, they found no such significant correlation in men. Physical attractiveness is more important for the women in terms of forming both sexual and companionate relationships than it does for men. It is imperative to note that the study evaluated the relationship between self-esteem and other-perceived physical attractiveness. It can be for the fact that the correlation between self-esteem and attractiveness in women was weak, along with the absence of any significant correlation in the case of men. Self-esteem is thought to be based on an individual's assessments of his or her own qualities. In the case of attractiveness it is unclear whether individuals can accurately assess themselves with respect to this. Thus, if observers do not provide similar attractiveness ratings to individuals' self-assessments, this might describe the low observed correlations between other-rated attractiveness and self-esteem [14].

3. Material and Methods

3.1. Participants

One hundred twenty three (123) students from the a science and agriculture oriented high school in Los Baños were asked to participate (58 males, 61 females). The participants' ages ranged between 14 and 16. All of the participants were students of the experimenter.

3.2. The Research Instruments

In this study, a two-part questionnaire was used to test the self-esteem and self and others perceived physical attractiveness. Part one included the socio-demographic profile, self-esteem scale [18], Body-esteem scale [4], and Measure Physical Attractiveness. Part two comprised the set of 9 pictures for both males and females and questions for rating others perceived physical attractiveness. Participants were then asked to rate how attractive they found the pictured person to be using a nine-point scale where 1 was not at all attractive and 9 was extremely attractive**. The first part of the questionnaire (Appendix C) includes the moderating factors for self-esteem and self-perceived attractiveness that were examined using the following scales. Body-esteem scale and the Measure of Physical attractiveness became the basis for the scores given to the self-perceived physical attractiveness of the participants.

1. Self-Esteem Scale [18] is a measure of evaluation of a participant towards his/her self. It is consisted of a 10-item scale rated on a 4-point likert scale, 1 for strongly disagree to 5 as strong agree. An average score of 15 or lower (lowest 25%) would mean a low self-esteem; scores of 20 to 30 (highest 25%) indicate a high self-esteem, and the average self-esteem fall on the 16-19 scores. The Rosenberg Self-Esteem scale has demonstrated good test-retest reliability and constructs validity. The Rosenberg Self-Esteem scale was used as a measure of convergent validity with the BES. Because body esteem is a part of the overall concept of self-esteem,

participants with higher body esteem should tend to also have higher self-esteem scores. Thus, there is an anticipated moderate positive correlation between the RSE and each of the revised BES components for women and men. The coefficient alpha for this subscale was $\alpha = .74$ [19].

2. The Body Esteem Scale [4] which was originally developed to measure body satisfaction and consists of 35 body-related items. It refers to self-evaluations of one's body or appearance. The analysis of the scale revealed that body esteem is a multidimensional construct which differs for males and females. For males, the body esteem dimensions dealt with physical attractiveness, upper body strength, and physical condition. For females, the dimensions dealt with sexual attractiveness, weight concern, and physical condition. The three aspects of males' body esteem were more highly inter-correlated than those of the females, indicating a greater degree of body esteem differentiation for females than for males. Scales are divided in to five (5) scale according to the participants' feelings towards their body parts. The scales are strong positive feelings (SPF), moderate positive feelings (MPF), neutral feelings (NF), moderate negative feelings (MNF), and strong negative feelings (SNF).

3. Measure of Physical Attractiveness is the questionnaire designed to measure how the participant usually feel about his/her self and not only on their current feelings about themselves. The questions were developed for the current study to assess participants' perceptions of their own attractiveness, in particular, facial attractiveness. Participants were asked to indicate the degree to which they agree or disagree with four statements using a 5-point Likert scale divided into Strong positive physical attractiveness (SPPA), moderately positive physical attractiveness (MPPA), neutral physical attractiveness (NPA), moderately negative physical attractiveness (MNPA) and strong negative physical attractiveness (SNPA). Questions include statements such as "I am satisfied with my general appearance", "I consider myself physically attractive" "I am satisfied with the attractiveness of my face", and "I wish I could change the way my face looks". Questions negatively stated were scored reversely compared with the positive statements.

3.3. Stimulus photographs

All copies of the photographs were taken from different high school yearbooks. The photographic images included the upper torso and facial areas only in black and white color. A group of grade 10 students were asked to choose 9 photographs (Appendix A) from the 120 scanned copies of photographs identified in three (3) groups having three (3) photos for having average, below average, and above average level of beauty or attractiveness. 1, 2, and 3 images belonged in the below average physical attractiveness, images 4, 5, 6 are grouped in the average attractiveness, and images 7, 8, 9 are considered to be in the above average attractiveness. The pictures chosen were then used for the control and test group to be rated by the participants.

3.4. Procedure

The experiment was conducted in two phases. In the preliminary phase, which was introduced as the study on self-concepts, the participants filled in the questionnaires that concerned socio-demographic data and the following questionnaires: the Self-Esteem Scale, the Body-Esteem Scale, and the Measure of Physical Attractiveness. In the manipulation phase, which took place one week later, it was introduced as a separate

study being done by the researcher. The participants were divided into three groups according to their self-esteem scores (the low self-esteem, average self-esteem, and high-self-esteem individuals). Then they were randomly divided into another group for the control and test groups containing almost the same number of participants with low, average, and high self-esteem scores. Participants questionnaire with the 9 exposure faces of the same sex singly and asked to rate them for physical attractiveness on a 9-point scale (1 as unattractive and 9 as most attractive).

- *Control Condition:* The participants in the control group were the ones who rated the pictures according to attractiveness in a room (Appendix B) but they are told not to interact with one another and were asked not to say anything to the other participants regarding the rating that they did.
- *Experiment Condition:* The test group were asked to go inside the room (Appendix B) alone. The room has a built in mirror approximately 1 x 5 meters in size. The mirror was introduced in front of the subjects in the treatment group while they are ranking the images. The instructions given to the participants are the following: You should stand in front and look at yourself in the mirror. Then rank the pictures from 1 to 9, with 1 as the lowest and 9 as the highest according to attractiveness.

4. Results

Traditional statistical analysis of data from individual participants necessarily assumes that participants are independent of one another. In data collected from the participants, the data are not independent of one another. To examine hypothesis one, a Spearman Rho correlation coefficient was calculated to examine the relationship between self-esteem and body-esteem and self-perceived physical attractiveness. To test hypothesis two, independent-samples for t-test was conducted to examine sex differences in self-perception of attraction. It allows looking at sex differences while controlling for self-perceived attractiveness. As part of this analysis, a correlation coefficient between self-perceived attractiveness and others' perceived attractiveness was also obtained. Table 1 shows the percentage of male and female participants according to the level of self-esteem. There is almost equal participants for both control and test for both males and females. In Table 2, the mean scores of self-esteem shows that all the self-esteem levels for both the control (without mirror) and the test group (with mirror) are almost equal.

Table 1: Percentage of participant for Self-esteem

	Control				Experiment				
N=123	**males**		**females**		**males**		**females**		**Total**
	N	%	N	%	N	%	N	%	
Low	6	4.88	13	10.57	6	4.88	10	8.13	**28.46**
Average	7	5.69	16	13.01	8	6.50	15	12.20	**37.40**
High	8	6.50	11	8.94	11	8.94	12	9.76	**34.15**
Total	**21**	**17.07**	**40**	**32.52**	**25**	**20.33**	**37**	**30.08**	**100.00**

Table 2: Mean scores of Self – esteem

	Male		Female	
	Control group w/o mirror	Experimental group w/ mirror	Control group w/o mirror	Experimental group w/ mirror
Low	11.83	12.00	11.91	11.44
Average	17.86	17.63	17.68	17.67
High	22.50	22.09	22.61	22.50

In Table 3, the mean male scores of self-esteem and others' attractiveness shows the rating of the participants for the images, it can be seen that the mean scores of the participants with low self-esteem rated the images belonging in the below average attractiveness relatively higher in the test group who looked at the mirror while rating, compared with the other images belonging in the average and above average attractiveness. The other male participants in the high self –esteem only showed a lower mean score for one image in the above average attractiveness.

Table 3: Mean male scores of images according to self-esteem and perceived attractiveness.

	1		2		3		4		5		6		7		8		9	
Males	C	T	C	T	C	T	C	T	C	T	C	T	C	T	C	T	C	T
Low	**3.14**	**5.33**	**3.71**	**4.33**	**3.86**	**5.17**	4.14	2.83	4.00	6.00	7.43	5.67	6.14	4.33	6.57	5.67	5.71	5.67
Average	4.29	4.00	3.00	5.00	4.57	3.75	4.43	4.25	4.86	5.13	4.57	5.75	6.00	5.63	6.00	6.25	6.43	5.25
High	2.13	2.82	3.00	3.36	3.50	4.45	5.00	3.36	5.63	4.82	7.00	7.00	5.25	5.36	**7.00**	**6.82**	6.50	7.00

Table 4: Mean female scores of images according to self-esteem and perceived attractiveness.

	1		2		3		4		5		6		7		8		9	
Females	C	T	C	T	C	T	C	T	C	T	C	T	C	T	C	T	C	T
Low	**2.09**	**2.89**	**3.27**	**3.44**	3.55	3.33	4.91	4.67	3.91	4.00	5.82	6.33	6.00	5.78	7.18	7.33	7.73	7.22
Average	2.40	1.42	4.40	3.33	2.80	3.83	4.53	4.67	4.40	3.08	6.07	6.83	5.87	6.50	7.27	8.25	7.40	7.08
High	**2.15**	**1.42**	**3.92**	**3.17**	3.15	4.00	4.69	5.00	3.15	3.83	6.54	5.92	5.54	6.00	**8.23**	**7.00**	7.69	8.67

For the females (Table 4), the mean scores of the low self-esteem participants rated the images belonging in the below average attractiveness relatively higher in the test group who looked at the mirror while rating, compared

with the other images belonging in the average and above average attractiveness. The other female participants in the high self –esteem only showed a lower mean score for the below average attractiveness and one image in the above average attractiveness.

Looking at the male body-esteem (Table 5), the mean scores of the participants with moderate positive feelings have a lower mean scores for the images with below average attractiveness compared with the control (without mirror) and the test group (with mirror). The other male participants in the strong positive feelings for body-esteem only showed a lower mean score for one image in the above average attractiveness

Table 5: Mean male scores of Body-esteem and perceived attractiveness.

Males	1		2		3		4		5		6		7		8		9	
	C	T	C	T	C	T	C	T	C	T	C	T	C	T	C	T	C	T
SNF	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MNF	0.00	8.00	0.00	7.00	0.00	9.00	0.00	2.00	0.00	6.00	0.00	3.00	0.00	1.00	0.00	4.00	0.00	5.00
NF	2.87	3.23	3.20	4.23	3.87	3.86	4.00	3.92	4.60	5.46	6.53	6.31	6.07	5.38	6.73	7.00	6.60	5.62
MPF	4.00	3.89	3.67	3.44	4.33	4.56	5.50	2.78	5.33	5.00	5.67	7.11	5.17	5.22	5.67	6.00	5.67	7.00
SPF	2.00	5.00	1.00	5.00	3.00	5.00	7.00	5.00	6.00	4.00	8.00	4.00	5.00	6.00	9.00	5.00	4.00	6.00

Table 6: Mean female scores of Body-esteem and perceived attractiveness.

Females	1		2		3		4		5		6		7		8		9	
	C	T	C	T	C	T	C	T	C	T	C	T	C	T	C	T	C	T
SNF	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MNF	1.00	3.00	3.5	1.5	3.0	2.5	5.5	4.5	3.0	3.5	5.5	7.5	6.5	6.5	8.0	7.0	9.0	9.0
NF	2.45	1.91	3.45	3.27	3.40	4.45	4.65	4.82	3.75	3.32	6.10	6.50	5.95	6.00	7.75	7.32	7.55	7.41
MPF	2.13	1.38	4.56	3.88	2.94	2.38	4.75	4.88	4.00	4.00	6.25	5.88	5.50	6.38	7.19	8.25	7.44	8.00
SPF	2.00	5.00	4.00	3.00	1.00	2.00	3.00	4.00	5.00	7.00	7.00	5.00	6.00	6.00	9.00	8.00	8.00	9.00

In Table 6, the mean scores of the female body-esteem with strong positive feelings have a lower mean scores for the images with below average attractiveness compared with the control (without mirror) and the test group (with mirror). While the other female participants in the moderate positive feelings and moderate negative

feelings for body-esteem only showed a lower mean score in one image in the below average attractiveness and the participants with strong positive feelings towards their body have a higher mean for one image in the above average attractiveness.

In the measure for physical attractiveness, the male participants (Table 7) with moderate negative physical attractiveness have higher mean scores for the images with below average attractiveness and only one image in the moderately positive physical attractiveness got a higher mean score for the above average attractiveness.

For the females' measure of physical attractiveness (Table 8), those with moderately negative physical attractiveness have a higher mean score for the images in the below average physical attractiveness. Those who have a moderately positive physical attractiveness, have a lower mean score for the images belonging in the below average physical attractiveness.

Table 7: Mean male scores measure of physical attractiveness and perceived attractiveness.

Males	1 C	1 T	2 C	2 T	3 C	3 T	4 C	4 T	5 C	5 T	6 C	6 T	7 C	7 T	8 C	8 T	9 C	9 T
SNPA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MNPA	**3.00**	**4.50**	**3.50**	**4.50**	**5.25**	**7.50**	2.75	2.50	2.00	5.00	8.25	5.50	5.00	3.00	7.00	5.50	6.25	7.00
NPA	3.09	3.55	3.82	3.90	3.45	4.05	5.18	3.50	5.09	5.25	5.64	6.35	5.82	5.55	6.64	6.50	6.09	6.35
MPPA	3.50	5.00	2.33	5.33	4.17	4.67	4.17	4.33	4.83	5.00	6.17	6.33	6.33	4.33	5.67	6.00	**6.83**	**4.00**
SPPA	2.00	0.00	1.00	0.00	3.00	0.00	7.00	0.00	6.00	0.00	8.00	0.00	5.00	0.00	9.00	0.00	4.00	0.00

Table 8: Mean female scores measure of physical attractiveness and perceived attractiveness

Females	1 C	1 T	2 C	2 T	3 C	3 T	4 C	4 T	5 C	5 T	6 C	6 T	7 C	7 T	8 C	8 T	9 C	9 T
SNPA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MNPA	**1.93**	**2.00**	**3.53**	**2.50**	**3.43**	**4.00**	4.83	4.75	3.73	3.50	6.07	7.00	5.87	5.75	7.77	7.25	**7.77**	**8.25**
NPA	1.93	1.95	3.53	3.48	3.44	4.19	4.83	4.75	3.73	3.50	6.07	7.00	5.87	6.05	7.77	7.52	7.77	7.29
MPPA	**3.71**	**1.43**	**5.14**	**3.29**	2.29	2.57	3.71	4.71	4.57	4.00	6.14	6.29	6.00	6.57	7.00	7.71	6.57	8.43
SPPA	0.00	1.00	0.00	3.00	0.00	2.00	0.00	4.00	0.00	7.00	0.00	5.00	0.00	6.00	0.00	8.00	0.00	9.00

It was hypothesized that there would be a significant, positive correlation between Self-esteem (SE), Body Esteem (BES) and Physical Attractiveness (MPA) for both males and females. Therefore, high scores on the Self-esteem would be related to high scores on the Body-esteem and Physical Attractiveness. And there would

be low scores on the self-esteem would be related to low scores on the Body-esteem and Physical Attractiveness. To determine the relationship between self-esteem and perception of self-attractiveness, a Spearman Rho correlation coefficient was calculated. The mean of self-esteem is significantly correlated with perceived attractiveness *(r=.628, p < 0.01, n=21)* for the control males, and *(r=.510, p < 0.01, n=40)* control females. The same with the test males with *(r=.441, p < 0.05, n=25)* and test females *(r=.441, p < 0.05, n=37)*. The mean of body-esteem is significantly correlated with perceive attractiveness *(r=.435, p < 0.01, n=21)* for the control males, and *(r=.451, p < 0.01, n=40)* control females. The same with the test males with *(r=.417, p < 0.05, n=25)* and test females *(r=.417, p < 0.05, n=37)*. This means that high levels of self-esteem are related to high levels of perceived attractiveness and low levels of self-esteem are related to low levels of perceived self-attractiveness. Therefore, the results of this study provide some support for the first hypothesis, though self-perception accounts for only a small portion of variance in self-esteem. Comparing the means of the control males and females in their rating for others' perceived physical attractiveness, there is a difference in the means scores for images 5, 8, and 9. These images are the ones with average and above average physical attractiveness. For the mean scores of the males and females in the test group, there is a difference in the mean scores for images 1, 5, 8, and 9 for the ratings of others' perceived physical attractiveness. These indicates that there is a difference for both males and females in both the control group and test group for their rating of the images in the above average attractiveness wherein the males rate relatively lower compared with the females.

Table 9: T-test of the mean score the control and test group for males and females rating of others' physical attractiveness.

Control Group (w/o mirror)		Mean	Std. Deviation	Test Group (w/ mirror)		Mean	Std. Error Mean
Image 1	M	3.136	2.1223	Image 1	M	3.136	.4525
	F	2.200	2.1862		F	2.200	.3457
Image 2	M	3.227	2.2664	Image 2	M	3.227	.4832
	F	3.925	1.9921		F	3.925	.3150
Image 3	M	3.955	2.6453	Image 3	M	3.955	.5640
	F	3.125	2.0654		F	3.125	.3266
Image 4	M	4.545	2.4828	Image 4	M	4.545	.5293
	F	4.725	1.4320		F	4.725	.2264
Image 5	M	4.864	1.7807	Image 5	M	4.864	.3797
	F	3.800	1.6977		F	3.800	.2684
Image 6	M	6.364	2.2370	Image 6	M	6.364	.4769
	F	6.200	1.5392		F	6.200	.2434
Image 7	M	5.773	1.9007	Image 7	M	5.773	.4052
	F	5.775	1.8603		F	5.775	.2941
Image 8	M	6.545	2.3850	Image 8	M	6.545	.5085
	F	7.550	1.7239		F	7.550	.2726
Image 9	M	6.227	2.8441	Image 9	M	6.227	.6064
	F	7.625	2.1084		F	7.625	.3334

5. Discussion

It is identified that self-esteem is being seen as a concept that depends on the degree to which individuals are

being valued by others [17]. Self-esteem is in a way affecting how an individual appreciates and accepts his/her self. Also, physical attractiveness has been shown to fill many aspects of an individual's life. It has been connected to satisfaction as attractive individuals have been found to have higher rates of self-esteem than unattractive individuals. Attractive individuals have also been established to have higher levels of success and express higher levels of overall subjective well-being [22]. Based on the study [7], a person's appearance is an essential determinants of self-esteem. In general, individuals who are contented with their bodies and accept them are more likely to manifest higher self-esteem than persons who dislike their bodies. One proposed one possible explanation for the relationship between self-acceptance and body-acceptance may be the fact that the ideal self includes attitudes related to the appearance of the body, the "body ideal." In the study, the hypothesis being tested is to look for the relationship of self-esteem and self-perceived physical attractiveness of both the males and the females. This hypothesis is supported as the results suggested that if an individual's self-esteem is high, he or she would have a positive or moderately positive perception of their physical attractiveness. Although it is notable that the males have a higher association for their self-esteem and physical attractiveness compared with the females which suggests that if an individual's actual physical appearance conform closely to the dimensions and appearance of his/her ideal body image, he or she is more likely to have higher self-esteem. Usually, a person's ideal body image conforms more or less to the prevailing cultural standards of what a pleasant appearance is and what it is not. Based on the previous research, it could be that the beauty as seen by the females is being linked with their femininity which in a way influenced the image for self-esteem to be greater compared with the males thus getting a lower scores for their self-esteem and perception of attractiveness. Females must show their selves pretty enough to be worthy, making standards of beauty which are unhealthy and unattainable [5]. In the second hypothesis wherein it is stated that there is a positive correlation between self- esteem and other's perceived physical attractiveness for both males and females, it was seen that the mean score compared for both the males and females with their rating on others' attractiveness differ in images belonging to the above average attractiveness. When they examined the role of contingent self-esteem (CSE) in associating between social comparisons with regards to body-esteem, they suggested that women may be adversely affected by the social comparisons particularly when they have a lower self-perception of attractiveness [8]. Also, it has presented that the self-perceived physical attractiveness has on self-perception is different depending upon the sex of the individual. Males and females have a different view of looking at what is physically attractive or not, and these difference in assessments are caused in part by the stereotypes brought about by the society [15]. Although it can be determined that there is a difference for male and female participants with their view of others' attractiveness, it is only true for their view of the people with above average attractiveness and there is no difference in their view of attractiveness for the average and below average attractiveness. With regards to the sex of the participants, the males have a lower rate for the above average attractiveness which could be identified that males have higher standards with regards for physical attractiveness being compared to same sex images, while women regards the images in almost the same standards for themselves. It could be that the bases of rating for the participants were themselves therefore making judgments for the above average attractive individuals were relatively lower for the males.

6. Conclusion and Recommendations

Results of the researches on attractiveness showed that the physical features greatly influenced the perceptions

of others based on the judgments they make through observation of their selves and others. Perceivers rate other individuals based upon their impressions of the targets' attributes and overall physical attractiveness. When evaluating others' attractiveness, judgments are made most often by reviewing photographs of individuals and rating these individuals on some scale related to attractiveness [6]. Many factors could play a role in the difference brought by the ratings of the males and the females. Knowing that they are rating the images of the same sex, it is possible that they were looking for the qualities that the society dictates, therefore stereotyping the individuals. Another is the play of ego, which became a basis of the struggle of the same sex ratings. Also, the attitude of the participants that it is inappropriate to give judgments to people whom they don't know personally, and the individual that they considered the same in age, sex, and facial characteristics as them. It is important to note that most participant commented that they can only rate other's physical attractiveness only if they know the person well and that a person would not be hurt if they give comments about their appearance. Knowing that culture can affect attraction for both the perceiver and the perceived. Considering that the participants have diverse backgrounds, many participants felt that limiting the exposure to just few stimuli photographs was not indicative of their social surroundings and physical preferences. Future research should attempt to replicate these findings to see if there would be a shift in preferences for other's attractiveness if more variables such as culture, tradition, and ethnicity will be considered. Also, when assessing Self-Esteem Scales in conjunction with physical attractiveness, researchers should pre-test for biases participants may have with regards to rating others attractiveness.

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