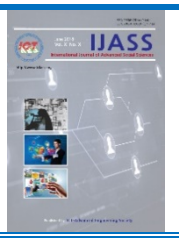
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The Relation between Body-esteem and Needs for Physical Activity

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Abstract

The purpose of this research is on finding out the relation between body-esteem and needs for activity. In this chapter, we bring out the object, instrument and procedure and data analysis. This research purposed to explain the relation between body-esteem and the needs for activity. For this, we sampled the total 471 consists of 284 men and 187 women who are over 19 years old and live in Seoul as of 2016. We analyzed the possible data by use of statistic program SPSS Windows 18.0 Version. According to the purpose of the analysis, we analyzed them by reliability analysis, ANOVA, residual variable multiple regression analysis. As the result we got some conclusions like following. Second, body-esteem influenced on the subcategories of the needs for activity.

Keywords: *Body-esteem, Needs for Activity, Characteristic on Census, Appearance, Attribution*

1. INTRODUCTION

As many different classes of people take part in sports activity, their motives have been changed. Major motive is for their physical health, but there is growing tendency to practice for good shape. It is because people live in complicatedly organized relationships and awareness of their physical attractiveness influence on their lives in many ways. The importance of the awareness of physical attractiveness is related with self-concept/self-esteem. Self-esteem is the idea that is formed by self-perception and self-organization and self-esteem is generally one of the assessment element. Self-awareness plays important role for an individual to live in modern society (Dell, 1973). Cooley, a socio-psychologist, said that self-concept is what is reflected in the mirror. In many studies, it has been proved that those having high self-esteem have high achievement (Dion et. al, 1972).

To adolescents and adults, their self-concept of self-conceit is the influencing variables and they have interests in their appearances. Especially attractive bogy and good shape have much influence on the formation of identity (Kang, 2007).

Therefore we can say that the self-esteem is the key to aware of the importance of our physical

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attractiveness and to keep and grow physical strength and to have attractive body. Today society emphasizes one's personality, and if someone has high body self-esteem, he has. And he becomes to be more confident to his work or personal relationship. In relation to this, according to a study, the more attractive she is, the more confidence she has. Also, to men, the more attractive he is, the more generous, sociable and positive he is (Kim, 1993). But the negative cases are increasing; excessive diet or a plastic surgery etc. It is because that they have low self-esteem.

The change of physical image, such as weight training or making muscles, is helped only through continuous physical activities. This is the one of the motives people have. It is because they recognize the physical practice as the activity that they should be, and they believe the physical practice can give good effect not only on keeping health or improvement but also on having attractive body they want.

That is, they do exercises to keep health through physical activity in their leisure time, but also they do exercise to make body attractive in regard to their situation. Crandall (1978) said that needs for and the types of activity can be changed according to age, social environment and situation. Likewise, people think of self-awareness to be important and body-esteem influences on it. So, at this point of radical increasing of the sports population for getting physical attractiveness, this research intends to study how one's self-esteem influence on his/her needs for physical activity. By this research we can help people aware of physical attractiveness in right ways.

2. ANALYSIS METHOD AND SURVEY TOOL

We inquired of male and female over 19 years old as of 2016 and live in Seoul. Using sampling, among them, we selected 600 samples. But we analyzed only 471 cases. Their characteristic on Census consists of sex, age, marriage, health condition etc. We used questionnaire method. To measure body-esteem we used the questionnaire which is developed by Mendelson & White and translated by Park *et. al* (2010).

The contents consists of 23 questions in three categories; appearance, attribution, weight. Questionnaire about needs for activity consists of 42 questions in 7 categories, which is developed by Song (2006). As the result, the reliability of this research shows Cronbach' α .62 ~ .75 in body-esteem, .69 ~ .83 in needs for activity. We analyzed the possible data by use of statistic program SPSS Windows 18.0 Version. According to the purpose of the analysis, we analyzed them by reliability analysis, ANOVA, residual variable multiple regression analysis.

3. RESULTS

3.1. Difference of body-esteem according to the characteristic on Census

Table 1 shows the result of the analysis the average, the standard deviation and the difference of body-esteem according to the characteristic on Census. To show it concretely, there is a meaningful difference of 0.1% according to age, marriage and jobs.

According to age, there is a meaningful difference of 1% in appearance and attribution. And there's a meaningful difference of 0.1% in weight and total body-esteem.

It shows that male care about their appearance or attribution, female are about their weight. According to the health condition, there's a meaningful difference of 5% in appearance and attribution, and there's a meaningful difference of 0.1% in weight and body-esteem.

Table 1. The Difference of body-esteem according to the characteristic on Census

Variable		Appearance		Attribution		Weight		Total	
		M	SD	M	SD	M	SD	M	SD
Sex	Male	3.10	.46	3.13	.63	2.99	.62	3.07	.45
	Female	2.97	.46	2.95	.59	2.66	.67	2.85	.46
F		9.187**		9.636**		29.911***		24.548***	
Age	19-29years	3.15	.48	3.18	.65	3.03	.53	3.12	.42
	30-39years	2.90	.45	2.89	.60	2.58	.78	2.78	.52
	over 40years	3.06	.37	3.06	.51	2.96	.51	3.02	.33
F		14.210***		10.140***		25.542***		26.294***	
Marriage	single	3.13	.47	3.17	.62	3.02	.54	3.11	.41
	married	2.96	.45	2.94	.60	2.70	.73	2.86	.50
F		14.470***		16.387***		28.729***		34.080***	
Health	Very fragile	3.11	.66	3.26	.73	3.22	.39	3.15	.58
	fragile	2.93	.47	2.91	.52	2.70	.59	2.85	.40
	usually	2.98	.44	2.99	.62	2.78	.57	2.92	.41
	health	3.08	.47	3.07	.63	2.84	.72	3.00	.51
	Very healthy	3.17	.46	3.29	.59	3.25	.55	3.24	.39
F		2.547*		2.976*		6.239***		5.490***	

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

3.2. Difference in Needs for Activity According to the Characteristic on Census

Table 2. Average, standard deviation and differences in needs for activity according to the characteristic on Census From the table 2, we can see there's a difference in needs for activity according to the characteristic on Census. To see it more concretely, relating to sex, there's no meaningful differences in general needs for activity, but there's meaningful difference of 1% in affiliation, 5% in achievement. Relating to age, marriage, health condition, there's meaningful difference of 0.1% both in general needs for activity and in seven subcategories.

Table 2. The Difference in Needs for Activity According to the Characteristic on Census

Variable		Homeostasis		Activity		Catharsis		Affiliation		Exhievement		Achievement		Autonomy		Total	
		M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD
Sex	Male	4.15	1.16	3.56	.56	4.22	1.19	3.37	.67	3.37	.69	3.59	.58	3.45	.62	3.68	.65
	Female	3.99	1.29	3.48	.64	4.02	1.32	3.19	.75	3.31	.70	3.45	.66	3.38	.66	3.56	.74
F		2.012		1.942		2.886		7.042**		.657		5.767*		1.225		3.373	

Age	19-29years	3.64	.99	3.41	.56	3.83	1.14	3.12	.66	3.20	.66	3.43	.56	3.29	.55	3.42	.57
	30-39years	4.65	1.25	3.76	.58	4.60	1.31	3.59	.72	3.58	.71	3.72	.65	3.66	.69	3.95	.74
	over 40years	4.19	1.23	3.42	.56	4.06	1.12	3.22	.65	3.27	.64	3.43	.60	3.31	.61	3.56	.64
F		36.163***		19.469***		19.291***		22.928***		15.783***		11.804***		18.390***		30.044***	
Marriage	single	3.69	1.04	3.43	.55	3.84	1.10	3.13	.64	3.21	.65	3.43	.58	3.30	.55	3.43	.57
	married	4.51	1.24	3.64	.61	4.47	1.31	3.48	.74	3.50	.71	3.64	.64	3.55	.69	3.85	.74
F		60.288***		16.277***		31.196***		30.196***		20.466***		13.598***		20.329***		43.931***	
Health	Very fragile	4.06	1.49	3.43	.59	4.57	1.63	3.48	.56	3.15	.61	3.07	.80	3.02	.64	3.07	.80
	fragile	4.07	1.31	3.37	.63	3.96	1.29	3.11	.68	3.08	.73	3.44	.62	3.31	.47	3.44	.62
	usually	3.76	1.11	3.36	.57	3.70	1.15	3.08	.72	3.15	.67	3.32	.63	3.24	.65	3.32	.63
	health	4.37	1.19	3.70	.57	4.49	1.24	3.46	.70	3.52	.69	3.70	.57	3.59	.62	3.70	.57
	Very healthy	3.88	1.24	3.44	.50	4.02	.97	3.34	.53	3.40	.60	3.60	.50	3.42	.55	3.60	.50
F		6.586***		9.513***		10.638***		7.944***		8.589***		11.118***		8.682***		12.047***	

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

3.3. The Relation Between Body-esteem and Needs for Activity

Table 3 is the result of residual variable multiple regression analysis which is practiced to find out the influence of self-esteem on the needs for activity. It shows that body-esteem influence on the needs for activity. To see it more concretely, attribution has meaningful difference from 5% to 0.1% in all subcategories of needs for activity. And weight influence on all subcategories in the level from 5% to 0.1%. Appearance has 5% negative influence on catharsis, autonomy and 0.1% negative influence on affiliation, exhibition. Relatively attribution has more influence on needs for activity than any others. To see the rates which body-esteem explains needs for activity, follows are the rates which body-esteem explains needs for activity. Homeostasis 5.95, catharsis 5.6%, activity 6.4%, exhibition 18.1%, achievement 6.9%, autonomy 6.3%, general needs for activity 10.8%.

Table 3. The Relation Between Body-esteem and Needs for Activity

Variable	Homeostasis	Activity	Catharsis	Affiliation
	Beta	Beta	Beta	Beta
Appearance	-.033	-.086	-.115*	-.204***
Attribution	.172***	.109*	.152**	.140**
Weight	-.250***	-.215***	-.175**	-.128*

R^2	.064	.059	.056	.072
F	9.948***	9.274***	8.565***	11.452***
Variable	Exhibition	Achievement	Autonomy	Total
	Beta	Beta	Beta	Beta
Appearance	-.181***	-.082	-.119*	-.136*
Attribution	.280***	.146**	.157**	.171***
Weight	-.339***	-.237***	-.192***	-.270***
R^2	.181	.069	.063	.108
F	32.642***	10.749***	9.927***	16.969***

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

4. CONCLUSION

This research purposed to explain the relation between body-esteem and the needs for activity. First, there's a difference in body-esteem according to the characteristic on Census. The men, the married, the 2-'s and the very strong groups considered appearance, attribution and weight as the most important element among the subcategories of body-esteem. There's a partial difference in subcategories of the needs for activity according to the characteristic on Census. The men, the married, the 30's and the strong groups need for activity the most. Second, body-esteem influenced on the subcategories of the needs for activity. Body-esteem on appearance or weight related negatively with the subcategories of the needs for activity and attribution related positively.

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