SELF-ESTEEM LEVEL, BODY IMAGE, AND SELF-EFFICACY OF OVERWEIGHT ADOLESCENTS AT JOHN B. LACSON MARITIME HIGH SCHOOL

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ABSTRACT

This study aimed to find the self-esteem, body image, and self-efficacy of overweight adolescents. A total of 27 overweight adolescents (21 males and 6 females) participated in the study. The age of the respondents ranged from 12 to 16. This study hypothesized that overweight adolescents have low levels of self-esteem and self-efficacy, and negative body image. The instruments used were the Rosenberg Self-Esteem Scale, Body Image Scale, and General Self-Efficacy Scale. Results showed that the majority of overweight adolescents from Jon B. Lacson Maritime High School have high level of self-esteem. All have positive body image and all have high level of self-efficacy.