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Relationship between body mass index, self-esteem and quality of life among adolescent Saudi female

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Objective: To examine the relationship between BMI, self-esteem and quality of life among Saudi adolescent females.

Method: A descriptive correlational design was used. A convenience sample of 416 participants was included. An explanation about the purpose and the nature of the study was offered for each participant. Qualified subjects were asked to complete the survey questionnaire and get their weight and height measured. Voluntary participation was assured. The inclusion criteria were Saudi nationality, age range between 14 to 21, and no history of chronic diseases. Three tools were used to collect data: the sociodemographic part, Rosenberg's (1965) self-esteem scale (RSE), and quality of life scale (QOLS). The validity and reliability of the measurements were ensured. Data were collected from public places.

Results: The mean age was 19.19+1.92. The mean BMI was 25.04+5.45. The mean total self-esteem score was 29.23+4.29 and the mean total score of the quality of life was 82.83+17.08. Person's correlation showed that there was a significant negative correlation between body mass index (BMI) and total self-esteem score ($r=-0.421$ and $p=0.000$). Also there was a significant negative correlation between BMI and total quality of life score ($r=-0.325$ and $p=0.000$). There was no statistical relationship between age, self-esteem and quality of life, However, there was a significant positive correlation between self-esteem and quality of life ($r=0.276$, $P=0.000$).

Conclusion: The self-esteem as well as the quality of life decreases with the increase in body mass index among adolescence female.

Biography

Farida Habib has done her Master's degree in Nursing, Menoufia University, Egypt. She has done her PhD in Nursing from the University of Maryland, USA and a Master's degree in Medical Decision Science from the University of Louisville, USA. She has 26 years of teaching experience in Egypt, USA, and Saudi Arabia. She has worked as a Principle Investigator for several national and international research projects. She has more than 40 publications in reputed journals and has been serving as an Editorial Board Member in several international journals.

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