# The Relationship Between One's Self-Image and Feeling That They are Liked by Their Peers

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## Introduction

Does having a lot of close friends and feeling that they are generally accepted by their peers boost one's self confidence and how they view themselves (Anthony, D. 2007)? This project aims to see if there is a relationship between these variables and whether popularity makes one feel good about themselves, or if it is still possible to have poor self-image even though one might have multiple close friends or receive counseling. This project also aims to see that if the two are indeed related, how so? Does popularity have an effect on self-image, or does self-image appear to hinder one's ability to make many close friendships (Tobia, V. 2016)?

### Research Questions

- Does self-image affect whether one feels liked by others?
- Does counseling have an effect on this relationship?
- Does feeling unhappy with one's weight affect feelings of isolation?

### Materials and Methods

The data was taken from The National Longitudinal Study of Adolescent to Adult Health (addhealth) Wave IV.

## Materials and Methods

The variables that were used:

- How do you think of yourself in terms of weight?
- Have you felt disliked by others in the past seven days?
- In the past 12 months have you received psychological or emotional counseling?
- How often do you feel isolated by others?

The variables were loaded into R Studio and compared to see if their relationship is significant.

## Results

### Univariate

Table 1. Distribution of responses in each variable used in analyses

| Happy With Weight | | |
|---|---|---|
| | Happy | 34.6% |
| | Unhappy | 65.4% |
| | | |
| Felt Others Dislike You | | |
| | Never | 75.7% |
| | Sometimes | 20.6% |
| | A Lot | 2.5% |
| | Always | 1.2% |
| | | |
| Felt Isolated | | |
| | Yes | 39.2% |
| | No | 60.8% |
| | | |
| Received Counseling | | |
| | Yes | 10.3% |
| | No | 89.7% |

- As shown in Figure 1, the frequency distribution for feeling that others dislike them is skewed right with most of the responses being "Never".

## Results



Figure 1. Frequency Distribution for Feeling that Others Dislike Them
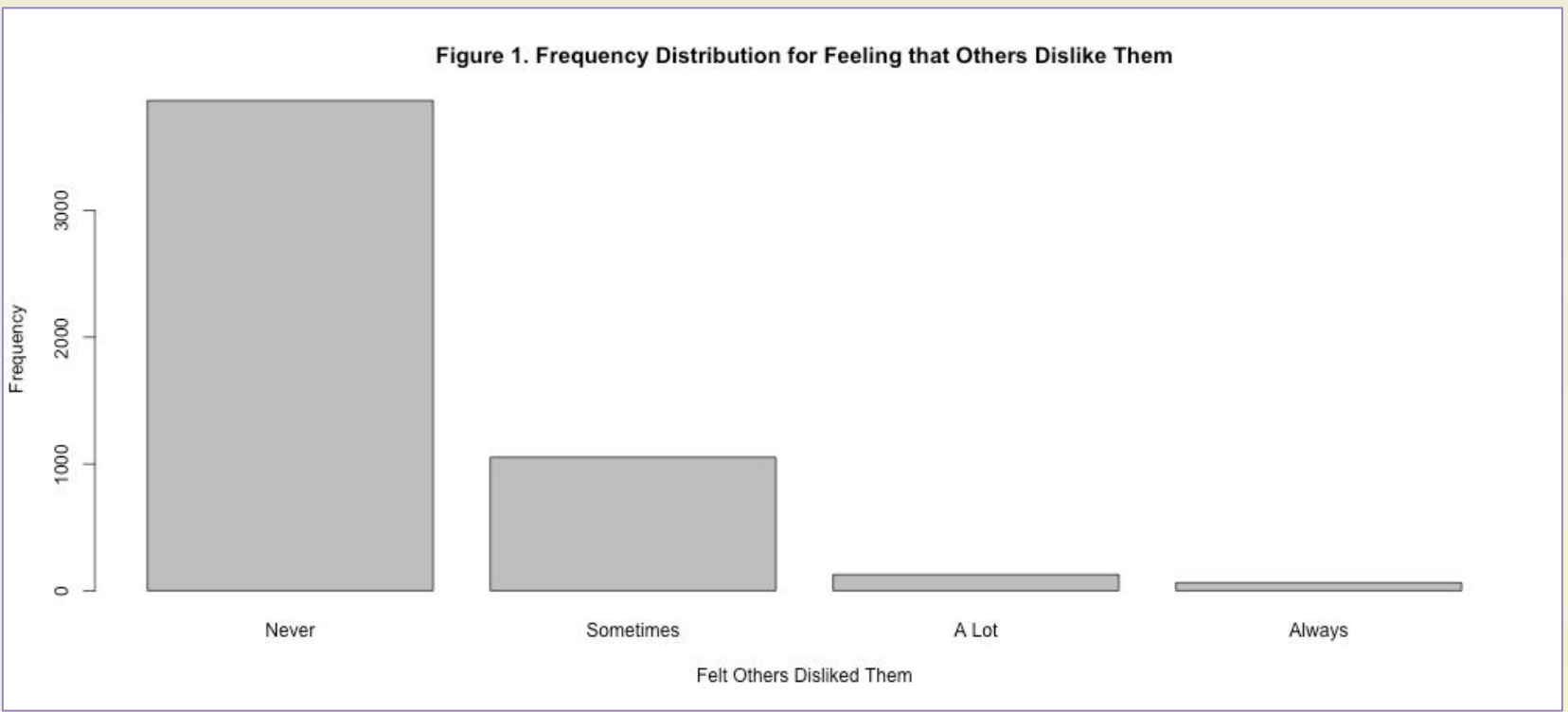
### Bivariate

- Figure 2 shows the relationship between feeling that others dislike them and whether they are happy or unhappy with their weight. Proportions are displayed above each bar.



Figure 2. Relationship Between Feeling Others Dislike Them and Satisfaction With Weight
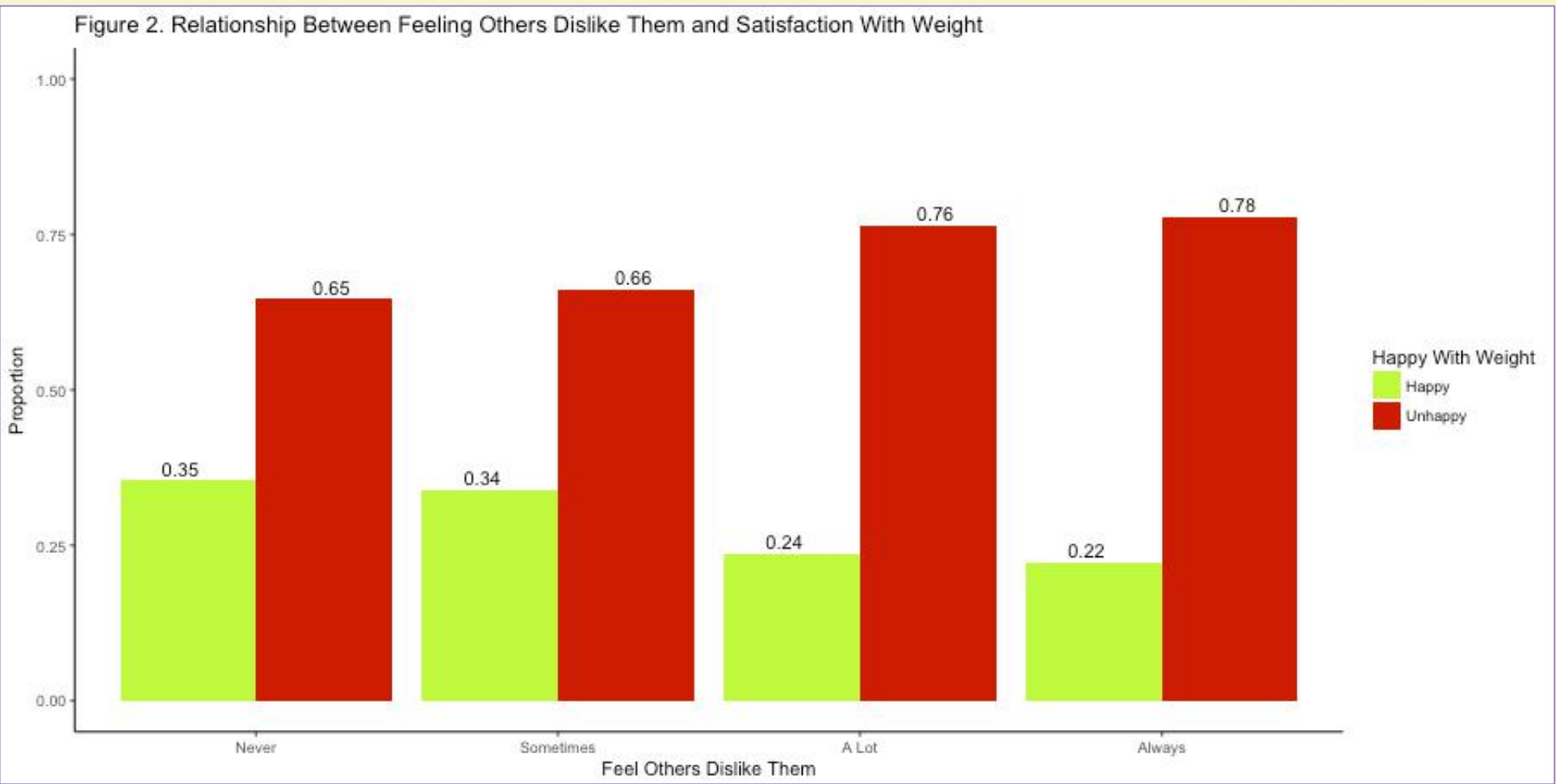
- This bar chart shows the difference in distribution when "Felt Others Disliked Them" was used in a bivariate analysis factoring for whether the respondent was satisfied with their weight.
- The univariate distribution was skewed right, which remained true for those happy with their weight.
- For those unhappy with their weight, the relationship was skewed left.
- This shows that the more people felt unhappy with their weight they felt people disliked them more often.

## Results

### Multivariate

- Receiving counseling seems to be a better predictor of whether one feels isolated (OR 2.51, CI 2.03-3.13) as opposed to if they are unhappy with their weight (OR 1.13, CI 1.01-1.27). This can be seen in Table 2 as it shows the odds ratios of variables associated with feeling isolated.

Table 2. Odds ratios of variables associated with feeling isolated

| Variable | Odds Ratio | Lower Confidence Level | Upper Confidence Interval |
|---|---|---|---|
| Unhappy With Weight | 1.13 | 1.01 | 1.27 |
| Receives Counseling | 2.51 | 2.03 | 3.13 |

## Discussion

According to our analyses it appeared that there seems to be a relationship between one's self-confidence and feeling liked by others. When studying factors like self-image and how one feels it is hard to know whether the information being collected is accurate. Studies like this operate on the assumptions that the respondent is being truthful in their answers and that the answers are not temporary due to other circumstances (i.e. one's responses may be more negative if in a bad mood or unusually positive if in a good mood). Although difficult to know the validity of responses, it is still important to examine these things because it could help with issues in mental health and human development.

## References

Tobia,V.,Riva,P.,Caprin,C.(2016)Who are the Children Most Vulnerable to Social Exclusion?The Moderating Role of Self-Esteem, Popularity, and Nonverbal Intelligence on Cognitive PerformanceFollowing Social Exclusion. Journal of Abnormal Child Psychology 45(4) 789-801

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