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🌐 Self-perception of Physical Appearance of Adolescents and Associated Factors in Addis Ababa, Ethiopia


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ABSTRACT

Introduction: Establishing a positive body image is a critical factor for adolescents' physical and mental health, as it determine self-confidence, sustainable individual growth and development throughout their lives. This reality is need to be supported with evidences generated locally. However, there is a lack of information in this regard in the study setting. Thus, this study aimed to close this evidence gap by assessing self-perception of physical appearance and its associated factors among adolescents in Addis Ababa.

Method and material: A community-based cross-sectional study design was used to conduct the study. At the end of multistage sampling procedure, a systematic random sampling techniques was employed to select 308 study participants from selected districts. The data collectors were trained before the data collection and supervised during the data collection period, and the questionnaire was pretested. Logistic regression was employed to identify the predictor variables. Statistical significance was considered at $P < 0.05$ with adjusted odds ratios calculated at 95% CIs.

Result: The overall good self-perception of one's physical appearance was 48.4% [95% CI=48.8, 541]. Having BMI between 18.5kg/m^2 - 24.9kg/m^2 (AOR=2.56; 95% CI: 1.45, 4.54), presence of enough sport fields in the school (AOR=1.89; 95% CI: 1.09, 3.29), having daily access to internet services (AOR=1.69; 95% CI: 1.07, 2.94), following Ethiopian movies/cinemas (AOR=2.46; 95% CI: 1.46, 4.15), and regularly following Western movies/cinemas (AOR=2.0; 95% CI: 1.11, 3.59) were significantly associated with self-perception of one's physical appearance.

Conclusion: According to this study, good self-perception of one's physical appearance was low. Adolescents and their family need to work to bring normal body weight and height, which in turn brings their normal body mass index, which will increase good self-perceptions of their physical appearance. Schools need to increase access to enough sport fields for students to strengthen their physical fitness, which increases their good self-perception of their physical appearance.

Key Words: Self-perception, Adolescent, Physical Appearance, Addis Ababa, Ethiopia

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