

Self-Esteem and Depression Among a Sample of Women Who Have Overweight From Their Point of View in The Governorate of Bethlehem.

Prepared by: Iman Darawi.

First Supervisor: Dr.Nabil Abd-Alhadi.

Second Advisor: Dr. Najah AL-Khatib.

Abstract

The aim of this study was to identify the level of self-esteem and depression from the point of view of women who have overweight in the governorate of Bethlehem.

The study population consisted of a total of (287) women, aged (20-40) years, during the period between (2017_2018).

In the current study, the researcher used the descriptive approach, and utilized the questionnaire to gather the desired information for her study. The tool consists of three parts:personal information, the Beck Scale of depression, the last part Cooper Smith Scale of self esteem.

The study showed that the level of depression among women in general was simple.The mean of depression on the Beck Scale of depression was (15.20).). However, since the cut point for the beck scale was 17%, 38% of the participants had depression .

The results of the current study showed that the level of self-esteem of the participants was positive, with a mean of (64.06).on the Cooper Smith Scale

The results showed that (53.0%) of the participants had low self-esteem, while (47.0%) showed a high levels of self-esteem.

The results of the present study indicated that there was an inverse relation between the level of self-esteem and the level of depression among the respondents, so that the higher the level of self-esteem the less the level of depression, and vice versa. The researcher believes that these results are consistent with the literature and previous studies that examined the relationship between self-esteem and depression.

The results of the study showed differences in the level of depression among the sample and some variables of the study. According to the variable of the marital status, the differences between married respondents and single respondents were in favor of single respondents who showed a higher level of depression. And also there was a difference in the level of depression according to level of education, in favor of of lower educational level who showed a higher level of depression.

In addition, the results showed that there was a statistically significant difference between respondents in the level of depression according to the variable perceived weight, the differences were in favor of respondents who felt that they have a degree of overweight, compared to respondents who have not. Women who believed that they had overweight were more depressed compared to those who did not feel so.

The results of the study indicated that there were statistically significant differences between the level of self-esteem and some variables of the study. The results showed that there were differences in the level of self-esteem among the sample of the study according to the variable of the marital status. The differences were in favor of single respondents who had better self-esteem. In addition, there was a statistically significant difference in the level of self-esteem and level of education, with a positive relation. The higher the level of education, the higher the level of self-esteem. As well, there was a statistically significant difference in the level of self-esteem and perceived weight gain. The higher the weight gain, the lower the level of self-esteem among the respondents.

The researcher recommended several matters in terms of policy-makers, whether governmental or public; researchers and students studying and interested in women's topics. It is very important to provide counseling services for Palestinian women to deal with any negative effects of overweight in each category and increase awareness of the role of leading indicator in the life of women regardless of the concept of weight, in addition to focusing on the corresponding level of culture and awareness and moral progress.

The researcher noticed the significant negative impact of international media on the image of Palestinian women. This is evident in most of the previous studies. Hence, it is important to focus on our local media as an essential and crucial mean to change people's views and perceptions regarding women's status.