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THE CORRELATION OF PHYSICAL ACTIVITY TO SELF-ESTEEM: THE MODERATING ROLE OF BODY IMAGE AMONG STUDENTS

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The purpose of this study was to determine the relationship of physical activity to self-esteem of the students, and to determine whether body image moderates the effect of the relationship of physical activity and self-esteem.

This study employed the descriptive-correlational type of research. This was conducted among the Department of Physical Education (DPE) students of Mindanao State University- Iligan Institute of Technology (MSU-IIT) in Iligan City. The International Physical Activity Questionnaire (IPAQ) developed by Dinger, Behrens & Han (2006) was used to measure physical activity, Rosenberg Self-Esteem Scale (RSES) developed by Dr. Morris Rosenberg (1965), utilized to evaluate individual self-esteem, and the 19-Item Body Image Questionnaire, developed by Marilou Bruchon-Schweitzer (1987) to measure the body satisfaction associated with sex, health, and with current and future emotional judgment.

Frequency and percentage distribution were used to assess the descriptive data. Linear regression and ANOVA were used in analyzing the data through the Statistical Package for Social Science v.20 to assess the relationship of the independent variable to the dependent variable, and the moderating variable of this study.

The results show that there is no significant relationship found in physical activity and self-esteem. However, a significant relationship was found, which body image moderates the relationship of physical activity and self-esteem.

Keywords: physical activity, self-esteem, body image

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