

Title- An Exploratory Analysis on Self-esteem and Body Appreciation by the Moderation of Self-compassion

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Abstract: Some researchers have found that self-esteem is positively related to body image/appreciation while others, surprisingly, others have not found a link between body appreciation and self-esteem. The results suggest that research models exploring body appreciation and self-esteem may be failing to examine factors that influence the nature and strength of that relationship (Nezlek, 1999; Jung & Lennon, 2003; Huang et al., 2007; Breins et al., 2014; Swami et al., 2015). The focus of this research is to examine factors that may have not been previously considered; specifically, the concept of self-compassion will be addressed. Scores on the Self-compassion Scale, consisting of six subscales, have been significantly related with body appreciation (Homan, & Tylka, 2015; Raque-Bogdan et al., 2016; Neff, 2003). I propose that two subscales of self-compassion, self-kindness (understanding and patients toward oneself) and self-judgment (acting or thinking negatively about oneself), moderate the relationship between self-esteem and body appreciation. The model predicts that the relationship between self-esteem and body appreciation will be amplified by high scores of self-kindness and diminished by high scores of self-judgment. Data were collected online using Mechanical Turk and the regression analysis was conducted with only the female participants. The theoretical model applies to females more appropriately, as compared to males, due to indications of previous research. The only interaction to indicate significance implies an unexpected conclusion; low self-esteem and high self-judgment are related to high levels of body appreciation.