Research Article

Embracing My Body: Unveiling the Diversity in Body Appreciation among Clustered Groups of Filipina Emerging Adults

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ABSTRACT

This study examines the body appreciation levels of clustered groups of Filipinas emergent adult in Metro Manila based on their socio-demographic characteristics (SDCs), body esteem (BE), quality of relationship with their parents (QRP), and quality of interactions with their peers (QIP). Using a purposive non-probability sampling technique, 227 Filipina emerging adults between 18 and 29 from Metro Manila participated in the study. The data was collected through an online survey using a semi-structure questionnaire. Mann-Whitney U-test and Kruskal-Wallis were used to determine the significant difference between clustered groups. Findings show that young Filipinas emerging adults have higher BA levels; college undergraduates have higher BA levels; there is no significant difference in BA levels between income groups; those with high BE have higher BA; those with poor QRP have higher BA; there is no significant difference in BA levels between excellency groups. In conclusion, a statistically significant difference exists between the BA levels of the aggregated categories of BE, QRP, EA, and age. To further examine the body appreciation of Filipina emerging adults, a blended method study can provide depth to the findings generated using the quantitative study.

Keywords: *Body appreciation, Body image, Body esteem, Emerging adults, Quality of relationship with parents, Quality of interaction with peers*

Introduction

Body Appreciation (BA) refers to how one values one's body and its overall appearance and functionality. It is a positive facet of body image (BI) characterized as accepting, positive feelings toward, and respecting one's body (Jankauskiene et al., 2020). According to Meneses et al. (2019), it is a positive notion that

encourages individuals to show respect and appreciation for their bodies.

BA has become more recognized in recent years as academics have shifted to a more holistic approach to BI literature by focusing more on positive aspects (Cohen et al., 2019). The literature on BA continues to focus heavily on women. According to Kaminski and Hayslip (2006), women are concerned about their physical appearance as their value to society commonly depends on their attractiveness, especially in a conservative society. BA is relevant amongst emerging adults because this is when they are most concerned about their bodies due to the transition from adolescence to adulthood (Sobrino-Bazaga & Rabito-Alcón, 2018). Their parents, peers, society, and even themselves denote pressure and social comparison. Hence, women in this age group need to conform to beauty standards.

This study focused on examining factors that literature found to affect the BA of Filipina emerging adults (Cohen et al., 2020; Betz & Ramsay, 2017; Claassen et al., 2019; Latiff et al., 2018; Khalaf et al., 2021; Curtis & Loomans, 2014; Tiggemann, 2019): Socio-Demographic Characteristics (SDCs), level of Body Esteem (BE), Quality of Relationship with their Parents (QRP) And Quality of Interaction with their Peers (QIP). SDCs refer to the collection of traits that help comprehend the identity of the study's respondents. This includes Age, educational attainment (EA), and socio-economic status (SES) (Batista et al., 2020). BE is how an individual perceives their body, which is the self-evaluation of appearance and functionality (Mendelson et al., 2000). It indicates confidence and contentment (Chang et al., 2019). On the other hand, QRP refers to the quality of the parent-child bond and its impact on the child's development, as determined by the influence and the attention given by parents (Uzun et al., 2021), and openness between parent and child (Boele et al., 2019). Meanwhile, QIP determines individuals' ability to adapt to others' perspectives and establish social skills, allowing them to experience, share and co-learn others' views (Bruce & Hansson, 2011).

The Sociocultural Theory (SCT) supports this study as it emphasizes the demographics, parental relationships, and peer interactions of Filipina emerging adults. Lev Vygotsky, the founder of the SCT, stated that the social interactions and cultures humans are exposed to influence their cognitive capacities and behaviors (Allman, 2018). The Looking Glass Self Theory (LGST), which considers how Filipina emerging adults mirror societal beauty standards, also supports the study. Anjum et al. (2020) noted that Charles Cooley developed the LGST, which states that one's personality is impacted by social interactions (Begin, 2018).

The absence of BA-related studies in the Philippine context is one of the research gaps that inspired this study. This study contributes to BA literatures and influential factors in the Philippines. Ultimately, it will serve as a vessel for the advocacy of body appreciation through informed intervention programs to promote body diversity and inclusivity, influencing media practices, and fostering body positivity and empowerment.

Research Objectives

This descriptive study aimed to describe the difference in the level of body appreciation of clustered groups of Filipina emerging adults in Metro Manila based on socio-demographic characteristics (SDCs), level of body esteem (BE), quality of relationship with parents (QRP), and quality of interaction with peers (QIP).

Conceptual Framework

This study's independent variables are the SDCs, BE, QRP, and QIP. The domains of socio-demographic characteristics are Age, EA, and SES. Their Age is how old they were when the survey was conducted, while EA refers to their highest educational attainment and SES refers to an individual's standing in society (American Psychological Association, n.d.). Next, BE with its domains: appearance and functionality. This refers to the level of contentment one has with their body's functions and appearance. Due to the transition from adolescence to adulthood, emerging adults undergo bodily changes; therefore, they tend to be keen on their body's development (Chang et al., 2019). Then, QRP with its domains: influence, attention-given, and openness. Influence refers to the effect of

the exhibited behavioral patterns of the parents on their child's development (Uzun et al., 2021). Attention-given refers to parents paying attention to their children through communication and interaction (Uzun et al., 2021). Openness is where discussions or conflicts are more frequent (Boele et al., 2019). The last IV in this study is the QIP with the following domains: influence, attachment, and openness. Boele et al.

(2019) discussed that peer relationships are vital in social development because peer influence can affect behavior (McMahon et al., 2020). Attachment ensures the quality of interaction, as this opens the possibility of affection (Boele et al., 2019). Empathy and support for another person require understanding and openness to have a positive peer relationship (Boele et al., 2019).
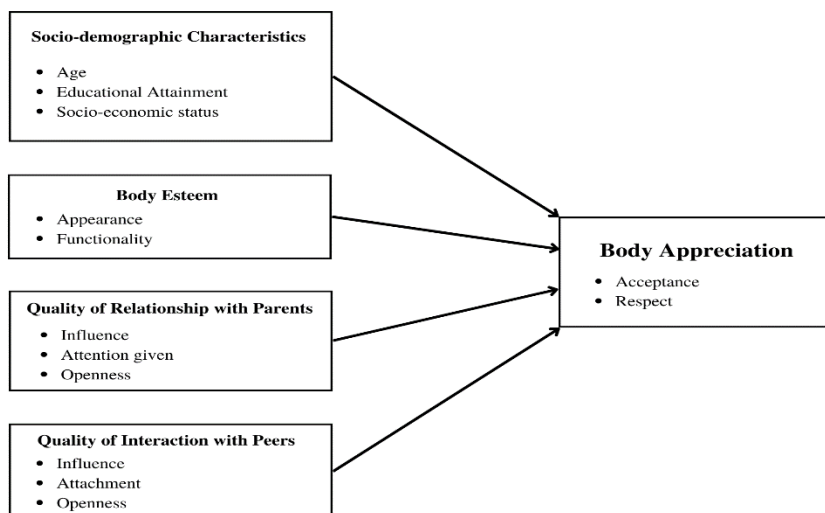

Figure 1. Conceptual Framework

The dependent variable is BA with its domains: acceptance and respect. Acceptance refers to the attitude of one towards their body wherein they are contented and hold favorable opinions for it (Chen et al., 2020). Respect is knowing what is good about their body and treating it to enhance and protect it (Homan & Tylka, 2018). Moreover, the framework suggests that SDCs, BE, QRP, and QIP and their respective domains are associated with BA. The explanation for the BA levels of the clustered groups is discussed, considering the domains necessary for measuring each variable.

Methods
Research Design
The study employed a descriptive research design to examine the differences between the BA levels of the clustered groups. This study used a quantitative approach, utilizing test of differences to examine variations in the levels of body appreciation among clustered Filipina

emerging adults based on their SDCs, BE, QRP and QIP.

Data were collected using an online survey through the use of a semi-structured questionnaire.

Population Sampling
This study covered Filipinas aged 18-29, falling under the emerging adult age group. Emerging adulthood is a developmental stage proposed by psychologist Jeffrey Jensen Arnett. It is marked by a period of identity exploration. This age group is the most frequently used sample in studies about body appreciation (Sobrino-Bazaga & Rabito-Alcón, 2018).

After the data cleaning, 227 out of 274 accumulated responses were included in the study. Other questionnaire were not included as they were incompletely accomplished by the respondents.

Purposive non-probability sampling technique was used in identifying respondents

using the following criteria: (a) must be a Filipino citizen, (b) must be 18 to 29 years old, (c) residing in Metro Manila, whether permanent or temporary, (d) in contact with both parents.

Instrumentation

A self-administered semi-structured questionnaire was used to gather the data. The first part of the instrument covers the profile data: age, educational attainment, and socio-economic status. To craft the instrument, the following instruments were used as the main references: the Body Appreciation Scale-2 (BAS-2) (Tylka & Wood-Barcalow, 2015), the Body Esteem Scale-Revised (BES-R) (Frost et al., 2017), and the Inventory of Parent and Peer Attachment (IPPA) (Parker et al., 1979). Cronbach's Alpha tests the reliability of the scales; thus, the pre-testing scores for the BAS-2 (α=0.97), BES-R (α=0.81), and IPPA (α=0.81) range from 0.81 to 0.97, which translates that these scales are reliable. Moreover, these instruments have been modified to fit the study's scope. All instruments utilize a 5-point Likert scale, thus, having identical scoring interpretations.

Data Collection

The data collection commenced after the completion of the consent form. The survey questionnaire were launched using Google Forms. The responses were crosschecked and categorized upon completion, and invalid responses were removed.

Throughout the study, the researchers applied ethical considerations to ensure that the participants were safe and well-informed during their participation and that their information was appropriately gathered and stored. The researchers indicated a comprehensive consent form beforehand in the survey questionnaire to guarantee that the participants volunteered their contribution to the study. Hence, the participants were given the choice to opt-out. Furthermore, identical questions and measures were given to every participant for transparency and quality data. Only the information obtained during data collection is analyzed, and this is adequately preserved in a Google Drive for five years. Ultimately, these will be destroyed appropriately afterward.

Data Analysis

The data is presented in clusters to test if there is a statistically significant difference between data groups for each variable. The SDCs were categorized into young (18 to 23 years old) and old (24 to 29 years old) for Age, college undergraduates and college graduates for EA, and Low-, Middle-, and High-income groups for SES. The levels of BE and BA were interpreted as low and high, while QRP and QIP were negative and positive. The score for each variable was divided into the following ranges: 1.0-3.4 (low and negative) and 3.5-5.0 (high and positive).

The level of significance is $p<0.05$. The Mann-Whitney U-test was used to determine the difference between the level of BA of young and old emerging adults, college undergraduates and college graduates, those with low and high BE, and those with positive and negative QRP and QIP. Proposed by Frank Wilcoxon in 1945 and modified by Henry Mann and Donald Whitney in 1947, it is a non-parametric test used to compare two independent groups (LaMorte, 2017). Moreover, the Kruskal-Wallis Test was used to analyze the difference between BA's low, middle, and high-income levels. Proposed in 1952 by Kruskal and Wallis, it is a non-parametric approach used to identify if there is a significant difference between three or more groups on a dependent variable (Leon, 1998).

Results and Discussion
Socio-demographic Characteristics of Filipina Emerging Adults

The SDCs of the respondents are presented in Table 3.1. Their Age is clustered accordingly – young (18 to 23 years old) and old (24 to 29 years old). Results show that most respondents fall under the young range, with 204 respondents aged 18 to 23, while only 23 are 24 to 29. Their EA is clustered into college undergraduates and college graduates. The results show that most respondents are currently college undergraduates, with 205 belonging to the group. In this study, EA refers to the highest educational level participants achieved or are currently in when the survey was conducted. Majority belongs to the middle income group.

Table 3.1. Socio-demographic Characteristics of Filipina emerging adults in Metro Manila (n=227)

Socio-demographic Characteristics	Frequency	Percentage
Age		
Young (18-23 years old)	204	89.9
Old (24-29 years old)	23	10.1
Educational Attainment		
College Undergraduate	205	90.3
College Graduate	22	9.7
Income Group		
Middle Income	117	51.5
High Income	62	27.2
Low Income	48	21.1

Level of Body Esteem of Filipina Emerging Adults

Findings for the level of BE of Filipina emerging adults are presented in Table 3.2, which is illustrated according to its domains – functionality and physical appearance. The median score of 4.00 shows that the majority of the respondents have high levels of BE concerning their body's functionality. In contrast, the appearance domain exhibits a 3.00 median score which interprets that most have low levels of BE concerning their body's appearance. The BE's overall median score of 3.50 indicates that most participants have a high level of BE.

Table 3.2. Level of Body Esteem of Filipina emerging adults in Metro Manila (n=227)

Body Esteem	Median	Interpretation
Functionality		
Body scent	4.00	High
Health	4.00	High
Energy level	4.00	High
Reflexes	4.00	High
Physical coordination	4.00	High
Physical condition	4.00	High
Agility	4.00	High
Muscular strength	4.00	High
Median Score	**4.00**	**High**
Appearance		
Skin	4.00	High
Eyes	4.00	High
Face	4.00	High
	4.00	High
Buttocks	3.00	Low
Waist	3.00	Low
Legs	3.00	Low
Thighs	3.00	Low
Body build	3.00	Low
Physique/figure	3.00	Low
Arms	3.00	Low
Stomach	3.00	Low
Weight	3.00	Low

Median Score	**3.00**	**Low**
Overall Score	**3.50**	**High**

Legend: 1.00 - 3.40: Low; 3.50 - 5.00: High

Filipina Emerging Adults' Quality of Relationship with Parents

Table 3.3 presents their QRP's survey results according to its domains – influence, attention-given, and openness. The median score 3.00 shows that their parents' influence negatively impacts their development. With a median score of 3.00, results indicate that the respondents' parents do not give them adequate attention. Responses with a median score 3.00 indicate a lack of openness between emerging Filipina adults and their parents. The negative overall median of QRP at 3.00 indicates that their relationship with their parents has no significant positive impact on Filipina emerging adults.

Table 3.3. Quality of Relationship with Parents of Filipina emerging adults in Metro Manila (n=227)

Quality of Relationship with Parents	Median	Interpretation
Influence		
I like to get my parents' point of view on things I am concerned about.	4.00	Positive
My parents trust my judgment.	3.00	Negative
My parents help me to understand myself better.	3.00	Negative
Median Score	**3.00**	**Negative**
Attention Given		
My parents do a good job as my parents.	4.00	Positive
My parents can tell when I am upset about something.	3.00	Negative
My parents understand me.	3.00	Negative
Median Score	**3.00**	**Negative**
Openness		
My parents accept me as I am.	4.00	Positive
My parents respect my feeling.	4.00	Positive
I trust my parents.	4.00	Positive
When we discuss things, my parents care about my point of view.	3.00	Negative
If my parents know something is bothering me, they ask me.	3.00	Negative
My parents help me to talk about my difficulties.	3.00	Negative
I tell my parents about my problems and troubles.	3.00	Negative
Median Score	**3.00**	**Negative**
Overall Score	**3.00**	**Negative**

Legend: 1.00 - 3.40: Negative; 3.50 - 5.00: Positive

Quality of Interactions with Peers of Filipina Emerging Adults

The findings for QIP of Filipina emerging adults are illustrated in Table 3.4 below and are classified following its domains – influence, attachment, and openness. The influence domain's median score is 4.00, demonstrating that Filipina emerging adults are greatly influenced by their peers. Moreover, the median score 4.00 illustrates that participants are significantly attached to their peers. Lastly, the 4.00 median score for openness discloses that participants are profoundly open to their peers. The 4.00 overall median score recapitulates that most Filipina emerging adults interact positively with their peers.

Table 3.4. Quality of Interactions with Peers of Filipina emerging adults in Metro Manila (n=227)

Quality Of Interactions With Peers	Median	Interpretation
Influence		
My peers help me to understand myself better.	4.00	Positive
When we discuss things, my peers care about my point of view.	4.00	Positive
I like to get my peers' points of view on things I am concerned about.	4.00	Positive
Median Score	**4.00**	**Positive**
Attachment		
My peer can tell when I am upset about something.	4.00	Positive
I need to be in touch with my peers more often.	4.00	Positive
Median Score	**4.00**	**Positive**
Openness		
My peers respect my feelings.	5.00	Positive
My peers are reasonably easy to talk to.	4.00	Positive
I can count on my peers when I need to get something off my chest.	4.00	Positive
If my peers know something is bothering me, they ask me about it	4.00	Positive
My peers encouraged me to talk about my difficulties.	4.00	Positive
Median Score	**4.00**	**Positive**
Overall Score	**4.00**	**Positive**

Legend: 1.00 - 3.40: Negative; 3.50 - 5.00: Positive

Level of Body Appreciation of Filipina Emerging Adults

Table 3.5 exhibits the domains of BA of Filipina emerging adults – acceptance and respect. Results show that they significantly accept their bodies, as indicated by a median score of 4.00. A median score of 4.00 indicates that they highly respect their bodies. With a median score of 4.00, Filipina emerging adults show to have high BA levels.

Table 3.5. Level of Body Appreciation of Filipina Emerging Adults

Body Appreciation	Median	Interpretation
Acceptance		
My body has at least some good qualities.	4.00	High
I appreciate the different and unique characteristics of my body.	4.00	High
I feel love for my body.	4.00	High
Even if I am different from media images of attractive people, I feel beautiful.	4.00	High
I feel good about my body.	3.00	Low
Median Score	**4.00**	**High**
Respect		
I respect my body.	4.00	High
My behavior reveals my positive attitude toward my body	4.00	High
I take a positive attitude toward my body.	4.00	High
I am attentive to my body's needs	4.00	High
I am comfortable in my body.	4.00	High

Median Score	**4.00**	**High**
Overall score	**4.00**	**High**

Legend: 1.00 - 3.40: Low; 3.50 - 5.00: High

Difference between their Body Appreciation based on their Socio-demographic characteristics
Age (Young and Old emerging adults)

Results in Table 3.6.1 indicated a significant difference between the BA of young and old Filipina emerging adults, p = 0.009. The Young Filipina emerging adult group has a higher BA than the Old group.

As Cohen et al. (2017) reported, young emerging adults consume media on various social networking sites, usually encountering appearance-focused content. With the rise of body positivity in social media, young women are more exposed to body-positive content, which favorably results in their positive BI (Cohen et al., 2020). Accordingly, the current study shows that this age range or young women tend to become more informed about body positivity and diversity in social media, leading them to have higher levels of BA. Young Filipina emerging adults with high BA shield themselves from the harmful effects of media with slim ideals. They are capacitated to deal with this responsibly, especially with their exposure to body positivity.

Table 3.6.1. Difference Between The Body Appreciation Levels of Young and Old Filipina emerging adults

	Age
Mann-Whitney U	1575.500
Z	-2.582
Exact Sig. (2-tailed)	0.009

Legend: If p < .05, there is a significant difference

Educational Attainment (College Undergraduates and College Graduates)

Table 3.6.2 below shows college undergraduates having a higher BA than college graduates; thus, a significant difference between the two groups, p = 0.000. This is aligned with a study by Tobin et al. (2019), discovering that undergraduate students value the concept of BA as they are educated and capacitated, which allows them to reject the thin ideal and embrace the diversity of every body type.

Furthermore, considering that Philippine society is evolving rapidly, the education system is developing alongside it. With this, college undergraduate Filipina emerging adults are aware of the different conditions of the human body due to the inclusion of subjects in the curriculum discussing this matter. This reflects the study conducted by Kerner et al. (2017) regarding the positive inputs of physical education, which redirect to an individual's psychological well-being and overall perspective on body image. As a result of this exposure, accompanied by the right education, the significance of appreciating body diversity has also been clear and instilled in them, hence their high BI.

Table 3.6.2. Difference Between The Body Appreciation Levels Of College Undergraduates And College Graduates

Educational Attainment	
Mann-Whitney U	1310.000
Z	-3.472
Exact Sig. (2-tailed)	0.000

Legend: If p < .05, there is a significant difference

Socio-economic Status (Low, Middle, and High-income groups)

Based on the Sum of Ranks displayed in Table 3.6.3, the Middle-income group has the highest level of BA, followed by High, then Low. However, the findings show no statistically significant difference between the groups, p = 0.135. This suggests that the BA levels of Filipina emerging adults are similar, regardless of social status and income.

The findings on the Middle and High-income groups support the study conducted by Claassen et al. (2019), where they found a negative correlation between SES and weight status in wealthy countries with high- and middle-income people due to the good quality of food production and availability. Contrastingly, they also reported that women who have high incomes are the most pressured to stay thin, resulting in them exercising more often. The high

BA levels of Filipina emerging adults in the Middle and High-income groups can be witnessed in these circumstances as they can live healthier lifestyles. Furthermore, the findings on the low-income group support the same study. It cites that low-income people purchase high-calorie foods as these are more affordable and accessible, hence, the excess consumption of calories. This increases the risk of becoming overweight, a body condition negatively affecting BI. Those in the low-income group are more likely to be accustomed to consuming the food provided and have fewer healthy options. This agrees with the study by Aquino et al. (2009) that posits that poverty affects the quality of women's diets due to the incapability to afford healthy food options, leading to health problems and BID. Thus, Filipina emerging adults in the Low-income group have the lowest BA.

Table 3.6.3. Difference Between The Body Appreciation Levels of Filipina emerging adults belonging to High, Middle, and Low-income groups

	Groups	Valid N	Sum of Ranks	Mean Rank
Body Appreciation Mean	Low	48	6271.50	130.656
	Middle	116	12595.00	108.577
	High	63	7011.50	111.293

Legend: If p < .05, there is a significant difference

Difference between the Body Appreciation of those with High and Low Body Esteem

Table 3.7 showcases a statistically significant difference between High BE and Low BE, p = 0.000. Findings reveal that Filipinas with high BE have higher levels of BA. In a study by Khalaf et al. (2021), it was reported that there is a positive association between an individual's BA and self-esteem. BE is instituted from one's general self-esteem, resulting from self-assessments of bodily attractiveness and functionality (Chang et al., 2019).

The present study reports that one's high level of satisfaction with their body's appearance and functionality leads to a rise in BA levels. Furthermore, the findings support the study of Vendemia & Robinson (2022), wherein individuals who are confident, fulfilled, and

appreciate their bodies overall are linked to having a positive BI, leading to high BA. Although, Cagas and Brebante (2015) reported that most Filipinas have a distinctive trait called *hiya*, which is the feeling of inferiority or self-consciousness commonly associated with negative BI, the present study contradicts that concept.

Filipina emerging adults have high levels of BE, albeit this is the post-adolescence stage, where studies found that women have low levels of BE due to the body's physical developments and the sociocultural pressures they experience (Beltrán-Garrayo et al., 2023). Filipina emerging adults with favorable BI, and high BE and BA, are exceedingly content with their bodies; hence, they feel that it positively impacts their lives.

Table 3.7. Difference Between The Body Appreciation Levels of Filipina emerging adults with High and Low Body Esteem

	Body Esteem
Mann-Whitney U	1687.000
Z	9.550
Exact Sig. (2-tailed)	0.000

Legend: If p < .05, there is a significant difference

Difference between the Body Appreciation of those with Positive and Negative Quality of Relationship with Parents

Table 3.8 shows a significant difference between the BA levels of those with Positive and Negative QRP, p = 0.000. Findings revealed that those with Negative QRP have higher BA levels than those with Positive QRP, contrasting Laporta-Herrero et al. (2020), who posit that a positive relationship between parents and their children is related to greater body satisfaction.

According to Curtis and Looman (2014), The parents are considered to be one of the significant factors affecting the BA of women, wherein there are foreseeable physical and psychological consequences. Given the high BA levels of Filipina emerging adults, it is most likely that the negative relationship with their parents prompted them to turn to other sources of influence and learning (e.g., social media, peers, and relatives). Lindell et al. (2017) state that extreme parental control, often caused by strained parent-child relationships, leads to children wanting more liberty and independence. During emerging adulthood, women want to express themselves more and beautify their physical appearance to boost their confidence. In the case of this study, it is possible that their parents hindered their self-esteem while growing up, leading them to want to improve their physical appearance. This results in them practicing healthier lifestyles due to a notion found in the study of Wu & Mu (2020), who posited that parents project their self-consciousness and unhealthy lifestyles onto their daughters. Filipina emerging adults reject their parents' negative attitudes toward their bodies, attaining higher BA.

Table 3.8. Difference between the Body Appreciation of those with Positive and Negative Quality of Relationship with Parents

	Quality of Relationship with Parents
Mann-Whitney U	3484.000
Z	-5.819
Exact Sig. (2-tailed)	0.000

Legend: If p < .05, there is a significant difference

Difference between the Body Appreciation of those with Positive and Negative Quality of Interaction with Peers

Table 11 reveals no significant difference in BA levels between those with positive and those with negative QIP groups, p = 0.104.

Emerging adulthood is a unique developmental stage between adolescence to adulthood in which identity exploration, change, and development are prominent. Hence, this study shows that Filipina emerging adults tend to focus more on their individuality, establishing their identities and individuation, the process wherein an individual becomes distinctive. Since they undergo different situations, their peers' influence creates little to no impact. They need to examine personal strengths and determine which ones are the most salient in personal development. Moreover, the findings support the study of Norwood (2014), which states that individuals during this phase strive

towards self-sufficiency and having the liberty to make their own life choices.

Furthermore, emerging adults experience social comparison. Those who frequently compare themselves to others are considered socially oriented because of their interest and concern over other people's opinions (Jorgensen & Nelson, 2018). In the case of this study, they may focus more on themselves to fit into ideal societal standards or to do better than their peers. Social relationships noticeably impact how an individual views their ideal body (Voelker et al., 2015). Peer comments may prompt emerging Filipina adults to care for and safeguard their bodies by encouraging them to make themselves look better. As they continuously desire to achieve the ideal body they want. Thus, the study shows that regardless of the interaction quality, it prompts emerging Filipina adults to take care of themselves.

Table 3.9. Difference Between The Body Appreciation Levels of Filipina emerging adults with Positive and Negative Quality of Interactions with their Peers

	Quality of Interactions with Peers
Mann-Whitney U	4263.500
Z	-1.623
Exact Sig. (2-tailed)	0.104

Legend: If p < .05, there is a significant difference

Conclusion

Filipina emerging adults today were found to have high levels of body appreciation. The majority are young college undergraduates and members of the middle-income group. They have high body esteem, negative relationships with parents, and positive peer interactions.

Filipina young emerging adults and college undergraduates have higher BA, indicating that younger generations value their bodies. Filipina emerging adults with high BE have higher BA, implying they are confident with their bodies. Furthermore, those with negative QRP have higher BA levels, meaning they do not reflect their parents' lifestyles and instead turn to other influence sources. Moreover, low, middle, and high-income groups have no significant difference in their BA levels. Those with positive and negative QIP also have no difference in levels of BA due to heightened individuality and social comparison. Therefore, this study establishes a significant difference in the BA of clustered groups of Age, EA, BE, and QRP levels, and there is no significant difference between SES and QIP of Filipina emerging adults.

Recommendations for future studies should focus on exploring the distinguishing factors that have the potential to shed light on the intriguing relationship with BA, such as race, culture, country, or any other controversial commonalities. Furthermore, since this study primarily contributes quantitative data, it would be highly beneficial to incorporate a fresh perspective through qualitative research. This qualitative approach could provide valuable insights, particularly considering that individual perspectives on BA may vary significantly based on upbringing and experiences.

Lastly, given that this study primarily examined the differences in BAs among clustered groups based on SDCs (Socio-demographic Characteristics) such as Age, Educational Attainment, and Socio-economic Status, alongside BE (Body Esteem), QRP (Quality Relationships with Parents), and QIP (Quality Interactions with Peers), there remains room to explore additional factors that may impact BA. This could serve as a starting point for further investigation, delving into the broader scope of influences beyond those explored in this study, specifically within the category of Filipina Emerging Adults. By addressing these recommendations, future studies can expand our understanding of BA and provide a more comprehensive perspective on its determinants and implications.

Acknowledgments

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