

Examination of Some Predictors of One's Physical Appearance, Life-Satisfaction and Self-Esteem in the Wider Context of Engaging in Fitness Programs

Summary

The aim of this study was to test the possibility of predicting awareness of physical appearance, life satisfaction and self-esteem based on individual sets of predictors that are closely related to physical activity, awareness of one's own morphological characteristics, and the use of sports nutrition supplements. People aged 18-56 years participated in the study. The study involved 552 women and 141 men. The results indicate the statistical significance of positive predictors of self-esteem and the amount of physical activity involved to the criterion variable of awareness of one's physical appearance. Significant positive predictors of life satisfaction were self-esteem, body awareness and the amount of physical activity involved, and a negative predictor was the use of sport supplements. In the final model, significant predictors of self-esteem were found to be self-esteem, self-awareness, and life satisfaction, all positively related to self-esteem.

Key Words: awareness of physical appearance, life satisfaction, self-esteem, sport-nutritional supplements, involvement in physical activity