

To Study The Impact of Skin Color Satisfaction on Self Esteem and Anxiety Among Young Adults

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ABSTRACT

This study investigates the connection between young individuals (18–25 years) anxiety levels, self-esteem, and skin color satisfaction. Utilizing a quantitative survey technique and drawing from previous research, the study attempts to define the relationship between skin color satisfaction and psychological well-being in this population. Standardized tests measuring anxiety, self-esteem, and skin color satisfaction were completed by the participants. To investigate the relationships between these factors, statistical studies were performed. The results showed that among young individuals, there were substantial relationships between anxiety levels, self-esteem, and skin color satisfaction. More specifically, there was negative relationship between anxiety and skin color satisfaction. These findings imply that early in adulthood, judgments of one's own skin tone are quite important in determining psychological consequences. The significance of these findings explored in relation to encouraging young adults to have good body images and mental health, and future directions for study and intervention are indicated.

KEYWORDS: Skin Color Satisfaction, Anxiety, Self Esteem, Young Adults, Psychological Well-Being, Adulthood, Skin Tone.

INTRODUCTION

The sense of one's own skin tone and level of contentment with it are important factors in the complex fabric of human identity that shape mental health and self-worth. Skin colour contentment is a phenomenon that is gaining more and more attention, particularly in multicultural cultures where people must negotiate the intricate interactions between social, cultural, and personal aspects. This dissertation explores the complex dynamics behind how young people' skin colour satisfaction affects their anxiety and sense of self, providing a thorough examination of the many ramifications of this little-studied area of human psychology.

The realisation that skin colour happiness is not merely a personal experience but is intricately entwined with larger social frameworks, historical legacies, & cultural conventions is what makes this study significant. Understanding the complex relationships between skin colour satisfaction, self-esteem, &

anxiety is essential for boosting mental health and creating a more just and encouraging environment for young people in an age characterised by increased awareness of identity & inclusion. It is critical to understand the nuances surrounding the influence of skin colour satisfaction on psychological consequences as cultures continue to struggle with problems of identity, representation, and societal expectations. This dissertation looks at how young people's self-esteem and anxiety symptoms are influenced by their views of their own skin tone, in an effort to add to the body of current information. The study hopes to give important insights that may guide treatments, legislation, and educational programmes targeted at helping the younger generation develop a more inclusive & positive sense of self by bringing these interdependencies to light.

In addition to enhancing our knowledge of the human condition, the investigation of these interrelated psychological dimensions may aid in the creation of techniques that enable people to negotiate the complexities of their identities in a way that supports resilience and mental wellness. This dissertation aims to contribute meaningfully to the fields for psychology, sociology, while cultural studies by providing a nuanced perspective regarding the profound implications for skin colour satisfaction on young adults' well-being through a combination for empirical findings, theoretical frameworks, while practical implications.

AIM OF THE STUDY

The aim of this research was to investigate the influence and relationship of skin color satisfaction on self-esteem and anxiety among young adults.

OBJECTIVES

- To examine the impact of skin color on self-esteem among young adults.
- To examine impact of skin color on anxiety among young adults.
- To examine correlation between skin color satisfaction, self-esteem and anxiety among young adults.

HYPOTHESIS

- There is no significant impact of skin colour on self-esteem of young adults.
- There is no significant impact of skin colour on anxiety of young adults.
- There is positive correlation between skin colour satisfaction and self-esteem.
- There is positive correlation between skin colour satisfaction and anxiety.

VARIABLES OF THE STUDY

Independent Variable

Skin Color Satisfaction: Skin color satisfaction" is the independent variable in this study. This variable shows people's level of satisfaction or dissatisfaction with their skin tone

Dependent Variable

Self Esteem: The term "self-esteem" describes a person's total subjective assessment of their own value and worth. It includes sentiments of confidence, self-worth, and self-respect. While low self-esteem can result in feelings of inadequacy, self-doubt, and despair, high self-esteem is linked to favorable mental health outcomes.

Anxiety: Anxiety is a second dependent variable that measures how people feel about future uncertainty. Many other kinds of anxiety disorders can emerge from this, including phobias, social anxiety, and generalized anxiety disorder. Factors such as heredity, past experiences, and environmental stresses can all have a role in an individual's anxiety levels.

METHODOLOGY

PARTICIPANTS OF THE STUDY

The research comprised 106 individuals, comprising both males and females. The samples were selected using a combination of random and purposeful sampling procedures. The ages of the participants ranged from 18 to 25.

DATA COLLECTION INSTRUMENTS

The data for the study were gathered using the “**Rosenberg self-esteem scale, Beck Anxiety Inventory, and Skin Colour Satisfaction Scale**” as well as a demographic form.

DATA COLLECTION PROCEDURE:

The data was collected through the use of three questionnaires: **the “Rosenberg self-esteem scale, Beck Anxiety Inventory, and Skin Color Satisfaction Scale.”** In order to gather information for the study, participants were provided with a packet of questionnaires that included topics such as the study's objectives, privacy concerns, the researcher's contact information, and more. The instruments required ten minutes of description time.

STATISTICAL ANALYSIS

Data analysis in the study was conducted using SPSS software. Using descriptive statistics tests, we validated the hypothesis with Pearson correlation and regression analysis.

FINDINGS

This study aimed to use questionnaire techniques to understand the complex dynamics of how young adults' skin color satisfaction affected their self-esteem and anxiety. The research aimed to offer a thorough knowledge of the subject matter by collecting data from a broad sample, which included individuals from different cultural origins, socioeconomic levels, and geographic areas. The quantitative data for this study were collected by survey methods, which allowed for a systematic investigation of the correlations between anxiety levels, self-esteem, and skin color satisfaction and to examine the impact of skin colour satisfaction upon dependent variables.

Table 1: Descriptive statistics of all variables

	Skin colour satisfaction	Self esteem	Anxiety
N	106	106	106
Mean	36.60	23.13	17.74

SD	5.12	2.61	1.29
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The mean skin colour satisfaction score is 36.60, with a standard deviation of 5.12. This indicates that, generally speaking, the study's participants were rather content with their skin tone. A self-esteem score of 23.13 with a standard deviation of 2.61 is the typical value. What this means is that the self-esteem levels indicated by the research participants were moderate, on average. Anxiety scores range from 17.74 on the mean scale to 1.29 on the standard deviation. This data points to a generally low degree of anxiety indicated by the study's participants.

Table 2: Regression analysis of impact of skin colour on self-esteem of young adults.

<i>Regression Statistics</i>					
Multiple R	0.074				
R Square	0.005				
Adjusted R Square	-0.003				
Standard Error	2.620				
Observations	106				
ANOVA					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	1	4.027	4.027	0.586	0.445
Residual	104	714.123	6.866		
Total	105	718.150			

Null Hypothesis (H₀): There is no significant impact of skin colour on self-esteem of young adults.

Alternative Hypothesis (H₁): There is significant impact of skin colour on self-esteem of young adults. The F-value is 0.586. Given the null hypothesis is true, the likelihood of getting an F-value as severe as the one observed is represented by significance F. At 0.445, the significance level is higher than the commonly accepted threshold of 0.05. Given that the p-value (0.445) is higher than the significance level (0.05), we may accept **(H₁) as the null hypothesis**. This suggests that young people's self-esteem is unaffected by their skin tone.

Table 3: Regression analysis of impact of skin colour on anxiety of young adults.

<i>Regression Statistics</i>	
Multiple R	0.271
R Square	0.073
Adjusted R Square	0.064
Standard Error	12.916
Observations	106

ANOVA					
	<i>Df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	1	1378.026	1378.026	8.259	0.004
Residual	104	17352.1	166.847		
Total	105	18730.12			

Null Hypothesis (H₀): There is no significant impact of skin colour on anxiety of young adults.

Alternative Hypothesis (H₁): There is significant impact of skin colour on anxiety of young adults.

The F-value in this case is 8.259 The significance value is 0.004, which is less than the conventional significance level of 0.05. Since the significance value (0.004) is less than 0.05, the alternative hypothesis (H₂₁) is accepted. Therefore, the results indicate that there is significant impact of skin colour on anxiety of young adults.

Table 4: Pearson correlation analysis of each variable

	<i>Skin colour satisfaction</i>	<i>Self esteem</i>	<i>Anxiety</i>
<i>Skin colour satisfaction</i>	1		
<i>Self esteem</i>	0.074	1	
<i>Anxiety</i>	-0.271**	-0.034**	1
**Corelation significant at 0.05 level			

Null Hypothesis (H₀): There is positive corelation between skin colour satisfaction and self-esteem.

Null Hypothesis (H₀): There is positive corelation between skin colour satisfaction and anxiety.

Alternative Hypothesis (H₁): There is a negative corelation between skin colour satisfaction and self-esteem.

Alternative Hypothesis (H₁): There is negative corelation between skin colour satisfaction and anxiety. The correlation coefficient measures the strength and direction of the relationship between two variables. It ranges from -1 to +1, where -1 indicates a perfect negative correlation, +1 indicates a perfect positive correlation, and 0 indicates no correlation.

Skin colour satisfaction and self-esteem have a very weak positive correlation of 0.074, which is not statistically significant ($p > 0.05$). Therefore, the **Null Hypothesis (H₀)** that there is a positive correlation between skin colour satisfaction and self-esteem is accepted and the **Alternative Hypothesis (H₁)** is rejected which stated that there is a negative correlation between skin colour satisfaction and self-esteem.

Skin colour satisfaction and anxiety have a moderate negative correlation of -0.271, which is statistically significant ($p < 0.05$). Therefore, **the Null Hypothesis (H₀)** that there is a positive correlation between skin colour satisfaction and anxiety is rejected and **the Alternative Hypothesis (H₁)** is accepted which states that there is a negative correlation between skin colour satisfaction and anxiety.

DISCUSSION

The complex interplay between young people' skin-color contentment, self-esteem, and anxiety was the primary objective of the study. The study examined the interaction of these characteristics in a broad

sample that included people from different cultural origins, socioeconomic positions, and geographic regions. It did this through the use of questionnaires and quantitative analysis.

Participants reported moderate levels of self-esteem (mean = 23.13, SD = 2.61) and relatively low levels of anxiety (mean = 17.74, SD = 1.29) in addition to a generally satisfied attitude towards skin color (mean = 36.60, SD = 5.12) according to the descriptive statistics. The numerical depiction was helpful, but it wasn't enough to make any firm conclusions about the connections between the variables.

To evaluate the effects of skin color satisfaction on anxiety and self-esteem independently, regression analyses were used. The regression analysis on self-esteem produced an F-value of 0.586 and a p-value of 0.445, indicating that there was no significant relationship between skin color satisfaction and self-esteem among young people. Therefore, we accept the null hypothesis that there is no effect of skin tone on self-esteem.

On the other hand, a significant influence of skin color pleasure was found in the anxiety regression analysis (F-value 8.259, p 0.004). The findings showed that there is a negative association between anxiety and skin color satisfaction among young people, which led to the approval of the alternative hypothesis.

These results were further confirmed by doing additional research using Pearson correlation analysis. Although there was a little positive connection (0.074) between skin color satisfaction and self-esteem, it was not statistically significant ($p > 0.05$), lending credence to the idea that these two factors are unrelated. Nevertheless, there was a statistically significant moderate negative association (-0.271) between skin color contentment and anxiety ($p < 0.05$), indicating that young adults who reported higher levels of skin color pleasure also reported lower levels of worry.

These findings highlight the need of encouraging young individuals to have a good self-image and accept themselves as they are, regardless of their skin tone. Anxiety and mental health can both benefit from interventions that encourage people to be happy with their skin tone. Further investigation into the processes underpinning these associations, as well as other moderating variables, might lead to the creation of more precise treatments in the future. All things considered, this study adds to our knowledge of the intricate relationship between self-esteem, anxiety, and skin color satisfaction, and it shows how important it is to support young people' mental health in a holistic way.

RECOMMENDATIONS

- **Promote diversity and inclusivity:** Promote a culture that embraces and celebrates the variety of body forms and skin hues. Initiate and support movements that question conventional notions of beauty and highlight the inherent value of various skin tones.
- **Education and awareness:** Promote understanding of the negative consequences of colourism and prejudice by raising public awareness of the issue. Bring attention to the mental toll that these problems may take on people and neighbourhoods.
- **Positive self-talk and affirmations:** Motivate others to boost their self-esteem by teaching them to use affirmations and positive self-talk. One way to improve self-esteem and cultivate a good self-image is to encourage people to acknowledge and value their unique features, including the color of their skin.

- **Media representation:** Encourage more diversity and representation in the entertainment, media, and advertising sectors. To help people feel good about themselves and their bodies, it would be beneficial to see more models and public personalities with a variety of skin tones.
- **Mental health support:** Provide easily available mental health treatments and assistance to those who are anxious or have low self-esteem because of their skin tone. Helpful tools that can address these worries include therapy, counseling, support groups, and self-help books.
- **Encourage open dialogue:** Make people feel comfortable talking about sensitive topics like anxiety, low self-esteem, and skin color. Foster understanding, empathy, and support among peers by encouraging individuals to share their experiences and concerns.
- **Empowerment and self-acceptance:** Promote self-acceptance and encourage others to love themselves no matter what their skin tone is. Motivate your students to focus on developing their inner traits, abilities, and accomplishments rather than their outward looks.

CONCLUSION

The complex interplay between young people's skin color contentment, self-esteem, and anxiety was the focus of this study's empirical investigation. This research sought to illuminate the complex dynamics by conducting a thorough analysis that included participants from a variety of cultural backgrounds, socioeconomic levels, and geographic places. The results show that although young people's levels of contentment with their skin tone do not significantly affect their self-esteem, there is a notable correlation between this trait and anxiety. More specifically, those who were more content with their skin tone also tended to be less anxious. In order to reduce anxiety and promote mental health among young adults, these findings highlight the need of encouraging a positive self-image and self-acceptance regardless of skin tone.

Mental health outcomes, especially anxiety levels, might be significantly impacted by therapies that promote skin color contentment. By promoting self-acceptance and embracing one's natural skin tone, we may help reduce societal pressures and internalized stigmas related to skin color, which in turn improves mental health. To further create customized solutions that meet the requirements of varied groups, future research should address possible moderating variables and the underlying processes causing these correlations. Promoting a culture of acceptance, inclusion, and well-being and better supporting the mental health needs of young people may be achieved by using a holistic approach that considers anxiety and self-esteem in relation to skin color satisfaction.

Overall, the results of this study highlight the need of figuring out how young adults' skin color pleasure, self-esteem, and anxiety interact with one another. Through acknowledging the influence of social views and personal perspectives on mental health outcomes, we may strive to create a more nurturing and inclusive atmosphere where every person feels appreciated, welcomed, and encouraged to embrace their own identities.

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