

## Gaining Insight into Body Esteem through Time Perspective

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**Abstract :** Reliable measurements for body esteem and time perspective have been constructed to acquire additional knowledge into these two distinct and personal domains of individuals. The Body Esteem Scale (BES) assesses the multidimensional body self-esteems of males and females and produces a particular score. A higher BES score indicates an individual has strong positive feelings relating to particular aspects of the individual's body. The Zimbardo Time Perspective Inventory (ZTPI) measures individuals' time perspectives and identifies their dominant time perspective profiles. Higher scores in a time perspective profile, such as Past Positive (i.e., nostalgically remembering the past), suggest an individuals' inclination toward that specific way of orienting oneself with respect to time. Both scales rely on measurements that are similarly grounded in personality traits and reveal valuable insight into individuals' personalities. Studying the two scales could provide insight into a possible relationship and allow for a better comprehension and more nuanced understanding of the utilities of the instruments. In a completed study, 69 adults completed both the ZTPI and BES. Analyses show that adult females' higher BES scores positively correlate with higher scores of the Past Positive and Present Hedonistic time perspective profiles of the ZTPI. Male participants also had higher overall BES scores positively correlate with the Present Hedonistic profile in addition to the Positive Future time perspective profile. The results of this study suggest that individuals with certain body esteem scores have a pattern of corresponding with certain time orientations. These correlations could help in explaining the rationales behind individuals' varying levels of body esteem. With a foundation for better understanding of body esteem by incorporating these time perspectives, future research could be conducted to develop instruments that more accurately reflect individuals' body esteem measurements.

**Keywords :** BES, body esteem, time perspective, ZTPI

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