

BODY IMAGE AND PERSONALITY TRAITS ON PSYCHOLOGICAL WELL-BEING AMONG UNDERGRADUATES OF REV. FR. MOSES ORSHIO ADASU UNIVERSITY (FORMERLY, BENUE STATE UNIVERSITY) MAKURDI.

¹Patrick Saaondo, ²Theophilus Tersoo Hembra, ³Torkwase Irene Tingir

1,2 Department of Psychology, Rev. Fr. Moses Orshio Adasu University, Makurdi,

3, Department of General Study AkaweTorkula Polytechnic Makurdi

Corresponding Author : Psaaondo@bsum.edu.ng

Abstract

The study examined body image and personality traits on psychological well-being among undergraduates of Rev. Fr. Moses Orshio Adasu University, Makurdi. The objectives of the study include to; examine the influence of body image on psychological well-being among undergraduates of Rev. Fr. Moses Orshio Adasu University, Makurdi; determine influence of personality traits on psychological well-being among undergraduates, of Rev. Fr. Moses Orshio Adasu University, Makurdi and investigate the joint influence of body image and personality traits on psychological well-being among undergraduates of Rev. Fr. Moses Orshio Adasu University, Makurdi. The study employed a cross-sectional survey design where by 385 participants, made up of 221 (57.4%) males and 164 (42.6%) females with ages ranged between 18-37 years with an average age of 24 participated in the study. Three standardized questionnaires namely; Body-Image Questionnaire (BIQ), Big Five Personality Traits and, Ryff's Psychological Well-being scale (PWB) were used as instruments for data collection. The result of the study revealed that body image positively and significantly influence psychological well-being among undergraduates of Rev. Fr. Moses Orshio Adasu University, Makurdi ($R = .678$, $R^2 = .525$, $F(1, 383) = 211.142$; $P < .01$]; personality traits positively and significantly influence psychological well-being ($R = .742$, $R^2 = .659$, $[F(5, 379) = 341.537$; $P < .01$]. Also, body image and personality trait jointly and significantly influence psychological well-being among undergraduates of Rev. Fr. Moses Orshio Adasu University, Makurdi. [$R = .746$, $R^2 = .672$, $[F(2, 382) = 320.173$; $P < .01$]. It was concluded that body image and personality traits are independent and joint influencers of psychological well-being. It was recommended amongst others that University Administration should organize seminars, workshops and public lectures to sensitize undergraduates on the negative perception of their body image as it relates to personality traits and psychological well-being. Thus, improving their quality of life and academic performance.

Keywords: Body Image, Personality Traits, Psychological well-being, Undergraduates, Makurdi.

Introduction

Worldwide human beings need a better life style and wellness to function optimally in

daily activities. the effort to understand well-being and its causes is not new but it is assumed that humans should have a decent

psychological well-being to function optimally. Thus, topics of interest in the field of psychology have shifted away from focus on the psychopathological aspect of psychology as researchers have explored the reasons behind happiness and sadness amongst others (Oishi & Westgate, 2021; Mota et al., 2023). In some sense, all medical and psychological interventions as well as political, social and economic aim at increasing people's quality of life and psychological well-being. Since the inception of behavioural sciences, several attempts have been made by researchers from diverse fields to the understanding of facets and correlates of psychological well-being. This is to say that the important part psychological well-being play in the understanding of human behaviour cannot be over emphasized. Early works by psychologists for example, Freud, Jung, Bandura, Erikson, Piaget among others have all in their studies depicted aspects attached to well-being (Oishi et al., 2009). Psychological well-being is an important construct in psychology that emphasizes the human wellness and emotional well-being.

Several literatures have defined psychological well-being. However, the definition by Ryff (1989) has featured in several articles (Christopher, 1999; Anyawu, 2010, Perez, 2012 ; Oishi, 2021): defines psychological well-being as a dynamic concept that includes subjective, social and psychological dimensions as well as health related behaviour. Psychological well-being is usually conceptualized as some combination of positive affective such as happiness and functioning with optimal effectiveness in individual and social life

(Ryff, 2014). Huppert (2009) assets that psychological well-being is a state of affairs and combination of being happy while psychological and sociological situations seem under control with feeling of one being supported and cared about. He further explained the consequences of psychological well-being to include better physical health, mediated possibly by brain activation patterns, neurochemical effects and genetic factors (Ryff, 2018).

Body image is a predictive variable of interest to this research which depicts the a person's feeling of self-esteem and self-worth as regards to his/her body physics, shape and appearance. Body image refers to individual's perception and attitudes towards their appearances. According to World Health Organization (WHO, 2013), several individuals make the attempt to, for instance change skin complexion and facial looks including body parts to suit what they wanted which is known as plastic surgery. This is more common among the black race for skin tonic or bleaching , and plastic surgery for both the black and white people. This is a clear demonstration of dissatisfaction with their skin colour, and the control of body shapes and sizes which is evident of body image dissatisfaction among people.

Cash and Smolak (2011) explained that body image is an individual's perceptions and attitudes towards their physical appearance which may or may not bear a close resemblance to how others actually see us. Cash (2012) described body image as body mass index which is related to a person's weight. This suggests that the weight and appearance of a person are integral

component of body image appraisal. This could affect positively or negatively on individual's psychological well-being. Body image perception is subject to all kinds of distortions from internal elements like emotions, moods, traits and external elements like early experiences, attitude of our parents, media, culture and all these strongly influence our behaviour and psychological well-being (Sabrina 2008; Smolak, (2012).

Furthermore, it has been observed that dissatisfaction with one's body has become a normative discontent. Ntim and Sarfo (2015) alluded that, the global advances in media technology largely accounts for the rise in problem with body image and is closely correlated to a drive for thinness craze especially among undergraduates and youths generally thus, affecting the psychological well-being of an individual. The inability to reduce body weight which is measured in unit of mass most commonly in Kilograms (KG) and pounds (lbs) could have a drastic result on overall psychological well-being of undergraduates of Rev. Fr. Moses Orshio Adasu University, Makurdi and beyond. The mood, self-esteem, self-confidence, body image dissatisfaction, weight concerns, eating problems and physical attractiveness have become especially significant factors influencing psychological well-being among undergraduates on campuses in Nigeria.

Personality traits is yet another predictor of psychological well-being. The study of personality can be described in part as a study of psychological well-being. This is because the study of personality is usually centered on traits that may threaten or foster wellness,

thoughts, feeling and behaviour that make up a person different from one another is called "personality" (Levent 2011). Psychologists view personality trait as a dynamic organization constituted from physiological system of an individual which allow for anticipating what one might do in a certain circumstance. The structure of personality has been explained based on several models. One model which has recently received considerable attention is the five-factorial model of personality including extraversion, agreeableness, neuroticism, conscientiousness and openness. A large body of research conducted to investigate the role of personality traits on psychological well-being have indicated that personality traits play a vital role in starting, developing and continuing of well-being (Ball 2005).

Mota et al., (2023) explained that personality traits are important trait that moderates people's behaviours and interactions with one another. In essence people are fascinated with their own personality and that of others, this account for why some people prefer or admire thinness or slimness to fatness and vice versa. What is the object of this fascination? It is not simply individual differences in behaviour that fascinates people but the fact remains that, some individuals display more of a particular behaviour than others. Such as thin is more likely to be interesting and fascinating to some while others may not see it so. Kyalem, et al., (2006) explained that differences in personality traits would influence psychological well-being of an individual including the way in which he/she evaluates their body image. This has necessitated the study of this domain to explore these

personality traits and body image on psychological well-being.

Statement of the Problem

Humans beings are not at all times comfortable with their shapes, sizes, and body image. The Rev.Fr. Moses Orshio Adasu university Makurdi are not completely satisfy with their body image and this has affected many of them to lack concentration on academic matters but are more concerned about their body image , thus affecting psychological well-being. A common observation by the researchers indicated that most students that are dark-skinned , chubby , ugly, extra tall, too short, too poor in appearance and lots more are not comfortable with their personality traits and this has affected the psychological well-being. The fat ones often referred to as the chubby women and men are very disturbing in their thoughts processes as why so thick and not skinny or thin as the society looks at them as the weak people, thus affecting their psychological well-being and academic performance.

More so, the focus of undergraduates on academic pursuits has decreased significantly, rather the quest for material things and body image has affected their psychological well-being leading to decrease in academic pursuit with the result of poor academic grades. the freedom to choose what and how much to eat has become an arena in which a misguided sense of negative perception of the body and the drive to be thin is been played out among students. Our children have come to accept restrictive eating and dieting in order to slim down. This is a strange anomaly of our time where they

are so obsessed with image of their body and weight problem which result in pervasive eating disorder (anorexia nervosa and bulimia nervosa). This could be as a result of the personality traits they have that influence their psychological well-being negatively. To those who have positive self-image would experience better outlook and psychological well-being. This great concerns by undergraduates regarding their body sizes, shapes/ image and personality traits calls for concern to extrapolate psychological well-being and their academic pursuits.

Body Image and Psychological Well-being

Smith, Whale and Diedrichs (2012) literature review present evidence that negative body image is associations with poor psychological health outcomes. The study also showed that negative body image predicts the future development of depression and habitual negative thinking. Negative body image has also been associated with self-harms and the development of problematic thinking around eating. Some girls are particularly vulnerable to the damaging consequences of negative body image. For example, girls with a higher body mass index have a greater likelihood of experiencing negative psychological outcomes, including greater body dissatisfaction, low-esteem and depressive symptoms.

Dotse and Asumeng (2014) conducted a study in the University of Ghana Legon, a total number of 100 participants constitute the sample for the study. Results found a significant positive relationship between body image satisfaction and psychological wellbeing. The finding implies that the more

satisfied one is with her body image the more likely it is that she will experience higher or better psychological wellbeing. This finding also tallies with the work of Spangler (2002). This demonstrates that body image relates with psychological well-being among youths.

In another study, Sabrina (2008) examined the relationship between body image perception and depression. A total number of 25 participants were sampled. Result indicated that there are some factors related to body image that correlate with some levels of depression which leads to low psychological wellbeing.

In addition to negative outcomes associated with body image on psychological wellbeing. Other research has focused on the psychological benefits associated with positive body image. Researchers like Grogan (2010) review that high self-esteem is often associated with positive body image. Emotional intelligence has also been found to be associated positively to body image.

In a recent work, Abbas and Zubair (2015) conducted a study on 300 students with age range from 18 to 31 years. Result indicated a positive association between body image and psychological wellbeing.

Heshmat, Kelishad and Motamed-Gorji (2015) conducted a study to investigate the association between body mass index and perceived weight status with self-related health and life satisfaction. It was conducted among 5,570 (2,784 females and 2,786 males) Iranian students. Result shows that nearly 40% of the participants misperceived

their body image. Misperception as overweight or underweight was found to be associated with lower odds for both life satisfaction and self-rated health. Whereas the association between actual body image index with life satisfaction and self-rated health was not statistically significant.

Personality Traits and Psychological Well-being

A link has been established between personality traits and psychological wellbeing (Vitterso&Nilsen, 2002). Personality is not merely how we feel but also how well we intend to function psychologically. Individual differences in personality influence psychological, social and emotional wellbeing (Archontaki, Lewis and Bates 2013). Currently researchers are of the opinion that the personality traits consolidated in big five model of personality which are neuroticism, extraversion, openness to experience, agreeableness and conscientiousness is supporting an influence on psychological wellbeing (Bellew, (2012; Najib,2013). This is consistent with the work of McCrae and Costa (1987).

Kokko, Tolvanen, Pulkkinen (2013) conducted a study and the result shows that low neuroticism and high extraversion correlated strongly with high psychological wellbeing, openness and agreeableness were also linked to psychological wellbeing. In comparison with emotional wellbeing, indicated by general life satisfaction, the relationship of personality traits with psychological wellbeing were significantly stronger for neuroticism, extraversion and openness.

Another study by Segun-Martins and Dennis (2015) was to investigate the extent of which personality factors as predictors of psychology wellbeing among undergraduates. A total participant of 300 University undergraduates of Adekunle Ajasin University in Ondo State Nigeria were sampled. The result shows that the five personality factors, extraversion, agreeableness, conscientiousness and neuroticism do not significantly correlate with psychological wellbeing. Only openness personality factor had a significant relationship with psychological wellbeing such that when student's openness personality trait increase, their psychology wellbeing tend to increase.

Grants, Langan-Fox, and Anglim, (2009) conducted a study to investigate the relationship between the Big Five traits and subjective and psychological well-being among 211 men and women. Result indicated that the relationship between personality factors and psychological wellbeing is strong. Extraversion, neuroticism and conscientiousness correlated similarly with both subjective and psychological wellbeing suggesting that these traits represent personality predispositions for general wellbeing. However, the personality correlations of the dimensions within each broad wellbeing type varied, suggesting that the relationship between personality and well-being is best modeled in terms of associations between specific traits and well-being dimension.

Tiffany and Jonathan, (2016) tested the associations of the Big five personality traits with a large array of well-being variables and

also tested the associations within three primary social roles; students, parent and employee. The study sampled 507 college students and study 2 sampled 227 North Americans in middle adulthood). The results showed that neuroticism was the strongest predictor for most of the well-being variables. The result shows that the second strongest predictor of well-being was conscientiousness among students and among employees where agreeableness was the second strongest predictors of well-being among parents.

Akhilendra et al., (2012) conducted a study on 200 students of professional courses, BarkacdhMrzapur. This consist of 80 males and 120 females, age ranged from 21 to 28years. Results indicate that Neuroticism and openness were found significantly negatively correlated with psychological well-being whereas agreeableness was found significantly negatively correlated with psychological wellbeing. The relationship of extraversion and conscientiousness with psychological wellbeing was found positive.

Hypotheses

Based on the literature review, the following hypotheses were formulated for the study:

- i. There will be a significant influence of body image on psychological well-being among undergraduate of Rev.Fr. Moses Orshio Adasu University, Makurdi.
- ii. There will be a significant influence of personality traits on psychological well-being among undergraduate of of Rev.Fr. Moses Orshio Adasu University, Makurdi.

iii. There will be a significant joint influence of body image and personality traits on psychological well-being among undergraduates of Rev.Fr. Moses Orshio Adasu University, Makurdi.

Method

Design

This study employed a cross-sectional survey design to investigate body image and personality traits on psychological well-being among undergraduate of Rev.Fr. Moses Orshio Adasu University, Makurdi. The choice of this design is the fact that cross-sectional surveys have been described as a snapshots of the populations about which they gather data at one point in time, Ucho (2024).

Participants

Participants for this study were 385 undergraduates of Rev. Fr. Moses Orshio Adasu university, Makurdi who were selected across Faculties and departments. Males were 221 (57.4%) while females were 164 (42.6%) with ages ranged from 18-37 years with an average age of 24. The participants were selected through cluster sampling method for faculties and departments while the simple random sampling was used to select undergraduates within faculties and departments for the study.

Instruments

Three instruments were used in the study which includes (i) Body-Image Questionnaire (BIQ) The Big -5 Personality Inventory, (iii) Ryff's Psychological Well-

being scale (PWB). The questionnaire contained the following sections:

The Body-Image Questionnaire (BIQ) developed by byKoleck, Bruchon-Schweitzer, Cousson-Gelie and Quintard (2002). The scale has 19-item Body-Image Questionnaire. It uses Likert 5-point response scale ranging from; 1: very much, often; 2: fairly, fairly often; 3: in between, neither one; 4: fairly, fairly often; 5: very muchoften. The scoring of the test;order to calculate the score of each subject: add the answers to the favourable items: 1, 6, 7, 9, 10, 12, 14, 16 and 18. The score to each item varies from 1 to 5; use the reverse scoring (5 to 1) to add the answers to the unfavourable items : 2, 3, 5, 8, 11, 13, 15, 17 and 19; The score to each of these items varies from 5 to 1; for the item 4, if the respondent is a man, « masculine » is the favourable answer ; so, use the 1, 2, 3, 4, 5 scoring. If the respondent is a woman, « feminine » is the favourable answer; so, use the 5, 4, 3, 2, 1 scoring; - add the 19 answers: the total score varies from 19 to 95; a high score suggests high body image and vice versa. The scale has a Cronbach's alpha level of .91 and content validity.

The Big Five Inventory Scale by John and Srivastava (1999)

John and Srivastava (1999)'s 44-item inventory measures an individual on the Big Five Factors (dimensions) of personality (Goldberg, 1993). Each of the factors is then further divided into personality facets. Extraversion: 1, 6R, 11, 16, 21R, 26, 31R, 36 Agreeableness: 2R, 7, 12R, 17, 22, 27R, 32, 37R, 42 Conscientiousness: 3, 8R, 13, 18R, 23R, 28, 33, 38, 43R Neuroticism: 4, 9R, 14, 19, 24R, 29, 34R, 39 Openness: 5, 10, 15, 20,

25, 30, 35R, 40, 41R, 44. This scales helps in assessing the personality aspect of an individual, as it is in this case of a undergraduates. The scale has a Cronbach alpha level of .92 and had a good construct validity.

Ryff's Psychological Well-Being Scales (PWB).

This scale was developed by Carol Ryff (Ryff and Singer, 1998). The 42-item version was used to measure dimensions of psychological well-being namely: self-acceptance, positive relation with others, autonomy, environmental mastery, purpose in life and personal growth. The scale has internal consistency level of .94 and found to have high face and construct validity.

Procedure

The researchers sought permission from the Registrar of the university for approval. After approval, informed consent, confidentiality

of information, no harm to participants, risks versus benefits ratio, briefing were all considered before test administration. Those undergraduates that needed more clarification were attended to. Test administration was done to undergraduates in their lecture halls while awaiting for lectures. The duration for the test administration was 21 days and retrieval process ran concurrently within those 21 days of test administration. Four hundred and ten (410) copies of questionnaire were administered, however only 385 were returned, coded and used for data analysis.

Results:

Hypothesis one: stated that there will be a significant influence of body image on psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi. This hypothesis was tested using simple linear regression analysis and the result is presented in Table 1

Table1: Simple linear regression scores showing influence of Body Image on psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi

Predictor variable	R	R ²	Df	F	η ²	η ²	Sig
Constant	.678	.525	1	211.142		8.343	.001**
Body Image			383		.678	14.234	.001**

**P<.01: *P<.05

The result from Table 1 showed that Body Image positively and significantly influenced psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi.[r = .678, R² = .525, F (1, 383)=211.142; P<.01]. This result implies that body image determines psychological well-being. Thus, as one's levels of positive body image increases, the levels of psychological well-being also

increase significantly among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi. Furthermore, finding from above revealed that body image contributed 52.5 % (R² = .52.5) variance in explaining psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi. Based on the finding therefore, hypothesis one was accepted.

Hypothesis two opined that there will be a significant influence of personality traits on psychological well-being among undergraduates of Rev. Fr. Moses Orshio

Adasu University, Makurdi. This hypothesis was tested using multiple linear regression analysis and result is presented in Table .2.

Table 2: Multiple linear regression scores showing influence of Big Five personality traits on psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi

Predictor variable	R	R ²	Df	F	β	β	Sig
Constant	.742	.659	5	341.537		4.326	.001**
			379				
Neuroticism					.043	.0454	.765
Extraversion					.267	4.235	.001**
Agreeableness					.432		
Conscientiousness					.375	3.761	.001**
Openness					.342		
						2.432	.001**
						3.342	.001**

****P<.01; *P<.05**

The result from Table 1 revealed that the overall personality traits positively and significantly predicted psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi, $R=.742$, $R^2=.659$, $[F(5, 379) = 341.537; P<.01]$. This result implies that personality traits determine psychological well-being. As one's level of personality traits increases, psychological well-being also increases significantly. Furthermore, finding from above revealed that personality traits contributed significantly to 65.9% ($R^2 = .659$) variance in explaining psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi. On the Big – Five personality traits dimensions, only Neuroticism ($\beta=.043$; $P>.05$) did not influence psychological well-

being. Whereas, extraversion ($\beta=.267$; $P<.01$), agreeableness ($\beta=.432$, $P<.01$); conscientiousness ($\beta=.375$, $P<.01$) and openness to experience ($\beta=.342$, $P<.01$) all influenced psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi. Following the result therefore, hypothesis two was supported.

Hypothesis three alluded that there will be a joint and significant influence of body image and personality traits on psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi. The hypothesis was tested using multiple linear regression and the result is presented in Table 3

Table 3: Multiple linear regression scores showing joint influence of Body Image and personality traits on psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi

Predictor variable	R	R ²	Df	F	η^2	η^2	Sig
Constant	.746	.672	2	320.173		4.712	.001**
			382				
Body Image					.341	9.441	.001**
Personality Traits					.425	10.238	.001**

****P<.01; *P<.05**

The result in Table 3 indicated that body image and personality traits jointly and significantly predicted psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi, [R=.746, R² =.672, [F (2,382)= 320.173; P<.01]. This result implies that body image and personality traits are joint determinants of psychological well-being among undergraduates of Rev. Fr. Moses Orshio Adasu University, Makurdi. The result further revealed that body image and personality traits jointly accounted for 67.2% (R² = .672) variance in explaining psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi. Following the result therefore, hypothesis three was confirmed.

Discussion

The discussion centered on the three key research findings for the study:

Hypothesis one stated that there will be a significant influence of:body image on psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi. Finding revealed that Body Image positively and significantly predicted psychological well-

being among undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi. Aligning with this finding. This Smith, Whale and Diedrichs (2012) in their study titled; "Body image as a global mental health concern carried out across the continents of the world" where their findings showed that negative body image predicts the future development of depression and habitual negative thinking. Negative body image has also been associated with self-harms and the development of problematic thinking around eating. Some girls are particularly vulnerable to the damaging consequences of negative body image. For example, girls with a higher body mass index have a greater likelihood of experiencing negative psychological outcomes such as body dissatisfaction, low-esteem and depressive symptoms and vice versa. More so, Dotse and Asumeng (2014)'s study agrees with the current research where study in the University of Ghana Legon, with a total participant of 100 constitute the sample for the study. Results showed a significant positive relationship between body image satisfaction and psychological wellbeing.

Hypothesis two opined that there will be a significant influence of personality traits on psychological well-being among

undergraduate of Rev. Fr. Moses Orshio Adasu University, Makurdi. The finding of hypothesis two showed that the overall personality traits positively and significantly predicted psychological well-being. In other words, it can be confirmed that personality traits determine psychological well-being. **To buttress this study**, Kokko, Tolvanen, Pulkkinen (2013)'s studied on Associations of temperament and personality traits with frequency of physical activity in adulthood among school Age (6-12 yrs) in Finland shows that low neuroticism and high extraversion correlated strongly with high psychological wellbeing, openness and agreeableness were also linked to psychological well-being. In comparison with emotional wellbeing, indicated by general life satisfaction, the relationship of personality traits with psychological wellbeing were significantly stronger for neuroticism, extraversion and openness. Segun-Martins and Dennis (2015) investigated the extent of which personality factors correlates with psychology well-being among undergraduates and reported a positive significant relationship between personality traits and psychological well-being.

Hypothesis three alluded that there will be a joint influence of body image and personality traits on psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu university, Makurdi. Based on the third hypothesis tested, result indicated that body image and personality traits jointly and significantly predicted psychological well-being among undergraduate of Rev. Fr. Moses Orshio Adasu university, Makurdi. This finding is supported by Akhilendra,

Sadhan, and Singh (2012) conducted a study on 200 students of professional courses, Barkacdha Mrzapur. Results indicate that Neuroticism and openness were found significantly negatively correlated with psychological well-being whereas agreeableness was found significantly negatively correlated with psychological well-being. The relationship of extraversion and conscientiousness with psychological well-being was found positive and significant.

Conclusion

Based on the findings of the study, the following conclusion was made;

- i. Body image is an influecer of psychological well-being among undergraduates of Rev. Fr. Moses Orshi Adasu University, Makurdi. This implies that body shapes, sizes, and appearance affect their thought process and psychological well-being.
- ii. Personality trait is a determinants of psychological well-being among undergraduates of Rev. Fr. Moses Orshi Adasu University, Makurdi. This implies that being an introvert or extrovert personality traits affects undergraduates' psychological well-being.
- iii. Body image and personality traits are joint influencers of psychological well-being among undergraduates of Rev. Fr. Moses Orshio Adasu university, Makurdi. Thus, with the combination of body image and individual personality traits affect psychological well-being.

Recommendations

- i. Rev. Fr Moses Orshio Adasu University administration should put in place a counselling unit/psychology clinic whose programs will promote students' body image and enhance self-esteem amongst students. This is key in increasing psychological well-being and by extension enhance good health and academic performance.
- ii. University Management through clinical psychologists should carry out personality traits assessment for all students in order to determine their personality types and promote psychological well-being. Since extraversion, agreeableness, conscientiousness and openness to experience significantly predict the psychological well-being among undergraduates.
- iii. Seminars, workshop, and public lectures should be conducted by Rev. Fr. Moses Orshio Adasu University Management to sensitize students on the need for the body image self-satisfaction and misrepresentation of overweight or underweight for students. to promote psychological well-being.

References

- Akihlendra, K. S., Sadhan, S. & Singh A. P. (2012). Does trait predict psychological well-being among students of professional courses? *Journal of Indian Academy of Applied Psychology*. Vol. 38, No.2, 234-241.
- Anyanwa, J. (2010). Parental relationship as a correlate of psychological wellbeing of south eastern Nigeria Adolescents, *African Journal of Teacher Education*, 1(1): 195-208, ISBN 1916-1722.
- Archontaki, D. & Lewis, G. J. (2013). Genetic influences on psychological well-being: A nationally representative twin study. *Journal of Personality* Vol. 31, Pp. 221-230.
- Ball, S. A. (2005). Personality traits, problems and disorders clinical applications substance use disorders. *Journal of Research in Personality*, 39.
- Bellew, R. (2012). *The role of the family*. In N. Rumsey & D. Harcourt (Eds). *The Oxford Handbook of the psychology of appearance* (Pp. 123-141). Oxford: Oxford Uni-press.
- Cash, T. F., & Smolak, L. (Eds.). (2011). *Body image: A handbook of science, practice, and prevention* (2nd ed.). The Guilford Press.
- Cash, T. F. (2012). *Cognitive behavioural perspective on body image*. In Cash, T. F., and Smolak, L. (2011). *Body Image: A Handbook of Science, Practice and Prevention* (Pp. 39-47) New York. NY: The Guilford press.
- Christopher, J.C (199) Situating Psychological Well-Being: Exploring the Cultural Roots of Its Theory and Research. *Journal of counselling and development*, 77 (2), 141-152
- Costa, P.T. & McCrae, R. R. (1987). Validation of the Five-factor Model of Personality across Instruments and Observers. *Journal of Personality and Social Psychology* 52(1), 81-93
- Dotse, J. & Asumeng, M. (2014). Relationship Between Body Image Satisfaction and Psychological Well-Being: The Impact of Africentric Values. *Journal of Social Science Studies*, 2, 1(1), 132-145
- Frisen, A. & Holmquist, K. (2010). *What characteristics early adolescents with positive body image? A qualitative investigation of Swedish girls and boys body image*, 7, 205-212.
- Grants, S. L., Langan-Fox, J. & Anglim, J. (2009). *The big five Traits as predictors of subjective and psychological wellbeing*. *SAGE Journals*. Google Scholar.
- Heshmat, R., Kelishad, R. & Motamed-Gorji, N. (2015). *Association between Body Mass index and Perceived Weight Status with*

- Self-rated Health and Life Satisfaction in Iranian Children and Adolescent: Caspian- III study.* Quality of Life Research.
- Huppert, F. A. (2009). *A new approach to reducing disorder and improving well-being.* Perspective on Psychological Science, 4(1), 108-111.
- John, O. P., & Srivastava, S. (1999). The Big Five trait taxonomy: History, measurement, and theoretical perspectives. In L. A. Pervin, & O. P. John (Eds.), *Handbook of personality: Theory and research*. New York: Guilford Press
- Kvalem, I. L.; Von Soest, T., Ronald, H. E. & Skolleborg, K. C. (2006). *The interplay of personality and negative comments about appearance in predicting body image.* Body image 3, 263-273.
- Koleck, M. & Bruchon-Schweitzer M. (1987) Dimensionality of the body image- the Body-Image Questionnaire. *Perceptual and Motor Skills*, 65 887–892.
- Mota, E., Brandaon, T., & Costa, S. R (2023). Understanding happiness among university students: The role of general health, psychological well-being, and sociodemographic variables. *Mediterranean Journal of Clinical Psychology*, 11(1), 1-15
- Oishi, S., Diener, E., Choi, D., Kimprito and Choi (2009). The dynamics of daily events and well-being across cultures : When less is more. *Journal of Research in Personality*, 43, 257-270
- Oishi, S., & Westgate, E. C. (2021). A psychologically rich life : Beyond happiness and meaning. *Psychological Review*, 10, 1 - 24 . . <http://dx.dpi.org/10.1037/rev0000317>
- Ryff, C. (1989). Happiness is Everything or is it? Exploration on the meaning of Psychological Wellbeing. *Journal of Personality and Social Psychology* 57 (6) , 134-145
- Ryff, C. D. (2014). Psychological well-being revisited: advances in the science and practice of eudaimonia. *Psychother. Psychos.* 83, 10–28.
- Ryff, C. D. (2018). “Eudaimonic Well-being,” in *Diversity in Harmony – Insights from Psychology: Proceedings of the 31st International Congress of Psychology*, (New York, NY: John Wiley and Sons), 375.
- Sabrina, R. H. (2008). The Relationship between Perceived Body Image and Depression. How College Women see Themselves May Affect Depression. *Student Journal of Psychological Science*, 1(1), 13-20.
- Smolak, (2012). *Body Image, A handbook of Science, Practice and prevention (2nd Edition)*. Pp. 146-153. New York: the Guilford press.
- Spangler, D. L. (2002). *Testing the Cognitive Model of Eating Disorder: The Role of Dysfunctional Beliefs about Appearance.* Behaviour Therapy, 33, 87-105.
- Tiffany, R. A. & Jonathan, S. G. (2016). Linking Personality Traits with Well-being: The Influence of Primary Social Roles. *Journal of Psychological Studies*. Pp. 233-244. Dio:10,1007/5/12646-016-037ox
- Ucho, A. (2024). *Understanding Research in Behavioural Science*. Dove Publishing House, Abuja, Nigeria.
- Vitterso, J. & Nilsen, F. (2002). The Conceptual and Relational Structure of Subjective Well-Being. Neuroticism and Extraversion: Once again, Neuroticism is the Important Predictor of Happiness. *Social Indicators Research*. Vol. 59, Pp. 89-118.
- WHO (2013). *Research for Universal Health Coverage: Geneva*, World Health Organisation