



The Impact of Photo Manipulation and Social Appearance Anxiety on Body Self Esteem

**A research project Presented to
School of Professional Psychology
Bahria university Islamabad, E-8 Campus**

**In Partial Fulfillment
Of the Requirements for the Degree of Bachelor of Science
BS Psychology**

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**SCHOOL OF PROFESSIONAL PSYCHOLOGY BAHRIA
UNIVERSITY ISLAMABAD CAMPUS (E-8)**

**The Impact of Photo Manipulation and Social Appearance Anxiety
on Body Self Esteem among university students**

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APPROVAL SHEET

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I hereby certify that the above candidate's work including the research project has been completed to my satisfaction and that the research project is in format of an editorial standard recognized by the faculty/department as appropriate for examination

Signature(s):

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Date:

The undersigned signifies that:

1. The candidate presented at a pre-completion seminar, an overview, and synthesis of major findings of the thesis and this research is of a standard and extent appropriate for submission as a research project.
2. I have checked the candidates' research project and its scope and formal. Editorial standards are recognized by the faculty/ department as appropriate.

Signature(s):

Dean/Head of Faculty/Department:

Date:

DECLARATION OF AUTHENTICATION

We certify that the research work presented in this research project, to the best of my knowledge, is our own. All the sources used, and any help received in the participation of this thesis have been acknowledged. We hereby declare that we have not submitted this material, either in whole or in part, for any other degree at this or any institution.

Signature(s):

Iman Faisal Virk: _____

Zainab Noor Ahmad: _____

DEDICATION

We dedicate this thesis to our loving parents, our diligent supervisor, and all those who believed in us and inspired us to strive for success.

ACKNOWLEDGEMENTS

Highest praises and gratitude to the Almighty, the Most Compassionate and Merciful, who has blessed and guided us on this journey. For making this research a success and for shining a light of wisdom and insight into our thoughts. Our goals would still be unattainable without Allah's constant direction.

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Iman Faisal Virk
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THESIS REVISION CERTIFICATES

It is to clarify that _____ and _____, Enrollment No. _____
Respectively, session Fall 2024 from School of Professional Psychology, Bahria
University Islamabad conducted their undergraduate thesis entitled “The
Impact of Photo Manipulation and Social Appearance Anxiety on Body SelfEsteem
among university Students” under my supervision. They have revised their thesis in
the light of the examiners’ suggestion, and to my satisfaction and to the best of my
belief, its standard is appropriate for acceptance. Moreover, this thesis is an excellent
work in terms of score and quality for the award of the degree of BS Psychology.

Supervisor:

Date:

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Abstract

The present study explored the relationship between social appearance anxiety, photo editing behavior, and body self-esteem among university students. With the increasing influence of social media on self-image and personal presentation, the research aimed to understand how these psychological variables interact in the context of digital self-representation. A total of 300 university students participated in the study. Data were gathered using three standardized instruments: the Photo Manipulation Scale developed by McLean et al., Rosenberg's Self-Esteem Scale, and the Social Appearance Anxiety Scale. This study contributes to the growing body of literature addressing the psychological impacts of photo editing practices, offering insights relevant to mental health awareness, media literacy, and body image concerns in young adults.

Keywords: Body Self Esteem, Photo Manipulation and Social Appearance Anxiety