

## Body Self-Esteem and the Need to Take Care of Body Posture in the Opinion of Young Adults from Poland, Spain and Iran in the Context of Cultural Differences

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### Abstract:

The aim of the study was to learn about young adults' opinion about their own body shape, to correlate this opinion with the belief in the need to take care of body posture and to check whether cultural values differentiate this approach. 291 people were surveyed from Iran, Poland, and Spain. The Body-Esteem Scale was used along with several additional questions assessing the respondents' attitudes towards body posture as a determinant of health. The highest body self-esteem was recorded in Iranians, and the lowest in Poles. The Spaniards did not differ significantly from other nations. It was also noted that Polish women agreed more than Iranian that *taking care of my posture today will keep me in better health into old age* than Iranian women. The respondents did not differ in their approach to the statement *I am willing to exercise for 15 minutes every day to enjoy good health*. There was a correlation between body self-assessment, body posture self-assessment and health self-assessment for the entire study population. Body self-esteem varies across cultures but is related to attitudes towards body posture, which can be used to motivate young adults to take care of their health through attention to postural habits.

### Keywords:

body posture, quality of life, satisfaction with one's own body, postural hygiene, health behaviors.