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Relationship of Self-esteem and Body Mass Index with Academic Performance of Postgraduate Students in Pakistan

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ABSTRACT A survey study was done to investigate the association of academic performance (AP) of postgraduate students with their Body Mass Index (BMI) and Self Esteem (SE). The respondents for this study were 362 students (282 male and 80 female) selected from 7 public sector universities offering M.Phil Education. Multi-stage sampling technique was adopted for the purpose of data collection. The objective of the study was to find out mutual relationship among self-esteem, BMI and academic performance of the postgraduate students of the public universities of Pakistan. Data analysis was done by applying t-test and correlation analysis to investigate the association of different issues on students' academic performance. The results show that relationship between BMI and academic performance of the students is $r = -0.255^{**}$. The relationship between BMI and self-esteem of the students is $r = -0.448^{**}$ and that the relationship between self-esteem and academic performance of the students is $r = -0.348^{**}$.