

# Life Satisfaction, Self-esteem and Body Appreciation as Determinants of Well-being During the COVID-19 Pandemic

This study explores the relationships among life satisfaction, self-esteem, and body image, considering gender and age disparities and the moderating role of body appreciation. Conducted through a cross-sectional online survey in Poland during the COVID-19 pandemic (between October 18 and December 6, 2021), involving 449 adults ( $M = 30.41$ ,  $SD = 12.72$ ). The participants completed the Satisfaction With Life Scale (SWLS), Rosenberg Self-Esteem Scale (RSES), and Body Appreciation Scale (BAS-2).

Results indicate that men exhibit higher scores than women in life satisfaction and self-esteem, while older participants (age > 30) surpass younger individuals (age < 30) in life satisfaction, self-esteem, and body appreciation. Positive and moderate correlations among life satisfaction, self-esteem, and body appreciation were confirmed. Controlling for age and gender, an interactive effect emerged between self-esteem and body appreciation on life satisfaction.

The findings underscore the importance of tailored intervention programs to improve the well-being of adults during the complex times of crisis, encompassing the challenges of the COVID-19 pandemic. Specifically, focusing on enhancing self-esteem and fostering body appreciation is recommended. These insights offer a nuanced understanding of factors influencing well-being and inform targeted strategies to address mental health issues in diverse populations facing the compounded effects of crises.

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