

## Abstract

The current study was conducted to determine body dissatisfaction, self-esteem and mental health of mothers after childbirth. Sample of 120 mothers were recruited from the playgrounds, gynecology and pediatrics department of the hospital. The scale utilized in the study were Body shape questionnaire (BSQ) established by Cooper, Taylor, Cooper, and Fairbum (1987), Rosenberg self-esteem scale (RSES) developed by Rosenberg (1965) and lastly Mental health inventory (MHI) established by Veit and Ware (1983). The study illustrated the significant negative relationship between body dissatisfaction and self-esteem, positive relationship between body dissatisfaction and psychological distress, negative relationship between body dissatisfaction and psychological well-being and lastly significant negative relationship between self-esteem and psychological distress. The study exhibited mean difference of body dissatisfaction and self-esteem in working and nonworking. Also it explored that there is significant mean difference on body dissatisfaction due to mode of delivery. The regression analysis showed that occupation, of mother and family system are positive predictor and mode of delivery is negative predictor of body dissatisfaction. The ANOVA result showed that there is significant difference in the number of pregnancy on psychological distress. Also there was significant difference of mother education on body dissatisfaction. Lastly post hoc results depicted no significant difference in number of pregnancy on psychological distress. The education of mother had a significant difference on body dissatisfaction. This study has future implication in educating mothers post the birth on their hospital visit about their physical changes, organizing workshops and seminars to educate common people.

*Keywords: Body Dissatisfaction, Self-esteem and Mental health*