

# The Effects of Personal Background, BMI, Self – Esteem, and Social Factors on Body Image for College Students

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## ABSTRACT

The purposes of the study are to probe into the effects of personal background, BMI, self-esteem, and social factors on body image of college students. This study adopts a multi-dimensional research framework and the tool of research used in the study is a questionnaire which consists of three categories including multidimensional body-self relations questionnaire (MBSRQ), self-esteem scale, social factors scale. Statistical software SPSS was used for data analysis. Suggestions after the analysis are proposed for parents, teachers and school counselors as reference. The results from this study are as follows. 1. Variant background showed significant differences on body image. 2. Variant BMI showed significant difference on body image. 3. Self-esteem and body image had significant correlation. 4. Social factors and body image had significant correlation. 5. BMI, self-esteem and social factors had direct predictability on body image.

Keywords : body image ; BMI ; self-esteem ; social factors ; college students

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