

# 青少年個人特質、社會因素與身體意象之相關研究

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## 摘要

本研究之主要目的在探討影響青少年身體意象之相關因素及組別差異，並考驗背景變項、個人特質、社會因素對身體意象的預測作用。本研究的受試者以台灣地區 16到18歲之間的高中職學生720人為研究對象。評量工具包括基本資料調查表(年級、區域、學制、性別、BMI)、個人特質量表(含自尊與沮喪)、父母影響量表、同儕影響量表、媒體影響量表、身體意象量表與身體圖像量表。所得資料經以描述性統計、t檢定、ANOVA、皮爾森積差相關、逐步迴歸分析等方法進行統計分析。本研究結果發現：(一)、不同性別與不同BMI組別的青少年在身體意象上有顯著的差異。(二)、不同個人特質(自尊、沮喪)及社會因素(父母、同儕、媒體)的青少年在身體意象上有顯著的組別差異。(三)、青少年的個人特質與社會因素與身體意象有顯著的相關。(四)、青少年的背景變項(性別、BMI)、個人特質(自尊)與社會因素(父母影響、同儕影響、媒體影響)得分對身體意象有顯著的預測作用。本研究根據研究發現，對青少年之教育及輔導提出建議。

關鍵詞：身體意象;個人特質;BMI;身體圖像;社會因素

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