

The Characteristics, Social Influence, Body Image and Related Factors of Adolescents

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ABSTRACT

The main purpose of this study is to explore the impact factors on body images of adolescents and their group differences, and to test the prediction of background variables, personality characteristics, social influence for body images of adolescents. Subjects are 720 students aged 16 to 18 in Taiwan. Some scales are used in this study to test the relationships among the individual characteristics, social influence and body image of adolescents, including Basic Inventory, Self-Esteem Scale, Depression Scale, Parents Influences Scale, Peer Influences Scale, Media Influences Scale, Body Image Scale and Figure Rating Scale. Descriptive statistics, Pearson correlation, ANOVA, stepwise regression and t-test are used for analyzing data. The results of the study are as follows:(1) There are significant differences on body image in terms of participants' gender and BMI.(2) There are significant group differences on personality characteristics(self-esteem and depression) and social influence(parents, peers and media) with body images of adolescents.(3) Participants' body image are significantly correlated with personality characteristics(self-esteem and depression), social influence(parents, peer and media).(4) Participants' background variables(gender and BMI), personality characteristics(self-esteem) and social influence(parents, peer and media) can significantly predict body image. This study has made some suggestions based on education and counseling strategies to help healthy development for adolescents.

Keywords : body image ; personality characteristics ; BMI ; figure rating scale ; social influence

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