Body Satisfaction And Body Management Behaviors, In Iranian Female Students

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Abstract

Introduction: Body dissatisfaction and related consequences such as unhealthy body change activities and eating disorders are known as serious health problems. Western culture emphasizes thinness as an Ideal Body. Efforts for achieving the ideal Body could be affected by many contributing factors, especially socio-cultural factors. There is a little evidence from Iran, regarding widespread health problem.

Aim: to investigate the approaches that people prefer to follow to change their body shape.

Methods: Four hundred female university students in Kerman participated in the study. Participants filled self-administered questionnaire regarding demographic variables, perceived pressure from others, Body Satisfaction and influences of body on social life.

Results: About half of respondents used diet for weight reduction. About 1/3 of them selected heavy exercise as body management method. Only 6% of students used drugs. There was negative correlation between body satisfaction with body management (P<0.001). Media had prominent effect on body satisfaction and body management methods, direct and indirect.

Conclusion: With considering these results, understanding body image and contributing factors is important to planning for harm reduction due to body dissatisfaction and consequences.

Key words: Body satisfaction, perceived pressure from others, influences of body on social life.

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