

ORIGINAL PAPER

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 deal Body could be affected by many contributing factors , especially socio-cultural factors. There is a little evidences from Iran, regarding wide spread 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 administrated 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 .Iran