

Investigation of the relationship between body image with self-concept in adolescent

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Abstract

The aim of the present study was to investigate the relationship between self-concept and body image in adolescents. The research method is descriptive correlation. The study population consisted of male and female high school students in academic years ۲۰۱۲-۲۰۱۳ in Darab city. The sampling method was multi-staged cluster sampling that firstly selected ۴ high schools randomly between ۱۶ high-schools in Darab and in next step, two classes were chosen randomly from each high school and the questionnaires were distributed among the students who were a total of ۱۸۱ male and female students. Tools used in this study, are Body Image Questionnaire (Littleton et al) and self-concept questionnaire of Mandaglio and Pyryt. To analyze the data, Pearson correlation coefficient, and stepwise regression analysis were used and to perform the statistic process the SPSS statistical software was used. Data analysis showed there is a significant correlation between body image and self-concept.

Keywords: self-concept, body image