Introduction

- Body Image is a key driver of self-esteem

- Social pressures play a role in how children view themselves
  - Peers
  - Parents

- Body image affects
  - Self-esteem
  - Self-concept
  - Self-image
  - Well being
    - Physical
    - Mental
Understanding Body Image

Body image has become a leading concern to children and adults alike.

- Even children as young as seven have reported being dissatisfied with their body image and size (Kostanski & Gullone, 1999)

- 45% of all males and females in third through sixth grade have expressed a desire to be thinner (Maloney, McGuire, Daniels, & Specker, 1989)

- 42% of first and second grade girls express a desire to be thin using restrictive methods of caloric control to lose weight (Collins, 1991)

- 11 million children are overweight with an additional 13 million children at risk for being overweight (Thompson, 2004).
Body Image Dissatisfaction

- The degree of overweight and body image dissatisfaction varies by:
  1. Age
  2. Gender
  3. Socioeconomic status
  4. Race
  5. Ethnicity

- Increases the rate of morbidity and mortality in children
- Body image is a multidimensional phenomenon
Body Image Concerns

- Social, physical, and psychological issues related to body image dissatisfaction include:
  1. Appearance concerns
  2. Diet and eating disorders
  3. Depression
  4. Poor self-esteem
  5. Suicide
Body Image Disturbance

• Has the potential to dramatically influence several health issues including
  – Eating disorders
  – Bulimia and anorexia
  – Weight management
  – Eating patterns that pose as a risk factor for developing
    - Body image distortions
    - Psychological disturbances
    - Obesity later in life.
Problem

- Without the adoption of intervention methods that address body image disturbances in young children, body image dissatisfaction and related illnesses will begin to increase in adolescents and continue into adulthood.
- If left unchecked body image disturbance could result in related illnesses and diseases such as:
  - Diabetes
  - High blood pressure
  - High blood glucose levels
  - Poor self-esteem
  - Depression
  - Psycho-social functions

(Dietz, 1998, Stice, Hayward, Cameron, Killen, & Taylor, 2000)
Purpose

- The purpose of this quantitative correlational study is to explore and assess body image perception from a parental and child’s perspective.
  - This study will determine to what extent parental perception of body image affects children
  - Social, physical, and psychological effects of that perception on a child’s self perception.
  - Risk factors that contribute to the development of body image distortion in children ages 7 to 10
Body Image Analysis

- Examine the relationships between a child and parent’s perception of body image.
- Explore the psychosocial relationships of body image in children.
- Examine self-concept from an internal and external viewpoint
- Identifying behavioral issues
- Measure positive and negative self responses in children
Units of Analysis

- Examine the relationships between a child and parent’s perception of body image.
- Explore the psychosocial relationships of body image in children.
- Examine self-concept from an internal and external viewpoint.
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How Data will be Collected

• Tennessee Self Concept Survey
• Body Image Silhouettes
• Parent Report Card
  (For Children)
• Parent Child Relationship Inventory
How Data will be Analyzed

Tennessee Self Concept Survey

- Measures the individuals level of
  - Self-esteem
  - Moral
  - Ethical
  - Social
  - Personal
  - Physical
  - Family concepts

- Measures 15 components that examine self-concept from an internal and external viewpoint.

Body Image Silhouettes

- Children presented with an eight figure silhouette scale
  - Participants select the figure that most closely represents themselves (self-perception) and underline the figure they want to resemble (Ideal body type)
  - Silhouettes numbered from 1-8, 1 being the lowest and 8 being the highest
  - Positive numbers express a desire to be thin and negative numbers indicate a desire to be larger
Data Analysis

• Parent Report Card
  – Provides a way to open communication with the family
    • Children grade parents
    • Uncovers issues that are important to the child but not detected by parents
    • For children ages 7-12

• Parent Child Relationship Inventory
  – Assesses parents attitudes towards their children
    • 78 item questionnaire
    • Measures parenting dispositions and behaviors
    • Represents individuals ability and satisfaction with parenting
    • Reflect features of the parent-child relationship
Benefits of this Study

- The results of this study will assist parents in gaining a better understanding of their child’s self-perception and body image perspective to effectively implement lifestyle changes that will have a positive affect on their children.
Conclusion

- **Body image dissatisfaction**
  - Affected by the media
  - The influence of toys such as Barbie and GI Joe
  - The expectations of the public to conform to “model proportions”
  - The influence of the fast food industry

- **Body image dissatisfaction is multifactoral**
  - Includes social and cultural standards
  - Attitudes
Conclusion

➢ Three areas that affect body image disorders
  ▪ Health behaviors such as improper diet and lack of physical activity
  ▪ Sick role behaviors such as anorexia, bulimia, and dieting using restrictive caloric intake
  ▪ Clinical uses that includes visits to pediatritions for health related issues

➢ Two causes of body image dissatisfaction
  ▪ Modifiable causes
    ✓ Genetic in nature
    ✓ Passed down through heredity
  ▪ Non-modifiable causes
    ✓ Environment
Healthy Body Image

• “One size does not fit all”
• Be more accepting of others
• Develop a healthy body image perspective
References


