

Assessing Body Image from a Parental and Child's Perspective

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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)

➤ 42% of first and second grade girls express a desire to be thin using restrictive methods of caloric control to lose weight

(Collins, 1991)

➤ 45% of all males and females in third through sixth grade have expressed a desire to be thinner

(Maloney, McGuire, Daniels, & Specker, 1989)

➤ 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.
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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

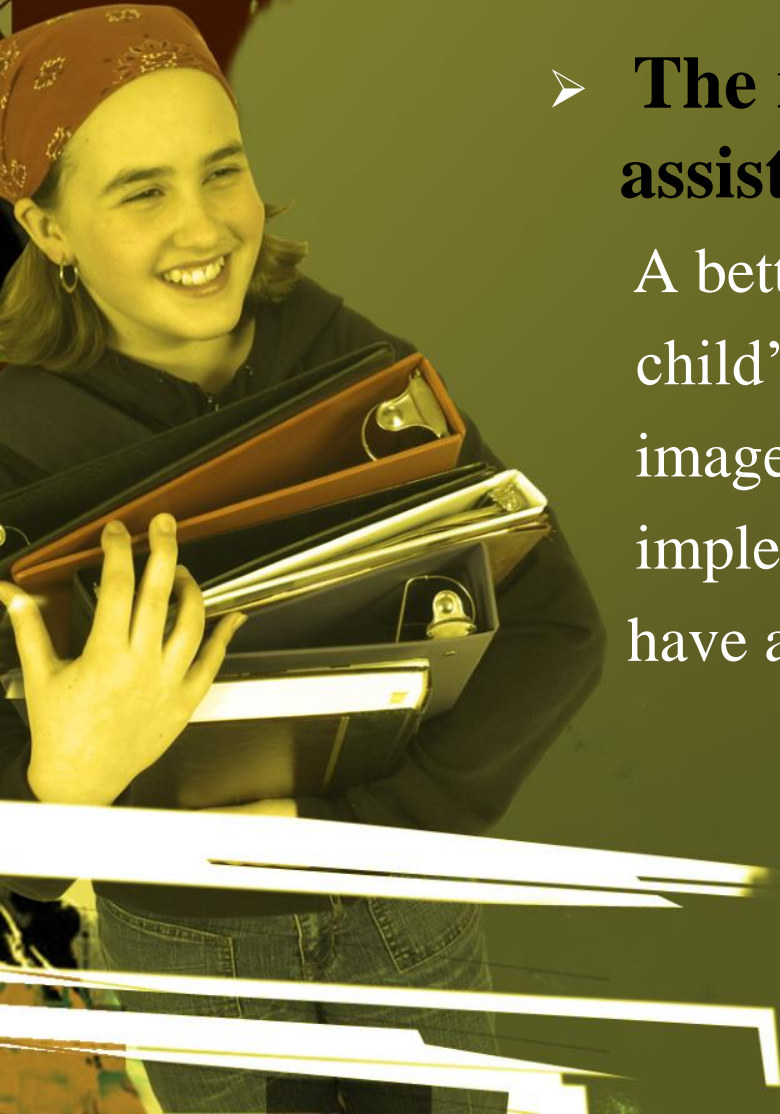
- Assesses parents attitudes towards their children

- 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 pediatricians 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



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