

國小高年級學童身體意象、自尊及身體活動之研究

Relationship among Body Image, Self-esteem and
Physical Activity in Fifth and Sixth Graders in an
Elementary School in Taipei

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摘要

由於運動與心理健康的相關性愈來愈受到重視，本研究試圖了解國小高年級學生身體意象、自尊、身體活動現況，以及三者間的關係。以臺北市某二所國小五、六年級學生為研究對象，以自填結構式問卷為調查工具，共 972 名接受調查，問卷回收率約 97.3%。結果發現研究對象的身體意象、自尊、身體活動平均得分，分別是 45.79 ± 7.70 分（總分 60 分）、 33.33 ± 5.98 分（總分 40 分）、 52.02 ± 3.95 分（總分 56 分）；男生的身體意象顯著比女生正向($P < .001$)，且自尊、身體活動得分均高於女生($P < .01$, $P < .05$)。身體意象與自尊($r = .46$, $P < .001$)呈正相關、身體意象與身體活動($r = .27$, $p < .001$)呈正相關，自尊與身體活動亦呈正相關($r = .27$, $p < .001$)。欲提升學生的身體活動，應重視身體意象及自尊的改善，尤應針對外表及身材方面，提供適性的輔導。

Abstract

The correlation between exercise and psychological health recently has received considerable attention. This study examined the relationships among body image, self-esteem and physical activity. A semi-structured questionnaire was used to gather data from 972 fifth and sixth grade elementary school students (response rate: 97.3%). Results indicated that mean body image, esteem and physical activity were 45.79 ± 7.70 (60 in total), 33.33 ± 5.98 (40 in total) and 52.02 ± 3.95 (56 in total), respectively. Girls had more negative perceptions of body image and self-esteem than boys, and also performed less physical activity. Significantly positive correlations were found between body image and self-esteem ($r = .46$, $p < .001$) and physical activity ($r = .27$, $p < .001$). Self-esteem was also positively correlated with physical activity ($r = .27$, $p < .001$). The findings of this work indicate that promoting physical activity may offer an effective way of enhancing the self-esteem of elementary school students and promoting a healthy body image.