

臺北市國中生自尊、身體意象與運動行為相關性研究

A study of the relationships among self-esteem, body-image and exercise behavior of junior high school students in Taipei

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摘要

本研究的目的是了解台北市國中生自尊、身體意象與運動行為的現況，並探討其間的關係。研究母群體為民國九十三年第一學期就讀台北市公立國中七、八年級學生，採多階段分層隨機抽樣，抽出 6 個行政區中的 12 所學校，共 48 個班級進行施測。研究工具採結構式問卷，以團體自填問卷方式收集資料，有效樣本共計 1343 名，回收率為 99.41%。所得資料以兩組樣本 t 檢定、卡方檢定、單因子變異數分析、皮爾森積差相關等統計方法進行分析。

本研究結果歸納如下：

一、研究對象的整體自尊、身體自尊與社會自尊皆屬中間偏正向；男生之身體自尊高於女生；而女生的社會自尊高於男生。七年級學生的身體自尊得分高於八年級學生。BMI 過輕者的整體自尊、身體自尊和社會自尊均高於正常者及過重者。

二、研究對象的身體意象呈現中間偏正向的情形。男生的外表適應低於女生，其餘因素均顯著高於女生。七年級學生的身體意象總量表得分高於八年級學生。BMI 過輕者和正常者的身體意象總量表得分高於 BMI 過重者。

三、研究對象有規律運動的比率為 44.5%，男生顯著高於女生，七年級顯著高於八年級。

四、整體自尊、身體自尊和社會自尊均與身體意象總得分有顯著正相關。亦即身體意象愈正向者，自尊愈高。其中又以身體自尊與身體意象的相關性最強 ($r=.66$)。

五、規律運動者的整體自尊、身體自尊與社會自尊皆顯著高於無規律運動者。經常與他人一起運動者的身體自尊、社會自尊與整體自尊均高於獨自運動者。

六、有規律運動者的身體意象較無規律運動者高，且經常與他人一起運動者在身體意象總量表上顯著高於沒有運動與獨自運動者。

最後，本論文根據研究所得的結果進行討論並提出建議。

Abstract

The purpose of this study was to investigate and examine the relationships of self-esteem, body-image and exercise behavior among junior high school students in Taipei. By using stages stratified random sampling method, 1343 of valid samples of the seventh and the eighth grade students selected from 6 districts in Taipei were

surveyed with a self-administered questionnaire. Data was analyzed with independent-sample t test, chi-square test, One-way ANOVA and Pearson product-moment correlation. Overall, the results indicated that:

1. According to the self-esteem scores, the level of subjects' global, physical and social self-esteem were above average. The physical self-esteem of the males was higher than females but the social self-esteem of the females was higher than males. The physical self-esteem of the seventh grade students was higher than the eighth graders. The global, physical and social self-esteem of subjects with lower BMI were higher than those of the subjects with normal and higher BMI.

2. According to the body-image questionnaire, the level of subjects' body-image was above average. The appearance orientation score of the males was lower than females, but the other six factors were higher. The score of body-image of the subjects with lower and normal BMI was higher than those of who have higher BMI.

3. 44.5% of subjects did regular exercise. Male's regular exercise rate was higher than female's. Moreover, the seventh grade students who do regular exercise were more than the eighth graders.

4. There were positive correlations among global, physical, social self-esteem and body-image.

5. The global, physical and social self-esteem of the subjects with regular exercise were higher than the ones with no regular exercise. The global, physical and social self-esteem of the subjects who often do exercise with others were higher than the ones who do exercise alone.

6. The body-image of the subjects with regular exercise was higher than the ones with no regular exercise. Moreover, the body-image of the subjects who often do exercise with others was higher than the ones who don't do exercise or do it alone.

Based on these results and discussions we provide some suggestions.