女大學生體重關注之相關因子探討---以雲林科技大學為例

Associated Factors of Weight Concern Among Female College Students---Example of National Yunlin University of Science & Technology

中文摘要

論文摘要
論文名稱：女大學生體重關注相關因子之探討---以雲林科技大學為例
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本研究的目的在探討女大學生體重關注之現況及其相關因素，體重關注所包括的面向包括體重的變化、身體的滿意度、體重控制的態度、體重控制相關的行為，研究採橫斷式調查法，受測樣本為大一至大四之女大學生，年齡 18-26 歲以全部取樣法進行抽樣，樣本數為 2,029 人，樣本回收率為 57%，有效樣本為 1,136 人，以結構式問卷收集資料，所得資料以皮耳森積差相關、卡方檢定、t-test 及單因子變異數分析等統計方法進行分析。所得重要結果如下：
一、研究結果顯示體重的變化與身體質量指數（p＝.00）有統計上顯著差異，體重增加者的身體質量指數高於體重沒有變化者；體重減少者之身體質量指數高於體重沒有變化者。過去三年有減重經驗者之體重的變化減少的比率例顯著高於沒有減重經驗者（p＝.00）。
二、研究對象身體滿意度與年齡在統計上有顯著差異（p＝.02），年齡二十歲以上者身體滿意度顯著高於二十歲以下者。身體滿意度與塑身媒體廣告之接觸頻率在統計上有顯著差異，曾接觸塑身廣告者之身體滿意度顯著較低（p＝.00）。過去三年有減重經驗者，身體滿意度顯著較低。身體質量指數愈高，身體滿意度顯著較低。重要他人對身材評價平均得分愈高者，身體滿意度顯著較低。
三、研究對象體重控制態度與塑身媒體廣告之接觸頻率在統計上有顯著差異（p＝.00），曾接觸塑身廣告者，體重控制態度顯著較強。過去三年有減重經驗者，身體質量指數愈高，重要他人對身材的評價平均得分愈高者，體重控制態度顯著較強；年齡、學院別及家庭社經地位與體重控制態度無統計上之顯著意義。
關鍵詞：體重關注、體重控制、身體滿意度

英文摘要

Abstract
Title of Thesis：Associated Factors of Weight Concern Among Female College Students - Example of National Yunlin University of Science & Technology

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The purpose of this research is to explore the status quo and factors related to concern of female college students in weight. Consciousness of body weight involves four dimensions of weight changes, satisfaction with the body, attitude of weight control and behavior related to weight control. The cross-sectional study was adopted and subjects of female college students at an age of 18 to 26 were obtained through stratified all sampling. There were 1,136 valid samples out of the total 2,029 samples with a recall ratio of 57%. Data were collected by a structured questionnaire and analyzed with Pearson product-moment correlation, Chi-square test, t-test and one-factor ANOVA. Important findings are summarized as follows:

1. The study result indicates weight changes differ from Body Mass Index ($p=.00$) significantly. BMI of the subjects who gained weight are higher than those of the subjects without weight change. BMI of the subjects who lost weight are also higher than those of the subjects without weight change. Weight changes of the subjects who had experience in weight loss for the past three years are significantly higher than those of the subjects who did not ($p=.00$).

2. There are remarkable differences between body satisfaction and age for subjects of study statistically ($p=.02$). Subjects over twenty are more satisfied with their bodies than those under twenty. Satisfaction of body differs significantly in frequency of coming into contact with fitness advertisements. Subjects that used to come into contact with fitness advertisements are dissatisfied with their bodies apparently ($p=.00$). Subjects that had weight loss experience for the past three years have significantly lower body satisfaction. A higher BMI results in less satisfaction of body obviously. When the average score of comments from others concerning body shape is getting higher, body satisfaction becomes lower strikingly.

3. The attitude of subjects towards weight control differs significantly in the frequency of coming into contact with fitness advertisements ($p=.00$). Subjects that used to see such advertisements hold a stronger attitude towards weight control. There is a significant difference between healthy weight control behavior and the frequency of coming into contact with fitness advertisements ($p=.00$). Subjects who used to come into contact with fitness advertisements tend to choose healthy weight control behavior. For subjects that have weight loss experience for the past three years with a higher BMI and a higher average score of comments on body shape from important parties, more are inclined to healthy weight control behavior. No statistical significance is manifested by age, college, family, social and economic status corresponding to the healthy weight control behavior.

Key words: weight concern, weight control, body satisfaction.