

The Relationship between Self-Concept, Body Image, and the Personal Health of the Assumption University Female Student

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This correlative study had the following four objectives; 1) to explore the self-concept and body image of the Au female students, 2) to explore the Au female students' knowledge concerning personal health, 3) to identify health behaviors of Au female students, and 4) to study the correlation between self-concept, body image, and personal health of the Au female students. The population consisted of 1,336 female students who were pursuing a bachelor degree. The 243 participants were selected using stratified random sampling technique. Data was collected from the three questionnaires: Female Body Image Questionnaire, Self-Concept Questionnaire, and Personal Health Questionnaire. Data analysis was conducted by SPSS version 10.01. Results of data concluded that the majority of participants (75.40 %) had a slightly negative body image and only 8.60 % had a positive body image. However, the results show that only a small correlation exists between body image and health behaviors. 47.70 % of the participants possessed positive levels of self-concept. Students with positive levels of self-concept were believed to also possess positive health behaviors. Furthermore, data analysis showed a significantly moderate correlation of 0.455 between these two variables, denoting that a direct relationship existed between self-concept and personal health. To accomplish the objective of exploring the Au female students' general health, results showed that the majority (66.25%) held very good health practices, emphasizing that health was very important, 36.60 % stated to that they read health related literature, 41.20 % exercised regularly, and 50.60 % had very good eating habits, eating three meals daily. On the other hand, a percentage of the Au female students displayed negative health practices. 23.10 % of the participants had a bad practice of smoking almost always or often as a means to alleviate stress along with 31.60 % who either usually or always used alcohol as a means to handle stress. This study hopefully will assist in enhancing health care professionals understanding and perspective of the relationship between the human mind and body. It is noted that this connection will act as an important means in the advancement of interventions that will promote health.

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