

“Physical self & Body image perception”

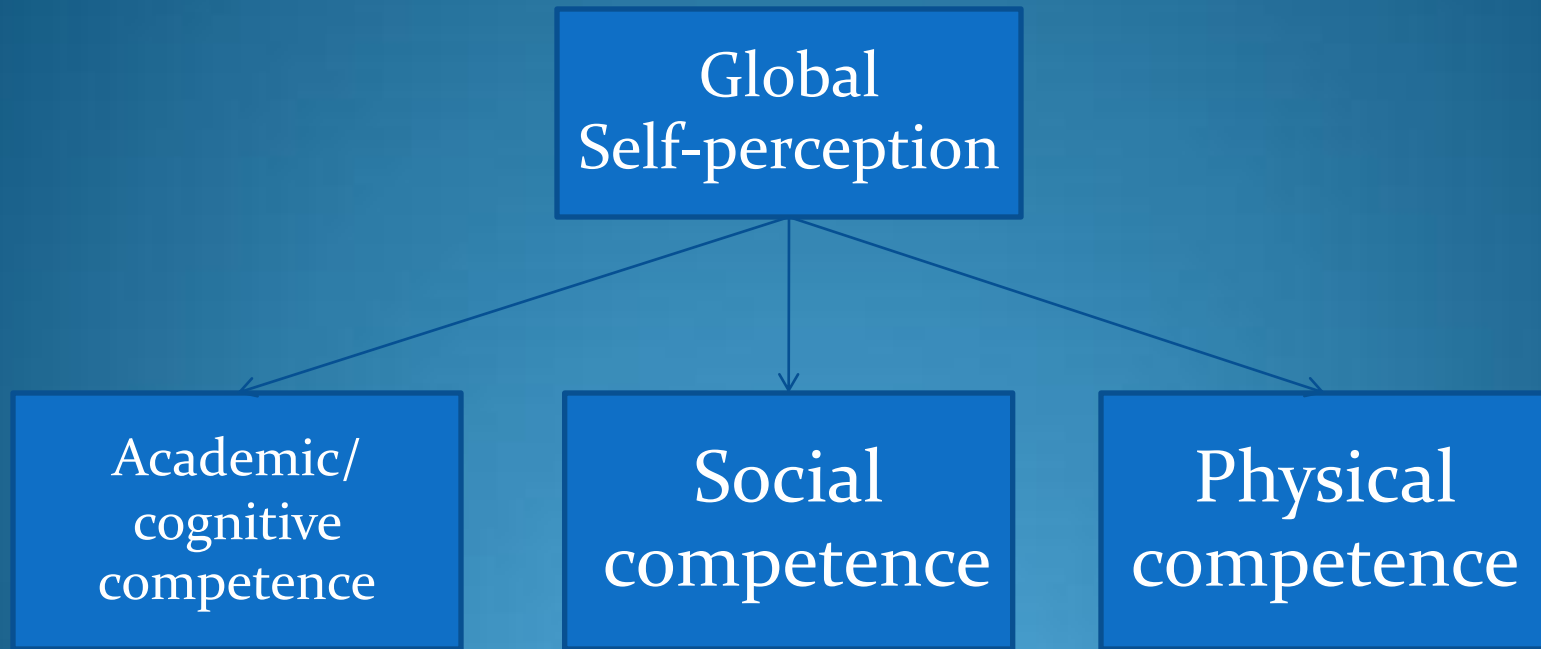


Lecture Series (Nov. 23. 2009)
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Physical self perception

Review

Hierarchical Concept

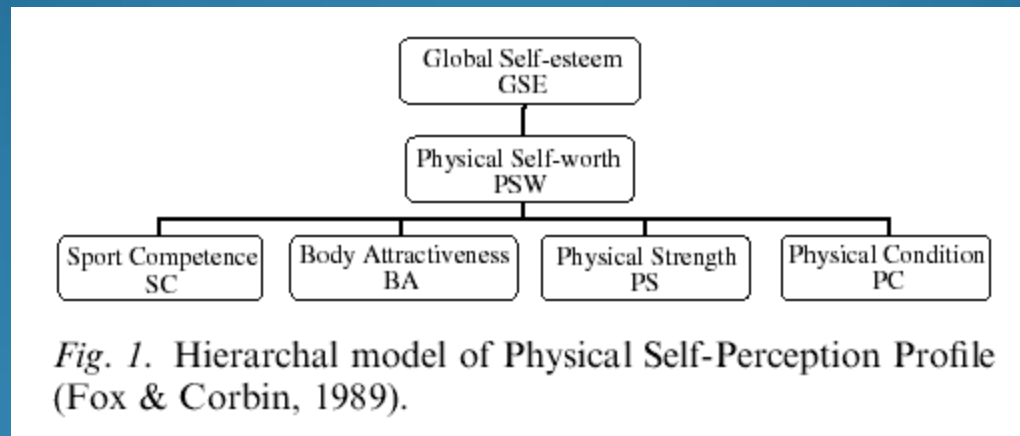


(Harter, 1982)

Physical self perception

Review

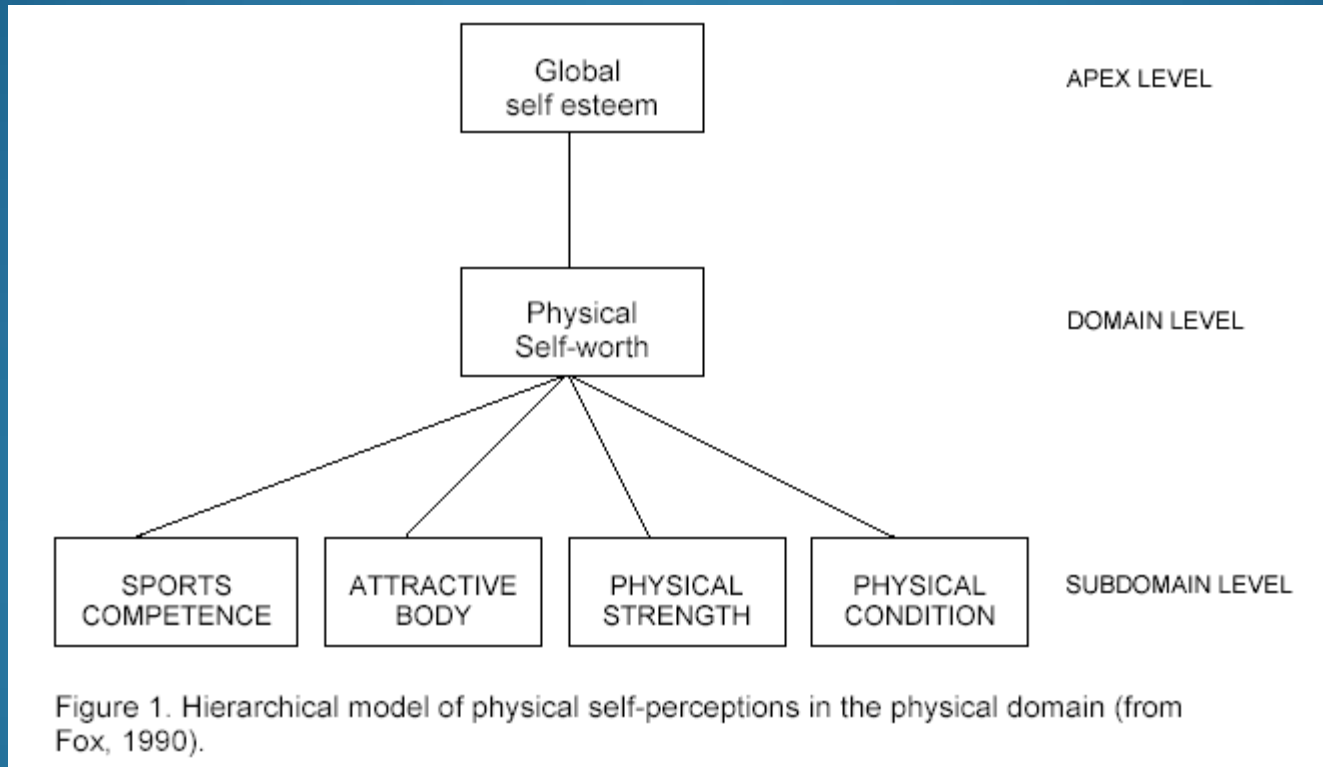
Physical Self- Perception Profile (PSPP) (Fox & Corbin, 1989)



Physical self perception

Review

Physical Self- Perception Profile (PSPP) (Fox, 1990)



Physical self perception

- 30 items
- Score from 6 to 24
- High/low physical self perception

Physical self perception

Research

- The physical self-perception profile: development and preliminary validation (Fox & Corbin, 1989)
- Perceived physical competence in adults: an examination of the physical self-perception profile (Sonstroem, Spetiotis, & Fava , 1992)
- Exercise and self-esteem: validity of model expansion and exercise associations (Sontroem, Harlow, & Josephs, 1994)
- Physical self-perceptions of high school athletes (Welk, Corbin, & Lewis, 1995)

Physical self perception

Use in others country

- Canada (Crocker et al, 2000)
- United Kingdom
(Biddle, Page, Ashford, Jennings, Brooke, & Fox, 1993)
- Russia (Hagger, Ashford, & Stambulova, 1998)

Physical self perception

The Children and Youth Physical Self-Perception Profile (CY-PSPP, Whitehead, 1995)

- 36 item inventory
- 4 sub-domains
- 4 point structured alternative
- 1-4 score
- High/low physical self perception



Physical self perception

Research

- A study of children's physical self-perceptions using an adapted Physical self-perception profile questionnaire (Whitehead, 1995)
- Validation of the children and youth physical self perceptions profile For young children (Welk & Eklund, 2005)
- Russian and British children's physical self-perceptions and physical Activity participation (Hagger, Ashford, & Stambulova, 1998)
- Validity of the children and youth physical self-perception profile: A confirmatory factor analysis (Eklund, Whitehead, & Welk, 1997)

Body image



Body image

- Body image perception
- Body image satisfaction
- Body image dissatisfaction

Stunkard Silhouettes (Figure Drawing Scale)

- Ideal?
- Current?

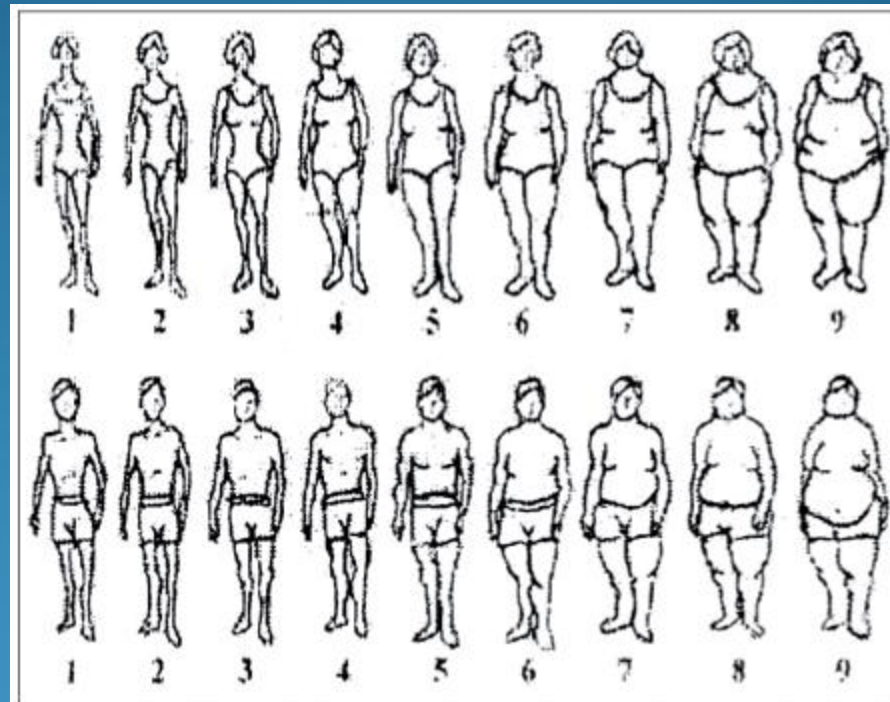
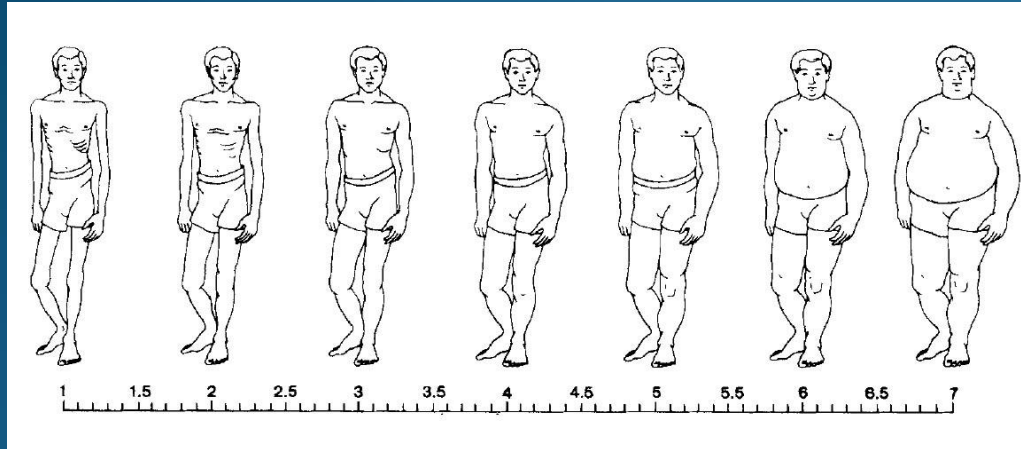


Fig. 1 – Set of profiles proposed by Stunkard et al.⁽²⁹⁾

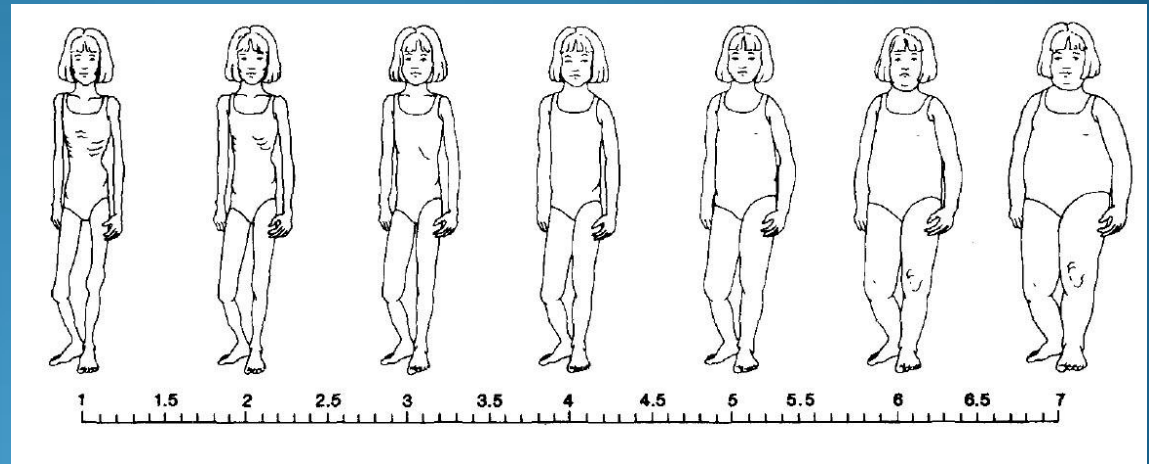
(Stunkard et al 1983)

Body image perception



Adults

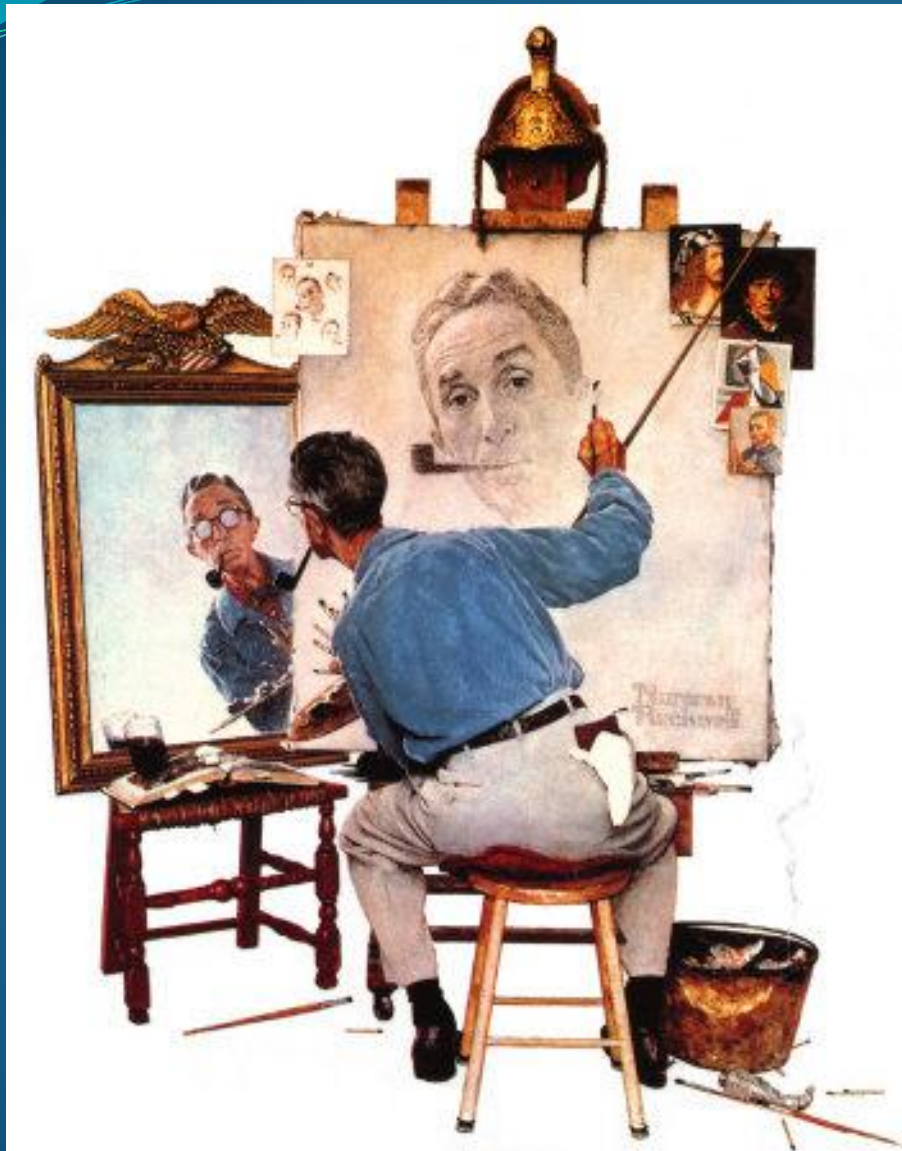
Children



(Collins, 1991)

Physical self perception & Body image perception





**Thank you
For
Your Attention**