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The prevalence of obesity and health related physical fitness relationship with body image in Jordanian teenage

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This study aimed at knowing the differences in body image according to one variable which is the presence of obesity and body fitness related to health. The study sample consisted of (650) female high school students in the capital Amman. The age mean was (0.48 ± 16.36) years. The body fitness related to health was measured in (body composition, skeletal muscle fitness and cardiac respiratory fitness). Then the sample responded to the body image scale prepared by the researchers. The results concluded that there is a statistically significant deviation in body image between obese and non-obese students. The percentage of body image satisfaction was very low at obese students compared to non-obese students with ideal weight or skinny with high percentage of body image satisfaction. Also the results concluded that there is a statistically significant deviation according to body fitness level related to health in the benefit of students with very high level of body fitness. The researchers recommended the activation of sports activities for obese students because of their positive effect and their compatibility with body image and being related to school social harmony between students.

Biography

Mervat Deeb has completed her Ph.D at the age of 34 years from Physical Education Faculty (Major in Sports Psychology) University of Jordan 2007. She has served as head of Social and Applied Sciences Department in Al- Balqaa Applied University and now she is working at the same University as Associate Professor. She has published more than 15 papers in reputed journals, and she was a speaker and member in many seminars and conferences.

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