

Research Project:



Body Image, Self-Esteem, and High-Risk Sexual Behavior among Teenagers, aged 13-19

1.

Objectives

Research Aims, Questions & Study Goals

Research Aim & Questions

Aim: The purpose of this study is to look at the relationship between body dissatisfaction, body image distortion, high-risk sexual behavior, and gender among teenagers [age 13-19] who visit Mary's Center.

Research Questions:

1. What is the relationship between perceived body image (weight classification) and the Body Mass Index of teenagers (age 13-19) visiting Mary's Center?
2. Does gender influence whether or not a teenager is more likely to think they fall within a different weight classification than they do scientifically, according to Body Mass Index?
3. Is there a relationship between body dissatisfaction and/or body image distortion and high-risk sexual behavior? Do these relationships differ by gender?

Research Objectives/Goals

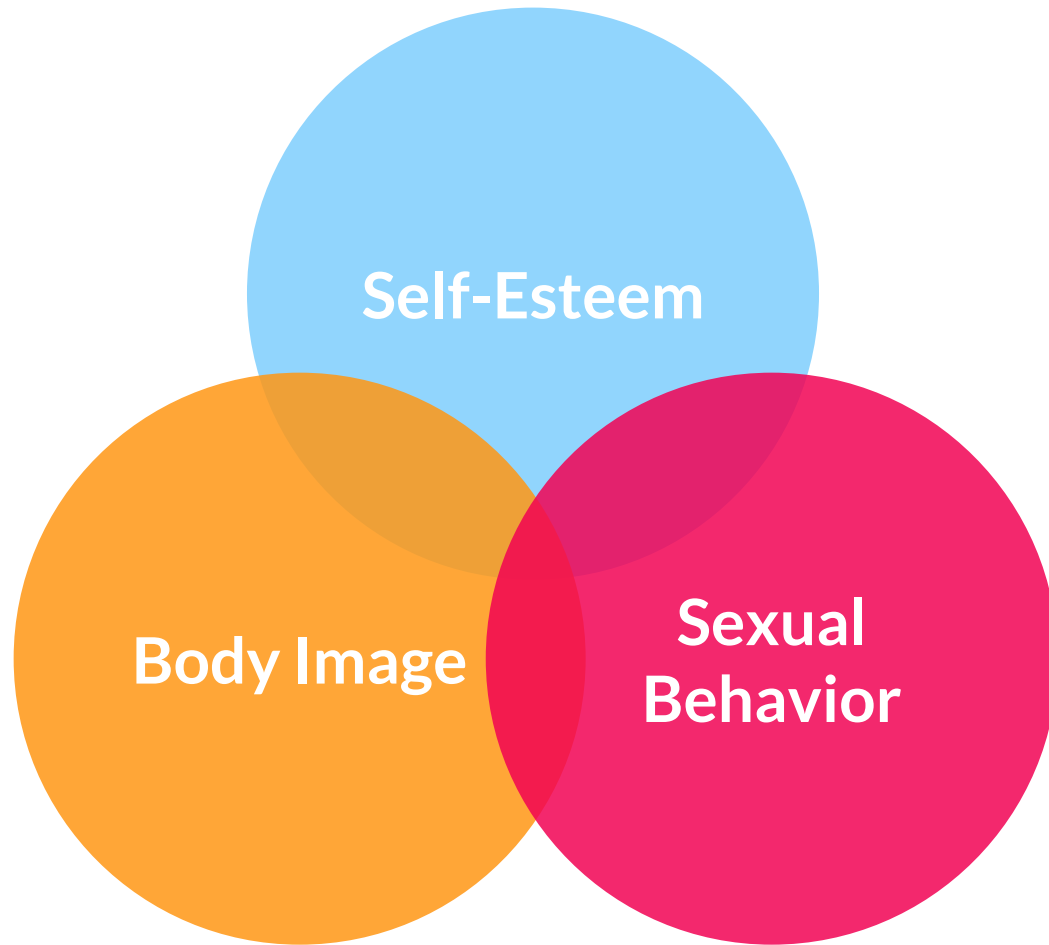
- ▷ To determine the BMI of teenagers [age 13-19] visiting Mary's Center based on their reported height and weights.
- ▷ To determine the prevalence of body dissatisfaction among teenagers.
- ▷ To determine the prevalence of distorted body image among teenagers by comparing the students' reported weight classification and actual weight classification based on their BMI.
- ▷ To determine the prevalence of high risk sexual behaviors among teenagers, such as condom use (or other forms of birth control), number of sexual partners, age at first intercourse, etc.
- ▷ To determine whether or not there are any associations between body dissatisfaction, body image distortion, and high-risk sexual behaviors.
- ▷ To identify potential gender differences in these relationships.

2.

Literature Review

Background & Significance of the Study

Key Themes



Defining Key Terms

Body Image:

- ▷ **Body dissatisfaction** denotes an individual's negative feelings or unfavorable opinions about their body.
- ▷ **Body image distortion** refers to when an individual believes him- or herself to be of a different weight classification than they actually are.

Self-Esteem:

“The experience of being capable of meeting life's challenges and being worthy of happiness” (National Association for Self-Esteem, 2016)

High-Risk Sexual Behavior:

The CDC defines high-risk sexual behavior as any sexual behavior which place individuals at risk for HIV-infection, other STDs, or unintended pregnancy (CDC, 2016).

This includes, but is not limited to, such behaviors as intercourse with multiple partners, young age at first intercourse, lack of contraceptive use, and intercourse under the influence of alcohol and drugs (Greenhill, 2015).

Literature Review

Key Findings:

- ▷ Individuals experiencing Body Image Distortion are at a greater risk of engaging in high-risk behaviors, which is particularly pertinent to sexual health, as high risk sexual behaviors increase the likelihood of an individual experiencing poor sexual health (Blashill et al., 2014).
- ▷ In terms of sexual behavior, self-esteem may be associated with high-risk sexual behavior. According to a study on the relationship between self-esteem and sexual behavior among adolescent females, girls with lower self-esteem reported initiating sex earlier and having more risky partners than their peers with higher self-esteem (Ethier et al., 2006).
- ▷ Previous research suggests that there may be gender differences in the relationships between body image, self-esteem, and sexual behavior (Field et al., 2001).
- ▷ It is evident from the existing literature that there has yet to be a clear consensus on the role of body dissatisfaction, body image distortion, or self-esteem on high-risk sexual behaviors, especially among young people.

3.

Methodology

Research Design

Research Design

Method: Quantitative, cross-sectional survey

Study Population: Teenagers who utilize services at Mary's Center whom are sexually active

Sampling, Recruitment & Survey Process:

- ▷ No IRB Approval
- ▷ These sections of the study design will be determined by the intern who actually conducts this study
- ▷ Suggestions:
 - Survey all teenagers and select out those who are sexually active for data analysis
 - Offer an incentive, such as a raffle, to recruit participants

Research Design

Data Collection: Questionnaire

- ▷ Designed questionnaire featuring sections on demographics, height/weight, body image perception, self-esteem, and sexual behavior

Demographics:

- Age
- Gender
- Race
- Grade
- Relationship Status

Body Image:

- Height
- Weight
- Perception of Weight
- Weight Change Behaviors

Self-Esteem:

- 10 Questions from Rosenberg's Self-Esteem Scale

Sexual Behavior:

- Virginity
- Types of SA
- Pregnancy
- High-Risk Sexual Behaviors
- Sexuality
- Sexual Abuse

Credits



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Thank you

**Any questions or
comments?**



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