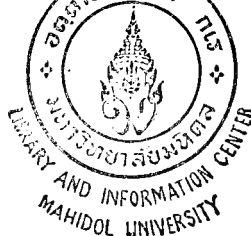


27 JUN 2001



**BODY IMAGE, EXPECTED BODY SIZE, AND EATING BEHAVIOR OF  
FIRST YEAR MAHIDOL UNIVERSITY STUDENTS**

**SAYAMON PAWAPUTANOND NA MAHASARAKAM**

อธิบดีแทนการ

จาก

บัณฑิตวิทยาลัย มหาวิทยาลัยมหิดล

**A THESIS SUBMITTED IN PARTIAL FULFILLMENT OF THE  
REQUIREMENTS FOR THE DEGREE OF MASTER OF ARTS  
(HEALTH SOCIAL SCIENCE)**

**FACULTY OF GRADUATE STUDIES**

**MAHIDOL UNIVERSITY**

**2001**

**ISBN : 974-665-575-2**

**COPYRIGHT OF MAHIDOL UNIVERSITY**

Copyright by Mahidol University

TH  
S274b  
2001  
C.2

4137702 SHSS/M : MAJOR: HEALTH SOCIAL SCIENCE; M.A.

: (HEALTH SOCIAL SCIENCE)

**KEY WORDS** : BODY IMAGE / EATING BEHAVIOR

**SAYAMON PAWAPUTANOND NA MAHASARAKAM: BODY IMAGE, EXPECTED BODY SIZE AND EATING BEHAVIOR OF FIRST YEAR UNIVERSITY STUDENTS. THESIS ADVISORS: VEENA SIRISOOK, Dr. P.H., PAUL YABLO, Ph.D., VANAWIPHA PASANDHANATORN, M.A. 121 p. ISBN 974-665-575-2**

This study was conducted with the aim of examining actual body size, body image, expected body size and eating behavior of first year Mahidol University students and also investigated the relationships among these variables.

A simple random sampling design was used in selecting four faculties, and the students who attended the classes on the data collection dates were the study sample. A self-administered questionnaire was used for collecting data from five hundred and eighty-eight students. Data were analyzed by using mean, standard deviation, profile comparison, Chi-square and correlation coefficient.

The results showed that 63 percent of the students had an average body image. The majority of the students (67.1%) were in the fairly healthy eating behavior group. Although there was no statistically significant association between body image and eating behavior ( $p$ -value = 0.706), nearly all of the students (91.7%) who had struggled with body image tried to lose weight, while students who had a good body image tried to gain weight more than lose weight (20.3% vs. 7.4%, respectively). In addition, there were statistically significant associations between body image and expected body size concerning height, weight, breast/chest and waist ( $p$ -value = 0.000). The students who were in the poor body image level expected to be taller, heavier, and develop a bigger breast/chest and waist.

Based on the findings, in order to improve the students' body image, academic institutions and Ministry of Public Health should provide knowledge or guidance to the students concerning a healthy figure and encourage them to be satisfied with their body size. Furthermore, activities outside the classroom for promoting the importance of nutrition in relation to health should be done in order to improve their eating behavior.