

ABSTRACT

RESEARCH PAPER: The Relationship Between The Level of Physical Activity And Body Satisfaction in Collegiate Females

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This study investigated the correlation between physical activity level and self-perception of weight status and body satisfaction reported among female college students within the United States and Korea. Additionally, this study looks to examine the preference in the types of physical activity engaged in depending on weight status. Subjects were recruited from at one university of South Korea (N=198) and at one university in the Midwest United States the (N=192). Data was collected by using a self-reported questionnaire including demographic information, the Body Dissatisfaction Scale-Eating Disorders Inventory (BDS-EDI), International Physical Activity Questionnaire (IAPQ), and The Objectified Body Consciousness Scale (OBS). Descriptive statistics, correlation analysis, and multiple regression analysis were conducted for the overall variables. The results of the study indicated the participants' physical activity levels were not related to body dissatisfaction among Korean and American female college students. However, Korean students were more dissatisfied with their body image than American students based on variables' total score (Body dissatisfaction scores; Korean 31.86 > American 28.21, Body shame scores; Korean 26.54 > American 22.40). Compared to the physical activity level in Korean students, American students indicated higher physical activity levels (Total recreation METs; Korean 99.6 < American 1987.07). The participation preferences of exercise types were not related to

students' weight status (BMI). Pearson chi-square analyzing P value was .271 among American students and .471 among Korean students. However, BMI was related to body dissatisfaction in both American and Korean students ($P < .001$). Overall results indicated that Korean and American female students' physical activity levels were not associated with body satisfaction. However, this study found cultural differences between Korea and America in other areas.