

不同背景因素之大學生、運動參與行為在健身運動自我呈現、社會體型焦慮之差異比較

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摘要

The purpose of this study is to investigate self presentation in exercise, social physique anxiety and BMI in college students' background variation (gender, object and subject perception of body weight)and exercise participating behavior. (exercise frequency, exercise duration) As to the correlations among self- presentation in exercise, social physique anxiety and BMI(Body Mass Index). A total of 1435 participants (male874, female561) mean age 20.17 ± 1.59 years old, mean high 168 ± 8.65 cm, mean body weight 62.41 ± 14.06 kg, mean BMI 21.99 ± 3.89 . Data analysis by T-test independent, one-way ANOVA and Persons product-moment correlation. The result revealed that. in self-presentation in exercise: male had higher in score of self presentation motive and self presentation construction than female did, in social physique anxiety, male were higher in physique presentation comfort and female were higher in negative physique evaluation. In different subject perception of body weight participant in Self-presentation in exercise: normal perception of body weight group was higher than over weight group in self presentation motive and self presentation construction. In social physique anxiety: normal weight group was higher than over weight group in physique presentation comfort and over weight group was higher than normal weight group and under weight group in negative physique evaluation. The difference of different object perception of body weight participant in physique presentation comfort: BMI categorized as under weight group got higher score in physique presentation comfort than that of normal group and BMI normal group higher than over weight group. In physique presentation uncomfourt : BMI overweight group was higher than normal group and under weight group. High exercise frequency participants had higher score in self presentation motive and self presentation

construction. Long exercise duration time participants got higher score in self presentation motive and self presentation construction. By correlation analysis between each variation, there were positive correlation in self presentation motive, self presentation construction, physique presentation comfort, exercise frequency and exercise duration time. Also positive correlation revealed in self presentation construction, physique presentation comfort, negative physique evaluation, exercise frequency and exercise duration time. Physique presentation comfort group was negative correlation with negative physique evaluation, BMI and positive correlation with exercise frequency, exercise duration time. Negative physique evaluation was negative correlation with exercise frequency and exercise duration time. BMI, exercise frequency and exercise duration time were positive correlation.

關鍵字： Self-Presentation in Exercise, Subjective perception of body weight, Social Physique