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Body image perceptions of seventh grade male and female adolescents: A qualitative analysis

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BODY IMAGE PERCEPTIONS OF SEVENTH
GRADE MALE AND FEMALE ADOLESCENTS:
A QUALITATIVE ANALYSIS

COLLINS

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Body Image Perceptions of Seventh Grade Male and

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(TITLE)

BY

Laura A. Collins

THESIS

SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF

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IN THE GRADUATE SCHOOL, EASTERN ILLINOIS UNIVERSITY
CHARLESTON, ILLINOIS

2003

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**Body Image Perception of Seventh Grade Male and Female Adolescents:
A Qualitative Analysis**

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Abstract

As adolescence is a time of great psychological and physiological change, there is an effect on the body image perceptions of adolescents, and what influences these perceptions. The purpose of this study was to determine the differences between male and female body image perception and what influences these perceptions. The study consisted of 20 in-depth interviews with 10 Caucasian male and 10 Caucasian female seventh grade adolescents from schools in rural communities in east central Illinois. Each participant was asked a series of prepared interview questions in 10 to 20 minute interview sessions. Results indicated that both male and female adolescents possess both negative and positive body image perceptions, but tend to have more feelings of negative body image perception than positive body image perception. Results also indicated that peers, athletic or physical ability, and family influence both male and female adolescents. Additionally, personal ability or accomplishment was listed as an influencing factor for males, with personal or self-influences listed for the females. In conclusion, female adolescents were found to have a more negative body image perception than male adolescents, but an exact male body image perception could not be determined. In addition, peers, athletic or physical ability, and family influence were shown to influence both the male and female adolescents, with variations between how each gender was influenced themselves. The results of this study can be used in future research as new influences on adolescent body image perception were found.

CHAPTER 1

INTRODUCTION

The prevalence of obesity and eating disorders is on the rise in the United States (Birch & Fischer 2000; Gustafson-Larson & Terry, 1992; Kostanski & Gullone, 1999). A negative consequence of this is lowered self-esteem. Children as young as fourth grade participate in dieting or weight loss activities (reducing food intake to lose weight) due to perceived body image perceptions of obesity. Sixty percent of the 457 children participating in one study desired a thinner body; 70% felt guilt, when eating too much or high fat food, and 80% restrained from eating these foods or skipped eating entirely (Gustafson-Larson & Terry, 1992). These results were supported in a later study (Kostanski and Gullone, 1999) in which researchers determined that children as young as seven years were dissatisfied with their body size and deliberately engaged in restrictive eating behaviors.

Interestingly, those who engaged in weight restrictive behaviors, either willingly or due to parental influences, tended to be heavier than those who were allowed to eat normally (Birch & Fischer 2000). Additionally, girls who used dieting restraints and dieted during their freshman year in high school were heavier as seniors than those who did not (Stice, Cameron, Killen, Hayward, & Taylor, 1999).

The most commonly recognized influences of female body image perceptions are peers, media and family. Of these influences, peer influence is thought to have the most affect on body image perception (Byely, Archibald, Graber, & Brooks, 2000; McCabe & Ricciardelli, 2001; Vincent & McCabe, 2000).

Although on a lesser scale, research has also been completed on the body image perceptions and influences on male adolescents. However, unlike their female counterparts, male adolescents desire a larger more muscular body (O Dea & Abraham, 1999; Vander & Thelen, 2000). Similarly, peers, media and family all influenced male adolescents. Yet, males were influenced more to increase their body size where as females were encouraged to decrease their body size (Byely, Archibald, Graber, & Brooks, 2000; McCabe & Ricciardelli, 2001; Vincent & McCabe, 2000).

Purpose Statement

The results of these studies illustrate a need for further examination of the causes and influences of these adolescents' body image perceptions. Therefore, the purpose of this study is to determine the extent to which differences occur in body image perceptions among male and female adolescents, and what influences these perceptions.

Research Questions

In order to clearly define the purpose of this study, the researcher utilized three research questions:

1. What are the male and female adolescent body image perceptions?
2. Do the body image perceptions of males and females differ? If so, how?
3. What are the factors influencing adolescent male and female body image perceptions?

Significance of the Study

This study is significant to adolescent research as it employs a qualitative research design. This research method is not commonly used with adolescents however; it allowed the researcher to gain a deeper insight into the feelings and perceptions of the

participants. By allowing the researcher to ask additional questions when needed, clearest most well defined answers were obtained. This qualitative approach allowed the researcher to observe directly what the views of the adolescent population were as well as their perceived influences. Through this approach, this study illustrated the need for further research.

Assumptions

Assumptions of this study were based on the characteristics of the adolescent population. The researcher believed that the adolescents would be willing to participate in the study, but would be timid in response. The researcher also felt that the participants would provide short answers and would require additional questions in order to obtain adequate data. In addition truthful answers were expected from the participants. Due to signed statements of confidentiality, the researcher assumed that the participants would not discuss the interview session with others.

Definition of Terms

So that aspects of this study can be better understood, the following terms are defined as follows:

1. Body Mass Index- "An indicator of obesity, calculated by dividing the weight of a person by the square root of the person's height" (Sizer & Whitney, 2000, p. 319).
2. Body Image- "A person's own impression of how his or her body looks" (Taber's Medical Dictionary, 2001, p. 289).
3. Perception- "Any of the neurological processes of acquiring and mentally interpreting information from the senses" (Lefton, 1994, p. 76).

4. Self Perception- "People's attitudes toward and beliefs about themselves, largely formed during childhood and adolescences, and often a reflection of other people's perceived attitudes" (Lefton, 1994, p. 592).
5. Attitudes- "Lasting patterns of feelings, beliefs, and behaviors towards other people, ideas, or objects which are based in our experiences, shape our future behavior, are evaluative in nature, and serve certain functions" (Lefton, 1994, p. 574).
6. Standardized Open-ended Interview- An interview in which the researcher "predetermines the topic areas as well as the wording and sequence of the interview questions" (Achterberg, 1988, p. 246).
7. Focus Group- "A carefully planned group of 7-10 people designed to obtain perceptions in a specific area of interest in a permissive, non-threatening, environment" (Simon, 1999, p. 5).

CHAPTER 2

REVIEW OF LITERATURE

Included in this review of literature is information regarding qualitative research design, especially with the adolescent population; nutritional and other concerns of adolescence; the social learning theory and its application to body image; and body image perceptions of adolescents.

Qualitative Research

Qualitative research methods gather data in the form of words or phrases categorized into specific codes or themes. These data hold no numerical values and cannot be conceptualized and usually cannot be statistically analyzed. Typically, sampling is used to discover and describe various categories of answers (Achterberg, 1988). Leedy (2001) indicated that qualitative research is commonly used for gaining insight and understanding regarding various phenomena from the participants' point of view.

Within qualitative research, a diverse sample is chosen to provide a variety of different feelings and opinions, thus allowing the researcher to obtain a wide variety of information related to the research questions. When compared to quantitative research, qualitative research employs a relatively small sample sizes. Samples are considered complete once no new information can be obtained (Achterberg, 1988). With an exact number of participants not determined prior to the beginning of the study; A general idea of the number of participants and where to find them should be determined (Taylor & Bogdan, 1998). In fact, it is impossible to determine the number of participants until after data collection has begun. Data collection should continue until the researcher feels

confident that their research questions have been answered and no new data is obtained (Taylor & Bogdan, 1998; Stainback & Stainbeck, 1988).

Data collection methods within qualitative research include direct observation, ethnography, and interviewing. Each method is designed to gather specific in-depth information regarding the topic being researched (Marshall & Rossman, 1999). Due to the relatively small sample size as well as the depth of information being analyzed, the interviewing method of data collection was utilized in the study.

Several variations and methods exist within the interviewing data collection method. These variations include informal conversational interviews, semi-structured interviews, and standardized open-ended interviews. For the purpose of this study, the standardized open-ended interview was utilized, and will therefore be discussed in greater detail.

The standard open-ended interview is characterized by a predetermined set of topic areas as well as the wording and sequence of the questions. This type of interview offers less flexibility due to the structured format; however, the views of the participants can still be determined. Types of standardized open-ended interview techniques include the cognitive response method, focus group method, and the in-depth interview (Achterberg, 1988).

In-depth Interviews

In-depth interviews were the primary form of data collection used in the current study and were utilized in order to give the researcher a clearer view into a wide variety of settings, situations, or people. According to Taylor and Bogdan (1998), the following situations are best suited for in-depth interviews: "(1) The researchers' interests are

relatively clear and well defined, (2) settings or people are not otherwise accessible, (3) the researcher has time constraints, or (4) when the interviewer is interested in understanding a broad range of settings or people (pp. 90-91)".

There are several advantages to collecting data by means of interviews. This form of data collection allows the researcher to obtain large amounts of data in a relatively short amount of time, and can provide a variety of responses and views if or when group or multiple interviews are held. In addition, immediate clarification of responses is available, and follow-up questions can be immediately asked in order to provide additional information if needed (Marshall & Rossman, 1999).

However, limitations to this form of data collection also exist. Most importantly, the researcher must be aware that people react differently in regards to, and in, different situations. Therefore, the researcher cannot be sure that the feeling of the interviewees will not change when presented in a different situation (Taylor & Bogdan, 1998). Additionally, the interviewer may misinterpret the interviewee since the interviewer is unaware of how the participant interacts in their natural environment. Due to the aforementioned concerns, interviewers should spend a few minutes casually talking with the participants, and should conduct the interview in a setting familiar to the participants so they feel able to converse freely (Taylor & Bogdan, 1998).

During an interview session, the primary goal of the interviewer is to create an atmosphere in which the interviewee feels comfortable, relaxed, and willing to converse (Taylor & Bogdan, 1988; Stainback & Stainbeck, 1988). Therefore, the interview must be conducted in a setting familiar to the participant, and in a conversational manner. This format allows a bond to develop between the interviewer and interviewee, which is key to

a successful interview session. However, this conversational style presents a limitation as the interviewer must remain neutral and non-judgmental, and cannot allow personal bias to enter the interview session. Thus, the interview must remain largely one-sided with the interviewer listening while the interviewee speaks freely (Taylor & Bogdan, 1998). Through the use of open-ended and other probing questions, the interviewee can be prompted to clarify or elaborate on the given interview topic.

Additional tools, such as tape recorders and interviewer's journals, can assist the researcher. The tape recorder allows the researcher to experience the interview at a later date so that pertinent data is not forgotten. Additionally, the interviewer's journal allows the researcher to record nonverbal cues observed from the interview participant (Taylor & Bogdan, 1998).

Although the majority of research with the adolescent population utilizes quantitative methods, the basic tenets of qualitative research methods can be applied. In a study (Polce-Lynch Myers, Kilmartin, Forssmann-Flack, & Kliwer, 1998), 209 adolescents completed open-ended questionnaires with written narratives regarding what influenced their emotional expression and their body image perception. This study yielded positive results and indicated that this type of study is effective when conducted with the adolescent population. Qualitative methods can be very useful when trying to explore, and discover the opinions of others, and phenomena (Leedy, 2001). This method has been used extensively and has been shown effective with the adolescent population.

Further research has been completed with adolescents as the subjects of focus group discussions. A study conducted by Newmark-Sztainer, Story, Perry, and Casey (1999) utilized focus groups in order to determine the factors that influence what

adolescents eat. The results of this study clearly supported the position that focus groups could be an effective medium for collecting data with an adolescent population.

Nutrition and Other Concerns of Adolescents

Adolescence, is defined as the period between childhood and adulthood, and cannot be defined by age, as its onset starts with puberty, is a time of rapid growth and development. It has been documented that adolescence is the only time following birth that the rate of growth increases (Worthington-Roberts & Williams, 2000; Rickert, 1996). Due to this rapid growth rate, the nutritional concerns of adolescents are quite great. During adolescence, the requirements for energy, protein, and all vitamins and minerals are increased (Rickert, 1996). However, adolescence is a time of decreased consumption, particularly of dairy products, as well as a time of increased consumption of soft drinks and unhealthy, highly processed foods. These circumstances put adolescents at a higher risk for nutrient deficiencies (Worthington-Roberts & Williams 2000).

Adolescence is also a time of intense social pressure. Adolescents strive to be accepted by their peers, and go to great lengths to impress others and be a part of the socially accepted crowd. Children of this age feel strongly that having the "right" brand of clothing, the "right" hair, and especially, the "right" body is very important. At this point, the adolescent is influenced by any factor that is considered acceptable by their peers. Adolescents typically harass and tease those who do not fit within the norm of their group. These circumstances typically cause some adolescent to feel inferior to others (Worthington-Roberts & Williams 2000).

Social Learning Theory

The social behavior of the adolescent population can be attributed to the social learning theory (SLT). Although Julian Rotter developed this theory in 1954, Albert Bandura is credited as a leading proponent due to his extensive work using the social learning theory (Martin & Pear, 1996). The SLT explains that people behave in certain ways because of the influences from classical, operant, and observational learning (Kazdin, 1989). In other words, behaviors are influenced by the way other people act and the things that they do. Individuals observe the behavior, and then they imitate what they see (Martin & Pear, 1996; Kazdin, 1989; Lefton, 1994).

The SLT represents a major concern of this study; adolescents strive to fit in with their peers, and strive for a "normal" body. The SLT can be used to predict the behaviors and perceptions of the adolescent population as well as make assumptions about what influences this population. Following is a discussion of the psychological effects maturation leaves on body image perception as well as various influences of body image perception.

Body Image Perception of Adolescents

The accelerated growth rate of adolescents can have psychological effects on the adolescent. The developmental period of adolescence can cause incredible concern regarding the body image perception of the adolescent. Since adolescents grow and mature at different rates, some adolescents become jealous of how those around them look, while others may feel embarrassment about either their childlike or adult figure (Worthington-Roberts & Williams, 2000; Rickert, 1996).

Scientific research has shown that male adolescents' peak height velocity occurs before weight velocity. However, in females, peak weight velocity occurs 6-9 months before peak height velocity. This causes the females to go through a stage of increased weight gain (Worthington-Roberts & Williams, 2000; Rickert, 1996).

The psychological effects of this increased amount of fat in female adolescents are evident. Negative body image perceptions of adolescent females have been noted, with adolescent females at greatest risk for disordered eating habits (Benjet & Hernandez-Guzman, 2001; Geller, Srikameswaran, Cockell, & Zaitsoff, 2000; Mc Cabe & Ricciardelli, 2001; O Dea & Abraham, 1999; Pesa, Syre, & Jones, 2000; Rierdan & Koff, 1997). These disordered eating patterns are more common among Caucasian, female adolescents, than African American, female adolescents living in the United States (Demarest & Allen, 2000).

As stated in Thompson and Smolak (2001), 44% of fourteen-year-old females, compared to 20% of 9-year-old females reported that they were trying to lose weight. However, the number of self-reported dieting behaviors does not correlate with the number of adolescents diagnosed with eating disorders (Thompson & Smolak, 2001). This is a dangerous fact since these females are at such a high risk for nutritional deficiencies.

Despite the extensive research that is conducted on female adolescents, significantly less research has been completed on the psychological effects on male adolescents. Nonetheless, what little research has been completed does report negative body image perceptions among male adolescents, with male adolescents yearning for a larger, more muscular body (O Dea & Abraham, 1999; Vander & Thelen, 2000).

The body image perceptions of adolescents are influenced by many factors. Peers, family members, and media are the most frequently noted influence of adolescents' body image perception (McCabe & Ricciardelli, 2001). However, girls are reported to be influenced more to lose weight, and males are influenced more to gain weight (Byely, Archibald, Graber, & Brooks, 1999; McCabe & Ricciardelli, 2001; Vincent & McCabe, 2000).

Adolescence is a time of great emotional and physical change, as well as increased nutritional needs. However, many adolescents engage in disordered eating habits to change their body. Although numerous studies have been completed on the body image perceptions of adolescents, this study used a qualitative approach to determine body image perceptions of male and female adolescents, as well as what factors influence these perceptions.

CHAPTER 3

METHODS

This chapter details the methodology utilized during this study. Topics discussed in this chapter include the design of the study, participants, description of the data collection instrument, procedures for data collection, and description of data analysis.

Design of the Study

A qualitative research design was utilized in this study in order to gain insight into the body image perceptions of adolescents. A series of in-depth interviews with male and female seventh grade adolescents was conducted in the spring of 2002. This method allowed the researcher to acquire accounts of adolescent's body image perceptions in his/her own words, and to compare the differences noted between the male and female adolescents. This method also allowed the researcher to obtain clarification when needed in order to gain a better understanding of adolescent body image perceptions as well as the influences over these perceptions. The data obtained were then analyzed into categories using the QSR N5 data analysis system.

Pilot Test

In order to test the effectiveness of qualitative design, a pilot test study was conducted. Within the pilot, two focus groups (one containing eight male participants, and the other containing eight female participants) were conducted with a convenience sample of Caucasian seventh grade adolescents in a small school district in East-Central Illinois. A facilitator, trained in the proper methods of conducting focus groups, directed and guided each focus group through their discussions. Students volunteered to participate in the pilot study with signed parental consent forms obtained from all

participants. The focus group sessions lasted 45 minutes and were conducted during a study hall class period. Each session was audio taped with both the participants as well as the facilitators signing written statements of confidentiality.

Much of the knowledge gained from the pilot study was applied to the design of the research techniques. Results from the pilot study guided the development of the interview questions as well as possible follow-up questions. The pilot study also provided the researcher with the experience necessary to more effectively interact with the adolescent population, to gain insight into knowing what to expect in interview situations with the population, and how to relate to the participants. In addition, it was learned that the honesty of answers in focus groups might be swayed.

Participants

The sample utilized in this study included 10 male and 10 female Caucasian seventh grade adolescents from public schools in the Midwest United States. Permission for participation in the study was obtained verbally from school district principals after they had reviewed the study proposal and in writing from the parents of participating students (Appendix A). Primarily, those students enrolled in study hall classes participated. This enabled the data collection to be completed during the school day in the school facility and to minimize the amount of class time participants missed.

Since a qualitative approach was utilized for this study, a small convenience sample of 20 participants was used. Principals or guidance counselors of the participating schools distributed permission slips to the students in classes who volunteered to participate in the study. Only those students who returned signed permission slips granting consent for participation were included. The final sample drawn from this pool

of volunteers included 10 Caucasian male and 10 Caucasian female seventh grade students.

Adolescents, specifically those in seventh grade, were selected based on the common characteristics of people typically diagnosed with eating disorders. Typically, eating disorder patients are Caucasian female adolescents from developed countries (DSM IV, 1994), and studies have indicated that female adolescents are influenced by peers and family to change their body size or shape (Polce-Lynch, Myers, Kilmartin, Forssmann-Flack, & Kliewer, 1998). However, male adolescents were also selected as male adolescents also show signs of negative body image perceptions, and are influenced by family, peers and media to change their body size and muscle tone (Polce-Lynch, Myers, Kilmartin, Forssmann-Flack, & Kliewer, 1998).

Data Collection Instrument

A series of individual interviews was used for data collection within this study. A total of 20 interviews, 10 with male participants and 10 with female participants, all Caucasian, were conducted during spring 2002. Each interview was conducted individually by the researcher, and lasted between 10 and 20 minutes depending on the length of answers provided by participants as well as the additional probing researcher questions.

The questions (Appendix B) employed during the interview sessions were modified for clarity and content following the pilot test study. These questions were assessed for face validity by two university professors as well as one master's level graduate student. Furthermore, the first question asked in each interview was designed to relax the participants, as well as to identify the interviewee by first name only. The last

question was designed to bring closure to the session, as well as to gain any additional information from the participants. A description of how each interview question addresses each research question is listed in Table One.

Table 1

Interview questions used to answer research questions

Research Question	Interview Question
What are male and female adolescent body image perceptions?	How do you see your body
	What if anything would you change about your body?
How do male and female body image perceptions differ?	How do you see your body?
	What would be the benefit of making this change?
	What if anything would you change about your body?
What factors influence adolescent male and female body image perceptions?	If there is one thing that could change the way you see your body, what would it be?
	What has contributed to the way you see yourself?
	What would be the benefit of making this change?

Procedure for Data Collection

Interviews were conducted in environments that were deemed non-threatening for the participants. This environment consisted of classrooms or offices located within the participants' school. All interview rooms were arranged so that the participant and the interviewer were seated across from one other at a table or in desks. These arrangements were chosen in order to provide the most appropriate setting to stimulate conversation

between the interviewer and interviewees, which is an integral part of the interview procedure (Stainback & Stainbeck, 1988).

Each interview was audio taped, including the interviewer's explanation of the interview process prior to the session. All recordings were kept completely confidential. Interviewees were permitted to withdraw from the study if they felt uncomfortable with being audio taped.

During interview sessions, the researcher was responsible for asking the interview questions in addition to asking any probing deemed necessary for obtaining more detailed information or redirecting the discussion towards body image. The researcher also took necessary notes during the interview session. However, notes were not taken, as the interviewees would not continue answering questions when the researcher began writing.

Before the 10 to 20 minute interview sessions began, the researcher explained the interview process to the study participants. The introduction included the basic format of the interview session, the responsibilities of the participant, why interviews were being conducted, explanations for why the cassette recorder was used, a debriefing regarding how the interview would be conducted, and an explanation of the confidentiality statements (Appendix C). A written statement of confidentiality signed by the researcher was distributed to each of the participants (Appendix D). In addition, all participants were asked to sign written agreements before discussions began (Appendix E).

Data Analysis

The audio taped interviews were transcribed verbatim (Appendix F) and analyzed for recurring themes. From the categorizing of the data into the QSR N5 data analysis

program four overlying themes emerged. The themes were then analyzed to describe influences on adolescent body image and body image perception. A summary statement was then written for each research question based on the each theme with quotes from the transcripts to further illustrate each theme.

This chapter described the methodology utilized within this study. A qualitative research design consisting of in-depth interviews of 10 Caucasian male and 10 Caucasian female seventh grade adolescents was used. Data were then transcribed and categorized using the QSR N5 data analysis system. The results of this study will be discussed in chapter four.

CHAPTER 4

RESULTS AND DISCUSSION

The findings for this study were categorized into four themes through the use of the QSR N5 data analysis system. These themes were then subcategorized and organized according to the research questions. The transcriptions of the interview data are included in Appendix F.

The four original themes included male body image perceptions, female body image perceptions, male influences, and female influences. Sub themes for the male body image perceptions and the female body image perceptions themes were positive body image perception, negative body image perceptions, and both positive and negative body image perceptions. Sub themes for male influences were personal ability or accomplishment; family, athletic or physical ability; and peer influences. Sub themes for female influences were physical ability; personal or self influence; family or other influence; and peer influence.

Research Question 1: What are the male and female adolescent body image perceptions?

Male Body Image Perceptions

Answers in response to male body image perceptions yielded both positive and negative thoughts (Table 2). A good example of a positive response was provided by a male participant when he responded "I have a healthy body. I take care of it real good." Conversely, a good example of a negative response was provided stating "I kinda have like a pot belly type and I want to get that smoothed out and like more muscular arms." Although some indicated strictly positive or negative thoughts, a few provided responses

that could be construed as both negative and positive. Therefore, an overall consensus of an exact male body image perception could not be formulated.

Table 2

Male participant responses indicating either a positive or negative body image perception.

Body Image Perception	Male Response
Positive	"I have a healthy body. I take care of it real good"
	"(I'm) tall, medium sized fairly strong."
	"I look at myself as a really skinny person, not overweight at all, I get a medium amount of exercise. I don't work out all the time, just average I guess,"
Negative	"I don't look at myself as really abnormal. I see a lot of other people who are a lot like me in different ways."
	"I'm small for my age and I've got big ears"
	"I kinda have like a pot belly type and I want to get that smoothed out and like more muscular arms."
	"I ought to be a little bit heavier for my age. Like I only weigh about 105, but I would like to be a little bit more heavier like around 115 maybe."

The male responses column indicates the male participants answers to interview questions about their body image perception. These questions included: How do you see your body, and what if anything would you change about your body.

These results were consistent with the research conducted by O Dea and Abraham (1999), and Vander and Thelen (2000) as the male adolescents within these studies reported a desire for a larger, more muscular body. Males reporting positive body image perceptions indicated their strength as their positive attribute.

Female Body Image Perceptions

Similarly, females reported both positive and negative thoughts as well as responses that could be construed as both positive and negative (Table 3). One example

of a common positive thought provided by a female respondent was "I don't think there is anything that I would change, I like how I am." An example of a negative thought was illustrated when a respondent indicated, "I'd like to be like the other girls in school, more skinny I guess, and I'd like to be able to fit into different clothes than I do now. Like wear dresses but not have to worry about what sizes they are. Be able to pick what I want to wear without some body else having to pick it for me." However, female responses indicating positive body image perceptions were limited in number, whereas responses indicating a negative body image perception were far more common. Additionally, positive responses were followed by negative responses for those who indicated feelings of both a positive and negative body image perception. For example one female participant stated, "I feel good (about my body), but sometimes I don't feel so good." This leads the researcher to believe that the negative feeling was more prevalent than the positive.

The results of this study were consistent with previous research, which indicates a stronger negative body image perception among the female adolescent population. In fact, several studies reported that female adolescents were at a greater risk for eating disorders and other complications as a result of negative body image perceptions than any other group (Benjet & Hernandez-Guzman, 2001; Geller, Srikameswaran, Cockell, & Zaitsoff, 1999; Mc Cabe & Ricciardelli, 2001; O Dea & Abraham, 1999; Pesa, Syre, & Jones, 2000; Rierdan & Koff, 1997).

Table 3

Female participant responses indicating a positive or negative body image perception, as well as responses indicating negative perceptions prevailing over positive perceptions.

Body Image Perception	Female Responses
Positive	"I like how I am and how my body is. I like mostly everything about like my body and everything. Do you mean like confidence and everything."
	"I don't think there is anything that I would change, I like how I am."
Negative	"I don't know I could be prettier."
	"I could gain weight instead of lose weight because people think I'm too skinny."
	"I'd like to be like the other girls in school, more skinny I guess, and I'd like to be able to fit into different clothes than I do now. Like wear dresses but not have to worry about what sizes they are. Be able to pick what I want to wear without some body else having to pick it for me."
	"(I'd like to change) my pupils like my skin color. I'd like a different pigment. I'd like to be, I like my big builtness, but I'd like to be with my big built, I'd like to be smaller weight wise."
Negative prevailing over positive perceptions	"(I see my body) overall pretty good, I might be a little chubby."
	"Well except for what I want to change about it, I think that its just normal."
	"I feel good (about my body), but sometimes I don't feel so good."
	"Last week we had a dance and one of the people that we saw was like 'she's really skinny.' I'm not saying that a bad thing but people tell me that all of the time and it gets a little old."

The female responses column indicates the female participants' answers to interview questions about their body image perception. These questions included: How do you see your body, and what if anything would you change about your body.

Research Question 2: Do the body image perceptions of males and females differ?

If so, how?

As illustrated from the participants' responses, male and female adolescents both conveyed positive and negative body image perceptions, as well as expressed emotions that could be construed as both a positive and negative body image. However, the females tended to be more negative in their responses than did the males. This, too, supports the hypothesis that although similar feelings are shared among the sexes, females generally have a more negative body image perception than their male counterparts.

Additionally, the male participants were not as free with their emotions and feelings as the female participants and needed much more probing in order to obtain the male perspective. The male participants, on the whole, had shorter responses than did the female participants. This could be indicative of why there was such a difference between the two groups.

Research Question 3: What are the factors influencing adolescent male and female body image perceptions?

Factors influencing adolescent male body image perceptions

Male responses to questions regarding influences of body image perception yielded four different influences. These influences, listed in rank order, included peers; athletic or physical ability; personal ability or accomplishment; and family influences as illustrated by responses in Table 4. One male shared quite a bit regarding peer influence, "Friends, the treatment, the way people talk about you. They say things like 'ha ha you have a pot belly' or you know like 'your arms are small, you need to be bigger.'" Comments concerning athletic or physical ability were also frequently noted. As track season was in progress, several interviewees comments were related to running faster or

being stronger, ““Like right now I am in track and I run the mile and if I were skinnier I probably would be able to run it faster and stuff like that.”

Table Four

Subcategories of male participant responses to interview questions indicating the influences of body image perceptions.

Influence	Male Response
Peers	“Friends, the treatment, the way people talk about you. They say things like ‘ha ha you have a pot belly’ or you know like ‘your arms are small, you need to be bigger,’” “the way people think of me, the perception of me. Like you can tell what I do and stuff like that,”
	“Well mostly people around me.”
	“Other people see me as one of the smarter people in the grade, they come to me for answers for a lot of stuff. Um, they can see me as a skinny person, that’s what I go by,”
	“(If I changed) people would not laugh. That would make me feel good and better about my body. It would give me self-esteem. I don’t have any. Like when they say you’re ugly and stuff, that makes me feel even worse”.
Athletic or Physical Ability	“If I had arms I could be shot put or anything in track. With stomach you could lift weights, you could be a professional swimmer. You could have fun in track without having to stop for a while,”
	“Like right now I am in track and I run the mile and if I were skinnier I probably would be able to run it faster and stuff like that.”
	“(I am influenced) by what I do, like how I work and stuff,” “I could win a competition like if I was running, I could go faster,” and “I could be in more sports and run and do more exercise.”
Personal Ability or Accomplishment	“I just look in the mirror,” “I want to make myself better,”
	“My grades I guess, if I got worse grades than I do, I don’t think I would look at Myself as such a smart person as I think I am.”
	“Because I’m that way. I’m big and I know that.”
	“I just want to make myself better.”
Family Influence	“My friend, my parents a little, “ and “the parents will say you need to lose weight or you need to get in better shape.”

The male responses column indicates the male participants answers to interview questions about what influences their body image perception. These questions included: If there is one thing that could change the way you see your body, what would it be; what has contributed to the way you see yourself; and what would be the benefit of making this change.

These findings were consistent with previous research as peer influence is typically recognized as the most significant influence of the adolescent population (Byely, Archibald, Graber, & Brooks, 2000; McCabe & Ricciardelli, 2001; Vincent & McCabe, 2000). However, males also reported physical or athletic ability as a key influence, which is not commonly mentioned in the literature. Yet, studies indicate that males are often influenced by family and peers to increase their muscle size and mass (O Dea & Abraham, 1999; Vander & Thelen, 2000). These factors may or may not be related since it is unclear if the male adolescents wanted to increase their physical ability on their own accord or if this too is a result of peer or other influence. The same is true of the personal ability or accomplishment influences as it too could relate to other factors.

Factors influencing adolescent female body image perceptions

Female responses to interview questions in regards to influences of body image perception yielded four different influences (Table 5). These influences include peer influences; personal or self-influences; athletic or physical ability; and family influences, examples of which are listed in Table 5. Although this research supports several influences to adolescent body image perception, peer influence was the most common response. Common participant responses include, "I just sometimes don't like it when people are like, 'oh you are skinny' I mean I know they judge you sometimes like when they say 'are you anorexia or bulimia,' I mean sometimes I let it get to me, but other times it just gets annoying." These results were consistent with previously conducted research (Byely, Archibald, Graber, & Brooks, 2000; McCabe & Ricciardelli, 2001; Vincent & McCabe, 2000

Table 5

Subcategories of female participant responses to interview questions indicating the influences of body image perceptions.

Influence	Female Response
Peers	"One of my friends, she's really skinny, she's (also) really athletic, then I think about myself and how much bigger I am than her still, but she's still more athletic than me. I also get really jealous," "how my friends are and everybody around me and how they act and everything has contributed to how my personality is and how I see myself,"
	"Like my friends and stuff. Like today I'm not getting along with one of my friends, so I'm not good."
	"Just by looking at other people and seeing what they look like and comparing myself," "(If I changed) maybe people wouldn't put me down as much, and make me feel bad. I fight... like myself the way I come to school every morning when I try to come to school the way I look," and "(I see my body like) I like, I don't know, nobody I know is like big, but it seems like I'm smaller than everybody... I just sometimes don't like it when people are like, 'oh you are skinny' I mean I know they judge you sometimes like when they say 'are you anorexia or bulimia,' I mean sometimes I let it get to me, but other times it just gets annoying."
Personal or Self	"My attitude (influences the way I feel about myself)," and "I don't see my body as anything wrong or anything, but I see it s that it's ok and fine with me, in my mind."
	"(If I changed), I would feel better about myself," "my guilty conscience (would make me change the way I see myself), because from saying stuff about people that I shouldn't have when I was mad and I just put myself down and makes me feel pretty bad," and "I like the way I am."
Athletic or Physical Ability	"Like if I could do something to change it (body image perception) what would it be? Probably if I could be more strict about what I eat or if I could exercise more and not be lazy on the weekends."
	"The fact that I can do sports and that I know that if I don't think a lot of myself, if I don't think that I am what I am for a reason I wouldn't be able to go out and do sports."
	"If I were more athletic I could be in track because I don't like to run that much and I wish I did because then I could be in track and everyday after school I would have something going on and if I don't think that me gaining a little more weight would change anything,"
	"Sometimes I would like to be a better athlete."
Family Influence	"(I am influenced by) my reflection in the mirror, or like see my mom is heavy and I put myself down everyday knowing that I could grow up and be like her."

The female responses column indicates the female participants' answers to interview questions about what influences their body image perception. These questions included: If there is one thing that could change the way you see your body, what would it be; what has contributed to the way you see yourself; and what would be the benefit of making this change.

Inconsistent with previous research, personal or self-influences and athletic and physical ability were also indicated as influences of female body image perceptions. A response indicating athletic and physical ability includes, "If I were more athletic I could be in track because I don't like to run that much and I wish I did because then I could be in track and everyday after school I would have something going on and if I don't think that me gaining a little more weight would change anything." However, similar to male adolescents, it is unclear if these factors are mutually exclusive or if they exist as a result of other influences. Furthermore, athletic and physical ability are typically characteristics that are associated with the male population. These results are not commonly revealed in current research, as males are typically the ones associated with this trait (O Dea & Abraham, 1999; Vander & Thelen, 2000).). Conversely, media influence was not mentioned as an influence, but is commonly named in the literature (Anderson, Huston, Schmitt, Linebarger, & Wright 2001; McCabe & Ricciardelli, 2001).

Although not frequently mentioned, family did have an influence on female body image perception. The one comment made was, ""(I am influenced by) my reflection in the mirror, or like see my mom is heavy and I put myself down everyday knowing that I could grow up and be like her." This is in contrast to the literature, which indicates a greater familial influence (Byely, Archibald, Graber, & Brooks, 2000; McCabe & Ricciardelli, 2001; Vincent & McCabe, 2000).

CHAPTER 5

SUMMARY, CONCLUSION, AND IMPLICATIONS

As adolescence is a time of great psychological and physiological change, there is an effect on the body image perceptions of adolescents, and what influences these perceptions. The purpose of this study was to determine the differences between male and female body image perception and what influences these perceptions. Within this study, in-depth interviews were conducted with 10 Caucasian, seventh grade male and 10 Caucasian seventh grade female adolescents in order to determine their body image perceptions as well as the influences of these perceptions. The qualitative results were categorized and analyzed using the QSR N5 data analysis system in order to answer the research questions.

Results of this study indicated that although both male and female adolescents had similar body image perceptions, female adolescents tended to have more negative perceptions than their male counterparts. For both males and females, peer influence was the most common influencing factor of body image perception, with athletic and physical ability, personal or self-influences, and family influences mentioned to a lesser extent. The results of this study can be applied to future research, in order to determine to what extent and how these perceptions and influences occur within this population.

Conclusions

What are the male and female body image perceptions?

From the data collected, a clear male body image perception could not be determined as the male sample indicated the same number of both positive and negative perception responses. The females indicated a negative body image perception. The male

sample did report the desire for a larger, more muscular body, with females reporting the desire for a smaller body.

Do the body image perceptions of males and females differ? If so, how?

Although the male and female participants reported both positive and negative results, the female participants indicated a more negative body perception than their male counterparts. However, the female participants were far more willing to discuss their feelings than the male participants. This may be due to the fact that the interviewer was female.

What are the factors influencing adolescent male and female adolescent body image perceptions?

The identified male influences included peers, athletic or physical ability, personal ability or accomplishment, and family. The identified female influences included peers, personal or self, athletic or physical ability, and family. Nonetheless, one has to question where the norm for the peer influence originates.

Limitations

There are several limitations to this study. Consistent with qualitative research methods, the convenience sample size utilized was small. Results may be different when taken from a larger population. In addition, there was only one interview conducted per participant. The study may have greatly benefited from a follow-up interview session. All the participants were Caucasian and lived in rural areas. The researcher was also female and conducted all of the interview sessions. This too may have limited the responses of the male participants.

Implications

The results of this study will be beneficial to the fields of nutrition and psychology. As new influences to male and female body image perceptions were found, further research is needed using a larger sample. In addition, a male interviewer may be more appropriate for interviewing male participants and participants from other races and urban areas need to be included. The base of this research is ground for the need of further research supported by quantitative data. Additionally, different research methods should be employed to obtain information from the adolescent population.

Furthermore, the results of this study can be used when interacting with the adolescent population. This gives others insight into the adolescent world, and allows them to see why adolescents react to certain situations. In addition, the results lead to further research to see from where the influences of body image perceptions arise. For example, research is needed on the Medias' role in influencing adolescent body image perception. Do the female athletes in the media influence the females desire to be more athletic? Where do the norms for peer influence emerge? These issues are pertinent to future research and further insight to the adolescent population.

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Parental Consent Form
Appendix A

Lumpkin College of Business and Applied Sciences
School of Family & Consumer Sciences

36

600 Lincoln Avenue
Charleston, Illinois 61920-3099

Office: 217-581-6076
Fax: 217-581-6090
Web: <http://www.eiu.edu/~famsci/>



November 1, 2001

Dear Parent or Guardian,

I am seeking male and female seventh grade students to participate in a master's level thesis research project on body image perceptions. Your child's participation is voluntary and will not affect his/her education. All data collected will be kept confidential and steps will be taken to protect the anonymity of your child. Focus groups will be conducted during school hours during study hall periods on either March 8, 18, 22, 25 or 29. If you have any questions regarding this study, please contact Laura Collins at (217) 581-6962. If you do not have any questions, please return your permission and signature on the bottom portion of this page to the [REDACTED] School office by Friday, February 28, 2002. Please be sure to check the appropriate box at the bottom of the page.

Thank you very much for your cooperation. It is greatly appreciated!

I give permission for my child to participate in the project detailed above.

I do not give permission for my child to participate in the project detailed above.

Child's Name

Parent Signature

Date

Interview Schedule
Appendix B

Interview Questions

1. (Ice Breaker) Please tell me your name and one fact about yourself.
2. How do you see your body?
3. What has contributed to the way you see yourself?
4. What if anything would you change about your body?
5. What would be the benefit of making this change?
6. If there were one thing that could change the way you see your body, what would it be?
7. Is there any additional information you would like to share or that you feel would be important for me to know?

Interview Script
Appendix C

Interview Introduction Script

Facilitator:

First, I would like to thank you all in advance for participating in this interview session. To begin I would like to take the opportunity to introduce myself, and to describe to you what will be happening here today. My name is Laura Collins and I am a graduate student at Eastern Illinois University, studying to receive my master's degree in Family and Consumer Sciences. This interview is a part of my master's thesis. I will serve as the facilitator for today's session, and be asking you a few questions about you and your body.

The agenda for today is very simple. During the session, I will be asking you a series of questions. Your only job is to respond to those questions. This is a very informal conversation type of interview, and you will be allowed to discuss these matters freely. We will talk for approximately 20 minutes. Once that is complete, the session will be over, and you can return to class. Do you have any questions?

This entire interview session will be audiocassette recorded. However, I would like to assure you that anything you say will be kept strictly confidential. This means that although quotes will be used in the reporting of the data received today, no names will be attached to the comments, and only I will know who said these things. To assure these promises to you, I have signed a written form of confidentiality as my promise to you. At this time, I would like you all to sign some statements stating that you have been briefed on the proceedings of this interview, and that you understand that my promise of confidentiality. Please print and write your names where specified on the form, so that I know that you understand these terms. If you do not agree with this, or do not wish to

sign the form, you will not be able to participate in the study, and will be asked to return to your class.

Researcher Statement of Confidentiality
Appendix D

Dear Student:

You can be confident that all information discussed and recorded in this interview session will be kept strictly confidential. No name will be attached to any data reported, and only the researcher will be aware of where the information was obtained.

Sincerely,

Laura A. Collins
Researcher

Participant Statement of Confidentiality
Appendix E

I _____ fully understand that all the information I discuss within
(Please Print Name)
this interview session will be kept completely confidential. Although my comments may
be quoted, my name will not be attached to any report of the data. In addition, I
understand that all audio recorded data will be erased after data analysis is complete, and
the entire research project is complete. Furthermore, I have been briefed on the
proceedings of this interview session.

Signed,

(Write name in Cursive)

Interview Raw Data
Appendix F

Researcher: Please tell me your name and one fact about yourself.

Male 1: _____, I play basketball.

Researcher: Do you like basketball?

Male 1: Yah.

Researcher: Do you play a lot of sports?

Male 1: I play soccer, football, basketball.

Researcher: How do you see your body?

Male 1: Uh... I'd like to make my stomach a little bit smaller, but...

Researcher: Tell me a little bit more about that. Can you elaborate, can you explain more?

Male 1: I kinda have like a pot belly type and I want to like get that smoothed out and like more muscular arms.

Researcher: What has contributed to the way you see your body?

Male 1: Uh... friends, uh the treatment, the way people talk about you.

Researcher: Can you tell me more about that?

Male 1: Sometimes they'll make fun of you. Sometimes they'll just start laughing. Some will say that your not strong enough while others seem kinda stronger than you are. They're the kind that determine to kinda think that, but I don't know.

Researcher: Can you tell me more about, um that type of thing in general, maybe what they say?

Male 1: Uh... They say like "ha ha, you have a pot belly" or you know, like "your arms are small, you need to be bigger."

Researcher: What if anything would you change about your body?

Male 1: Uh... Like I said before, probably my arms and my stomach.

Researcher: What would be the benefit of making this change?

Male 1: Uh... I wouldn't get made fun of as much. I'm not made fun of a lot now but, I could probably go out for track after that because I would be in better shape and I'd be better.

Researcher: Can you tell me more about that? Why do you think that is?

Male 1: Because if I had muscular arms you could be shot put or anything like that in track. With stomach you could lift weights, you could, uh, be a professional swimmer. You could have fun in track without having to stop after awhile.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Male 1: Uh... Be my arms get bigger. Um just to know that the confidence is there. That I would be able to do everything with confidence. Without having to be made fun of.

Researcher: I have to think of how to ask this question. Um, tell me more about what has contributed to the way you see yourself.

Male 1: My friends my parents a little bit, but not much.

Researcher: How, how have these things contributed?

Male 1: My friends will make fun of you if you don't look like everyone else does. The parents will say you need to lose weight or you need to get in better shape and half of it is just because I want to make myself better.

Researcher: Um... Tell me more about the benefits of making the changes that you have mentioned.

Male 1: I don't want to be made fun of. I could do more than I can right now. I'd be able to have better grades in P.E. for the mile because I wouldn't have to stop to take a breath and be in better shape. I might be able to be first string in basketball. I could probably be pretty good

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Male 1: Nothing I can think of.

Researcher: Tell me more about how you see your body.

Male 1: I see myself pretty good, but if I made those changes I would probably see myself a little bit better than I do right now. I would be more confident when I go to parties.

Researcher: Please tell me your name and one fact about yourself.

Male 2: _____, I like sports.

Researcher: How do you see your body?

Male 2: Tall, medium size, fairly strong

Researcher: What has contributed to the way you see your body?

Male 2: I just look in the mirror.

Researcher: What if anything would you change about your body?

Male 2: Nothing

Researcher: What would be the benefit of making this change?

Male 2: Well, there would probably be benefits and non-benefits. Like if I change my body to a different way it might be good for something, but something that I used to be able to do good, I won't be able to do as well.

Researcher: Do as well how?

Male 2: Like if I decided that I wanted to be shorter I wouldn't be able to get stuff higher or reach things that were really high or something.

Researcher: What contributes to those feelings, what makes you feel that way?

Male 2: I guess that I just know that if you change your body, you should just be happy with the way you are, you shouldn't change inside because then you won't be happy and all that, or something like that.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Male 2: Lose some weight.

Researcher: How would that affect you?

Male 2: Make me skinnier, maybe better looking, faster.

Researcher: Can you tell me more about that?

Male 2: Like right now I am in track and I run the mile and if I were skinnier I probably would be able to run it faster.

Researcher: Can you tell me more about what has contributed to the way you see yourself?

Male 2: No

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Male 2: No

Researcher: Please tell me your name and one fact about yourself.

Male 3: _____, I like farming.

Researcher: How do you see your body?

Male 3: Um, a little bit above average muscular. I do a lot of work outside lifting and stuff like that. Basically that's about it.

Researcher: What has contributed to the way you see your body?

Male 3: I really don't know. Just the way I guess my life is. Um by what I do, like how I work and stuff.

Researcher: What type of work?

Male 3: Like um lifting seed bags and stuff like that. Its basically how I get strong and that so, I do a lot of work outside that's basically about it.

Researcher: What if anything would you change about your body?

Male 3: Well, be maybe a little bit heavier build.

Researcher: Heavier how?

Male 3: Like bone. I ought to be a little bit heavier for my age. Like I only weigh about 105, but I would like to be a little bit more heavier like around 115 maybe in muscle.

Researcher: What would be the benefit of making this change?

Male 3: Being stronger and being better at my job, lifting and stuff like that and being stronger for basketball next year. Um like when you go down for a loose ball, you have to have strong arms to rip the ball away from other people, and stuff like that.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Male 3: Probably a mirror.

Researcher: How so?

Male 3: Um, I don't know, probably in the morning when I get ready for school, like bad hair days, stuff like that.

Researcher: How does that affect you?

Male 3: Um, the way people think about me, um the perception of me. Like you can tell what I do and stuff like that.

Researcher: In what respect?

Male 3: Like if I am a bad person or a good person, like how I see things, basically my opinion of things.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Male 3: I can't think of anything.

Researcher: Please tell me your name and one fact about yourself.

Male 4: Male 4, likes Nintendo.

Researcher: How do you see your body?

Male 4: I don't look in the mirror that often.

Researcher: What do you think when... Why don't you look in the mirror?

Male 4: Because I don't worry about how I look or how my hair looks.

Researcher: Would anything change that?

Male 4: No.

Researcher: Why not?

Male 4: Because I don't care about what people think about how I look.

Researcher: What if anything would you change about your body?

Male 4: I want to get rid of my fat.

Researcher: Why do you want to get rid of your fat?

Male 4: I don't know

Researcher: What would be the benefit of making this change?

Male 4: No answer.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Male 4: Nothing.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Male 4: No.

Researcher: Please tell me your name and one fact about yourself.

Male 5: Male 5, used to live in Japan.

Researcher: How do you see your body?

Male 5: I see an ugly person.

Researcher: Ugly how? Why do you feel that way?

Male 5: I don't know. I just don't. Los of times when I walk up to somebody they don't want to look at me or stuff like that. I don't know, I just, something inside of me just tells me that I'm ugly or something .

Researcher: What part about your body do you feel is ugly?

Male 5: Well, my face and my teeth and um I wouldn't exactly say this is ugly but if um someone says flex your muscles, I won't do that because I don't have any so I just say no I can't. I won't do that right now. I just try to change it and everybody else is bragging about how their muscles are bit. That's one thing.

Researcher: Is there anything else?

Male 5: Um, well, you know how most people when they get hot and there are girls around they will take off their shirts to show their muscles? Well I won't do that because I don't want them to laugh at me.

Researcher: Right, you said before that you didn't like basketball, how come?

Male 5: Oh, I just can't play things. There are some sport that other kids are popular for basketball. I can pass the ball, but I can't shoot the ball, it will go everywhere.

Researcher: What has contributed to the way you see your body?

Male 5: Well, mostly people around me. Like they'll say "ok I will" and then they say well, "oh you don't have any." That's just stupid though.

Researcher: Can you tell me more about that?

Male 5: Well they say like "come on flex your muscles," like they'll say "hey I can lift this" and I would be weight lifting everyday and they would say "look at this" then they flex their muscles and they are big and then they say "hey you look big and strong, why don't you do that" and I say "no, I don't want to" , and they say "oh come on you can do it," then I say "No I don't want

to.” Then they say “see” and they say “oh come on” and I say “ok” and I show my muscles and they say “oh that’s just nothing compared to what I have.”

Researcher: What if anything would you change about your body?

Male 5: My teeth first, it going up here and I have teeth growing out the side here and I think my teeth are bent, huge, and bulky, overlapping each other and I have more teeth coming over my other teeth here. They’re not straight.

Researcher: Anything else?

Male 5 My muscles, I would like them bigger, and my face. I wash my face everyday and I have acne all of the time. Like other people don’t have it because its clean, but for me it just more worse then everyone elses.

Researcher: Is there anything else you want to tell me about that?

Male 5: My hair I guess. I don’t know, I’ve tried many different hair cuts, but everybody laughs at everyone I get.

Researcher: What would be the benefit of making this change?

Male 5: People would not laugh. That would make me feel good and better about my body. It would give me self-esteem. I don’t have any. Like when they say your ugly and stuff, that makes me feel even worse. Then it brings my spirits down when they say “oh, come on you can lift that” and I say “no I can’t” because after what they said about my muscles being small, I keep that with me and my self esteem is worse.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Male 5: My muscles I guess. That’s what I would choose to change.

Researcher: Why is that what you would pick?

Male 5: Well, because everyone wouldn’t look at me as weak, and I don’t know, it would just make me feel better.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Male 5: Well, maybe my athletic ability for other sports. Some sports I can’t do and other people are better at and they say lets play basketball. I can’t play

basketball that good. It just goes back to the muscle thing but when you shoot the ball, I can't shoot the ball far, so if they say "come on you can shoot it" I can because it will be way to short and um I need hand coordination for the ball. I can't put a spin on it when I shoot it, and they laugh at that. Baseball, the same thing, I can't hit the ball, everybody laughs. And if I do hit the ball I can't hit it far because I don't have the strength. It's the same thing for track. I'm in track but I can't run that hard because my leg muscles aren't strong and sixth graders can run faster than me but I cant run that good. When guys are playing basketball and girls are by, they take off their shirts so they can show off. You know they say "look at their abs and stuff." For me its just flat but for them they have six packs and for me I try. I spent two months in an extensive training program. I got up every morning at five, because I wanted people to appreciate and look at me as someone who is cool and stuff. Every morning I would wake up at five and run around the block and I go on my dad's weight lifting machine and I would ride my bike to school and still it wouldn't work and people would laugh at me so you know people get muscles and stuff and I don't have any, nothing much that I can brag about anyway.

Researcher: Please tell me your name and one fact about yourself.

Male 6: Male 6, I like basketball.

Researcher: How do you see your body?

Male 6: Strong.

Researcher: How strong, I mean, what do you mean by that?

Male 6: Healthy.

Researcher: Tell me more about that.

Male 6: I take care of it real good.

Researcher: What has contributed to the way you see your body?

Researcher: Do you know what contributes means?

Male 6: No.

Researcher: It means what makes you feel that way about your body, or what makes you see your body the way that you do?

Male 6: I don't like get hurt or have any broken bones.

Researcher: What if anything would you change about your body?

Male 6: Nothing I guess.

Researcher: Tell me more about that.

Male 6: I don't know.

Researcher: Why wouldn't you change anything.

Male 6: Because I have a healthy body.

Researcher: What would be the benefit of making this change?

Male 6: What does benefit mean?

Researcher: Would it make something better, oh... like when you get a job with insurance, insurance is a benefit. It's like an added bonus.

Male 6: No.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Male 6: I don't know

Researcher: Do I need to clarify that question?

Male 6: Yeah.

Researcher: If one thing would happen or something that made you change the way you see yourself what would that one thing be?

Male 6: I don't know.

Researcher: So nothing could or...

Male 6: No, I guess not.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Male 6: I never had any broken bones.

Researcher: What do you think has kept you from having any broken bones?

Male 6: A healthy body.

Researcher: And how has your body become healthy?

Male 6: I take care of it.

Researcher: And how do you take care of it?

Male 6: Exercise and eat the right food.

Researcher: Is there anything else you would like to share with me today?

Male 6: No

Researcher: Please tell me your name and one fact about yourself.

Male 7: Male 7, I like to play basketball.

Researcher: How do you see your body?

Male 7: What do you mean?

Researcher: Well when you look in the mirror what do you see?

Male 7: My reflection.

Researcher: And what are your feelings about that?

Male 7: How I look.

Researcher: And how do you look?

Male 7: I think my hair looks brown and my eyes are alright I guess, um. I small for my age and I've got big ears.

Researcher: Is there anything else you think about?

Male 7: I've got braces on my teeth and I think I look stupid with braces on.

Researcher: Why?

Male 7: Um (inaudible).

Researcher: What has contributed to the way you see your body?

Researcher: Do you know what contribute means?

Male 7: No

Researcher: What makes you feel that way about your body?

Male 7: I just think that because that's what I see. I think my hair is brown because its not black or blond.

Researcher: How do you feel about that?

Male 7: It's alright, I'm going to get highlights so.

Researcher: What kind of highlights?

Male 7: Blond ones.

Researcher: Why do you want those?

Male 7: So I don't have brownish hair.

Researcher: What if anything would you change about your body?

Male 7: My hair.

Researcher: What would be the benefit of making this change?

Male 7: I'd look nicer.

Researcher: Tell me more about that.

Male 7: Um... it wouldn't look brown anymore?

Researcher: What makes you want to change? To not have brown hair.

Male 7: To look prettier.

Researcher: Prettier to who?

Male 7: People, girls.

Researcher: Tell me more about that.

Male 7: I don't want to be ugly.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Researcher: If one thing could happen or change the way you see your body what would it be?

Male 7: My hair coloring it.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Male 7: I think it would be covered.

Researcher: Please tell me your name and one fact about yourself.

Male 8: Male 8, I like computers a lot.

Researcher: What do you do with computers?

Male 8: Um. I'm working on learning html, it's a web design program.

Researcher: How do you see your body?

Male 8: I look at myself as a really skinny person, not overweight at all, I just, I get a medium amount of exercise. I don't work out all the time, just average I guess.

Researcher: Can you tell me more about what's average?

Male 8: Um... just, I don't look at myself as really abnormal. I see a lot of other people who are a lot like me in different ways.

Researcher: What has contributed to the way you see your body?

Male 8: Uh... what other people think of me, what I think of myself. Just I don't think of myself as a bad person, but I don't think of myself as a perfect person either.

Researcher: Can you tell me more about that, about the way other people think, you said that one first.

Male 8: Other people see me as one of the smarter people in the grade, they come to me for answers for a lot of stuff. Um... they can see me as a skinny person, that's what I go by.

Researcher: So how does that contribute to the way you feel about yourself?

Male 8: Um. It doesn't really bother me, I don't, I look at myself as just a regular human being, it doesn't effect me much. If they don't like me, I don't really care (inaudible).

Researcher: What if anything would you change about your body?

Male 8: I would change the way my teeth are growing in. I've got really, really crooked, really just messed up mouth.

Researcher: What would be the benefit of making this change?

Male 8: My jaw gets pushed out of alignment, it messes up sometimes, I have some pain with that. I don't think I'd have to worry about that much.

Researcher: Would that change the way you see your body?

Male 8: Um... probably not.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Male 8: Um... my grades I guess, if I got worse grades than I do, I don't think I would look at myself as such a smart person, as I think I am.

Researcher: How does that relate to your body?

Male 8: Just my self-image I guess, just how I look at myself, I guess, that people who don't have much respect for themselves tend to hang out with bad crowds, stuff like that.

Researcher: Tell me a little more about what has contributed to the way you see your body.

Male 8: I can't really think. Just how much I eat I guess. Not really to much that is very important.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Male 8: I don't look at myself as a bad person, I don't see myself as a bad person. I tend to talk a lot more than I need to. I can get along with a lot of people.

Researcher: And does this relate to the way that you see your body when you look in the mirror?

Male 8: Yeah, I guess.

Researcher: Can you tell me how?

Male 8: I know that I'm not looked down upon by as many people as some people are I see myself as a more fortunate person. I have friends.

Researcher: Anything else?

Male 8: When I look in the mirror I sometimes wish I had a little more meat on my bones.

Researcher: How Come?

Male 8: Just, not any reason that's too serious. Some people joke around with me and I joke around with myself sometimes too. Maybe it would keep me talking less because I talk about that a lot. Not really anything else.

Researcher: Please tell me your name and one fact about yourself.

Male 9: Male 9

Researcher: How do you see your body?

Male 9: I don't know, I see myself.

Researcher: What about yourself do you see?

Male 9: I don't know, just kinda... I never thought about that.

Researcher: Well take a minute and think about it.

Male 9: I'm not perfect, I can tell you that.

Researcher: What's not perfect?

Male 9: I could be a little thinner, but I could be bigger too.

Researcher: Tell me more about bigger.

Male 9: I mean I should be lucky for what I have because if you see somebody else bigger, they would want to be like me.

Researcher: What has contributed to the way you see your body?

Male 9: I don't know. (With attitude)

Researcher: What if anything would you change about your body?

Male 9: I don't know. I think I'm fine.

Researcher: What would be the benefit of making this change?

Male 9: Maybe I could be stronger. I could, I don't know, win a competition like if I was running

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Male 9: I don't know.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Male 9: No.

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Researcher: Please tell me your name and one fact about yourself.

Male 10: Male 10, I like football. I play if my knee is not hurting.

Researcher: How do you see your body?

Male 10: Umm. I don't know.

Researcher: What do you see when you look in the mirror.

Male 10: A big person.

Researcher: Tell me more about that.

Male 10: I don't know.

Researcher: What has contributed to the way you see your body?

Researcher: Do you know what I mean?

Male 10: Kind of.

Researcher: Like what makes you feel that way or see yourself that way.

Male 10: Because I'm that way, I'm big and I know that.

Researcher: What if anything would you change about your body?

Male 10: My weight.

Researcher: How so?

Male 10: Lower it.

Researcher: What would be the benefit of making this change?

Male 10: I could be in more sports and run and do more exercise.

Researcher: What contributes to how you feel about that, What makes you feel that way?

Male 10: I don't know.

Researcher: Can you tell me more about how you see your body?

Male 10: I can't think of the words.

Researcher: Like what, tell me in general.

Male 10:

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Male 10: My mind.

Researcher: What about your mind?

Male 10: It would change the way I see my body because I don't think I am big or little.

Researcher: What would make your mind change?

Male 10: I don't know.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Male 10: Not really.

Researcher: Please tell me your name and one fact about yourself.

Female 1: Female 1, Plays lots of sports.

Researcher: How do you see your body?

Female 1: I don't know. I could be prettier.

Researcher: How?

Female 1: I don't know (with nervousness). My hair, I don't know what, permed or something.

Researcher: What has contributed to the way you see your body?

Female 1: Because everybody is pretty. Some are a lot prettier than me.

Researcher: Prettier how?

Female 1: I don't know.

Researcher: What if anything would you change about your body?

Female 1: I would be taller or something.

Researcher: Why would you want to be taller?

Female 1: Because I can't shoot the basketball that well.

Researcher: Besides being better at basketball and being able to shoot, what would be the benefit of making this change?

Female 1: Um, sometimes I like to be a better athlete.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Female 1: No response.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Female 1: No.

Researcher: Please tell me your name and one fact about yourself.

Female 2: Female 2, I like sports.

Researcher: How do you see your body?

Female 2: Well, like physically how it looks.

Researcher: Yeah.

Female 2: Um... I think I'm, like kinda skinny, but sometimes I think I'm getting bigger because I used to be able to eat anything and never gain anything, but now I think that it is starting to catch up with me I think. Sometimes I like oh... when I see something I want to eat, but it's really not best and now since we are doing this thing in P.E., this walk the walk thing where you have to record everything and they talk to you about health stuff and every time I see something I'm like oh... It's going right to my stomach or something like that. Right now I'm not upset with it.

Researcher: What has contributed to the way you see your body?

Female 2: Um... I don't know, like what exactly do you mean by that?

Researcher: I mean what makes you feel the way that you do?

Female 2: Um... just by looking at other people and seeing what they look like and comparing myself.

Researcher: OK tell me more about that.

Female 2: One of my friends, she's really skinny, she's really athletic, she, I mean and then I think about myself and how I'm bigger than her still, but and she's still more athletic than me. I also get jealous but I wish.

Researcher: What if anything would you change about your body?

Female 2: Um. My gut, that's what I'm talking about.

Researcher: What about it?

Female 2: Like everything smaller, because it's starting to just, I'm the only one that notices it because I be like "mom I'm getting fat" and she'll be like "no you're not, no you're not" but that would probably be it. And maybe have more muscles. I have no muscle at all and that has affected me in sports before.

Researcher: What would be the benefit of making this change?

Female 2: I would feel better about myself I guess. I mean, its not that big of a deal, but to me right now its just what I see.

Researcher: So why would you feel better about yourself?

Female 2: Because I sometimes I try on dresses and I'm like no it shows my gut, so then I won't have to worry about that. And if I had muscles, like in basketball you know passing and stuff, I don't have any muscles so I could never pass the ball that well, so then I wouldn't to get to play as much.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Female 2: Um... Probably , I don't know, could you explain that to me?

Researcher: If there was one thing that could change wha you see when you look in the mirror, what would it be?

Female 2: Like if I could do something to change it what would it be? Probably if I could be more strict about what I eat or if I could exercise more and not be so lazy on the weekends. I run track, but on the weekends I like, last weekend was really nice on Sunday and I wanted to run, but I didn't because I was to lazy, so that would help.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Female 2: Um... Well I was thinking about this or what ever and in track I run the mile and last year I was our top miler for sixth seventh grade and this year my friend is really fast and she runs it now and our school record is 6.01 and she beat the 8th grade record but not the 7th grade record and in order to get your name up on the board you have to beat the grade you are in, so she was all mad about it and stuff. And, I was like, now I'm 20 or 30 seconds behind her and like I try to keep up with her but she is s o much faster than me. So it kinda makes me mad, and I wish that I was better and stuff.

Researcher: Anything else?

Female 2: I don't think so.

Researcher: Please tell me your name and one fact about yourself.

Female 3: Play sports and do a lot of activity.

Researcher: How do you see your body?

Female 3: I like how I am and like how my body is. I like mostly everything about my body. I like have confidence in myself and my body don't let anybody judge how I do the things I do and I'm usually a strong person around other people. Leadership skills.

Researcher: What has contributed to the way you see your body?

Female 3: How my friends are and everybody around me and how they act and everything has contributed to how my personality is and how I see my body.

Researcher: What if anything would you change about your body?

Female 3: I don't think there is anything that I would change, I like how I am.

Researcher: What would be the benefit of making this change?

Female 3: No benefit.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Female 3: Probably if someone or something told me something wrong.

Researcher: Somebody as in who?

Female 3: Not my friends or anything but like a Doctor. If I needed something to be changed or something, I don't really thing that my friends could make my mind change that much so I would change my body.

Researcher: That would change your body, or change the way you see it?

Female 3: They wouldn't change my mind how I see it. If I changed something it would be my own opinion and if I would do it, I would do it on my own personal reasons.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Female 3: No

Researcher: Please tell me your name and one fact about yourself.

Female 4: Female 4, and I like hanging out with my friends.

Researcher: How do you see your body?

Female 4: (No Response)

Researcher: When you look in the mirror what do you see? What do you think?

Female 4: I don't know.

Researcher: How do you feel about your body when you look in the mirror?

Female 4: (No response)

Researcher: What if anything would you change about your body?

Female 4: Probably to be taller because all my friends are taller than I am.

Researcher: What would be the benefit of making this change?

Female 4: I wouldn't have to look up.

Researcher: What else, are there any other benefits?

Female 4: (No response)

Researcher: Is there anything else you would like to change?

Female 4: Probably not.

Researcher: Now that we've talked can you think of any way you see your body?

Female 4: I think I'm really really short.

Researcher: What has contributed to the way you see your body?

Researcher: Do you know what that means?

Female 4: No

Researcher: What makes you feel that way? What makes you feel that your really, really short?

Female 4: People being taller than I am.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Female 4: I don't know.

Researcher: Would anything make you change the way you see your body?

Female 4: No

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Female 4: I don't know, no.

Researcher: Please tell me your name and one fact about yourself.

Female 5: Female 5, I enjoy sports.

Researcher: What type of sports?

Female 5: I usually play track, volleyball and basketball. Those are the three main sports I enjoy.

Researcher: How do you see your body?

Female 5: Just as me. I'm like me, like anybody else would feel about myself.

Researcher: What types of things do you feel about yourself?

Female 5: I feel good but sometimes I don't feel so good?

Researcher: What do you feel good about?

Female 5: My eyes, my hair, my abs and stuff. I have a lot of muscles in my legs from doing track and stuff all the time.

Researcher: So on the days you feel bad, what do you feel?

Female 5: Just like really weak. I actually felt weak yesterday. I felt weak like I didn't want to don anything, but then I played basketball with one of my friends and I felt better.

Researcher: What contributes to the way you feel about your body on your good days? Do you know what contributes means?

Female 5: No.

Researcher: What makes you feel good?

Female 5: Like my mood and stuff.

Researcher: What influences your moods?

Female 5: Like my friends and stuff. Like today I'm not really getting along with one of my friends so we're kin of in a fight so I'm not good.

Researcher: So how does that make you feel about your body?

Female 5: There are thing I want to do to make myself more healthful, but other times there are things I want to do.

Researcher: What if anything would you change about your body?

Female 5: Probably nothing.

Researcher: What would be the benefit of making this change?

Female 5: No

Researcher: Why?

Female 5: I like the way I am.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Female 5: I don't understand.

Researcher: If something could happen or take place, or if there was one thing that could make you think differently about your body, what would it be?

Female 5: Like if I got in a car accident or something. My dad got burned and his face is red right here.

Researcher: Is that something that you worry about?

Female 5: Yeah, like if I'm with my friends and I'm with their older brother or sister and we are driving in a car or something, I'm afraid I'll get hurt.

Researcher: Can you tell me some more about how you see your body?

Female 5: Like what?

Researcher: Just tell me some more about what you see when you look in the mirror.

Female 5: I see an average 13 year old, that's basically about it.

Researcher: Can you tell me a little bit more about what has contributed to the way you see your body?

Female 5: I guess I go through what most girls go through.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Female 5: Nope

Researcher: Please tell me your name and one fact about yourself.

Female 6: Female 6, and I've been dancing since I was about two and I'm only thirteen, but when I turn fifteen I can be a professional lifeguard.

Researcher: A professional lifeguard?

Female 6: Yeah, I'm a lifeguard in training.

Researcher: How do you see your body?

Female 6: Um... Sometimes I see my body um in good ways, like I feel good about myself, everything I do inside and out and then other times when I get made fun of or things are said about me, it hurts inside and out and then I get a different perspective of the way I look or the way I act.

Researcher: Can you tell me more about that?

Female 6: Um... just certain things bug me like my butt's too big or something like that and it hurts your feelings inside and then you look in the mirror and on the outside it hurts too.

Researcher: What has contributed to the way you see your body?

Female 6: Um... what, your peer pressure. Um what people say or your perspective of yourself. Just the little things that can turn your life around. I guess like smoking, or anything that causes problems.

Researcher: Can you elaborate more for me?

Female 6: Umm, what do you mean?

Researcher: Just, can you explain your answer more to me?

Female 6: Like how I feel about myself?

Researcher: Uh Huh

Female 6: Um... I feel good about myself with everybody like all the teachers and all my other friends help you get a good perspective in life, but I don't feel bad about myself like I would hurt myself in any way because there's no reason to.

Researcher: What if anything would you change about your body?

Female 6: My nose, I hate my nose. I cannot stand it. I get made fun of constantly for it, I don't know why, I don't like that. Um... that probably about all I'm nice size I guess for my age, not to tall, not to short, not to skinny, not to fat. I think I'm ok for my age except my nose which I can't stand. But, that's ok, I'll get over it, it's not like I can help it.

Researcher: What would be the benefit of making this change?

Female 6: Um... Mostly peer pressure would go away.

Researcher: Peer pressure as in?

Female 6: As in older kids making fun of me for that. It would go away if I god a nose job or anything like that.

Researcher: How do they make fun of you?

Female 6: Um... They'll just laugh, or hold their nose and point and you know what they're talking about. It's not like it's not noticeable. You know what I'm talking about, when they walk by you and hold their hand over their mouth and start talking to another person, it's not like it's not noticeable that they're talking about you.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Female 6: I don't really think I want to change anything because I was made the way I am and I don't really feel I should change it, but not on the outside, but the inside, my attitude towards others, I have a terrible attitude. And I want to be Miss Thing all the time. I would try to change that because it would get me a lot more respect for me and for other people.

Researcher: Um... how do you think that relates to your body?

Female 6: Um... if they see my attitude problem than they are going to put a label on me like, label me as Miss Thing or something like that and then they'll start making fun of certain things about me like everything, not my skin color or anything because we're all white, but probably, they label everybody. Like mostly high schoolers, or older kids they label you and that hurts a lot.

Researcher: Can you tell me some more about what has contributed to the way you see your body?

Female 6: Um... I'm not sure. What do you mean?

Researcher: Just recap for me about what makes you feel the way you do about your body.

Female 6: Um...your reflection in the mirror, or, like see my mom is heavy and I put myself down everyday knowing that I could grow up and be like her or I could grow up and be completely different but looking at her I don't want to grow up and be like her. I feel sorry for her and all, but I don't want... I look in the mirror and think about that what's going to happen and then I put myself down.

Researcher: In what way?

Female 6: Um... I look in the mirror a lot, I am very vain. I look in the mirror a lot to make sure I'm not gaining weight or make sure that I didn't do this right or that this is wrong, or...

Researcher: What's this?

Female 6: Just certain things like did, is my hair right, is my make-up right, or did I wear the right clothes, or do I match because that's a big thing here like you have to this, or. There is two groups, either you're popular or your not. If you're not you get a lot of stress put on you, which is sad.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Female 6: Not really, just it's important not to put people down because it hurts a lot. And I do it and then I look around and that person's upset and say they did it to me so I'm going to pay them back for it, but don't because it gets you in trouble and it doesn't get you anywhere. I doing fine, hey, I'm only thirteen and I got awhile to go and I haven't been asked to do drugs, I haven't been asked to do anything like this yet, but right now I think I'm pretty well happy the way I am. I mean I don't want to look into the future but then you've got to.

Researcher: Can you tell me more about what you see when you look in the mirror?

Female 6: I see a little girl, um, I guess I'm not grown up yet, a little girl who on the outside I'm fine, but on the inside, my parents are divorced which effects me, sometimes I see a broken heart and little things like that, like I'm unhappy or something like that, but when I look in the mirror you have to stand there for awhile and go past your outside and on good days it's good, but on bad days it's terrible.

Researcher: Does how you feel on the inside affect what you see on the outside?

Female 6: If I feel unhappy on the inside, I will dress unhappy, or I'll act gloomy or I really won't care, but then if it's a good day, I'll dress up, I'll try to look pretty and show my emotions with my clothes. Which isn't exactly good, but... it's hard being a teen I guess. It's hard

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Female 6: Not really, I guess my parents divorce causes a lot. Um... separation, divorce, re-marriage, dying of Grandma and Grandpa affects inside and out but it's everything around you basically.

Researcher: Please tell me your name and one fact about yourself.

Female 7: Female 7, I love to talk.

Researcher: How do you see your body?

Female 7: Like healthy wise or what?

Researcher: Anyway, like when you look at yourself what do you see?

Female 7: Um, healthy and active and everyone says I am pretty, I don't know about that, but.

Researcher: What do you see specifically about your body?

Female 7: Um... like.

Researcher: When you think about your body what comes to your mind?

Female 7: Growing

Researcher: What about growing?

Female 7: Maturing

Researcher: In what respect?

Female 7: Like um, I don't know, like becoming a young lady.

Researcher: How does that affect your body?

Female 7: Um...(no response)

Researcher: What has contributed to the way you see your body?

Female 7: My attitude.

Researcher: How does your attitude contribute?

Female 7: Like if I think I am looking good or something, I have a good attitude, but if I'm looking horribly bad I'm down in the dumps or something.

Researcher: Does anything else contribute to the way you see yourself?

Female 7: The way people look at me.

Researcher: How does that contribute?

Female 7: (No response)

Researcher: What if anything would you change about your body?

Female 7: Not really, maybe the inside of me, but not the outside.

Researcher: What would be the benefit of making this change?

Female 7: Being a better person.

Researcher: How so?

Female 7: Like more caring. Better attitude.

Researcher: About what?

Female 7: About everything.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Female 7: Um... (No response)

Researcher: Ok, lets go back, tell me again how you see your body. You say people say your pretty, and what else?

Female 7: Um...

Researcher: How do you think about that, do you think your pretty?

Female 7: I don't care really, well, I care that they think I'm pretty but I don't care.

Researcher: So, would something make you change that?

Female 7: If people I know that if people tell me that I'm that and they told me that everyday, and I'm not trying to get a big head or anything but they told me that everyday or something it would make me feel that.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Female 7: I don't know how to say it but.

Researcher: Just say it, just tell me what you're thinking.

Female 7: To tell you or other people?

Researcher: To tell me, what do you think I should know?

Female 7: About my body and my image?

Researcher: Yeah, right.

Female 7: Um... I don't know, like prettiness or?

Researcher: Anything you think?

Female 7: I don't understand the question.

Researcher: I just want to know if there is anything that I haven't covered that you want to say?

Female 7: No, not really.

Researcher: Please tell me your name and one fact about yourself.

Female 8: _____, and I play sports

Researcher: What sports do you play?

Female 8: Basketball, Volleyball and Track

Researcher: How do you see your body?

Female 8: Average

Researcher: What is Average?

Female 8: Not too tall, not too short, not overweight, not underweight.

Researcher: What has contributed to the way you see your body?

Female 8: The fact that I can do sports and that I know that if I don't think a lot of myself, I know that if I don't think I am what I am for a reason I wouldn't be able to do sports.

Researcher: What if anything would you change about your body?

Female 8: My chest. It's small.

Researcher: What would be the benefit of making this change?

Female 8: There wouldn't be a benefit. Would make the change because that is all I can think of that I would want to change. It would make me feel differently about my body because a lot of my friends are blessed.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Female 8: Like if I was prettier? I don't know.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Female 8: No

Researcher: Can you tell me more about how you see your body?

Female 8: Normal

Researcher: Can you tell me more about what has contributed to the way you see yourself?

Female 8: Because in my books I'm the average weight and I'm about that height so...

Researcher: Please tell me your name and one fact about yourself.

Female 9: Female 9, I like to dance and sing.

Researcher: How do you see your body?

Female 9: I could gain weight instead of lose weight because people think I'm too skinny.

Researcher: Tell me more about that.

Female 9: I don't know, it's just, my mom's friend, we had spring dance on my birthday. It was like last week and um... one of the people that we saw was like "she's really skinny." I'm not saying that that is a bad thing but people tell me that all of the time and it kinda gets a little old.

Researcher: What has contributed to the way you see your body?

Female 9: Um... I don't know, like what do you mean?

Researcher: Contributes means what makes you feel that way, are there certain things that make you feel that way?

Female 9: Um... I just like I don't know, nobody I know is like big, but it seems like I'm smaller than everybody. I mean like some people I know, like one of my friends Whitney isn't, but like she's smaller than I am but... I don't think that I'm too skinny, it's just that people like always say that they're fat and I don't think they are and then they say like, your skinny, and I know I am, but I'm not saying that's a bad thing either but, I just sometimes don't like it when people are like, "oh you are skinny." I mean I know they judge you sometimes like when they say "are you anorexia or bulimia, I mean sometimes I let it get to me, but other times it just gets annoying.

Researcher: What if anything would you change about your body?

Female 9: Um... Taller, I'm kinda short, and I don't know...

Researcher: What would be the benefit of making this change?

Female 9: Nobody would have to say like that I'm small, like I'm too skinny. People would be like I'm normal like everybody else.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Female 9: Have some more muscles and meat on my bones.

Researcher: So how would that change?

Female 9: Um... it would like get people off my case, because like my friends, their not bigger than me, but taller and more athletic and they always have something going on. I wish I was like that. Then I could play volleyball better, last year was a short year.

Researcher: It was a short year in what way?

Female 9: I didn't play that much. I played maybe 6 or 7 games and not for that long.

Researcher: Tell me some more about the benefits of making the changes you talked about.

Female 9: Um... If I was more athletic I could be in track because I don't like to run that much and I wish I did because then I could be in track an everyday after school you have something going on and if I don't think that me gaining a little more weight would change anything.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Female 9: Um... You have to be who you are and not let other people influence you and try to be yourself and sometimes its hard when you're standing against the crowd but you have to stand up for what you feel.

Researcher: How would that relate to your body, to the way you see your body?

Female 9: I don't think that I, um... sometimes I do follow the crowd and I don't think that I'm strong enough to stand up to people and other times I could.

Researcher: Stand up to people for what reason?

Female 9: If they're making fun of somebody or something.

Researcher: Is there anything else?

Female 9: I don't think so.

Researcher: Please tell me your name and one fact about yourself.

Female 10: Female 10, I'm a very out doorsy person.

Researcher: How so?

Female 10: I hunt and fish and mainly I'm just a tom boy.

Researcher: How do you see your body?

Female 10: Overall, pretty good, I might be a little chubby but...

Researcher: Can you tell me more about that?

Female 10: I'd like to be more like other girls in school, more skinny I guess, and I's like to be able to fit into different clothes than I do now.

Researcher: What type of clothes?

Female 10: Like wear dresses but not have to worry about what size they are. Be able to pick what I want to wear without somebody else having to pick it for me.

Researcher: Who picks it for you?

Female 10: Well my mom has to help me find certain types of clothes because I don't fit into my hip are wider than my body so...

Researcher: What has contributed to the way you see your body?

Female 10: People around me.

Researcher: How so?

Female 10: By the way they act against me and say stuff that they shouldn't which makes me feel bad.

Researcher: Can you tell me more about that?

Female 10: By making comments that they shouldn't have.

Researcher: What type of comments?

Female 10: Like I don't look like them and they put me down more than they do their selves, because they're not very, they don't really like their selves, but they put other people down in that process.

Researcher: How does this contribute to the way you see your body?

Female 10: By me not being as skinny as them and I get frustrated with myself because I don't have their shape or their features.

Researcher: What if anything would you change about your body?

Female 10: My pupils, like my skin color. I'd like to be a darker pigment. I'd like to be, I like my big builtness, but I'd like to be with my big built. I'd like to be smaller weight wise.

Researcher: Can you tell me more about those things?

Female 10: Um... not really.

Researcher: What would be the benefit of making this change?

Female 10: Maybe people wouldn't put me down as much, and make me feel bad. I fight, uh... like myself every morning when I try to come to school, the way I look and stuff.

Researcher: Can you tell me more about that?

Female 10: Like the way I feel about myself, like images, the way I look. I'd like to be different.

Researcher: How so.

Female 10: By the way everybody else looks, being able to look like them.

Researcher: If there were only one thing that could change the way you see your body, what would it be?

Female 10: What do you mean by that.

Researcher: If there were one thing that could make you change the way you see yourself or the way you see your body, what would it be?

Female 10: My friends to say that I needed to change, or my family to say I need to quit doing things I do with my friends because they don't think it's right.

Researcher: Like what type of things?

Female 10: Like I hang out with guys and they don't approve of that the guys do because they're like, there is a guy that I hang out with right now and they don't like the way he acts around me?

Researcher: Does this contribute to the way you see your body?

Female 10: Somewhat.

Researcher: How so?

Female 10: By the way I act and they act to put me down which makes me feel very bad and you just want to change.

Researcher: Who is they?

Female 10: My friends. Sometimes my friends.

Researcher: How so?

Female 10: By the way they act around me. If they don't like the things I do for them, if they don't like the way I act overall.

Researcher: And how does that relate to your body?

Female 10: It makes me feel bad, it makes me feel like I'm not wanted, it makes me feel like I'm not good enough.

Researcher: Let's talk a little bit more about what has contributed to the way you see your body. First of all tell me again how you see yourself and then tell me again what has contributed to that.

Female 10: I see myself as a very nice person, but maybe rude sometimes.

Researcher: How does that relate to your body?

Female 10: By my conscience, and by the way I feel about my body which is not very nice. I'm not very nice to myself.

Researcher: So what contributes to that, to you not being nice to yourself?

Female 10: My guilty conscience.

Researcher: From what?

Female 10: From saying stuff about people that I shouldn't have when I was mad and I just put myself down and makes me feel pretty bad.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Female 10: I feel that I need to quit putting people down and putting myself down for the way I look.

Researcher: How come?

Female 10: Because it's just making me feel like someone I'm not.

Researcher: What would enable you to do that, would enable you to not put yourself down?

Female 10: I guess by treating others the way that they want to be treated by treating myself better than I do.

Researcher: How does the way you treat others relate to the way you see your body?

Female 10: Because I make fun of them and that makes me feel worse and put myself down more because I make fun of the way she looks but yet I'm not as perfect as the way she is and it just makes me feel even more about changing my body.

Researcher: Is there any additional information you would like to share or that you feel would be important for me to know about your body image or how you see your body?

Female 10: No.