Perceptions about body image of fourth-year female students in FELTE, ULIS, VNU
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ABSTRACT

Body image is receiving more and more attention as one of the core aspects of mental and physical well-being. With regard to this trend, this paper focuses on exploring the body image perceptions and experiences of four female university students. A qualitative method was utilized with in-depth one-on-one interviews and thematic analysis to collect and interpret the data.

The following themes were found: the participants' body image definitions, ideal body, attitude towards personal body, changes in perception towards personal body, communication and relationships under the effect of body image perception and possible factors affecting body image. The findings confirmed that participants have different understandings of body image and that there are specific aspects affecting their body image, including family, friends, partners, culture, media and age. Among these factors family and culture are the two most dominating ones while education can also greatly influence body image perception. It was found that the perception towards body image can grow more positive thanks to education, cultural exposure, weight loss and even family pressure.

Consequently, this study strongly recommends a more comprehensive understanding of body image, its impacts and practical solutions to common body image problems.

REFERENCE


