

THE ASSOCIATION AMONG INTERNET USE BEHAVIORS, BODY IMAGE SATISFACTION AND EATING BEHAVIORS OF STUDENTS IN GRADES 7TH-12TH IN THE THAI EDUCATIONAL SYSTEM IN BANGKOK.

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M.Sc. (CHILD, ADOLESCENT AND FAMILY PSYCHOLOGY)

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ABSTRACT

This study was a cross-sectional descriptive research aiming to study the association among internet use behaviors, body image satisfaction and eating behaviors of students in grades 7th-12th in the Thai educational system. The sample group included 620 students from 6 secondary schools in Bangkok through by simple random sampling. Data were collected using the Media and Internet use behavior questionnaires, The Body-Esteem Scale for Adolescents and Adults: Thai version (BESAA), Drive for Muscularity Scale (DMS: only the male), The Rosenberg Self-Esteem Scale: Thai version, Eating Attitude Test-26: Thai version (EAT-26) and the eating behaviors at risk of obesity questionnaire. The data was statistically analyzed by percentage, mean, standard deviation, Pearson Product Moment Correlation Coefficient, Spearman Rank Correlation Coefficient, Chi-square test, T-test and Multiple Regression Analysis.

The results showed that the mean age of the sample was 15.7 ± 1.9 years, 246 participants (39.7%) were male and 374 (60.3%) were female. Using internet and social network about body image and eating behaviors, were negatively associated with body image satisfaction ($p = .017$ and $p = .016$) but positively associated with inappropriate eating attitudes/behavior, binge, purging and laxatives/diuretics. ($p < 0.001$), and the risk of obesity eating behaviors. ($p < 0.01$ and $p = .011$) The results also showed a lot of Internet use behaviors were associated with the decrease in body image satisfaction and eating behaviors problem.

KEY WORDS: INTERNET USE BEHAVIORS / BODY IMAGE SATISFACTION /
EATING BEHAVIORS

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