

Body Image Coping Strategies as Mediator between Physical Appearance Related Teasing and Body Esteem among Adolescents

ABSTRACT

This study was conducted to investigate the mediation effect of coping strategies in the relationship between physical appearance-related teasing and body esteem among adolescents. In total, 363 adolescents (179 males and 184 females) aged 16-year-old participated in the study. Physical Appearance-Related Teasing Scale – Revised, Body Esteem Scale for Adolescents and Adults, and Body Image Coping Strategies Inventory were used to collect quantitative data on respondents' experiences concerning physical appearance-related teasing, body esteem, and coping strategies about body image. Multiple regression analyses using bootstrapping procedures showed positive rational acceptance partially mediated the relationship between all physical appearance-related teasing dimensions (form of harassment, appearance-related teasing, and physical-related teasing) and body esteem – appearance and attribution, partially mediated the relationship between form of harassment and body esteem – weight, and fully mediated the relationship between appearance and physical-related teasing and body esteem – weight. Appearance fixing were also partially mediated the relationship between form of harassment and appearance related teasing and body esteem – appearance and fully mediated the relationship between physical-related teasing and body esteem – appearance. Appearance fixing were found to partially mediate the relationship between all physical appearance-related teasing dimensions and body esteem –attribution. There is no mediation effects of appearance fixing in the relationship between all physical appearance-related teasing dimensions and body esteem – weight. Analyses also found that avoidance partially mediated the relationship between all physical appearance-related teasing dimensions and body esteem – appearance, and the relationship between both form of harassment and appearance-related teasing and body esteem – weight. Meanwhile, there is no mediation effects of avoidance in the relationship between physical-related teasing and body esteem – weight, and the relationship between all physical appearance-related teasing dimensions and body esteem – attribution. This

information is useful for the planning of health programs as well as intervention and prevention programs to control and combat physical appearance-related teasing and body satisfaction problems among adolescents.