

عنوان مقاله:

The Relationship Between Physical Activity, Body Image, and Eating Disorders During the COVID-19 Pandemic in High- School Girls

محل انتشار:

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خلاصه مقاله:

Background and aims: Decreased levels of physical activity (PA) during the coronavirus disease 2019 (COVID-19) pandemic can cause physical and psychological problems for individuals. Therefore, the aim of this study was to investigate the relationship between PA, body image, and eating disorders (EDs) during the COVID-19 pandemic among high school girls in Farsan, Iran. Methods: This was a descriptive-analytical cross-sectional study, and the research population included female high school students from Farsan, Iran, who were studying in 2019-2020. In this regard, 535 high school girls (age: 15.95 ± 1.42 , weight: 53.07 ± 10.01 , BMI: 20.14 ± 3.48) were selected based on cluster-random sampling to participate in the study. Multidimensional Body Self-relation Questionnaire (MBSRQ), Baecke's Physical Activity Questionnaire, and the Eating Disorder Diagnostic Scale (EDDS) were used to collect data, and Pearson correlation coefficients were administered to establish statistical relationships. Results: The results indicated significant positive correlations between body image and PA levels ($r = 0.304$, $P = 0.001$). However, no significant correlations were observed between body image and anorexia nervosa (AN) ($r = -0.035$, $P = 0.424$), bulimia nervosa (BN) ($r = -0.033$, $P = 0.446$), and binge ED ($r = -0.041$, $P = 0.339$). Likewise, no relationships were observed between PA and AN ($r = 0.084$, $P = 0.052$), BN ($r = 0.073$, $P = 0.092$), as well as binge ED ($r = 0.071$, $P = 0.099$). Conclusion: During the COVID-19 pandemic, PA was positively associated with body image but not with EDs. Based on the obtained results, it can be concluded that PA improved body image in adolescent girls during the COVID-19 pandemic.

کلمات کلیدی:

COVID-19, Adolescent, Eating disorders, Physical activity, Body image, High school girls

