

عنوان مقاله:

Study of Body Image of Staff Engaged in Golestan University of Medical Sciences

محل انتشار:

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خلاصه مقاله:

Background and Objective: Body image has a remarkable affect on people's lives, their self-esteem, mental well being and health. The aim of this study was to survey the body image of faculty members and staff engaged in schools of Golestan University of Medical Sciences. **Materials and Methods:** In this descriptive-analytical study (۲۰۰۸), using census, the subjects are educational, clerical and ordinary staff of all faculties of Golestan University of medical Sciences. The instrument was a valid and reliable ($r=0.71$) "body image" questionnaire. The data related to variables such as gender, type of work, appearance, height and weight" were analyzed using analytical and descriptive statistics. **Results:** Of ۲۲۵ participants, ۶۳.۶% of them have good, ۳۳.۶% moderate and ۳.۱% had a bad body image. There is significant relation between body image and variables such as gender ($P=0.003$), appearance ($P=0.001$) and height ($P=0.027$), but it is not significant for type of work, school and weight with body image. **Conclusion:** With regard to the importance of body image on mental health and because of constant interaction among different staff, having a positive body image may be effective in providing high quality at work. Therefore, applying some strategies to promote a good body image is necessary.

کلمات کلیدی:

Body image, Faculty members, Staff, Medical University، تصویر جسمی، کارکنان، دانشگاه علوم پزشکی، هیات علمی

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