The Relationship between Mental Health and Body Image among Secondary School female Students in Kingdom of Bahrain

A Thesis Submitted in Partial Fulfillment of the Requirements for the Master Degree in Counseling Psychology

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Abstract

This study aimed to identify the relationship between mental health and body image in a sample of secondary female students in kingdom of Bahrain. Where the study tried to answer the following questions:

1. What is the body image from the point of view of the secondary female students in Kingdom Of Bahrain?

2. Are there disorders in the body image among secondary female students in Kingdom Of Bahrain?

3. Is there a statistically correlation between Mental Health and Body Image among secondary female students in Kingdom Of Bahrain?

4. Do Body dysmorphic disorders among secondary female students in kingdom of Bahrain affects their psychological health?

To answer these questions, the mental health examination by Hassan Abdulmoati, body shape questionnaire by cooper, and the body dysmorphic disorder examination by Majdi Disogi are used.

This study has adopted descriptive correlation approach and attempts to describe body image among secondary female students in kingdom of Bahrain. Also, the study attempts to verify the relationship function between mental health and body image variables for those students.

The study sample is composed of all secondary female students in government schools in the Kingdom of Bahrain, whose number 15771 student, according to government census of 2011-2012, and of the age between (15-18) years and enrolled in schools during the academic year 2012/2013.

The study sample consisted of 163 students who were selected by cluster random method. The sample size then distributed among governante of Bahrain, where school was selected from each governante.

The study results confirm the existence of negative body image among the girls. It also confirm the existence of a positive relationship among student sample between the negative body image and psychosomatic symptoms, anxiety, depression, paranoia, hostilities, neurosis have obsessive compulsive disorder, hysteria, hypochondriasis, insomnia, phobia reaction, and reactive sensitivity. Also, the study finds prevalence of statistical function at the level of, 05 of the impact of body image disorder on depression, insomnia, paranoia, and obsessive-compulsive disorder.

Among the recommendations: Schools and educational institutions are urged to pay attention and promote sports education in girls' schools for better physical health of the students. Also, the role media should be intensified through the establishment of lectures, seminars, and programs that target adolescent girls to try to improve the body image, and to provide outreach programs focusing on promoting health awareness among adolescent.