

A STUDY ON BODY IMAGE IDEALS AMONG MALDIVIAN
UNDERGRADUATES IN MALAYSIA IN RELATION
TO EATING ATTITUDES

BY

FAISAL AYESHA JUNAINA

A thesis submitted in partial fulfillment of the requirement for the degree of
Bachelor of Arts (Hons) in Psychology

Faculty of Social Sciences and Liberal Arts
UCSI University
Malaysia

AUGUST 2012

ABSTRACT

The relationship between body image ideals and eating attitudes have been of great concern among researchers with different studies generating varying results pertaining to the culture among the population. Even though quit significant research have found a correlation between these two and other factors, especially in the Asian context, which results as well as findings are contradicting. Therefore, the objective of the research was to investigate if there were any significant relationship between body image ideals and eating attitudes among Maldivian undergraduates in Malaysia. It was to identify if there were any significant relationship between body image ideals and the sub-scales; dietary restraint, bulimia and food preoccupation, and oral control. Furthermore, this research also examined whether there was a significant difference in body image ideals between males and females. In order to test the hypotheses, questionnaires were distributed to 250 Maldivian undergraduate students studying in different universities in Malaysia. For the research data analysis, T-test analysis and correlation coefficient were employed. The results showed a significant relationship between both body image ideals and eating attitudes as well as between body image ideals and each of the three sub-scales. Moreover, a significant difference in body image ideals was also found between the genders. The results from this research provide useful information for the Maldivian government, psychologists, psychiatrists, counselors and other health care providers. Additionally, further research is recommended to replicate this research among Maldivian undergraduates in Maldives and other's parts around the world.

Keywords: Body Image Ideals, Eating Attitudes, Maldives, Undergraduates.