Das Körperbild von Jugendlichen in der Schweiz – Studienergebnisse

# Keywords

* body image
* adolescents
* social media
* mental health

# Details

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1023 adolescenst aged 13 to 16 years

## Implications For Parents About

Parental practices / parental mediation

## Implications For Educators About

Other

# Abstract

Individuals with a positive body image are more satisfied with their bodies, reflect more critically on the prevailing ideals of beauty in society, are able to treat their bodies with care and are less affected by depression. Adolescence is a particularly critical developmental phase in terms of body image. The results of the 1023 adolescents between 13 and 16 years of age surveyed are clear: In the two language regions of Switzerland studied, positive body image correlates significantly positively with mental health and significantly negatively with the influence of the media. In the future, target group- and gender-specific awareness-raising and communication measures, especially involving social media, as well as related opportunities to strengthen the mental health of adolescents are to be developed on a national level.

# Outcome

Positive body image correlates significantly positively with mental health and significantly negatively with the influence of the media.