

Abstract

The present study examines body and appearance concerns among adolescent girls of different age groups in Hong Kong. Subjects, 1250 high school girls of age 11 to 20, completed questionnaires assessing body image, self-esteem, physical appearance comparison tendency and teasing history. Results revealed that evaluation of appearance and body satisfaction decreased from age 12 to 14 and leveled off after age 15. Subjects' current BMI was significantly lower than ideal BMI, indicating that female adolescents of all ages wanted to loss weight. These girls were most dissatisfied with their weight, height, mid torso and lower torso. Also, body image was positively related to self-esteem but negatively related to physical appearance comparison tendency and teasing history. Findings were discussed in relation to the effects of inevitable physical changes and psychosocial experience on females' body image during adolescence.