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Body Image, Self-Esteem and Eating Disturbance among Chinese Women: Testing the Tripartite Influence model

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Body Image, Self-Esteem and Eating Disturbance among Chinese Women:
Testing the Tripartite Influence model

by

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A thesis submitted in partial fulfillment
of the requirements for the degree of
Master of Arts
School of Mass Communications
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University of South Florida

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self-esteem, eating disturbance

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Abstract

The purpose of the study is to confirm the reasons behind young Chinese women's eating disturbances and self-esteem. The researcher uses the Tripartite Influence model to illustrate the relationship between internalization and pressures in the form of peer, family, and media pressure. It further reveals the relationship between internalization and self-esteem and eating disorders. Besides conforming with the mode of young Chinese females, it aims at finding out the reasons behind each relevant relationship. One point of the study is the different impact of media pressure on young Chinese females; the influence of media tends to be much lower in China and the reasons have been discussed in their entirety.

Chapter 1: Introduction

With human society developing at a high speed and substantial needs being met, people nowadays pay more and more attention to their external images, especially their figures. Both males and females are beginning to pursue “body images” such as “muscular body,” “athletic body,” or “Thin-ideal body.” Owing to the fact that human society has reached its highest development in history (Ren, 2016), people are no longer placing their life focus on work, which not only still stays in the level of matter and tend to be more interested in having a good shape both their own sense of value and others’ views, but is also the result of the tripartite influence: media pressure, family pressure, and peer pressure to some degree (Ren, 2016).

In recent years, a significant amount of research has been carried out to provide a better understanding of the formative factors, which have a great effect on the development and maintenance of body image disturbance and eating disorders (Thompson, 2001). There is sufficient research available based on Western countries and how pressure from the media, family and peers have an effect on their attitudes with regard to external figures and eating disorders. Among those who were surveyed, females are more vulnerable to the impact of others’ pressure than males (Austin, 1999). The research shows that 65 percent of girls are not satisfied with their bodies and want to be thinner if possible (Paxton, Wertheim, Gibbons, Szmukler, et al., 1991). Issues related to body shapes and eating behaviors are not limited to Western countries, although less research relating to these types of issues has been conducted. In Eastern countries, even in developing countries, such as China, many people are upset because of the dissatisfaction they feel about their body images. Research has observed the gap in research between Western

countries and China, a developed country like the series of Western culture versus Chinese culture put up by the CCNU. Christine and Hall (2007) carried out research focused on Asian countries, including China, and found that the effects of media, family, and peers on White females can also be applied to Asian females in some aspects. Thus, Western females' thin images presented online cause an increase in dissatisfaction among Asian women with regard to their bodies.

A wide range of factors, which include influence of society, relationship, and biology, are considered as potential causes for discontent with regard to body image and eating disorders. To be more specific, accounting for the extensive exposure of media in people's daily lives, the factor of media plays an indispensable part in the internalization of ideas concerning figures in people's minds (Humenikova, 2008). Furthermore, the influence of the family can also be counted as well (Pike, 1991). Apart from these two factors, a great deal of research has also been conducted to understand the relationship of peers and figures and eating disorders (Pike, 1991).

Background of Study

With the advent of the new media era, media exists in every aspect of personal life and every corner of social life; thus, people are exposed to the media much more than in any other phase of human society. As a result, going through the Internet is becoming a part of social life, which holds great significance and cannot be ignored. When people spend time on the Internet, the ideas and information from the Internet unconsciously penetrate into the daily life of the public. People nowadays are more exposed to the media than before; furthermore, it is easy for the public to be influenced by the information and ideas obtained from the media (Gurevitch, 2009). In addition, the increasing development of the new media provides more opportunities for the public to have a closer look at the dynamic states of celebrities, who could have an effect on

their followers and the public (Boon, 2001). The news and fashionable photos of celebrities set the examples of the standard of beauty. The way the celebrities think of beauty strongly influences the way ordinary people think of themselves and their bodies. As a result, the public is gradually imbibing the perfect body shape, which is set by the model of those celebrities, by way of eating disorders. The influence of media on people's body image and eating disorders, so as to reach the standard of beauty in media is not uncommon in Western countries (Kennedy, Templeton, Gandhi & Gorzalka, 2004). Extensive studies have been carried out to test the connection between media and the ideas of the public about figures. Moreover, among people who are influenced by the media to judge their body shape, females are more vulnerable to the impact of media than males (Austin, 1999). The interesting thing is that although the media, leads both males and females unconsciously, there are some differences between males and females on the topic of having a good body shape. The research showed that females tend to regard being thin as beautiful, while males try to exercise their muscle bulk (Vandenbosch & Eggermont, 2012).

Apart from the factor of public exposure to the media, attitudes from family members can also have a great effect on people's views about body shapes and eating disorders, especially for schoolgirls. Girls who are experiencing big changes in both physiology and psychology during puberty attach great significance to their external images and their figures, which can be somehow upgraded to the level of self-esteem (Simmons, 1979). Therefore, schoolgirls are sensitive about people's attitudes and comments about their body shapes. In addition, children have a great possibility of being influenced by their parents and other family members, because children have a tendency to imitate their parents (Hetherington, 1967). Thus, family members can easily influence ideas about beauty and eating habits. In other words, children possess a

greater possibility of considering that being thin is the best attribute of beauty from their parents or other family members. It has been found that mothers who sulked bulimic adolescents, could evaluate the weight of their children, especially girls and daughters of mothers who are not bulimic adolescents are more beautiful from the perspective of appearance (Pike, 1991). The opinions of parents about children being thin could be an underlying cause for the eating disturbance experienced by children. Since the duration of parents staying with their children is longer than their other activities, some tiny signs, which can show parents' dissatisfaction with regard to their children, can be sensed by the latter because of their sensitivity; these types of signs are much more difficult to be hidden by their parents. Then, the type of sensitivity can be internalized in children's minds and lead to eating disorders. It has been found that the figures of girls in college have a close connection with their mothers' dissatisfaction with their body shapes (Rieves, 1996). Recently, a lot of research has proved that family pressure is of great significance as a variable in affecting body shapes as well as related eating disorders (Grabe, 2008).

In addition to the two factors above, there is another variable, "peers' influence", which has an impact on people's eating behaviors. People are sensitive about others' comments and attitudes toward themselves, especially with respect to issues related to their external appearances. Furthermore, the typical aspect of appearance that they always keep an eye on is the body shape as it is discussed quite often (Wu, 2009). It is a natural reaction for human beings to want to achieve a satisfying figure through changing eating behaviors when they receive negative feedback about body shapes from their peers. In other words, peers' pressure stimulate them to change their eating behaviors so as to acquire others' praise and appreciation of external images. As has been mentioned before, schoolgirls during puberty are quite sensitive about others' opinions. Furthermore, their peers who are in puberty are also immature and possess less

concern about whether their words could hurt their peers' feelings and self-esteem. As a result, schoolgirls who are less satisfied with their body shapes have a greater tendency to be teased by their peers and be hurt by those spiteful words. They have no choice but to suffer eating disorders in order to have a beautiful body shape. It was observed in research that girls in high school who have been teased by peers with regard to issues about figures claimed that they had to keep a check on their eating habits, which was influenced by their peers (Paxton, 1999). Teasing is not an issue restricted to schoolgirls but can also be seen in the adult world. A study has shown that teasing is a consistent predictor of a wide range of body shape dissatisfied eating disorders in women, which is of great consequence (Thompson, 1999). Besides, there is also research that focused on the relationship between peers and eating disorders and found that peer pressure has an effect on people's eating behaviors.

Statement of problem

The pressure from the media, family, and peers on the aesthetic feelings and standard body shapes of female adolescents has serious consequences. It can affect both their physical and mental health.

From the perspective of physical health, one of the most obtrusive concerns is eating disorder. The research shows that body-image disturbance has caused most of the unhealthy eating behaviors and disorders, which is a new potential risk factor for human beings (Thompson & Stice, 2001). Under the influence of media, family, and peers, most adolescents seemed to have a misunderstanding about the concept of "thinness." Although some people have approached the standard of thinness based on BMI, which is a scientific and medical way to calculate a person's body shape, they could still be teased on account of the fatness of the external body shape (Xu, Mellor, Loehne, Ricciardelli, McCabe, et al., 2010). It is under these circumstances

that adolescents, especially girls, have to be thin to avoid being laughed at, which is the result of the pressure from the media, family, and peers. In order to achieve the standard portrayed in the media, or advanced family, and peers, they prefer to eat in an unhealthy way to lose weight. Because adolescents are in the process of physically developing, without the adequate intake of nutrition the physical growth of adolescents would be affected, which will do harm to their physical health.

In terms of psychological health, the pressure to become thin and the feeling of inferiority with regard to one's body shapes can have a negative effect on one's psychological health. The typical example is that adolescents' self-esteem can be affected in a negative way (Clay, Vignoles & Dittmar, 2005). Due to the strongly negative dissatisfaction toward their own bodies, they feel inferior when they see thin people and are afraid of hearing others' negative comments about their body shapes and images. It was also found in the study that the decline in the self-esteem of adolescents continues to grow as they (Clay, Vignoles & Dittmar, 2005). Moreover, this kind of low self-esteem can cause harm to adolescents' self-perception. The research showed that most adolescents are not content with their body and, therefore, they are also not content with their appearance. This type of self-cognition leads adolescents to harbor inferiority complexes and low self-perception, which can be transformed into obstacles in the way of their healthy psychological development (Chang, Lee, Chen, Chiu, Pan & Huang, 2012).

It can be seen that the influence of media on adolescents are detrimental. Not only does it become a barrier for children's healthy bodies, such as limiting the intake of food, but it also leads to negative consequences on adolescents psychological health such as low self-esteem and inferiority.

Importance of Study

The significance of this study is analyzed from two perspectives: the practical perspective and the theoretical perspective.

From the theoretical perspective, the major significance lies in bridging the gap of research in China. Chinese females concentrate on the body image and highly appreciate the “Thin Ideal” body image. The research gap concerning the influence of social media, family, and peers on the female adolescents’ body image (Wu, 2009) widely exists in China, but there is limited research on the situation of China due to the late development of Chinese academic research in this area. Also, there is a possibility that different cultural backgrounds lead to different effects on the perspectives of adolescents on body image in Western countries and China respectively. It is of great necessity to carry out more studies on Chinese adolescents’ image of themselves to both compare the situations in Western countries and China as well as to find the commonalities. In this research, we will pay attention to the influence from three factors: the media, family, and peers. It is also important to note the cultural differences within China, as China is a big country consisting of 56 ethnic groups; it is a vast land composed of different regions and provinces. Different results may be found in different areas because carrying out research on people from different regions may lead to different findings.

From the practical perspective, the study is released to find out the current females’ eating condition and the reasons behind it. Since China has already reported that some crazy fans of celebrities try to imitate the celebrities even if a conflict of interest exists between their country and another (Ren, 2016), this research can make a contribution to warn us about the harm of chasing the “beauty” of “thinness”(owning little fat) blindly. Such research work can be helpful in following some precautions in case some adolescents become crazy about becoming

this causing harm to both their physical and psychological health.

Overview of the Study

There are seven chapters in this study. The first chapter introduces the background, several studies related to the issue as well as the reason behind this research. The second chapter discusses the formation of the Tripartite Influence model and how its internalization transforms, thereby influencing self-esteem and eating disorders of people. The key point of the third chapter is to put forward the hypotheses. The fourth chapter offers an account of research design and the methods. The results of this research are revealed in chapter five and further discussion is carried out in chapter six. The last chapter concludes with the major findings in the study and provides suggestions for the realistic problems and recommendations for future research.

Chapter 2: Theoretical Framework

The study is based on the theory of The Tripartite Influence model. This theory is dedicated to explaining the internalization procedure with the involvement of media, parents and peers, and it is proper to apply this theory to the situation in China, since young Chinese females are beginning to overvalue body image, and the thin-ideal thoughts have driven them to pursue a new kind of appreciation for core value. Media such as music, magazines, and many artistic programs are likely to announce the core principle that a thinner and more attractive body image is more important than other factors. Family members and peers also spread the information that body image functions as a great advantage in all kinds of competitions, and they prefer to encourage young females to keep thin and pursue a better body shape. Receiving all these pressures and information, Chinese women are influenced and reshaped without knowing, that is to say they have formed another core value and mindset about body image and shape. The internalization procedure has a direct impact on peoples' conception and self-reception level. Women who are pursuing better body shape shave lower self-esteem to some extent; to achieve a higher level, they sometimes adopt an extreme solution which is known as an eating disorder. This chapter is going to further introduce The Tripartite Influence model which explains the three kinds of pressures, which affect these women then it will discuss Chinese women's thoughts about body image and thin-ideal thoughts, and finally it will discuss the eating disorder situation among Western countries, and that in China.

The Tripartite Influence model

The Tripartite Influence model of body image and eating disturbance is a new model

suggested test by Berg, Thompson, Obremski-Brandon, and Coover in 2002. It aims at determining the impact of parents, peer, and media on female beliefs about their body image and eating habits. Since an increasing number of studies have begun to focus on the multifactorial factors and draw on the inner influence of the outside appearance and eating habit, the model pays much attention to the inner involvement procedure (Berg et al. 2002). That is, to find out the deeper relationship between people's inner thoughts and their adoption of eating habit and other psychological actions. The model suggests that there are three basis factors that make a difference in the later development of body shape and eating habits: peers, parents, and media (Berg et al., 2002). This theory provides two mediational links between influences on disturbed body image and eating dysfunctions, including internalization and highlighted comparison about appearance (Berg et al. 2002). Internalization means that one's beliefs correspond with the beliefs espoused by peers, parents and media to a large extent, but one's mindset and core values are based on the combination of one's previous beliefs these newly internalized beliefs influenced by others (Deci, 2010). Internalization is a long procedure and its effect is deep and profound, as it could even become a part of one's personality and characteristics. Since human beings are creatures who have the ability to think actively and engage in activities in an active manner, the way in which they interact with the outer world and other people lead them to form certain thought patterns and concepts based on experience and knowledge (Bratton et al., 1992). Internalization plays an essential role in shaping one's attitude and habit (Bratton et al., 1992). Young women tend to internalize all information about body image and gradually form their understanding about a desirable body shape. Appearance comparison has now developed into a tendency, with an increasing number of people justifying themselves or failing in an attempt to do so because of their appearance. As one of the basic elements of the entire body appearance,

body image makes a great difference in appearance competitions. There is even a category known as “to be fatter, to lose higher” in an appearance comparison scale (Thompson, 1991). In comparing oneself with others, many young women become obsessed, and develop less self-respect and self-appreciation, because they do not think they are as attractive as others.

Of the primary three factors, peer influence has been researched and discussed for a longest period. Different scholars have found that the things girls are most sensitive about are their body image and their weight, and they care more when they are judged for their body shape. Berg’s (2002) research observed and listed other research focusing on young females (18–22) and their pursuit of the perfect body shape. Paxton, Stormer and Stice (1999) found that young females with lower weight and more beautiful body images were more popular among peer students. The students were also more likely to be influenced by their friends with regard to weight and daily diet, which means that they are more willing to follow what their friends ask them to do or what their friends prefer. Young females are thrown into an environment where they are obsessed with their peers most of the time, and without doubt they are sensitive about the current tendency and the most realistic appreciation value. If a girl could be more popular and gain much more attention from others while attempting to lose weight and maintain a better body image, there is no doubt she would do everything to achieve it, including eating out of order. Although there is not a unanimous statement about family members’ impact on young female’s body image concept and eating habits, numerous studies have found that today college girls are facing parental pressure to be thinner and lose more weight (Berg et al. 2002). Berg et al., (2002) selected 196 undergraduate female college students to test the effects of family pressure on their attitudes, their real involvement with family members, and their true eating habits. They said that most of the students were pushed to lose weight or urged to attain a more

perfect body image. The data shows most of the participants cared about the opinions of their family members, and they chose to take actions to achieve what their family members expected (Berg et al. 2002). Besides peers and family members, media play a motivating role in increasing young females' desire for body image and thin-ideal thoughts. Research reveals that the explosion in media, including television, magazines and other visual channels depicting the thin-ideal concept, caused more young girls to be obsessed with body image and suffer from eating disorders (Grabe & Hyed, 2008). According to Thompson and Stice (2010), the disadvantages of media brought about much more serious problems. Girls are now imbued with the belief that beauty requires thinness, and actresses who are their role models have attractive body images, since this is what they see on the screen. Due to these thoughts, more young females are vying to attain a thinner body image.

Since young women are focused on more pressure in relation to body image and are more exposed to environments where everyone claims that less weight deserves more attention and appreciation, females are inclined to fall into two traps: psychological trap and physical trap (Grassi, 2001). As they lose confidence in their own body shape and weight, they lose self-esteem and do not regard themselves as valuable and charming people. Due to the lack of self-esteem, more females choose to take actions and adopt a dieting habit. To become thinner and slimmer, many young girls think eating less is helpful and useful; thus, they eat inappropriate amounts and at inappropriate times. Many girls are confronted with eating disorders on account of eating like this over a period of time.

All in all, this model points out that young girls are now confronted with peer pressure, family pressure, and media pressure to not only pursue a perfect and attractive body image, but also tend to revere the thin-ideal. These pressures and thoughts become one of their core values

with regard to body shape and appreciation, which then gradually becomes their own concept and viewpoint. This procedure is known as internalization. Due to this internalization, young females tend to have less self-esteem, want to change the current situation, and achieve a higher standard of body image; thus, many females choose to control their diet and suffer from eating disorders.

Traditional Chinese Ideal Body Image on Women

There is a long history around the development of the concept of the ideal body image of women since ancient times in China, starting from the Tang Dynasty (AD 618–907) (Jing-Bing, 2012). In those times, women with a fat body image and higher weight were admired more by the public, because they symbolized the fruitfulness and adequacy of the country (Raitisoja, 2017). All people believed that women should be affluent in terms of their body in this dynasty, and women (including young girls) were dedicated to remaining chubby and maintaining weight instead of pursuing less weight and a thin body image. However, with the Song Dynasty (AD 960-1279), people tended to think that women should be elegant and frail, as elegance was related to a slim body image, and people believed that women were more attractive if they were thin (Raitisoja, 2017). Even though people admired the thin and slim bodies during the Song Dynasty, few demonstrated hatred toward women with more heavy and fat bodies. The only difference between the Tang Dynasty and the Song Dynasty is that women were not pursuing the chubby and affluent body shape any more, but were not looked down upon for being over-weight or having a fat body image. After the Song Dynasty, the concept of Chinese beauty experienced a period during which a woman was regarded as more beautiful and charming if she was weak and tender (Mo et al. 2014), since it symbolized the unique female beauty principle which everyone should follow. With the Chinese Reform and Opening Up, more Chinese were imbued with

values and thoughts from Western countries and America. Consequently, China started to introduce more television series from Japan and South Korea, where women with the thin bodies were admired. More and more thin actresses turned up on the screen and were followed and imitated (Mo et al. 2014). As a result of this, young Chinese women have inculcated the thin-ideal belief and pursued a slim body image.

Current Chinese Thin-ideal Body Image on Women

Thin-ideal internalization directly fosters people's dissatisfaction with their current body image and shape (Thompson, 1991). With the development of Chinese policy, economy, and culture, the country was exposed to a more complex world where more appreciation value combine and influence each other. A booming economy makes it possible to get in touch with more colorful and diversified ways of dressing up and a great variety of value. Now some Chinese psychologists have found that the Chinese ideal body image now tends to be more simple and common, with everyone praising and pursuing the same look (Kennedy et al., 2004). Young women desire to remain slim and have big eyes, small mouth and a tall and straight nose. Many females spend a lot of money on plastic surgery to achieve the perfect body image. Body image has become an increasingly sensitive issue for young girls, as many girls are dedicated to undergoing breast implants and pumping fat operations in order to achieve a more attractive body image (Christine, 1995). In the past few decades, the Chinese economy has achieved rapid development, and many scholars have started to focus on the Chinese circumstances in order to attempt to find out the common appreciation values among Chinese females and males. An increasing number of Chinese females desire the same body shapes as the actresses who are almost always slim and thin, so the current Chinese ideal body image tends to be thin-ideal (Kennedy et al. 2004).

Eating Disorder Situation

Chinese females, especially young ones, are now pursuing a thin-ideal body image and have begun to control their diets, and, as a result, more and more young women are suffering from eating disorders. Thus, scholars are now making efforts to research eating disorders among Chinese people. Two practical research works are worthwhile in observing this. Chen and Jackson (2008) assessed the prevalence and the sociodemographic correlates of eating disorder symptoms among young people from China and revealed the current situation of Chinese youngsters' eating habits. All the participants were selected from different regions and included males and females. The eating situation was tested according to the Eating Disorder Diagnostic Scale, and all statistics were examined to find out the relevance and the deeper causes behind it. As the results show, only 46.5% boys and 43.0% girls were generally satisfied with their current body size, and children who were either overweight or underweight showed a lower rate of satisfaction with their body image (Chen & Jackson, 2008). Scholars also conducted research to find out whether the youngsters were provided with adequate nutrition. Surprisingly, in a research on Beijing school girls, scholars found that 1.1% met the Diagnostic Statistical Manual of Mental Disorders-IV (DSM-IV) criteria for Bulimia Nervosa (BN), and almost all these girls failed to reach the most commonly acceptable eating habits (Xiao Qian & Wang, 2001). Huon et al. (2002) carried out a survey assessing features of BN and Ammonium Nervosa (AN) among Chinese senior high school girls from different regions around the country. The result shows that none of the subjects met the full criteria for AN or BN, but some corresponded to binge eating disorder, and many girls displayed weight-related concerns, hoping to be much thinner and more slim (Huon et al. 2002). Another research conducted by Getz (2014) found that Eating Disorders (EDs) are caused by many factors and its explosion could lead to many other alternative causes.

His findings confirmed that eating disturbances are found to a large extent in China. While some Chinese patients are not fearful of gaining weight, some others are much more concerned about their weight problem (Getz, 2014). It is clear that eating disorders have something to do with weight concerns, and weight concerns is a product of the internalization of the ideal body image; thus, eating disorders are commonly seen among Chinese youngsters, and the main cause of eating disorders is the pursuit of the ideal body image.

Chapter 3: Research Hypotheses

This study is a quantitative study, which aims at testing The Tripartite Influence model and determining whether young Chinese women are confronted with peer pressure, family pressure, and media pressure. After testing for the three primary factors, this study is about to test youngsters' internalization in order to determine whether the thoughts females receive from peers, and media have become a part of their inner world and personality. In selecting and analyzing the data, it is going to point out the relationship between these pressures and females' psychological and physical reactions, including self-esteem and eating disorders. This chapter will further explore the hypotheses behind the questions, focusing on the model mentioned above.

Researchers also found out that the awareness, internalization, and the pressure one perceives are the three constructs that are closely linked with body image assessment (Cafri, Yamamiya, Brannick & Thompson, 2015). Based on a similar previous study carried out in Western countries, the hypotheses were developed to explore the relationship among relevant variables, which affect young Chinese females' perceptions of thin body. Above all, this research will link the Thin-ideal internalization, the three pressures (media, family, and peer), self-esteem, and eating disturbance to test the five hypotheses; the conceptual model is as follows:

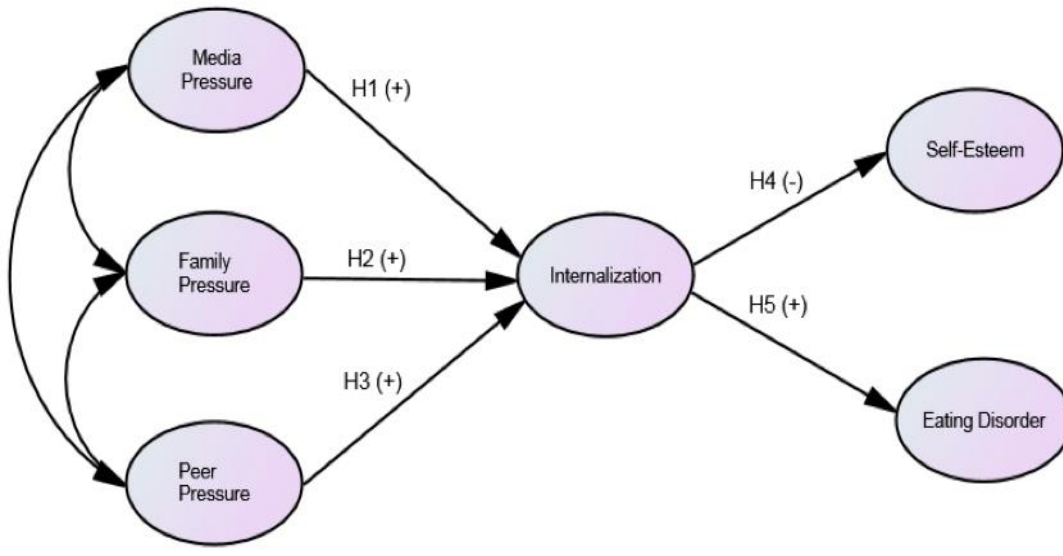


Figure 1. Hypothesized Relationships among Variables;

(+): positive relation, (-): negative relation

H1: Media pressure has a positive influence on thin-ideal internalization among young Chinese females.

H2: Family pressure has a positive influence on thin-ideal internalization among young Chinese females.

H3: Peer pressure has a positive influence on thin-ideal internalization among young Chinese females.

H4: Internalized thin-ideal has a negative influence on self-esteem among young Chinese females.

H5: Internalized thin-ideal has a positive influence on eating disorders among young Chinese females.

Chapter 4: Methodology

This chapter describes the research method employed in the study, including the research design, sample, instrument and measures of key variables.

Design and sample

An online survey was conducted to collect empirical data. WenJuanXing (www.wjx.com), a Chinese online survey service company was used to administer the survey. Similar to SurveyMonkey in America, WenJuanXing provides customizable services in survey data collection as well as back-end programs of data analysis and representation. The sample included 530 Chinese female adults who resided in more than two dozens of Chinese provinces. The distributions of sample gender, age, occupation and level of education are shown in Tables 1 to 4, respectively.

Table 1. Sample Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Female	530	100.0	100.0	100.0

Table 2. Sample Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18-24	496	93.6	93.6	93.6
	25 or above	34	6.4	6.4	100.0
	Total	530	100.0	100.0	

Table 3. Sample Occupation

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Student	350	66.0	66.0	66.0
	Fulltime employee	150	28.3	28.3	94.3
	Part-time employee	27	5.1	5.1	99.4
	Unemployed	3	.6	.6	100.0
	Total	530	100.0	100.0	

Table 4. Sample Education

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	High school or less	36	6.8	6.8	6.8
	College	440	83.0	83.0	89.8
	Graduate	53	10.0	10.0	99.8
	Postgraduate	1	.2	.2	100.0
	Total	530	100.0	100.0	

Survey Instruments

The survey questionnaire contained 38 questions and took about 15 minutes to complete. The questionnaire was first designed in English and then translated into Chinese in order to facilitate responding. Instructions were presented before the questions, including a confidentiality statement and informed consent. Appendix A and B provide the English and Chinese versions of the questionnaire.

Measures

Measures of media, family, peer pressures and thin-ideal internalization were adopted from the Sociocultural Attitudes towards Appearance Questionnaire (SATAQ-3) (Thompson, Van den Berg, Roehrig, Guarda, & Heinberg, 2004). The SATAQ-3 measures multiple aspects of a societal influence and has been proven to be useful for basic risk factor work as well as for gauging the efficacy of eating-disorder prevention and treatment programs. Table 5 shows the 17 Likert-scaled (1: strongly disagree, 5: strongly agree) items used to measure the concepts.

The Rosenberg Self-Esteem Scale (Rosenberg, 1965) was applied in this study to measure the concept of self-esteem (item 18- item 27). The scale contains ten Likert-scaled (1: strongly disagree, 5: strongly agree) items and has been widely used in empirical research as a self-reporting instrument for evaluating individual self-esteem.

The five-item Eating Disturbance Scale (EDS-5) (Rosenvinge, Perry, Bjùrgum, Bergersen, Silvera, & Holte, 2001) was used to measure respondents' disordered eating patterns. Of the five items, the first was measured on a 7-point satisfaction scale (1: Very satisfied, 7: very unsatisfied), and the rest were measured on a 7-point frequency scale (1: Never, 7: Every day).

Finally, six items were presented at the end of the questionnaire to measure respondents' current weight, height and demographics.

Table 5: Sample Scale items for Constructs

Construct	Items
Thin-ideal Internalization	1. I want my body to look very thin. 2. I want my body to look like it has little body fat. 3. I think a lot about looking thin. 4. I want my body to look very lean. 5. I think a lot about having very little body fat.
Family	6. I feel pressure from family members to look thinner. 7. I feel pressure from family members to improve my appearance. 8. Family members encourage me to decrease my level of body fat. 9. Family members encourage me to get in better shape.
Peer	10. My peers encourage me to get thinner. 11. I feel pressure from my peers to improve my appearance. 12. I feel pressure from my peers to look in better shape. 13. I get pressure from my peers to decrease my level of body fat.
Media	14. I feel pressure from the media to look in better shape. 15. I feel pressure from the media to look thinner. 16. I feel pressure from the media to improve my appearance. 17. I feel pressure from the media to decrease my level of body fat.
Self-Esteem	18. On the whole, I am satisfied with myself. 19. At times, I think I am no good at all 20. I feel that I have a number of good qualities. 21. I am able to do things as well as most other people. 22. I feel I do not have much to be proud of. 23. I certainly feel useless at times. 24. I feel that I'm a person of worth, at least on an equal plane with others. 25. I wish I could have more respect for myself. 26. All in all, I am inclined to feel that I am a failure. 27. I take a positive attitude toward myself.
Eating Disturbance	28. Are you satisfied with your eating habits? 29. Have you eaten to comfort yourself because you were unhappy? 30. Have you felt guilty about eating? 31. Have you felt that it was necessary for you to use a strict diet or other eating rituals to control your eating? 32. Have you felt that you are too fat?

Chapter 5: Results

All statistical analysis in this study was performed using SPSS (Statistic Package for Social Science) version 24 and SPSS AMOS (Structural Equation Modeling Analysis) version 25.

Descriptive and Reliability Analysis

Table 6 displays the means and standard deviations of individual items used to measure pressures, internalization, self-esteem and eating disturbance. Also presented the reliabilities of these constructs. All Cronbach's alphas were greater than .70, indicating the measures achieved acceptable levels of internal consistency.

A series of one-sample t-tests were performed to compare the item means against the neutral point (3 or 4) of the scales. Results indicated that respondents in the study exhibited above-average levels of media, family and peer pressures, thin-ideal internalization and eating disturbance.

Table 6. Descriptive and Reliability Statistics

	N	Mean	Std. Deviation	Cronbach's α
Thin-Ideal Internalization				
Int1	530	3.9358	1.15346	.888
Int2	530	4.0113	1.12030	
Int3	530	3.7302	1.30030	
Int4	530	3.7642	1.22630	
Int5	530	3.9623	1.12813	
Family Pressure				.903
Family1	530	3.6208	1.28299	

Table 6. Descriptive and Reliability Statistics

	N	Mean	Std. Deviation	Cronbach's α
Family2	530	3.6547	1.27193	
Family3	530	3.7396	1.20966	
Family4	530	3.8642	1.09839	
Peer Pressure				.906
Peer1	530	3.7906	1.14022	
Peer2	530	3.7981	1.18545	
Peer3	530	3.8358	1.18331	
Peer4	530	3.8509	1.17891	
Media Pressure				.926
Media1	530	3.8755	1.19053	
Media2	530	3.7717	1.22465	
Media3	530	3.8057	1.21505	
Media4	530	3.8038	1.20928	
Self Esteem				.938
Se1	530	3.7453	1.19277	
Se2	530	3.7189	1.21980	
Se3	530	3.8151	1.16167	
Se4	530	3.8679	1.08500	
Se5	530	3.7000	1.22150	
Se6	530	3.7019	1.21342	
Se7	530	3.8623	1.12955	
Se8	530	3.9491	1.09097	
Se9	530	3.5887	1.32757	
Se10	530	3.8887	1.09513	
Eating Disturbance				.873
Ed1	530	4.8623	1.72546	
Ed2	530	4.9038	1.73156	
Ed3	530	4.8698	1.88217	
Ed4	530	4.9434	1.75982	
Ed5	530	4.9453	1.74207	

Measurement Model Results

Table 7 shows the standardized regression weight estimates and their standard errors for construct indicators. The regression weights for all the indicators are statistically significant ($P < .001$). Additionally, the standard errors are small, which indicates acceptable validity of the measurement model.

Table 7. Measurement Model Results

			Standardized Regression Weight	S.E.	C.R.	P
MP4	<---	Media Pressure	.870			
MP3	<---	Media Pressure	.867	.037	27.314	<. 001
MP2	<---	Media Pressure	.877	.037	27.924	<. 001
MP1	<---	Media Pressure	.867	.036	27.281	<. 001
FP4	<---	Family Pressure	.834			
FP3	<---	Family Pressure	.835	.048	23.125	<. 001
FP2	<---	Family Pressure	.877	.054	22.554	<. 001
FP1	<---	Family Pressure	.873	.056	21.852	<. 001
PP4	<---	Peer Pressure	.835			
PP3	<---	Peer Pressure	.852	.042	24.620	<. 001
PP2	<---	Peer Pressure	.858	.042	24.877	<. 001
PP1	<---	Peer Pressure	.818	.041	23.059	<. 001
IT3	<---	Internalization	.766	.063	18.316	<. 001
IT4	<---	Internalization	.803	.060	19.313	<. 001

Table 7. Measurement Model Results

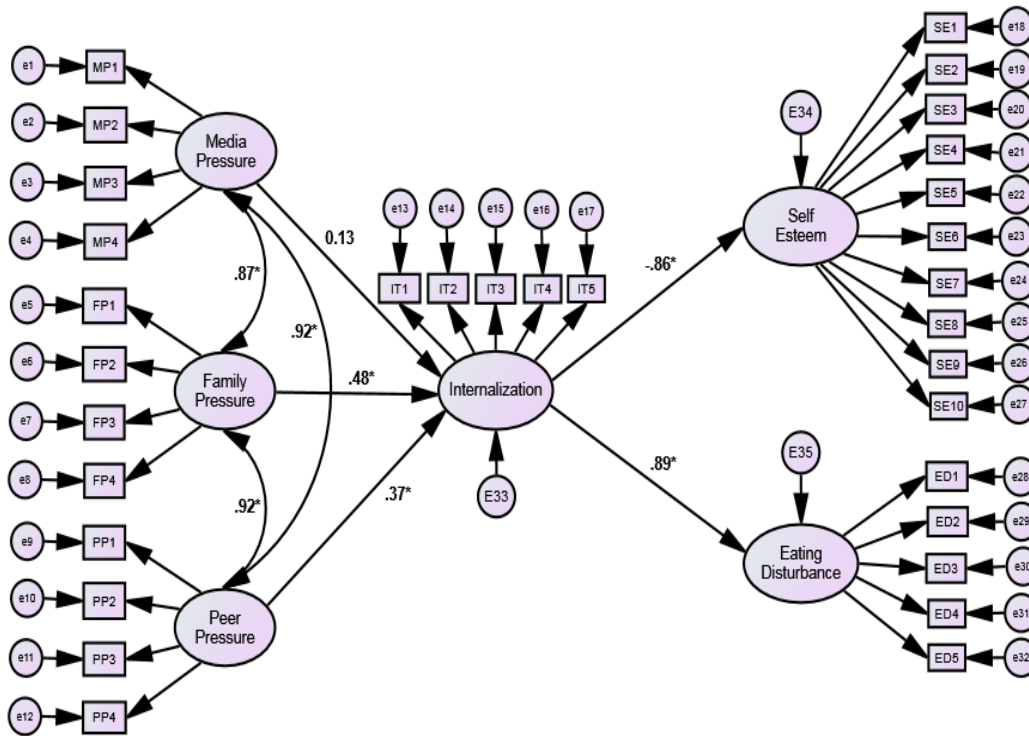
			Standardized Regression Weight	S.E.	C.R.	P
IT2	<---	Internalization	.759	.055	18.122	<.001
IT1	<---	Internalization	.744			
IT5	<---	Internalization	.788	.051	20.403	<.001
SE3	<---	Self Esteem	.783	.055	19.665	<.001
SE4	<---	Self Esteem	.796	.057	17.878	<.001
SE2	<---	Self Esteem	.809	.069	16.869	<.001
SE1	<---	Self Esteem	.717			
SE5	<---	Self Esteem	.789	.064	17.757	<.001
SE6	<---	Self Esteem	.790	.066	17.152	<.001
SE7	<---	Self Esteem	.796	.054	19.556	<.001
SE8	<---	Self Esteem	.779	.057	17.707	<.001
SE9	<---	Self Esteem	.829	.070	18.370	<.001
SE10	<---	Self Esteem	.769	.058	17.320	<.001
ED3	<---	Eating Disturbance	.765	.072	16.477	<.001
ED4	<---	Eating Disturbance	.767	.066	16.789	<.001
ED2	<---	Eating Disturbance	.751	.058	18.506	<.001
ED1	<---	Eating Disturbance	.707			
ED5	<---	Eating Disturbance	.778	.068	16.471	<.001

Structural Model Results

Table 8 shows the results of the structural model obtained through SPSS AMOS. An initial question is whether the structural equation analysis estimates for the model provide an adequate fit to the data. Although the Chi-square test indicates a lack of model fit ($X^2 = 733.310$, $df = 396$, $p = .000$), it should be noted that the Chi-square test is sensitive to large sample sizes, like the one employed in the present study. Assessment of the model's fit thus relied on other goodness-of-fit indices. Bryne (2001) suggests that models with GFI and CFI values greater than .90, and an RMSEA less than or equal to .10 be judged as providing a reasonable fit to the data. Similarly, Hu and Bentler (1999) recommend RMSEA values below .06 and TLI value of .95 or higher. In this study, all these goodness-of-fit measures (NFI = .954, RFI = .942, IFI = .978, TLI = .972, CFI = .978, RMSEA = .040) indicate that the model provides acceptable fit to the data. Figure 2 is a pictorial display of the structural model results.

Table 8. Estimates of Standardized Regression Weights

			Standardized Regression Weight	S.E.	C.R.	P
Internalization	<---	Media Pressure	.128	.055	1.871	.061
Internalization	<---	Family Pressure	.477	.068	6.593	< .001
Internalization	<---	Peer Pressure	.370	.082	3.910	< .001
Self Esteem	<---	Internalization	-.863	.057	-16.479	< .001
Eating Disturbance	<---	Internalization	.893	.085	16.566	< .001
Media Pressure	<-->	Family Pressure	.875	.065	12.909	< .001
Family Pressure	<-->	Peer Pressure	.917	.064	12.935	< .001
Media Pressure	<-->	Peer Pressure	.920	.072	13.222	< .001



Chi-square = 733.310, df = 396, p = .000
 NFI = .954, RFI = .942, IFI = .978, TLI = .972, CFI = .978, RMSEA = .040
 ** p<.01

Figure 2. Structural Model Results

Hypotheses Testing

H1 states that media pressure has a positive influence on thin-ideal internalization among young Chinese females. The hypothesis was marginally supported ($\beta_{\text{media pressure} \rightarrow \text{internalization}} = .128, p = .06$). Media pressure would thus lead to the internalization of thin-ideal in the minds of young Chinese women.

H2, which states that family pressure has a positive influence on thin-ideal internalization among young Chinese females, was supported ($\beta_{\text{family pressure} \rightarrow \text{internalization}} = .477, p < .001$). Family pressure would thus lead to the internalization of thin-ideal in the minds of young Chinese

women.

H3, which states that peer pressure has a positive influence on thin-ideal internalization among young Chinese females, was supported ($\beta_{\text{peer pressure} \rightarrow \text{internalization}} = .370, p < .001$). In other words, in addition to media and family pressures, peer pressure also constitutes a strengthening force of thin-ideal internalization.

With regard to the consequences of thin-ideal internalization, H4 which states that internalized thin-ideal has a negative influence on self-esteem among young Chinese females. The hypothesis was supported ($\beta_{\text{internalization} \rightarrow \text{self-esteem}} = -.863, p < .001$).

Also supported was H5 which predicted that internalization thin-ideal would increase the likelihood of eating disorders among young Chinese females. The hypothesis was supported ($\beta_{\text{internalization} \rightarrow \text{eating disturbance}} = .893, p < .001$).

It should be noted that the hypothesis testing results lend strong support for the mediating role of thin-ideal internalization. As a mediating factor, thin-ideal internalization explains how and why media, family and peer pressures would result in lower level of self-esteem and higher frequency of eating disorders.

Chapter 6: Discussion

This part is going to explain the relevance circumstances among the factors, which were reflected in the model and the reasons behind it. The main purpose of the study is to confirm the model, discuss the reasons behind the circumstances, and then put forward some suggestions for young Chinese females. First, there would be hypotheses testing and then further discussion on the right hypotheses as well as the reasons behind them.

Summary of the Hypotheses Testing

All the hypotheses were tested by Structural Equation Modeling analysis (AMOS). According to the testing results, there was a chart to describe the correlation or denying condition; thus, showing the analysis supported or disagreed with the hypotheses.

Table 9. Summary of Hypotheses Testing

H	Rationale	Result
H1	Correlation	Supported
H2	Correlation	Supported
H3	Correlation	Supported
H4	Correlation	Supported
H5	Correlation	Supported

According to the chart, there is a summary to show the relationship between the factors of internalization, self-esteem, as well as the condition of eating disorders.

Media pressure has a positive influence on thin-ideal internalization among young

Chinese females.

Family pressure has a positive influence on thin-ideal internalization among young Chinese females.

Peer pressure has a positive influence on thin-ideal internalization among young Chinese females.

Internalized thin-ideal has a negative influence on self-esteem among young Chinese females.

Internalized thin-ideal has a positive influence on eating disorders among young Chinese females.

The surging behind the first correlation

The first correlation is between media pressure and young Chinese females' thin-ideal thoughts. It is an essential element for this thought, as nowadays media information is finding its way into human beings' lives from all aspects, especially people's core values. Many main value and thoughts are conveyed and brought by media now, and many people have been changed in the process of accepting and passing media information. The main reason for media pressure comes from people's wrong frame of reference; that is to say, people choose incorrect or not completely correct body shape as their reference. Hollywood moguls and Milan fashion designers like thin actresses and models, constantly shaping the beauty standard through authoritative information channels such as movies, advertisements, print media and the Internet, which naturally influences the world's aesthetics. As we all know, the power of example is infinite. The media exposure has created a series of misperceptions for female audiences, among which young Chinese women think tall and thin models and actresses are the representatives of high-quality women who are both beautiful and fashionable. Therefore, it has become a lifetime

course for Chinese women to look up to models and imitate them. For instance, in China, since all people think Ziyi Zhang, who is a very slim actress from China, is beautiful for her thin body shape, and all females as audience compare their body shape with Zhang's, and then they think they are not beautiful and charming because they are not as thin as Ziyi Zhang. Jia Ling, on the other hand, another Chinese actress who is famous for her fat body shape and her comic act in China, may be regarded as not so charming as others from the aspect of body shape. Most of the actresses and stars, even singers, appearing on the screen are thin enough, because only such thin actresses can be recognized and sought after by a wide audience of women. And such a grand phenomenon instils in females a thought pattern that thinner is more beautiful, since all actresses are thin and then they develop with a mass media a thin-ideal. Statistics shows that more than 17% of young girls want to be thinner since their dream is to become actresses (Ata et al., 2013). An increasing number of people are opting for operations to lose weight and shape their body, since they want to look more like their idol and want to be more charming. In this highly dysfunctional environment, almost all Chinese women believe that a thin body is the only way to be truly beautiful.

The surging behind the second correlation

The second correlation is between family pressure and young Chinese females' internalization of the thin-ideal, that is, many Chinese females hold onto the thought that thinness is beauty because they have accepted pressure from their family members. It is a common phenomenon in China for parents to compare children with the children of other families, and through this comparison, they believe they can push their child to be more outstanding or more hardworking (CU et al., 2012). Many adults have placed their desire to receive higher education and higher attention from the society on their children, and they think that up to a certain age one

must own something to meet their requirements. Under such circumstances, young females have become a tool of their parents' comparison. In today's society, beauty seems to be more important, and their parents push them to be more beautiful in any way, thus pursuing a thinner body shape becomes many young Chinese females' daily dream. There is another common phenomenon among Chinese families, which is one may complain about the other for their body shape, especially between spouse (Schaefer et al. 2018). It maybe just because of a joke that the husband complains about the wife about her body shape and thinks is thinner women are more charming, thus the young females are confronted with a higher desire to lose weight and pursue thinness. Many samples observed in the study are college students, and college students are encouraged by their parents in the hope that the girls can be attached to others in college life, and it becomes another main reason for young female's thin-ideal thoughts.

The surging behind the third correlation

The third correlation is between peer pressure and young Chinese females' thin-ideal thought, which is mainly about peer comparison and thought exchange in shaping one's mindset. In China, peer comparison evolves through many aspects such as education level, family wealth, appearance, and body shape; among all these, appearance and body shape seem to be increasingly apparent. Many people are of the opinion that appearance and body shape are capable of determining one's job or even one's future. Many females may be confronted with pressures from peers in job hunting, if their competitors are more slim and own more acceptable body shape; then, their chances may be lowered and their position would become more disadvantaged. Peer pressure is reflected in mindset exchange mainly (Blowers, 2003), especially people's different ideas with regard to beauty. Peers often discuss their favorite body shape and their ideal weight, which is actually a process of conveying their thoughts about beauty; since,

media and other outsiders have an influential effect, most of the Chinese think thinness symbolizes beauty, and the thoughts become a common pursuit when it is conveyed once. Under many circumstances, even if a female is not so attached to thinness, but her peers may express thin-ideal thoughts and put forward many revision points about her body shape; then, the female may be influenced without knowing.

The surging behind the fourth correlation

The fourth correlation is about thin-ideal internalization and self-esteem. According to the results, the relevance of the relationship between the two factors is negative, which indicates that thin-ideal internalization leads to females possessing a lower self-esteem. The reasons could be analyzed from two aspects, one is a female's own comparison, and the other is how they are treated. Females are used to comparing themselves with other females and even comparing themselves with stars appearing on the screen, as they may find out about the gap between theirs and the ideal body shape; gradually, the effect is that these women may lose confidence and tend to have less self-esteem, as they look upon themselves in the process of comparison. How they are treated is determined by how they treat themselves (Thompson 2001). Many females are not well-accepted because they are a little overweight or do not have a very slim body shape in job hunting or in daily life, even in dating; all these different treatments may cause females to have low self-esteem, and they become more sensitive about their body shape.

The surging behind the fifth correlation

The last correlation measure is between thin-ideal internalization and young Chinese females' eating disorders, which is what the study aims at confirming and analyzing. According to the hypotheses being tested, the internalization actually had a positive effect on female eating disorders, which indicates females often eat out of order by virtue of their thin-ideal

internalization. Many females dream of having a thin body shape and they tend to be dissatisfied with their current body condition. In order to achieve their goal, they opt for a diet. However, it is a common phenomenon that most females are incapable of maintaining a healthy diet, and they do not follow a scientific and healthy diet book to help them lose weight. Instead, they choose to control their eating amounts at inappropriate times like lunch time, and eating little during breakfast time, which leads to extreme hunger. Many females are not adequately resistant to night eating after 10 in the evening and many are eating more because of their extreme hunger. More people now choose to eat vegetables only across three dinners since they believe that vegetables are helpful in controlling weight and all stars on the screen are doing the same. All these misconceptions lead to female eating disorders.

The surging behind the different impact of media pressure

There is another phenomenon that appeared in the study, which is media pressure seems to be stronger in Western countries, and Chinese females are more likely to be influenced by peer pressure and family pressure because Western countries often use media to convey the harm of being overweight and fat. Many Westerners are obsessed with the fear of being overweight or fat, and they are conscious about their health condition; thus, when the news about body shapes appear in the media, it is more likely to be internalized by western people. Western countries have also been much more explored in media than China, as when China was provided media information and was explored by media to a large extent, Western people had already received much news about physical shape and physical health. Now more and more Western media channels are offering information about perfect body shape, and judging how they are different from the current people's physical condition. Western people also often eat fast food, and thus, tend to be fatter, but they become sensitive when hearing news about body shape from the media.

However, in China, people are more explored in a social circle, where friends and family members surround them; thus, they tend to be more easily influenced by peer pressure and family pressure. As for media, although Chinese people are pursuing the type of beauty displayed on television from the media, they are not being exposed as frequently to the content as Western people are exposed to the media world.

Chapter 7: Conclusion

Major findings

The study aims at testing the model about the relationships among peer pressure, family pressure, media pressure, thin-ideal internalization, self-esteem, and eating disorders; thus, exploring the main reasons behind young Chinese females' eating disorders in a step-by-step fashion. The author found that media pressure, peer pressure, and family pressure all contribute to thin-ideal internalization, and all of them contribute to internalization from different aspects. Media pressure mainly impacts females by presenting thin actresses and stars and comparing ordinary females with these stars. Peer pressure comes from peer comparison and their information exchange. Many females may be nervous and not confident in the process of comparing and finding that she is not like what others cherish. Family pressure mainly comes from parents and spouses, as they are supposed to own better. The three factors contribute to thin-ideal internalization, which indicates that now thinness has become a symbol of beauty and people think it is common sense to pursue thinness. This kind of internalization leads many females to have lower self-esteem; in order to change the situation, they choose to eat out of order. Many females eat too much or too little at inappropriate times and eat wrong types of food to achieve their ideal body shape.

Limitations of the study

This study has investigated and confirmed the model and explained the relevance of relationships among the factors. However, there are still some limitations to the study.

First, the subjects are limited. It is a small size sample. There are just 530 females from

one region (the south western of China), so the generalizability of the study is limited. It may be not be representative of the condition of other areas.

Second, the level of the subjects is limited, especially the level of education, although most of the subjects are college students or above, there are still several subjects who experienced difficulty in understanding and answering the questions and their answers may consist of some outside influences.

Finally, the strategies should be more complete and overall. This study is a quantitative study. So there is only one strategy (survey) used in the study, and the strategy is not perfect to some extent because of practical difficulties. In the future, if there can do the qualitative study, there may use more strategies such as participant observation and interview, the final outcome may be better.

However, despite the pitfalls, the study well confirmed the model and listed the relevance of relationships among all the factors; it gathers all the subjects' contributions, my thesis chair and committee members' help, as well as my efforts.

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APPENDICES

Appendix A

Survey Questionnaire (English)

[INFORMED CONSENT]

Thank you for your participation in the survey. Please read each of the following statements carefully and indicate the extent to which you agree or disagree with each statement.

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
1. I want my body to look very thin.	_____	_____	_____	_____	_____
2. I want my body to look like it has little body fat.	_____	_____	_____	_____	_____
3. I think a lot about looking thin	_____	_____	_____	_____	_____
4. I want my body to look very lean.	_____	_____	_____	_____	_____
5. I think a lot about having very little body fat.	_____	_____	_____	_____	_____
6. I feel pressure from family members to look thinner.	_____	_____	_____	_____	_____
7. I feel pressure from family members to improve my appearance.	_____	_____	_____	_____	_____
8. Family members encourage me to decrease my level of body fat.	_____	_____	_____	_____	_____
9. Family members encourage me to get in better shape.	_____	_____	_____	_____	_____
10. My peers encourage me to get thinner.	_____	_____	_____	_____	_____
11. I feel pressure from my peers to improve my appearance.	_____	_____	_____	_____	_____
12. I feel pressure from the media to look in better shape.	_____	_____	_____	_____	_____
13. I get pressure from my peers to decrease my level of body fat.	_____	_____	_____	_____	_____
14. I feel pressure from the media to look in better shape.	_____	_____	_____	_____	_____
15. I feel pressure from the media to look thinner.	_____	_____	_____	_____	_____
16. I feel pressure from the media to improve my appearance.	_____	_____	_____	_____	_____

- | | | | | | |
|--|-------|-------|-------|-------|-------|
| 17. I feel pressure from the media to decrease my level of body fat. | _____ | _____ | _____ | _____ | _____ |
| 18. On the whole, I am satisfied with myself. | _____ | _____ | _____ | _____ | _____ |
| 19. At times, I think I am no good at all. | _____ | _____ | _____ | _____ | _____ |
| 20. I feel that I have a number of good qualities. | _____ | _____ | _____ | _____ | _____ |
| 21. I am able to do things as well as most other people. | _____ | _____ | _____ | _____ | _____ |
| 22. I feel I do not have much to be proud of. | _____ | _____ | _____ | _____ | _____ |
| 23. I certainly feel useless at times. | _____ | _____ | _____ | _____ | _____ |
| 24. I feel that I'm a person of worth, at least on an equal plane with others. | _____ | _____ | _____ | _____ | _____ |
| 25. I wish I could have more respect for myself. | _____ | _____ | _____ | _____ | _____ |
| 26. All in all, I am inclined to feel that I am a failure. | _____ | _____ | _____ | _____ | _____ |
| 27. I take a positive attitude toward myself. | _____ | _____ | _____ | _____ | _____ |

Please answer the following questions based on your experience in the last 30 days.

28. Are you satisfied with your eating habits?

Very satisfied 1 2 3 4 5 6 7 Very unsatisfied

29. Have you eaten to comfort yourself because you were unhappy?

Never 1 2 3 4 5 6 7 Every day

30. Have you felt guilty about eating?

Never 1 2 3 4 5 6 7 Every day

31. Have you felt that it was necessary for you to use a strict diet or other eating rituals to control your eating?

Never 1 2 3 4 5 6 7 Every day

32. Have you felt that you are too fat?

Never 1 2 3 4 5 6 7 Every day

33. What is your weight at present? (Please give your best estimate). _____

34. What is your height? (Please give your best estimate). _____

Finally, some questions about yourself:

35. Your gender is:

Female Male

36. Your age is:

17 and below 18-24 25 and above

37. Your occupation:

Student Full time employee Part time employee Unemployed

38. Your highest academic qualification:

High school and below Undergraduate Graduate Postgraduate

Appendix B

Survey Questionnaire (Chinese)

[研究参与知情同意书]

感谢您在百忙之中填写问卷，请您根据自己的实际感受和看法如实填写，本问卷采用匿名形式，所有数据仅供学术研究分析使用。敬祝身体健康，万事如意！

说明：请仔细阅读以下各项，并注明最能反映您同意该声明的编号。（1：非常不同意，2：不同意，3：既不同意也不反对，4：同意，5：非常同意）

	非 常 不 同 意	不 同 意	既 不 同 意 也 不 反 对	同 意	非 常 同 意
1. 我希望自己的身材看起来很纤细。	_____	_____	_____	_____	_____
2. 我希望我的身材看起来脂肪很少。	_____	_____	_____	_____	_____
3. 我认为我身材看起来很瘦。	_____	_____	_____	_____	_____
4. 我希望自己的身体看起来精瘦。	_____	_____	_____	_____	_____
5. 我想拥有脂肪很少的身材。	_____	_____	_____	_____	_____
6. 我感到来自家人要我看起来更瘦的压力。	_____	_____	_____	_____	_____
7. 我感到来自家人要求我改善自己的外表的压力。	_____	_____	_____	_____	_____
8. 我的家庭成员鼓励我减少体内脂肪含量。	_____	_____	_____	_____	_____
9. 我的家庭成员鼓励我塑造好的身材。	_____	_____	_____	_____	_____
10. 我的同龄人鼓励我变瘦。	_____	_____	_____	_____	_____
11. 我感到来自同龄人带给我要改善自己的外表的压力。	_____	_____	_____	_____	_____
12. 我感受到同龄人带给我要塑造好身材压力。	_____	_____	_____	_____	_____

13. 我感受到同龄人带给我要减少体内脂肪含量的压力。 _____
14. 我感受到媒体带给我要塑造好身材的压力。 _____
15. 我感受到媒体带给我要看起来更瘦的压力。 _____
16. 我感受到媒体带给我要改善自己外表的压力。 _____
17. 我感受到媒体带给我要减少体内脂肪含量的压力。 _____
18. 总的来说，我对自己很满意。 _____
19. 有时，我觉得我一点也不好。 _____
20. 我觉得我有很多优点。 _____
21. 我能把事情做得和其他人一样好。 _____
22. 我觉得我没什么可骄傲的。 _____
23. 我有时确实觉得自己没用。 _____
24. 在和其他人同等的条件下，我觉得我是一个有价值的人。 _____
25. 我希望我能更尊重自己。 _____
26. 总之，我倾向于觉得我是个失败者。 _____
27. 我对自己有积极地态度。 _____

说明：请仔细阅读以下各项，并根据您在过去 30 天的经验回答以下问题。

28. 你对自己的饮食习惯满意吗？ 非常满意 1 2 3 4 5 6 7 非常不满意
29. 你是否通过吃东西安慰调节自己的不开心？ 从来不会 1 2 3 4 5 6 7 每天都要
30. 对于吃东西，你是否有罪恶感？ 从来不会 1 2 3 4 5 6 7 每天都要
31. 你是否觉得有必要使用严格的饮食规定或者其他的饮食规矩来控制你自己的饮食？ 从来不会 1 2 3 4 5 6 7 每天都会

32. 你是否觉得自己太胖了? 从来不会 1 2 3 4 5 6 7 每天都会

33. 你目前的体重是多少? (请给出你最适量的估计)Kg

34. 你的身高是多少? (请给出你最适量的估计)cm

最后, 请填写关于你自己的一些问题:

35. 你的性别:

女性 男性

36. 你的年龄:

17岁及以下 18-24岁 25岁及以上

37. 你的职业:

学生 全职人员 兼职人员 失业

38. 你的最高学历:

高中及以下 大学本科 硕士研究生 博士生及以上

再次感谢您对本次调查活动的参与, 预祝您生活一切顺意!



RESEARCH INTEGRITY AND COMPLIANCE
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9/19/2018

Weiwei Wang
School of Advertising and Mass Communications
5100 Burchette Rd, unit 1403
Tampa, FL 33647

RE: Exempt Certification

IRB#: Pro00036871

Title: Body Image, Self-Esteem and Eating Disturbance among Chinese Women:
Testing the Tripartite Influence model

Dear Ms. Wang:

On 9/18/2018, the Institutional Review Board (IRB) determined that your research meets criteria for exemption from the federal regulations as outlined by 45CFR46.101(b):

(2) Research involving the use of educational tests (cognitive, diagnostic, aptitude, achievement), survey procedures, interview procedures or observation of public behavior, unless:
(i) information obtained is recorded in such a manner that human subjects can be identified, directly or through identifiers linked to the subjects; and (ii) any disclosure of the human subjects' responses outside the research could reasonably place the subjects at risk of criminal or civil liability or be damaging to the subjects' financial standing, employability, or reputation.

As the principal investigator for this study, it is your responsibility to ensure that this research is conducted as outlined in your application and consistent with the ethical principles outlined in the Belmont Report and with USF HRPP policies and procedures.

Please note, as per USF HRPP Policy, once the Exempt determination is made, the application is closed in ARC. Any proposed or anticipated changes to the study design that was previously declared exempt from IRB review must be submitted to the IRB as a new study prior to initiation of the change. However, administrative changes, including changes in research personnel, do not warrant an amendment or new application.

Given the determination of exemption, this application is being closed in ARC. This does not limit your ability to conduct your research project.

We appreciate your dedication to the ethical conduct of human subject research at the University of South Florida and your continued commitment to human research protections. If you have

any questions regarding this matter, please call 813-974-5638.

Sincerely,

A handwritten signature in black ink, appearing to read 'Kristen Salomon', followed by a horizontal line.

Kristen Salomon, Ph.D., Chairperson
USF Institutional Review Board