

## موضوعات باللغة العربية

- ◀ إدراك اتصالات المسؤولية الاجتماعية للمنظمات ، دراسة على عينة من طلبة العلاقات العامة بدولة الإمارات العربية المتحدة.  
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# Concept of Body Image as Perceived by Students of Al-Quds University

Dr. Omar Rimawi<sup>•</sup>

Dr. Abdul Salam Hamarsheh<sup>• •</sup>

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## Abstract

This study aims to identify the concept of body image as perceived by the students of Al-Quds University in Palestine: in the light of sex, school year, college, and residence variables. To achieve the objective of this study, the validity and reliability tool, was used to measure the concept of body image on a sample of about (287) male and female students. The total degree of results showed that the concepts percentage of body image among college students were high, whereas no statistically significant differences were found for all variables of the study. In the light of the study's results, the researchers recommended a set of recommendations.

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- Faculty of Educational / Department of Psychology, Al-Quds University / Palestine
  - Faculty of Educational Science - Department of Physical Education - Al-Quds University - Palestine

## Introduction:

The image of the human body is considered as the main means by which one measures his inner and outer worlds. Additionally, the human body is a tool that enables one to try, to explain, to deal, and to interact with others. Body image and appearance are of great significance to everyone, and so is the case in humanities, in general, where the concept of body image is seen as a basic concept. Whereas it occupies an advanced position in contemporary philosophy and. The concept of a multi-dimensional image of the body includes a self-assessment process for the body, particular trends, and it also includes the concept of feelings about the overall appearance of one's body. In terms of satisfaction or dissatisfaction, the body image plays a major role in the psychological life of individuals (Cash, Maikkula, Yamamiya, 2004).

In General, body image is one's attitude towards his or her own body. Their size, shape, beauty, and also the individuals assessments of their emotional experiences with regard to their physical traits (Yetzer & et al, 2004).

According to Elizabeth sex is a very important factor while trying to analyze the complex issues surrounding the human body, and an important variable influencing body image, that may differ in males and females. Gender is in fact becoming a very prominent factor in the growth of body image (Ashram, 2008). Man starts to form a concept of himself, containing ideas, which leads to trends, meanings, and perceptions. More precisely, the individual forms a concept of himself, and at the same time he forms thoughts, feelings, and perceptions about his body. This includes physical and functional characteristics, of trends toward these characteristics, which is called "body image" (al-Dakheel, 2007).

In this regard, (Vieno, et al, 2004)... indicates that dissatisfaction with body image is an important factor that identifies good psychological construction during adolescence. During this period, children gradually grow aesthetic standards among adolescents. This new concept of the body includes how teenagers assess their bodies, and to what extent they accept their physical appearance, in association with psychological changes experienced by them. During this phase of growth, is the result of physical changes .

Body image is of great importance to the individual's image and concept of himself, that is why physique, appearance, and size are considered vital and important in the evolution of the individual's concept of himself. The individual's image and feelings of his body are the center of him especially in the early years of his life (Ramadan, 1998).

Body image plays an important role in the person's mental health, since negative body image affects the social and physical competence of a person. It is also linked to some of the depression symptoms, anxiety, low self-esteem, weak physical health, alienation, and some unhealthy behaviors (Allen & Unwing, 2003).

There is also a direct relationship between the recognition of body image and the person's behavior. Some psychologists have added to the concept of body image by explaining that disorder of this image could happen in any of the individual's growth stages, or at any level of their cognitive or complementary development. In their early growth, the individual feigns sickness of a certain part of their body. They do this in order to attract others' attention, and to give increasingly psychological value to that part, leading to a breach in the body image system. Mac Hover has conducted a study based upon projection as reflected in the portrayals of the unconscious determinants, which relate to the body image. By studying drawings of twenty disabled people, she stated that their projection of physical disability in their drawings differed depending on the patient's personal traits, degree of disability, and duration of injury (Majeed, 2008).

Physical aspects are vital resources in the formation of self-concept, which include the structure of the body, its appearance and size. Tallness, harmony, and nice features of the body have a positive effect on ones perspective of himself. This is because it often leads to acceptance, satisfaction, appreciation, love, and approval. It is also considered a strong self-promotion that continuously urges one to respond with his own capabilities, and his social climate. This is because body image has an active impact on the social interaction of the individual (Al-Zaher, 2004).

Physical construction is the first thing noticed by people on others and even in short meetings. These observations may seem superficial, but they are in fact the most important factors that determine the initial reaction and the first impression made by others. Thus, some people are keen to show awareness and education, in addition to acquiring appropriate fashion that fits their style, and the spirit of the time being, in order to give a good impression of themselves (Bukhari, 2008)

On the other hand, the body image is the picture painted by the human mind to their physical body at any time, and usually, the perception of the individual's body determines the level of his appreciation and self-confidence. The body image is composed of the human's internal feelings, the changes which occur to his physical image, the emotional experience, dreams or fictional wishes, and even the opinions of others. The wrong perception of body image may cause self insularity, avoidance of sexual in-

tercourse, and dietary habits disorder (Yasser 2003).

The individual's awareness of himself is linked to his awareness of the others. The image or the appearance of the body has drawn the attention of researchers from different fields of study. Doctors were also interested in studying this subject from a certain angle, while Psychologists studied the psychological variables that affect and the psychological variables that are affected by body image. As well as the relationship between the recognition of the person of his body, and its impact on relationships with others, the body image, and its relationship with some patterns of social interactions among students in late childhood (Fayed, 2006).

### Problems of the study:

Body image is an essential component of building elements of identity and growth. Body image is one form of mental disorders where dissatisfaction with body appearance is the basic identifying characteristic, which was included in the Third Diagnostic and Statistical Revised Directory of Mental Disorders (DSM-III-R), and the Fourth Diagnostic and Statistical Revised Directory of Mental Disorders (DSM-IV-R). These disorders directories speak of the individual's excessive preoccupation of an imaginary or an exaggerated defect in their physical appearance. Such preoccupation of a person's normal appearance, is not necessarily an exaggerated one (Desouki, 2006).

These studies show that body image is an important issue which should not be overlooked; since it reflects a lot of positive aspects on the lives of students of Al-Quds University.

### Objectives of the study:

The present study aims to identify body image as perceived by students of Al-Quds University. It also aims to find out the nature of students estimates and the differences between the study's variables such as: sex, school year, residence, and college.

### Question of the study:

This study seeks to achieve its objectives by answering the following questions:

1. What is the level of body image concept as perceived by students of Al-Quds University?
2. Are there significant differences in the level of body image as perceived among students of AL-Quds University due to gender variable?
3. Are there significant differences in the level of body image as perceived among

students of AL-Quds University due to school year variable?

4. Are there significant differences in the level of body image as perceived among students of AL-Quds University due to residence variable?
5. Are there significant differences in the level of body image as perceived among students of AL-Quds University due to college variable?

### Importance of the study:

This study detects body image and attitudes of the individual toward their body, that represent an important indicator of the different aspects of their personality. The individuals sense that their body is large or small, attractive or unattractive, powerful or weak. This may help a lot in identifying self-concept and patterns of behavior with others. The individuals sense of their body is associated with their confidence, and their way of behaving with the surrounding environment.

The Arab Studies, which tackled the subject of body image, mostly focused on its relationship with some medical or physiological factors. In other words, the reasons for imbalance or disturbance in body image. The results of the imbalance in body image, and its impact on social relations, were not the center of focus or interest by those studies, so there is an urgent need to conduct a study bearing in mind that image.

### Terminology:

Shukair (2005) identifies body image, by saying that it is a mental image formed by the individual about his body. Whether it is his physical appearance or it is his interior components, his different organs, and his ability to recruit them and prove his efficiency, accompanied by feelings, positive or negative attitudes of these mental images of the body.

Cheatm & Hammond (2000) say that the image of the body represents self-image, including agitation. They even consider body image as a self-concept in which they connect it with children's feelings of themselves, that start from birth, and are affected with the way we treat them.

Peterson, et al (2004) defines body image as the mental image carried by an individual about his appearance. This includes size and shape of the body, and his attitudes towards his physical personality. This image has two components: cognitive (how he sees his body), and sentimental (how he feels about his physical appearance).

Procedural definition: thoughts and feelings that man hide within himself, and thoughts of how others think about him.

### Previous studies:

Khoja study (2011): The purpose of this study was to determine the effect of the proposed sports program in improving body image and the concept of self-esteem in people with special physical needs. The researcher adopted the experimental method, while his study sample consisted of (20) physically disabled people. The study results showed statistically significant differences between the pre-measurement and the post-measurement. The post measurement, and in favor of the post.

Al-Kadi study (2010): This study aimed to identify future concern and its relationship with body image and self-concept in cases of amputations after the Israeli war on Gaza, and the impact of certain variables such as; sex, marital status, presence or absence of children, amputated part, cause of amputation, and time of injury. To answer these questions the researcher applied her study tools, such as: future concern, self-concept, and body image scales, on (250) random samples of amputation cases.

The results indicated that that there was an existence of significant statistical differences in body image due to the sex variable in people with amputations, after the Israeli war on Gaza.

The study of Davison (2005) found that concerns of body image are more common among women than among men, and that women were less satisfied with their bodies. Women showed more tendency to hide their bodies, and more concentration on the social aspects of body image, which reflect high levels of social physique concern.

Study Abdul Sattar (2007): This study aimed to identify the relationship between body image, self-esteem, and depression in secondary female students in the cities of Mecca and Jeddah. The results of the study proved the existence of the relationships between body image, self-esteem, and depression in high school female students. The significant effects of dissatisfaction with body image and depression are due to the different economic and social levels.

Al-Dakhil Study (2007): This study aimed to uncover the relationship between body image, anorexia nervosa, and as well as the relationship between body image and bulimia nervosa and anorexia nervosa. The study sample consisted of (582) female university students. The study found the following results: the existence of a negative significant statistical relationship between body image, anorexia nervosa, and bulimia nervosa among female university students. The existence of statistically significant differences between female students suffering from body image bulimia nervosa, in favor of female students suffering from anorexia nervosa. The factorial structure of the body image scale differs from female students suffering from anorexia nervosa, and

those suffering from bulimia nervosa.

Ashram study (2008): This study aimed to identify body image and its dimensions and their relationship to self-esteem in people with visual disabilities depending on psychometric and clinical study. The study sample consisted of two groups of people, between the ages of (13-20) years who were visually impaired. The psychometric sample of the study consisted of (207) visually impaired teenagers. The results of the study were consisted of a positive correlation of statistical significance between body image and self-esteem among visually impaired adolescents. There are significant differences among visually impaired adolescents with high and low body image and satisfaction in their self-esteem. There is no statistically significant effect for the age, disability, and gender variables.

Wade (2007) which shown in the Al-Daher, (2004) conducted a study that aimed to identify the differences in body image and self-esteem among adolescents with: Scoliosis disabilities (side curvature of the spine), and ordinary adolescents, as well as to identify the impact of treating lateral curvature in adolescents, on body image and self-esteem. The sample of the study consisted of (74) students between the ages of (15-18) years in a private secondary schools. Results of the study showed that adolescents who suffer from side deviation of the spine have a positive image of their bodies, and a higher rate of self esteem, than those who do not.

Tora et al (2005) detected body image and variables associated with food disorders and their cultural and social effects in Spanish adolescents. The study also tackled differences between males and females in dissatisfaction with body image, as well as the effect of cultural influences on ideal body image. The study sample consisted of (240) male adolescents, and (675) female adolescents. The results indicated that there were differences in body image between boys and girls. Scores of girls in dieting and exercise were higher, they were also more focused on their bodies, and believed that thinness is more socially receptive by others. Girls were also more affected by the complications of social variables than boys.

### methodology and procedures:

The two researchers followed the descriptive approach, an approach that collects information on a phenomenon and describes it. This approach was used because it fits the nature and objectives of the study, and it depends on field study method in gathering information and testing the validity of assumptions and interpretation of results.

### Study Population and sample:

The population of this study are all students of Al-Quds University, who are about (8640) students according to records of the registration and admissions department. A random stratified sample of about (287) students were randomly selected for this study. Table (1) shows the gender variable distribution in the study population, and the characteristics of the sample.

**Table (1) Distribution of study sample by variables:**

Variable	level	Number	Percentage %
Gender	male	117	40.8
	female	170	59.2
School level	second	136	47.4
	Third	78	27.2
	fourth	73	25.4
residence	village	148	51.6
	city	121	42.2
	camp	18	6.3
college	scientific	146	50.9
	Humanities	141	49.1

### Study tools:

The accuracy of the study tool was verified by distributing the questionnaire on a group of expert arbitrators, who gave their remarks, thus the final form of the questionnaire end up with (23) paragraphs. The accuracy of the study tool was also made by using Pearson correlation coefficient calculator for the questionnaire paragraphs with the total score of the tool. This revealed the presence of statistical significance in most of the questionnaires' paragraphs, indicating an internal adhesion between them.

### Validity of study tool:

After confirming accuracy and stability of the study tool, and determining the study sample, the two researchers applied the tool on the study sample. After the process of collection of the questionnaires from respondents, the researcher found that the number of the correctly answered questionnaires, that were statistically analyzed, are only (287).

The accuracy of the study tool was also made by using Pearson correlation coeffi-

cient calculator for the questionnaire paragraphs with the total score of the tool. This revealed the presence of statistical significance in most of the questionnaires' paragraphs, indicating an internal adhesion between them. This also means that these paragraphs, together, relate to the main title of the study and answers its questions.

### Reliability of study tool:

To measure the reliability and stability of the questionnaire, the researchers calculated the total score of the coefficient of reliability, depending on Cronbach's Alpha measures, as shown in table (2). These results show that this tool is reliable in a way that fulfills the purposes of the study.

**Table (2):Reliability coefficient depending on the scale of Cronbach's Alpha**

Field	Cronbach`s Alpha
His image depending on his own concept	0.79
His image depending on others concept	0.71
Total score	0.85

### Statistical analysis:

Data of the study has been dealt with using statistically extracted arithmetic means and standard deviations for each paragraph of the questionnaire, in addition to (t-test), analysis of variance test (One Way ANOVA), estimate of internal consistency (Cronbach's Alpha), and Pearson correlation coefficient in (SPSS) Statistical Package For Social Sciences. In order to determine the degree of body image, through the average response of the study sample, the following grades were adopted table (3).

**Table (3):Grades adopted to determine degree and averages of response of the study sample**

Grade	arithmetic average
Low	From 1 to 1.66
Medium	From 1.67 to 2.33
High	From 2.34 to 3

### Results and discussion:

**Q.1: What is the level of body image concept as perceived by students of the Al-**

**Quds University?**

To identify estimates of the study sample, the researchers calculated the means and standard deviations of the response of the study sample on the fields of the study tool designed for this purpose, as well as the total score, as identified in table (4).

**Table (4): Means and standard deviations of the response of the study sample on the fields of the study tool.**

Field	Number	M	SD
His image depending on his own concept	278	2.47	0.361
His image depending on others concept	278	2.29	0.330
Total score	278	2.40	0.308

Through the means of values contained in the table, it turns out that estimates of the study sample to the image of the body, as reflected in the study tool, were (2.40) higher than the total score, whereas estimates of his image depending on others concept, were moderate (2.29) compared to estimates of his image depending on his own concept (2.40), according to the standard used and adopted by the researchers.

**Q.2: Are there significant differences in the level of body image as perceived among students of Al-Quds University due to gender variable?**

To answer this question, calculated the means and standard deviations for students' estimates of their body image due to gender variable, and also use the t-test for significant differences between these averages shown in the table (5).

**Table (5): t-test results for significance differences in the response of the sample study to the study tool fields, due gender variable.**

Field	Gender		T	Sig.		
	Male (117)	Female (170)				
	M	SD	M	SD		
His image depending on his own concept	2.47	0.335	2.48	0.379	0.160-	0.149
His image depending on others concept	2.31	0.283	2.28	0.360	0.765	0.031
Total score	2.40	0.274	2.39	0.330	0.232	0.058

Table (5) shows that "t" value is (0.255) and the significance level is (0.799) of the total degree, meaning that there are no differences of body image as perceived by students of the Al-Quds University due to gender, as well as the case in all fields of the questionnaire, leading to the acceptance of the null hypothesis.

The researchers believe that the lack of differences is attributed to the interest of both

sexes of their body images, specially that they are young collage students. This study did not agree with (2005, Davison) since it found that body image concerns are more common in women than in men, and that women are less satisfied with their bodies.

**Q.3: Are there significant differences in the level of body image as perceived among students of AL-Quds University due to college year variable?**

To answer this question, analysis of variance (One Way ANOVA) was used for the differences between the means of estimates of the study sample of the college year variable shown in the table (6).

**Table (6):Results of analysis of variance (ANOVA) test of the response of the study sample to the college year variable**

Field	Source of variation	Sum of squares	df	means of squares	F	Sig.
His image depending on his own concept	Between groups	0.063	2	0.032	0.242	0.785
	within groups	37.202	284	0.131		
	<b>Total</b>	<b>37.266</b>	<b>286</b>			
His image depending on others concept	Between groups	0.046	2	0.023	0.211	0.810
	within groups	31.158	284	0.110		
	<b>Total</b>	<b>31.204</b>	<b>286</b>			
Total score	Between groups	033.	2	0.016	0.173	0.841
	within groups	27.074	284	0.095		
	<b>Total</b>	<b>27.107</b>	<b>286</b>			

It is noticed that the (F) value of the total degree is (0.173) and the significance level is (0.841), which is larger than the significance level (0.05  $\square \square$ ), meaning that there are no statistically significant differences in body image as perceived by students of Al-Quds university, due to college year variable, which also means that the second null hypothesis was accepted. Regarding college year variable, the tow researchers attribute the lack of significant differences to age convergence among college students. They also conclude that beauty does not determine specialization or university admissions.

**Q.4: Are there significant differences in the level of body image as perceived among students of AL-Quds University due to residence variable?**

To answer this question, analysis of variance (One Way ANOVA) was used for the differences between the means of estimates of the study sample of the residence variable shown in the table (7).

**Table (7): Results of analysis of variance (ANOVA) test of the response of the study sample to the residence variable**

Field	Source of variation	Sum of squares	Df	means of squares	F	Sig.
His image depending on his own concept	Between groups	0.601	2	0.301	2.329	0.099
	Within groups	36.664	284	0.129		
	<b>Total</b>	<b>37.266</b>	<b>286</b>			
His image depending on others concept	Between groups	0.247	2	0.124	1.135	0.323
	within groups	30.957	284	0.109		
	<b>Total</b>	<b>31.204</b>	<b>286</b>			
Total score	Between groups	0.200	2	0.100	1.057	0.349
	within groups	26.907	284	0.095		
	<b>Total</b>	<b>27.107</b>	<b>286</b>			

It is noticed that (F) value of the total degree is (1.057) and the significance level is (0.349), which is larger than the significance level (0.05  $\square \square$ ), meaning that there are no statistically significant differences in body image as perceived by students of Al-Quds university, due to residence variable, which also means that the third null hypothesis was accepted.

Regarding residence variable, the tow researchers believe that concerns about body image are not different among citizens of the city, the village or the camp, regarding openness, economic, cultural and social communication, which lead to the removal of all differences.

**Q.5: Are there significant differences in the level of body image as perceived among students of AL-Quds University due to college variable?**

To answer this question, calculated the means and standard deviations for students' estimates of their body image due to college variable, and also use the t-test for significant differences between these averages shown in the table (8).

**Table (8): t-test results for significance differences in the response of the sample study to the study tool fields, due to college variable.**

Field	Gender	Scientific (146)	Humanities (141)	t	Sig.		
		M	SD	M	SD		
His image depending on his own concept		2.49	0.345	2.45	0.377	0.992	0.322
His image depending on others concept		2.28	0.340	2.29	0.321	0.204	0.838
<b>Total score</b>		<b>2.41</b>	<b>0.307</b>	<b>2.39</b>	<b>0.309</b>	<b>0.587</b>	<b>0.558</b>

Table (8) shows that (T) value (0.587) and the significance level is (0.558), of the total degree, meaning that there are no statistically significant differences in body image as perceived by students of Al-Quds university, due to college variable, which also means that the fourth null hypothesis was accepted.

### Recommendations:

In light of the study results the researchers suggest some recommendations:

1. Increase of awareness and understanding of the individual's self-realization, which is of great importance to the individuals image of himself.
2. Support students and continuously encourage their social interaction.
3. Starting sessions to enhance the individual's self-appreciation and self-confidence in order to draw a good picture of his feelings and ideas about himself, and what others say about him.

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## مفهوم صورة الجسم كما يراها طلاب جامعة القدس

د. عمر الريماوي  
د. عبد السلام حمارشة

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### الملخص

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هدفت الدراسة الحالية التعرف إلى مفهوم صورة الجسم كما يدركها طلبة جامعة القدس بفلسطين، وذلك في ضوء متغيرات: الجنس، السنة الدراسية، السكن، الكلية. ولتحقيق هدف الدراسة استخدم أداة لقياس مفهوم صورة الجسم معدة بعد التحقق من صدقها وثباتها على عينة من الطلبة وبلغ حجمها (287) طالباً وطالبة. وقد أظهرت النتائج أن مفهوم صورة الجسم للدرجة الكلية جاءت بمستوى مرتفع، كما أظهرت النتائج عدم وجود فروق دالة إحصائية على كافة متغيرات الدراسة. وفي ضوء نتائج الدراسة أوصى الباحثان بمجموعة من التوصيات.