

**INVESTIGAREA RELAȚIEI DINTRE STIMA DE SINE,
IDEILE DESPRE DIETĂ ȘI STIMA CORPORALĂ
LA ADOLESCENȚI**

**INVESTIGATING THE RELATIONSHIP BETWEEN SELF-
ESTEEM, DIETING BELIEFS AND BODY-ESTEEM
IN THE CASE OF ADOLESCENTS**

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Abstract

In this study we examined the relationship between self-esteem, dieting beliefs and body-esteem in the case of adolescents, both at a general level and at a stratified level for each gender. A sample of 203 adolescents participated, 106 girls and 97 boys (the mean age for each group was 17,6). We used the Self-Esteem Scale, the Dieting Beliefs Scale and the Body-Esteem scale to measure the variables in our study. Our results show that self-esteem is strongly related to dieting beliefs and body esteem. Furthermore, we observed that in the case of adolescent girls self esteem was associated only with dieting beliefs. In the case of adolescent boys however self esteem was correlated only with body esteem. This may suggest different types of mechanisms employed by the two genders for self-esteem enhancement.

Keywords: self-esteem, body self-esteem, dieting beliefs, adolescence

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