

가 (image) (;anorexia nervosa), (;bulimia nervosa) (American Psychiatric Association, 1994). 가 (Han, 1990; Rho, 1995, Yang, 2000). 가 20 가 가 (binge/purge behavior) 가 Rosenberg 가 , Rosenberg 가 10 Rosenberg 가 (McFaland & McFaland, 1989)

1. 2002 11 14 24 2 500

가 (86%) 500 430 388

2. 9 , 26 ,

- 1) 10
- 2)
- 3) 1)

3. 9

2) Garner Garfinkel (1979) EAT-40 4 4 1
 (40-item Eating Attitudes Test) Berland 10 40 가
 (1986) 14 26 Cronbach α
 EAT-26(26-item Eating Attitude Test) Choi, .81
 An, Nam, Jo Choi(1998)가
 3.
 (Eating Attitude Test for Korean
 Adolescents(EAT-26KA) SPSS/PC(10.0)
 Cronbach alpha .83, -
 r=.63(p<.01) ANOVA ,
 Cronbach α .77 spearman
 EAT-26KA 3 I
 II III
 (Choi et al, 1998).
 EAT-26KA 6 1.
 (6- point Likert scale) 20
 가 가
 3 <Table 1>.
 2 1 21 (SD =
 0 EAT-26KA 1.65), 162.91cm(SD = 4.70),
 0 78 가 52.0kg(SD = 7.0), 48.34kg(SD
 가 EAT-26 20 = 3.80)
 (cut-off points) 가 BMI (19.9),
 (B. Buddeberg-Fischer, Bernet, (20- 24.9), (25- 29.9),
 Sieber, Schmid & Buddeburg, 1996; Choi, 1998) (30- 39.9), (40)
 EAT-26KA 20 388 64.5%, 34.0%,
 1.5%
 1.5%

3) (self-esteem scale) Rosenberg 18.3%,
 (1965)가 Jang(2001) 38.6% 43%
 .. BMI
 가 (self-worth) 1.5%
 (self-acceptance)
 5 , 5 , 10

<Table 1> The degree of BMI and body perception (N=388)

Characteristics	Categories	N	(%)
BMI	Low weight	250	64.5
	Normal weight	132	34.0
	Over weight	6	1.5
Perception on body shape	Very slim	9	2.3
	Slim	62	16.0
	Normal	150	38.7
	Fatty	145	37.4
	Very fatty	22	5.6
Satisfaction on body shape	Very dissatisfied	17	4.4
	Dissatisfied	206	53.0
	Normal	129	33.3
	Satisfied	36	9.3
Negative reputation of others	Yes	230	59.3
	No	158	40.7
Concerning for weight control	Yes	329	84.9
	No	59	15.1
Efforts on weight control	Yes	210	54.1
	No	178	45.9
Motivation of weight control	Influence of media	170	44.0
	Friend's opinion	104	26.8
	Family's opinion	51	13.2
	School	7	1.75
	Boy friend's attention	54	13.8
	Others	2	0.5

57.4%, 33.3%, 9.3%
 9.3%
 가 59.3%, 가 40.7%
 가
 84.9%, 가 15.1%
 가
 가 44.0%, 가 26.8%,
 가 13.2%, 가 1.75%, 가
 13.8%

54.0%가

가

54.1%

2.

1)

0-9
 69.85%, 10-19 24.23%, 20
 5.93% 94.08%가
 5.83%

<Table 2>

<Table 2> The degree of eating disorder (N=388)

Categories	Mean	N	(%)
Normal(below 9 point)	4.12	271	69.85
Low risk group(10- 19 point)	13.52	94	24.23
High risk group(above 20 point)	26.00	23	5.93

7.68(SD =
 6.81)
 (0.98),
 (0.79).

가

(0.55),

(0.51

), 가

(0.27),

(0.25).

가 가

가 가

가

BMI

7.45 ,

8.53 ,

6.83

가 가

(F=

1.123, p=0.326).

<Table 4> Correlation matrix of eating disorder, self-esteem.

Variables	Eating disorder	Self-esteem
Eating disorder	1.000	
Self-esteem	-.194 (p=.000)	1.000

(0-9), (10-19), (20)
 3
 (F= 5.905, p=.003)<Table 5>.

<Table 5> The mean score of self-esteem by degree of eating disorder.

Categories	N	Mean	SD	F	p
Normal(below 9 point)	271	35.53	4.77		
Low risk(10-19 point)	94	33.66	5.24	5.905	.003
High risk(above 20 point)	23	34.04	4.44		

2) ,

BMI
 (35.12), (36.00) (34.77),
 가 가
 (F=.406, p=.666).
 가

<Table 6> The degree of self-esteem by BMI, perception on body shape and satisfaction on body shape

Characteristics	Categories	N	Mean	SD	F	p
BMI	Low weight	250	34.77	4.99		
	Normal	132	35.12	4.63	.406	.666
	Overweight	6	36.00	5.16		
Perception on body shape	Very slim	9	36.80	3.74		
	Slim	62	35.51	6.53		
	Normal	150	34.88	4.16	.743	.563
	Fatty	145	34.64	4.87		
	Very fatty	22	35.00	4.77		
Satisfaction on body shape	Very dissatisfied	17	32.32	6.40		
	Dissatisfied	206	34.04	7.38		
	Normal	129	35.96	4.71	11.584	.000*
	Satisfied	36	37.73	5.70		

* p<.05

가
 , 가
 가 (Gidwiani & Rome, 1997).
 가
 가 가 (Buddeberg- Fischer et al, 1996).
 5.6% 1994 APA
 0.5- 1.0%,
 1- 3% (APA, 1994).
 (14- 19)
 Buddeberg- Fischer et al.(1996) 8.3% Yang
 BMI 1.5%
 64.5% (2000) 10.3% Lee(1994)
 8.2%, 12.8%
 (54.1%) (84.9%)
 가
 가
 98.5%가
 43% 57.4%가
 가 (Lee, 1996). 92.8%가
 가
 가
 (59.3%)
 가
 200 70%가 가
 80%가 가 가
 가
 가 (. 2002. 8. 11).
 nervosa) (anorexia
 nervosa) (bulimia nervosa)

5.94%가 가 .

3. 가 (F=1.123, p=.326)
 가 (r=-.194, (F=4.466, p=.002)
 p=.000)가 (F=18.272, p=.000)

가 가 .
 4. 34.95

가 (r=-.194, p=.000).

5. 가
 가 (F=11.584, p=.000).

가

가

가

2002 11 14 11 24
 2
 388

(EAT-26KA) 26 , 가
 (Rosenberg, 1965) 10

References

ANOVA ,
 spearman

1. 52.0kg,
 162.91cm BMI
 64.5%, 34%, 1.5%
 43%가
 57.4%

2. 7.68

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- Abstract -

The Relationship between Eating Disorder and Self-esteem in Female College Students

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Purpose: The purpose of this study was to investigate the relationship between eating disorders, and self esteem in female college students. **Method:** The survey was carried out on convenience sample of 388 college female students. The questionnaire consisted of each scale for eating disorder, self-esteem. The data was analyzed by the SPSS/PC using frequency, percentage, mean, standard deviation, ANOVA, and Spearman correlation coefficient. **Result:** More than 43% of the subjects perceived their weight as overweight, while 1.5% of the women were obese as defined by BMI. About 57.4% of subjects were not satisfied with their body shape. Frequency of eating disorder was 5.93%. The score of eating disorder was high when the subjects had negative perception and low satisfaction with their body shape. The high scores of self-esteem were shown among the group who had high satisfaction on body shape. There was negative correlation between eating disorder and self-esteem($r=-.194$, $p=.000$). **Conclusion:** This study suggests that the nursing intervention was necessary for female college students to recognize healthier eating habits and increased their self-esteem.

Key words : Woman, Eating disorder,
Self-esteem

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