

**The Implications of Dieting to the Self-Concept of Selected Female
High School Students**

**An Undergraduate Thesis
Presented to
The Faculty of the Behavioral Sciences Department
College of Liberal Arts
De La Salle University- Dasmariñas
Dasmariñas, Cavite**

The seal of De La Salle University - Dasmariñas is a circular emblem with a scalloped border. It features a central red triangle with a white cross inside. Below the triangle is an open book with a gear-like symbol on its pages. The seal is surrounded by a green laurel wreath. Text around the inner border includes "AKLATANG EMILIO AGUNALDO INFORMATION RESOURCE CENTER" at the top and "De La Salle University-Dasmariñas • Since 1977 • Dasmariñas, Cavite, Philippines" at the bottom.

**In Partial Fulfillment
Of the Requirements for the Degree
Bachelor of Arts in Psychology**

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ABSTRACT

NAME OF INSTITUTION: De La Salle University – Dasmariñas Cavite

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TITLE: The Implications of Dieting to the Self-concept of Selected Female High

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STATEMENT OF THE PROBLEM:

1. What are the different modes of dieting employed by the participants?
2. What are the reasons for dieting of the participants?
3. What is the self-concept profile of the participants?
4. What is the implication of dieting on the self-concept of the participants?

SCOPE AND LIMITATION:

The modes and reasons of dieting of female high school students and their self-concept were the focus of the study. It was limited to selected 3rd and 4th year high school students from Escuela de San Lorenzo Ruiz and LH Montessori High. A self-made survey questionnaire and a standardized test were used for the gathering of data. Discussions focused on the gathered information from the survey and from the psychological test administered.

METHODOLOGY:

A descriptive research design survey method was used in this study. The participants were chosen through their answers on the given survey made by the researchers. Third and fourth year female high school students who have undergone and are presently dieting were chosen as participants for this study. The Pasao Self-concept Rating Scale was used to determine the level of self-concept of the selected female high school students. Tables and graphs were used to organize and analyze the data gathered.

MAJOR FINDINGS / CONCLUSIONS:

Most of the participants undergo dieting without a specific dieting program. They resolve to fast or crash dieting to easily achieve their

desired body type, while only few percentage of participants follow a specific dieting program to get the slim body that they want. The participants of the study responded to different reasons for their dieting. Some of the given reasons are self-contentment and wanting to have a healthy body. While other participants seem to undergo dieting for themselves, others do it because of peer pressure, such as wanting to fit in for the incoming JS Prom. They do not want to be teased for having a fat body. More than half of the participants or 51% have a positive level of self-concept that range from very high to an average level of self-concept, while almost half of them or 49% show a lower than average level of self-concept that range from below average to a very low level of self-concept as also measured by the Pasao Self-concept Rating Scale. Dieting brings an effect to the participants because its result is one of the reasons for the participants' high level of self-concept.

RECOMMENDATIONS:

1. The researchers of the study focused on the implications of dieting to self-concept. Future researchers might consider other reasons that may have an impact to an individual's self-concept.
2. In this study, only the PSCRS was used to measure the level of self-concept of an individual. Future researchers are advised to

use other or more tests that can measure the self-concept of an individual.

3. A descriptive survey research design was used for this study. Future researchers might consider using other research designs such as experimental, correlational and case study to have an in depth study of the topic.
4. Only the impact of dieting to the self-concept was researched on this study. Future researchers are advised to look on other effects dieting may bring to an individual aside from its self-concept.
5. Having a larger set of population and a wider range of location may be considered in gathering participants for the study.
6. **Parents, teachers, and guidance counselors** must be aware of what teenagers nowadays are going through and be able to give them the proper support that they need.