

DE LA SALLE UNIVERSITY

THREE CASE STUDIES ON THE
SELF-CONCEPT AND SOCIAL BEHAVIOR
OF FILIPINO OBESE ADOLESCENTS

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ABSTRACT

This case study investigated the probable causes and consequent effects of obesity on the self-concept and social behavior of Filipino obese adolescent. It was a descriptive research design which the researchers utilized to come up with an in-depth background of the obese individuals looking into the following: background of her/his physical development, childrearing practices of parent(s), significant childhood experiences, hereditary traits, eating habits and family influences.

Two males and one female adolescent were the subjects of this study. For a period of one month, at least five hours a week, these individuals were observed unobtrusively by the researchers. In noting the frequency of social-oriented patterns, a checklist was used; together with this, all actions of the subject were taken down in an observation log. A parent and three teachers of each subject were also interviewed to acquire more comprehensive data on him/her. To measure self-concept, the Tennessee Self-concept Scale was used. Raw scores were interpreted through their equivalent percentile ranks.

After the researchers' analysis and integration of results, they have come up with the following conclusions: the permissive parental style of discipline of the parents together with the subject's excessive eating habits are the primary causes of the two male subjects' obesity. On the other hand the female subject's unnatural state of obesity has been caused by her prolonged intake of an anti-asthma tablet which contained an appetite increasing substance.

With regard to self-concept the 3 Ss came up with negative perceptions of themselves, however, it cannot be said that this was caused solely by how he/she perceives his/her body.

It has been found that the 3 Ss possess different kinds of social behavior. It is interesting to note though that the two males are not restrained to join physical activities which require much energy such as sports which can be considered as a form of social behavior.



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