

Abstract

This thesis deals with the topic of body image and bodily dissatisfaction with non-clinical population with a focus on gender aspects. It has two main parts - theoretical and empirical. The theoretical part focuses on the term body image as a psychological concept that is a component of self-concept. For that reason, there is a definition of the overall self-concept and the difference between the real self and the ideal self. This part of the thesis stresses out the theoretical basis of the term. An important part is a chapter describing factors influencing a development of the bodily self-concept that influences the development and extent of bodily dissatisfaction. I talk about the current western society and its high standards on a physical appearance for both men and women. The thesis then deals with possible consequences of this dissatisfaction on human behavior, again with respect to the gender differences. The thesis also mentions human sexuality that is related to one's relationship with their own body. In the end of the theoretical part there are some possibilities for measuring body image and bodily dissatisfaction outlined.

The empirical part consists of a quantitative study called " Gender aspects of Body image and body dissatisfaction in nonclinical population", just like the whole thesis. We used several methods including the Figure rating scale, The Multidimensional Body-self Relations Questionnaire and selected subscales of the Der Dresdner Körperbildfragebogen questionnaire.

Keywords

Self-concept, Body image, body dissatisfaction, men, women, sexuality