

Abstract

This thesis focuses on the relationship between body image and somatotypes in the young Czech student population. Previous studies have shown a relationship between body image and BMI, notwithstanding, somatotypes describe body morphology in a more detailed way. Somatotypes describe the amount of body fat (endomorph), the amount of muscle mass and the robustness of bones (mesomorph), and the length of arms and legs relative to the rest of the body (ectomorph). Seventy-one women and seventy men participated in our study. They completed a battery of questionnaires (The Multidimensional Body-Self Relations Questionnaire; The Body Figure Scale of Dosedlová et al., 2008; Rosengerg's self-esteem scale; State-Trait Anxiety Inventory – T; and Beck's Depression Inventory – II). Then they underwent an anthropometric measure of somatotype components (endomorph, mesomorph, and ectomorph) according to Carter and Heath's anthropometric method and were assigned to a certain somatotype. In our sample, there were 5 somatotypes in men (endomorph, mesomorph, ectomorphic mesomorph, mesomorph-ectomorph and ectomorph) and 6 somatotypes in women (endomorph, endomorph-mesomorph, mesomorph, mesomorph-ectomorph, ectomorph and the central type). The questionnaires' scores were then statistically compared between somatotype categories. Statistical analysis included Kruskal-Wallis ANOVA, Mann Whitney U test, and Spearman's Rank-Order Correlation. Results showed a significant difference between somatotypes in body image in both men and women which could be explained by a different amount of endomorphy in the somatotypes. However, we have not found any difference between somatotypes in body image which could be explained by different amount of mesomorphy in the somatotypes in both men and women. In the case of men, these results are surprising as we assumed that the difference in body image would be based on the amount of mesomorphy in the somatotypes, similarly to the previous studies. In both men and women, there has been found (according to our assumptions) significant positive correlations between self-esteem and body image, significant negative correlations between depressivity and body image, and between trait anxiety and body image. The fact that we have not found a difference between somatotypes in body image, which could be explained by the amount of mesomorphy in the somatotypes, could had been caused by the low variability in somatotypes in our study and relatively low amount of participants presented in each somatotype.

Key words: body image, somatotypes, anthropometry, body morphology, BMI