

ABSTRACT

Title:

Social Physique Anxiety: Translation of the Social Physique Anxiety Scale

Objectives:

The aim of this study was the translation of the Social Physique Anxiety Scale (SPAS; Hart et al., 1989), originally validated for samples of North American students. The second aim was to find out eventual variations in social physique anxiety among university students.

Method:

We used the Social Physique Anxiety Scale (SPAS; Hart et al., 1989) and we asked the data about physical activity and diet. SPAS was translated into Czech language using modified direct translation method with protocol analysis.

The data were collected at FTVS UK in Prague and FF UK in Prague, during the year 2008/2009. We asked 196 students. 110 students of FTVS UK in Prague, 46 female (mean age = 20,52, SD = 1,81) and 64 male (mean age = 20,7, SD = 1,49). 86 students of FF UK in Prague, 56 female (mean age = 23,5, SD = 4,79) a 30 male (mean age = 24,93, SD = 4,34).

Key words: SPAS, physical self, exercise, physical activity, self-presentation, social physique anxiety