



2nd Global Conference on Psychology

26-28 February 2025 | London, UK

A Survey on the Current Status of Positive Body Image and an Analysis of Its Influencing Factors among Chinese Upper Primary School Students

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Abstract

Objective: This study aims to assess and analyze the current status of positive body image among upper primary school students. **Methods:** A convenience sampling method was used to survey 5th- and 6th-grade students in a primary school in Chengdu, China. Data were collected via the Body Appreciation Scale (BAS-2), Multidimensional Body-Self Relations Questionnaire (MBSRQ), Physical Appearance Comparison Scale (PACS), and Weight Bias Scale (WBS). **Results:** Out of the 324 questionnaires distributed, 42 were deemed invalid, leaving 282 valid responses for analysis, with a validity rate of 82.46%. The findings revealed that the average positive body image score for upper elementary school students was 212.13 ± 30.03 , which is categorized as moderate to high compared with the maximum score of 255. Additionally, the average self-esteem score was 32.03 ± 6.0 , and a positive correlation was found between self-esteem and positive body image scores. Multivariate analysis revealed that self-esteem and gender were significant factors influencing positive body image scores ($p < 0.001$). **Conclusion:** The overall positive body image levels of the surveyed students were satisfactory. Self-esteem and gender were found to be key influencing factors of body image.

Keywords: Upper primary school students, Positive body image, Influencing factors