Title: Sports Type and Body Image Among High School Students

Name and address: Graham Goldheim

School/city/state: Briarcliff High School, Briarcliff Manor, NY 10510

Teacher: Mrs. Melissa Carnahan

Mentor: Mrs. Erin Lashua-Shriftman, NYU Langone Medical Center

Scientific discipline: Behavioral Sciences

Adolescents are exposed to countless thin-ideal messages in today's society that can lead to poor body satisfaction. When young adults are not satisfied with their body image, it can lead to mental and physical stresses such as depression and obesity. High school students involved in athletic programs have been found to have better body images than those uninvolved in athletics, but the type of sport an athlete competes in has been found to have varying effects on one's body image. This study assessed whether perceived body image differed among high school students participating in team and individual sports. Participants were students from a suburban high school. Participants were recruited through their physical education classes and consent forms were issued to them. Upon receipt of consent, they were instructed to take an online survey which measured their self-esteem, body satisfaction, and commitment to sports, if applicable. Overall, athletes had better self-esteem and body satisfaction compared to non-athletes. Team sport athletes were found to have better body satisfaction, self-esteem, and commitment levels compared to individual sport athletes. Future research should focus on using a larger sample in order to gain more consistent data, as well as causal relationships between sports and body satisfaction, among other factors.

I declare this research is my own and that i have given credit to all sources, consultants and references used.

_____ _____

Student signature required Date