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Research Paper

Concern and dissatisfaction about body image and body weight among the urban adolescent girls

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■ **ABSTRACT** : An enormous interest in the topic of body image perception, distortion, and satisfaction has developed during the past 10-15 years. Dissatisfaction with one's body image is often seen as a correlate of eating disorders. In this study the focus group was the adolescents, because many eating disorders appear to start soon after puberty and persist through later years. Present study was conducted among 90 adolescent college going girls of Bhubaneswar city. General dissatisfaction regarding body weight was observed among the girls and around 83 per cent of the respondents were reported to adopt various dieting practises to reduce body weight

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■ **KEY WORDS**: Adolescents, Body Image, Body weight, Dieting

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