

女性身體意象、知覺伴侶身體接納及親密接觸之身體關注研究

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摘要

本研究旨在探討女性身體意象、知覺伴侶身體接納，及親密接觸之身體關注的相關與調節情形。使用網路問卷調查，以成年、有伴侶及有性經驗之女性為研究對象，共回收 517 份有效問卷。研究工具為「身體意象量表」、「知覺伴侶身體接納量表」以及「身體關注量表」。所蒐集之資料以描述性統計、獨立樣本 t 考驗、單因子變異數分析、Pearson 積差相關以及調節效果分析進行統計分析。研究結果發現：

- 一、女性身體意象與知覺伴侶接納呈現正相關，意即愈能感覺伴侶接納自己身體的女性，對自己身體的評價與感受愈好。
- 二、女性身體意象與親密接觸之身體關注呈現負相關，也就是女性對自己的身體評價愈好，與伴侶親密接觸時對自己身體的關注與焦慮愈低。
- 三、女性知覺伴侶身體接納和親密接觸之身體關注呈現負相關，意即愈能感覺伴侶接納自己身體的女性，在身體親密接觸時對身體的焦慮與關注愈低。
- 四、知覺伴侶身體接納可以調節身體外表評價與身體關注間的關係，當女性身體意象較低，與伴侶親密接觸時容易過度關注自己的身體，但當女性感受到伴侶對自己身體的接納時，便能夠降低親密接觸時的身體關注，換言之，伴侶對女性身體的接納能夠有效減緩女性身體意象與身體關注間的關聯程度。

最後，根據本研究結果對女性、助人工作者及未來研究者提出可供參考之建議。

關鍵字：女性、身體意象、知覺伴侶接納、親密接觸之身體關注

Women's Body Image, Body Acceptance by Partner and Body Image Self-Consciousness

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Abstract

This study aims to examine the relationship between women's body image, body acceptance by partner, and body image self-consciousness during physical intimacy with a partner. Using an online questionnaire survey, a total of 517 valid responses were collected from adult women who were in a relationship and had sexual experiences. The research instruments included the Body Image Scale, Body Acceptance by Partner Scale, and Body Image Self-Consciousness Scale. The data were analyzed using descriptive statistics, independent samples t-tests, one-way analysis of variance (ANOVA), Pearson's correlation analysis, and moderation effect analysis. Research findings indicate:

1. There is a positive correlation between women's body image and body acceptance by partner. This means that women who feel more accepted by their partners in terms of their bodies tend to have better evaluations and feelings about their own bodies.
2. There is a negative correlation between women's body image and body image self-consciousness during physical intimacy. In other words, the better women's self-evaluations of their bodies, the lower their levels of attention and anxiety towards their own bodies during physical intimacy with their partners.
3. There is a negative correlation between body acceptance by partner and body image self-consciousness. This means that women who feel more accepted by their partners

in terms of their bodies have lower levels of anxiety and attention towards their own bodies during physical intimacy with their partners.

4. Body acceptance by partner can moderate the relationship between body image and body image self-consciousness. When women perceive acceptance and support from their partners towards their bodies, they tend to have better evaluations of their own bodies and significantly reduce anxiety and attention towards their bodies during physical intimacy.

Finally, based on the findings of this study, suggestions are provided for women, helping professionals, and future researchers as a reference.

Keywords: Women, Body Image, Body Acceptance by Partner, Body Image Self-Consciousness.