

## 外国語要約

学位論文題目

Empirical study on the background of fat talk engagement among adolescent girls

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Many women engage in conversations such as "I'm so fat." (Nichter, 2000). Such conversations about body size, weight, dieting and exercise are called fat talk (Nichter, 2000; Salk & Engeln, 2011). In recent years, many studies have revealed that fat talk causes body dissatisfaction and eating disordered symptoms (Sharpe et al., 2013; Mills & Fuller, 2017). Interventions have been implemented to reduce physical dissatisfaction by stopping fat talk (eg Garnett et al., 2014).. The purpose of this study was to obtain useful information for more effective interventions. However, for more effective interventions, the following information was considered necessary to conduct the study: who is likely to engage in fat talk? and when fat talk occurs? (Mills & Fuller, 2017). Previous studies have suggested that fat talk is not only a simple expression of body dissatisfaction, but also has social and psychological functions (Nichter, 2000; Salk & Engeln, 2011). It is the expression of following thin ideals, the expression of feeling uncomfortable, the way of maintaining friendships, the way of obtaining peace of mind, and one of ritual talk. While many studies have examined the relationship between fat talk and body dissatisfaction, there are few empirical studies on the background and function of fat talk. In addition, most of the previous studies have been conducted in Western culture, and there are few studies in Asia including Japan. Therefore, the purpose of this study was to clarify individual characteristics and situational cues that predict fat talk engagement among Japanese adolescent girls based on the social and psychological functions of fat talk.

In Study 1, It was suggested that fat talk is often talked among women as a kind of small talk in Japanese girls. In addition, from Study 3-4, it was revealed that factors related to functions of fat talk such as actual body dissatisfaction, thin ideal internalization, depressive mood, and sensitivity to peer rejection were predicted fat talk engagement. In particular, it was revealed that there was a developmental change in the influence of sensitivity to peer rejection on fat talk engagement. Among high school students, the more sensitive girls are, the more likely they are to engage in fat talk. On the other hand, among college students, there was no relationship between sensitivity to peer rejection and fat talk. This result suggests that the background of fat talk engagement varies with age. Furthermore, in Study 5, we clarified the situational cues that cause fat talk engagement, which had not been revealed in previous studies. The results revealed that fat talk is more likely to

occur after situations that stimulate body concern.

Most of the previous studies on fat talk was conducted in Western cultures and there are few studies in other cultures (Shannon & Mills, 2015). The present research extends the findings in Western culture to Japan. It was revealed that fat talk is a common conversation even among Japanese girls.

In addition, the present study empirically revealed that personal characteristics and situational cues that were consistent with fat talk functions suggested in the previous studies (Nichter, 2000; Salk & Engeln, 2011) predict fat talk engagement. Future interventions should consider the findings of this study. Specifically, it is thought that more effective intervention can be implemented by focusing on the following three points. First, the individuals or groups who should intervene were identified. Individuals who have a high degree of thin ideal internalization should be the target for intervention. Second, it is necessary to propose a communication method that replaces fat talk. Since fat talk has social and psychological functions, it would be good to introduce the repertoire of small talk and how to express themselves when they feel bad. Also, for high school students, social skills training to build friendships should be conducted. The third point is the suggestion of where to implement the intervention. At school, it may be effective to put up posters at the places where girls exercise, change clothes, and eat. In places other than school, in addition to dance studios and yoga studios where campaigns have already been implemented (Garnett et al., 2014), it may be better to intervene at clothing stores, restaurants, public transportation, etc.

This study targeted Japanese adolescent girls. Therefore, there are limitations to the generalization of knowledge to samples of other ages and genders. However, many adolescent girls in Japan are thin, and adolescents are at the age of prevalence of eating disorders (Ministry of Health, Labor and Welfare, 2018). The present study can contribute to health problems (anemia, menstrual abnormalities, etc.) related to eating disorders and thinness in Japanese adolescent girls.