

4th International Conference on **Nursing & Healthcare**

October 05-07, 2015 San Francisco, USA

A review of the Japanese literature on body images

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The body image as a self-concept is influenced by culture. Considering this, a total of 112 studies on body images conducted in Japan within the period between 1999 and 2012 were reviewed. They were classified based on the theme and 7 attribute-related items and were systematically analyzed adopting the content analysis technique. Furthermore, to clarify the process of changing the body image toward its disturbance, a conceptual diagram entitled: Classification of Studies Examining the Process of Changing the Body Image was created. Based on this diagram and the process mainly examined, the study papers were classified into the following 10 groups: (1) a general examination of body images, (2) body image changes, (3) consequences of body image changes, (4) body image impairment, (5) body image-related interventions, (6) normal body image functioning, (7) characteristics of body images, (8) body images as a secondary impairment induced by other concepts, (9) other concepts and (10) disturbed concepts. In those examining the process of changing the body image, body images as a secondary impairment induced by other concepts were examined the most frequently. Scales to measure body images were examined in 7. Based on these results, the body image which has been increasingly focused on since the 1990's, may not have been fully examined. Although the term "body image" is frequently used, it is not likely to be appropriately recognized. In fact, words and concepts were frequently confused and the point of discussion was unclear in a large number of the study papers.

Biography

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