

## Film based counselling on body image dissatisfaction among adolescents: A pilot study

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**Purpose:** The study aims to explain and determine the effect of film-based counselling on the level of body image dissatisfaction among adolescents. It also aims to understand the cause of the alteration in body image dissatisfaction due to the said intervention.

**Methodology:** The study is a one-group pre-test post-test design conducted on 11 mixed-gender school-going adolescents between 13 and 17 years. The Body Shape Questionnaire (BSQ-34) was used as a pre-test and post-test and the film-based counselling intervention model was used through individual counselling sessions. Paired sample t-test was used to analyse the data thematic analysis was used to evaluate qualitative data.

**Findings:** The results indicated that there is a significant difference between the pre-test and post-test means. Since  $t(11) = 9.042$ , therefore, it was found that the researcher is 99% confident that body image dissatisfaction was higher before the intervention and has significantly decreased after the intervention. There were five distinct themes originated from the thematic analysis. They involve acceptance, awareness, empowered to change, empathy and reflective.

**Study Implications:** The paper suggests that further research on film therapy can focus on a repertoire of contexts and different cultural populations. Also, more research studies aiming at using the same to help students in life skills or even teaching core subjects in schools, such as Maths or Science can popularise the use of video-based content among children of all ages.

**Keywords:** Body Image Dissatisfaction, Adolescents, Film-Based Counselling, Film Therapy, Acceptance and Commitment Therapy.

### Biography

Sonia David currently working on an inter-disciplinary study concerning Media Studies and Adolescent Psychology. My research topic is "Effect of Film Therapy on Body Image Dissatisfaction Among Adolescents". I am currently working on an intervention module involving using Film as Therapy which aims at filling the elaborate research gap that is yet to be filled in the research domain.