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## **SLIKA O SEBI I DEPRESIVNOST GOJAZNIH ADOLESCENATA**

U ovom radu je razmatrana povezanost između slike o sebi i depresivnosti kod gojaznih adolescenata, kao i razlike između muških i ženskih, ali i mlađih i starijih gojaznih adolescenata s obzirom na njihovu sliku o sebi i depresivnost. Prigodnom uzorku od 120 gojaznih adolescenata oba pola, ujednačenih po stepenu gojaznosti (Body mass index 25 do 30) i podeljenih u dve starosne grupe (od 13. do 16. i od 17. do 21. godine), zadati su upitnici i to: Test telesne slike (Body Image Test), Garnera i Kerni-Kuk-a iz 1996, Skala stanja depresivnosti autora Novović, Biro i Nedimović iz 2009. godine i Opšti upitnik, sačinjen za potrebe ovog istraživanja, u svrhu dobijanja podataka o polu i starosti gojaznih adolescenata. Utvrđeno je da postoji značajna i negativna povezanost depresivnosti sa idealizacijom slavni ličnosti i prihvatanjem sopstvenog fizičkog izgleda, kao i razlika po polu na subskali Idealizacija slavni ličnosti, pri čemu je idealizacija izraženija kod ispitanika muškog pola. Takođe, rezultati su pokazali da je kod starijih gojaznih ispitanika izraženija podrška partnera i značajnih drugih u odnosu na mlađe. Dobijene razlike koje se tiču pola i starosti gojaznih adolescenata nisu značajne za procenu aspekata njihove depresivnosti.

**Ključne reči:** Slika o sebi, depresivnost, gojazni adolescenti

## **BODY IMAGE AND DEPRESSION OF OBESE ADOLESCENTS**

In this study the correlation of depression and body image among obese adolescents has been discussed, as well as the differences between male and female, and younger and older obese adolescents depending on their body image and depression. The research was conducted on a sample of 120 examinees of both genders, uniformly by the level of obesity (Body mass index 25 to 30) and divided into two age groups (from 13th to 16th and 17th to 21st years old). There were used following questionnaires: Body Image Test of Garner & Kearney-Cooke from 1996, The Scale of depression status of Novovic, Biro and Nedimovic from 2009 and General Questionnaire constructed for the purposes of this study in order to obtain information on the gender and age of obese adolescents. It was found that there is a negative

statistically significant correlation of depression with idealization of celebrities and acceptance of own body image, as difference to gender in subscale Idealization of celebrities where the idealization is more expressed in male examinees. Also, the results were showed that support from partners and significant others is more expressed in older than younger obese examinees. The differences which are related to gender and age among obese adolescents are not significant for assessing aspects of their depression.

**Keywords:** body image, depression, obese adolescents