



Actitudes negativas hacia la obesidad en jóvenes españoles: diferencias por sexo, edad y nivel educativo [

2018

text (article)

Analítica

Negative attitudes towards obesity in Spanish young people: sex, age and educational level differences. Negative attitudes towards obesity are frequent in several areas and are related to the discrimination of obese people. The aim of the present study is to evaluate sex, age and educational level differences in antifat attitudes. The Antifat Attitudes Scale (AFA) was administered in a sample of 309 students aged between 12 and 24 years ($M = 16.69$; $SD = 2.58$), from Obligatory Compulsory Education, Bachillerato and Undergraduate levels from León, Spain. The results revealed that women showed less prejudice against obesity but more fear to gain weight than men. Furthermore, older students and those who had higher educational level showed less prejudice against obesity. Finally, strategies are proposed to prevent discrimination, change negative attitudes, and develop tolerance in the students

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Título: Actitudes negativas hacia la obesidad en jóvenes españoles: diferencias por sexo, edad y nivel educativo [electronic resource]

Editorial: 2018

Tipo Audiovisual: actitudes antiobesos sexo edad nivel educativo jóvenes antifat attitudes sex age educational level young people

Documento fuente: Revista de Psicología Clínica con Niños y Adolescentes, ISSN 2340-8340, Vol. 5, Nº. 1, 2018, pags. 32-36

Nota general: application/pdf

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Lengua: Spanish

Enlace a fuente de información: Revista de Psicología Clínica con Niños y Adolescentes, ISSN 2340-8340, Vol. 5, Nº. 1, 2018, pags. 32-36

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