عنوان مقاله:

Prediction of exercise addiction based on social media addiction with the mediating role of pathological eating behaviors and negative body image in athletes

محل انتشار:

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خلاصه مقاله:

The aim of the research was to investigate addiction to virtual social networks with the mediating role of harmful eating behaviors and negative body image in athletes. The method of this research is a correlational design based on the analysis of structural relationships. The statistical sample in this research was ۳۰۹ athletes from Tehran in ۱۴۰۲. Research data were collected using the Bergen Social Media Addiction Scale (۲۰۱۶), Littleton's Body Image Fear Inventory (۲۰۰۵), Exercise Dependence Scale (۲۰۰۲), and Nutrition Attitude Test (۱۹۸۲). Questionnaires were also completed online. The findings showed that addiction to virtual social networks with the mediating role of harmful eating behaviors can predict sports addiction, but addiction to virtual social networks could not predict sports addiction with the mediating role of negative body image. According to the above results, we can understand the importance of harmful eating behaviors in the path of addiction to virtual networks and addiction to sports, and by targeting these components, we can help to improve addiction to sports.

کلمات کلیدی:

Exercise Addiction, Social Media Addiction, Pathological Eating Behaviors, Negative Body Image, Athlete, اعتیاد به ورزش, اعتیاد به شبکه های اجتماعی مجازی, رفتارهای خوردن آسیب زا, تصویر بدنی منفی, ورزشکاران

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