Anxiety, Self-Esteem And Body Image In Girls With Precocious Puberty

Mercader Yus, Esther Thais; Neipp López, M. Carmen; Gómez Méndez, Pedro; Vargas Torcal, Fernando; Gelves Ospina, Melissa; Puerta-Morales, Laura; Leon Jacobus, Alexandra Maria.

Abstract

Currently, the age of onset for pubertal changes is decreasing, especially in girls, which may have an impact on psychosocial factors such as anxiety, self-esteem and body image. The aim of the present study is to compare these variables in two groups: a group of 15 girls with precocious puberty and a group of 16 girls of the same age without precocious puberty. A non-experimental descriptive design was used and the State-Trait Anxiety Inventory for Children (STAIC) and Self-Description Questionnaire (SDQ) were used to measure variables. Significant differences were found in Anxiety and Body Image levels between groups, but there were no differences in Self-Esteem levels. In conclusion, the findings show girls with early onset pubertal changes present high anxiety levels and negative body image compared to girls who start pubertal changes at the normal time.

Keywords

Anxiety; Body Image; Precocious Puberty; Self-Esteem