

Abstract

The present study examined the relationship between weight based teasing, coping strategies and self esteem among obese university students. It also focused to identify the gender differences on different coping strategies in response to weight based teasing. Total of 60 obese university students (Males=30, Females=30) between the age ranges from 17 to 26 years ($M=1.48$, $SD=.50$) were taken from different universities of Lahore. The measures used in the current study were Body Mass Index (Center for Disease Control and Prevention [CDC], 2013) to measure the BMI of participants, Perception of Teasing Scale (Thompson, Cattarin, Fowler & Fisher, 1995) to measure the weight related teasing, Coping Orientation to Problem Experienced Questionnaire (Scheier, Weintraub & Carver, 1989) was used to measure the different coping styles used by obese students and Rosenberg Self Esteem Scale (Rosenberg, 1965) was used to assess the level of self esteem. The results revealed that there was significant positive relationship between perception of teasing and self esteem and perception of teasing was a strong predictor of the self esteem among obese university students. The findings revealed no significant gender differences on the problem focused and emotion focused coping styles. Results also revealed that 70% of the overweight/obese students were having sedentary life style including excessive eating of fattish/junk food without any physical activity and other 30% of the participants were engaged in taking proper balanced diet along exercise, 60% of the students were overweight due to the excessive eating, no physical activity or excessive sleeping. Further research on the psychosocial factors related to the obesity needs to be done to understand the problem of obesity fully in the context of Pakistani culture.