

Vietnamese High School Students' Perception of Body Compassion

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ABSTRACT Body compassion is primarily influenced by both the multifaceted architecture of body image and self-compassion. Therefore, this paper aims to investigate the level of perception of body compassion among Vietnamese students at high school. A group of 396 Vietnamese high school students (121 males and 275 females) participated in a survey. They finished the body compassion scale, which included: Defuse, Common Humanity, Acceptance. The results found that regarding the body compassion towards research scores, the body compassion of females was found to have higher than males. Moreover, body compassion grade 11 had higher scores than grade 10 and grade 12. High school students who had gone through the research showed that Grade 12 would be interested in the Acceptance subscale. In contrast, grades 10 and 11 would be interested in defusion, and common humanity.