



## The Prevalence Of, and Motivation For, Mass Building Supplement Use Among Teenage Males

By Gary Elliott

GRIN Verlag. Paperback. Condition: New. 76 pages. Dimensions: 8.3in. x 5.8in. x 0.2in. Masters Thesis from the year 2010 in the subject Psychology - Personality Psychology, grade: -, Atlantic International University, language: English, abstract: The main objective of this study was to gather information from South African teenagers as to the prevalence of, and motivation for, the use of mass building supplements. In addition to gathering information pertaining to the frequency of use, the favoured brand of supplement and the type of supplements used by teenagers; the study also focused on attempting to identify an at risk age for the commencement of supplement use. The motivation for the use of mass building supplements was integral in the formulation of the hypothesis; that body dissatisfaction was the primary motivation more than increased sporting prowess for the use of supplements. Gathering of quantitative data took the form of a structured questionnaire comprising three distinct sections. The first section gathered demographic information on age, grade, race and sporting involvement. The second section focused attention on body image questions and contained three components. In the first component the respondents were asked to rate their level of body satisfaction using a Likert-type scale for various aspects...



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