

THE RELATIONSHIP BETWEEN PARENTIFICATION AND BODY IMAGE IN YOUNG ADULT WOMEN: THE MEDIATING ROLE OF PERFECTIONISM AND SELF-ESTEEM.

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THESIS ABSTRACT

The aim of this study is to examine the relationship between the parentification experience and body image, as well as the mediating roles of perfectionism and self-esteem in this relationship. The sample of the study consists of 225 female young adults, aged between 18 and 30, who are university students. Within the scope of the study, participants were administered the "Personal Information Form," the "Zung Self-Rating Depression Scale," the "Parentification Inventory," the "Body Image Scale," the "Rosenberg Self-Esteem Scale," and the "Frost Multidimensional Perfectionism Scale" through an online survey. Statistical analyses were conducted in line with the hypotheses using the collected data.

The results of the correlation analysis revealed that some subtypes of parentification were significantly associated with body image. Mediation analyses were conducted using the variables hypothesized to mediate this relationship. The findings indicated that perfectionism and certain subdimensions of perfectionism mediated the relationship between parentification and body image. Furthermore, when examining the mediating role of self-esteem, it was found to mediate the relationship between perceived benefits of parentification and body image. The results indicate that childhood experiences of parentification are associated with perfectionistic tendencies, changes in self-esteem, and negative body image among young adult women.

APPLICATION AREAS OF THE THESIS RESULTS

It is thought that this study will contribute to early intervention programs and therapy practices in the field of mental health by revealing the effects of the parentification experience on body image.

ACADEMIC ACTIVITIES

Işık, E. (2026). A review of parentification: Theoretical framework, risk factors, and psychosocial outcomes. Current Approaches in Psychiatry, Doi:10.18863/pgy.1685024



KEY WORDS

- ✓ Young Adult
- ✓ Parentification
- ✓ Body Image
- ✓ Perfectionism
- ✓ Self-esteem

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