
Developing a Conceptual Framework for Academic Administration in Secondary Schools: Enhancing Adolescent Self-Esteem through Positive Body Image

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ABSTRACT

The current global scenario indicates a rising incidence of mental health issues among adolescents. The Thai government has prioritized student well-being by designating schools as safe zones and promoting activities that foster positive development for all students. Despite these efforts, a survey by the Ministry of Public Health reveals a growing trend of mental health problems among adolescent students, partly due to low self-esteem, negative body image, which can lead to depression and anxiety. This study aims to propose a development framework for the academic administration in secondary schools for enhancing Adolescent self-esteem based on the concept of Positive Body Image ultimately deriving a framework for the academic administration of secondary schools based on the concept of Positive Body Image. consisting of the following elements is Body Appreciation, Body Self-Care, Resilience to Body Image Threats, and Diverse Beauty Ideals. This framework is anticipated to effectively promote self-esteem among adolescent students..

Keywords: mental health, adolescents, self-esteem, positive body image, academic administration