

***Moscow State University of Psychology and
Education***

***Sociocultural and psychological factors of
developing of body image and eating behavior
among adolescence girls and college women.***

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Context of the problem

In the current society the problem of influence of the cultural stereotypes on the mental development is going to become very popular.

It's no secret that the modern ideals of attractiveness are presented for many people as unrealistic, but the most of our society tend to be very slim and thin. Men practice health- risk behavior to be more muscular (for ex, use of anabolic steroids in spite of doing exercises). The female ideal of attractiveness is very thin and slim models. One half of them also wants to be thinner and practice health- risk behaviors too (for ex, the use of laxatives). In this way the health- care behavior pale into insignificance and give the real chance to the development of the eating problems.

Theoretical and methodological basic of research

1. Vigotsky L.S.

- Ideas about the mental development as the process of internalization of cultural stereotypes are the basic to understand the problems of the influence of modern technologies on the construction of various Psychiatric Disorders and the other psychological problems)***
- Ideas about the complex diagnostic system: the importance not only biological factors (the first symptoms), but a role of cultural influence on the mental health. Luria A. R. said: brain was a necessary condition, but not enough***

2. Tkhostov A. SH. Ideas about the influence of the modern technologies on a psychological development and definition of psychic norma.

Object:

specifics of development of body- image and eating behavior among adolescence girls and college women

Participants:

adolescence girls (13- 17) and college women (18- 25)

there are two groups of participants:

- the control group (normal)***
- and the experimental group (girls and women with anorexia nervosa, bulimia nervosa and compulsive eating behavior)***

Goals:

- 1. Create the structural model of factors which influence on the developing of body – image and eating behavior among adolescence girls and college women**
- 2. Design the prevention program to reduce appearing and developing symptoms of Disordered Eating behavior**

Hypothesizes:

We suggest that there are two major risk factors of the developing of Disordered Eating behavior: sociocultural and psychological factors.

- 1. The sociocultural factor consists of three dimentions: peers, family and mass- media**
- 2. The psychological factor also consists of three dimentions: Coping Strategies, Self- Esteem and Emotional problems (alexymtimia)**

Biological factors

Sociocultural factor

Peers

Family

Mass media

Body dissatisfaction

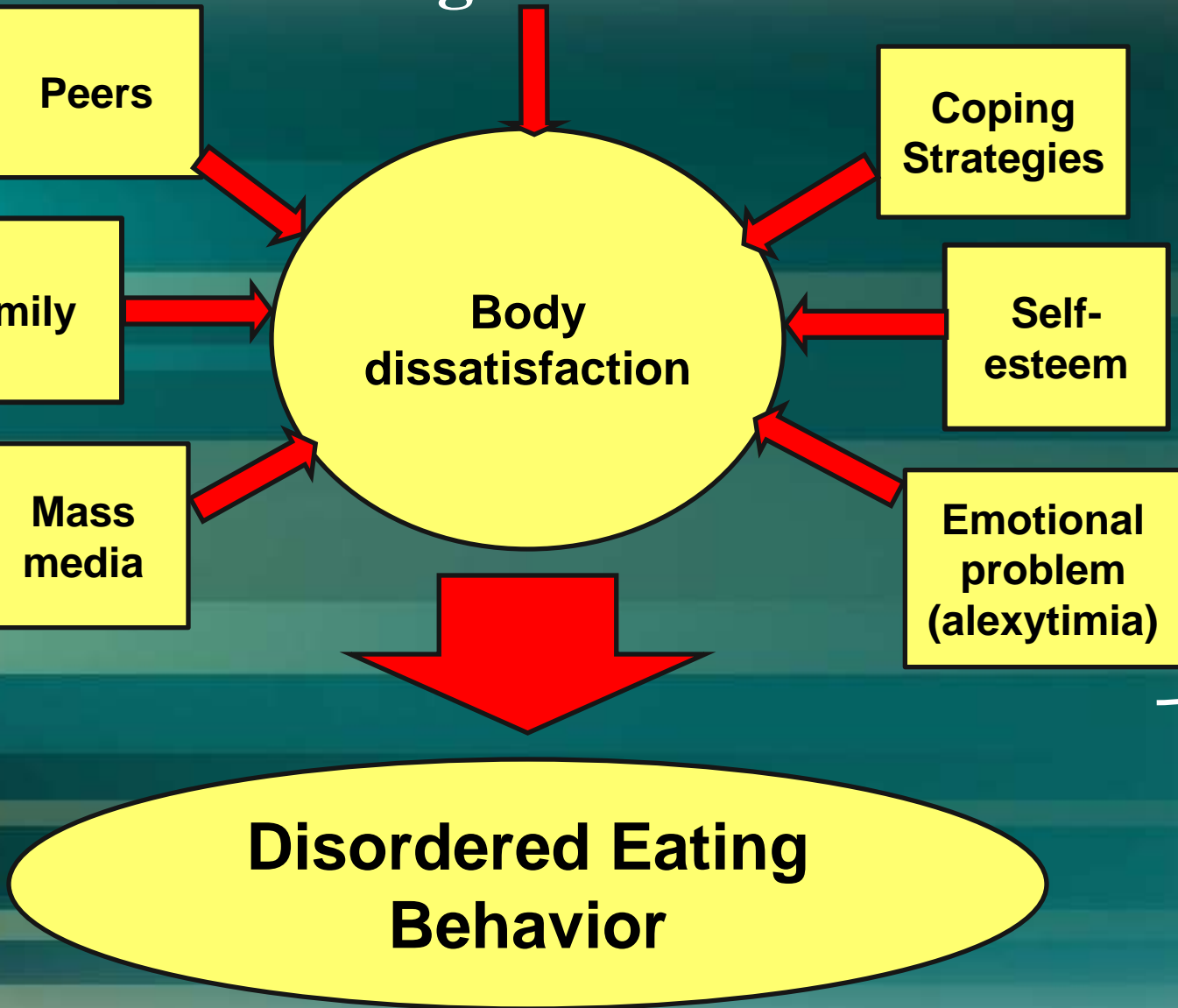
Coping Strategies

Self-esteem

Emotional problem (alexymtimia)

Psychological factor

Disordered Eating Behavior



Thank you!