

Transformation of Physical Self and Physicality of Young Girls

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The opposite approach involves considering the experience of experiencing the image of one's own body (physical self) as the first step towards gaining identity and forming a self-concept. The image of the physical self as an idea of the constitutional-somatic organization is one of the images of the self-included in the descriptive perceptual-cognitive component of the self-concept. In our work, by this phenomenon we mean the unity of somatic and perceptual perception, attitudes, evaluations, ideas related to both physical appearance and awareness of body functions. The leading role is given to the concept of personification of corporeality. The deep psychological paradigm of the study of the physical self-reveals the prospects of metaphorization of corporeality and the formation of the idea of one's own physical image of the self as a separate concept, subjectivity, endowed with certain properties (Lunov, 2018).

The psychological content is revealed and the main definitions of the self-physical are defined: bodily experience; body diagram, body image, body concept; internal body; corporeality, I-corporeal, I-physical (Fisher, 1986). The problem of mental reality of the self-corporeal (as a sensorimotor equivalent, socio-perceptual and cognitive process, substructure of the self-concept) is revealed. The phenomenology of appearance and function of the body are considered as the subject content of the self-corporeal. The determinants of the origin of the self-physical are analysed in view of the formal knowledge about the body, its psychophysiological correlates, archetypal and metaphorical generalizations.

The age determination of the formation of the self-physical is determined: the first year of life, childhood, adolescence, and adolescence, in particular in

part: a) the idea of his body, its functions and features; b) the idea of individual boundaries of one's own body; c) the idea of individual parts of the body, represented in the mind, its personalized component; d) attitude to their appearance; e) self-relation to the body in the process of self-identification.

Accordingly, the problem of self-esteem of adolescent girls is considered in the context of the ability to self-reflection (self-analysis) of their own physicality, anticipation of its consequences; ability to evaluate and correlate their physical characteristics with social requirements.

The theoretical model of the image of the physical self of girls of early adolescence, developed by the author of the dissertation, which is based on genetic, systemic, holistic, and personal-integrative approach, is offered. The author's theoretical model of the image of the physical self contains the following components: somato-constitutional, functional, cognitive, metaphorical, socio-perceptual, personified, and subjective, which provides self-identification.

The specific functions of the image of the physical self are determined in accordance with the main self-functions: aggression, anxiety / fear, external delineation of the self, internal delimitation of the self, narcissism, and sexuality. The constructive function of separation of the physical self from the external world and its adaptive function are analysed.

Empirically, indicators of the sovereignty of girls' personal space in relation to the perception of their own body, their own territory, personal belongings (artifacts), time regime, social ties, and tastes / preferences (values) were revealed. The concept of sovereignty of the physical self is substantiated, which generalizes the range of problems of somatic well-being, deprivation, experiencing physical discomfort. The dependence of the physical self on the functioning of the boundaries of the self, in particular the following functions, has been established: impermeable, permeable, absorbing, giving, restraining, calm neutral. It is proved that the image of the physical self-functions as a sovereign formation in the space of interaction with others, the representative of the self.

It is confirmed that the formation of ideas about their appearance and awareness of its aesthetic effect and social impact is one of the regulators of behaviour, which is manifested in the self-presentation of the individual. Self-presentation of personality is primarily based on the presentation of appearance and reflects the value of the body in accordance with existing socio- cultural standards. Thus, the cultural and psychological content of the phenomenon of self- presentation of appearance and physical self is determined.

The phenomenon of corporeality is presented as a subject of interdisciplinary scientific studies. Methodological bases of research of an image

of physical I in structure of I-concept of the person are defined. Peculiarities of self-attitude as an emotional-value aspect of personal self-consciousness development are considered. The role of the physical factor of the self- concept in the personal formation and peculiarities of the behaviour of girls of early adolescence is established and substantiated. It is emphasized that the correctly formed idea of oneself in early adolescence is of special importance, when an inadequate idea of the image of one's physical self can lead to health disorders, inadequate behaviour and become a cause of inferiority complex.

The psychological meaning of the definitions of the self-physical is specified: bodily experience is a psychological category that reflects the dyad "individual - body"; body scheme - a holistic sensorimotor model of the body; body image - a complex unity of perception, attitudes, assessments, ideas related to physical appearance and body functions; the concept of the body - formal knowledge of the body, which is expressed through conventional symbols; internal body - archetypal formation, basic (unconscious) mental form of corporeality; corporeality - a phenomenological reality that is a combination of biopsychosocial aspects of the corporeal existence of the subject in the physical world; I-corporeal - the subject, whose body is the container of the Self, which mediates the sensory and psychomotor interaction of the subject with the world; Self-physical - a product of self-awareness, one of the dimensions of the human self-concept, which includes cognitive, affective and behavioural components. Definitions differ in the following parameters: mental reality of the self-corporeal (as a sensorimotor equivalent, cognitive process, substructure of the self-concept); subject content of the self-corporeal (both appearance and functions of the body are considered); the origin of the self-corporeal (formal knowledge of the body, archetypal formation, physiological function of the brain). It is determined that the image of the physical self is closely related to self-assembly (Lunov, 2018).

Peculiarities of perception and self - attitude in the structure of the image of the physical self of girls of early adolescence are determined. The socio-psychological features of the interaction of the image of the physical self and the structure of self-composition of girls aged 15-18 have been established.

Empirically, the connection of girls' self-attitude with the schemes of functioning of self- regulation mechanisms of the phenomenology of the bodily way of being of the individual at the levels of: vital type of representation of bodily potential - awareness of the body as a natural biological object; conformal (prosocial) type - reflects the idea of the purpose of the body (bodily capabilities of man) in accordance with existing in society (culture) ideas, on the one hand, and the possibilities given to man by nature - on the other; and the personal type - bodily potential, which is directly integrated into the self-structure,

becomes its immanent characteristic of the self as a whole psycho-corporeal being.

Empirical referents of the perception of the physical self at the levels of awareness, acceptance, introspectiveness, metaphoricity, causality, dialogicity, subjectivity, imperativeness, and verbalization of the bodily self of young girls have been established. The factor models of the physical self are generalized.

The relation of self-attitude to body image and subjective attitude to health is revealed and proved (Levytska, 2019).

Developed and conducted socio-psychological training "Actualization of development and correction of the image of the physical self of the individual in adulthood." Form of implementation: the training was conducted for two weeks (14 sessions of 2.5-3 hours). The goal: to change the attitude of girls to their health through the actualization of the subjective significance of the functional component of the image of the physical self. The content of the training "Actualization of development and correction of the image of the physical self in adulthood" is realized through such sessions. Session 1. Familiarity and conditions of effective group dynamics. Session 2. Health as a priceless gift of man. Session 3. Me and a healthy lifestyle. Session 4. Health as the inner side of the bodily self. Session 5. Features of the image of the "Physical Self" in adolescence. Sessions 6-7. Disorders of body image. Session 8. Features of attitude and self-attitude. Session 9. Features of subjective and objective perception of the image of the physical self. Session 10. Methodical recommendations for the organization of a healthy lifestyle. Session 11. Guidelines for the organization of a healthy lifestyle (continued). Session 12. Self-control. Session 13. Adjustment of the made plan of achievement of result. Session 14. Completion of work.

After the implementation of socio-psychological training "Actualization of development and correction of the image of the physical self of the individual in adulthood" were found significant differences in changing the attitude of girls to their health.

The results of the implementation of the training confirm the hypothesis that the subjective attitude to health can be changed through socio-psychological training. The actualization of the subjective significance of the attitude to health is manifested through the dominant role of the functional characteristics of the image of the physical self. The results obtained during research fully confirm our hypotheses and reflect the provisions made in defines.

The practical significance of the obtained results of the work is that a package of diagnostic methods for studying the image of the physical self in early adolescence and self-attitude to it has been formed; author's developmental

and correctional program of social and psychological training can be used by practical, medical psychologists, social workers of secondary and specialized schools, colleges, lyceums; the use of author's socio-psychological training should be used to change the level of self-esteem and personal significance of the characteristics of the image of the physical self of youth, increase the activity of young people in an effort to take care of their health. The obtained results can also be introduced into lecture courses of age and pedagogical, practical psychology. It is recommended to use in conducting practical classes with medical students and interns, introducing special courses "Disorders of body image and its correction", "Psychodiagnostics of disorders of body image in adolescence", training "Adolescence: tumours and challenges" for students-listeners specialties "Dermatovenereology and cosmetology", "Medical psychology".

The reliability and reliability of the obtained results was ensured by the methodological validity of the theoretical principles, the use of complementary methods, adequate to the purpose and objectives of the study, verification of the statistical reliability of the obtained results.

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