

## RELATIONSHIP BETWEEN MEANING OF LIFE AND REAL AS WELL AS IDEAL SELF-IMAGE IN WOMEN WITH SUFFICIENT AND LOW SPORTS ACTIVITY\*

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### Abstract

*Object. Obese women with low level of physical activity form their personality depending on their physical attractiveness and emotional state. The lack of self-realization generates internal anxiety and emotional eating problems.*

*Methods. Noodynamics Test (TN-D) and Adjective Checklist (ACL).*

*Results. Obese women with low level of physical activity unable to realize personal development on the basis of "multidimensional being and versatile formation". In an ideal self-image they manifest an excessive concentration on past failures, devalue their own achievements, and become obsessed with physical attractiveness.*

*Discussion. Self-acceptance is building internal tools for self-realization. The versatile vision of their experience improves the level of self-control in eating behavior and level of physical activity.*

**Keywords:** *the meaning of life, noetic dimension of personality, self-image, overweight, obesity, emotional overeating, physical activity.*

**Formulation of the problem.** Overweight, obesity and passive lifestyle are the main problems of modern society. The most prone to overeating of women who are dissatisfied with their life's successes. Lack of self-realization

generates passivity and emotional lability. Losing vision of their goals and the desire to achieve life's success. Destructive content of life and openness to change in the world.

**Analysis of recent researches.** The abil-

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ity to determine life goals depends to a large extent on the human condition especially physical activity. Satisfied and internally independent person is more open to new achievements, and perceives failures as a vital science. The full-fledged content of life improves the personality traits and improves the self-image [12].

The self-image is formed on the basis of cognitive schemes about oneself and environment, which allows a person to function and organize life experience in a qualitative way. This life experience builds a certain reality, which is also called the private territory of self-conception, the image of oneself and the wish to develop sufficient physical activity [8].

The modern fashion demands to be slim and in shape, which leads to food restriction in women and understate self-esteem through giving value only to their appearance. A negative self-image can lead to the development of emotional overeating and physical inactivity. Therefore, food becomes an opportunity to relieve emotional stress [10]. In Ukraine, in 2016, 51% of women were overweight and 20% suffered from obesity [1].

For the realization of the life's meaning it is required to have the will of meaning, the fulfillment of life's tasks in accordance with the own values [5]. Then a person is responsible for what he or she does and fills his or her life with spiritual values. Noodynamics of a person is the process of self-transcendence over discomfort and suffering. The lack of a goal in life leads to focusing on

imperfections of own body [11].

Women with overweight and obesity are more focused on the physical and material factors of their development than on spiritual ones. Evaluating yourself only in the biological sense leads to a narrow perception of self-image. In women with eating disorder, there is a narrowed autoacceptance, which lowers the personal value in their own vision [7].

Negative self-image develops distrust in the own capabilities and achievements, which can suppress the desire for self-realization. The value of real and ideal self-image is fundamental, since it forms daily behavior and attitude to everyday difficulties. A more conscious person perceives everyday difficulties as a challenge to develop skills and personal qualities. However, overweight women are more focused on their bodies and their failures [2].

Too big divergence between real possibilities and desired results leads to anxiety and apathy, which, in turn, forms the wrong eating habits. A positive self-image inspires a person to realize a person's noetic dimension, where there are such qualities as freedom in decision-making, responsibility for own choice and actions, aspiration for perfection, self-acceptance, openness to the new, hope for the better. These qualities are manifested in a high level of self-awareness and the desire to develop their personality traits in spite of life's difficulties [5].

Excessive concentration on the own problems develops destructive behavior, which is of

ten manifested in disorders of eating behavior. These disorders are manifested in overeating in order to reduce internal anxiety. Obesity is considered to be the manifestation of a certain auto-destruction in relation to the body. Problems with the control of eating behavior appear at the moment of difficulty with the correct solution to the situation [3].

Existential crisis is manifested by the syndrome of autonomic reactions, personality disorders and existential frustration. When the person is enveloped with "existential emptiness"; first of all, the spiritual spheres such as freedom, dignity and responsibility are ignored [12].

**The research was aimed** at determining the relationship between the meaning of life and self-image in women with excessive weight. The self-image is represented in two manifestations: Me (real) - what I see and Me (ideal) - what I want to become. These studies were intended to answer the following questions:

1. Is there a connection between the meaning of life and real self-image?
2. Is there a connection between the meaning of life and the ideal self-image?

### **Material and methods**

#### *(1) Participants:*

117 women with normal weight with sufficient sports activity and 85 women with overweight and obesity with low sports activity were studied. Weight was measured using the Quetelet BMI formula, greater than 25.9 kg/m<sup>2</sup>. Overweight women were undergoing weight loss in

gyms. Women with sufficient sports activity exercised three times a week. Women with low sports activity had a passive and sedentary lifestyle.

#### *(2) Procedure:*

The accepted model of noodynamics is based on the principles of the Logotherapy by Victor Frankl (2015) and Noo-logotherapy by Kazimierz Popielski (1994). These directions state that a high level of lifestyle contributes to perceiving life at the level of a noetic dimension of personality, due to this the self-image is positive and motivating to changes, where the real self-image has a small difference with the ideal self-image which manifests itself in the perception of everyday difficulties as challenges for the development of one's own personality.

The study was conducted in Ukrainian, and the tests were adapted according to the requirements for the adaptation of the tests. Women filled out tests after talking with a psychologist. Women were informed about the purpose of the study, their anonymity, and the possibility of refusing to participate. The analysis of the results of the study includes only those tests that were fully completed. The age of the women under study was 20-50 years old ( $M = 33.86$ ;  $sd = 8.89$ ). In the studies, in addition to the general questionnaire, 2 standard techniques were used: the TN-D Noodynamics Test and the ACL Adjective Test.

#### *(3) Statistical analysis:*

The Noodynamics Test TN-D explores the sense of life. In the process of life test allows you

to measure the personal dynamics of the phenomenon of the meaning of the existence. The test was created in 1985 by K. Popielski. The test has 100 statements, which are divided into 37 scales. Scales consist of four dimensions: noetic qualities, noetic temporality, noetic activity, noetic

adjectives that described the self-image as real, as they see themselves in reality. On the second sheet, those adjectives were marked, which described their ideal image of themselves that is what they would like to be.

**Presenting main material.** Schedule of

**Table 1. Meaning of life in control and obese group women**

	Control group		Obese group		Test post-hoc
	M	sd	M	sd	Sheffé, p
Noethic quality	3,79	0,30	3,66	0,41	0,022*
Noethik activity	3,86	0,35	3,67	0,46	0,006**
Overall Score	3,79	0,31	3,66	0,41	0,033*

\*  $p \leq 0.05$ ; \*\*  $p \leq 0.01$ ; \*\*\*  $p \leq 0.001$

position [12].

Investigators evaluated the affirmations on 5-point Likert type scale. The study lasted 30 minutes. Adaptation of the test in Ukraine was carried out in 2003. Reliability of  $\alpha$ -Cronbacha = 0.81.

The Adjective Check List H. G. Gough, & A. B. Heilbrun, explores the way of seeing oneself from the standpoint of self-image I (real) and I (ideal). A version of the test has been used since 1983. The Ukrainian adaptation took place in 2004, the reliability index of  $\alpha$ -Cronbacha test = 0.75. The test has 300 adjectives, which are divided into 37 scales. Scales are organized into 5 groups: adjectives, psychological needs, interpersonal relationships, transactional analysis, creativity, and resourcefulness [6].

Investigators noted on the first sheet those

the analyzed results is normal, which allows to use parametric tests. In the following steps, Pearson's correlation analysis was conducted between the sense/perception of the meaning of life and the real as well as ideal self-image.

At the statistically significant level, the noetic qualities are lower in obese women compared to the control group. The lowered level of the living potential, the absence of realization of their own desires and personal development lead to the fact that women perceive the world on the basis of owning or not owning something, instead of developing a multidimensional being.

Noethic activity is much lower in obese women, which does not serve as the realization of vital qualities. In general, the reduced dynamics of feeling the sense of life compared with

women of normal weight, can affect the search for their role in life and self-realization.

The results of the group of overweight and obese women are mostly statistically significant ( $p \leq 0.05$ ;  $p \leq 0.01$ ). In real life, examined overweight women show a more conservative perception and are more closely oriented to the past ex-

Attitude to the future depends on the positive self-image (-0.28), the need of the order (-0.23), the ideal self-image (-0.30) and responsible attitude to life (-0.23). Fear before the assessment of the opposite sex leads to a concentration on the appearance, which hinders the improvement of the spiritual dimension of personality through the

**Table 2. Real self-image in control and obese group women**

	Control group		Obese group		Test post-hoc Sheffé, p K-O
	M	sd	M	sd	
Exhibition	52,42	8,71	49,49	6,69	0,040*
Autonomy	51,73	7,56	48,60	6,29	0,012*
Creative Personality	50,28	7,53	47,44	8,08	0,044*
Masculine	49,71	8,19	54,75	8,26	0,000***
Free Child	50,85	9,14	47,72	5,78	0,020*
Adapted Child	52,47	5,34	49,25	6,13	0,001***

\*  $p \leq 0.05$ ; \*\*  $p \leq 0.01$ ; \*\*\*  $p \leq 0.001$

perience (-0.28), to a lesser extent they implement the noetic qualities of dignity and responsibility (-0.25) and show a lower level of meaning of life (-0.24).

devaluation of their hobbies, intellectual development, existential position (-0.27). In real self-perception they have a great need for change in their lives, therefore, these women seek to devel-

**Table 3. Ideal self-image in control and obese group women**

	Control group		Obese group		Test post-hoc Sheffé, p K-O
	M	sd	M	sd	
Unfavorable	43,15	6,68	46,76	5,32	0,000***
Affiliation	42,69	11,13	47,22	8,76	0,007**
Heterosexuality	46,72	8,52	50,60	7,69	0,004**
Counseling Readiness	52,61	9,09	47,14	6,74	0,000***
High Origence- Low Intel- lectence	47,74	8,68	50,78	7,78	0,035*
Low Origence- High Intel- lectence	52,08	7,80	48,00	8,45	0,002**

\*  $p \leq 0.05$ ; \*\*  $p \leq 0.01$ ; \*\*\*  $p \leq 0.001$

op their life goals related to self-esteem, auto-

distance from worries, trust in life and creative approach to problem solving (0.22).

The results of the group of overweight and obese women are statistically significant ( $p \leq 0.05$ ). In their ideal vision, women tend to better control themselves daily, which in their opinion leads them to a lesser concentration on past failures (-0.23), but reduces the overall vision of their own goals (-0.21).

A high level of concentration on future events will reduce the need for achievements (-0.22) and the need to understand themselves (-0.24). The desire to look perfect will help to develop personal spiritual qualities of dignity, responsibility and openness to the new (0.25), will improve the formation of the spiritual position (0.29) and will increase the motivation for realization of the set life tasks and the general meaning of life (0.27).

The indicators Iss, Com, Aut (ACL) explain the concentration on appearance in obese women giving information about 31% ( $R^2 = 0.31$ ) of the variation. That is manifested in the negative perception of their body, the lack of high moral principles, difficulties in defining their goals, disbelief in their own strength.

The indicatorss Com (ACL) explain dissatisfaction with own relationship with the environment explaining 16% of the variation ( $R^2 = 0.16$ ). Women with obesity are prone to quarrels, expect critics of their own kind, which is reflected in the ambivalent attitude to the environment and the lack of communication. As a result, it

lowers the level of meaning of life.

Indicators Np, Scft (ACL) and JN12 (T. ND) explain the pleasure of their own kind of 24% of the variation ( $R^2 = 0.24$ ). Obese women do not show interest in existentially important goals, they are ashamed of themselves, compete with their colleges, are stressful and socially susceptible, they do not trust themselves, resulting in a lowering of their level of sense of living.

The indicators Fc, Fav, Suc (ACL) and JN12 (T. ND) explain own satisfaction of 21% of the variation ( $R^2 = 0.21$ ). Therefore, egocentric women with obesity have a poor world of spiritual values, avoid confrontation with their disadvantages, fail to cope with the crises and stress of life, have a strong fear of the future, low life ambitions, their mood changes often, show aggression and are unable to postpone their pleasure later, because strong experiences do not allow to see existentially important values and life goals.

Indicatorss End, Aut, Nur, indicator D (ACL) explain the vision of self-image in women with a normal weight of 35% of variation ( $R^2 = 0.35$ ). Endurance and commitment to the performance of their duties develop internal independence from the stereotypes of the environment, the need to care for others, the desire to cooperate at work, as well as healthy women show a slight difference between the ideal and the real self-image, which improves their adaptation in the environment and the development of existentially important values.

**Discussion.** Too conservative self-



perception and perception of the surrounding world form the habit of comparing everything with past failures, which does not allow to concentrate on the set life tasks. The traditional understanding of the purpose in life reduces the need for the development of noetic dimension of personality. On these aspects, K. Popielski (1994) drew attention in his studies of the noetic dimension of personality. Concentration on the past does not allow to be open to new knowledge and the discovery of a new meaning of existence.

In real self-perception women with overweight and obesity assess themselves through the prism of praise from the environment, especially men. They set too high requirements for their appearance and self-control, especially for food and sporting behavior. Excessive concentration on details leads to negative expectations from the future and does not allow to clearly see their own goals. All this leads to cognitive dissonance and anxiety in everyday life [9].

Frankl claims that man is governed not only by the environment, but also by personal motives of development. Individual's will for meaning of life motivates self-realization in the future. Through the responsibility for their own choice and self-acceptance of failures, a person can discover new strategies for adaptation to the daily requirements of the modern world [5].

Dependence on the environment, especially the opposite sex, leads to a search for stability through excessive control of daily responsibilities. Anxiety associated with control reduces the

global vision of future goals. Losing the opportunity to make an independent decision develops an irresponsible attitude towards the goals. But for internal independence it is necessary to develop own spiritual existence. To do this, you need to perceive yourself not as "having something", but "being someone", and to develop your own freedom [12].

Realizing the need for changes, overweight and obese women can develop their own noetic qualities of personality (dignity, responsibility, freedom). Thus, they have the chance to overcome genetic factors and powerlessness, passivity or perfectionism in relation to themselves [8].

The change of perception from evaluating appearance into assessing personal qualities such as wisdom, will, will help to reveal own potential through the realization of individual spiritual goals. Enrichment of existential experience positively affects the noetic dimension of personality. An internally independent person realizes the potential of personal being and self-determination better [4].

The ideal self-image in women with overweight and obesity manifests itself in an excessive desire to control themselves even more. In their understanding, a better level of self-control will reduce the number of failures and help to overcome the negative experiences of the past. Anxiety associated with the process of analyzing negative past leads to narrowing of perceptions of global life goals [10].

An individual can see own future achievements only in a resourceful, relaxed state, when the perception of reality is as broad as possible, where self-acceptance is positive regardless of past experience. Daily tasks are performed within the scope of human capabilities. Only under these conditions it is possible to achieve existential values. It also significantly improves the results of psychotherapy, because the person accepts responsibility for own actions, as Frankl reported (2015).

The ideal self-image is built on a dreamt vision of oneself, own goals for the future, attractive appearance and success in life. With the expansion of own experience and the requirements of the environment, an individual builds the ideal self-image. Overweight and obese women are convinced that the lack of self-control is the reason for their weight loss failures, while the lack of self-control is only a consequence of excessive concentration on the past. Self-control is much higher in the case of concentrating on events here and now that allows to expand the boundaries of consciousness and more clearly define goals for the future [12].

Overweight and obese women believe that self-control will improve their self-esteem, but this only leads to a loss of vision of their goals in the future, that is why their ideal image is somewhat blurred and imprecise. Such an ideal image has features which are more useful for the environment than for the woman [7].

Therefore, trying to show herself good in

front of people, a woman forms excessively high demands on herself according to the ideal self-image. Such a large divergence with the real self-image creates a strong anxiety and can lead to emotional overeating. Popielski (1994) also argues that high demands on a person lead to frustration, devaluation of the achievements and overeating.

The constant recall of failures from the past leads to a quick loss of sport motivation or diet. This is one of the reasons why women with overweight and obesity cannot bring the activity to the end and lose weight, and if they do lose weight, then they quickly gain it again. Excessive concentration on past failures generates strong anxiety. The construction of the ideal self-image depends on the training to positively think about yourself every day. And women with overweight and obesity are constantly scolding themselves for failures in the past [7].

Another extreme in a group of overweight and obese women is the excessive concentration on future achievements, which greatly deteriorate the clarity of vision of their ideal image. The reason for that is a poor understanding of the causes of their behavior and of their goals in the future. Excessive idealization generates high levels of anxiety, and often leads to emotional overeating [11].

Cervone (2015) claims that the stability of self-esteem depends on the clearly formed ideal self-image. Therefore, focusing on excessively ideal expectations, women lose motivation for



achievements, and as a result they keep diet or exercise for a short time.

The ability to understand themselves reduces when women concentrate on dreaming about future achievements. Realization of the causes of emotional overeating would significantly reduce the amount of food per day. Ogińska-Bulik (2004) argues that overweight and obese women cannot clearly distinguish between "true hunger" and "emotional hunger". Dreaming leads to anxiety, and understanding of the causes of their overeating is reduced, forming a closed circle of emotional overeating.

The desire to look better inspires women to develop noetic qualities, namely the desire to decorate themselves and their surroundings, the experience of suffering through love for loved ones, a sense of hope and trust in what life brings. Popielski (1994) writes that the desire for beauty gives life the purpose and motivates to be opened to the new.

Also, the desire to improve own appearance motivates women to make new attempts to improve their body. The development of a spiritual position through the work of inner beauty allows women to develop certain moral principles, such as attitude to success, hobbies, intellectual achievements and existential position. Frankl (2015) points to the central place of the spiritual position in the construction of the personal meaning of life.

The development of a spiritual position is an opportunity to develop responsibility for own

decisions and actions. To help women with overweight and obesity, it is important in the process of psychotherapy to exert a greater pressure on the development of a noetic dimension of personality.

Realization of spiritual responsibility for own decisions, free choice, independence from the environment in assessing own success, the development of intellectual achievements, the ability to solve daily tasks more creatively [12]. These qualities will teach a woman to perceive the world as it is due to the small distance between real possibilities (real self-image) and the desired result (ideal self-image). A conscious and responsible choice will help reduce the frequency of emotional overeating [8].

**Conclusion.** There is a connection between the sense of the meaning of life and the real self-image. In reality, women with overweight and obesity and low sports activity manifest a conservative perception of reality, excessively concentrate on past failures, and to a large extent their self-esteem depends on the assessment by the opposite sex. As a result they do not have clear goals for the future, which would be a strong motivation. Also the development of noetic dimension of personality, which would help to develop an adequate level of self-control and inner peace, is neglected. In comparison the controlled group of women with normal weight and sufficient physical activity demonstrated higher level of purposefulness, more precise future goals and development of noetic values.

In an ideal self-image, overweight and obese women strive for order in their everyday lives, especially when eating and playing sports. They want to look perfect and be more responsible for their life choice. Due to this, they can develop more desire for change and achieving life goals. In comparison the controlled group of women with normal weight and sufficient physical activity showed higher level of self-improvement and better relations with men, more creativity and intelligence.

Therefore, developing the qualities in women such as love for beauty, self-esteem, inner freedom, hope for the better, it is possible to reach a higher level of responsibility for own actions and decisions. The motivation for weight loss in these women will be significantly higher.

The study results can be used in psychotherapy for the individuals with overweight and obesity and also for further research, in particular the search for the effect of a sense of meaning of life on emotional overeating in women with low physical activity.

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LIFE AND REAL AS WELL AS IDEAL  
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**ABSTRACT**

Object. Obese women with low level of physical activity form their personality depending on their physical attractiveness and emotional state. Women with overweight and obesity are more focused on the physical and material factors of their development than on spiritual ones. The lack of self-realization generates internal anxiety and emotional eating problems. Overweight and obese women are convinced that the lack of self-control is the reason for their weight loss failures, while the lack of self-control is only a consequence of excessive concentration on the past. Evaluating yourself only in the biological sense leads to a narrow perception of self-image. High noodynamics and an adequate self-image develops multidimensional being and versatile self-determination of personality. The aim of the research is to study the relationship between the meaning of life and the self-image of women with obesity.

Methods. Two methods are used in the article: Noodynamics Test (TN-D) by K. Popiel-

ski (level of meaning of life) and Adjective Checklist (ACL) by H. G. Gough, & A. B. Heilbrun (self-image in two dimensions: the real and the ideal self-image).

Results. Obese women with low level of physical activity perceive the world through the prism of possessing or not possessing something and are unable to realize personal development on the basis of "multidimensional being and versatile formation". In an real self-image they manifest an excessive concentration on past failures, devaluate their own achievements, and become obsessed with physical attractiveness. In the ideal self-image they have overstated demands and cannot see their future. The great discrepancy between the real and the ideal self-image leads to the absence of goals and their implementation. This shows a low level of general noodynamics and the sense of meaning of life. Developing the qualities in women such as love for beauty, self-esteem, inner freedom, hope for the better, it is possible to reach a higher level of responsibility for own actions and decisions.

Discussion. Self-acceptance and positive conclusions from past failures are building internal tools for self-realization. Realization of the causes of emotional overeating would significantly reduce the amount of food per day. The versatile vision of their experience improves the level of self-control in eating behavior and level of physical activity. Noetic activity directs people towards opportunities and aspirations. The transformation of physical anxiety into a noodynamic

self-actualization mobilizes internal and external resources towards work on improving their nutritional habits and personality traits. Desire for beauty gives life the purpose and motivates to be opened to the new.

**Keywords:** The meaning of life, noetic dimension of personality, self-image, overweight, obesity, emotional overeating, physical activity.

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## ВЗАЄМОЗВ'ЯЗОК СЕНСУ ЖИТТЯ І РЕАЛЬНОГО ТА ІДЕАЛЬНОГО ОБРАЗУ СЕБЕ У ЖІНОК ІЗ ВИСОКОЮ І НИЗЬКОЮ СПОРТИВНОЮ АКТИВНІСТЮ

### Анотація.

Об'єкт. Жінки з ожирінням та низьким рівнем фізичної активності формують свою особистість залежно від їх фізичної привабливості та емоційного стану. Жінки з надмірною вагою та ожирінням більш сфокусовані на фізичних і матеріальних факторах їх розвитку, ніж на духовних. Недостатня самореалізація породжує внутрішню тривогу та емоційні проблеми харчування. Жінки з надмірною вагою та ожирінням переконані, що відсутність самоконтролю є причиною втрати ваги, а відсутність самоконтролю є лише наслідком надмір-

ної концентрації на минулих невдачах. Оцінка себе лише зі сторони зовнішності веде до вузького сприйняття самої себе. Висока ноодинаміка та адекватний образ себе розвивають багатовимірне буття та універсальне самовизначення особистості. Метою дослідження є вивчення зв'язку між сенсом життя та образом себе у жінок з ожирінням.

Методи. У статті використовуються дві методики: тест на ноодинаміку (ТН-Д) К. Попельського (досліджує рівень сенсу життя) та контрольний список прикметників (ACL) від Г. Г. Гофа та А. Б. Хайльбруна (образ себе в двох вимірах: я реальне та я ідеальне)

Результати. Жінки з ожирінням з низьким рівнем фізичної активності в реальному образі себе сприймають світ через призму володіння чи не володіють чимось і не здатні реалізувати особистісний розвиток на основі «багатовимірного буття та різностороннього становлення». У реальному образі себе жінки проявляють самовідданість, надмірну концентрацію на минулих невдачах, девальвують свої власні досягнення та стають одержимими фізичною привабливістю. У ідеальному образі себе вони переоцінюють вимоги оточуючого світу і не бачать свого майбутнього. Велика невідповідність між реальним та ідеальним образом себе призводить до відсутності цілей та їх реалізації. Це показує низький рівень загальної ноодинаміки та сенсу життя. Розвиваючи у жінок такі якості, як любов до краси, самооцінка, внутрішня свобода, надія на кра-

ще, можна досягти більш високого рівня відповідальності за власні дії та рішення, а також і рівень самоконтролю у харчуванні.

Обговорення. Самоприйняття та позитивні висновки з минулих невдач створюють внутрішні інструменти для самореалізації. Реалізація причин емоційного переїдання значно зменшить кількість їжі в день. Багатоцільове бачення їх досвіду покращує рівень самоконтролю при харчуванні і рівні фізичної активності. Ноетична діяльність спрямовує людей на можливості та прагнення. Перетворення фізичної тривожності в ноодинамічну самоактуалізацію мобілізує внутрішні та зовнішні ресурси на роботу щодо покращення їх харчових звичок та рис особистості. Бажання краси привносить в життя мету та спонукає до відкриття нового.

**Ключові слова:** сенс життя, ноетичний вимір особистості, образ себе, надмірна вага, ожиріння, емоційне переїдання, фізична активність.

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## **ВЗАИМОСВЯЗЬ СМЫСЛА ЖИЗНИ И РЕАЛЬНОГО И ИДЕАЛЬНОГО ОБРАЗА СЕБЯ У ЖЕНЩИН С ВЫСОКОЙ И НИЗКОЙ СПОРТИВНОЙ**

## **АКТИВНОСТЬЮ**

### **Аннотация.**

Объект. Женщины с ожирением и низким уровнем физической активности формируют свою личность в зависимости от их физической привлекательности и эмоционального состояния. Женщины с избыточным весом и ожирением более сфокусированы на физических и материальных факторах их развития, чем на духовных. Недостаточная самореализация порождает внутреннюю тревогу и эмоциональные проблемы питания. Женщины с избыточным весом и ожирением убеждены, что отсутствие самоконтроля является причиной потери веса, а отсутствие самоконтроля является лишь следствием чрезмерной концентрации на прошлых неудачах. Оценка себя только со стороны внешности ведёт к узкому восприятию самой себя. Высокая ноодинамика и адекватный образ себя развивают многомерное бытие и разностороннее развитие личности. Целью исследования является изучение связи между смыслом жизни и образом себя у женщин с ожирением.

Методы. В статье используются две методики: тест на ноодинамику (ТН-Д) К. Попельский (исследует уровень смысла жизни) и контрольный список прилагательных (ACL) от Г.Г. Гоффа и А.Б. Хайльбруна (образ себя в двух измерениях: я реальное и я идеальное)

Результаты. Женщины с ожирением с низким уровнем физической активности в ре-



альному образі себе сприймають світ через призму володіння або не володіння чим-то і не здатні реалізувати особистісний розвиток на основі «багатовимірного буття і різноманітного розвитку». В реальному образі себе жінки проявляють самопожертву, надмірну концентрацію на минулих невдачах, девальвують свої особисті досягнення і стають одержимими фізичною привабливістю. В ідеальному образі себе вони переоцінюють вимоги оточуючого світу і не бачать свого майбутнього. Велике невідповідність між реальним і ідеальним образом себе призводить до відсутності цілей і їх реалізації. Це показує низький рівень загальної динаміки і сенсу життя. Розвиваючи у жінок такі якості, як любов до краси, самооцінка, внутрішня свобода, надія на краще, можна досягти більш високого рівня відповідальності за свої дії і рішення, а також і рівень самоконтролю в харчуванні.

Обговорення. Прийняття себе і позитивні висновки з минулих невдач створюють внутрішні інструменти для самореалізації. Реалізація причин емоційного переїдання значно зменшить кількість їжі в день. Багатовимірне бачення їх досвіду покращує рівень самоконтролю при харчуванні і рівні фізичної активності. Ноетична діяльність спрямовує людей на можливості і прагнення. Перетворення фізичної тривожності в динамічну само-

актуалізацію мобілізує внутрішні і зовнішні ресурси на роботу по покращенню їх харчових звичок і рис особистості. Желання краси приносить в життя цілі і спонукає до відкриття нового.

**Ключові слова:** сенс життя, ноетичний аспект особистості, образ себе, надмірна вага, ожиріння, емоційне переїдання, фізична активність.

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