

to "I"), vanity, benefit. 2) the rest noted that despite their own needs, they pay more attention to others than to themselves. When analyzing their answers, the words "show off less, others are more important, I am a collectivist, behave more modestly, I do not want to seem intrusive" were often repeated.

CONCLUSIONS

Thus, after conducting content analysis, we can conclude that language patterns have a significant influence (45.7%) on the behavioral characteristics of an individual (namely, on its successful integration into a certain cultural field) since language is a social regulator of cultural traditions and social values, which, in turn, determine behavioral reactions due to the influence on emotional and cognitive attitudes and social identification.

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ПСИХОЛОГИЧЕСКИЕ ПРИЧИНЫ И ОСОБЕННОСТИ ПРОЯВЛЕНИЯ РАССТРОЙСТВ ПИЩЕВОГО ПОВЕДЕНИЯ У МОЛОДЁЖИ

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Аннотация

Введение. В настоящее время проблема психологических причин и особенностей проявления расстройств пищевого поведения является актуальной для современного общества. Это обусловлено такими факторами, как повышенная тревожность, информационная перегрузженность, переживания, тревога, зависимость мнения и оценки общества, стресс, неправильное питание, гиподинамия. Все это сказывается на здоровье молодёжи, в том числе психическом, что может вызвать расстройства пищевого поведения у молодежи. **Цель исследования** – изучение психологических причин и особенностей проявления расстройств пищевого поведения у молодёжи. **Материал и методы.** В данной работе использовались методы: теоретический анализ научных источников отечественных и зарубежных исследователей, конкретизация, обобщение, сравнение. **Результаты.** Систематизированы результаты теоретических и эмпирических исследований. Выделены основные факторы возникновения РПП: физиологические, биологические, генетические, социокультурные и семейные. **Выводы.** Практическая значимость исследования заключается в возможности использования полученных результатов в практической деятельности психологов и врачей для создания превентивных мер по отношению к проблемам, связанных с расстройствами пищевого поведения. Важным фактором предотвращения расстройств пищевого поведения у молодежи является профилактика правильного, здорового подхода к питанию, адекватного отношения к своему телу, восприятия окружающего мира.

Ключевые слова: молодёжь, психические состояния, расстройство пищевого поведения.

PSYCHOLOGICAL REASONS AND FEATURES OF THE MANIFESTATION OF EATING DISORDERS IN YOUNG PEOPLE

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Abstract

Introduction. Currently, the problem of the psychological causes and features of the manifestation of eating disorders is relevant for modern society. This is due to factors such as increased anxiety, information overload, worries, anxiety, dependence on the opinions and assessments of society, stress, malnutrition, physical inactivity. All this affects the health of young people, including mental health, which can cause eating disorders in young people. **The aim of the study** is to study the psychological causes and features of the manifestation of eating disorders in young people. **Material and methods.** The following methods were used in this work: theoretical analysis of scientific sources of domestic and foreign researchers, concretization, generalization, comparison. **Results.** The results of theoretical and empirical research are systematized. The main factors of the occurrence of eating disorders are highlighted: physiological, biological, genetic, socio – cultural and family. **Conclusions.** The practical significance of the study lies in the possibility of using the results obtained in the practical activities of psychologists and doctors to create preventive measures in relation to problems related to eating disorders. An important factor in preventing eating disorders among young people is the prevention of a proper, healthy approach to nutrition, an adequate attitude to one's body, and perception of the world around them.

Keywords: youth, mental states, eating disorder.

INTRODUCTION

Currently, the problem of the psychological causes and features of the manifestation of eating disorders is relevant for modern society. This is due to factors such as increased anxiety, information overload, worries, agitation, dependence on the opinions and assessments of society, stress, malnutrition, physical inactivity. All this affects the health of young people, including mental health, which can cause eating disorders in young people.

Environmental degradation and a sharply increased number of harmful psychological effects have led to an increase in the prevalence of neuropsychiatric disorders and those somatic diseases in the development of which emotional factors play a significant role [1].

According to K. Fairbairn, one of the reasons for the problem of eating disorders is the family's attitude to food culture. In this case, epigenetic processes can play an essential role, i.e. dieting alters the expression of certain genes responsible for eating behavior [2]. Note that eating behavior can be both harmonious (a healthy type of diet) and deviant. To assess adequate eating behavior, it is necessary to take into account a number of factors: a person's values, cultural characteristics, personal characteristics, the quality and quantity of food consumed, as well as its appearance, etc. In addition, the development of an eating disorder is influenced by genetic control and a low level of environmental influence [3]. It is possible to identify psychological factors, the main triggers of which are dissatisfaction, including with oneself (Self – image), i.e. self – attitude, negative emotional states, personal anxiety, etc.

Despite the availability of research, today this issue remains insufficiently researched, so there is a need to study this phenomenon.

The aim of the study is to study of the psychological reasons and features of the manifestation of eating disorders of young people.

MATERIAL AND METHODS

The following methods were used in this work: theoretical analysis of scientific sources of domestic and foreign researchers, concretization, generalization, comparison.

RESULTS

According to statistics from 2023, eating disorders affect at least 9% of the world's population (about 70 million people), and every 62 minutes one person dies as a result of one of the types of this disease. It is worth noting that girls are exposed to eating disorders more often than men: 5.5 – 17.9% of young women and 0.6 – 2.4% of young men experienced an eating disorder [4,5,6].

It is important to understand that there are different types of eating disorders. For example, according to the International Classification of Diseases 10th Revision (ICD – 10), there are classes associated with eating disorders and further eating disorders [7]. Each of them considers different diseases related to food consumption, affecting both mild and more severe forms of diseases.

For example, slight malnutrition or overeating, which do not have large – scale consequences for the body – a low degree of severity, can be expressed in simple malaise, and their more severe forms (anorexia and obesity) are much more destructive, even fatal.

There are many classes that mention such disorders, the main ones are: symptoms and signs associated with eating (R63), eating disorders (F50), malnutrition (E40 – E46), and other forms of adverse effects [deprivation] (T73).

An important aspect, among the factors influencing the development of eating disorders, are: physiological, biological, genetic, socio – cultural and family. Genetics in this situation will be important only if there was a person in your family with some type of eating disorders, in other words, if there is a predisposition to such diseases, then this will be an important factor.

DISCUSSION

Having studied the theoretical aspects of the research on the mental causes and features of the manifestation of eating disorders in young people, it is worth considering empirical research by scientists to better understand the topic. For example, a scientific article by K. Brown and other scientists examined the change in value – based decision – making by people who had already recovered from anorexia nervosa and those who had it at the time of the experiment. Many studies have been conducted, including examining differences in the performance of gambling tasks, which are among the most commonly used indicators of decision – making in neuropsychiatric conditions. As a result, patients with anorexia nervosa had lower decision – making performance. The decision – making deficit is greater in people with low weight compared to sick people with regained weight.

As for being overweight, studies by foreign doctors of sciences examined the self – reports of obese adolescents, in connection with which they had symptoms of depression. As a result of 4 weeks of treatment, depression symptoms decreased in most adolescents simultaneously with a decrease in body mass index, which highlights the potential dual role of obesity treatment in improving mental and physical health [8, 9,10].

According to the article "Meta – Analysis of Temperaments in Eating Disorders," there are rather complex but distinct connections between temperament, character traits, and various types of mental disorders. For example, the tendency to avoid harm is high in anorexia; the search for novelty and reward is high in bulimia; in compulsive overeating: persistence is low, anxiety is high; self – orientation, that is, self – care is low in all types of eating disorder. There are similar motives in anorexia and bulimia: psychological difficulties of self – acceptance, in a simple way – low self – esteem, perfectionism, hysterical and anxious – suspicious character traits. Z. Brown and M. Tiggemann conducted a study in which 138 female undergraduate students aged 18 – 30 participated. A large number of studies have documented that exposure to images of skinny models contributes to dissatisfaction with the female body. The results showed that exposure to images of celebrities and peers increases negative mood and body dissatisfaction compared to travel photos, while there is no significant difference between images of celebrities and peers. This effect was mediated by comparing appearance. Thus, in the modern world it is very easy to get a dose of stress even while sitting at home, which can be a catalyst for further eating disorders or other mental disorders [11,12,13].

The study by A.O. Kibitov and G.E. Maso presents many evidences that prove the influence of genes on the predisposition to eating disorders, in particular to overeating. They note that people who are prone to mental illnesses of various kinds need only a small "trigger", that is, the slightest stress can cause psychological trauma and lead to an eating disorder. Similarly, the risk of overeating increases with a high level of negative affect and the presence of specific personality traits, primarily the anxiety spectrum, and the risk of anorexia increases with high rates of neuroticism [14,15,16,17].

A study conducted by Ida A.K. Nilsson and other doctors of sciences proves the idea of the influence of genetics on the psychological state and the further appearance of various types of eating disorder. They identified the risk of mental illness in offspring related to maternal eating disorders and pre – pregnancy body mass index. That is, offspring born to mothers with eating disorders before or during pregnancy, or who were underweight, overweight, or obese before pregnancy, may be at a higher risk of developing nervous system and mental disorders [18,19,20].

CONCLUSIONS

1. Eating disorders in young people have similar features: there are symptoms of apathy, low productivity, low self – esteem, lack of self – care, and the possible presence of other mental disorders besides eating disorder.

2. Each type of eating disorder has its own characteristics: anxiety with overeating, perfectionism with anorexia with bulimia.

3. The obtained research data are of some value for interaction with young people, they can be used to develop psychotherapeutic programs. An important factor in preventing eating disorders among young people is the prevention of a proper, healthy approach to nutrition, an adequate attitude to one's body, and perception of the world around them.

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