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Yemelyanova K.I.
National Aviation University, Kyiv

THE FACTORS OF THE DEVELOPMENT OF ANOREXIA NERVOSA IN FEMALE STUDENTS

The development of anorexia nervosa in girls of student age is an extremely important problem today. This is due to the spread of social networks among young people. Modern Internet networks and mass media have a significant influence on the opinion of young people, in particular, on their spiritual and beauty ideals.

A disorders has anorexia nervosa was first described in 1873. Sir William Gall gave the disorder its name and described it as a specific disease. Psychiatrist Charles Laseg considered anorexia from a social and psychological point of view [1].

Anorexia nervosa is an eating disorder characterized by loss of appetite, rejection of one's body and a strong desire to correct it through conscious restriction of food. These factors may be accompanied by artificial induction of vomiting or gastric lavage. Subconsciously, anorexia becomes the most obvious way to get rid of fears of being overweight and losing attractiveness. For their psyche, which is too prone to instability, the idea of losing weight becomes central, and the girl loses a sense of reality, unable to critically perceive themselves and their health.

Because of the development of fashion in the 60s, there was a trend that has remained to this day. Every time hundreds and thousands of young girls strive to achieve a new image of beauty. They compare themselves to models and their high-quality processed photos, which do not correspond to reality. These girls seem thin, beautiful and attractive in these photos. As a result, female students try to achieve a non-existent ideal.

No less important factors in the development of anorexia nervosa in female students are certain standards that have developed in our society. Advertisers, movie stars and fashion designers have preferred slimmness for years. This fact became the basis of today's gender stereotypes and ideas about the ideal female body figure and appearance. As a result, slenderness has become the object of cultural preferences in society. That is why almost every girl tries to follow to someone's subjective vision of beauty. Because of this, the destruction of themselves begins from the inside.

According to research, the risk group includes those girls who have the following criteria: they have a body mass index less than 18.5; they do not enjoy food; they depend on the opinion of society; they are attracted by modern beauty standards. The most influential factors in the development of anorexia nervosa in girls from this risk group, scientists identify stress, human psychotype and perfectionism. We will analyze the min detail.

During study, all of the students experience stress. More than half of young girls feel stress permanently. This factor significantly increases the risk of developing anorexia nervosa and confirms the neurogenic nature of the disease.

Half of the students from group of risk are introverts, who are used to experiencing all the problems alone with their thoughts. They tend to limit social contacts; they also constantly analyze themselves and adapt poorly to external changes. For example, moving from their native city to another during study can be a severe stress factor.

Most student-age girl, who has a short age of body weight, live in a dormitory. This is the proof that a rapid change living conditions affect the weight of young students.

In addition, girls' tendency to be meticulous to themselves, to set very high goals, combined with a heightened sense of responsibility and psycho-emotional stress, often triggers the development of mental illness, including anorexia.

According to scientists, the factor of perfectionism is extremely dangerous and very difficult to treat. This is due to the fact that a person is convinced that she has not lost enough weight and does not see any sense in treatment.

Moreover, some authors among the factors in the development of anorexia nervosa highlight the peculiarities of family relationships and biological heredity.

To sum up, we can identify the following factors: biological (genetic), psychological and social factors in the development of anorexia nervosa in girls of student age. Of course, in the course of anorexia nervosa, psychological factors are decisive. Manipulations of consciousness take place through social networks, the Internet, the media, familiars, who associate slimmness with success and attractiveness. All of these components create a desire for self-control and a desire to have an ideal slim body shape.

References:

1. **Bettina E Bernstein**, Anorexia Nervosa / **Bettina E Bernstein** // *Drugs & Diseases, Pediatrics: Developmental and Behavioral Articles*. – [Electronic resource]. – Site: <https://emedicine.medscape.com/article/912187-overview>

*Scientific supervisor: Podkopaieva Y.V.,
PhD in Psychology, Associate Professor*