

THE ROLE OF BODY IMAGE AND PSYCHOLOGICAL FACTORS IN SHAPING THE SELF-IMAGE IN ADOLESCENCE

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Abstract

Adolescence is one of the most difficult and crisis periods in human development. At this stage, the intertwining of physiological changes and psychological searches directly affects a teenager's sense of self. The article scientifically differentiates teenagers' attitude to their appearance, the instability of the self-image and the dependence of their authority in the social environment on body image.

The article examines the factors of "status uncertainty" and emotional instability in adolescence, the definition of "body image" and its connection with projection and self-esteem in the brain, the difference in the rate of physiological maturity in boys and girls and its impact on psychological adaptation, the influence of external beauty on social relationships and authority among peers. The importance of a subjective attitude to physical fitness in the formation of adolescents' self-esteem is also substantiated.

Keywords: adolescence, Self-image, body image, self-esteem, transition period, psychological crisis, social adaptation.

Introduction

Adolescence is one of the most difficult and crisis periods in human development. At this stage, the intertwining of physiological changes and psychological searches directly affects a teenager's sense of self. Representatives of the theory of various directions consider adolescence, the period of stress and psychological difficulties. Psychosexual development, emotional fluctuations, major conflicts, uncertainty and instability of status cause adolescents to have more social values than others. The changes taking place in the body structure, the relationship between parents and peers merge together and merge into a single process of versatile thinking of a teenager. Despite the fact that all these changes

occur within a relatively short period of time, they cause serious problems for the people around him and the teenager.

The instability of the self-image is a consequence of the incorrect formation of the body image, its instability in the adolescent's mind. A body image is a representation of our own body in our brain, that is, a representation of our personality.

It consists in evaluating one's own "I" body image. The combination of future psychological factors is reflected in the following. The topic of how the environment perceives them begins to arise in adult adolescents. The first crucial problem for a teenager is that he gets to know himself and gathers knowledge worthy of him from the field of adventure knowledge. It is at this stage that the teenager's intelligence reaches the next level of development, that is, it allows him to think about the little-known sides of the world around him and how he should be. Encountering new cognitive abilities, a teenager improves his holistic assumption of similarity.

The emotional reaction of a teenager, accompanied by ongoing changes, changes in body image, plays little role in his life. Teenagers focus more on their appearance and begin to make efforts towards it: issues such as their own beauty, physique, weight, cause more concern. Whether they are developing and forming correctly, they are closely monitoring this situation. A teenager's ability to properly evaluate himself, accept peers and authority among them largely depends on the beauty of his appearance and personality. These are some of the most important companions in a teenage relationship. A person's appearance affects their personal development and social behavior. Teenagers with good looks create a positive attitude towards themselves from others: they perceive them as kind, intelligent, good-neighborly, modest people. Such differentiated relationships contribute to the birth of the following causes. Cute teenagers will have very high self-esteem and the right personal qualities. Such teenagers quickly adapt to society, turning communication between individuals into a wide range of skills. In one of the scientific papers, it was found that both boys and girls have a very close relationship between external beauty and self-esteem. Other studies have revealed the following indicators, according to the general opinion: teenagers with attractive appearance have very good relationships with their parents and peers than teenagers who are considered unattractive.

Appearance and personality, which are considered a traditional cultural environment, have a profound effect on a teenager. As a rule, girls and boys want their physique to be moderate.

Women pay a lot of attention to their figure, the fact that they are plump or too thin negatively affects their self-esteem. In different cultures, every woman's main desire has been to firmly adhere to the idea that her physique is beautiful and slender. Such feelings, which also occur in girls, often cause anorexia and bulimia.

Results and Discussion

There is an opinion that if the girls' external personality is not attractive, boys will not care about them and may not even want to date them. Teenagers experience such social isolation very painfully. Self-esteem and a satisfactory attitude towards oneself are in many cases the right acceptance, recognition and recognition of one's appearance. Research shows that there is a very close relationship between negative self-image and depression in teenage girls. Similar studies also suggest that the main part of the anxiety associated with the appearance of adolescents lies in the negative social development they acquired in childhood and early adulthood.

Dissatisfaction with one's appearance, which arose in childhood, is the only reason for dissatisfaction with one's appearance in adolescence.

As L. S. Vygotsky wrote, the "transition period" has a number of its own features. They are prone to every person hiding up to this age, including the damage they receive from the outside environment. internal exacerbations. We need to review the physiological and sexual changes that occur in a child when he reaches adulthood.

The development and biological changes of the body of girls during this period, the rate of development occurring in boys and girls of this age is different. On average, girls have sudden growth changes and other biological changes that occur two years earlier than boys in the specified period. But there are still very big changes in individual growth between same-sex representatives.

A boy and a girl who grow up late may look like younger children next to their peers, and vice versa, the appearance of boys and girls at this chronological age is similar to the appearance of an adult who grew up and became an adult.

As a child grows up, a number of physiological changes occur in his body. One of these changes is the transformation of the body from the position of a child into a larger human body. These changes occur urgently and unexpectedly for a young child. As a result, teenagers have to adapt quickly and get used to a new image.

The process of body growth does not always occur in harmony with the inner world. Sexual growth often lags behind the development of the body, so at this age it is often referred to as a period of imbalance in etiology. All this leads to psychological barriers and difficulties that make it difficult for a person to adapt to a new situation. In order to understand and recognize this current situation, the teenager examines himself.

The teenager constantly evaluates the changes taking place in his body. Is his body formed correctly, what is his size? Dexterous or inflexible? Meets the ideal? Teenagers feel a sense of sadness and joy watching their changing appearance.: they treat changes in themselves with interest, trepidation and trepidation.

Materials and Methods

They are surprised, they don't trust themselves, they compare themselves with others all the time, they discuss their "Self-image" over and over again. Teenagers are very sensitive

to their appearance, they spend hours looking at their body in front of a mirror, comparing their completely imperfect appearance with their ideals on television and in newspaper magazines. These situations lead teenagers to panic, disbelief in themselves.

The most important thing in a teenager's mind is his physical self, his idea of his appearance, and his comparison of himself with the standard of "a man and a real woman." In everyday life, the concept of "I" develops in girls with the attractiveness of appearance, and in boys with the fact that everyone deserves only themselves.

Height, weight, and face shape are the main causes of fear, and these blankets lead to young people being dissatisfied with themselves and rejecting themselves. Self-acceptance begins with accepting your most important body, accepting your physical self. Self-perception becomes the reason for a teenager's self-esteem, achieving set dreams, and achieving success in whatever sphere of life it may be.

The teenager does not understand what is changing his mood. Therefore, he seeks to understand it from the inside. Various features of physical maturation cause teenagers to fear that they will not be like other people. Their external features are very painful for young people. In such cases, they go so far as to completely abandon themselves by lowering their prices. And this causes them to remain inappropriately offended in their characters. Appearance defects are often perceived exaggeratedly by young people, so young people are very often in a depressed state. This process develops more strongly in girls than in boys.

The positive formation of a teenager's "Self-concept" is facilitated by the opinion of others and the correct perception of one's own body by oneself. The special attention of young people to their appearance is only one branch of psychosexual growth. Situations such as youth identification, premature and late puberty continue to affect the emotions of a teenager.

Changing a teenager's external body, changing his psychology, helps him perceive his physical self. And the intellectual maturation of a teenager creates a number of difficulties in perceiving the "I-concept". This is due to the fact that the requirements of the environment, parents, teachers, and friends for a teenager may be different and contradictory. Based on these examples, we can say that the problems of adolescents at this age are whether their consciousness perceives itself or not. Rejection of his own body causes him to tense his muscles, become inflexible, unable to behave freely. A teenager's attitude to his body has an impact at all stages of his social maturation.

The psychological features in which young people stand out are known as "situations that teenagers face at the beginning." Signs of this situation: their character immediately shifts from inappropriate joy to sadness, they demonstrate their freedom, enter into disagreements with reputable people, and oppose accepted rules.

Analyzing the dynamics of development In adolescence, the following conclusions can be drawn:

Biological and psychological gap: sudden physiological changes in a teenager's physique are incompatible with his internal psychological training. This period of "disproportion" forces a teenager to quickly adapt to a new body image, which leads to temporary instability of the Self-image.

Appearance is a social currency: for teenagers, external beauty is not only an aesthetic problem, but also a means of social adaptation. Charming and graceful teenagers have high self-esteem, and their relationships with the environment (parents, peers) are easy. Conversely, dissatisfaction with appearance can lead to social isolation and depressive states.

Gender characteristics: the difference in the timing of physiological maturity in girls and boys (girls growing up 2 years earlier) affects the process of their self-perception in different ways. The pursuit of "beauty ideals," especially in girls, is more likely to lead to disorders such as anorexia and bulimia, which threaten psychological well-being.

The need for psychological support: a long time spent by a teenager in front of a mirror and comparing himself with his ideals is a normal search process. However, in order for this process not to escalate into panic and self-doubt, adult understanding and support are needed to assess the personal value of a teenager separately from his appearance.

Conclusion

To sum up, we should focus on mental development during adolescence. This is because teenagers attach great importance to the response to every action. He experiences emotional states, blaming himself or his elders for what is happening or not happening. At this age, the focus is on support and respect. We express our confidence that our every action will be productive if we communicate in accordance with their needs. Body image is also the cornerstone of a teenager's development as an integrated personality. It is only when a teenager learns to accept his new body and be in harmony with it that he successfully overcomes the psychological crisis and firmly enters the next stage of development.

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