Introduction and Aim

The problem of studying food consumption gained its own importance after it was separated from the problems of studying the digestion process, therefore, human eating behavior is determined not only by biological, but also by psychological and social needs, which is emphasized in the scientific works of many researchers. Modern researchers consider eating disorders as a maladaptive way of resolving conflicts: people with eating disorders use food as a means of symbolic communication with their feelings of inadequacy in the face of demanding life. To investigate the influence of psychological factors on the formation of types of eating disorders of single women.

Methods and Materials

The following methods were used to conduct the research: Dutch food behavior questionnaire; test of relation to eating; K. Brennan and R. K. Fraley's method of close relationship experience; five-factor personality questionnaire. 60 women aged 20 to 57 took part in the study, of which 10% were single, 5% were divorced, 13% were in a relationship, 18.3% were in a civil marriage, and 53.3% were married.

Continuation of results.

In the course of the study, it was found that External Eating Behavior is positively correlated with the Hedonic Present scale (Spearman's coefficient = 0.345*, p = 0.011), as well as Restrictive Eating Behavior (Spearman's coefficient = 0.271*, p = 0.05).

We established a negative correlation with the Extraversion scale (Spearman coefficient = -0.509*, p = 0.026), which emphasizes a higher level of introversion in the subjects, as well as a positive correlation with the Self-Control scale (Spearman coefficient = 0.456*, p = 0.05). It was also found that those who were married had lower externalizing behavior.

Discussion

When examining the difference between those who remained in Ukraine after the full-scale invasion and those who moved abroad, no statistically significant differences were found, however, we assume that there may be a difference on the External Eating Behavior scale (Student's t-test = -1.687, p = 0.051), however, the sample size was not large enough for the difference to become reliable.

Conclusions

Eating disorders can develop in women of different ages, depending on lifestyle, social status, increased anxiety, and avoidance of intimacy. The conducted research made it possible to outline a number of psychological factors contributing to the development of eating disorders in women of various ages.

Results

According to the results of the correlation analysis, it was established that anxiety is positively correlated with the scales External eating behavior (Spearman's coefficient = 0.266*, p = 0.048) and Restrictive eating behavior (Spearman's coefficient = 0.364**, p = 0.006); avoidance of intimacy is positively correlated with Emotional eating behavior (Spearman's coefficient = 0.285*, p = 0.033) and External eating behavior (Spearman's coefficient = 0.315*, p = 0.018). It was established that Intimacy Avoidance is positively correlated with the Eating Disorder scale (Spearman coefficient = 0.368**, p = 0.005).

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Keywords

eating disorder, psychodiagnosis, woman, loneliness, psychological factor