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EFFICIENCY OF THE PROGRAM OF NORMALIZATION OF EATING BEHAVIOR AND WEIGHT CORRECTION

In the early 21st century obesity became a social problem in many countries, including Ukraine, where over 32 % of the population is overweight. Overweight is associated with an increase of the risk and frequency of many diseases and a significant deterioration of the individual's quality of life. Today, the researchers both theorists and practitioners identify in their works that the disorders of eating behavior are to a large extent the result of disturbance of the body image, and that is why both psychocorrection and psychotherapy of the body image and the "I" image are necessary for a complex correction of these disorders. The purpose of the work is to study the effect of the program of normalization of eating behavior and weight correction on the «I» image of overweight women. For the psychological diagnostics of the features of the «I» image, we chose the following methods: 1) Questionnaire of self-relation of V. V. Stolin, 2) The Color-A-Person body dissatisfaction Test (CAPT) of V.G. Sakharova, 3) Applied research questionnaire «Peculiarities of body self-perception» of V. Shebanova. Diagnostics after the program of normalization of eating behavior and body weight correction has established its effectiveness, namely: a) a significant improvement of global self-esteem ($p \leq 0,01$), increase of self-esteem ($p \leq 0,05$), self-acceptance ($p \leq 0,01$), self-interest ($p \leq 0,05$), improvement of self-understanding ($p \leq 0,01$); b) all women showed increased satisfaction with their body and its individual parts ($p \leq 0,01$); c) despite the objective weight reduction, women continue to feel discomfort about their appearance in some situations. Thus, normalization of eating behavior and

weight correction by deliberate making efforts greatly improves the perception of one's own body and general self-relation of overweight women.

Key words: eating disorders, obesity, overweight women, the «I image», the body image, normalization of eating behavior, weight correction.