

THE CONNECTION BETWEEN EATING BEHAVIOUR AND THE HARDINESS AND ANXIETY LEVELS

Maiya Klimkovich

VSU named after P.M. Masherov, Vitebsk, Belarus

The concept “hardiness” was formulated by American psychologist Salvatore Maddi. It means the willingness of human “to act contrary” – contrary to ontological anxiety, the anxiety of sense loss and contrary to the feeling of abandonment. It is Hardiness that permits a person to endure unrecoverable anxiety, which can be one of the reason for eating disorders [1, 2].

The purpose of research is analyze eating behaviour and the levels of hardiness and anxiety and find their connection.

Material and methods. The Dutch Eating Behaviour Questionnaire, Test of Hardiness by S. Maddi and Manifest Anxiety Scale by J. Taylor (modified by T. A. Nemchin) were used as the methods of the research. The participants of the research were 19 students of VSU named after P. M. Masherov aged 18–19 years (among them 9 boys and 10 girls).

Findings and their discussion. The research has established:

1. According to the hardiness level it was found out that 37% of respondents have a low level of hardiness, 47% – a middle level of hardiness and 16% – a high level of hardiness.

2. According to the level of anxiety it was found out that 5% of respondents have a low level of anxiety, 26% – a middle level of anxiety (with a tendency to low), 21% – a middle level of anxiety (with the tendency to high), 37% – a high-level anxiety and 11% – very high-level of anxiety.

3. With the help of The Dutch Eating Behaviour Questionnaire it was found out that 100% of respondents have eating disorders: 42% have restrained eating behaviour, 53% – emotional eating behaviour and 84% – external eating behavior.

The research has also proved that 37% of respondents have two types of eating disorders. 86% of them have emotional and external eating behaviour and 14% – restrained and external eating behaviour. 21% of respondents have three types of eating disorders. 48% have only one type of eating disorder.

According to the analysis of the hardiness and anxiety levels and their connection it was identified:

1. 100% of respondents with a high level of hardiness have low rates on the anxiety scale.

2. 67% of respondents with a middle level of hardiness have a middle level of anxiety and 33% – a high level of anxiety.

3. 86% of respondents with a low level of hardiness have a high and very high level of anxiety.

The research shows that the higher the respondent’s indicators on hardiness scale are, the lower the indicators on the anxiety scale are.

According to the analysis of the hardiness level and eating behaviour and their connection it was established:

1. Respondents with a high level of hardiness have one type of eating disorder (67%) or two types (33%). Responders with a high level of hardiness don't have three types of eating disorders.

2. Respondents with a middle level of hardiness have different types of eating disorders. 45% of them have one type of eating disorder, 45% – two types of eating disorders and 10% – three types of eating disorders.

3. Among respondents with a low level of hardiness, 29% have one type of eating disorder, 29% – two types of eating disorders and 42% – three types of eating disorders.

It should be noted that the lower level of hardiness is, the more combined respondent's eating disorders become.

The analysis of the relationship between the anxiety level and eating behaviour revealed:

1. Respondents with a very high and high level of anxiety have an eating disorder: 12% have one type of eating disorder, 44% – two types of eating disorders and 44% – three types of eating disorders.

2. Respondents with a middle level of anxiety have one (67%) or two types (43%) of eating disorders. Three types of eating disorders weren't identified among the respondents with a middle level of anxiety.

3. Respondents with a low level of anxiety have only one type of eating disorder. It is external eating behaviour. At the same time, the deviation from the average statistical norm was small - 0.4 and the indicators on the hardiness scale were high.

Thus, the higher the anxiety level of the respondent is, the more eating disorders one has.

Conclusion. The research has established the hardiness and anxiety levels and eating disorders of the students of VSU named after P. M. Masherov. According to the results of the research it was identified that the external eating behaviour is the most common eating disorder (84%). Besides a responder having a high-level hardiness has a lower level of anxiety and one's eating disorders are less marked. The lower the indicators on the hardiness scale are, the higher the anxiety level is, and eating disorders become more combined. Finally, the higher the anxiety level is detected, the more eating disorders the respondent has.

1. Леонтьев, Д.А. Тест жизнестойкости / Д.А. Леонтьев, Е.И. Рассказова. – М.: Смысл, 2006. – 63 с.
2. Международная классификация болезней, травм и состояний, влияющих на здоровье 10-го пересмотра [Электронный ресурс]. – Режим доступа: <http://mkb-10.com/>. – Дата доступа – 05.02.2019.