

Nina Liesnichenko  
 Vinnytsia Institute Open International University of Human Development  
 PhD in Psychology, Associate Professor (Ukraine)  
 nakaznjuk@gmail.com  
 ORCID 0000-0002-7531-4843

### DEVELOPMENT OF INTERNAL LOCUS OF CONTROL AS A DETERMINANT OF POSITIVE ATTITUDE TOWARD ONE'S OWN BODY

*У статті представлено дослідження альтруїзму в залежності від гендерної ідентифікації. Розглянуто проблему альтруїзму крізь призму трьох наукових сфер: етології, філософії та психології. Глибинна взаємодія чоловічого та жіночого проявів альтруїзму означає постійне оновлення людського буття в його духовно-особистісних аспектах.*

*Представлено опис емпіричного дослідження із використанням стандартизованих психодіагностичних методик, в результаті якого встановлено що отримані результати вказують на те, що як гендерна роль, так і біологічна стать можуть впливати на рівень альтруїзму, проте ці впливи не є дуже значущими. Це може вказувати на складну природу альтруїзму, яка може бути залежна від різноманітних факторів, включаючи, але не обмежуючись, гендерну та біологічну ідентичність. Додаткові дослідження можуть допомогти краще зрозуміти ці зв'язки та їх механізми.*

*Цікавою особливістю є те, що гендерна роль та гендерна ідентичність не мають статистично значущого впливу на прояви альтруїзму серед учасників. Важливо відзначити, що більшість респондентів у дослідженні характеризуються адрогінною гендерною роллю, яка відрізняється поєднанням чоловічих та жіночих рис.*

**Ключові слова.** *Альтруїзм гендерна ідентичність, гендер, особистість, поведінка.*

*The article presents an analysis of scientific and theoretical concepts and approaches to studying the problem of the locus of control of the individual and the influence of the manifestation of personality internality on the attitude toward one's own body. Attitude towards one's own body, defined as an indicator of normal bodily functioning, plays an important role in psychosomatic manifestations.*

*The central problem of the study presented in the article is to substantiate the development of the internal locus of control and to determine the influence of the internal locus of control on the formation of a positive attitude of a person to one's own body.*

*The description of an empirical study utilizing standardized methods of psychodiagnostics is provided, revealing that individuals with a pronounced internal locus of control, meaning the ability to perceive and control events in their lives, demonstrate a positive attitude towards their physical body. High levels of internality indicate a tendency for individuals to internally control their achievements, failures, professional activities, readiness to overcome difficulties, and independent planning and responsibility.*

*The results of the study will contribute to the expansion of the theoretical basis in the field of personality psychology, specifying the relationships between internal control and the mental state of the individual.*

**Keywords.** *Locus of control, internal locus of control, attitude towards the body, body, personality, self-bodily.*

**Relevance of the topic.** The topic of body attitude is extremely relevant in modern society, which is increasingly paying attention to issues of self-awareness, health and mental well-being. This topic reveals a number of key aspects related to self-determination, self-knowledge and attitude towards one's own body, which is of great importance for the mental, emotional and physical state of a person.

Internal locus of control is defined as a person's internal orientation, wherein they perceive themselves as active participants in their own lives and feel their ability to influence events and their destinies. In the context of attitude towards one's own body, this aspect receives particular attention. An individual with an internal locus of control is more likely to perceive their body as an instrument of self-expression and health, rather than as an object subject to external influences and stereotypes.

In a modern world where social media, mass media, and general beauty standards can influence the formation of views on one's own body, consideration of this topic is becoming especially relevant. With the development of an internal locus of control, a person can pay more attention to their own needs, listen to their own body's signals, and form an attitude towards their body, not only in the context of external norms but also taking into account their internal values and goals

An important element of developing a positive attitude towards one's own body is also the psychological readiness to accept oneself as one is, with all one's features and individualities. With an internal locus of control, a person can develop awareness of their body, respond to its needs in a timely manner, and provide it with the necessary care.

Existing theoretical approaches and empirical studies in the field of psychology have established an important connection between locus of control and psychological traits, forms of behavior, and physiological aspects of personality. One of the key determinants of this relationship is the level of internalization of the self-bodily, which occupies a significant place in the structure of the locus of control, especially in the context of psychosomatic disorders and normal body functioning.

**Analysis of previous research.** An important contribution to the formation of the self-bodily and the idea of one's body was made by scientists: R. Burns, I.S. Kon, V.S. Mukhina, E.T. Sokolova, O.S. Tkhostov, T.B. Khomulenko, I.I. Chesnokova, V.P. Zinchenko, T.S. Levi, O. Lowen, V.V. Mykolaeva, V.N. Nikitina, E.A. Holman, O.B. Stankovska and others.

The research by Khomulenko, Kramchenkova, and Turkova revealed that the level of bodily internality interacts with patterns of psychological traits and behavioral aspects of personality. A high level of bodily internality may be associated with greater self-awareness, a higher level of control over one's own body, and the ability to distinguish and respond to physiological signals. [8]

Attitude toward one's own body, defined as an indicator of normal bodily functioning, plays an important role in psychosomatic manifestations. The perception of one's own body is determined not only by beauty standards or socio-cultural influences but also by a specific sensitivity to cyclic processes and bodily rhythms. The ability to feel the slightest changes in the bodily state, as well as to predict and understand bodily reactions, indicates a high level of psychophysiological harmony.

**The aim of the study** is to determine the impact of the development of an internal locus of control on the formation of an individual's positive attitude towards their own body.

**Theoretical basis of the study:** An important concept in social learning theory is locus of control, defined by Julian Rotter, which defines a person's generalized expectations about how much of their actions and behavior are determined by their efforts and how much by external influences. Rotter emphasizes that reinforcements do not just automatically influence the formation of behavior, but consist of the ability of the individual's ability to see the connection between their actions and the receipt of reinforcements [3].

Reinforcements, defined as any actions, conditions, or events that influence an individual's movement toward a goal, are considered by Rotter as a key mechanism of influence. J. Rotter distinguishes between external and internal reinforcements, as well as reinforcements that are formed in the form of chains or sequences, which can be considered as groups of reinforcements. It is important to note that reinforcements rarely arise in isolation, but often form complex networks that interact with the behavior of the personal. This approach allows us to consider them as sequences that help in the formation and retention of a specific behavioral model [3].

Julian Rotter, in his locus of control theory, identified three key sources of shaping a person's internal and external personality orientation: cultural influences, socioeconomic realities, and variations in parenting style. Drawing on the conducted research, he points to the relationship between locus of control and socioeconomic level, even in the same culture. His conclusion that people with lower socioeconomic status are more likely to have an externalizing orientation is an important result of his research.

Locus of control, according to various scientific sources, is a broad psychological characteristic that determines a person's behavior [4]. This concept represents an important integral characteristic of self-awareness, which includes feelings of responsibility, readiness for activity, and experiencing one's own "self" [4]. These aspects are key elements in the formation of personal identity and interaction with the world around us.

The definition of locus of control is seen as a stable and extremely important factor that determines an individual's identity. The way an individual perceives the nature of the controlling force, whether as an external factor or an internal force, determines his or her character, values, and approaches to life. This aspect of personality's inner dynamics deeply influences one's life choices and perception of the surrounding world.

Probably, each person has been in a situation where they wanted to change something about their appearance or improve some part of their body. However, for most people, these desires do not lead to significant changes in their personality or disrupt their quality of life due to dissatisfaction with their weight, height, face shape, body structure, and other aspects [1].

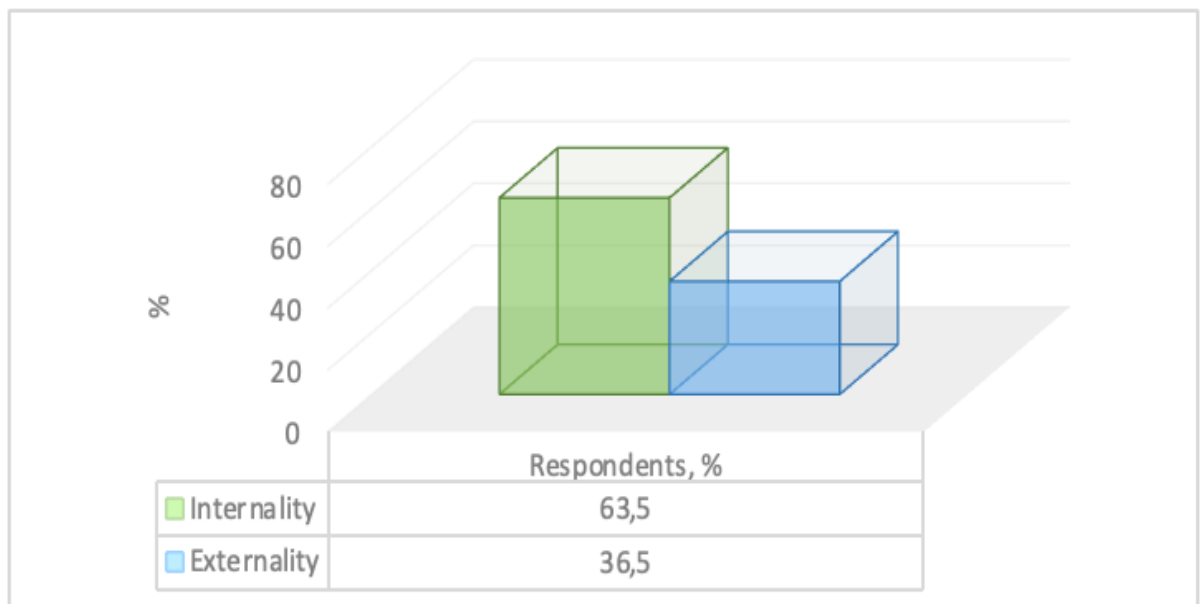
Internals who have an internal locus of control are characterized by perceiving themselves as having the power to influence their destiny. They believe in their own actions and abilities as the key factors that determine their successes or failures. Such persons accept responsibility for their actions and know how to control their lives.

Instead, externals, who are characterized by an external locus of control, perceive their successes and failures as the result of external factors. They believe in fate, the influence of other people, and also in unforeseen circumstances as the main factors that determine their lives. Such individuals may attribute responsibility for their actions and judgments to external circumstances.

This difference in perceptions of locus of control also affects behavior and decision-making regarding health. Internals who are more confident in their abilities are more likely to take preventive measures to maintain and improve their health, such as smoking cessation, exercise, and regular medical checkups.

#### **Organization of empirical research and analysis of the obtained results.**

To study the orientation of the locus of control, we conducted an analysis using J. Rotter's methodology. By finding the test results, we obtained data about the orientation of the object of control in different situations, as shown in Figure 1.



**Fig. 1. Results of the study by J. Rotter's methodology**

As a result of the conducted methodology, it was revealed that there is a considerable difference in the severity of internal and external locus of control among the study participants. According to the generalized data, the internal locus of control prevails, covering 63.5% of the total number of participants, while the external locus is observed in 36.5% of respondents.

Observations show that internals, represented by the majority of participants, have the properties of an internal reference point. Their ability to self-manage, independence, and a pronounced tendency to internal reflection make them more assertive and responsible individuals. Internals perceive the events in their lives as the result of their own decisions and efforts, which determines their internal locus of control.

On the contrary, externals show a trend towards an external orientation, considering events as the result of external influences. Their greater tendency to insecurity and dependence is manifested in less responsibility and a desire to control their activities.

These differences between the groups are also evident in their approach to professional activity. Internals show a desire for leadership, have a high level of job satisfaction, and believe in their strengths. On the other

hand, externals are more likely to show a need for praise and external support, and their tendency to avoid failure prevails over the desire to succeed.

It is noted that internals show more assertiveness and responsibility in achieving the goal, while externals are more likely to feel condemned and show less inclination to introspection.

In summary, the internal locus of control is associated with responsibility, emotional stability, and independence, while the external locus is manifested through uncertainty, conformity, and the need for external support.

Based on the analysis of the results obtained with the Multidimensional Body-Self Relations Questionnaire (MBSRQ), conclusions can be drawn regarding the survey participants' attitudes toward their appearance.

*Table 1*

**Quantitative indicators based on the «Multidimensional Body-Self Relations Questionnaire (MBSRQ)»**

Scales of attitudes	Levels		
	Low	Medium	High
Assessment of appearance	30%	50%	20%
Orientation on appearance	20%	50%	30%
Satisfaction with body parameters	27,5%	52,5%	20%
Concerns about overweight	17,5%	42,5%	30%
Assessment of own weight	20%	50%	30%

It was revealed that only 30% of respondents have a low level of self-esteem in appearance, indicating that this group of people may have a pronounced positive attitude towards their appearance. In 50% of cases, the self-esteem of appearance is average, which may indicate an objective perception of one's appearance and an unexpressed tendency to have a positive or negative attitude. On the other hand, 20% of respondents have a high level of self-esteem in appearance, which may indicate a strongly positive attitude towards their appearance.

An interesting indication is that in 20% of cases, interest in appearance is weakly expressed, which may be due to the lower importance of appearance aspects for this group of people. In 50% of cases, there is an average level of interest, which may indicate a balanced attitude to appearance. In 30% of cases, a high interest in appearance is expressed, possibly indicating the importance of this aspect for this group of persons.

The data obtained provide the basis for further generalization and analysis of the factors that influence self-esteem and interest in appearance in different socio-cultural groups and age categories.

It was also found that 27.5% of the study participants feel little satisfaction with their body parameters, while for 52.5% this satisfaction is average, and only 20% are completely satisfied with their body parameters.

At the same time, it is worth noting that only 17.5% of respondents did not show much anxiety about being overweight, while for 42.5% this problem is not completely satisfactory, and 30% showed a high level of anxiety about their weight.

Assessment of one's own weight revealed that a low level of negative assessments was found in only 20% of respondents. In 50% of cases, the assessment was at an average level, while in 30%, the negative perception of their own weight was manifested at a high level. Quantitative data on the results are presented in Table 1.

According to the method «Multidimensional Body-Self Relations Questionnaire», those respondents who scored high on the scale of self-appraisal are characterized by a positive attitude towards themselves: they are generally satisfied with their appearance and features, and changes in their appearance are usually not noticeable.

For those who have an average level, a neutral attitude is characteristic: they can highlight both positive and negative features in their appearance (for example, they like their face but do not like their height).

Respondents with low scores generally show negative tendencies in their attitudes toward their own appearance. Dissatisfaction may arise from a discrepancy between the idealized self and the real self: in their imagination, a person may feel taller or slimmer, but when looking at their photos or in the mirror, they feel disappointed. Such respondents may express a desire for changes in their appearance.

The Appearance Orientation Scale measures the degree of attention and resources a person directs to their appearance. High points indicate a great deal of importance attached to appearance: the individual puts a lot of effort into grooming, using a lot of cosmetics and procedures. Low scores, on the other hand, indicate indifference to one's own appearance, where appearance is not a key need and the individual does not invest much effort in cosmetic care or the use of decorative cosmetics.

As for the body parameters satisfaction scale, it assesses satisfaction with specific aspects of one's own appearance. A high total score indicates overall satisfaction with most body parameters. A low score, on the other hand, indicates dissatisfaction with body parameters or specific aspects, such as clothing size or breast shape.

The Overweight Concern Scale measures the level of anxiety associated with the fear of changing body size, gaining weight, etc. High scores on this scale indicate pronounced anxiety and a desire to control weight, closely monitor weight changes, follow diets, and limit oneself in nutrition. Respondents with low scores, on the other hand, demonstrate a generally indifferent attitude to changes in their weight.

Regarding the assessment of their own weight, the indicators of the general attitude of respondents to their bodies are as follows: 30% of respondents have a low level of this quality, 50% have an average level, and only 20% have a high level of this indicator.

Based on the modified Locus of Control (LC) method, the results were collected and analyzed across scales that held important value within the scope of this study. Particular attention was paid to internality in the areas of achievement and failure, as well as in professional activities. Additionally, aspects of negation of activity, readiness for activity, and readiness for self-directed planning were studied.

Initially, the methodology was applied to group №1, which comprised 60% of the total number of study participants. The results obtained are presented in Figure 2, which illustrates the distribution of internality across the specified scales among the participants of this group.

The analysis of the graphical representation of the results allows us to identify trends and peculiarities in the participants' attitudes toward different aspects of control. For example, it is possible to determine which areas of life for this group have a greater impact on their internal locus of control and which have a lesser impact.

These obtained results will be an important basis for further comparative analyses, as well as for understanding the relationships between different aspects of internality and other factors that may affect the psychological and professional development of the study participants.

The average score of 6.8 on the Ia scale (internality in the realm of achievements), out of a maximum possible score of 8, indicates a high level of internal locus of control among the research respondents. This high score suggests that the participants perceive their achievements as a result of their own independent actions and efforts.

Some key conclusions can be drawn from the obtained results. First of all, it indicates that the respondents have a pronounced tendency to associate their success with their own efforts and decisions. The high level of internality in the realm of achievements also confirms that the research participants feel confident about their ability to achieve success in the future.

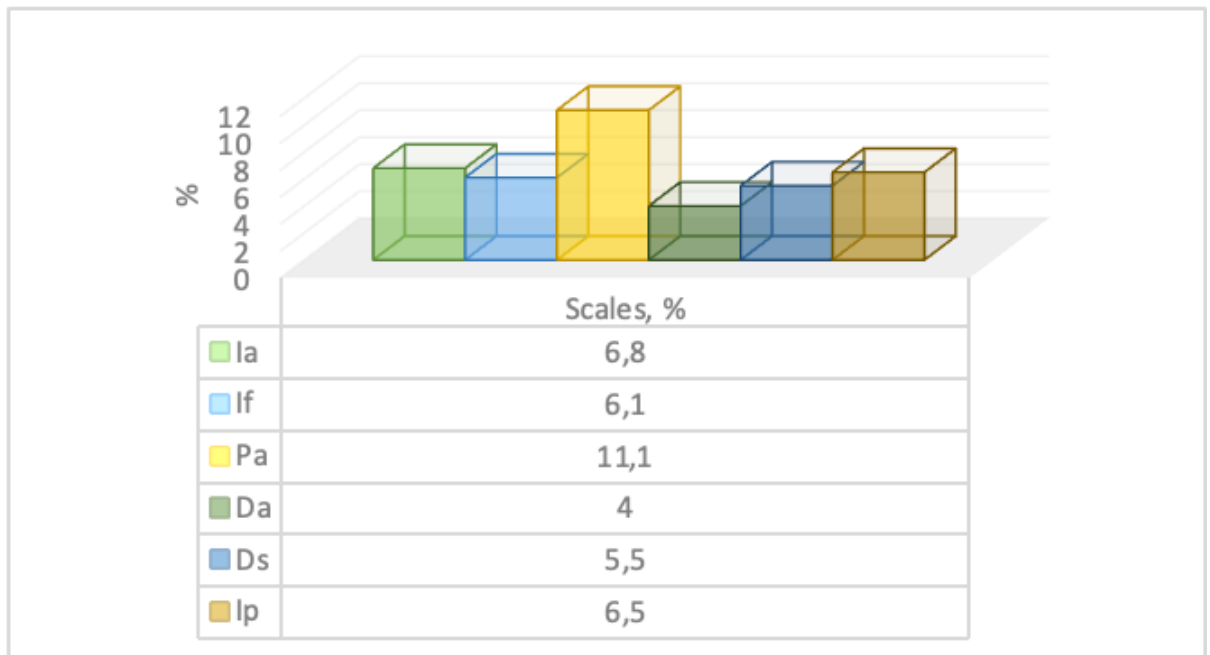
This high level of internality can serve as necessary support for confidence in one's abilities and for fostering a positive mindset towards achieving set goals. Specifically, respondents with an internal locus of control are aware that their own actions and perseverance can determine the outcomes of their efforts, which fosters an active attitude toward their own development and accomplishments.

The average score of 6.1 on the If scale (internality in the realm of failures), out of a maximum possible score of 8, suggests that the research respondents exhibit a high internal orientation when considering situations of failure. The obtained results indicate that this group of people possesses a pronounced responsibility and readiness to take responsibility for failures that have already occurred or may occur in the future. This may indicate a constructive attitude to negative situations and a willingness to learn from the specified failures.

Compared to the results on the Ia scale (internality in the realm of achievements), where the average score was 6.8, similarities in attitudes towards success and failure can be noted. This indicates that for this group of respondents, internal recognition of their own role in both achievements and failures is important.

Regarding the Pa scale (internality in professional activity), an average score of 11.1 indicates a high level of internal locus of control among members of this group. This means they are convinced that the

outcomes of their professional activities depend on their own efforts and actions. A high score on this scale suggests that these respondents understand their significant role in their own professional sphere and are willing to dedicate sufficient attention and effort to it.



**Fig. 2. Results using the Locus of Control (LC) methodology**

The average score of 4 on the Da scale (denial of activity) indicates that respondents are convinced that to achieve a set goal or obtain a result, activity and work are necessary. This result reflects their understanding of cause-and-effect relationships within their life activities. Above-average scores on this scale suggest a high level of awareness of the importance of active work in achieving set objectives.

Regarding an average score of 5.5 on the Ds scale (readiness for action in difficult situations), the obtained result confirms the respondents' sufficient readiness to take action in difficult situations or situations involving overcoming difficulties. This indicates their determination and ability to effectively respond to challenges and problems.

According to the Ip scale (readiness for independent planning), the average value of 6.5 indicates that the respondents demonstrate a high level of readiness to plan and implement their life plans. This result testifies to their ability to effectively organize their own activities and implement the specified plans.

The correlation between the level of people's attitudes toward their bodies and their internality, revealed by the Pearson correlation coefficient, indicates a positive relationship between these two factors. This may indicate that people who are positive about their bodies tend to have an internal locus of control, that is, to perceive their own actions and decisions as important factors in determining their life path.

According to the research results, a higher level of internality significantly correlates with a positive attitude toward one's own body (correlation coefficient  $r=0.620$  with  $P\leq 0.01$ ). This indicates that individuals with a pronounced internal locus of control, meaning the ability to perceive and control events in their lives, also exhibit a positive attitude toward their physical bodies.

This correlation can be explained by the fact that the ability to feel responsible for one's own life processes and make decisions not only the general level of life satisfaction but also influences attitudes toward one's own body. The research also found that the measure of responsibility among respondents remains practically unchanged regardless of the specific life domain, indicating the universality of the revealed effect.

So, it can be noted that the predominance of the internal locus of control is an important factor contributing to a positive attitude towards one's own body among the objects of the study. This discovery makes a significant contribution to the understanding of the relationship between the psychological and physical aspects of the self-perception of an individual.

The result of calculating the correlation coefficient in the study was revealed to be negative ( $r = -0.589$  with  $P \leq 0.01$ ), which indicates the presence of a pronounced opposite relationship between a person's

attitude to his own body and the level of externality. These results provide deeper information about the relationship between externality and appearance

According to the analysis of the obtained data, it can be determined that with an increase in the level of externality, a decrease in a person's positive attitude towards his own body is observed. This indicates that people with strong external perceptions of control over events in their lives tend to exhibit irresponsibility toward their physical well-being and outward appearance.

One of the possible explanations for this phenomenon is the fact that externals arrange their lives by explaining events as the result of external influences and circumstances. Such an approach may also be reflected in their attitude to physical attractiveness, viewing an unappealing appearance as a consequence of objective circumstances rather than personal actions or responsibility.

*Table 2*

**« Correlation values of the obtained data between the obtained data according to J. Rotter's method and the level of attitude towards one's own body»**

	<b>The level of attitude towards one's own body</b>
<b>Internality</b>	0,620
<b>Externality</b>	-0,589

The conducted research revealed interesting and significant dependencies between attitude level toward one's own body and various aspects of locus of control using the modified methodology developed by E. H. Ksenophontova. In particular, a positive correlation was observed between indicators of self-awareness and individual independence and the following scales:

1. Ia scale (Internality in the realm of achievements) ( $r=0.815$ , at  $P\leq 0.01$ ) A high degree of correspondence between the attitude to one's own body and internality in the sphere of achievements was recorded. This indicates that individuals with a positive attitude towards their own body are more inclined to internally control their achievements.

2. Scale of If (Internality in the realm of failures): ( $r=0.872$ , at  $P\leq 0.01$ ) A high degree of relationship between indicators of attitude to one's own body and internality in the sphere of failures was established. This shows that people with a positive attitude toward their own bodies are more inclined to internalize the negative aspects of their failures.

3. Pa scale (Internality in professional activity) ( $r=0.370$ , at  $P\leq 0.05$ ) A moderate relationship between the attitude to one's own body and internality in professional activity was revealed. This indicates that there is some interaction between body self-awareness and internal control in the field of professional activity.

4. Ds scale (readiness for action in difficult situations) ( $r=0.541$ , at  $P\leq 0.01$ ) It is possible to trace a high level of relationship between the attitude to one's own body and readiness to overcome difficulties in activities. This indicates that individuals with a positive attitude toward their bodies exhibit greater readiness and activity in overcoming challenges.

5. Ip scale (Readiness for independent planning) ( $r=0.443$ , at  $P\leq 0.01$ ) A high level of relationship between attitude to one's own body and readiness for independent planning and responsibility was recorded. This shows that people with a positive attitude towards their own body are more inclined towards independence and responsibility in their activities.

These results not only underscore the importance of the psychological aspect of attitudes toward one's own body but also indicate its influence on various spheres of life and personal activities.

In the conducted study, a significant inverse correlation was found between the attitude to one's own body and denial of activity, expressed in the Da scale ( $r=-0.633$  at  $P\leq 0.01$ ). This indicates that the less activity is marked on the Da scale, the higher the level of satisfaction with one's own body. Low values on the Da scale

indicate activity and consistency in achieving set goals. Therefore, respondents with a low score on the Da scale show activity and consistency in improving their appearance.

Table 3

**« Correlation values of the obtained data between the modified method "Locus of control/ LC" and the level of attitude towards one's own body »**

	The level of attitude towards one's own body
<b>Ia scale (Internality in the realm of achievements)</b>	0,815
<b>If scale (Internality in the realm of failures)</b>	0,872
<b>Pa scale (Internality in professional activity)</b>	0,370
<b>Ds scale (readiness for action in difficult situations)</b>	0,541
<b>Ip scale (Readiness for independent planning)</b>	0,443
<b>Da scale (denial of activity)</b>	-0,633

Special emphasis was placed on the relationship between the attitudes toward one's own body, internal imagery of achievement, and internal imagery of failure. As the research material showed, individuals who have a positive attitude toward their bodies turned out to be more internal both in the sphere of achievements and in the sphere of failures.

Every success obtained in the process of achievement contributes to an increase in internal confidence and belief in one's abilities, which is a favorable precondition for further achievements and positive outcomes. This is especially true for study participants with high scores on the Ia scale, which are positively correlated with attitudes toward their own bodies. Awareness of one's own ability to achieve stimulates respondents to constant self-improvement and achievement of more global goals, in particular those related to changing appearance.

According to the If scale, the representatives of this study demonstrated a high level of results, which indicates a high awareness of responsibility in situations of failures or in those cases when the obtained result does not correspond to the predicted one.

Such circumstances act as a factor that contributes to the establishment of sustainable self-confidence and the formation of the belief that failure is not an end point, but rather a necessary stage at which valuable experience can be gained. In other words, in cases where the study participants face difficulties on the way to their own well-being and improving their appearance, they not only do not back down but also confidently continue to work on themselves.

**Conclusion.** In the course of the study, the key theoretical aspects of the locus of control were considered, which determine the individual's ability to feel control over his own life.

Our research indicates that the internal locus of control contributes to the formation of positive self-esteem and a positive attitude toward one's own body. Individuals with an internal locus of control frequently demonstrate internal motivation, self-discipline, and the ability to influence their own life circumstances.

Analyzing the origin and manifestations of body dissatisfaction has allowed us to determine that this process is complex and often associated with socio-cultural influences, media advertising, and beauty stereotypes.

Special emphasis in the section was placed on art therapy as an effective means of developing the internal locus of control. The study of scientific sources and practical tests confirms that art therapy promotes self-expression and the formation of a positive attitude towards one's own body and internal control.

Summarizing, we can conclude that the development of the internal locus of control is important for a positive attitude towards one's own body.

The results of the empirical study indicate a positive relationship between the internal locus of control and a positive attitude toward one's own body. In particular, a high level of internality indicates a person's



tendency to internally control their achievements, failures, professional activities, readiness to overcome difficulties, and independent planning and responsibility.

Correlation analysis confirms the existence of a significant relationship between the internal locus of control and a positive attitude toward one's own body. A high correlation coefficient between these factors indicates a close linear relationship, which can serve as a basis for further theoretical and practical research.

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