

## JA-CIELESNE – PRÓBA NOWEGO SPOJRZENIA

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### THE PHYSICAL SELF – AN ATTEMPT AT NEW APPROACH

**Summary.** The article discusses the concept of the physical self and how it evolved. The philosophical sources of the concept are presented. Next, various psychological conceptions of the physical self are analysed (body image, body schema, body boundaries etc.). Finally, I present my own approach to the issue. I attempt to demonstrate that integration of existing physical self conceptions is possible. The processes of embodiment and incorporation are assigned a key role in the model.

## JA-CIELESNE FUNDAMENTEM OSOBOWOŚCI

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### PHYSICAL-SELF AS A PERSONALITY BASIS

**Summary.** This article is a psychological analysis of the significance of embodiment in the development of personality. It consists of three parts. The first part presents two primary approaches to the problem of the body elaborated through the field of psychology. The main difference between these two approaches is in the meaning of the relationships between the body and the mind which is expressed in the concept of body image and body self. The second part refers to specific theories of developing embodiment as the basis of one's identity and personality, where the body is an essential element of self structure. Krueger's theory is the main focus of discussing. The last part of the article shows the regulation role of the body self in the whole system of self, with particular reference to eating disorders.

# CAŁOŚCIOWE PODEJŚCIE DO CZŁOWIEKA W ZDROWIU I CHOROBI ORAZ JEGO ZNACZENIE DLA PSYCHOFIZJOLOGICZNYCH BADAŃ W PSYCHOLOGII

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## BIO-PSYCHO-SOCIAL APPROACH TO HUMAN IN HEALTH AND DISEASE AND THE IMPORTANCE OF STUDY OF PSYCHOPHYSIOLOGICAL RELATIONS FOR PSYCHOLOGY

**Summary.** The aim of this paper is to emphasize the importance of psychophysiological research in psychology. The introduction is focused on the role of so-called bio-psycho-social concept for the understanding of human existence in health and disease. Unfortunately, we can see in a relatively great number of psychological studies that the conclusions are based only on the basis of interview, observation or psychological questionnaires and that physiological aspects of e.g. complex stress response remain neglected. This approach can undoubtedly decrease the scientific value of such type of research. In the following parts of this article we would like to highlight the necessity to take into consideration biological, psychological, social and spiritual factors and their interaction in the study of human. We also outline several selected approaches to the solution of relation of mental and somatic processes (e.g. in the field of psychophysiology or physiological psychology). In the conclusion there are described some advantages and possible risks and problems of psychosomatics.

## ZWIĄZEK POCZUCIA CIAŁA Z AUTODESTRUKCJĄ U OSÓB BORDERLINE<sup>1</sup>

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### THE RELATIONSHIP BETWEEN BODY SENSE AND SELF-DESTRUCTION OF THE BORDERLINE PERSONS

**Summary.** The article presents results and discussion of empirical data which evaluated a relationship between self-destructiveness and sense of body in borderline group. The authoress while presenting psychological mechanisms which underlie borderline pathology (e.g. splitting, fear of boundary loss, sense of emptiness) considers their impact on the sense of body. The proposed hypothesis is that disturbances in one's sense of body such as: change in self-boundary perception, sense of inner emptiness, dissociation experiences, altered perception and loss of control of bodily states and negative attitude towards one's body may contribute to undertake self-destructive acts. While commenting the results of study, authoress interprets self-inflicted pain as defence from psychotic desintegration.

## DOŚWIADCZANIE WŁASNEJ CIELESNOŚCI U KOBIET I MĘŻCZYŹN W KONTEKŚCIE ZACHOWAŃ AUTODESTRUKTYWNYCH

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### GENDER DIFFERENCES OF BODY EXPERIENCE IN THE CONTEXT OF SELF-DESTRUCTIVE BEHAVIOURS

**Summary.** The gender differences of the form and frequency of self-destructive behaviours are a starting point for bringing up the problem of body experience. The researches of men's and women's body experience indicate greater disadaptation among women, who suffer from body estimation disorders, don't accept their own bodies and feel anger or even hatred to them more often than men do. The attempts to explain the gender differences in body experience refer, on one hand, to anatomical and physiological sex distinctness (Cross, 1993), and on the other hand, to cultural and social influences (Bem, 2000; Kaschak, 1996). The culture-determined interpretation of biological sex differences reconciles these two standpoints; however, this problem should be empirically verified in the field of interdisciplinary researches.

## DETERMINANTY NIEPRAWIDŁOWEGO SPOSTRZEGANIA WŁASNEGO CIAŁA W ANOREKSJI Z PERSPEKTYWY PSYCHOLOGII ROZWOJU CZŁOWIEKA

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### DETERMINANTS OF DISTURBED BODY PERCEPTION IN ANOREXIA FROM DEVELOPMENTAL PERSPECTIVE

**Summary.** Many cultures and religions involve periods of starvation and limitations of food intake the element of their tradition. Anorexia nervosa, though, is a form of self-punishment which in by means of onsiderable "neglecting" of the body makes it the central object of individual's attention, and in time his or her environment. As while searching for the sources of anorexia we may stress various perspectives e.g. cognitive, emotional-motivational, physiological, social, cultural etc., the analysis of anorexia ratings unchangeably concentrates on the problem of acceptance and control of *physis*. Positive approach to own body as well as effective use if it are the basic developmental tasks of the adolescent period. Yet, its realization in girls with eating disorders is not successful, what disturbs generally understood. According to the postulations of psychosomatics we cannot discuss bodily aspects of anorexia as isolated from a broad context of its other causers. Moreover we cannot forget that the disorder is the result of the bundle of causes. Still undoubtedly, the problem of own physicality, and even a struggle against it, exposure to its intensive influence in the stage of adolescence is one of the crucial points of discussion on the mysterious phenomenon, anorexia, also in the context of prophylactics.

## JA-CIELESNE W PROCESIE KOMUNIKACJI INTERNETOWEJ

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### BODY IMAGE IN THE PROCESS OF COMPUTER-MEDIATED-COMMUNICATION

**Summary.** The article presents the review of the body image issues in the aspect of interpersonal communication through the Internet process. As the Computer-Mediated-Communication process varies from both the face-to-face and the mass-communication processes, there are the specific characteristics of that appeared in the article. There are two different points of view on the body image's significance of the Internet users presented in the article. On one hand, body image is pointed as the individual feature of the sender, determining the communication dynamics; while on the other hand, body image may be considered as the particular component of social perception process, especially concerned the interpersonal attractiveness issue, the activation of social stereotypes or emotional expression. The paper points to some social aspects of CMC connected to the role of body image which still require the researchers to take them into consideration as the new, interesting and almost completely unexplored research areas.

## WYGLĄD ZEWNĘTRZNY CZŁOWIEKA A SPOŁECZNY EFEKT AUTOPREZENTACYJNY – CZY OSOBA STEREOTYPIZOWANA MOŻE WPŁYWAĆ NA SPOSTRZEGAJĄCEGO?

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### PHYSICAL APPEARANCE AND SOCIAL EFFECT OF SELF-PRESENTATION – CAN STEREOTYPIZED PERSON INFLUENCE THE PERCEIVER?

**Summary.** There are many scientific evidences that our perception is sensitive to appearance of others. For example Brewer and Lui's researches proved that physical signs of age and sex are the most important signals in process of people's identification (Brewer, Lui, 1989). The evolutionary sense of that phenomenon is simple to explain – thanks to this ability we can quickly identify our potential procreative partner. But social consequences of that tendency are often negative, e.g. unequal treatment of men and women in the workplace. The main purpose of presented researches was testing hypotheses, which predicted that discrimination of men and women who applied for the job typical for another sex could be reduced by providing individuating information suggesting that the applicant was an exception to his or her gender stereotype. Obtained results could be useful for all people who want to increase their chances in the labor market.