

ABSTRACT

of the dissertation submitted for the degree of Doctor of Philosophy (PhD) in the educational program «8D03107 – Psychology» by **Ainur Duisenbayeva** on the topic: «Psychological Features of the Self-body Image in the Middle-aged Women as a Phenomenon of Interpersonal Interaction»

General Characteristics of the Dissertation Research

The dissertation presents the results of a study on the psychological characteristics of the body image of the Self in middle-aged women as a factor of interpersonal interaction.

The aim of the dissertation research is to determine the influence of the body image of the Self in middle-aged women on the characteristics of interpersonal interaction.

It was revealed that the combination of cognitive, emotional, and behavioral aspects of body image, interacting with interpersonal needs and styles, determines the nature of the social behavior of middle-aged women.

The relevance of the research topic is substantiated by the fact that in the Address of the Head of State of Kazakhstan, Kassym-Jomart Tokayev, to the people of Kazakhstan titled Fair Kazakhstan: Law and Order, Economic Growth, Public Optimism dated September 2, 2024, the country's mission is emphasized: to ensure justice, a state of equal opportunities, and sustainable socio-economic progress for future generations. The main idea of the Address is to create conditions in which every citizen, including middle-aged women, can realize their potential within a just society characterized by legality, order, economic growth, and public optimism. The image of the “bodily Self” functions not only as a personal identity but also as an indicator of social status, confidence, and communication effectiveness in professional and personal interactions.

Within the framework of the state strategy of a Fair Kazakhstan, public health is regarded as the foundation of sustainable socio-economic progress. Therefore, the study of the influence of the bodily Self of middle-aged women on interpersonal interaction complements the requirements of prioritizing national health and ensuring access to quality medical and psychological support for all segments of the population, as enshrined in the Code of the Republic of Kazakhstan On Public Health and Healthcare System dated July 7, 2020. Effective interaction in professional and social environments, supported by citizens' health and well-being, directly contributes to the implementation of healthcare principles and preventive measures established in the Code, including early diagnosis, prevention of stress-related conditions, and the development of sustainable social adaptation.

Thus, the research findings will contribute to the development of practical recommendations for educational programs, women's support initiatives, corporate policies, and social projects aimed at achieving the goals of a “Fair Kazakhstan” and creating opportunities for all.

The purpose and objectives of the study

The purpose of the study: theoretical and methodological substantiation and empirical verification of the influence of the body image of the Self in middle-aged women on the features of interpersonal interaction.

Research Objectives

1. Conduct a theoretical analysis of scientific approaches to studying the characteristics of the bodily Self-image in domestic and foreign psychology.
2. Reveal the essence, structure, and components of the bodily Self-image in middle-aged women.
3. Develop a theoretical model for studying the psychological characteristics of the bodily Self-image in middle-aged women as a factor of interpersonal interaction.
4. Empirically investigate the relationships between body image indicators and parameters of interpersonal relationships.
5. Determine predictive models describing the contribution of interpersonal characteristics to the formation of body image in middle-aged women.

6. Compare body image and interpersonal relationship indicators across groups differing in age and marital status.

The object of the study: middle-aged women.

Subject of the study: the image of the bodily self as a factor of interpersonal interaction in middle-aged women.

Main Hypothesis of the Study: The combination of cognitive, emotional, and behavioral aspects of body image, interacting with interpersonal needs and styles, determines the nature of social behavior in middle-aged women.

Hypothesis 1: Body Mass Index (BMI) acts as a moderator of the influence of interpersonal characteristics on body image indicators: self-assessment of appearance, body satisfaction, and acceptance of the physical Self.

Hypothesis 2: The degree of satisfaction with appearance, orientation toward external looks, and intensity of social needs (inclusion, control, affect) in different age subgroups of women exhibit distinctive features.

Hypothesis 3: Marital status is associated with the characteristics of the bodily Self-image and interpersonal traits: married women show higher levels of body satisfaction and affiliative tendencies compared to unmarried women.

Hypothesis 4: Components of interpersonal interaction (inclusion, control, affect, interpersonal communication styles) can serve as significant predictors of the components of the bodily Self-image.

Hypothesis 5: The discrepancy between the real and ideal body affects interpersonal interaction characteristics.

Research methods and techniques: in order to realize the purpose and objectives of the research, as well as to verify the hypotheses put forward, methods with a high degree of reliability have been selected, widely used in scientific practice and proven to be effective.

1. Interpersonal Relations Questionnaire (OMO / FIRO-B) Author: W. Schutz, Russian adaptation: A.A. Rukavishnikov.

2. Interpersonal Relationship Diagnostic Test (DMO, T. Leary's Questionnaire)

3. Multidimensional self-body attitude questionnaire (MBSRQ / MBSRQ-AS, abbreviated version). Author: T.F. Cash, adapted by Z.B. Madalieva and A.O. Sultanova.

4. Self-body image Questionnaire (OOST). Authors: O.A. Skugarevsky, S.V. Sivukha.

5. Contour Drawing Rating Scale (CDRS). Authors: M. (W.) Thompson, J. Gray, Russian adaptation: A.A. Zolotareva.

6. Additional variables (covariates/moderators) are defined.

Theoretical Significance of the Study

The theoretical significance of the study lies in enriching the theory with new knowledge about the bodily Self-image of women as a psychological factor of interpersonal interaction, which has a multi-level structure consisting of cognitive, emotional, and behavioral components that determine the specifics of interpersonal behavior, as well as in the development of a theoretical model for studying the psychological characteristics of the bodily Self-image in middle-aged women as a factor of interpersonal interaction.

Practical Significance of the Study

The practical significance of the study lies in the possibility of using the obtained results for psychological support of women in middle adulthood in the context of preventing emotional distress, body-related disorders, and self-esteem problems, especially in situations of social adaptation and personal crises.

The developed model of relationships between the components of the bodily Self-image and interpersonal interaction can be applied in diagnostic and counseling practice by psychologists working in the fields of personality psychology, family counseling, psychosomatic therapy, and image consulting.

The research findings can serve as a basis for the development of psychocorrectional and counseling programs aimed at harmonizing body image in middle-aged women, increasing satisfaction with appearance, and forming constructive self-presentation models.

The study materials provide a foundation for further comparative and longitudinal research on the dynamics of body image and interpersonal relationships, as well as for examining the influence of cultural, social, and media factors on the formation of bodily identity.

The scientific and methodological basis of the study is composed of a systems approach, which considers the phenomena under study as a system of interconnected components; contemporary views of the human being from the perspective of the biopsychosocial model; the principle of the personal approach; Leon Festinger's social comparison theory, which explains the formation of self-esteem and behavioral orientations based on comparing oneself with others; the concept of body image as a component of personal identity, reflected in the works of P. Schilder, S. Fisher, and T. Cash; and approaches to self-esteem that consider it a key mechanism of self-awareness and social adaptation.

Scientific novelty of the research

1. For the first time, the formation and current state of the study of the image of the bodily Self in domestic and foreign psychology as an integral psychological construct, including cognitive, emotional and behavioral components, considered in relation to the characteristics of interpersonal interaction, is analyzed.

2. The article reveals the essence of the image of the bodily Self in middle-aged women, which is considered as an integrative psychological education reflecting a person's system of ideas about their own body, emotional and evaluative attitude towards it and ways of self-presentation in the external social space, consisting in the integration of cognitive, emotional and behavioral characteristics of perception of their own body, formed under the influence of age-related changes, personal experience and socio-cultural standards of appearance. The three-component structure of the image of the bodily Self is substantiated and empirically confirmed, in which cognitive indicators (assessment of appearance, body orientation, mismatch "real-ideal") determine the direction of self-attitude, emotional - the level of acceptance and satisfaction with the body, and behavioral - self-presentation and avoidant forms of social behavior.

3. A theoretical model of the psychological features of the image of the bodily Self in middle-aged women as a factor of interpersonal interaction has been developed, which systematically describes the relationship between a woman's ideas about her own body, her emotional and evaluative attitude to appearance and behavioral strategies of self-presentation in the process of social communication. Within the framework of the proposed model, the image of the bodily self is considered as a multilevel psychological education that performs a regulatory function in the system of interpersonal relations and influences the peculiarities of a woman's communicative behavior.

4. For the first time, the interrelationships between indicators of the image of the bodily self and parameters of interpersonal relationships in middle-aged women have been empirically investigated. New data on the psychological mechanisms of the relationship between the image of the bodily Self and interpersonal characteristics have been obtained, showing that interpersonal needs (inclusiveness, control, affect) and communicative styles (friendliness, altruism, dominance) are predictors of satisfaction body and body acceptance. Body mass index (BMI) acts as a moderator in the interaction between interpersonal characteristics and body image indicators.

5. Predictor models of the formation of the image of the bodily Self in middle-aged women have been identified, revealing the contribution of interpersonal personality characteristics to the perception and evaluation of one's own physicality. The constructed statistical predictor models allow us to predict the features of the image of the bodily Self based on indicators of interpersonal relationships. The results obtained expand scientific understanding of the mechanisms of body Self image formation during middle age and allow us to consider interpersonal relationships as one of the key factors of its psychological determination.

6. For the first time, a comparative analysis of the indicators of the image of the bodily self and the parameters of interpersonal relationships among women of different ages and family status

was carried out, which made it possible to identify the psychological features of the perception of physicality and the specifics of social interaction in various socio-demographic groups. The age and socio-status features of the image of the bodily Self are revealed: in the period of 35-40 years, there is an increase in criticality to appearance and bodily anxiety, while increasing prosocial tendencies (friendliness and altruism), whereas after 40 years, the tendency towards emotional acceptance and inner harmonization prevails. The results obtained expand scientific understanding of the role of age and family factors in shaping the image of the body Self and the features of interpersonal interaction of middle-aged women.

Statements Submitted for Defense:

1. The image of the body Self of middle-aged women is an integral psychological construct that includes interrelated cognitive, emotional, evaluative, and behavioral components that are formed under the influence of age, personal, and socio-cultural factors and act as a significant psychological factor in interpersonal interaction.

2. The structure of the image of the bodily Self in middle-aged women has a three-component structure: a cognitive component (assessment of appearance, body orientation, mismatch "real-ideal"), an emotional-evaluative component (satisfaction with the body, acceptance of the physical Self), a behavioral component (self-presentation and avoidance strategies), which together determine the nature of social self-expression and features of a person's communicative behavior.

3. The image of the bodily Self is a multilevel psychological education that performs a regulatory function in the system of interpersonal interaction, determining the features of self-presentation, the level of confidence in communication and the nature of communication strategies of middle-aged women.

4. There is a statistically significant relationship between the indicators of the image of the bodily Self and the characteristics of interpersonal relationships: interpersonal needs (inclusiveness, control, affect) and interpersonal styles of interaction (friendliness, altruism, dominance) are significant psychological factors in the formation of emotional acceptance of the body and satisfaction with appearance.

5. Interpersonal personality characteristics act as predictors of the components of the image of the bodily Self, which allows us to build statistical models for predicting the features of bodily self-perception in middle-aged women based on indicators of interpersonal interaction. The components of interpersonal interaction (the needs for inclusion, control, and affect, as well as T. Leary's interpersonal styles) are significant predictors of the components of the image of the bodily Self. The emotional, evaluative and behavioral components of the image of the bodily Self depend on the nature of interpersonal attitudes: an orientation towards acceptance, altruism and friendliness contribute to a positive perception of appearance, while an emphasis on control and external approval increases the level of bodily distress and self-criticism. The body mass index performs a moderating function in the relationship between interpersonal characteristics and indicators of the image of the body Self, changing the strength and direction of these relationships.

6. There are age and socio-status differences in the characteristics of the image of the bodily Self and interpersonal interaction of middle-aged women: at the age of 35-40 years, criticality to appearance and body anxiety increases with a simultaneous increase in prosocial tendencies; after 40 years, there is a tendency to emotional acceptance of the body and internal harmonization; married women are characterized by a higher level of satisfaction physical appearance, stability of bodily self-esteem and greater openness in interpersonal interaction. Unmarried women are more likely to demonstrate an orientation towards autonomy, self-sufficiency and individualized forms of self-presentation.

The structure of the Dissertation. The dissertation consists of an introduction, three chapters, a conclusion, a list of references, and appendices.

In the introduction: the relevance of the topic is substantiated, the contradiction and the problem of research are highlighted, the purpose, object, subject, hypothesis and tasks of scientific search are determined, the theoretical and methodological basis of the research, its methods, main sources, stages and base of research, the novelty, theoretical and practical significance of the work is

shown, the provisions submitted for protection are presented, approbation and the implementation of the results of the work.

In the first section, "Theoretical and methodological foundations for studying the features of body image in middle-aged women as factors of interpersonal interaction in domestic and foreign psychology," a theoretical analysis of the history and current state of the problem of body image features in middle-aged women in psychological science in Kazakhstan and in world practice is carried out. methodological theories, concepts and approaches to the study of the image of the bodily Self in middle-aged women. The essence, structure and components of the concept "image of the bodily Self" are defined. The conclusions of the chapter are given.

In the second section, "Organization of a dissertation study of the psychological features of the body-Self image in middle-aged women as a factor of interpersonal interaction," a theoretical model for studying the psychological features of the body-Self image in middle-aged women as a factor of interpersonal interaction is proposed. A design and experimental research plan have been developed, research methods and techniques have been described, and the study sample has been characterized. Descriptive statistics are provided, and an intelligence analysis of the relationships between the components of the bodily Self and interpersonal characteristics is carried out. The conclusions of the chapter are summarized.

In the third section, "An empirical study of the psychological features of body image in middle-aged women as a factor of interpersonal interaction," regression models of predictors of body image in middle-aged women are considered, and a moderating analysis of the influence of body mass index and age on the relationship between body Self and interpersonal interaction is described. The indicators of the image of the bodily self and interpersonal interaction in age and family subgroups are compared. Conclusions are drawn from the chapter.

In conclusion, the results of the study are summarized and the conclusions of the thesis are presented.

The appendices provide practical research materials.

The list includes 216 sources. The text of the dissertation research is presented on 197 pages, contains 38 tables and 32 figures.