

Psycho-Correction of Relationship of Middle-Aged Women in Fitness Centers

Dolgova V.

South Ural State Humanitarian Pedagogical University,
Chelyabinsk, Russia
23a12@list.ru

Arzhilovskaya Ju.

South Ural State Humanitarian Pedagogical University,
Chelyabinsk, Russia
arzhilovskaya@cspu.ru

Kondratyeva O.

South Ural State Humanitarian Pedagogical University,
Chelyabinsk, Russia
oca74@yandex.ru

Mamyлина N.

South Ural State Humanitarian Pedagogical University,
Chelyabinsk, Russia
mamylina71@mail.ru

Abstract – The theoretical and methodological basis of the study is the cultural and historical theory, the personality development theory, age psychology, the systematic approach to personality, theoretical studies of gender specificity, theoretical approaches to the concept and structure of I-concept. Theoretical methods used are as follows: comparative analysis, collection and interpretation of theoretical and factual material, modeling. The study included three stages: search and preparatory, experimental, and control and generalizing ones. The empirical experiment (N = 30 aged 35–50) was conducted using two methods: self-esteem analysis: “I am real, I am perfect” (S.A. Budassi) and “Perceptual image self-esteem” analysis (V.V. Boyko). A self-assessment correction model for middle-aged women attending fitness centers was developed. It consists of four blocks: theoretical, diagnostic, correctional-developmental and analytical. The program for correcting the I-concept of middle-aged women attending fitness centers was developed and implemented. The study showed that the program influenced self-esteem, made the I-real close to the I-ideal. Emotions manifested in the group became more adequate.

Keywords – women, middle age, self-esteem, I-concept, fitness, psycho-correction

I. INTRODUCTION

Inadequate self-esteem causes misconception, an idealized image of personality. These people ignore failures, trying to maintain usual high marks of their behavior patterns [20, 15, 13]. These processes are accompanied by acute emotional stress and protest against everything that can disrupt the current self-image. Reality is perceived with distortion, and this cognitive dissonance aggravates the emotional state of women [12, 8, 9] causing destructive self-perception in the outside world and the desire to escape from the reality. This distorts interpersonal relations in favor of high self-esteem. Women consider themselves injured or hurt. They think people do not understand them, reject [21, 22, 5]. This self-perception hinders an adequate self-dissatisfaction and reinforces an inflated self-esteem.

Optimal, adequate self-esteem allows women to relate their desires and abilities, understand critical assessment, analyze success and failures, and achieve their goals [18, 2,

16]. Their goals relate to the goals of other people. Women with an adequate self-esteem determine the measure that corresponds to the real constructive development of personality and psychologically safe environment.

Low inadequate self-esteem depletes personal development resources, affects self-control, disrupts communication, initiates conflict behavior [1, 4, 10]. These women do not understand their real abilities and do not seek to implement them [6, 14, 11]; they are distinguished by self-criticism, uncertainty, anxiety.

II. PROBLEM STATEMENT

The article aims to resolve the discrepancy between the I-real and I-ideal when implementing the program of psycho-correction of self-assessments of women attending fitness centers.

The research involves systematization and synthesis of existing concepts and solutions to the problem of self-assessment of middle-aged women; development of a structural-functional model and a program for psycho-correction of women’s attitudes toward themselves in fitness centres.

The article aims to substantiate and test the program of psycho-correction of self-assessments of middle-aged women attending fitness centres.

III. RESEARCH QUESTIONS

The theoretical and methodological basis of the study is the cultural and historical theory, the personality development theory, age psychology, the systematic approach to personality, theoretical studies of gender specificity, theoretical approaches to the concept and structure of I-concept. Theoretical methods used in this study are as follows: comparative analysis, collection and interpretation of theoretical and factual material, modeling.

The study included three stages: search and preparatory, experimental, and control and generalizing ones. The empirical experiment (N = 30 aged 35–50) was conducted

using two methods: self-esteem analysis: “I am real, I am perfect” (S.A. Budassi), “Perceptual image self-esteem” analysis (V.V. Boyko).

The model of psycho-correction of middle-aged women’s self-assessments was developed. It consists of four blocks: theoretical, diagnostic, correctional-developmental and analytical.

IV. PURPOSE OF THE STUDY

The psycho-correction program was developed and implemented. The results were mathematically processed [23].

The program aims

1. to create conditions for the participants to realize their personal qualities and capabilities (who I am).
2. to determine the image of the mirror I (as others see me).
3. to determine the image of the ideal I (what I would like to be), to realize the presence of destructive attitudes, psychological defense mechanisms, to create conditions for awareness of own life goals and values.
4. to determine the cumulative picture of the individual sustainable self-concept (what I want, how should I behave), to create conditions for understanding own individual characteristics of thinking, perception of reality, patterns of interaction with others; to form an attitude towards the participants as unique and integral personalities.
5. to create prerequisites for development of an adequate dynamic psycho-emotional “I-image” and conscious behavior through understanding of own personal qualities and capabilities.
6. to create conditions for the development of active life positions, orientation to the internal locus of control.
7. to determine the significance of changes.

V. RESEARCH METHODS

The study was conducted on the basis of the fitness club “Colosseum”, Chelyabinsk. 30 women were involved in the pilot. 10 women were aged 35–39, 9 women were aged 40–44, 11 women were aged 45–50. Most of the participants (18 people or 60 %) were married. 12 women were single (40 %), 2 women have never been married (7 %). Most of the participants (60 %) had academic degrees, 17 % had incomplete higher education, and 23 % had secondary special education. The absolute majority of the participants (77 %) worked. Most of the participants took part in the project due to their desire to change their appearance. Some agreed to participate to reduce excessive weight or improve their appearance. All women wanted to improve their well-being, enhance functionality of their bodies, diversify everyday life, develop healthy habits.

VI. FINDINGS

The results of the experiment using the method “I am real, I am ideal” developed by S.A. Budassi are presented in Figure 1.

The number of participants with a low inadequate level of self-esteem decreased to 0%. They increased the level of self-esteem and moved to the group of participants with a low adequate level of self-esteem.

The number of participants with a low self-esteem level decreased from 56 to 32 %. The participants who had a low level of self-esteem moved to the group with an average level of self-esteem.

The number of women with an average level of self-esteem increased from 19 to 56 %, some women from this group moved to the group with a high level of self-esteem. The number of participants with a high adequate self-esteem level increased to 6 %.

The number of participants with a high inadequate self-esteem level did not change and amounted to 6 %. However, the indicators within the first segment became more adequate.

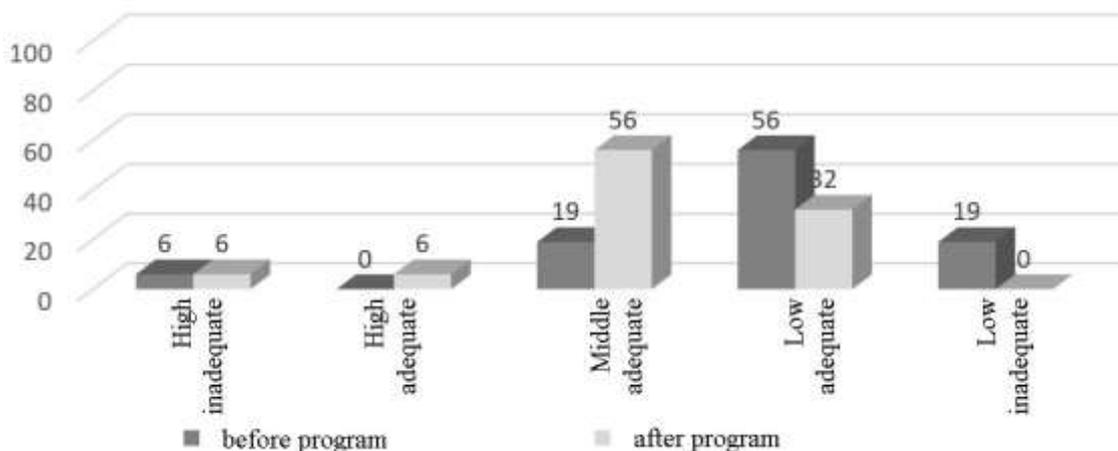


Fig. 1. Distribution of indicators of the level of self-esteem before and after program implementation using the method “Real Ego, Perfect Ego” developed by S.A. Budassi

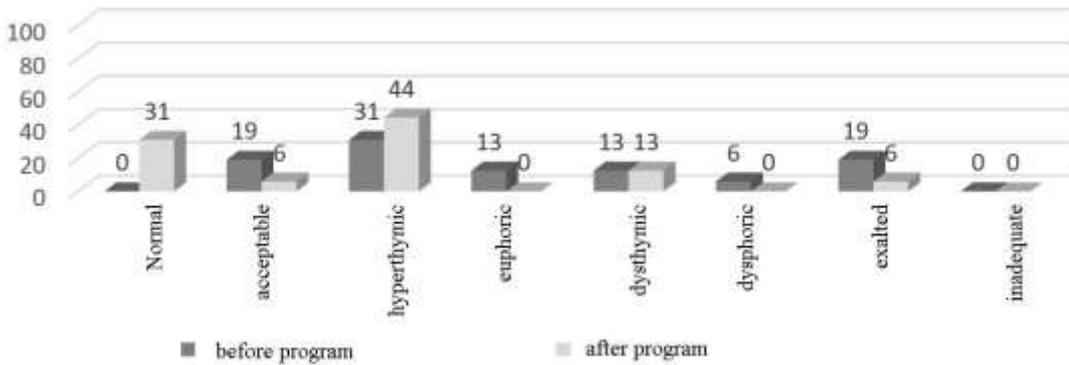


Fig. 2. Distribution of indicators of rigidity before and after program implementation using the "Perceptual-image self-assessment" method developed by V.V. Boyko

The results of the study of indicators of rigidity using the "Perceptual image self-assessment" method developed by V.V. Boyko are presented in Figure 2.

It was established that the level of normal rigidity increased from 0 to 25 %. The level of acceptable rigidity decreased from 19 to 6 % due to the fact that for two participants the type of rigidity changed to normal. The level of hyperthymic rigidity increased from 31 to 44 % due to the change in the type of rigidity from euphoric to hyperthymic one for two participants. The euphoric type of rigidity decreased from 13 % to zero. The level of dysthymic rigidity characterized by the dynamics of emotions of the I-image in a narrow range of average values did not change and amounted to 13 %. Dysphoric rigidity also decreased from 6% to zero. The level of exalted rigidity characterized by the spread of emotions between extremely high and extremely low values, decreased from 19 % to 6 %. In general, according to the diagnostics results, we can say that the level of the dynamics of manifestation of emotions in the group became more adequate. Similar results were obtained in the works [19, 3, 17, 7]. The novelty of the research is due to the psycho-correction program developed by the authors.

VII. CONCLUSION

The psycho-correctional program had a positive effect on the level of self-esteem: most of the participants changed their self-perception. The group work helped participants know themselves better, learn about impression they make on other people. The discrepancy between I-ideal and I-real became less pronounced. The ranking of qualities of the I-real changed. The qualities selected by the participants as the "Ideal Personality" changed as well. It made the I-real close to the I-ideal.

Acknowledgments

The research was funded by the Scientific and Methodological Foundations of Psychology and Management Technology of Innovative Educational Processes in the Changing World scientific project of the comprehensive plan of research, project and organizational activities of the research centre of Russian Academy of Education in the South Ural State Humanitarian Pedagogical University for 2018–2020.

References

- [1] C. Anderson, J.A.D. Hildreth, L. Howland, "Howland, Is the desire for status a fundamental human motive? A review of the empirical literature", *Psycholog. Bull.*, vol. 141, no. 3, pp. 574–601, 2015.
- [2] A.G. Asmolov, E.D. Schekhter, A.M. Chernorizov, E.N. Lvova, "Prerequisites of sociality: historical and evolutionary analysis", *Psychol. in Russia: State of the Art*, vol. 11, no. 3, pp. 2–17, 2018.
- [3] B. Bolach, T. Pystupa, "Health Oriented Training for Women in Selected Fitness Clubs", *Pedag., Psychol. and Med. and Biolog. Probl. of Phys. Training and Sports*, vol. 1, pp. 85–89, 2014.
- [4] M. Botvinick, T. Braver, "Motivation and cognitive control: From behavior to neural mechanism", *Annual Review of Psychol.*, no. 66, 83–113, 2015.
- [5] Sh. Burn, *The social psychology of gender*. Moscow: Prime-Euroznak, 2014.
- [6] C.P. Cerasoli, J.M. Nicklin, M.T. Ford, "Intrinsic motivation and extrinsic incentives jointly predict performance: A 40-year meta-analysis", *Psycholog. Bull.*, vol. 140, no. 4, pp. 980–1008, 2014.
- [7] V.I. Dolgova, N.A. Belousova, N.V. Mamylyna et al., "Impact of physical activity of correctional orientation in the form of combined fitness and swimming on the psychophysiological state of 40–45-year-old women", *J. of Phys. Education and Sport*, vol. 17, no. 2, pp. 905–909, 2017.
- [8] V.I. Dolgova, N.V. Kryzhanovskaya, E.V. Popova et al., "A Study of the Emotional Burnout Syndrome in Workers of Industrial Establishment", *Int. J. of Applied Busin. and Econ. Res.*, vol. 14, no. 15, pp. 11153–11160, 2016.
- [9] V.I. Dolgova, N.V. Mamylyna, N.A. Belousova et al., "Problems of mental regulation of personal behavior patterns in stressful conditions", *Man In India*, vol. 96, no. 10, pp. 3477–3483, 2015.
- [10] W.A. Fisher, J.D. Fisher, P.A. Shuper, "Social psychology and the fight against AIDS: An information-motivation-behavioral skills model for the prediction and promotion of health behavior change", *Advances in Experimental Social Psychology*, no. 50, pp. 105–193, 2014.
- [11] S. Gabriel, J. Valenti, A.F. Young, "Social surrogates, social motivations, and everyday activities: The case for a strong, subtle, and sneaky social self", *Advan. in Experim. Social Psychol.*, vol. 53, pp. 189–243, 2016.
- [12] C.W. Henderson, J. Lopez-Castillo, "Emotional Distress, Burnout Common in Aids Caregivers", *AIDS Scientific Almanac*, vol. 16, no. 2–4, pp. 207–210, 2016.
- [13] N.K. Kadykova, L.T. Fridel, M.A. Shorohova, "Fitness Training at Various Periods of the Woman's Life", *Collec. of NIT Conf. Social Area*, vol. 56, pp. 538–543, 2016.
- [14] E.N. Kotlo, S.A. Kotlo, A.S. Yachmeneva, "Strength Building Fitness in Stimulating Nervous and Muscular Apparatus of Mature Women", *Electr. Sci. J.*, vol. 6, no. 9, pp. 424–428, 2016.
- [15] M.R. Leary, K.P. Jongman-Sereno, K.J. Diebels, K.T. Raimi, "Distinguishing intrapsychic from interpersonal motives in

- psychological theory and research”, *Perspect. on Psychol. Sci.*, vol. 10, no. 4, pp. 497–517, 2015.
- [16] D.A. Leontyev, A.A. Lebedeva, V.Yu. Kostenko, “Pathways of personality development: following Lev Vygotsky’s guidelines”, *Educational Studies*, no. 2, pp. 98–112, 2017.
- [17] V. Petrovych, “Fitness as Means of Weight Reduction Among Women”, *Phys. Train., Sport and Cult. of Health in the Modern Society*, vol. 1, no. 21, pp. 212–215, 2013.
- [18] A.A. Rean, “Problems and perspectives of the development of personality’s locus of control conception”, *J. of Psychol.*, no. 19, p. 312, 2012.
- [19] A. Romanowska-Tolloczko, A. Smolinski, “Factors Determining Self-esteem of Women Practicing Sport in Fitness Clubs”, *Pedag., Psychol. and Med. and Biolog. Probl. of Phys. Train. and Sports*, vol. 9, pp. 138–140, 2007.
- [20] D. Rose, Sh. Horne, J.L. Rose, R.P. Hastings, “Negative Emotional Reactions To Challenging Behavior And Staff Burnout: Two Replication Studies”, *J. of Applied Res. in Intellect. Disabilities*, vol. 17, no. 3, pp. 219–223, 2004.
- [21] N.A. Shemanova, “Changes in the Psychological Life of Men and Women of the Middle Age”, *Psychol. Sci. and Ed.*, vol. 1, pp. 14–22, 2008.
- [22] N.A. Shemanova, “Peculiarities of Surviving Past and Future by Men and Women in the Middle of the Life Path”, *Psychol. Sci. and Ed.*, vol. 1, pp. 50–60, 2012.
- [23] E.V. Sidorenko, *Methods of mathematical processing of in psychology*. Saint Petersburg: Speech, 2003.