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Creating Psychological Comfort In Women Who Wear Corrective Clothing For A Long Time.

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ABSTRACT

Currently, there is a persistence of the prevalence of obesity in women, worsening the visual characteristics of their figure. In the work carried out in women of mature age, suffering from obesity I degree, there was an increase in attention to their health, anxiety level, decrease in personal self-esteem and degree of life satisfaction. For the correction of the figure in the observed women, they used daily to wear corrective clothing. For six months of its use, these women traced the dynamics of attention to their health, the level of life satisfaction, the level of anxiety and the state of personal self-esteem. It was found that in the case of wearing the author's version of corrective clothing daily for 6 months, women experienced pronounced visual correction of the figure. They were accompanied by a significant decrease in anxiety, an increase in personal self-esteem, a degree of satisfaction with life, with a significant increase in their motivation to wear it. In this regard, it can be considered that daily wearing of the author's version of corrective clothing for half a year can ensure the elimination of external manifestations of obesity of I degree in the ginoid type in women of mature age and the creation of psychological comfort in them.

Keywords: mature age, women, corrective clothing, psychological comfort, obesity.

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INTRODUCTION

The development of obesity does not immediately lead to the emergence of pronounced health problems. First of all, its appearance in women of mature age is associated with the development of psychological discomfort about changes in the visual properties of their figure [1]. Very often, the development of obesity in women is of a gynoid type with an increase in the size of the hips and at the beginning often with the preservation of the same waist size [2].

Experts point out that the presence of obesity, even of a gynoid type, is often accompanied by a deterioration of a number of functional parameters with the formation of persistent psychological discomfort [3]. This is due to the fact that the progression of obesity reduces overall physical activity and weakens the functioning of most internal organs [4, 5]. Subsequently, during obesity, the work of the cardiovascular system begins to disrupt, which contributes to the development and progression of arterial hypertension, deterioration of the blood system parameters [6,7] with the gradual appearance of hypoxia in the body [8]. The resulting lack of oxygen in the brain cells can weaken anabolic processes in them, which worsens many mental processes in these women [9].

The prevalence of obesity in adulthood remains a great need for science to continue the search for effective approaches to correct its manifestations, taking into account their impact on the emotional background of patients [10]. Earlier in the clinic [11,12] and in the experiment [13,14], the possibilities of different effects on the somatic parameters of the body and mental processes [15] were considered. At the same time, taking into account the low adherence of many women with obesity to the traditionally applied dietary restrictions and regular long-term physical activity at this state [16], it becomes clear the relevance of continuing the search for options for its correction. Of particular importance in this search is taking into account the high degree of adherence of obese women to the applied corrective effect, provided that it minimizes the visible manifestations of obesity and the possibility of providing a state of psychological comfort. Such a variant of the effect on the body can be the basis for mass prevention of incipient gynoid obesity [17]. As an alternative to the practice of therapeutic physical culture in terms of the impact on the initial manifestations of obesity can be considered wearing corrective clothing. It was suggested that adherence to corrective clothing among women with obesity may be disproportionately higher than to the practice of therapeutic physical culture [18]. At the same time, the possibility of creating psychological comfort in obese women with the help of constant wear of corrective clothing remains virtually unexplored, which requires additional research. In this regard, in our work, the goal has been set: to find out the possibility of creating psychological comfort in women of the second mature age with obesity of a type I class, on the background of daily wearing of corrective clothing for six months.

MATERIALS AND METHODS

The work was performed on women living in Central Russia (Moscow and Moscow Region). The study took 33 completely healthy women of the second adult age (average age 42.1 ± 2.2 years), who formed the control group. Also examined were 45 obese women in a type I, of the same age (the average age was 43.2 ± 1.8 years). The diagnosis of obesity 1 degree was given to him by a doctor in a medical institution. All surveyed women who had obesity had no significant comorbidities. Drug exposure and physiotherapy in both groups, none of them received. The study was approved by the local ethics committee of the Russian State Social University on May 14, 2015 (protocol №5). All women taken in the study gave written informed consent to their participation in it.

All surveyed women were assessed for their significance level of their main priorities in life. Women were asked to mark the most important of the following positions for them: career, bright life, family, material well-being, friends, health [19].

Satisfaction with the quality of life of the surveyed was found in the form of a survey. They were asked to identify one of the options that best describes their perception of their own life: fully satisfied, mostly satisfied, partially satisfied, or not satisfied [19].

The observed level of anxiety was found out with the help of the test “The scale of personal anxiety” [19]. Women were asked according to the method of 40 questions. The answers were processed and interpreted traditionally, which allowed them to fully assess their level of anxiety.

In order to clarify the state of self-esteem, the “Ladder” technique was used [19]. In processing and interpreting the results, a conclusion was made about the level of self-esteem: overestimated, adequate and underestimated.

To assess the level of motivation for wearing corrective clothing, the author's questionnaire was used [20]. It consisted of 10 questions that a woman should give only one answer. In processing and interpreting the results, the woman’s attitude toward corrective clothing was evaluated. The expressed positive attitude was estimated at 3 points; positive attitude was estimated at 2 points; neutral answer (I do not know, it happens differently) was estimated at 1 point; The answer, which allows to judge about the negative attitude of women to corrective clothing, was estimated at 0 points. On the basis of the data obtained, five levels of motivation for wearing these clothes were established: the first level - a high level of motivation for the use of corrective clothing; the second level is a good motivation for wearing corrective clothing; the third level - a positive attitude towards corrective clothing, the fourth level - low motivation to use corrective clothing; fifth level - a negative attitude towards her.

The results obtained in the work were processed by the criterion (t) of Student.

RESEARCH RESULTS

At the end, all obese patients complained about the deterioration of the visual perception of their figure and the psychological discomfort caused by this. By the end of the observation, all the patients noted an improvement in the assessment of their figure and the absence of the psychological discomfort that previously existed on this matter.

In the group of control women, attention to their health was low. Only 15.1% considered it a priority. Life priorities in the control were quite heterogeneous. In the group of obese women, both in the initial state and at the end of the observation, their health was a priority (55.5% and 62.2%, respectively). Other values of life, taken into account in the study, had a much lower significance in the eyes of the respondents (Figure 1).

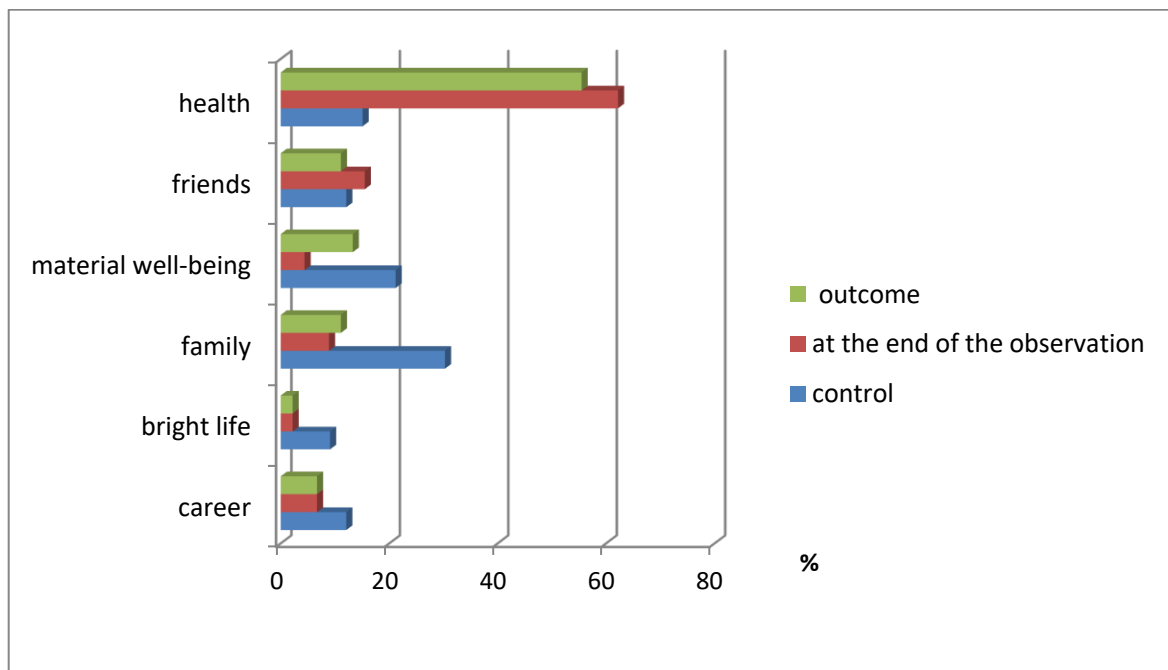


Figure 1. The significance of values in the life of obese women on the background of wearing corrective clothing.

In the control group, a high degree of satisfaction with life was noted (totally satisfied or mostly satisfied accounted for a total of 81.8%). In the group of obesity in the outcome, satisfaction with the quality of life was lower. Prior to the commencement of wearing corrective clothing, the majority of women answered this question either that they were not satisfied, or partially satisfied (in total, this amounted to 82.2%). After six months of wearing corrective clothing, the number of those surveyed who were dissatisfied with life decreased to 6.7%, and women accounted for the bulk of them to varying degrees satisfied with the quality of their lives (totally 93.3%) (Figure 2).

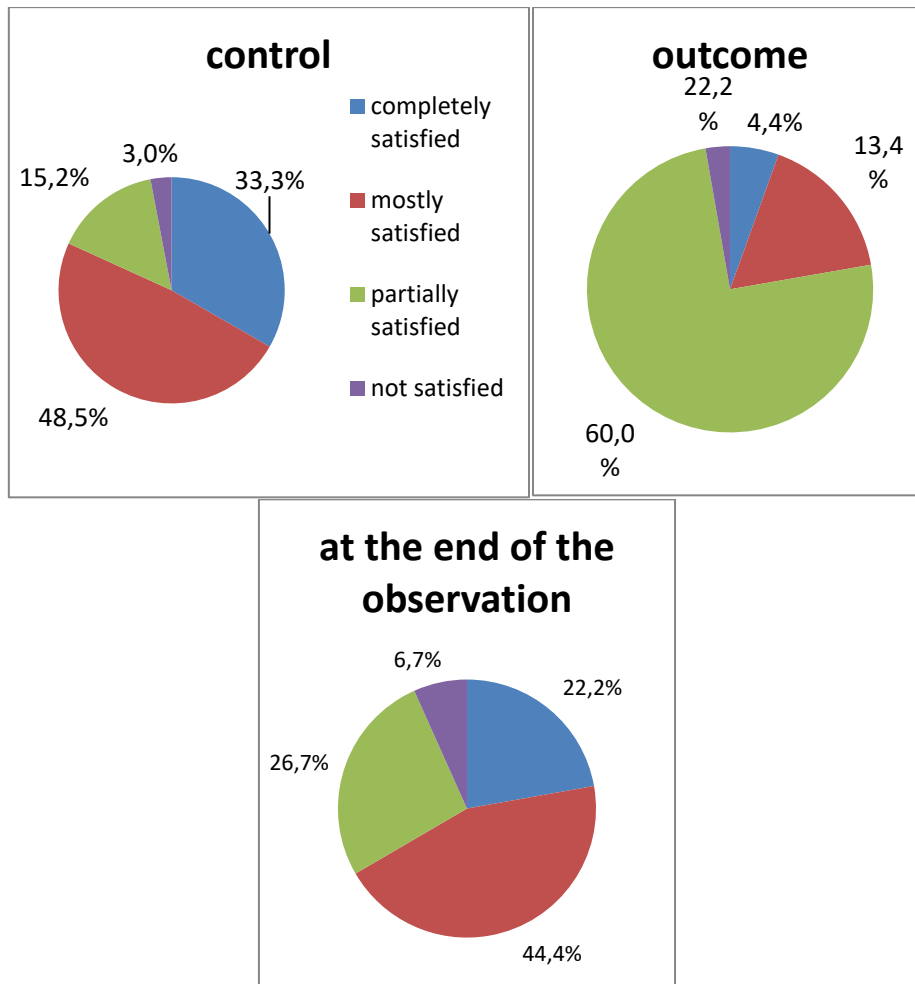


Figure 2. The degree of satisfaction with the life of an obese woman on the background of wearing corrective clothing.

As a result of assessing the state of personal anxiety, the results were obtained, which are presented in Figure 3.

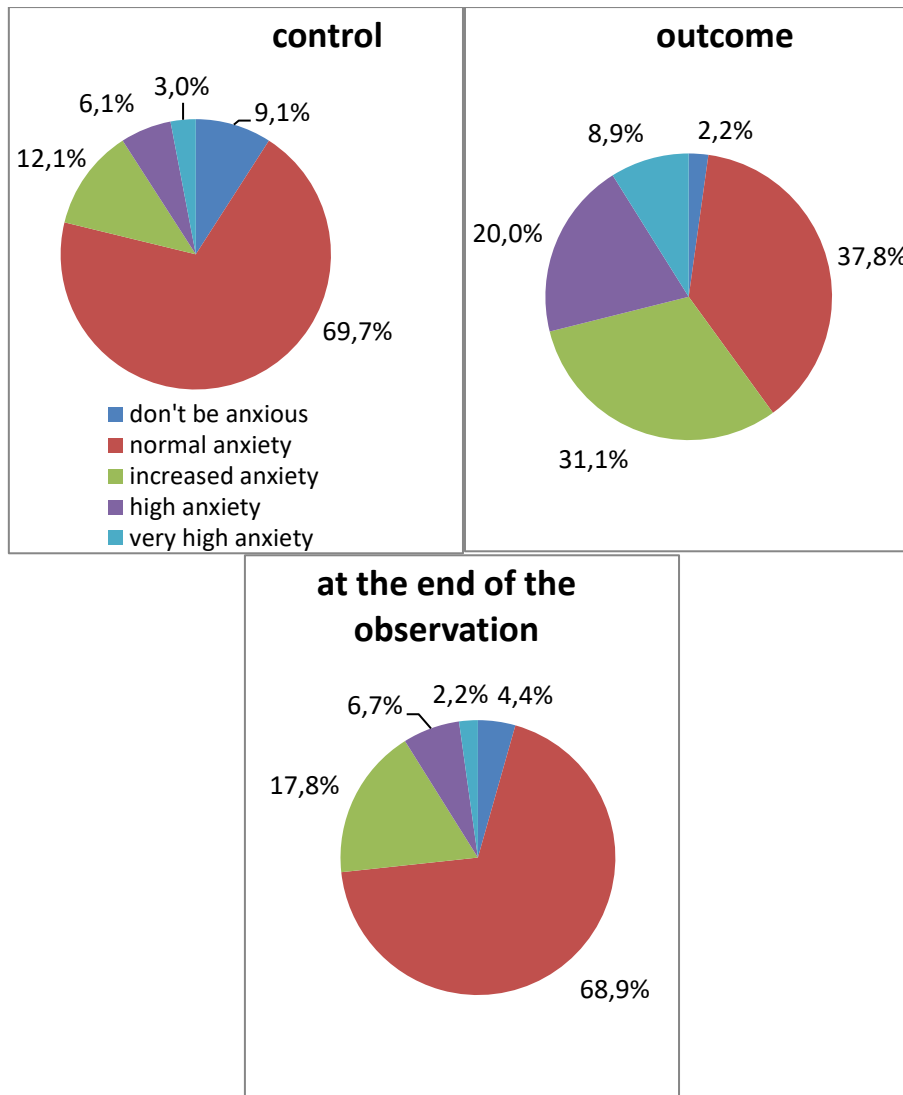


Figure 3. Dynamics of personal anxiety of obese women against the background of wearing corrective clothing.

Figure 3 shows the features of personal anxiety in obese women who wear corrective clothing daily. Thus, initially, a high incidence among them of increased anxiety (31.1%), high anxiety (20.0%) and very high anxiety (8.9%) as a result of the use or corrective clothing decreased, reaching a level of control (17.8% , 6.7% and 2.2%, respectively). At the same time, the number of non-anxious women and those with normal anxiety increased, reaching the level characteristic of control.

The results of the use of the methodology for determining the “Ladder” self-assessment in obese women who wear corrective clothing are presented in Figure 4.

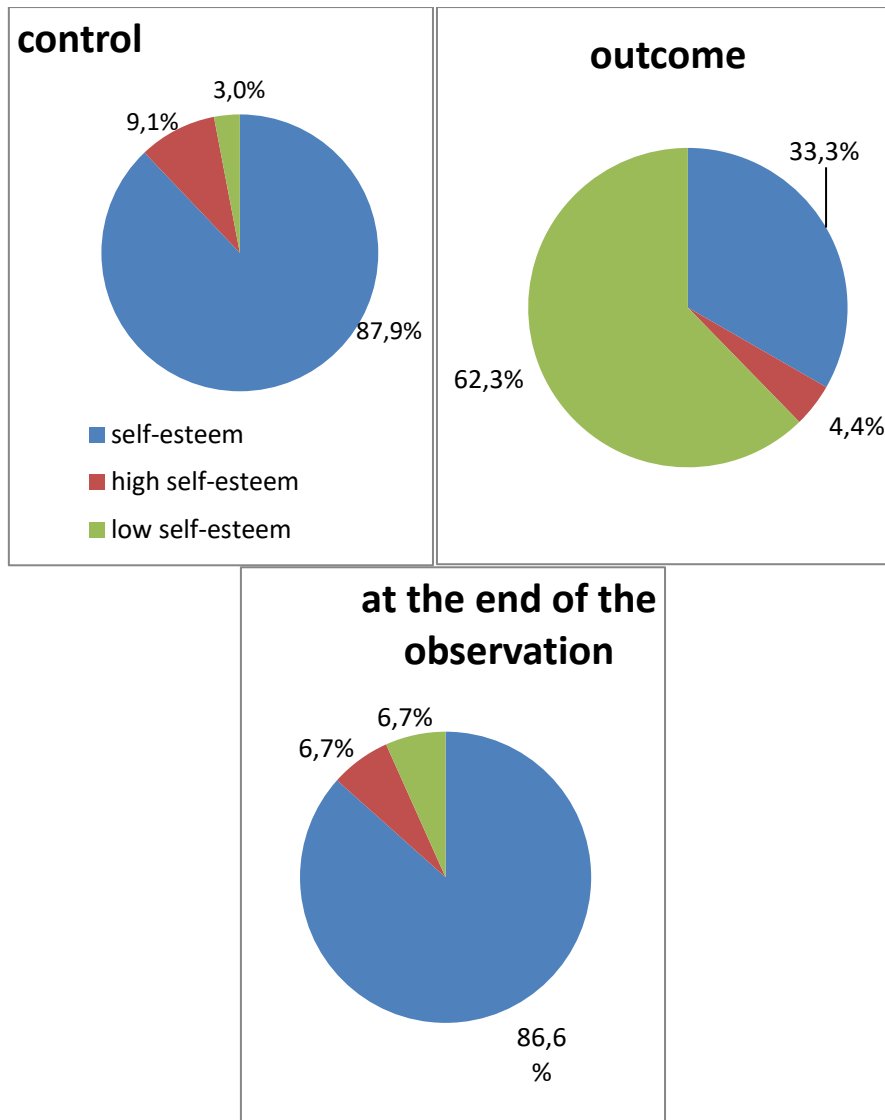


Figure 4. Dynamics of self-esteem in obese women wearing corrective clothing.

When examining women with obesity in the outcome, it was found that only 4.4% and 33.3% had overestimated and adequate self-esteem, while underestimated self-esteem was observed in 62.3% of women. In six months, daily wearing of corrective clothing was accompanied by an increase in their self-esteem to the level typical for healthy subjects (adequate self-esteem 86.6%, low self-esteem 6.7%, overestimated self-esteem 6.7%).

During the observation of women wearing corrective clothing, the dynamics of the level of motivation to use it was also obtained (Figure 5).

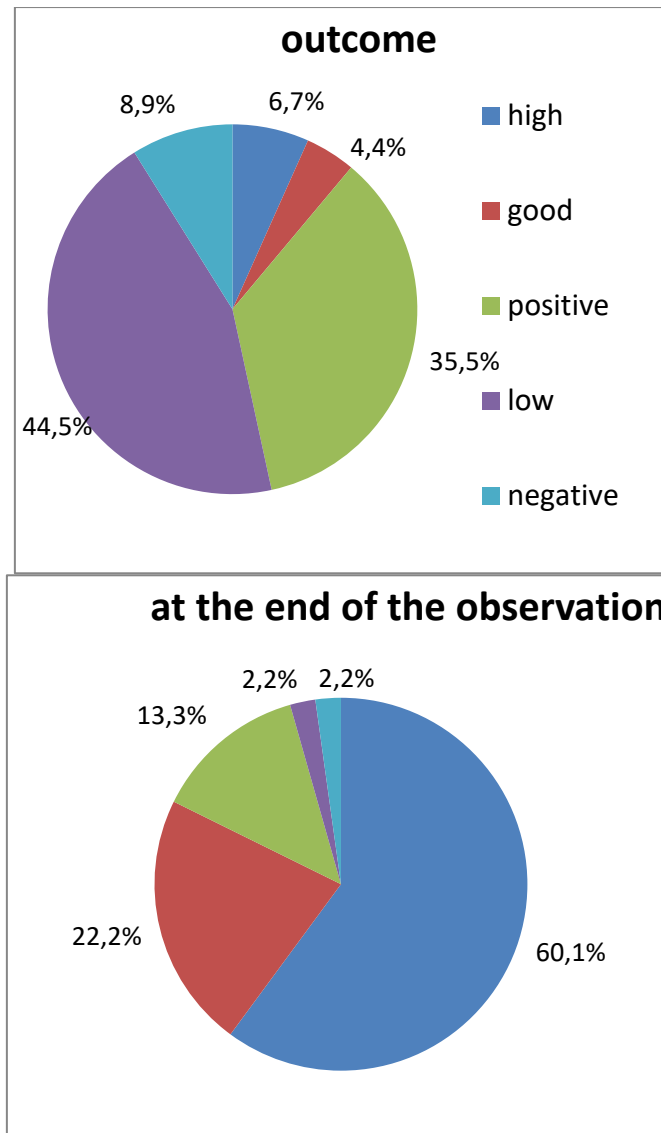


Figure 5. Dynamics of the level of motivation in obese women to wear corrective clothing.

At the time of the introduction of corrective clothing, the motivation for wearing women with obesity was very low (high in 6.7%, good in 4.4%, positive in 35.5%). In the course of its use in these women, there was an increase in the level of motivation for wearing it, which indicated the formation of a positive attitude towards it (high motivation in 60.1%, good in 22.2%, positive in 13.3%).

DISCUSSION

Any organism has a certain heredity, which clearly defines its morpho-functional characteristics and a possible tendency to a certain pathology [22,23]. The development of this predisposition is very strongly associated with environmental effects on the body, causing many changes in the body's somatic [24,25] and their progression [26]. This is also true for obesity, which can appear during the life of the body under the influence of excess nutrition. Much attention to this state among modern researchers is due to the high prevalence of obesity among the world's population and the high frequency of its complications [1,6].

It is believed that the development of obesity affects the metabolism and blood circulation processes, thereby disrupting the functioning of internal organs, including the heart and brain [5,6]. A major role in the development of these dysfunctions in obesity belongs to the development of violations of the micro-rheological properties of blood cells [7]. This is inevitably manifested by an increase in anxiety, which was noted in the study. In addition, the deterioration of the visual qualities of the figure reduces the self-esteem of

the woman, which can be strengthened and deepen under the influence of the emerging light hypoxia of the cells of her brain. This situation creates psychological discomfort and self-doubt in women, leading to psychological maladjustment. Naturally against this background, the increased attention of an obese woman to her health and low satisfaction with the quality of her own life looks like. This can explain the low initial level of motivation of these women to wear corrective clothing, which systematic explanatory work could not affect.

For the correction of the body in women with the initial phenomena of obesity, not only the traditional in this case diet and exercise are often used. The use of these non-metabolic effects [26] effectively optimizes their somatic status [27,28]. At the same time, further studies of the subtle mechanisms of action on the mature body with obesity of various “soft correction” options are able to open up great prospects for modern rehabilitation [1]. One of them is the constant wearing of corrective clothing, which has a high degree of influence on the visual manifestations of obesity. Moreover, its influence on the level of psychological comfort in such women has not yet been fully studied.

As a result of the study, it became clear that the regular wearing of corrective clothing in women with the initial manifestation of obesity, had a positive effect on the state of their figure, reducing its visual characteristics. In addition, the wearing of corrective clothing retained the physiologically beneficial parameters of vital processes in the musculoskeletal system and in all internal organs of the body. The current situation led to a decrease in the visual characteristics of the figure when entering the cartilage, bones and muscles of the required amount of nutrients and oxygen, which was accompanied by active leaching of toxic products from them. All this provided patients with active reparative processes in adipose tissue, which may inhibit obesity [29]. The changes in the body created all the physiological prerequisites for enhancing the continuous resynthesis of macroergs [30,31]. Under these conditions, the synthesis of nucleic acids and proteins in all internal organs was inevitably stimulated. The developing situation created the most favorable conditions for metabolism [32,33] and adaptation of the organism to the current conditions of existence [34,35].

The elucidation of the psychological comfort of corrective clothing is one of the most significant indicators of its quality during the development of the ideal manufacturability of the design, corresponding to the body surface in statics and dynamics, with fully justified rigidity of the constituent elements of the product [36,37,38]. An observation of the dynamics of anxiety in women wearing corrective clothing greatly helped. It was possible to identify the stabilization of the emotional background of women with developing obesity, which is an important element of the overall positive effect on their bodies of corrective clothing. The onset of anxiety reduction and the growth of self-esteem contributed to the formation of their internal positive attitude and significantly increased adaptation to the world [39,40]. Preserved memories of somatic ill-being ensured that they had a high level of attention to their health. At the same time, the increase in the level of assessment of the quality of one's own life proved the persistence of preserving the visual qualities of a figure against the background of wearing corrective clothing at an optimal level. The indisputable proof of comfort in wearing, providing subjective comfort and improving the assessment of his figure was the identified increase in motivation to wear corrective clothing in the process of its use [41,42].

It becomes clear that for 6 months of the use of corrective clothing in women of second mature age, it is possible to eliminate their visual manifestations of gynoid obesity. At the same time wearing corrective clothing is able to ensure that they achieve psychological comfort. The result suggests a high efficiency and high perspective of the tested approach in terms of sustained improvement in the visual characteristics of the figure in women [43]. The high motivation they have achieved to wear corrective clothing every day indicates its technical excellence and constructive completeness, capable of maintaining the woman's health and optimizing her psychological status during the initial appearance of gynoid obesity.

CONCLUSION

For women of the second adult age with obesity of the I degree, according to the gynoid type, there is an increase in personal anxiety, reduced self-esteem and dissatisfaction with the quality of life. In the end, their motivation for wearing corrective clothing was low. Against the background of daily 6 months wearing corrective figure clothing, a significant increase was observed in obese women in the first degree of satisfaction with their quality of life and self-esteem, a decrease in their level of anxiety in the complete

absence of side effects from its use. In addition, during the use of corrective clothing for these women has significantly increased the level of motivation to wear it.

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