

ното благополучие съответно при момчетата и момичетата, и 12.7% и 10.5% от дисперсията на психосоматичното здраве съответно при момчетата и момичетата), т.е. психичното благополучие на юношите в значителна степен зависи от начина, по който те възприемат собственото си тяло и се опитват да го променят. Удовлетвореността от собственото тяло и прилаганите здравословни поведенчески практики за контрол на теглото, които могат да бъдат интерпретирани като здравословен начин на живот, допринасят за по-добро психично благополучие и по-малко психосоматични оплаквания, а неудовлетвореността от собственото тяло/тегло и нездравословните поведенчески практики – за по-лошо психично благополучие и повече психосоматични оплаквания.

ЗАКЛЮЧЕНИЕ

В юношеска възраст неудовлетвореността от собственото тяло, проблемите с теглото и неподходящите опити за контролирането му са сред най-значимите рискове за здравето и благополучието. Предвид твърде широкото им разпространение, необходимо е да се обърне специално внимание и да се разработят подходящи образователни и превантивни програми за деца и юноши, акцентиращи върху здравословното хранене и физическа активност, и отклоняването от рискови поведенчески практики за контрол на теглото.

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