

BODY IMAGE DIFFERENCES AMONG RUSSIAN GIRLS IN EARLY AND LATE ADOLESCENCE

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Abstract: We present the results of a study of body image of Russian girls in early and late adolescence. We have analyzed the data from 129 Russian girls in early adolescence (13-14 years old) and late adolescence (19-20 years old). Most girls in early adolescence have a low degree of body acceptance. Body functionality and positive body image are correlated both with external and internal body standards in this group. We have found age dynamics in the positive body image since body functionality of the body increases with age.

Keywords: body image, satisfaction with the body, body functionality, adolescent girls, VOPAS, BSQ.

1 Introduction

The issue of body image is one of the most actual and controversial themes in the modern studies of mind health. On the one hand, the body is perceived as an object of influence and manipulation, needing to be shaped to a certain ideal, broadcasted by the media. On the other hand, in modern society the gap between the body and the mind is obviously growing.

Clinical psychologists define a person's body image as a mental entity through which various body processes (the processes of an organism functioning recognized by human consciousness) make up the body experience of a person (Vasilenko, 2011). Studies of a body image in Russia are conducted mainly within the clinical psychology framework, leaving behind normal psychosomatic development in different periods of ontogenesis (Thostov, 2002; Nikolaeva & Arina, 1996).

We can assume that a body image is a product of a person's psychosomatic development. In our opinion, the body image is a product of the reflection of one's body in one's mind.

Body image is a phenomenon in which formation and functioning socio-cultural factors play an important role. Nowadays researchers note the increased attention and an extreme degree of dissatisfaction with one's appearance in people without physical defects and mental abnormalities. The concept of «normative discontent» by one's own appearance was introduced in the scientific literature in 2009 (Rumsey & Harcourt, 2009). Now normative discontent is inherent to many people. This makes a background for the studies of socio-cultural factors and socio-economic stereotypes influencing the self-esteem of one's appearance and body (Swami & Fernheim, 2007; Herbozo, 2004).

In this context the study of body image among adolescent girls in early and late adolescence could not only expand our understanding of this phenomenon development, but also to contribute to the research of adolescent's mind health.

2 Literature Review

Since the issue came into discussion in the XX century the most relevant was the viewpoint that self-esteem, self-respect and body image most definitely determine each other during puberty, and most teenagers are dissatisfied with their body and appearance (Swami & Fernheim, 2007; Herbozo, 2004).

However, in recent decades this problem has affected even younger people. For instance, the American non-profit organization Common Sense Media reported that about 30% of 5-6 year-old children know about the diets and about 25 % child

has experienced some kind of restrictive eating behavior (Children, Teens, Media ... Brief, 2015; Cohena et al., 2017).

New interesting data could be obtained by the cross-cultural studies. For example, K. Holmqvist and colleagues (2007) notes that Argentine and Swedish adolescents demonstrate the same beauty standard and approximately equal level of body acceptance.

Not all respondents consider thinness to be the main constituent of a beauty standard. For example, despite an increase of overweight and obesity among African-American adults, especially among women, there is less dissatisfaction with the body in this population (Rucker & Cash, 1992; Ofose et al., 1998).

However, for other nationalities and races low weight is considered to be health attribute. Self-esteem, well-being and even mental and physical health of young people directly depend on them. In this case culture creates a mindset for a person to be thin and slender. It is assumed that a person whose body does not fit into the standards of beauty does not have self-control. Restrictive eating behavior becomes a way to be accepted in the reference group. T. O. Novikova and colleagues (2015) show that girls with a restrictive type of eating behavior are characterized by self-criticism and negative self-attitude, which determine the dissatisfaction with their own body. To gain confidence in their bodily attractiveness they try to gain positive evaluation and approval of others. Their body image is opposed to the ideal body image. For them to be thin is to achieve success and love. In their self-presentation they are guided by irrational attitudes. The girls with a restrictive type of eating behavior have a higher intensity of psychological defense mechanisms, which can indicate their greater emotional tension, as well as low effectiveness of coping strategies in stress.

For instance depression and anxiety were obtained to be more common among girls experiencing diets and other forms of figure correction, compared with girls not involved in this activity. As well as young boys engaged in bodybuilding demonstrate in the most severity of depression and anxiety symptoms (Kholmogorova & Dadeko, 2010).

The formation of the body image is influenced by many factors: the family environment, special features or appearance disadvantages, peer relations, media and advertising, the fashion industry and cultural traditions. And nowadays the social networks have an increasing influence on the body image, especially when adolescents publish and view photos of themselves and others on social networks (Cohena et al., 2017).

In our opinion, body acceptance and the positive body image may be considered as personal resources. In some cases, body acceptance performs as a «buffer» protecting against negative situations and their consequences (Klimusheva et al., 2014).

Also the positive body image has not only cross-cultural but also gender differences. Usually the girls demonstrate less body acceptance compared to boys. But when the person is more focused not on the appearance of the body, but on body functionality and he or she more flexibly defines the «beautiful» body and has more positive body image (Holmqvist et al., 2007). The body image formation starts from the birth of a person. In early and preschool childhood body image formation is influenced by role models, self-comparing with other people, normative body images of parents or other adults. At the younger school age children demonstrate motivated distortions in the perception of their own bodies, connected with the «standard of thinness», which is becoming more widespread. By adolescence, the situation in many cases is exacerbated and adolescent girls are dissatisfied with their body, which may also bring them to anorexia and other eating disorders.

American and European studies of body image issues focus not only on adolescents with eating disorders but also study

«ordinary» adolescents (Zhou et al., 2020; Souza et al., 2019). However, in the Russia such studies only begin to appear, which is due, inter alia, to the lack of diagnostic tools.

3 Research Methodology Framework

The purpose of this study was to analyze the subjective characteristics of the body image of girls at different stages of psychosomatic development: in their early (13-14 year-olds) and in late (19-20 year-olds) adolescence.

Our tasks were: 1) to obtain the specifics of the body image among adolescent girls in early adolescence; 2) to obtain the specifics of the body image among adolescent girls in late adolescence; 3) to compare the body image of girls aged 13-14 and girls aged 19-20.

Our goals were achieved through a survey-based study including 129 participants conducted between August 2020 and April 2021.

3.1 Sample

All in all, 129 adolescent girls were in the focus of our study of the body image among adolescents. 60 girls in their early adolescence (girls during puberty average age 13.5 (SD = .9)) and 69 girls in later adolescence (girls at the time of transition from adolescence to early adulthood average age 19.3 (SD = 1.9)) participated in our study. Such age groups were chosen because of the specifics of the pubertal period, the lower border of which is physiological, and the upper one is much more difficult to define and is connected mostly with social rather than physiological factors. All girls in early adolescence were schools students, older girls were university students. All the participants were living in the Kemerovo Region in Russia. 100% were from urban families from the cities of Kemerovo. The respondents (with the written parents' permission) were recruited and compensated through the local Research community. The respondents were verbally asked for the agreement to participate in the study; they were informed that they could quite it at any moment. Also we let the participants to know the procedure and purpose of the study. There was no time limitation.

3.2 Measures

1. *Body satisfaction*, *Body functionality* (positive appraisal for body power and body flexibility etc.) and *Compliance with external standards* (the degree in which in participant's opinion participant's body fits social standards in participant's opinion) and *Compliance with internal standards* (the degree in which in participant's opinion participant's body fits participant's own standards) were assessed by «Body Image Questionnaire». BIQ was developed by K. Belogai and I. Morozova (2017).
2. *Positive body image*, *Body functionality*, *Activity level* (high, median or low activity level indicated by the participant) and *Positive constitution appraisal* were assessed by «Body characteristics inventory» which was developed by K. Belogai (2014) based on Semantic differential by C. E. Osgood (1952).
3. *Satisfaction with the body* was assessed by the «Life Dynamics of Satisfaction with the External Image» by E. Belugina (2003). Girls in early adolescence indicated the degree of body satisfaction when they were 5 and 10 years old and at the present time using a ten-point scale, girls in the late adolescence also indicated body satisfaction when they were 15 years old.
4. *Self-respect* and *self-blame* were assessed by the «Self-attitude questionnaire» by S. R. Pantileev (1993). A questionnaire contains 110 statements about attitudes to one's personal qualities.
5. *Basic characteristics of height, weight and body image characteristics* were assessed through a 15-minute, face-to-face, semi-structured interview. It was conducted to gather data on the basic characteristics of height, weight (for calculating the body mass index (BMI)), person's attitude toward the body (including the desire to change something

in the body), the attitude towards the body from important people (mother, father) and lifestyle (diets, restrictive eating behavior, sports or dancing). They were also asked to indicate the compliance of their bodies with their external and internal standards.

6. *Negative Weight and Shape* and *Positive General Appearance* were assessed by *Verbal Commentary on Physical Appearance Scale (VCOPAS)* (Herbozo & Thompson, 2006). With the author's permission VCOPAS was translated into Russian. VCOPAS allows determining the degree of surrounding people's comments on a person's body image. We used version D, which includes 24 comments. Participants estimated the frequency of comments heard over the past two years and their emotional reactions to them. During the validation of the questionnaire for the Russian-speaking participants, we have found that of the three VCOPAS scales the Russian-speaking women do not have the «Positive Weight and Shape», many items do not work, and some are perceived ambivalently. As a result, we used two scales: «Negative Weight and Shape» and «Positive General Appearance».

We have used the translated measures only in a group of girls aged 19-20, since the authors provide the information that they were fashioned for the older adolescents.

3.3 Data Analyses

We used STATISTICA 6.0 (descriptive statistics, t-test, correlation analysis and ANOVA to analyze the obtained data.

4 Results

4.1 The Body Image of Russian Girls Aged 13-14

Descriptive statistics for a group of girls in early adolescence are presented in Table 1.

Table 1 Descriptive statistics for a group of adolescent girls aged 13-14 (authors' data)

Parameters	Average	Minimum	Maximum	Variability
Weight	51.77	40	71	5.31
Height	163.42	153	175	5.14
BMI	19.35	15.8	25.2	1.5
Compliance with external standards (%)	60.1	.1	99	23.49
Compliance with internal standards (%)	63.23	0	100	24.59
Subjective characteristics «Body characteristics inventory»				
Positive body image	4.10	-15.00	13.00	6.59
Body functionality	3.25	-14.00	18.00	7.32
Activity level	1.60	-9.00	11.00	4.28
Positive constitution appraisal	-.62	-9.00	7.00	4.72
Subjective characteristics				
Satisfaction with the body at the age of 5	8.82	1.00	10.00	2.01
Satisfaction with the body at the age of 10	7.38	1.00	10.00	2.44
Satisfaction with the body at present time	5.67	1.00	10.00	2.53

Source: the authors

The girls' compliance with internal standards positively correlates with the compliance with external standards ($r = .70$, $p \leq .01$).

Also we have found a number of interrelations between the parameters in the group of girls aged 13-14 (Table 2).

Table 2 Correlations between the parameters in the group of girls aged 13-14 ($p \leq 0,01$) (authors' data)

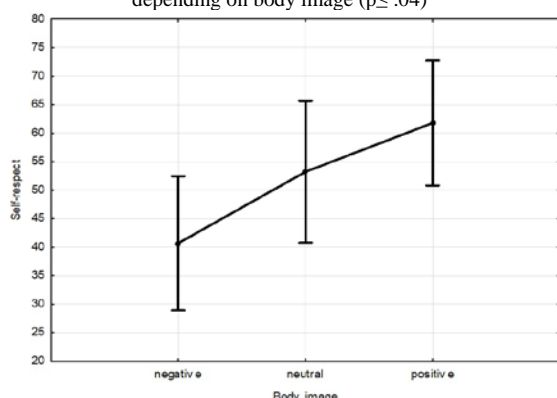
Parameters	Compliance with internal standards	Compliance with external standards
Positive body image	.59	.58
Body functionality	.42	.36
Positive constitution appraisal	.47	.43
Satisfaction with the body at the age of 5	-	-
Satisfaction with the body at the age of 10	.35	.37
Satisfaction with the body at present time	.55	.38

Source: the authors

Positive body image and positive higher body functionality positively correlate with both compliances with internal and external standards ($p \leq 0,01$). The degree of satisfaction with the body at a younger school age and at the present moment also positively correlate with the compliance with internal and external standards ($p \leq 0,01$).

One-way ANOVA in a group of early adolescence helped to obtain that the attitude towards the body affects self-respect (Figure 1).

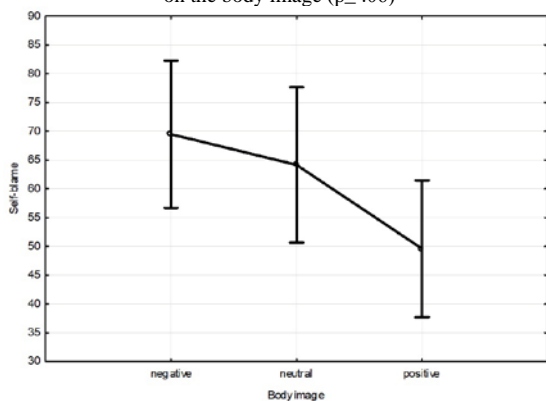
Figure 1 Self-respect among girls in early adolescence depending on body image ($p \leq .04$)



Source: authors' data

Also we have found the level of self-blame to be changing in three groups in the opposite way (Figure 2). The data were significant with the $p \leq .06$. As we can see girls with the positive body image have less self-blame.

Figure 2 Self-blame among girls in early adolescence depending on the body image ($p \leq .06$)



Source: authors' data

4.2 The Body Image of Russian Girls Aged 19-20

Descriptive statistics for a group of girls aged 19-20 years are given in Table 3. As we can see the descriptive statistics of the girls in late adolescence is similar to the girls in early adolescence.

Table 3 Descriptive statistics for a group of girls aged 19-20

Parameters	Average	Minimum	Maximum	Variability
Weight	57.85	41.00	90.00	10.22
Height	165.54	151.00	178.00	7.13
BMI	21.11	15.62	31.14	3.41
Compliance with external standards (%)	54.53	10.00	90.00	20.65
Compliance with internal standards (%)	64.06	.00	100.00	23.38
Subjective characteristics «Body characteristics inventory»				
Positive body image	5.85	-14.00	15.00	7.15
Body functionality	6.65	-11.00	20.00	8.25
Activity level	1.85	-8.00	10.00	5.11
Positive constitution appraisal	-.29	-9.00	8.00	4.52
Subjective characteristics				
Satisfaction with the body at the age of 5	9.18	5.00	10.00	1.45
Satisfaction with the body at the age of 10	7.79	1.00	10.00	2.16
Satisfaction with the body at the age of 15	5.79	1.00	10.00	2.46
Satisfaction with the body at present time	7.09	2.00	10.00	2.14
Subjective characteristics «Body inventory questionnaire»				
Positive body image	3.08	-14.00	17.00	6.78
Positive constitution appraisal	6.23	-16.00	18.00	7.35
Body functionality	5.61	-10.00	18.00	7.67

Source: the authors

We have found correlations between the frequency of people's comments about participant's appearance and non-fitting to the external standards, as well as between emotional reaction to comments and concerns about body shapes and non-fitting to the external standards. The more, according to the girl, her body fits to the existing standards, the lesser she indicates people's comments about her appearance and the more positive reaction to them she demonstrates and also the lower concern about the body shapes she has. Significant correlations ($p \leq .01$) between these parameters and their own internal standards were not found (Table 4). Moreover, among girls aged 19-20 years the body compliance with the internal standards correlates positively with the body compliance with external standards ($r = .52$, at $p \leq .01$).

Table 4 Correlations between the VCOPAS scales, the BSQ scales and the body's compliance with external / internal standards ($p \leq .01$)

	Compliance with external standards	Compliance with internal standards
Frequency of comments (VCOPAS)	-.40	-
Emotional reaction (VCOPAS)	-.33	-
Concern with body shapes (BSQ)	-.39	-

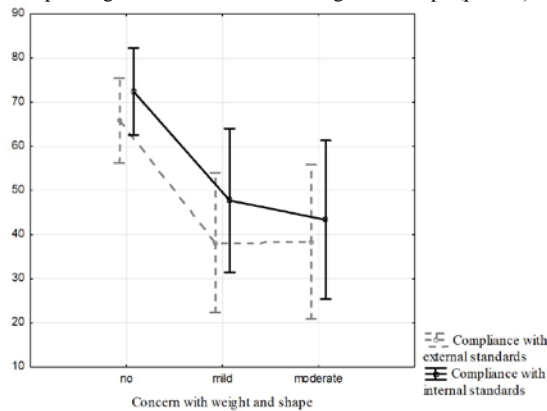
Source: the authors

We found correlations of the VCOPAS scales and BSQ scales with the BMI and height. The girls with a higher body mass index indicate a greater number of people's comments about the appearance ($p \leq .01$). All the mentioned scales, except for the frequency of additional people's comments about participant's appearance, are lower for higher girls ($p \leq .01$).

Depending on the degree of concern for their weight the girls were divided into three groups: girls demonstrating no concern for weight and shape, girls demonstrating mild concern with weight and shape and girls with moderate concern with weight and shape.

One-way ANOVA showed that body image parameters significantly differ in these groups. That is to say, for our sample the compliance with external and internal standards was found to depend on the concern about weight and shape (Fig. 3).

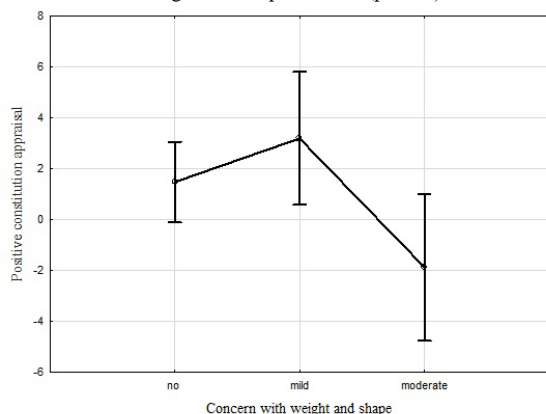
Figure 3 Compliance with external and internal standards, depending on the concern about weight and shape ($p \leq .01$)



Source: authors' data

Also positive constitution appraisal was found to depend on the degree of weight and shape concern (Fig. 4). The data were significant with the $p \leq .03$. As we can see girls with the moderate weight and shape concern have less positive constitution appraisal.

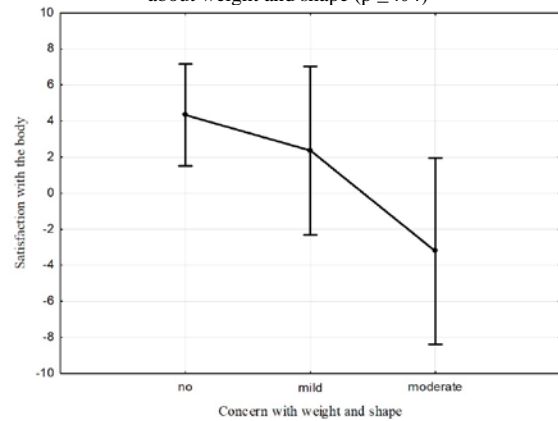
Figure 4 Positive constitution appraisal depending on the degree of weight and shape concern ($p \leq .03$)



Source: authors' data

Satisfaction with the body was found to depend on the degree of weight and shape concern (Fig. 5). The data were significant with the $p \leq .04$. As we can see girls with the moderate weight and shape concern have less satisfaction with the body.

Figure 5 Satisfaction with the body, depending on the concern about weight and shape ($p \leq .04$)

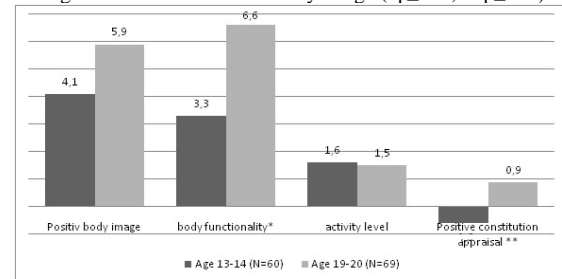


Source: authors' data

4.3 Comparison of the Body Image of Girls Aged 13-14 and Girls Aged 19-20

Body functionality is significantly higher in late adolescence compared to early adolescence (Figure 6). Activity level and positive body image differ insignificantly. Differences in the evaluation of the physique are significant only with $p \leq .06$.

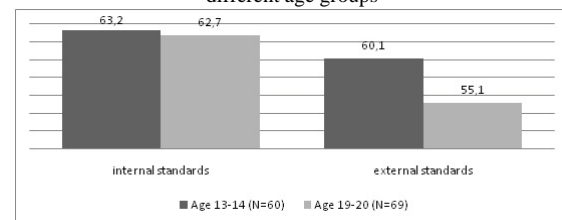
Figure 6 Parameters of the body image ($*p \leq .02$; $**p \leq .06$)



Source: authors' data

As we see in both groups satisfaction with the body is low. Compliance with external and internal standards has no significant differences between age groups (Figure 7). As we see girls in late adolescence are little less influenced by external standards.

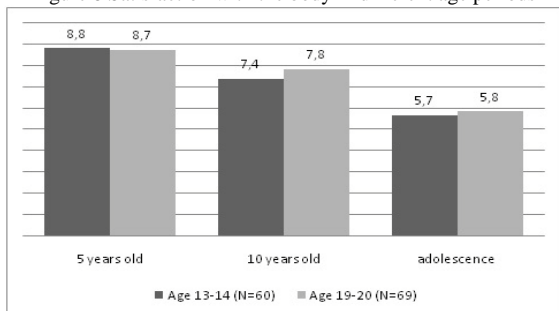
Figure 7 Compliance with external and internal standards in different age groups



Source: authors' data

We also noted the higher satisfaction with their body was retrospectively in childhood, the higher the degree of body acceptance at the present moment the girl has. Satisfaction with the body within different age period (5, 10 and 15 years old) also has no significant differences between age groups (Figure 8).

Figure 8 Satisfaction with the body in different age periods



Source: authors' data

We also found the correlation between the satisfaction with the body and the scales of the «Body characteristics inventory» both in early and late adolescence. Correlation matrices for 13-14 aged girls are presented in Table 6. The data were significant with the $p \leq .01$.

Table 6 Correlations between the satisfaction with the body and the scales of the «Body characteristics inventory» for 13-14 aged girls ($p \leq .01$)

BCI	Satisfaction with the body		
	At 5	At 10	At present time
Positive body image	.32	.38	.59
Activity level			.59
Body functionality	.38		

Source: the authors

As we see positive body image is correlated with the satisfaction with the body at age of 5 and 10 and in the present time. Also body functionality is correlated with satisfaction with the body at age of 5 in this group. For the girls of 19-20 years old we have found more correlations. Correlation matrices for 19-20 aged girls are presented in Table 7. The data were significant with the $p \leq .05$.

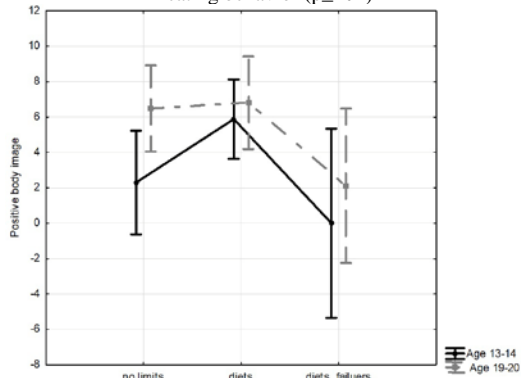
Table 7 Correlations between the satisfaction with the body and the scales of the «Body characteristics inventory» for 19-20 aged girls ($p \leq .05$)

BCI	Satisfaction with the body			
	At 5	At 10	At 15	At present time
Positive body image	.45	.49	.53	.55
Activity level	.36	.38	.52	.5
Body functionality	.39	.37	.39	

Source: the authors

ANOVA made it possible to test the dependence of body image parameters on age and eating behavior (Fig. 9, 10, 11). Three groups of girls with different eating habits were identified. Positive body image depends on age, and eating behavior is pictured at the Figure 9.

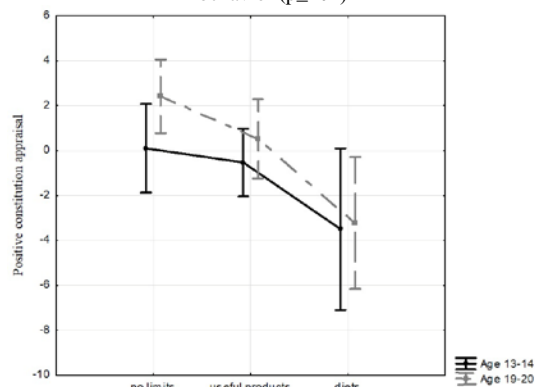
Figure 9 Positive body image depending on age ($p \leq .09$) and eating behavior ($p \leq .02$)



Source: authors' data

The data were significant with the $p \leq .02$. As we can see girls of both groups experiencing diets and failures have less positive body image. Positive constitution appraisal also depends on eating behavior. The data are pictured at the Figure 10.

Figure 10 Positive constitution appraisal depending on eating behavior ($p \leq .02$)



Source: authors' data

5 Discussion

5.1 The Body Image of Russian Girls Aged 13-14

The group of girls in early adolescence is extremely heterogeneous in terms of compliance with external and internal standards ($M = 60.1$ and 63.23 appropriately). So, they follow their own ideals somewhat higher. Five percent of girls indicate their body's compliance with internal standards below 10%, which, in our opinion, indicates that this group has a high risk of eating disorders. At present, dissatisfaction with the body is considered to be one of the most reliable and consistent predictors of food pathology in adolescents and early adulthood (Jacobi & Fittig, 2010).

This group demonstrates the lowest degree of satisfaction with their body at the present time (compared with retrospective assessments of the body in preschool and junior school age). And E. Meland and colleagues (2007) postulated that with age the number of reports about the negative image of the body was increasing.

The indicators of positive body image, activity level, body functionality among 13-14 aged girls are not high. According to our data 72% of girls would like to change something in their body. More often they are talking about the desire to change the waist, height (8% of teenagers would like to be taller) and weight (12% of teenagers would like to lose weight). 28% of respondents would like to change «everything» in their bodies. The study of teenagers aged 12-18 shows that weight and indicators of psychological well-being are associated with perceived body image dissatisfaction (PBID) (Kostanski & Gullone, 1998).

According to our study, self-respect was maximal in the group of 13-14 aged girls with a positive body image. The girls with a negative body image demonstrated the lowest self-respect. The self-blame also depends on the body image; it is much higher among girls with a negative body image. Our study is consistent with other researchers' data. For example, studies linking body image to teenagers' self-esteem show that teenagers who are overweight have an increased risk of depression and low self-esteem (Sjoberg et al., 2005).

Self-esteem is so inherently bound up with the thoughts about a body that the physical appearance was recognized as a prognostic factor for predicting the level of self-esteem in many age categories (Ata et al., 2006). Low self-esteem is associated with negative body image and the occurrence of eating disorders (Green & Pritchard, 2003).

5.2 Body Image of Russian Adolescent Girls Aged 19-20

The average body mass index in this group is normal, but there are girls with a lower and higher index. For this age compliance with external standards is slightly lower, and compliance with internal standards is higher than among girls in early adolescence. The indicators positive body image, activity level, body functionality also are not high.

Our data do not correspond with the results obtained for the English-language participants. For example, S. Usmiani and J. Daniluk (1997) have shown that the greater femininity of the gender role correlates with the positive body assessments in the group of girls without menstruation, while in girls with established menstrual periods, the positive body image correlates with greater masculinity in the gender role. Such a difference in the results may indicate cross-cultural differences in the body image of English-language and Russian adolescent girls.

VCOPAS with the Russian participants also demonstrated some difference since the girls noted that they rarely heard comments about the appearance proposed in the questionnaire. A different list of comments might be needed for the Russian respondents. At the same time, the more the number and frequency of comments about the appearance, the more was the negative reaction to them. The more additional comments a girl notes, the higher their frequency, the more negative emotional reaction she also expresses.

BSQ in the Russian participants showed that this is a fairly reliable instrument for analyzing the concern about the body shapes of Russian-speaking girls. Currently, the questionnaire is suitable not only for the English-language sample, but is also translated into Portuguese and Swedish. It was used in studies conducted in Brazil and Sweden (da Silva et al., 2014; Welch, et al., 2012).

The answers of the VCOPAS and BSQ measures in the Russian-language participants correlate with each other. Girls, concerned with the forms of their body, note a greater number of comments, their negative reaction is also higher compared to a group of girls who are not concerned with body shapes. These data corresponds to other studies. For instance, S. Herbozo (Herbozo & Thompson, 2006) reports that the frequency of comments about the appearance that girls note affects body image disturbances and self-esteem in female students aged 18-25.

The concern about one's body, its size and forms might make the respondents pay attention to the comments and get frustrated about this. Although the opposite situation may be true – the more often the girl hears comments about the appearance, the more she worries about the body and its forms. This issue requires further study. It may be very important issue in changing not only the women's self-esteem, but even in terms of changing their eating behavior (Herbozo et al., 2017).

In our sample, 19-20 year-old girls have different body image parameters depending on the concern with weight and shape. In the group of girls with have no concern about a body, compliance with external and internal standards fluctuates around 60%. In groups with a mild and moderate level of concern about a body, the degree of compliance falls to 40-50%. Moreover, our data illustrate that in Russia «normative discontent with a body» is spreading more and more among women and encompassing girls of younger age groups, while in some countries there are reverse trends. For example, a study conducted in Iceland among 16-19-year-old students proved that the body image from 2000 to 2010 became much more positive for both men and women. Also, during this time there was a decrease in the proportion of women following diets (Zhou et al., 2020; Souza, et al., 2019; Wilson et al., 2019).

5.3 Body Image for Girls in Early and Late Adolescent

In both groups satisfaction with the body is low. Although studies of the positive body image are becoming popular

(Tiggemann & Zaccardo, 2015), we believe that when considering the relationship between age and body satisfaction, it is necessary to take into account the cross-cultural differences between the studied groups. For example, M. Tiggemann (Tiggemann & McCourt, 2013) noted that satisfaction with body image in women increased with age. However, our previous studies have demonstrated that for Russian-speaking women the situation is opposite (Belogai & Morozova, 2017).

We noted the higher satisfaction with their body was retrospectively in childhood, the higher the degree of body acceptance at the present moment the girl has. It is right for positive constitution appraisal and body functionality. The smaller number of inter-correlations in early adolescence might be due to the serious transformations that the body of a teenage girl is undergoing during this period. As a girl grows older, the body image becomes more integrated.

Body image, the age and the eating behavior are interconnected. Positive body image depends on age ($p < .001$) and eating behavior ($p < .02$), positive constitution appraisal depends on eating behavior ($p < .02$). Girls keeping to diets have the lowest constitution appraisal; they have the least positive body image. Our data are consistent with the data of other researchers. For example, F. Johnson and J. Wardle (2005) indicated that a negative body image adversely affected health behavior, for example, unhealthy weights control behavior.

According to M. Tiggemann (Tiggemann & Zaccardo, 2015) in adolescent and young adult women “positive body image would likely be expressed most obviously in healthy eating patterns, whereby women eat freely and intuitively, following internal hunger, rather than in response to external situational”. It has also been suggested that girls with positive body image might be less likely to engage in smoking, alcohol, or other drug use (Andrew et al., 2014). N. L. Wood-Barcalow, T. L. Tylka, and C. L. Augustus-Horvath (2010) introduced the term “protective filtering”, which means that “information about the body is interpreted in a self-protective manner, filtering out negative information potentially harmful to body image”. Positive body image can be a conscious choice. In the above mentioned study 80% of college students reported that they had experienced negative body image during adolescence which they had subsequently overcome through a cognitive shift in their thinking, including embracing an inclusive definition of beauty.

As our interview illustrates, the dissatisfaction with the body image among Russian-speaking adolescent girls is determined by the same factors as in other ethnic groups: the influence of the media, the Internet, peers and family factors (Thompson et al., 1999; Shroff & Thompson, 2006). Our data correspond to other Russian studies. For example, study reported that parental remarks directly affecting the body image of teenage girls (Zinovieva et al., 2015).

In general, both groups demonstrate «normative discontent» with the body, which is consistent with the data obtained in European, American, and Latin American samples (Holmqvist et al., 2007; de Sousa Fortes et al., 2013; Zhou et al., 2020).

6 Conclusions

Most girls aged 13-14 are demonstrated a low degree of body acceptance, by a significant gap between the images of a real and ideal body. The self-respect for them correlates with positive body image. Whereas self-blame correlates with negative body image. Body functionality and positive body image are connected both with external standards and with the internal standards.

Girls aged 19-20 (like a younger group) also have dissatisfaction with the body. Also, there is a correlation between subjective and objective, for example, BMI, characteristics of the body. Depending on the concern with weight and shape, 19-20 year-old girls have different body image.

Having compared the body image of girls in early and late adolescence, we found no significant difference in body image. However, we can observe some positive dynamics in the body image associated with age – the body functionality increases with age. The body image becomes somewhat more integrated by the age of 19-20 compared with the younger girls.

Also there are various relationships between the parameters of the body image, the age and eating behavior of adolescent girls; and this issue requires further study.

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