

## 9. Streszczenie w języku angielskim

Pregnancy is a special and difficult period in the life of every woman. Lifestyle, as a habitual pattern, is very important for pregnant women, especially when health behaviors affect the health of the unborn child and the course of the pregnancy, the labor and the postnatal period. Additionally, the woman's body changes dynamically during pregnancy, and the impact of these changes on woman's perception of her corporeality has not been clearly established. Perception disorders, inability to estimate the appropriate size of her own body, awareness of the existence of discrepancies between woman's own appearance and socially promoted ideal may induce the woman to take destructive and pathological actions leading to eating disorders. The literature emphasizes that a distorted body image in the interaction with other factors (personality, intrapsychic, socio-cultural) can lead to the development of abnormal health behaviors.

The aim of the study was to assess the preferred health behaviors of young women aged 20-35 and the perception of their own bodies.

The study was conducted after obtaining the consent of the Bioethical Commission of the Medical University of Białystok (R-I-002/14/2016). The research group consisted of 750 women aged 20-35: 150 non-pregnant women (group I), 150 women in the first trimester of pregnancy (group II), 150 women in the second trimester of pregnancy (group III), 150 women in third trimester of pregnancy (group IV) and 150 women after a year of pregnancy (group V). The selection of the groups was deliberate. The study utilized a diagnostic survey consisting of proprietary questionnaires for research groups I-V, PFW - Perceived Family Wealth, FAS - Family Affluence Scale, Physical Appearance State And Trait Anxiety Scale, Contour Drawing Rating Scale – CDRS, The Scale of Self-discovery – KWCO according to Głębocka, Self-assessment Test according to Bielak, SWLS - The Satisfaction With Life Scale, Diener's Scale, The Scale of Positive Health Behaviors for Women according to Hildt-Ciupińska, The standardized Inventory of Health Behaviors (IZZ) according to Juczyński.

Women during pregnancy showed a higher level of health behaviors, especially in the field of health practice, nutrition and psychosocial health compared to other analyzed groups ( $p = 0.000$ ). The self-esteem of women during pregnancy was higher than in the groups of women before and after childbirth. An adequate level of self-esteem was found in 36% of women before pregnancy, almost 45% of women in the first and third trimester of pregnancy, while after pregnancy this level of self-esteem was found in about 1/3 of the surveyed women.

The highest level of body anxiety was observed in women after childbirth ( $11.9 \pm 9$  points), and the lowest in women in the first trimester of pregnancy ( $8.9 \pm 5$  points).

In each group of women, the negative emotions about their own body grew with the increase of BMI. The higher level of health behaviors (IZZ and PZZ) in the group of pregnant women, especially in the third trimester of pregnancy, was positively correlated with KWCO. In turn, the lower level of health behaviors was associated with a higher PATAS level and feeling of criticism from the environment (KWCO). The level of life satisfaction (SWLS) is related to the level of health behaviors.

The obtained results allowed to state that women during pregnancy were characterized by a higher level of health behaviors and higher self-esteem than women before and after pregnancy. Positive health behaviors have reduced the feeling of negative emotions towards the body. The higher level of health behaviors positively influenced the sense of overall life satisfaction.