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**INTEGRATED IDENTITY AS A PSYCHOLOGICAL DETERMINANT OF A PERSON'S
HARMONIOUS EATING BEHAVIOR**

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Abstract

The article is devoted to one of the topical and globally important problems – the problem of eating disorders of young people. The authors focus on the identification of psychological factors that determine the styles of eating behavior. The article reveals the degree of its development in modern psychology and psychiatry, determines the methodological approach and organization of the study. The study is based on the psychodynamic approach and the Central provisions of the concept of dynamic psychiatry according to which, the structure of the individual is considered in relation to the totality of its relations. It is a certain combination of varying degrees of Central and unconscious Self-functions that make up its identity. Violations of identity as a General disharmonization of the personality structure determine the occurrence and development of personality and behavioral disorders due to the disintegration of its basic Self-functions.

Keywords

Food behavior – Personality structure – Identity – Self-functions – Food deviations

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Introduction

Nowadays in the whole world the problem of eating behavior of the individual is being actualized due to the increase in the number of people suffering from eating disorders and to discussion of the issues of determining the characteristics and violations of eating behavior as well.

The article appeared due to significant works of predecessors – outstanding scholars A.G. Babina, O.A. Gladyshev¹, A.E. Bobrov², T.G. Voznesenskaya, V.A. Safonova, N.M. Platonova³, N.A. Nikolaeva⁴, V.V. Romashko, I. R. Semin⁵, O.A. Skugarevskaya, S.V. Sivukha⁶, S.Y. Tsirkin⁷, T.A. Shabanova⁸ and other researchers. According to them eating behavior is considered as an attitude to food and to the mode of its reception in everyday conditions and emotionogenic, stressful situations like predetermined behavior correlated with the formation and creation of an image corporal Self, control the identity of their bodily States and processes.

By virtue of its predetermination, eating behavior is characterized by the lack or, on the contrary, availability of all sorts of deviations and violations. In the first case, we are talking about a balanced, harmonious, adequate eating behavior; in the second it is about food deviations, disorders, disorders, having a wide range of manifestations (from minor overeating or restriction to anorexia nervosa and bulimia) and reflecting the result of the impact of physiological, genetic, social and psychological factors.

Most of the studies of the problems of eating behavior are devoted to identifying the causes of its violation. Based on the results of the theoretical analysis, we can say that eating disorders are considered as endogenous manifestation of the pathology⁹, mental disorders¹⁰, psychosomatic reactions¹¹, as one of the types of addictive behavior¹², and as

¹ S. Yu. Tsirkin; O. A. Gladyshev y A. G. Babin, "Bulimia nervosa: criteria and typology", *Social and Clinical Psychiatry*, Vol: 10 num 1 (2000): 68-72.

² A. E. Bobrov, "Psychopathological aspects of anorexia nervosa", *Almanac of clinical medicine*, num 51 (2015).

³ T. G. Voznesenskaya; V. A. Safonova y N. M. Platonova, "Eating disorders and comorbid syndromes in obesity and methods for their correction", *Journal of Neuropathology and Psychiatry named after S. S. Korsakova*, num 12 (2000): 49–52.

⁴ N. O. Nikolaeva, "History and current state of research on eating disorders (cultural and psychological aspects)", *Clinical and special psychology*, Vol: 1 num 1 (2012). Available at: http://psyjournals.ru/psyclin/2012/n1/49969_full.shtml

⁵ V. V. Romatsky y I. R. Semin, "Phenomenology and classification of eating disorders", *Bulletin of Siberian medicine*, num 3 (2006): 61–69.

⁶ O. A. Skugarevsky y S. V. Sivukha, "Eating disorders and the possibility of screening assessment", *Issues of healthcare organization and informatization*, num 3 (2003): 41-44.

⁷ S. Yu. Tsirkin; O. A. Gladyshev y A. G. Babin, "Bulimia nervosa: criteria and typology", *Social and Clinical Psychiatry*, Vol: 10 num 1 (2000): 68-72.

⁸ T. L. Shabanova., "The study of eating disorders in young people of student. Student", *International Journal of Applied and Fundamental Research*, num 9 (2017): 91-95.

⁹ A. A. Gerish y N. M. Iovchuk, "Children's endogenous "masked" depression", *Russian Psychiatric Journal*, num 6 (1999): 39–43 y T. V. Sorokman, "Eating disorders as predictors of childhood obesity", *International Endocrinological Journal*, num 5 (69) (2015).

¹⁰ T. G. Voznesenskaya; V. A. Safonova y N. M. Platonova, "Eating disorders and comorbid syndromes in obesity and methods for their correction", *Journal of Neuropathology and Psychiatry named after S.S. Korsakova*, num 12 (2000): 49–52 y V. V. Marilov; M. S. Artemyeva; R. A.,

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a result inharmonious style of family education¹³, sexual pathology¹⁴, excessive psychological stress¹⁵ in modern science.

However, modern psychiatric practice considers eating disorders as a component of the overall clinical picture of many mental disorders. The most developed and at the same time controversial issues are the pathogenesis of anorexia nervosa. The term itself appeared only at the beginning of the 20th century, when much attention was paid to the issues of differential diagnosis, its criteria, etiology and treatment of anorexia nervosa in psychiatric practice. Currently, foreign and national researchers noted a sharp increase in diseases of anorexia nervosa and bulimia among adolescents and young adults.

In psychiatry, researchers in the field of anorexia nervosa and bulimia repeatedly proved the relationship of eating disorders with mental disorders of the individual.

Thus, according to the works of S.Yu. Tsirkin, O.A. Gladyshev, A.G. Babin it is noted that 90% of patients with nervous bulimia are diagnosed with comorbid psychiatric pathology¹⁶. A sufficiently high level of combination of nervous bulimia and anorexia with comorbidity of mental disorders was recorded by other national¹⁷ and foreign¹⁸ researchers.

Recently, psychological factors of a person are seen as the causes of eating disorders, which manifest themselves in their self-esteem¹⁹, attitudes towards modern trends in the development of society²⁰, stereotypes of ideas about healthy eating²¹, the

Suleymanov y A. E. Brukhin, "The results of a long longitudinal study of eating disorders", Vestnik RUDN. Series Medicine, num 2 Vol: 34 (2006): 129–133.

¹¹ L. V. Demeshkina y O. N. Serdyuchenko, "Anorexia nervosa: a review and a clinical case", Gastroenterology, num 3 (2015): 57.

¹² N. V. Semenova; V. A. Lyapin; Yu. A. Grishchenko; A. P. Denisov; O. A. Kun; O. A. Denisova y E. V. Kutseval, "Features of nutrition stereotypes and predisposition to eating disorders of university students", Modern problems of science and education, num 4 (2015). Available at: <http://science-education.ru/en/article/view?id=20966>

¹³ K. A. Shevchenko y V. N. Chalov, "Eating disorder in adolescence and youth as a result of destructive parenting styles", International Journal of Experimental Education, Vol: 11 num 6 (2015): 1000-1004.

¹⁴ L. Villagomez; J. Cortes; E. Barrera, et al., "Comorbidity of obesity and eating behavior disorders", Rev. Invest. Clin, num 5 (2003): 535-545.

¹⁵ F. Connan; I. C. Campbell y M. Katzman, A neurodevelopmental model for anorexia nervosa. Physiology and Behaviour. 2004.

¹⁶ S. Yu. Tsirkin; O. A. Gladyshev y A. G. Babin, "Bulimia nervosa: criteria and typology", Social and Clinical Psychiatry, Vol: 10 num 1 (2000): 68-72.

¹⁷ T. G. Voznesenskaya; V. A. Safonova y N. M. Platonova, "Eating disorders and comorbid syndromes in obesity and methods for their correction", Journal of Neuropathology and Psychiatry named after S.S. Korsakova, num 12 (2000): 49–52.

¹⁸ N. Cruz-Bermudez y J. Rossello, "Bulimic and depressive symptomatology in Puerto Rican adolescents", Bol. Asoc. Med. P. R., num 3 (2003): 42-49 y L. Villagomez; J. Cortes; E. Barrera, et al., "Comorbidity of obesity and eating behavior disorders", Rev. Invest. Clin, num 5 (2003): 535-545.

¹⁹ A. O. Tolochkova y N. E. Vishnevaya, "The influence of personal characteristics and self-attitude of women on the dominant style of eating behavior", Psychology in Economics and Management, num 2 (2014): 30–37.

²⁰ N. O. Nikolaeva, "History and current state of research on eating disorders (cultural and psychological aspects)", Clinical and special psychology, Vol: 1 num 1 (2012). Available at: http://psyjournals.ru/psyclin/2012/n1/49969_full.shtml

degree of satisfaction of its essential needs²² and in other aspects of the functioning of the psyche.

Most researchers, therefore, focus on finding the causes and catalysts of food deviations, in order to correct and treat them. However, no less important is the question of how to prevent food disorders. In modern science, this question is still open. In this regard, preventive measures in practice are either limited by the transmission of the information or not interiorized at all because of the many available sources of information in the information society. The development of preventive programs involves taking into account evidence-based information about the naturally existing sustainable relationships between the harmonious eating behavior of the individual and those psychological factors that ensure its resistance to the emergence and development of food deviations. In psychological and psychotherapeutic practice, the state of identity is of importance. Researchers recognize the fact that the behavior of a person is determined primarily by its identity.

The category of "personal identity" is studied within the framework of various psychological schools and directions: psychoanalytic is traditionally distinguished (Waterman A., James W., Marcia J.L., Freud Z., Erickson E.), behaviorist (Campbell D., Sheriff M.), cognitive (Breakwell G., Turner J., Tejfel G.) approaches as well as concepts of identity developed within the framework of the theory of symbolic interactionism (Goffman E., Mead J.D., Vogelson G.). Each approach to the study of identity has its own characteristics and focuses on those aspects of the study of the concept of identity that are characteristic of their traditions. But at the same time, these approaches have common features²³. Based on the analysis of foreign identity studies, N.In. Antonova identifies a sense of integrity as the main characteristic of identity, due to the harmony of the development of its elements and units, that is, the structure of identity²⁴. Our study is based on the theory of identity proposed by G. Ammon in the framework of his concept of dynamic psychiatry²⁵. In the concept of G. Ammon, a person is considered as a whole, integrating his biological, mental, spiritual, social and cultural principles. Built on the basic principles of psychoanalysis, the theory of dynamic psychiatry combines the results of studies carried out in other psychological schools and areas, which gives it an interdisciplinary character, as well as the results of human studies undertaken in the Sciences related to psychology – medicine, biology, anthropology, philosophy, pedagogy - which determines its interdisciplinarity. In this regard, I. Borbely determines the theory of G. Ammon as a multidisciplinary one²⁶.

²¹ N. V. Semenova; V. A. Lyapin; Yu. A. Grishchenko; A. P. Denisov; O. A. Kun; O. A. Denisova y E. V. Kutseval, "Features of nutrition stereotypes and predisposition to eating disorders of university students", *Modern problems of science and education*, num 4 (2015). Available at: <http://science-education.ru/en/article/view?id=20966>

²² N. Cruz-Bermudez y J. Rossello, "Bulimic and depressive symptomatology in Puerto Rican adolescents", *Bol. Asoc. Med. P. R.*, num 3 (2003): 42-49.

²³ E. D. Dryaeva, "The problem of personal identity: two research strategies", *Philosophical Sciences*, num 10 (2016): 41-53.

²⁴ N. V. Antonova, "The problem of personal identity in the interpretation of modern psychoanalysis, interactionism and cognitive psychology", *Psychology Issues*, num 1 (1996): 131-143.

²⁵ G. Ammon, "Das Prinzip der Sozialenergie im holistischen Denken der Dynamischen Psychiatrie", *Dyn. Psychiat.*, num 16 (1983): 169-184.

²⁶ I. Burbil, "Multidisciplinarity" from the point of view of dynamic psychiatry as one of the forms of integration of psychoanalytic science and therapy into psychiatry", *Bulletin of the South Ural State University. Series Psychology*, Vol: 7 num 3 (2014): 55-64.

It is worth saying that the structural-dynamic model of identity in Ammon's theory was significantly supplemented and rethought. According to G. Ammon, the determining influence on the individual Self-functions has a social energy, which determines the development of personality due to the impact on its unconscious. Moreover, he states, that such social energy can be constructive, destructive and scarce. Getting into the appropriate socio-energy field, Self-functions, as secondary, socially conditioned components of the personality, are exposed to the energy impact, determining the strengthening or destruction of the integrity of the individual. The structure of personality is made up of Self-functions integrated into identity. Identity, as an integrative central Self-force, can be integrated when there is a constructive impact of social energy, or disintegrated, reflecting the result of a destructive or deficient effect on the unconscious social-energy field.

Our study was aimed at identifying the nature of the influence of integrated identity of the individual on its nutritional behavior and the level of its propensity to the emergence and development of the risk of food deviations. At the same time, under the integrated identity we understand the identity of the individual, which has constructive components of its structure, and under the harmonious eating behavior, according to the results of theoretical analysis, - the absence of food disorders and the risk of their occurrence, expressed in a low degree of propensity to food deviations.

Method

The presented study involved 937 people aged 18 to 25 years. All of them are students of different profiles: 628 of them are female and 309 are male. The aim of the empirical study was to identify the relationship between the style of food behavior of respondents and individual psychological characteristics of their personality, in particular the features of their Self-structure. Diagnostic tools of the research are:

1) methods of identifying the characteristics and style of eating behavior:

- screening test EAT-26 is a test of attitude to food intake (developed and tested by the Clark Institute of psychiatry University of Toronto in 1979), which allows to determine the level of development of the Respondent's propensity to eating disorders (anorexia nervosa, bulimia nervosa, as well as disorders of restrictive and impulsive types of eating behavior)²⁷;

- Dutch eating behavior questionnaire DBEQ (developed in 1986 by Dutch psychologists at the faculty of nutrition and social psychology of the Agricultural University), focused on identification of the degree of severity of the Respondent's restrictive, emotional and external types of eating behavior²⁸;

2) in order to detect the identity of the individual was chosen Ammon Self-structural test, developed in 1997 for measuring the characteristics of the structure of the individual, which manifests itself in the totality of relations. The questionnaire includes 220 statement questions grouped into 18 scales. Each scale reflects three types (constructive, destructive

²⁷ O. A. Skugarevsky, S. V. Sivukha, "Eating disorders and the possibility of screening assessment", Issues of healthcare organization and informatization, num 3 (2003): 41-44.

²⁸ O. A. Skugarevsky y S. V. Sivukha, Eating disorders and the possibility...

and deficient) of one of the Self-functions: aggression, anxiety, external limitation, internal limitation of Self, narcissism and sexuality²⁹.

The study used statistical methods: calculation of arithmetic mean, standard deviation, percentage distribution, comparative analysis with calculation of student's t-test and Pearson correlation analysis.

Results

The study, performed using the screening test, showed that the majority of students are characterized by a moderate degree of manifestation of a tendency to eating disorders: among 45,70% of young women and 42,07% of young men, mean values were recorded, which coincide with the standard indicators identified in large population of females and males. The absence of any risk of problems associated with eating disorders was found in 21,37% of female students and 50,16% of male students.

The high risk of food deviations was recorded in 8,12% of young women and 3,24% of young men; increased propensity – in 16,24% of girls and 4,53% of boys.

The percentage distribution of female and male students according to the degree of severity of restrictive, emotional and external types of eating behavior allows us to state the fact of predominance of female in young people – restrictive and emotional types and male – external (Fig. 1).

It was revealed that in 9,24% of young women restrictive type of eating behavior prevails. 66,24% are characterized by moderate severity of restrictive behavior and 24,20% - low. In the male sample, low indicators on the "Restrictive behavior" scale were recorded in 54,69% of the respondents; average - 44,34% and high - 0,97% of the total number of male students.

High rates of emotional behavior, suggesting a tendency to transform eating in stressful and emotional situations, were recorded in 9,87% of female students and 2,26% - male; average – 73,73% of women and 62,14% of men; low – 16,40% of female students and 35,60% - male.

The prevalence of external behavior was found in 4,53% of young men and 5,25% of women. Most of the students who participated in our study showed an average (59,87% of women and 70,55% of men) and low (34,87% of female students and 24,92% of male students) levels of susceptibility to external eating behavior.

²⁹ G. Ammon, "Das Prinzip der Sozialenergie im holistischen Denken der Dynamischen Psychiatrie", *Dyn. Psychiat.*, num 16 (1983): 169-184.

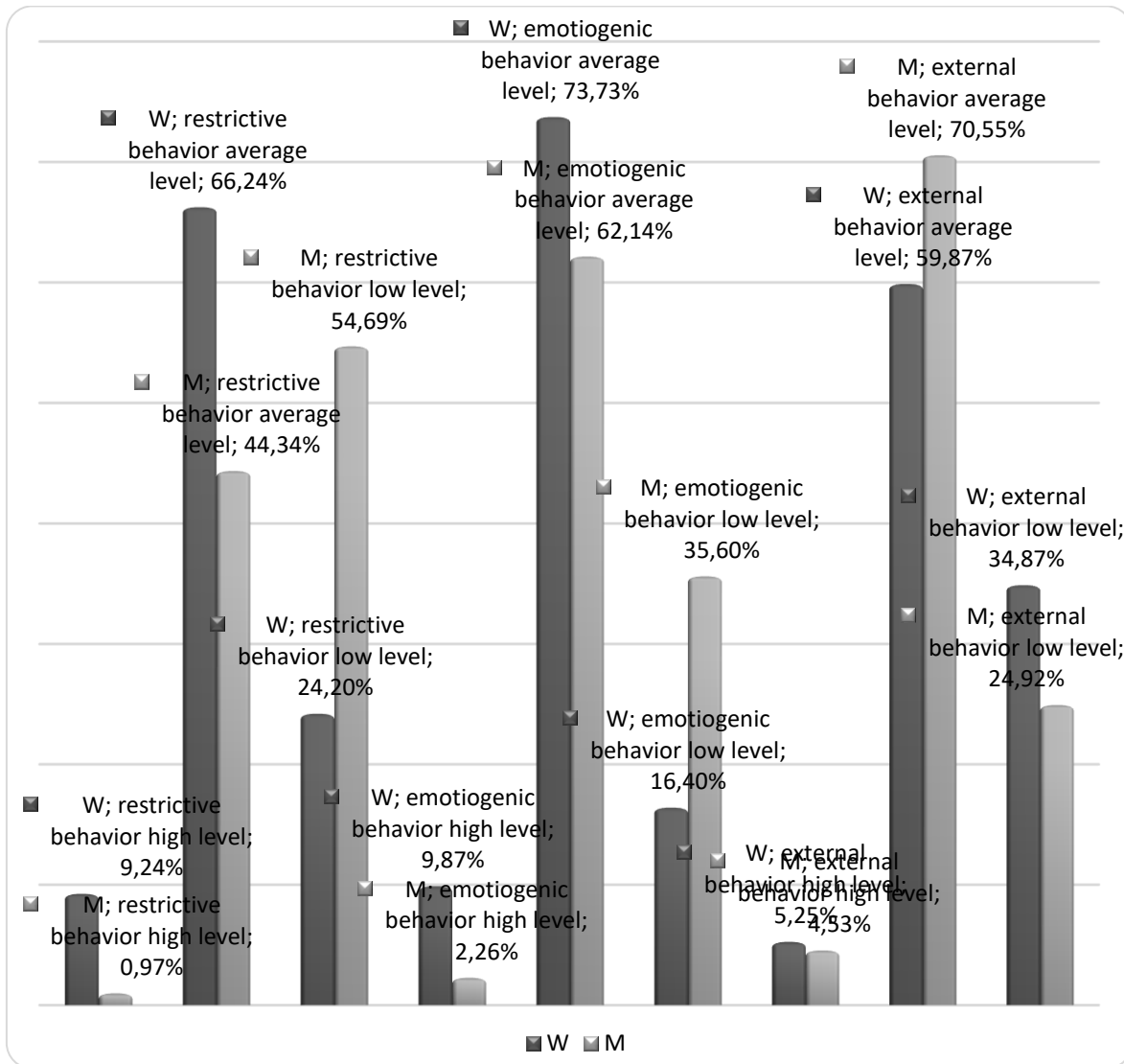


Figure 1
The Percentage distribution of respondents by the predominant type of eating behavior (results of the screening study)

The results of the screening study made it possible to form two contrasting groups: the core group consisted of 177 students with high and increased risk of developing food disorders; the control group was equated with the core group by the number and age of respondents – it was 177 students, characterized, however, by the absence of any signs of eating disorders.

In order to identify the nature of the influence of the types of organization of the structure of the individual on its propensity to food deviations, a comparative analysis of the characteristics of the development of the basic Self-functions of the individual in the subjects of two research groups was carried out. The results of this analysis indicate that the profiles of the personality structures of the students who made up the control group are actually diametrically opposed to the average profiles identified in the core group (Fig. 2).

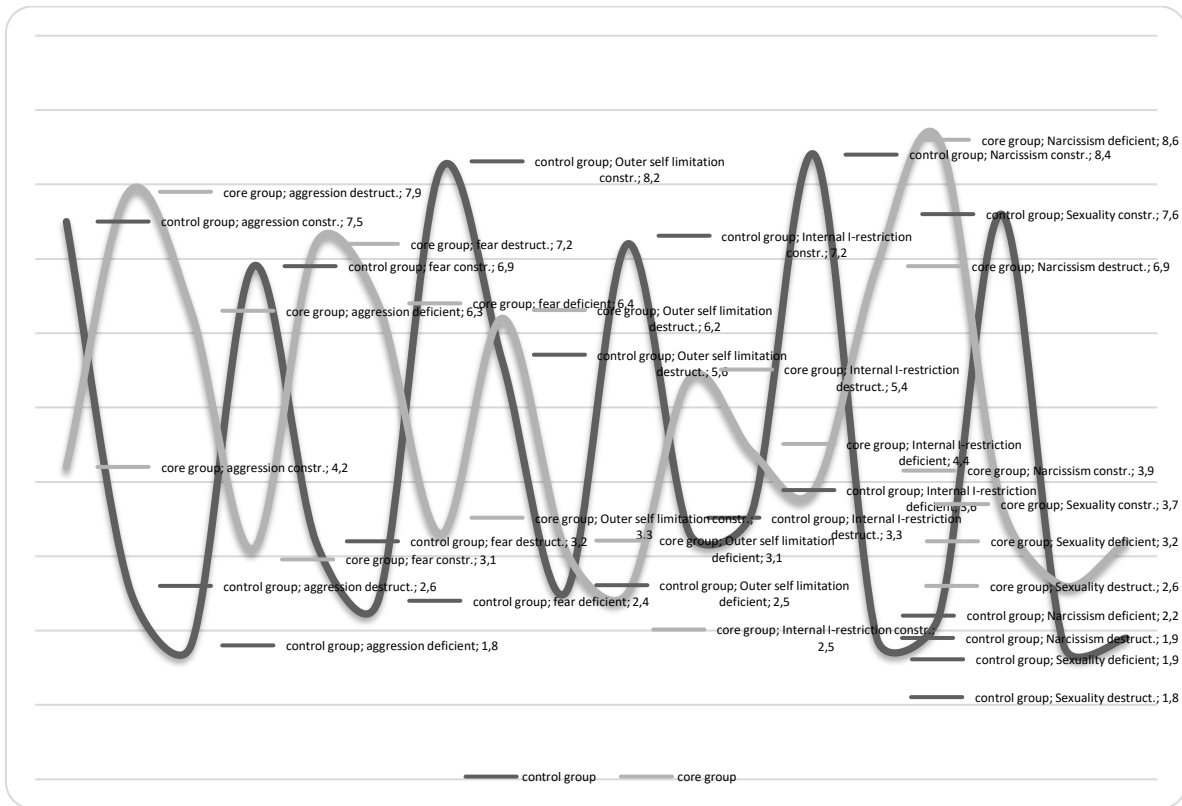


Fig. 2

Types of organization of personality structures of the subjects of the two research groups

Reliably significant differences between the two research groups were recorded for the indicators of all three types of the development of Aggression as one of the main I-functions: constructive ($t = 2,897, p < 0,01$), destructive ($t = 2,645, p < 0,01$) and the deficient ($t = 3,948, p < 0,001$): constructive ($t = 3,161; p < 0,01$), and destructive ($t = 2,335, p < 0,05$), deficient ($t = 3,258, p < 0,01$) and Anxiety (fear); constructive ($t = 3,662, p < 0,001$) and deficient ($t = 4,445, p < 0,001$) external Self-limit; constructive ($t = 3,604, p < 0,01$), destructive ($t = 3,061, p < 0,01$) and deficient ($t = 4,412, p < 0,001$) internal Self-limitation; constructive ($t = 3,892, p < 0,001$), destructive ($t = 2,809, p < 0,01$) and deficient ($t = 3,164, p < 0,01$) narcissism and constructive ($t = 3,022, p < 0,01$), destructive ($t = 0,01$) 2,988, $p < 0,01$) and deficient ($t = 2,323, p < 0,05$) sexuality (tab 1).

Self-function	Core group	Control group	T	P
Aggression				
Constructive	27,8378 ± 2,903	42,7027 ± 4,302	2,897	< 0,01
Destructive	55,1666 ± 5,623	37,5000 ± 3,814	2,645	< 0,01
Deficient	66,2136 ± 6,717	36,6019 ± 3,721	3,948	< 0,001
Anxiety/fear				
Constructive	28,8235 ± 2,899	46,0181 ± 4,743	3,161	< 0,01
Destructive	69,0909 ± 6,929	49,0045 ± 5,017	2,335	< 0,05
Deficient	58,5000 ± 5,912	40,3182 ± 3,999	3,258	< 0,01
External Self-limitation				
Constructive	29,9103 ± 3,002	51,8834 ± 5,223	3,662	< 0,001
Destructive	66,9696 ± 6,832	63,3333 ± 6,446	0,396	>0,05
Deficient	50,8969 ± 5,104	25,7848 ± 2,604	4,445	< 0,001

Inner Self-limitation				
Constructive	17,7670 ± 1,958	40,5825 ± 4,222	3,604	< 0,01
Destructive	58,6666 ± 6,088	45,9394 ± 4,696	3,061	< 0,01
Deficient	52,4849 ± 5,442	17,2289 ± 3,878	4,412	< 0,001
Narcissism				
Constructive	21,6423 ± 2,206	48,4476 ± 5,034	3,892	< 0,001
Destructive	39,3945 ± 4,028	25,2434 ± 2,613	2,809	< 0,01
Deficient	51,0453 ± 5,229	26,9374 ± 3,191	3,164	< 0,01
Sexuality				
Constructive	19,9038 ± 2,074	34,3772 ± 3,515	3,022	< 0,01
Destructive	32,3349 ± 3,332	19,6343 ± 2,123	2,988	< 0,01
Deficient	49,0932 ± 5,103	38,6342 ± 3,202	2,323	< 0,05

Table 1

The results of comparative analysis of the characteristics of the I-structure of the personality of the subjects of the two research groups (T-scores)

The results of the correlation analysis presented in table 2 indicate the presence of significant positive relationships between the constructive Self-functions integrated into the overall identity personality, and harmonious eating behavior, manifested in the absence of the risk of food deviations. You should pay attention on the fact that all subscales of the survey of Ammon, reflecting the constructive view of the development of the I-features on sound levels negatively correlated with indicators of screening test for the propensity to eating disorders.

Self-function	Screeningtest	Restrictive behavior	Emotional behavior	External behaviour
Aggression				
Constructive	-0,46707**	-0,20054*	-0,10947	-0,04823
Destructive	0,19113*	0,11342	0,11034	0,33041**
Deficient	0,14265	0,10985	0,11663	0,10472
Anxiety/fear				
Constructive	-0,53492**	-0,11325	-0,10194	-0,10091
Destructive	0,19342*	0,10562	0,29533*	0,10046
Deficient	0,15638	0,43444**	-0,18432*	0,11421
External Self-limitation				
Constructive	-0,49735**	-0,11194	-0,30284**	-0,10582
Destructive	0,09943	0,13726	0,10485	0,11943
Deficient	0,11733	0,40270**	0,11592	0,15342
Inner Self-limitation				
Constructive	-0,60371**	-0,12994	-0,32471**	-0,11901
Destructive	0,20021*	0,11553	0,10584	0,19460*
Deficient	0,16449*	0,51692**	0,11499	0,10487
Narcissism				
Constructive	-0,57632**	-0,10948	-0,11843	-0,20291
Destructive	0,21284*	0,10463	0,27344*	0,00421
Deficient	0,11834	0,50431**	0,11844	0,09486
Sexuality				
Constructive	-0,33254**	-0,10038	-0,10037	-0,08827
Destructive	0,17727*	0,13265	0,10328	0,03842
Deficient	0,09264	0,10832	0,10052	0,10551

*p < 0,05; ** p < 0,01

Table 2

The results of the correlation analysis of the characteristics of the I-structure of the personality of the subjects and their propensity to food deviations

Discussion

The results of the study suggest that one of the dominant factors determining the risk of eating disorders is disharmony and the destruction of the integrity of the identity of the individual, which is expressed in the disintegration of the Self-structure.

Most of the subjects who are out of the risk of food deviations are characterized by the active approach to life, by the ability to establish psychological contact with other people, to set adequate goals in life, to build life plans and scenarios and to implement them even in difficult situations.

In comparison with the subjects with a high level of susceptibility to eating disorders, they have more empathic abilities, a wide range of interests and a rich imagination. These characteristics of personality, as a reflection of the integrity of its identity, cause the blocking of other factors (social, socio-cultural, genetic) and the development of deviations in food behavior due to the ability to self-determination, to transform itself in adequate ways. In the group of persons prone to food deviations, the indicators of constructive aggression are significantly lower than in the group of students with resistant eating behavior. In the core group, many students are characterized by an unconscious internal ban on their own autonomy and identity. A narrow range of interests, the inability to openly express emotional experiences, "chronic" dissatisfaction with everything, including themselves, can become sources of eating disorders.

The integrity of identity, expressed in the constructive types of Self-functions, including constructive anxiety, controls the so-called "limits of experimentation." Persons, characterized by the integrity of identity and harmony of the formation of unconscious Self-functions, are able to adequately and soberly assess the danger of a real life situation, to maintain integrity even in emotional situations, whereas, according to the results of the study, many students, predisposed to food deviations, have either "overwhelming anxiety" or a tendency to subjectively deny the presence of any anxiety at all.

Indicators of constructive external Self-limitation are significantly higher in the control group than in the core one. This fact indicates that the majority of respondents in the control group have an adequate sense of reality, the ability to rationally distribute their capabilities and efforts, to determine the strategy of their behavior in situations of uncertainty and dissatisfaction. Violations of the outer Ego-boundaries can be a source of various deviations, including, as the results of the study, and nutritional disorders. Attention should be paid to the fact that the greatest differences between the groups were recorded in terms of internal Self-limitation. It should be noted that the blocking of the processes of occurrence and development of eating disorders is largely due to the formed ability of the individual to assess themselves adequately, to accept their thoughts, feelings, experiences, so that its identity is harmonious and holistic. Self-esteem, realistic perception of themselves, their bodily processes, the ability to resist the negative assessments of others without destroying their integrity, provide an opportunity to constructively address the issues of changing their own lives and behavior. Low group averages constructive narcissism, recorded in a group of students prone to eating disorders, indicate that most of them, because of the disharmony of I-functions, easily fall under the power of the opinions of others. Over-reliance on the opinion of others, combined with the inability of positive acceptance of self, including their embodiment, can be a source of deviant eating behavior.

The inability of the individual to differentiate between the imaginary and the real, the inability to regulate their own bodily processes, as a reflection of the functional insufficiency of the internal border, cause the risk of food disorders.

As a result of the correlation analysis, statistically significant positive relationships between the disintegrated type of organization of the personality structure and its tendency to eating disorders were revealed. It should be noted that food deviations by the type of restrictive behavior, that is, the tendency to anorexia nervosa develop in a person characterized by functional deficiency of narcissism ($r = 0,5043$, $p < 0,001$), anxiety ($r = 0,4344$, $p < 0,001$), external ($r = 0,4027$, $p < 0,001$) and internal ($r = 0,5169$, $p < 0,001$) of the boundaries of one's own Ego. Tendency to excessive unlimited food intake in stressful situations may be due to destructive tendencies of development of such I-functions as anxiety ($r = 0,2953$, $p < 0,01$) and narcissism ($r = 0,2734$, $p < 0,001$). Destructive aggression, reflecting the inability of its regulation ($r = 0,3304$, $p < 0,001$), the lack of interconnection of the conscious and unconscious ($r = 0,1946$, $p < 0,05$) often become causes of an uncontrollable desire to eat food only when it is company, satisfying other needs than the need to satisfy hunger.

Conclusion

As a result of the study, it was concluded that the state of personal identity is an important psychological determinant that determines the characteristics of its eating behavior. Integrated identity implies the ability of an individual to differentiate objects of the external world and subjective ideas about them, to differentiate their own physical states, to measure them with the actual situation in their life activity. Integrated identity provides the individual control over reality as well as the control over bodily states. In this regard, integrated identity blocks the processes of emergence and development of food deviations. The destruction of its integrity and disharmonious nature of its formation, expressed through functional insufficiency or distorted development of basic Self-functions, determines the emergence of problems in the mental activity of the individual, including in her eating behavior. The integrated identity determines the stable harmonious food behavior of the person.

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