

Summary

Individual and social body image of youth in the context of sport technologization

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The body, sport, and technology are not only the subject of scientific interest but also constitute an eternal component of human existence and development. The body serves as a tool for experiencing the world and as an individual carrier of identity and expression. Adolescence is a particularly crucial time in the formation of body image as it involves a series of physical, psychological, and emotional changes, intertwined with the search for individual and social identity among young people. In this process, their physical activity, often expressed through sports, plays a significant role. Undoubtedly, sport can serve as a tool for working on the body, and technological advancements in this field open up new possibilities but can also contribute to potential risks.

This doctoral dissertation focuses on the individual and social body image of youth in the context of sport technologization. The theoretical and empirical results of scientific explorations are presented in five chapters.

The first chapter discusses key concepts related to the body. It characterizes the individual and social body image, considering its various components and selected concepts. Attention is given to the subjective nature of the body, emphasizing its axiological dimension. The chapter also discusses preferences regarding the image of men and women over the centuries, illustrating changes in these preferences in the context of socio-cultural factors.

The second chapter consists of theoretical considerations concerning the body image of youth, particularly the factors influencing the formation of their body image. Physical factors discussed relate to changes occurring in the human body during adolescence and genetic determinants. Psychological factors discussed include self-esteem, body image perception, and the formation of young people's identities, as well as the role of physical activity, which occupies a significant place in shaping youth body image. Social factors encompass the influence of educational environments, including the role of mass media in this process.

The third chapter presents key concepts related to sport and their definitions. Within this chapter, the significance, types, ideas, values, and functions of sport are analyzed. Additionally, approaches to the body in the context of physical activity, including sport as a tool for achieving health, physical fitness, and body care, are discussed. The body is presented as a tool in sports,

used to achieve specific sporting goals and overcome one's own limits. The latter part of this chapter focuses on the process of sport technologization, analyzing changes associated with this phenomenon and technological intervention in the athlete's body, particularly in the context of professional sports.

The fourth chapter contains methodological assumptions of the author's research, including the stages of the research process. It presents the subject and purpose of the research, research problems and questions, hypotheses, as well as research methods and tools. The research group is also characterized, thereby presenting criteria for selecting respondents. The chapter concludes with a description of the research procedure.

The fifth chapter of the dissertation consists of the analysis of empirical research results, including frequency analyses and statistical dependencies. The results regarding the assessment of the individual and social body image of the surveyed youth, internalization of contemporary beauty stereotypes, youth behaviors towards their bodies, with particular emphasis on engaging in physical activity, are presented. Sources of body image standards among youth are analyzed. Results of analyses regarding the use of sports technology by youth, the popularity of various technology groups, and the nature of motivation for using sports technology are presented. The fifth chapter also includes a discussion of the results in relation to the literature and practical recommendations for youth themselves, as well as the educational environments discussed in the thesis, regarding supporting the process of shaping adolescents' body image and utilizing sports technology in the education and physical activity process.

The conclusion, the final part of the dissertation, includes a summary of research results, verification of research hypotheses, and indicates perspectives for further research in this area.

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