

Wojciechowska, Julia; Mickiewicz, Adam

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se vyhnul takovému chápání seberegulace, které nelze kdykoli objasnit v pojmech funkčního zá-
měru: zahrnuje všechny mechanismy, které facilitují utváření cílesměrného jednání.

Motivy chápe Kuhl jako implicitní reprezentace výsledků jednání, o které jedinec usiluje nebo
si je přeje dosáhnout. Jeho motivační hypotéza zní: „Jestliže se zvyšuje diskrepance mezi žádoucí
a stávající hodnotou relevantních potřeb, zvyšuje se negativní afekt, zatímco při zmenšení této
diskrepance se zvyšuje kladný afekt. Když při pozitivní výchozí úrovni (tzn. při silném kladném
afektu), například po nastalém nebo anticipovaném uspokojení potřeby zvyšující diskrepanci mezi
žádoucí a stávající hodnotou, jak je tomu u náhle frustrace, pak se nejprve sníží kladný afekt, aniž
přitom musí v každém případě nastoupit záporný afekt. Diskrepance vyvolané přiblížením nebo
oddálením cílů mohou mít analogické afektivní důsledky“ (s. 190). Motivy chápe Kuhl jako impli-
citní reprezentace výsledků jednání, o které jedinec usiluje nebo si je přeje dosáhnout.

Autor se může opřít také o dílčí studie, resp. experimenty týmu spolupracovníků, ale rozvíjí ta-
ké interdisciplinární spolupráci na řešení neuropsychologických souvislostí. Zahrnuje do svých
interpretací poznatky o vývoji motivace od raného věku (zde se odvolává mj. na práce manželů
Papouškových), zahrnuje efekt rodičovských vlivů a partnerských vztahů. Na základě výsledků
analýzy funkčních mechanismů motivace dospěl k některým alternativním interpretacím dosavad-
ních poznatků. Pozoruhodné je sledování „korumpujícího“ efektu na všech uvedených úrovních;
například intrinsecká motivace, tzn. radost plynoucí z provádění zajímavé činnosti se redukuje,
jestliže osoba získá za provedení této činnosti odměnu.

Vcelku jde o dílo, které svým tématickým rozsahem a teoretickou závažností reprezentuje čin-
nost autora a jeho spolupracovníků nejméně za posledních 15 let. Od srovnatelných publikací se
kromě již naznačených modelů architektury motivace a osobnosti recenzovaná kniha liší jak řadou
zvláštností taxonomických, terminologických, ale rovněž složitou stylizací. Číst tuto knihu, tak
abychom porozuměli všem naznačeným problémům a záměrům autora, může být dost náročné
zejména v teoreticko-metodologických kapitolách. Autor však prozíravě naznačuje, které kapitoly
jsou pro porozumění souvislostí nezbytné. Specialista v této oblasti se třeba pokusí poměřit Kuh-
lovo pojetí na základě Madsenových kritérií teorie motivace. Jako studijní literatura se kniha hodí
pro svou náročnost až do programu doktorského studia. Do našich seminářů jsme ji zařadili
a disertační práce J. Bollové obhájená na naší fakultě roku 2001 se do značné míry opírala o teorii
PSI i dotazníkové metody prof. Kuhla (HAKEMP, PSSI).

Josef Švancara

Beata Ziółkowska: Ekspresja syndromu gotowości anorektycznej u dziewcząt w stadium adoles-
cencji (Expression of the Anorectic Readiness Syndrome in adolescent girls). Poznań 2001, Wy-
dawnictwo Fundacji Humaniora, pp. 259

Anorexia and other eating disorders are more and more often observed in youth and the age of
the affected people tends to become lower and lower. Those who work with young people and
their parents, due to their own ignorance and the fact that girls try to conceal it, not always have
the possibility of noticing alarming symptoms preceding the illness. This book, with respect to
elaborated diagnostic tools, lets to predict and react before anorexia nervosa occurs. Teachers,
educators, psychologists, and parents may also treat it as a source of knowledge in the field of
girls' readiness for anorexic reactions in the face of the difficulties of their age and previous expe-
riences. The problem is discussed in three interesting and interconnected dimensions: clinical
(detailed description of symptoms and illness history), preventive (determining of the readiness
syndrome, goals and ways of prophylactic actions), and cultural (emphasising cultural influences
both on occurrence and progress of anorexia).

The book begins with an introduction outlining the main issues of the work. It presents theo-
retical achievements on anorexia, underlining different kinds of hypotheses of the origins of the
illness. One-factor analysis has failed to explain the causes of its occurrence, the author empha-
sises then the necessity of multi-aspect approach, both in the case of its determinants and symp-

toms. Her own contribution in this body of knowledge involves studying the anorectic readiness syndrome (ARS), which enables us to move „one step back“ and identify factors facilitating anorexia before it occurs with its all symptoms and consequences for the health of the girls. At this point, the author presents the goals of her studies, their characteristics and discusses the results of the studies conducted in other parts of the world, which focused mainly on one's own body perception disturbances, analysis of the familial ecology, specific traits of personality and inappropriate feeding habits. Apart from behavioural, cognitive, and familial approaches, the author directs the discussion on the developmental and cultural tracks. Quite important in this form of the psychosomatic disturbance are: the stage of the girls life-span it occurs, kind of culture they exist in and attitude towards the body it offers. Apart from already discussed determinants, the author's attention focuses on the attitude of the adolescents towards the difficult situations and towards culturally accepted models of beauty.

In the first theoretical part of the book the author presents the sociological background of anorexia, and as early as in the first section we learn, how strong the bonds between the illness and the culture (also religion) are and how it influences the anorexic reaction. In the remaining part of the chapter we are made familiar with the definition of the disorder as well as with its first symptoms and way it progresses. Symptom analysis shows clearly the importance of the interaction between somatic and psychological processes leading to the illness escalation. In addition, the author lists the symptoms of the social action level, mainly related to eating, which definitely indicate generally destructive (not only somatic) nature of anorexia. This chapter tells us about diagnostic criteria of anorexia, along with other diseases, accompanied by similar symptoms. Short discussion presents possible forms of therapy used in treatment. Then the author takes up one of the most important themes of this monograph, namely the problem of prevention. Referring to the specific difficulties of the adolescence stage she emphasises the need of prophylactic actions among the youth, whose aim is to introduce constructive strategies of coping with problems. In Caplanian approach to prevention (I, II, III degree), her own contribution locates in the first two, in which groups of risk, identified during the studies (anorexic readiness syndrome is diagnosed), would be exposed, for instance, to educational programmes. Quite important is to influence the people staying in close contact with the youth, to make them promote healthy habits and ways of coping with stress in the young people. The effects, according to the author, would be obtained if the ability to recognize own competencies in overcoming the adversities and the knowledge about eating disorders, healthy feeding models were trained and introduced into the school curriculum. This would support preventive actions and would decelerate the process of decreasing the age of the patients.

The second chapter shows the origins of anorexia and presents various theoretical approaches. Their comparison enables selecting the most important determinants and understanding anorexic mechanisms from the point of view of different branches of psychology. The most general point of analysis orders to look for its causes in the mind, body and social context of the individual (*psyche, soma, and polis*).

Each of these levels is represented in the spectrum of the symptoms (e.g.: the distortion in perception of one's own body, physiological disorders and socially induced competition). Then other factors are discussed: perception of the disorder as the psychosomatic illness (psychological substrate of somatic changes, variety of the determinants, risk-factor analysis, the concept of the psychosomatic family as the familial source of the disturbances of functioning), self-destructive tendencies (starving as the symptom of self-destruction, the sign of Thanatos, necrophilic tendencies or defending the fear and gratification delay), as an effect of learning of unconscious conflicts resulting from permanent negation of the child's basic needs and acquiring specific defensive actions and secondary sources of gratification (anorexia). Other approach toward the problem requires looking at the illness from the point of view of developmental psychology: reinforced predispositions to its acquisition as the result of the overlap of different factors: identity crisis, acquisition of the new social roles (developmental tasks), changes in the body and non-developmental attempts to cope with the results of comparison with others, meeting the needs

frustrated in the family or negation of the changes taking place in the life of a young woman. General developmental perspective includes factors facilitating occurrence of the eating disorders as inseparable with the identity crisis against a background of previous developmental deficiencies. Another approach bases on the assumption that anorexia results from the distorted perception of the scheme of one's own body. The image stored in the cognitive system of a young girl is overvalued and far from the ideal (functioning in the cultural transmission), as an effect of misrepresentation of the body proportions and its notion. Another important group of factors are irregularities in the family functioning (excessive concentration on eating, overprotection, and the qualities of the family as a system: inappropriate internal boundaries, coalition formation, getting the balance by means of the illness of one member, incomprehensible communication, parental roles realization, intergenerational processes). The author claims, that improper parents' approach toward the children (too strong or too weak bonds) can also be the source of the disorders in the family context. Next category of the factors include pathological modes of reaction on difficult situations. The author analyses situational and personal aspects of stress, and dynamics of positive problem solving. She indicates the deficits in girls suffering from anorexia. Cultural aspect of this discussion relates to the role of advertisement influencing the illness. It popularises both emaciated image of a woman and sophisticated ways of satisfying the tastes, what in people exposed to this kind of information, may result in ambivalence toward the food.

The third chapter constitutes the author's own contribution to the research of anorexia, namely anorexic readiness syndrome, preceding the illness and serving a tool of preventive diagnosis. The basic unsolved problem is that it affects only a part of the youth. Thus, collecting the information about their predispositions is very important. This is what the anorexic readiness syndrome (ARS) is used for, as a multi-aspectual construct of the genesis of anorexia in its presymptomatic stage. ARS may be observed in the significant anorexic behaviour (AB, including: calorie calculations, focus on the body, emotional instability) occasionally occurring in difficult situations. In addition, vulnerability to this kind of reaction on stress the author calls anorexic emergency (the level of anorexic readiness, LAR). Deliberately she describes the differences between anoxia and its „pre-sickness stage“. Finally, she elaborates on factors allowing the activation of the stadium, which include: disturbance in the distance between parents and children, distorted perception of one's own body as well as deficiency in constructive ways of coping with difficult situations and influence of cultural patterns.

In the empirical part, the author describes in details the ways of conducting the three stages of the research, their goals, and resulting conclusions. The main aim was to verify the hypothesis of the existence of ARS in some women, analysis of its determinants and functions in the life of an individual, precise determination of constructs of ARS and LAR, and finding the risk groups in order to prepare the prophylactic program. The independent variables in this case are: memory of socialization style in a family, coping mechanisms, body image and its attractiveness; the dependent variable is the ARS, yet LAR and AB make complementary variables. The aim of the piloting stage was verifying the tools and establishing, whether ARS is present in the population of young woman, and estimating what is its strength and influence on the variables. The group consisted of 50 randomly gathered girls, aged 16-24. As the tools clinical interview questionnaires were used: testing indications of anorexic readiness and image of one's own body. Successfully conducted first stage allowed to continue with the screening stage. Its aim was to determine risk group with diagnosed ARS as well as further verifying the quality of the research tools serving early diagnosis of the disorder. In the focus were: attitude towards food, ways of losing weight, body image and parenting style. They were tested with the questionnaire of individual attitude to food. In this stage 408 women were tested, aged 17-24. This allowed to establish the group with diagnosed ARS which underwent further examination in the third stage. Clinical studies were aimed to confirm or reject four hypotheses: the first, of familial conditions of ARS, the second, of the effect of inappropriate attitude towards eating and one's body on AB, the third, of influence of these factors on ARS, and the fourth, of the influence of coping strategies on ARS. Two groups were tested: experimental (with high scores in screening) and control (with lower scores). This was done by the

clinical interview (checking family image), the questionnaire, testing one's own body, and Q-sort technique, testing anorexic behaviour. Both groups differed significantly as far as the variables are concerned. Girls from the experimental group presented distorted image of their own bodies, their socialization style was characterized by criticism and distance (in the control group criticism is accompanied by the focus on a child). These girls show intensive need of perfectionism and competition, but also significant susceptibility to cultural transmission and lack of criticism towards the patterns it promotes. The results analysis in the case of anorexic behaviour shows its evidently higher intensity and diversity in the experimental group.

Finally, the author proposes one more look at the results obtained: interprets basic anorexic behaviour as indicative of ARS (limitation of food, losing weight, intensified image control, vulnerability to the influences of the mass culture, predispositions to competition and perfectionism), enumerates qualities of family functioning related to ARS (improper relations to the father, correcting and ensnaring actions of mothers, domination, overprotection, strong emotion control within the family, specific attitude toward eating, competitiveness), indicates cognitive qualities of girls with ARS (unrealistic ways of perceiving their bodies, overvaluation of physical image, however, without assumed improper evaluation of sizes of their own body) and underlines the ways of coping presented by the girls with ARS (unrealistic strategies, showing extreme emotions, denying problems, taking up competition, sense of support deficiency). At the end, the author expresses the need of continuing studies of anorexia, especially on the influence of the girls' cognitive and remedial activities and constructing prophylactic conduct.

Presented book makes up a reliable study both on a theoretical and empirical level. It allows the reader to extend his/her knowledge in the discussed field, as well as to get new information on the diagnosis of the anorexic disorder and on the anorexic readiness syndrome. It makes the reader more sensitive to all, so important, „trouble spots“ accompanying the onset of the disorder, which should be treated as clues and used in the therapeutic work with the described group. As far as the didactic quality of the book is concerned, the very important thing is supplementing it with the data obtained from the clinical interviews and questionnaires, what enables us to look at described results in the light of particular life events experienced by young girls and to notice specific problems we may encounter in contact with them.

*Julita Wojciechowska, Institute of Psychology
Adam Mickiewicz University, Poznań, Poland*