

ABSTRACT

The main aim of the study was to analyse the relationship between the phenomenon of orthorexia and self-objectification, with an emphasis on additional variables such as intuitive eating, gourmet eating, and indulgent eating. Furthermore, an analysis of the correlation between the individual dimensions of self-objectification, specifically the value of physical appearance, value of mental qualities, and value of physical fitness, was conducted. The research also focused on comparing the level of self-objectification and orthorexia across genders. Questionnaire survey was chosen as the primary method of data collection. The results suggest the existence of a relationship between orthorexic tendencies and self-objectification. Additionally, it was found that women score higher on the scale quantifying self-objectification compared to men. Orthorexia shows no association with intuitive eating or indulgent eating, but it does exhibit a weak positive correlation with gourmet eating. Self-objectification is not associated with intuitive eating but does show a relationship with indulgent eating. There was practically no relationship found between gourmet eating and self-objectification. The dimension *value of physical fitness* shows a positive correlation with the dimension *value of mental qualities* and the dimension *value of physical appearance*, while the correlation between the dimension *value of mental qualities* and the dimension *value of physical appearance* is lower. The results of the research suggest that programs focused on preventing self-objectification can also serve as protective factors against the development of orthorexia, and vice versa. The theoretical part focuses, in its first chapter, on the definition of orthorexia, diagnostic tools, risks and risk groups associated with this disorder, as well as underlying factors and the relationship of orthorexia to other diagnoses. The second chapter of the theoretical part deals with the definition of the concepts of objectification and self-objectification, theory of objectification, diagnostic tools for measuring this tendency, factors promoting self-objectification, and consequences and risks associated with self-objectification.

KEYWORDS

orthorexia, self-objectification, objectification