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OBESITY AND ITS CONNECTIONS TO SOME PERSONALITY TRAITS, LOCUS OF HEALTH CONTROL IN ADOLESCENTS

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The substantial health enhancing potential of physical and psychological activity can be realized by incorporation of physical activity in everyday style of life. Health can be understood as an aim of activities but also adolescents may not take into consideration activities toward health improvement.

The aim of the study was to estimate differences in psychological functioning locus of health control in adolescents with obesity.

The method were: The Scale MHLC - Multidimensional Scale of Health Control Localization. CISS - questionnaire of coping with stress.

60 persons growing with obesity (over 90 percentile) participated in investigations in age of 12-18 years. 100 healthy persons well-chosen made up the group of the reference under in relation to age, sex, educations. The results were important on the level 0,05.

Results show that the locus of health control was internal in both groups, but internal locus in healthy group has appeared more often. Children with obesity had lower abilities of coping with stress in comparison to healthy ones.