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### **Attitudes of modern women toward their own body**

The body image is sometimes a tool that we use in everyday life, both private and professional. The role of appearance in modern society is second to none, hence the care of the body is now of a particular importance. Especially women are subjected to the care pressure about their appearance, because beauty is a part of the discourse of femininity.

The aim of this study was to identify women's attitudes towards their own body, expressed by the satisfaction with the body, the preferences of potential changes in one's image, and forms of body care in everyday life.

The study was conducted using surveys, the techniques of environmental survey, and was carried out among women living in Radom and its surroundings.

For the women surveyed, the appearance is important, but they do not seem to overestimate it. Among those women, 66% considered it important in the workplace, and 59% - in their private life. The vast majority of the women are satisfied with their appearance, which does not mean that they do not want to change anything. On the contrary - the vast majority of them (84%) indicate that if there was a possibility, they would make corrections in the appearance of their bodies. The women are distancing themselves against the plastic surgery (none of them would like to submit to an operation), but they refer to different parts of the body that they would like to modify as a result of the plastic surgery.

For the respondents the ideal woman should be: neat, have a nice complexion and hair, shapely legs and shapely breast. Most women take care of their bodies at home, rarely using the beauty parlours.

The test results are inconclusive, because the women are quite labile towards their bodies. However, this may indicate that the studied women are aware of the role and importance played by the body in today's world. Although they consciously try to distance themselves from the "cult" of the perfect body in the contemporary society, subconsciously they feel the pressure and, using the available means of body care, they try to approach a little closer the standards of promoted female beauty.