

PERSONALITY CHARACTERISTIC TO OBESE PERSONS

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Most modern studies converge on the view that "the concept that obese people have a specific pattern personality is no longer supported" (G. W. Allport, 1981).

Ethio-pathogenic aspect is considered, even if it has proved the existence of common characteristics in obesity, these cannot be considered as the cause of obesity, but rather its consequences. So, the main objective of our work was to demonstrate that there are significant differences in the characteristics of overweight and obese personality compared to normal weight. Two groups of subjects were studied (sex ratio F: M - 1/1) that were set up randomly on a voluntary basis, consisting of 40 subjects overweight / obese and 40 normal weight subjects.

We applied the Questionnaire Characteriology by G. Berger and 16 PF Personality test, developed by IRB Cattell.

The results showed that overweight and obese people are spontaneous, sociable, easy accept refusal of others and talk a lot, demonstrating indifference, carelessness, enthusiasm etc., while for the normal weight subjects, these are specific: excessive caution, introspection, non-communication, introversion, character reserved.

We believe that the differences with respect to personality traits are due to life situations, stress, different approach to the social environment, both groups shared notes that indicate: originality, violent emotional reactions and maladjustment to environment.