

BEDEN İMGESİ

Figen Şengün İNAN¹

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Konu Başlıkları

1. Giriş
2. Beden İmgesi ile İlgili Tanımlar
3. Beden İmgesinin Tarihsel Süreçte Ele Alınışı
4. Beden İmgesi ve Kültür ilişkisi
5. Farklı Disiplinlerde Beden İmgesi
6. Hemşirelik Kuramcıları ve Beden İmgesi
7. Gelişim Dönemlerine Göre Beden İmgesi
8. Beden İmgesini Etkileyen Faktörler
9. Beden İmgesi ve Etik ilişkisi
10. Bir Kavram Olarak Pozitif Beden İmgesi
11. Beden İmgesinde Bozulma
12. Beden İmgesi Sorunları ve Hemşirelik
13. Beden İmgesinin Değerlendirilmesi
14. Beden İmgesi Sorunlarında Hemşirelik Yaklaşımı
15. Beden İmgesi İle İlgili Örnek Hemşirelik Tanıları ve Girişimleri
16. Beden İmgesini Değerlendirmede Kullanılan Ölçekler
17. Beden İmgesi ile İlgili Örnek Filmler, Kitaplar, Atasözleri, Deyimler
18. Özet Noktalar
19. Örnek Vaka
20. Kaynaklar
21. Konu ile İlgili Sorular

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Öğrenim Hedefleri

- ✓ Beden imgesi kavramının tanımını yapabilir
- ✓ Tarihsel süreçte ve hemşirelik alanındaki teori ve modellerde kavrama yaklaşımı anlayabilir
- ✓ Beden imgesini etkileyen faktörleri bilir
- ✓ Beden imgesinin hemşirelikteki önemini kavrayabilir
- ✓ Beden imgesinde bozulmanın unsurlarını bilir
- ✓ Beden imgesi ile ilgili sorunlar yaşayan hastaya yaklaşımı bilir
- ✓ Anahtar Kelimeler: Beden imgesi, Pozitif beden imgesi, Beden imgesinde bozulma, Hemşirelik.

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Temel Kavramlar

Beden imgesi, Pozitif beden imgesi, Beden algısı, Benlik saygısı, Benlik, Beden şeması, Beden ideali, Beden gerçekliği, Beden sunumu, Beden imgesinde bozulma, Beden algısı ve kültür, Hemşirelik

¹ Doç. Dr., Gazi Üniversitesi, Hemşirelik Fakültesi, figensengun@gmail.com



5. Anoreksiya Nervoza tanısıyla izlediğiniz hastanıza beden imgesinde bozulma tanısı aldığımızda aşağıdaki girişimlerden hangilerini uygularsınız?

- I. Hasta beden görünümünün normal olduğuna ikna edilir.
- II. Güvene dayalı bir ilişki kurularak, duygularını ifade etmesi desteklenir.
- III. Zayıf ve güçlü yönlerini kabul etmesi için desteklenir.
- IV. Hastanın tanımladığı ideal bedene ulaşması desteklenir.
- V. Hastanın beden görünümüyle ilgili duygu ve düşünceleri değerlendirilir.

- A) I,II,,V
- B) I,III,V
- C) II,III,IV
- D) II,III,V
- E) III,IV,V

Cevaplar	1. B	2. C	3. D	4. E	5. D
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