

# **ABSTRACT**

**Title:** Eating Disorders in Aesthetic Sports Among Women

**Objectives:** The aim of this thesis is to determine whether women engaged in aesthetic sports have sufficient awareness of eating disorders, particularly anorexia nervosa and bulimia nervosa. The findings were obtained and evaluated through a survey.

**Methods:** Data were collected using an anonymous questionnaire, which was distributed online and served to gather information about the awareness, experiences, and attitudes of female athletes toward the issue of eating disorders. The questionnaire consisted of 14 closed-ended questions with predefined answer options. The questions focused primarily on knowledge of anorexia nervosa and bulimia nervosa, personal experience with eating disorders, the influence of social media, subjective perception of pressure related to body image, availability of professional support, and the perceived level of prevention within their sporting environment. A total of 60 female respondents aged 18 to 30 years, actively engaged in aesthetic sports such as dance sport, gymnastics, and aerobics, completed the questionnaire. The sample was selected purposefully, as these sports place a high emphasis on physical aesthetics, which increases the risk of developing eating disorders.

**Results:** Through the survey conducted in this bachelor thesis it was found that female athletes in aesthetic sports have partial awareness of eating disorders, but often lack detailed information and access to professional help. More than half reported personal or close experience with such disorders and noted the strong influence of social media on their body image. Aesthetic sports were identified as the most high-risk in terms of pressure related to appearance and weight.

## **KEYWORDS**

Eating disorders, aesthetic sport, women