

Summary

The World Health Organization (WHO) defines health as: “*Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity*”. Considering this definition, it is worth noting that human well-being can be influenced by both physical and psychological factors and those directly affecting the psyche, among which one can distinguish the attitude towards one's own body. Pro-health behaviors have a significant impact on keeping the body in a satisfactory condition. The COVID-19 pandemic had an impact on many aspects of everyday life, which could affect human health on many levels.

The aim of the doctoral dissertation was to indicate whether cosmetic and hygiene habits have changed of Polish women before and during the pandemic, and to determine whether the pandemic period had an impact on the perception of their body, life satisfaction and health habits.

In the first thematic group of research, the author's questionnaire was used, which contained questions about hygienic and cosmetic behaviors, while in the second - standardized questionnaires: Deeper Self-Recognition Scale (KWCO), Body Shape Test (CDRS), PASTAS Questionnaire, Standardized Health Behavior Inventory (IZZ) according to Jurczyński, Dinner's Life Satisfaction Scale (SWLS). Only adults were allowed to participate. Due to the type of information obtained, the research was fully anonymous. In order to ensure the health safety of respondents and prevent the spread of COVID-19 disease, the surveys were submitted in electronic form - Google Forms were used. It has been disseminated via the Internet. on social media. 140 Polish women participated in the first thematic group of the research, and 275 people in the second one. The SPSS 20.0 program (Armonk, NY: IBM Corp) was used to process the results.

Based on the research results I received, it was concluded that:

1. The majority of the surveyed population declares that during the COVID-19 pandemic they increased the use of hygiene products, used hand cream more often and decreased interest in makeup and nail cosmetics;
2. A return to previous habits in hygiene and cosmetic care is declared by more than half of the respondents, while maintaining new habits after the end of the pandemic is announced by less than half of the respondents;
3. A slight but statistically significant increase in BMI corresponding to an increase in body weight is associated in men with anxiety about the shape of abdominal

integuments and a feeling of lower satisfaction with life. However, an increase in BMI in women, it is accompanied by a feeling of anxiety about the shape of body parts other than those usually associated with obesity;

4. During the pandemic, compared to the period before it, there was an increase in pro-health behaviors in terms of proper eating habits, preventive habits and health practices.