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## A comparative study on eating disorder and its association with emotional regulation among males and females shooters

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### Abstract

Eating disorders are serious mental illnesses that are associated with significant physical and psychological complications. Therefore the study aimed to identify eating disorder and its association with emotional regulation in males and females college shooters. The study was conducted in Manav Rachna International University Faridabad. Purposive sampling was done and 25 males and 35 females were selected. Eating disorder was analysed by Eating Attitude Test (EAT-26). Anthropometric measurements were taken to calculate BMI. Emotional Regulation was assessed by Emotion Regulation Questionnaire. The data revealed that more of males suffering from eating disorder (40%) as compared to females (8%). Females were using reappraisal method (positive emotion) to regulate their emotions, whereas males were using suppression method (negative emotions) to control their emotions. The study concluded that there was no correlation between eating disorder and emotional regulation.

**Keywords:** Reappraisal, disordered eating, shooters

### Introduction

Eating disorders are serious mental illnesses that are associated with significant physical complications. Eating disorders not only involve considerable psychological impairment and distress, but they are also associated with major wide-ranging and serious medical complications, which can affect every major organ in the body. Eating disorders are frequently associated with other psychological disorders such as depression, anxiety, substance abuse and personality disorders [1]. For female athletes, endurance and aesthetic sports, such as cross country and gymnastics demonstrate the highest prevalence of eating disorders. Female athletes, more so than male athletes, are at risk because they frequently participate in sports where form fitting clothing is required [2]. Male Athletes Weight-class sports, like crew and wrestling have the highest occurrence of eating disorders among male athletes. Eating disorders in male athletes, like those in females, often emerge from a fear of becoming overweight. However, male athletes more frequently develop the disorder from apprehension of becoming less muscular. For this reason, there is a higher prevalence of EDNOS among male athletes as compared to anorexia or bulimia. A Male Athlete Triad can also be considered as a type of eating disorder, as nutrition deficiency is associated with decreased testosterone levels, leading to decreased bone density [3].

The goal of emotion regulation might be hedonic, defined as seeking to increase supposedly pleasant emotions (e.g., happiness, excitement, elation) and reduce supposedly unpleasant ones (e.g., anger, anxiety, sadness, see Alternatively, efforts to regulate emotion might be more instrumental in their focus, representing a process whereby an individual attempts to regulate their emotions to levels they believe will facilitate successful goal pursuit. Explaining the instrumental approach to emotion regulation, Tamer states that preferences for emotions depend on the balance between their hedonic and instrumental benefits in a given context. When immediate benefits (i.e., immediate pleasure) outweigh long-term benefits (i.e., delayed pleasure derived from successful goal pursuit), people should prefer pleasant emotions. When long-term benefits outweigh immediate ones, people should prefer useful emotions, and regulate their emotions accordingly. The balance between immediate and long-term benefits,

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in turn, depends on the goals people pursue and their beliefs on whether emotions help performance [4,5].

**Methodology**

The present study was conducted in Manav Rachna International University Faridabad sector 43 surajkund road. The target group of the study were shooters within the age of 18-29 years. Exclusion criteria were - below 18 years aged males and females were excluded, not willing to participate and suffering from any disease. Inclusion criteria were - both males and females were included, aged between 18 to 29 years and willing to participate. Purposive sampling was done and 25 males and 34 females were selected as a sample. Questionnaire was formulated to collect qualitative data that include demographic profile, health profile, and dietary profile. Anthropometric measurements were done which concludes height, weight, waist circumference and BMI. Eating disorder was analysed by structured questionnaire that is Eating Attitude Test (EAT-26). Emotional Regulation of the subjects was assessed by structured questionnaire that was Emotion Regulation Questionnaire. Statistical analysis was done by SPSS 20 version.

**Results and Discussion**

The study aimed to identify eating disorder and its association with emotional regulation in males and female college shooters. The purposive sampling was done and 34 females and 25 males were selected as sample.

**Table 1:** Distribution of subjects on the basis of bmi

Bmi	Males	Females	P Value (Chi Square)
	N (%)	N (%)	
Underweight	0 (0%)	0 (0%)	0.015
Normal	3(12%)	14(41.2%)	
Overweight	9(36%)	12(35.3%)	
Obese	13(52%)	7(20.5%)	

Table 1 stated that more of males were obese (52%), on the other hand more of females were normal (41.2%) and the differences were statistically significant.

**Table 2:** Distribution of subjects on the basis of eat 26 scores

EAT 26	MALE		FEMALE		P – Value (Chi Square)
	N	%	N	%	
1(Below20)	15	60	30	88	0.006
2(above20)	10	40	3	8	

Table 2 stated EAT-26 scoring in total, below 20 were not suffering from eating disorder and above 20 might be suffering from eating disorder so, need to consult a physician. The data revealed more of males suffering from eating disorder (40%) as compared to females (8%)

**Table 3:** Distribution of Subjects On The Basis Of Eat 26 Scores

EAT 26	MALE	FEMALE	P – Value (T test)
	M+SD	M+SD	
Dieting	7.08±2.59	5.84±1.64	0.031
Bulimia	3.48±1.98	2.69±1.42	.085
Oral	4.40±3.02	2.93±1.67	.083
Total	14.60±5.79	11.48±2.86	.009

Table 3 stated that EAT-26 consist of 26 questions were derived into three parts- dieting, bulimia and oral. The data revealed more of males were doing dieting (7.08±2.59) as

compared to females (5.84±1.64) and had bulimia (3.48±1.98) and less oral control (4.40±3.02) as compared to females.

**Table 4:** Emotional Regulation Questionnaire

Emotional Regulation	MALES	FEMALES	P – Value (T - test)
	M+SD	M+SD	
Reappraisal	6.56±1.95	7.81±1.86	.160
Suppression	7.16±1.86	7.12±2.01	.940

Table 4 defined the emotional regulation of male and female shooters. The data revealed that more of females were using reappraisal method to regulate the emotion (7.81±1.86). Regarding suppression method, more of males (7.16±1.86) were using them as compared to females.

**Table 5:** Correlation between eating disorder and emotional regulation

		Total	reappraisal	suppression
EAT26 score	Pearson Correlation	1	-.138	-.096
	Sig. (2-tailed)		.300	.474
Reappraisal	Pearson Correlation	-.138	1	.172
	Sig. (2-tailed)	.300		.195
Supression	Pearson Correlation	-.096	.172	1
	Sig. (2-tailed)	.474	.195	

Table 5 stated that there is no correlation of eating disorder and emotional regulation

**Conclusion**

The study concluded, more of males were having eating disorder as compared to females. Females were using reappraisal method (positive emotion) to regulate their emotions, whereas males were using suppression method (negative emotions) to control their emotions. There was no correlation between eating disorder and emotional regulation.

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