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Assessment of eating disorders among research scholars

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Abstract

The objective of the study was to determine eating disorders among male and female Research Scholars of Physical Education Department, Panjab University Chandigarh. The study has been conducted on a sample of 20 research scholars out of which 10 were male and 10 were female research scholars of Physical Education Department, Panjab University Chandigarh. Their age ranged from 25 to 32 years. The convenience sampling technique was used to select subjects for this study.

Eating Attitudes Test (EAT-26) (Garner *et al.* 1982) the mostly used standardized tool to measure eating disorders. To compare the male and female Research Scholars on eating behavior and its sub domains namely bulimia, dieting and oral control. Descriptive statistics was computed to evaluate the eating behavior among male and female Research Scholars. The t-test was employed. The level of significance was set at 0.05. It has been observed from the findings that male and female research scholars had shown no significant differences in dieting, oral control, bulimia as well as eating attitudes as a whole men exhibited overeating as comparative to women. As women are more conscious about their diets.

Keywords: Assessment, eating, disorders, among

Introduction

In the broadest sense, the term eating disorder may refer to any destruction or self – defeating pattern of eating behavior. Typically, person with eating disorders are preoccupied with food, weight and their personal body image. It is important however, to distinguish eating disorders from other eating-related problem.

Eating disorders are complex and their causes are not well understood. A number of factors contribute to the onset of eating disorders are genetics, family relationship, trauma and individual cognitive styles. Since eating disorders most often arise during adolescence, there may be some developmental triggers as well. In general, students with eating disorders experience depression or low self-esteem and relate these problems to their body image. Disordered eating may be seen as an attempt to create, or regain, a feeling of control when the rest of life seems out of control. Often for these individuals eating, or not eating, is how they attempt to communicate their needs and to cope with high stress levels. This behavior is supported and maintained by individual's skewed system of logic. For many, it becomes a vicious circle, as the physical consequences of malnutrition or overeating undermine their already fragile self-concept (Bruch, 1978).

Objective

The objective of the study was to determine eating disorders among male and female Research Scholars of Physical Education Department, Panjab University Chandigarh.

Hypothesis

To find out the difference of dieting scale, bulimia, self-control and eating attitude among male and female Research Scholars.

Methods and procedure

Sample: The study has been conducted on a sample of 20 research scholars out of which 10 were male and 10 were female research scholars of Physical Education Department, Panjab University Chandigarh. Their age ranged from 25 to 32 years.

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Tools

Eating Attitudes Test (EAT-26) (Garner *et al.* 1982) the mostly used standardized tool to measure eating disorders. To compare the male and female Research Scholars on eating behavior and its sub domains namely bulimia, dieting and oral control. Descriptive statistics was computed to evaluate the

eating behavior among male and female Research Scholars. The t-test was employed. The level of significance was set at 0.05.

Findings

Descriptive statistics of eating disorders variables namely dieting, oral control, bulimia and Eating Attitudes of male and female Research Scholars has been given in table 1

Table 1: Descriptive statistics of eating disorders variables of male and female Research Scholars.

Variable	Group	N	Mean	Standard deviation	Standard error mean	t-test
Dieting	Female	10	7.8	2.2509	0.712	0.27
	Male	10	9.1	6.1544	1.95	
Bulimia	Female	10	1.7	2.2633	0.7156	0.091
	Male	10	3.2	2.5733	0.814	
Oral control	female	10	1.8	1.1353	0.359	0.002
	Male	10	4.9	3.072	0.9713	
Eating attitude	Female	10	11.3	3.71333	1.1742	0.058
	male	10	17.2	10.664	3.37243	

Significance 0.05 level >2.110 (Degree of freedom = 18)

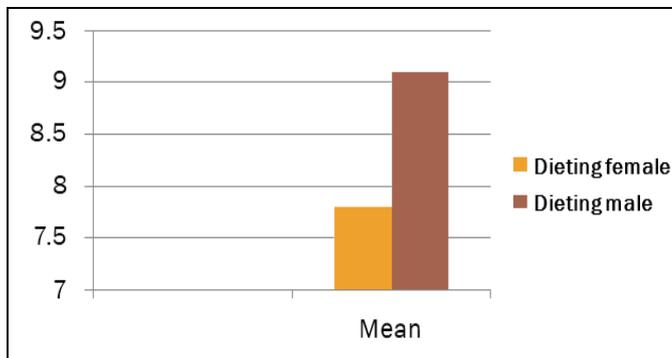


Fig 1: Mean values of Dieting among male and female Research Scholars

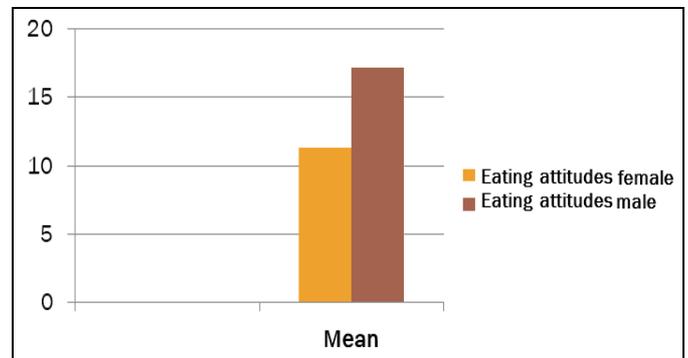


Fig 4: Mean values of Eating Attitudes among male and female Research Scholars

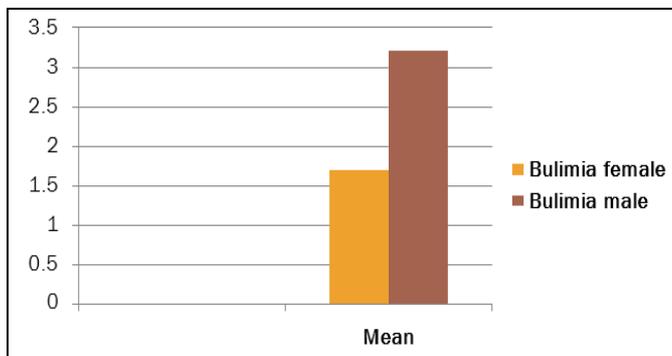


Fig 2: Mean values of Bulimia among male and female Research Scholars

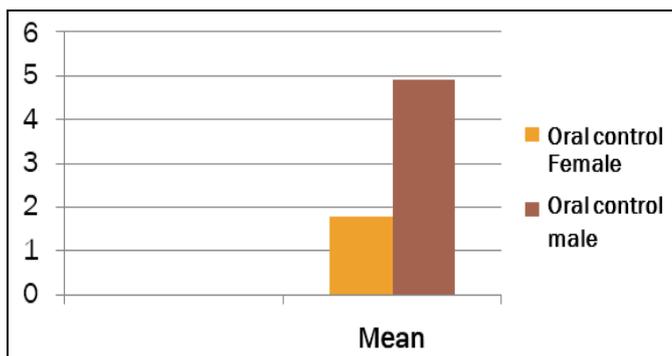


Fig 3: Mean values of Oral Control among male and female Research Scholars

Table 1 indicated that subscale of dieting which evaluates pathological avoidance of fattening foods and pre occupation with thinness, the male research scholars were having mean score of 9.1 with SD 6.15 as compared to their female counterparts having mean score of 7.8 with SD 2.25. On subscale of bulimia which measured tendencies to binge and purge, the male Research Scholars were having mean score of 3.2 with SD 2.57 and as compared to female Research Scholars having mean score of 1.7 with SD 2.26. Similarly, on subscale of oral control that deals with the degree of self-control overeating, male Research Scholars were having mean score of 4.9 with 3.071 as compared to female Research Scholars having mean score of 1.8 with SD 1.135. On measure of disordered eating attitudes behavior, male research scholars were having mean score of 17.2 with SD 10.66, whereas female research scholars were having less mean score of 11.3 with SD 3.17.

1.135. On measure of disordered eating attitudes behavior, male research scholars were having mean score of 17.2 with SD 10.66, whereas female research scholars were having less mean score of 11.3 with SD 3.17.

11.3 with SD 3.17.

Conclusion and suggestions

It has been observed from the findings that male and female research scholars had shown no significant differences in dieting, oral control, bulimia as well as eating attitudes as a whole men exhibited overeating as comparative to women as women are more conscious about their diets. These findings are in line with the findings of Sarah White,(2014). Majority of the research scholars both male and female had shown signs of eating disorder. In this research males were more

prone to eating disorder as comparison to female research scholars. In the light of the conclusion arrived at in this study, It is suggested that similar studies may be conducted on a specific age group to analyse the eating disorders and their extent among males and females which can be further helpful in detecting other body problems. It may also help in formulating policies at the university level to guide research scholars about the importance of balanced diet and symptoms related to eating disorders.

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