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A comparative study on eating disorders between male and female SGFI national badminton players

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Abstract

The purpose of this study was to compare the eating disorders between male and female all SGFI national badminton players. For achieving the purpose of the study, Total 30 (thirty) subjects were taken from SGFI held at Guntur, Telengana (2017), $N_1=15$ males and $N_2=15$ females. The purposive sampling technique was used to select the subject. The age of the Male and Female badminton players were 16-18 years. To compare eating disorders between the two groups Eating Attitudes Test (EAT-26) (Garner et. al. 1982) questionnaire was used. The Independent t- test was applied to assess the difference between them. The level of significant was kept at 0.05 level of confident. The results show that there was an insignificant difference in eating disorders between male and female SGFI national players.

Keywords: eating disorders, archery

Introduction

In modern life style people desire to be looking good and live in an image conscious culture, which helps to improve our appearance. The life style has a strong effect on maintenance of health such as not omitting breakfast; adequate sleeping hours, not smoking and exercise are linked to healthy maintenance. The Life style factors also have been related to Eating disorder. For example Cigarette smokers and Alcohol drinkers are more likely to skip meals and not notice their hunger. The Excessive exercise motivated by concern about body image is linked to eating disorders. The living environment may play important role in maintaining normal eating attitude. The effect of westernization such as visiting bars/restaurant and emphasis on 'Thinness as beauty' increasing the prevalence abnormal eating attitude. 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. It requires diagnosing and treating like other medical disease. If not treated, this may lead to life-threatening physical and psychological consequences.

Three of the most common eating disorders are.

1. Anorexia nervosa- a voluntary refusal to eat.
2. Bulimia nervosa - Binge eating and immediate purging of food either by vomiting or by using diet pills.
3. Binge Eating Disorder – Episodes of binge eating without subsequent purging.

Methodology

For the purpose of the study, Total 30 (thirty) subjects were selected from SGFI national tournament held at Gantur, Telengana (2017) $N_1=15$ male and $N_2=15$ female. The purposive sampling technique was used to select the subject. The average age of the Males and Females were 16 and 18 years. Eating Attitudes Test (EAT-26) (Garner et.al.1982) questionnaire was used. The Independent t- test was applied to assess the difference between them. The level of significant was kept at 0.05 level of confident.

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Result and discussion

Table 1: Significant Difference in the Mean Scores on Eating Disorders between Male and Female All India Inter-University archery Players.

Variables			Mean	Standard Error	t-ratio
	Mean	SD			
Male	12.33	9.65	1	1.07	0.93
Female	13.33	7.65			
Not Significant at	0.05 level			Tabulated $t_{0.05}(28) = 1.701$	

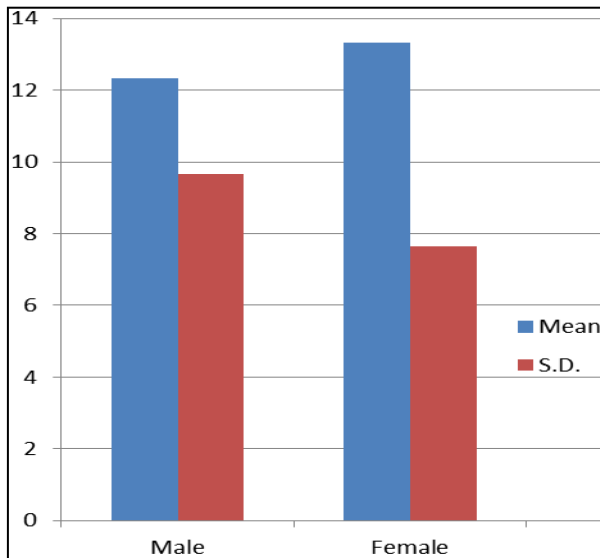


Fig 1: Graphical representation of Mean and SD of Male and Female Badminton players in relation to Eating Attitude for eating disorders.

Table 1 shows the comparison of eating disorders between Male and Female SGFI National Players. The mean and SD value of Male Players was found 12.33 and 9.65 respectively. However, the mean and SD value of Female Players was found 13.33 and 7.65 respectively. The 't'-value 0.93 as shown in the table above was found statistically not significant at 28 degree of freedom at 0.05 level of confident.

Discussion of Findings

It is evident from the findings of table-1 that insignificant difference has been observed on Eating Disorders between the two groups. Hence, earlier stated alternative hypothesis was rejected and null hypothesis was accepted. But when compared the mean values of the both the groups, it has been found that Female Badminton players have more Eating Disorders as compare to Male Badminton players. The finding of above results may due to socio cultural ideals of attractiveness. Similar results also found by Ferreira & Veiga (2008) higher rates of abnormal eating attitudes are customarily found among females compared with males. Eating disorders (e.g., bulimia, anorexia nervosa) are a significant public health problem and increasingly common among young women in today's westernized countries (Griffin & Berry, 2003; Levenkron, 2000; Hsu, 1990). A growing body of research indicates that there is a link between exposure to media images representing socio cultural ideals of attractiveness and dissatisfaction with one's body along with eating disorders (Levine & Smolak, 1996; Striegel-Moore, Silberstein, & Rodin, 1986)

Conclusion

On the basis of findings it is concluded that there was

statistically not significant difference on Eating Disorders between Male and Female SGFI National Badminton Players.

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