



ISSN: 2456-0057  
IJPNPE 2019; 4(1): 1702-1703  
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www.journalofsports.com  
Received: 10-11-2018  
Accepted: 12-12-2018

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## Eating disorder and its association with body image satisfaction among female sports persons

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### Abstract

The purpose of this study was to assess the relationship of eating disorder with body image satisfaction. For the above purpose the researcher selected 64 National level female sports persons from different schools of Punjab. Data was collected through Anorexia test by Vijaya Lakshmi Chouhan and Aditi Banerjee (1971) and Body Shape Questionnaire (34) by Cooper, P.J., M.J. Taylor, Z. Cooper and C. G. Fairburn (1987). Pearson's product moment correlation coefficient was employed to analyze the data. Result showed a very weak relationship of eating with body image satisfaction among female sports persons.

**Keywords:** Eating disorder, body image, female sports persons

### Introduction

Body shape fulfillment is characterized as up to what degree a man is fulfilled by his/her weight, size, body shape and physical appearance. As indicated by money and Pruzinsk: y, 1990; Hutchinson 1994, self-perception is subjective idea that is delivered by buried and intra individual elements and not by genuine physical body or untouchable's impression. It is measured by requesting that the subject rate their present and perfect body shape utilizing arrangement of portrayals and the contrast between these two is the measure of body disappointment. As indicated by examination done by Monteath and McCabe in 1997, the enthusiasm to get in shape is profoundly corresponded with poor and negative self-perception which is framed over lifetime from a wide range of impact including family peer gathering and social weight.

### Statement of the problem

The purpose of this study was to find out the relationship eating disorder with body shape satisfaction among national level female sports person of Punjab. Thus the problem is stated as "Eating disorder and body shape satisfaction among female sports person".

### Objective

To find out the relationship of eating disorder with body shape satisfaction among female sports person.

### Hypotheses

There will be a positive relationship of eating disorder with body shape satisfaction among female sports person.

### Delimitation

- The study was delimited to female sports person aged 13 to 18 years.
- The study was delimited to national level female sports person of Punjab.
- The study was delimited to selected game softball, baseball, cricket, Kho-Kho and Petanque.

### Design of the study

This research is a descriptive survey with a field study.

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**Sampling technique**

The sample frame comprised of 64 female subjects. The national level sports persons were selected as sample of the study with purposive sampling technique from Punjab state. The subjects were from 13 to 18 years of age.

**Variables and tools**

In consultation with the experts in the field, minutely gleaning through the literature available and considering the feasibility criteria in mind, especially the availability of tools the following variables and tools were selected for the present study:-

- Anorexia test by Vijaya Lakshmi Chouhan and Aditi Banerjee (1971)
- Body Shape Questionnaire (34) by Cooper, P.J., M.J. Taylor, Z. Cooper and C. G. Fairburn (1987)

**Statistical analysis**

Software, SPSS (ver.16) was used to analyze the collected data. Mean, standard deviation and Pearson product moment correlation was performed to see whether any significant relationship exist among female sports persons. Level of significance was set at 0.05.

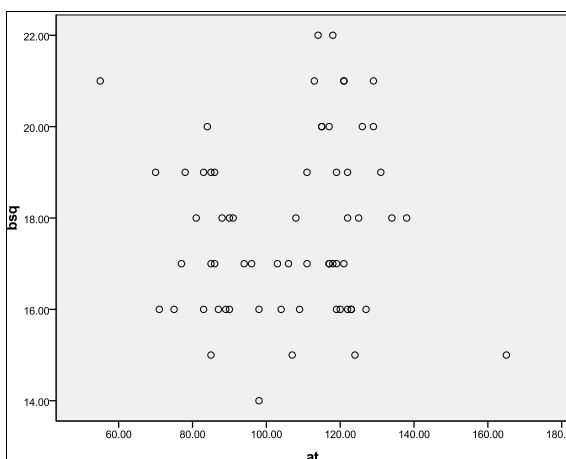
**Findings of the study**

Mean and standard deviation of the selected psychological variables of female sportspersons were statistically computed. The results have been depicted in table no. 1.

**Table 1:** Relationship of Eating disorder and Body shape satisfaction among Female Sportsperson

Group	Number	Mean	S.D	r' value
Anorexia test	64	1.06	20.43	0.052
Body shape satisfaction	64	17.76	1.91	

The table no. 1 reveals the relationship of eating disorder (anorexia test) and body shape satisfaction variables between among female sportsperson. The table shows calculated means of eating disorder (anorexia test) and body shape satisfaction i.e. 1.06 and 17.76 and the standard deviation is 20.43 and 1.91 respectively. The calculated r value. 052 which shows a very week relationship between eating disorder (anorexia test) and body shape satisfaction of female sportsperson. So the hypothesis, which states that there is a very week relationship of eating disorder (anorexia test) with body shape satisfaction among female sportspersons, has been accepted.



**Graph 1:** Relationship of Eating disorder and Body shape satisfaction among Female Sportsperson

**Discussion and conclusion**

The relationship of eating disorder (anorexia test) and body shape satisfaction variables between among female sportsperson showed calculated mean of eating disorder (anorexia test) and body shape satisfaction i.e. 1.06 and 17.76 and the standard deviation was 20.43 and 1.91 respectively. The calculated r value. 052 which showed a very week relationship between eating disorder (anorexia test) and body shape satisfaction of female sportsperson.

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**Recommendations**

1. Similar study can be conducted on all the games.
2. Similar study can be carried out in the different level of participation.
3. Similar study can be conducted by involving psychological, sociological and functional variable components.

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