

Anxiety among women suffering from Eating Disorder

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ABSTRACT

The primary purpose of the present research was to study and compare anxiety among women suffering from eating disorder. The study conducted on 120 participants (30 – 15 to 25 years and 30 – 30 to 40 years of women suffering from eating disorder, 30 –15 to 25 years and 30 –30 to 40 years normal women). Eating Aptitude Test-26 by Garner and Garfinkel was used to identify the women suffering from Eating Disorder. Anxiety Measurement Scale by S. D. Kapoor was used for data collection. To analyse the data “t” test was used. Results indicate that 15 to 25 years women suffering from the eating disorder have more anxiety as compared to 15 to 25 years normal women. 30 to 40 years women suffering from eating disorder have more anxiety as compared to 30 to 40 years normal women. 15 to the age of 25 women suffering from eating disorder have more anxiety as compare to 30 to 40 years women suffering from eating disorder

INTRODUCTION

In the present research, the attempt has been made to make the comparative study of anxiety among Women suffering from eating disorder and normal women of age 15 to 25 and 30 to 40 years. Besides overeating, to the other eating disorder has received considerable attention both in traditional media and in the scientific literature. These unhealthy eating habits are anorexia nervosa and Bulimia. Rapid changes in the life style of the modern age have made the role of women complex. The women have to against simultaneously with individual family, social, vocational and cultural situation. In during so the women experience severe stress. Such severe stress brings mental disorder in women. Amongst different disorders prevailing in the current age, the proportion of eating disorder is more. Such disorder is found more in women than men. Specifically, it is found more in women between the age of 18 to 35 years. There are also types of eating disorders (1) Anorexia Nervosa (2) Bulimia Nervosa. The term Anorexia nervosa means lack of appetite due to nervous or physiological conditions, bulimia means the constant, morbid hunger. Neither meaning, however, is entirely accurate. The patterns of eating behaviour to which these labels apply are only marginally related to the real significance of the two terms. People with anorexia nervosa have not lost their appetite, ordinary they are perpetually hungry, but they insist that they do not wish to eat. Like Jessica, these people become preoccupied with losing weight, and their self-induced starvation often results in a life threatening conditions. Similarly, bulimia comes to mean more than constant morbid hunger. Achieve identifying mark of these eating disorders is repeated Binging and Purging, the purge usually coming after eating hung quantities of food, usually high in calories and loaded with carbohydrates, fat, or both. Like Elise, people with bulimia ordinarily purged by Vomiting, but fasting and using laxatives and diuretics are also frequently part of the purging process.

These two eating disorders naturally common and Elise experience symptoms of both. Infect many authorities regard them as two dimensions of the same illness. Others see that as two separate but related diseases. We regard neither of them as

an illness; they are both unhealthy eating patterns that, along with overeating, may eventually produce physical illness.

Anxiety occupies a focal position in the dynamics of human behaviour. It is a typical reaction to frustration. Since anxiety is highly distressing, indeed one of the most extreme psychic states with which the human organism has to deal, it demands some adjustment which will afford relief. A large part of the human adjustment is concerned with avoiding or relieving anxiety. Growing out of many frustrating situations, anxiety serves as the driving force for a large number of subsequent adjustments.

Smolak & Levine, (1994). To increase the same hood of attending success in school and their social aspects of life, many young girls believe that they must fit the thin ideal.

According to Rosen, et al., (1990) dieting is significantly associated with depression and anxiety, and it is suggested that weight loss might have a negative psychological impact on female adolescents.

APA, (2000), Smolak & Striegel- Moore, (2001) have found that until recently, eating disorders were typically described as a western cultural phenomenon facing primarily middle-to-upper class white females. There is evidence. However, that symptom of eating disorders exists among various ethnic and cultural minority groups in the United States and the whole world.

PROBLEM OF THE STUDY

“Anxiety among Women Suffering from Eating Disorder.”

OBJECTIVES OF THE STUDY

The primary objectives are as under

1. To study and compare anxiety between 15 to 25 years women suffering from eating disorder and 15 to the age of 25 normal women.
2. To study and compare anxiety between 30 to 40 years women suffering from eating disorder and 30 to 40 years normal women.
3. To study and compare anxiety between 15 to 25 years women suffering from eating disorder and 30 to 40 years women suffering from eating disorder.

HYPOTHESIS

Primary Hypothesis of the present research work was as under:

1. There will be on significant difference 15 to 25 years women suffering from eating disorder and 15 to the age of 25 normal women in relation to anxiety.
2. There will be no significant difference between 30 to 40 years women suffering from eating disorder and 30 to 40 years normal women in relation to anxiety.
3. There will be no significant difference anxiety between 15 to 25 years women suffering from eating disorder and 30 to 40 years women suffering from eating disorder in relation to anxiety.

VARIABLES

In present research work the nature of various variables was given in the following table:

| No. | Name Of Variables | Nature of Variables | Number of Levels | Name of Levels |
|-----|-------------------|----------------------|------------------|---|
| 1 | Women | Independent Variable | 2 | Women suffering from eating disorder – Normal Women |
| 2 | Age | Independent Variable | 2 | 15 to 25 Yrs. age group 30 to 40 Yrs. age group |
| 3 | Anxiety | Dependent Variable | 1 | Scores of Anxiety |

Sample:

In the present research, the data was randomly collected from various areas of Mehsana and Ahmedabad city. The total sample consisted of 120 participants. It is categorized as under.

| Age | women | | Total |
|----------------|--------------------------------------|--------|-------|
| | Women suffering from eating disorder | Normal | |
| 15 to 25 years | 30 | 30 | 60 |
| 30 to 40 years | 30 | 30 | 60 |
| Total | 60 | 60 | 120 |

Tools:

The following tools were used in present research work:

1. Eating Aptitude Test (EAT-26) by Dr D Garner.
2. Anxiety Measurement Scale (AMS) by S D Kapoor

PROCEDURE

In the present study, with the help of EAT-26, identified the women were suffering from eating disorder and normal women, about their age (15 to 25, 30 to 40). After identification of Eating Disorder and normal women, anxiety measurement scale by S. D. Kapoor was administered individually. Scoring was done as par scoring key of each test. After tabulation of scores to analyse the data 't' test was used.

STATISTICAL ANALYSIS

After tabulation of scores following statistical techniques were used for testing the hypothesis such as "t" test.

RESULTS AND DISCUSSION

Mean, SD and t value of various groups of women suffering from eating disorder and normal women.

| Group | N | Mean | SD | t | Level of significant |
|-----------------------------|----|-------|-------|------|----------------------|
| 15-25yrs.EDW & 15-25yrs. NW | 30 | 74.37 | 13.58 | 4.39 | .01 |
| 30-40yrs.EDW & 30-40yrs. NW | 30 | 71.27 | 13.01 | 2.63 | .01 |
| 15-25yrs.EDW & 30-40yrs.EDW | 30 | 74.37 | 13.58 | 2.77 | .01 |

Table no. 1 attempt is made to find out the difference between 15 to 25 years women suffering from eating disorder and 15 to the age of 25 normal women in relation to anxiety with 't' test. The t ratio of 15 to 25 years women suffering from eating disorder and 15 to the age of 25 normal women on anxiety is 4.39. which is significant. It means 15 to the age of 25 women suffering from eating disorder and 15 to 25 years normal women are significantly differ on anxiety score. It can see in mean score also. The mean score of 15 to 25 years women suffering from eating disorder is 74.37 (SD-13.58) and mean score of 15 to 25 years normal women is 65.33 (SD-11.93). It means 15 to the age of 25 women suffering from the eating disorder have more anxiety as compare to 15 to 25 years normal women.

Table no. 1 attempt is made to find out the difference between 30 to 40 years women suffering from eating

disorder and 30 to 40 years normal women in relation to anxiety with 't' test. The t ratio of 30 to 40 years women suffering from eating disorder and 30 to 40 years normal women on anxiety is 2.63, which is significant. It means 30 to 40 years women suffering from eating disorder and 30 to 40 years normal women significantly differ on anxiety score. It can be seen in mean score also. The mean score of 30 to 40 years women suffering from eating disorder is 71.27 (SD-13.01) and mean score of 30 to 40 years normal women is 65.50 (SD-11.96). It means 30 to 40 years women suffering from eating disorder have more anxiety as compared to 30 to 40 years normal women.

Table no. 1 attempt is made to find out the difference between 15 to 25 years women suffering from eating disorder and 30 to 40 years women suffering from eating disorder in relation to anxiety with 't' test. The t ratio of 15 to 25 years women suffering from eating disorder and 30 to 40 years women suffering from eating disorder on anxiety is 2.77. Which is significant. It means 15 to the age of 25 women suffering from eating disorder and 30 to 40 years women suffering from the eating disorder have significantly differed

on anxiety score. It can be seen in mean score also. The mean score of 15 to 25 years women suffering from eating disorder is 74.37 (SD-13.58) and mean score of 30 to 40 years normal women is 71.27 (SD-13.01). It means 15 to the age of 25 women suffering from the eating disorder have more anxiety as compared to 30 to 40 years women suffering from eating disorder.

CONCLUSION

Key findings of the present research are as under.

1. 15 to the age of 25 women suffering from the eating disorder have more anxiety as compared to 15 to 25 years normal women.
2. 30 to 40 years women suffering from eating disorder have more anxiety as compared to 30 to 40 years normal women.
3. 15 to the age of 25 women suffering from eating disorder have more anxiety as compared to 30 to 40 years women suffering from eating disorder.

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