

# Comparative Study of Eating Disorder in Females Studying in Professional, Academic and selected Sports Females of Mehsana District

Dr. Manish P. Patel

## 1. Introduction

In the media thinness often symbolizes success, happiness and self-control, while fat on the other hand is equated with ugliness, lack of discipline and misery. On the one hand our magazine covers, movie stars, and athletic heroes advance the concept that thin is in. The ideal female shape has changed dramatically according to the trends of contemporary fashion. From the reubenesque curve of the 15th century to the wasp waist and emphasized posteriors of the seventeenth and nineteenth centuries, women have resorted to assets, bustles and boning to conform to the fashionable shapes. The fashion dictates of the 20th century have, however, proven the most demanding.

The term 'eating disorders' refers to a group of psychiatric disorders in which disturbances of eating are a prominent feature. The most well-known of these disorders are anorexia nervosa and bulimia nervosa, and most other eating disorders are variants of one or other of these conditions. Anorexia nervosa has been recognized for at least the last 100 years. It is characterized by a severe and persistent restriction of food intake and an abnormally low body weight. The dietary restriction is driven by an intense desire to control body weight and avoid 'fatness'.

In addition to restricting their food intake, sufferers from anorexia nervosa often engage in other methods of weight control, including extreme exercising, self-induced vomiting and the misuse of laxatives and diuretics. Accompanying the behavioral disturbance is a preoccupation with food and eating, and an extreme concern about body shape and weight. Mood may be depressed, obsession behavior is common and typically the sufferer is socially withdrawn. Not surprisingly given the low body weight, physical health is affected. Indeed, there is a wide range of physical problems all of which are secondary to the disturbed eating and low body weight. They include hormonal abnormalities which prevent menstruation, and changes in intestinal function which make the sufferers feel full even after eating small quantities of food. Some of the physical problems are life-threatening.

## 2. Statement of the Problem

The purpose of this study was to compare of Eating Disorder in Professional, Academic and Selected Sports Female Personality in colleges of Mehsana District Affiliated to Hemchandracharya North Gujarat University.

## 3. Delimitations

1. The study was delimited to the 100 females studying in Professional course, Academic course and 100 Selected Sports Female Personality from different Colleges of Mehsana District Affiliated to

Hemchandracharya North Gujarat University. The age group was between 17 to 25 years.

2. The study was further delimited to investigation through questionnaire of Eating Disorder developed by David C. Niemen in the book of Fitness and Sports Medicine.
3. In the Group of Sports the Females have represented as player in Inter-State/National Tournaments and Inter-University Tournaments.

## 4. Limitations

1. Questionnaire technique has its limitation; the information given by the subjects on the questionnaires was acted as limitation for the study.

## 5. Hypothesis

It was hypothesized that there will be no significant difference between mean score of Professional, Academic and Selected Sports Female Personality in Eating Disorder of Mehsana District.

## 6. Method

Questionnaire methods were employed to collect the relevant data regarding the Eating Disorder in Professional, Academic and Selected Sports College Female of Mehsana District Affiliated to HemchandracharyaNorthGujarat University.

## 7. Criterion Measures

The criterion measure for testing the hypothesis in this study was, the scores obtained in the Eating Disorder Questionnaire developed by **David C.Nieman** in the book of Fitness and Sports Medicine: A Health-Related Approach.

## 8. Statistical Procedure

To find out the comparison of Eating Disorder in women's of Professional course, Academic course and Selected Sports Personality "F" test(one way analysis of variance) was applied for statistical procedure.

## 9. Result

**Table-1 mean score of eating disorder checklist in professional, academic and selected sports female personality**

Group	Selected Professional Female	Selected Academic Female	Selected Sports Female Personality
Mean	26.03	25.78	28.06

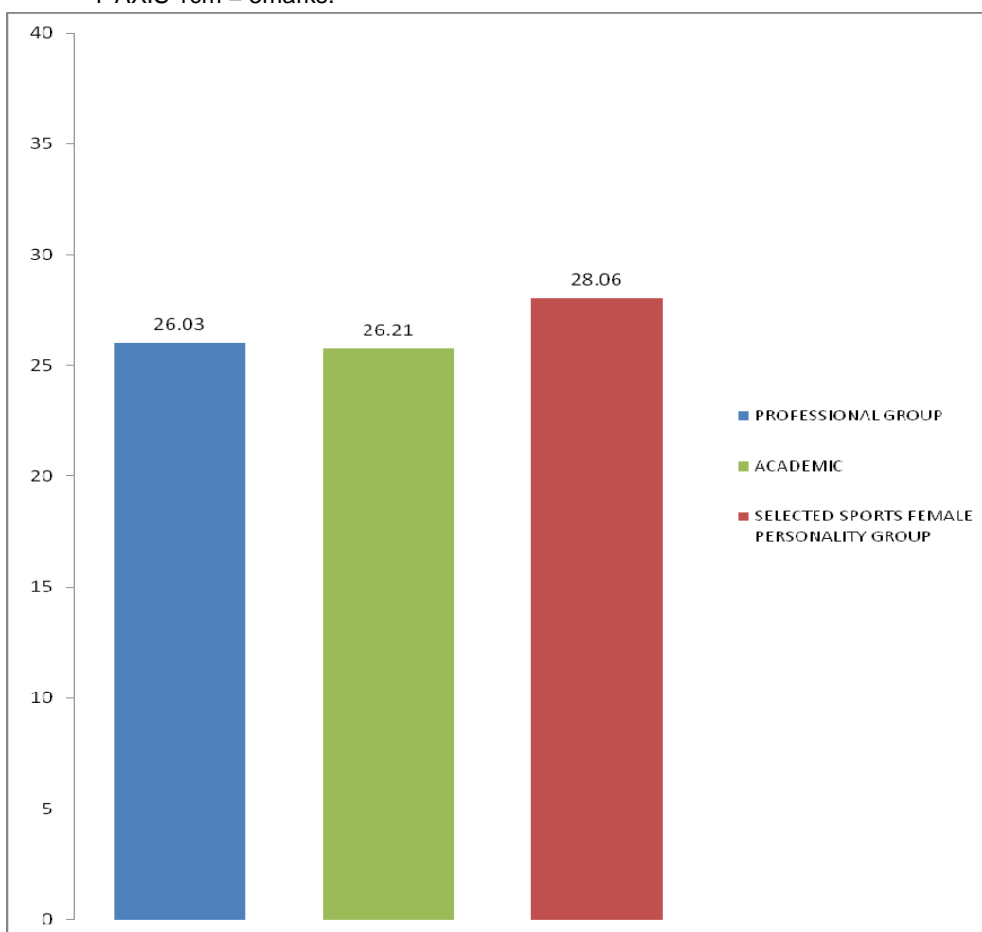
**Table-2**  
**Analysis of variance of the mean for three groups in eating disorder**

Source of Variance	D.F. Degree of Freedom	S.S. Sum of Square	M.S.S. Mean of Sum of Square	F - Ratio
Between Group	K - 1 3 - 1 = 2	312.73	156.36	1.72*
Within Group	N- K 300 - 3 = 297	27317.71	91.06	

\*Significant at 0.05% level of confidence  
 F 0.05% (2.297) = 1.67

**FIGURE-1**  
**COMPARISON OF THE MEAN FOR THE THREE GROUPS**

Y-AXIS 1cm = 5marks.



**10. Discussion of Findings**

Unrealistic cultural demands for thinness, many or most of us are more concerned about body shape and size than a totally healthy person would be. Its long way, however, from an occasional, brief diet and fleeting dissatisfaction about body shape and size to the rigid preoccupations and ever-present obsessions about food and weight manifested by people who have clinical eating disorders.

Data found from the LSD after comparing the mean of the three Groups it was found that, the LSD of Academic and Selected Sports Female Personality is less significant but when Professional Group mean was compared with Academic and Selected Sports Female Personality Group a very high significant difference was found. From this we found that the

percentage of Eating Disorder is very high in Professional Group compared to Academic and Selected Sports Female Personality Group in Mehsana District Affiliated to Hemchandracharya North Gujarat University.

The data was analyzed using “F” test (one way analysis of variance). The level of significance was set at 0.05% level of confidence. The statistical analysis of data revealed that all the three groups showed significant difference in eating disorder. Comparing the entire Groups mean significant difference was found between Professional Group mean 26.03 and Academic mean 25.78 while there was high significant differences in Selected Sports Female Personality Group mean 28.06 compared to Professional Group and Academic Group. The group comparison by post-hoc test (L.S.D.) showed high

difference between Selected Sports Female Personality Group mean compared to Professional Group mean and Academic Group mean.

### 11. Discussion of Hypothesis

The hypothesis i.e., there will be no significant difference between Professional, Academic and Selected Sports Female Personality in Eating Disorder stated earlier in the study was rejected.

### 12. Conclusions

Within the limitations of the present study, the following conclusions may be drawn:

1. Eating disorder in selected sports female personality group was found significantly higher than professional group.
2. Eating disorder in selected sports female personality group was found significantly higher than academic Group.
3. Eating disorder in personality group was found more than academic Group.

### References

1. Anita Bean & Peggy Wellington, Sports Nutrition for Women a Practical Guide for Active Women (London: 1996, A & C Black,).
2. [www.Eating Disorder - Wikipedia, The Free Encyclopedia.com](http://www.Eating Disorder - Wikipedia, The Free Encyclopedia.com)
3. David C. Nieman, Fitness and Sports Medicine: A Health-Related Approach, Mayfield Publication Company; 3rd edition January 1996.